

SWEDEN'S 30  
NATIONAL PARKS  
*A GUIDE TO OUR  
FINEST LANDSCAPES*





# DISCOVER SWEDEN'S NATIONAL PARKS

National park is the highest distinction a nature area can receive. Sweden's national parks comprise a magnificent mosaic of different landscape types – from the leafy beech forests of Söderåsen to Sarek's grandiose alpine world. From the teeming coral reef of Kosterhavet to the undulating sand dunes of Gotska Sandön and Tiveden's bewitching forests.

As early as 1909 Sweden established its first nine national parks, which also were the first in Europe. Now, just over 100 years later, there are 30 of them. They are among the natural endowments most worth protecting, our natural heritage that we and future generations can enjoy and marvel at. Many of the national parks have visitor centres and easy walking trails. You have a standing invitation, at any time year-round. Welcome!

The feathers of boreal owls are so soft that they can fly making almost no sound at all. With their acute hearing, they can detect sounds made by a vole and swoop down on it before the creature has a chance to flee.



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# WHY DO WE NEED NATIONAL PARKS?

National parks are small fragments of the nature that once covered all of Sweden, and that makes them worthy of protection.

They safeguard the diversity of ecosystems and give visitors an opportunity to enjoy natural surroundings and relax in them. They represent the most valuable nature in Sweden.

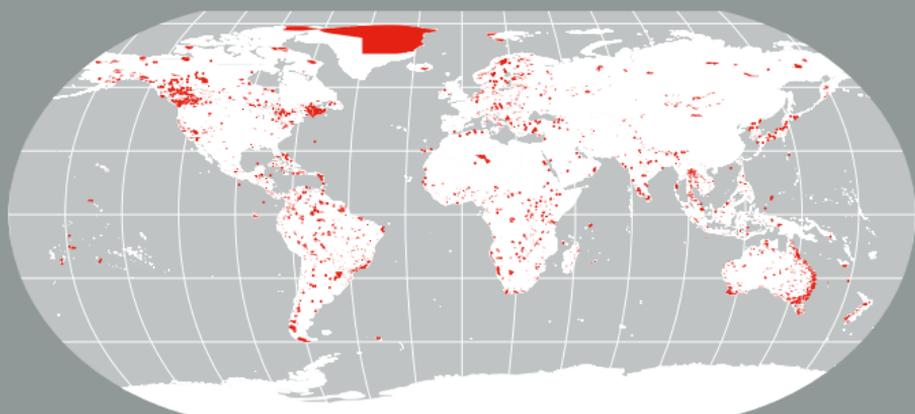


## SWEDEN'S PROTECTED NATURE

1.6 per cent of Sweden's area has the strongest protected status, national park.

Around 13 per cent of Sweden's area is protected in another way.

- National park
- Nature reserve/other protected areas
- Unprotected nature





-  = Services
-  = Aids
-  = Trails

\*Stora Sjöfallet  
/Stuor Muorkke  
\*\*Padjelanta  
/Badjelánnda  
\*\*\* In or adjacent  
to the national park

	Naturum	Café***	Restaurant***	Exhibition	Caravan parking	Cabins	Wind shelter	Campsite	Groceries***	Trail	Sound trail/audio guide	Pram/buggy trail	Wheelchair accessible trail
Abisko													
Stora Sjöfallet*													
Sarek													
Pieljekaise													
Sonfjället													
Hamra													
Ängsö													
Garphyttan													
Gotska Sandön													
Dalby Söderskog													
Vadvetjåkka													
Blå Jungfrun													
Norra Kvill													
Töfsingdalen													
Muddus/Muttos													
Padjelanta**													
Store Mosse													
Tiveden													
Skuleskogen													
Stenshuvud													
Björnlandet													
Djurö													
Tyresta													
Haparanda skärgård													
Tresticklan													
Färnebofjärden													
Söderåsen													
Fulufjället													
Kosterhavet													
Åsnen													

# NATIONAL PARKS: PAST, PRESENT AND FUTURE

In 1909 Sweden became the first European country to establish national parks. Then, as now, the idea was to preserve pristine nature for present and future generations, but also to make national parks inviting for tourism and outdoor activities.

Previously national parks were created, in part, on the basis of romantic ideals about nature. Now selection is based on international, scientific criteria for what nature merits protection and interesting attractions. One difference from before is size. New national parks are to be large, untouched areas that showcase a typical Swedish landscape.

In most national parks, nature is allowed to take care of itself. In some grazing animals keep the land from becoming overgrown, and meadows are mowed to preserve the old cultural landscape.

The land in national parks is owned by the state. The government and Parliament make decisions about establishing new national parks. The selection and preparations are handled by the Swedish Environmental Protection Agency together with county administrative boards and other local parties. It is important for local residents to participate in efforts to form new national parks. They are a legacy we have in common that should be taken care of in the best possible way for us and future generations.



**THE GOLD STAR** is the symbol for Sweden's national parks. It indicates that the parks represent the finest and most remarkable examples of Swedish nature.

# TIPS BEFORE YOU VENTURE OUT

Walking along the paths in a national park for a few hours usually does not require special equipment other than comfortable shoes and clothes that provide sufficient warmth. Step outside and make yourself at home.



If you want to be sure of choosing the right clothing, check the weather forecast before you leave at [www.smhi.se](http://www.smhi.se) or [www.yr.no](http://www.yr.no)

If you are going to visit a national park in the mountains, it pays to be more prepared. Information is available at [www.fjallsakerhetsradet.se/eng](http://www.fjallsakerhetsradet.se/eng)

## SMALL THINGS FOR A BIGGER EXPERIENCE

In each park you will find information about the things worth seeing there. If you want to see more, bring along flora, a birdguide and binoculars.

In many national parks, there are established fire places where it is okay to grill food as long as the lighting of fires is not prohibited.

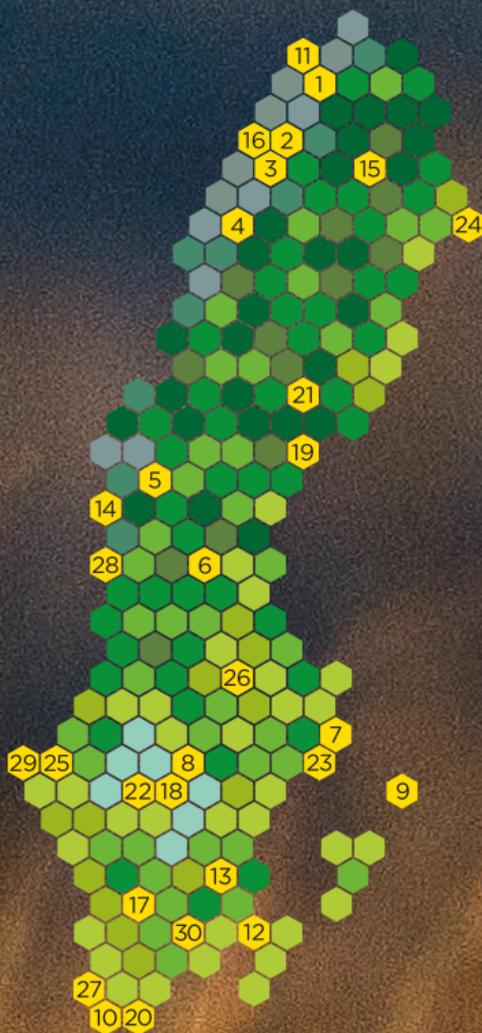


The bluethroat is sometimes called the Nordic nightingale and you can spot it in the mountain birch forest of the north.



# ALL NATIONAL PARKS

1. ABISKO
2. STORA SJÖFALLET/  
STUOR MUORKKE
3. SAREK
4. PIELJEKAISE
5. SONFJÄLLET
6. HAMRA
7. ÄNGSÖ
8. GARPHYTTAN
9. GOTSKA SANDÖN
10. DALBY SÖDESKOG
11. VADVETJÄKKA
12. BLÅ JUNGFRUN
13. NORRA KVILL
14. TÖFSINGDALEN
15. MUDDUS/MUTTOS
16. PADJELANTA/  
BADJELÁNNDÁ
17. STORE MOSSE
18. TIVEDEN
19. SKULESKOGEN
20. STENSHUVUD
21. BJÖRNLANDET
22. DJURÖ
23. TYRESTA
24. HAPARANDA  
SKÄRGÅRD
25. TRESTICKLAN
26. FÄRNEBOFJÄRDEN
27. SÖDERÅSEN
28. FULUFJÄLLET
29. KOSTERHAVET
30. ÅSNEN



LISTEN TO  
THE BROCHURE



For information about Sweden's national parks  
[NATIONALPARKSOFSWEDEN.SE](http://NATIONALPARKSOFSWEDEN.SE)

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Swedish Environmental Protection Agency  
Responsible for Sweden's National Parks

[Swedishepa.se](http://Swedishepa.se)

