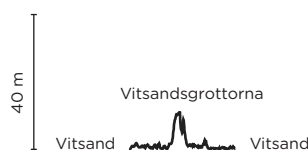




TIVEDENS NATIONALPARK

TRAIL VITSANDSRUNDAN

The Vitsand beach at the lake Stora Trehörningen. Photo: Elisabeth Karlsson



0.5



hour

1 Kilometer

SHORT AND EASY TRAIL

At the centre of the precipitous rift valley landscape is the long, white, sandy Vitsand beach. But the wilderness awaits only a few steps away from the shore ...

The Vitsand trail is the shortest trail in the National Park. It is only just under one kilometre, but it covers most nature types that are typical of the Tiveden National Park. From the mighty boulders at Vitsand Caves to the old open pine forest that grows on the barren bedrock. The landscape around Vitsand is formed by a deep rift valley that leads north from Lake Stora Trehörningen. The road up to the lake follows this alignment. The National Park is crisscrossed by similar faults that cut up the landscape. It makes it hard for us humans to negotiate the terrain, especially with modern logging equipment. This is why we are now able to enjoy the genuine old-growth forest here in Tiveden. And not only us, but a large number of animals, plants, fungi, mosses and lichens that find it hard to survive in commercially grown forests.

SAFETY AND REGULATIONS

Please keep in mind that freedom to roam is limited within the National Park. Special regulations apply.

You may:

- light a fire or barbecue only in designated areas (including outdoor kitchens and heating equipments)
- drive a motorized vehicle only on roads
- park your vehicle only in designated parking areas, but caravans, mobile homes etc. is **not** permitted between 00.00–06.00
- bring your dog, but you must keep it on a leash
- pitch a tent in designated areas for one night (6 pm to 10 am)
- ride a bike, but only on roads and trails designated for bikes
- ride a horse, but only on roads and designated bridle paths
- pick berries and edible mushrooms, but **no** other plant life
- **not** disturb animal life
- **not** fish
- **not** damage living or dead trees and bushes
- **not** drive a boat, jet ski or other motorized vehicle

You will find the complete regulations at: www.sverigesnationalparker.se/tiveden



Photo: Elisabeth Karlsson

Capercaillie, our largest wild gallinaceous bird, prefers the open pine forests of Tiveden. It requires plenty of its favourite food – bilberries.

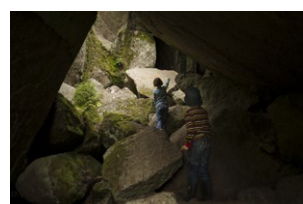


Photo: Fredrik Wilde

The Vitsand Caves is an area of boulders that were brought here with the latest inland ice some 10,000 years ago.



Photo: Elisabeth Karlsson

The Wolf's Milk slime mould is a strange life form. It moves slowly forward while feeding on spores, bacteria etc.

Polytrichum commune

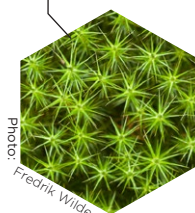


Photo:

Fredrik Wilde



Photo:

Mostphotos

Sphagnum

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