



TIERPS
KOMMUN

Nature and Outings Guide

24 beautiful places in Tierp Municipality

Welcome out into the nature of Tierp!

Experience wonderful hiking trails, walking paths and outing destinations in northern Uppland. Pack some food and go out exploring – adventures are waiting around the corner!

Tierp Municipality borders the Gulf of Bothnia, and has a fascinating northerly coast and a sparse archipelago to the east. Walk to beautiful lookout points with magnificent views where you'll be filled with a sense of space and peace. Or take a long hike along inviting coastal stretches with plenty of space for everybody, and go swimming from rocks that have been warmed by the sun.

If you long for enchanting, ancient forests and wide open wetlands, there are trails stretching for miles in Florarna, where you can listen out for the desolate calls of the cranes.

Ledskär and Vendelsjön are some of Sweden's best bird locales, and the orchid meadows at Bondskäret offer floral splendour in May.

This guide shows you the way to 24 beautiful places in the nature of Tierp, where you'll meet a pleasant mix of sea and land, sky and earth, south and north.

Contents

1. **Fågelsundet** – nature trail and fishing village
2. **The Björn Archipelago** – lighthouse and bird islands
3. **Rödhäll** – bird flights and grand views
4. **Örnstenen** – ancient forest, sundial and pleasant flat rocks
5. **Rossholm and the northerly coast** – hiking trails and lookout mountain
6. **Sikhjälma Harbour and Kapplasse** – fishing village and dramatic cliff coast
7. **Källarberget** – “giant’s cauldrons” and magnificent views
8. **Degertrusket** – wild lake and dwarfed pines
9. **Grönlundsbacken** – a landscape from Viking times
10. **Rönnfjärdsskogen** – an orchid’s paradise
11. **Lingnåre** – culture reserve with rambling trails and exhibition
12. **Slada Harbour** – beach meadows and swimming spot
13. **Gudinge** – fishing harbour and bird bay
14. **Ängskär** – sea swimming and hikes
15. **Bondskäret** – rambling trails and orchid meadows
16. **Ledskär** – a bird’s paradise
17. **Bredforsen** – hiking in Dalälvs nature
18. **Söderfors** – round trip to the English park and the Greek temple
19. **Lövstabruk** – forest walk, country estate and baroque park
20. **Florarna** – hiking across wide open wetlands
21. **Tegelmorasjön** – bird towers and pasturelands
22. **Örbyhus Castle** – walks in the park
23. **Vendelsjön** – top class birdwatching
24. **Iggelbo** – flowers and birds by Tännaren

More Destination Tips

The Upplandsleden Trail and More Information

Legend

Information

Parking

Lookout Point

Hiking Trail

Bird Tower

Accessible for those with Functional Impairments

Fireplace

Dry Toilet

Swimming Spot

Shelter

Camping Site

Cottage

Kommenterad [L1]: Denna rubrik är inte densamma som i det faktiska kapitlet. Är det avsiktligt?

Kommenterad [L2]: Se föregående kommentar.

1. Fågelsundet – nature trail and fishing village

Roam around among cosy fishing sheds in Uppland's biggest fishing village, or experience splashing waves, orchids and pool frogs along the nature trail. Fågelsundet offers a fascinating mix of culture and nature.

The Fågelsundet Nature Trail

Just west of Fågelsundet, you can go on a beautiful 2 kilometre walk. The path winds its way around small lakes that are home to pool frogs, and marshes that house orchids, among flat rocks and old pines, through deep fir forests and lush beach groves. By the open Hållnåskusten Coast, you'll meet soft-polished flat rocks, beach meadows full of flowers, and shrubs of common sea buckthorn.

The rare pool frog thrives in the Kallviken Bay. You can listen to the frog's grumbling croaks at the end of May through to midsummer. Then, the males gather in the warmest part of the lake, where they fight each other and blow up their white vocal sacs. The frog's call is so loud that it can be heard almost a kilometre away.

Leeches like lime-rich pool frog waters, and also live in Kallviken. They have three jaws with razor-sharp teeth, and suck blood from frogs and fish. One big meal lasts them for a whole year.

Around the marshes, you can get a closer look at some of Hållnäs' 20 species of orchids. The common spotted orchid is the most common, with beautiful reddish-purple flowers that sit close together in a spike. The heath spotted orchid is a close relative that has lighter coloured flowers in a shorter spike. Both flower in June – July.

The tall broad-leaved helleborine flowers a bit later in July. Up close, you can see that the colour of the flower varies from green to red and purple, with gleaming nectar in the bowl-shaped lip. The lesser butterfly orchid, with its white flowers and delightful scent, is recognised by many. All orchids in Sweden are under protection, and must not be picked.

The beach grove is alive with plants. The common alder has created a rich soil where herb paris, common dog-violet and blackcurrant thrive. You can also see many different species of tree, such as ash, maple, elm, bird cherry and rowan tree. The lesser whitethroat thrives in the beach grove, and sings intensively towards the end of May. It sounds like a pea rumbling around in a jar: "tet tet tet".

Along the open coast of the Hållnåshalvön Peninsula, you'll find an abundance of common sea buckthorn. The berries shine orange-yellow against the blue September sea. Buckthorn can create its own nutrition with the help of nitrogen-fixating bacteria in its roots. Thanks to the buckthorn, the beach's meagre mineral soil is thus fertilised, and many other plants get the chance to establish themselves.

If you want to experience colourful, floral splendour, go out onto the beach meadow. The different colours of the flowers shine brightly; there is white from the marsh grass of Parnassus, yellow from the greater yellow-rattle, and red from the seaside centaury, red bartsia, and the beautiful early marsh-orchid.

Walk through Fågelsundet's fishing village

Fågelsundet is Uppland's biggest fishing village, and was significant for seasonal fishing as early as during the Middle Ages. A walk through Fågelsundet's beautiful fishing village offers a variety of experiences – of culture and nature alike. You may want to start by visiting Storhamn in the western part of the area. One of the fishing sheds is of an older type, sporting a thatched roof that juts out over the mooring.

Up at "Bunkern" ("the Bunker") in Storhamn, you'll have a nice view of Fågelsundet and the island of Fågeln. In spring, thousands of small birds travel through the strait – chaffinches, bramblings, siskins, meadow pipits, thrushes and wood pigeons in April, and large numbers of songbirds in May.

Continue your walk across the Fågelsundsbacken Brook at the southern edge of Storhamnen. The brook is known locally as "Strömmen" ("the Stream"). It used to be full of fish, travelling upstream to mate. Catching a burbot or pike with your bare hands required both patience and skill! Following a long period of overgrowth, the brook has now been returned to its natural state, as plants have been cleared away, and rocks where fish can gather strength on their way upstream have been placed in the brook.

You'll pass the Glaskalludden Peninsula with a couple of 19th century land sheds used to store barrels of salted Baltic herring and fishing tools. Fishing was an important side business for the farmers of Hållnäs, and reached its peak in the 1940s, with over 30 boat teams.

Continue to Fågelsundet's eastern harbour, called Rännan. You can see different types of buildings in the fishing village – fishing sheds, land sheds, cooking houses and residential houses. There are special areas with drying racks where nets were hung to dry between the sheds. Originally, the drying racks had naturally grown wooden hooks.

Round Rännan, and you'll find yourself on a peninsula with a view of the strait between the fishing village and the island of Fågeln, which has given rise to the name Fågelsundet (the Fågeln Strait). Next to the last fishing shed is a big shrub of common sea buckthorn that looks almost like a tree. The berries shine orange-yellow in September. They are difficult to pick, but contain 100 – 200 daily recommendations of vitamin C per kilo.

You can follow a nice rambling trail eastwards along the strait to the harbour for small boats, which is home to a nice swimming spot. A newly created path then continues past the little lighthouse at Brunnskatan.

Find it

Fågelsundet's fishing village is located on the northernmost part of the Hållnåshalvön Peninsula, 22 kilometres north of Skärplinge. From Skärplinge, you'll drive to Hållnäs Church, and onwards to Hjälmunge, where you'll turn left towards Fågelsundet.

The nature trail begins at the big parking area south of the fishing village. There is information and a folder with numbered spots along the trail.

Tip

Romsmaren is an interesting little lake, located close to Fågelsundet. Both leeches and pool frogs live in the lime-rich water. The rare fen orchid grows at the edge of the water. You can walk to Romsmaren from Fågelsundet, but the easiest way to reach the lake is via a path from the road going eastwards to Rödhäll.

2. The Björn Archipelago – lighthouse and bird islands

North of Fågelsundet is a sparse archipelago with six larger islands, and a myriad of islets. At the northernmost point is Björn – a wonderful place where you'll come eye to eye with the Gulf of Bothnia.

The Björn Archipelago (Björns skärgård) is a paradise for birds, with more than 70 species breeding here. Arctic terns, gulls and ruddy turnstones like the bare islets best, while hobbies and white-tailed eagles build their nests on the bigger islands where there are trees.

Hobbies are very fast, and hunt small birds and dragonflies that they catch in mid-air. White-tailed eagles are our biggest birds of prey with a wingspan of up to 240 centimetres. They are common along the coast of Hållnäs, and you have a good chance of spotting this superior glider, capable of circling above for hours without a single wing stroke. Older white-tailed eagles remain here throughout the year. You can recognise an older white-tailed eagle by its completely white, wedge-shaped tail.

Stenarna, in the northwestern part of the Björn Archipelago, is home to a large colony of Caspian terns – the largest tern in the world. It spends its winters in western Africa, but comes to Stenarna to breed at the end of April. You can often see Caspian terns along the whole coast of Hållnäs, diving for small fish and returning to their young in the colony.

The Björn Lighthouse

At the northernmost point of the archipelago lies the lighthouse island of Björn. Many birdwatchers come here in autumn to look for migrating loons, skuas and eastern rarities such as yellow-browed warblers and Pallas's leaf warblers. So far, over 240 species have been spotted!

On the east side of the island lies the lighthouse, where there are also some houses for the lighthouse keeper. The lighthouse is from 1956, a concrete tower with a black belt. It was automatized in 1968, and is a sector light that flashes every ten seconds. In the 19th century, Björn had two lighthouses, just like Nordkoster, for instance. At the time, the characteristic flashing was impossible to achieve, so two lighthouses were built as extensions of the residential house, to separate Björn from other lighthouse spots.

The Alm family were lighthouse keepers on Björn in the 19th century. 20-year-old daughter Beda achieved fame for her brave actions on a stormy day in May, 1895. Finnish galleass Hebe from Pori had been crushed against the reefs outside Björn, and Beda Alm went out, in a small boat, to rescue five shipwrecked men. Beda's actions garnered a lot of attention, and she received a medal from King Oscar II, and a diamond ring from the Russian tsar, as she had saved his Finnish subjects.

There is a small site for tents with a fireplace, toilet, and drinking water. The old lighthouse keeper's home is privately owned.

Find it

Björn is located 5 kilometres north of Fågelsundet. You can get there with your own boat, or by booking boat transport from Fågelsundet's fishing village, phone: 070 574 5398. One good way of getting there is to go on one of the annual outings organised by local birdwatching groups.

3. Rödhäll – bird flights and grand views

If you want to experience the Gulf of Bothnia up close, listen to the splashing of the waves, and look for migrating birds from the beautiful cliffs, you should visit Rödhäll, the northernmost point of the Hållnäs halvön Peninsula.

Rödhäll's exposed location, bare, polished cliffs, and grand views offer a tonic for the soul. Your senses are filled with sea and sky along an unbroken horizon. The walk from the cliff coast begins at a parking area next to the little Rödhällsfjärden Lake. The name of the lake may seem strange (fjärd = bay), but elevation of the land – 7 millimetres per year – has turned the bay into a little lake which is now 300 metres from the sea.

To get out to Rödhäll, you'll follow the road northwards, past the old military barracks. After 700 metres, you'll get to the Sälstugan Cottage, located on the left, at the bottom of the last hill up to the sea cliffs. The simple cottage is open to visitors who want to take a break or spend the night, and is equipped with four beds, wood burners and a modern dry toilet.

Continue along the road leading up to the hill north of the cottage. You'll be met by an astoundingly magnificent view, from the Björn Lighthouse to the north, to the Örskär Lighthouse to the east. Sit down on the cliffs, or at the table, and enjoy the fresh air and the expanse of the sea.

With its exposed location, Rödhäll is a perfect locale for bird flights. The bird season begins in early spring, when goldeneyes and common mergansers engage in mating rituals in the open waters, among the sheets of ice. The beautiful male goldeneye with its dazzling black and white plumage whistles, croaks and throws its head back and forth.

In spring, thousands of small birds and a vast number of loons migrate along the Hållnäs-kusten Coast. On a good day, 250 black-throated and red-throated loons can pass northwards towards the Björn Lighthouse. Arctic terns, which also breed on the islands, come at the beginning of May, after a record-distance migration from Antarctica.

The breeding season is brief for many birds, and the southerly flight of gulls and wading birds begins as early as in July. You may then be able to spot one of our smallest gulls, the little gull. The undersides of its wings are black as soot.

Why not visit Rödhäll on a cloudy autumn day when there is an easterly wind? You may then get to see flights of birds up close, pressed in towards the coast.

The loon flight moves in the first few hours after dawn, and is followed by the flights of the taiga bean goose, the brant, the widgeon, the common eider, the long-tailed duck, and the common merganser. Many small birds take breaks among trees and bushes. If you're lucky, hundreds of common and velvet scoters may pass. Both have a dark plumage, but the velvet scoter has white speculum feathers.

From the cliffs of Rödhäll, you can return the same way you came. A nice alternative, however, is to follow the coast 300 metres west on the cliffs, to the bay inside of Marören. From here, you'll follow a tractor road southwards through the forest, and you'll find yourself back on the road between Rödhäll and the parking area.

Find it

Drive towards Fågelsundet, turn towards Rommaren and Rödhäll. Follow the tarmacked road eastwards, and continue straight ahead on the gravel road. You'll pass Nusand, a bay with a little swimming spot, a table and a fireplace. The gravel road leads to Rödhäll's parking area, and from there, you'll walk the final stretch, just under a kilometre.

4. Örnstenen – ancient forest, sundial and pleasant flat rocks

From Örnstenen, you'll look out across the sparse archipelago of the eastern Hållnäs-kusten Coast. The old forest offers a sense of wilderness, and the smooth rocks of the peninsula are inviting for swimmers.

Large parts of the northeastern coast of Hållnäs are part of a nature reserve. The area is very inaccessible, and has many shallow bays, lagoons, and stony beaches surrounded by forest. But from Storskäret, which is east of the village of Hållen, you can follow a 1 kilometre long path to Örnstenen – a rock hillock with a beautiful view of the sparse archipelago.

There is information about the nature reserve at Storskäret's parking area. From there, you'll follow the marked path through an old fir forest and lush precious broadleaf forest. You will be richly rewarded with rare plants and birdsong. Among fallen firs and tall stumps, you may find moneses, sweetscented bedstraw and *actaea spicata*. Solomon's seal and the rare *arctium nemorosum* grow in the shade of the grove's broadleaf trees.

The path climbs upwards to a curious ancient monument, a "compass card" with ten rows of boulders coming together to the central standing boulder. Before you continue along the marked path, you have to make a detour to Örnstenen's lookout mountain. From there, you can see all the way to the Örskär Lighthouse, north of Gräsö. Greylag geese, common sandpipers and arctic terns breed on the islets below the cliff, and if you're lucky, you may spot a white-tailed eagle that sometimes glides above the bay.

You can – carefully – make your way down the steep cliff to the beautiful bay, or you might choose to return to the marked path, which also leads out to the wonderful rocks where you can go for a swim.

Feel free to continue on southwards along the beach meadow where marsh grass of Parnassus, sea asters and flecked marsh orchids with its spotted leaves grow. You'll pass a couple of cut-off bays where the rare pool frog performs its concerts in May.

At the easternmost point of the peninsula, you can look out towards the forest-clad island of Tärnan, which can be reached on foot when the water level is low. A bit further south, inside Stångören, you'll find a beautiful southerly grove with a rich flora.

Find it

The nature reserve of the Hållnäs-kusten Coast is located on the northeastern side of the Hållnäs-shalvön Peninsula. From Hållnäs Church, you'll drive to Hjälmunge, and thereafter take the road towards Fågelsundet. In Hållen, you'll turn right towards the nature reserve. Follow the gravel road and signage 3 kilometres eastwards.

5. Rossholm and the northerly coast – hiking trails and lookout mountain

Nordvända kusten (the northerly coast) is an exciting and unique area of Sweden. The waves of the Gulf of Bothnia have free reign along a 10 kilometre stretch of rocks and shingle.

Rossholm is a beautiful little village right next to the Gulf of Bothnia, on the north side of the Hållnåshalvön Peninsula. A cosy village road winds its way between pasturelands and meadows to the northerly coast where the rocks are exposed towards the open sea.

There is an information sign and folder at the parking area, next to the lookout tower. From there, you can choose one of the rambling trails that lead down to the beautiful spots by the coast.

Follow the gravel road northwards through the village, and turn left after 600 metres, and you'll find yourself at the Rossholmsberget Mountain with a magnificent view of the Gulf of Bothnia. Alternatively, you may want to continue down to the Rackhamnen Harbour by the Rossholmsviken Bay, where you can go straight out onto the beach cliffs or follow the path to the right towards the Kranselberget Mountain – a wonderful place with a bench and stunning views.

The Immarviken Bay's beautifully polished flat rocks are a bit further west. You can start your tour from the parking area next to the tower, or from the small parking area next to "Jaktkojan" ("the Hunting Hut"), where you are welcome to make a fire and barbecue some sausages. The path towards the Immarviken Bay is wide and easy to walk. The distance from Jaktkojan down to the cliffs is 1.2 kilometres, and once there, you can go for a dip in the sea, or walk freely along the northerly coast. You can also follow a marked hiking trail westwards through the forest, all the way to the Kapplasse Nature Reserve.

From the tower, you can also walk along a rambling trail going south through the beautiful culture landscape. At Kolbottnen and Svilandet, you'll be met by an old-fashioned landscape and greying meadow barns. In the summer, you can enjoy the bloody geraniums growing at the edges of the stone mounds, and in the meadows you'll see cowslip and helianthemum nummulariums. The rare ghost orchid was discovered along the rambling trail a couple of years ago. The plant lacks chlorophyll, and is therefore white or yellowish. It blooms very irregularly, but if you're lucky, you may spot it in late summer in the forests between the meadows.

Find it

Rossholm is located by the Hållnåshalvön Peninsula's northern coast. From Skärplinge, you'll drive to Hållnäs Church, and continue on to Hjälmunge, where you'll turn left towards Fågelsundet. 2 kilometres north of Hållen, you'll turn left towards Rossholm. There is a parking area and information next to the tall lookout tower.

6. Sikhjälma Harbour and Kapplasse

– fishing village and dramatic cliff coast

Out on Marskär, you can see the sun rise and set in the Gulf of Bothnia! The Kapplasse Nature Reserve invites exploration along awesome beach cliffs.

Sikhjälma Harbour

On the northwestern part of the Hällnäsälvön Peninsula lies the fishing harbour of Sikhjälma, inside of cliff islet Marskär. The jetty that juts out beyond the red fishing sheds is an easily accessible and nice lookout point. From the parking area, you'll follow the road through the idyllic fishing village, and continue out to the left onto the long jetty that protects the harbour. Feel free to go out into the beach meadow next to the fireplace, and enjoy the floral splendour of greater yellow-rattle and pink seaside centauray.

The Sikhjälma farmers' fishing harbour has been in use since the end of the 19th century. The fishing sheds were built in the 1930s, and there are areas where nets can be hung to dry.

If you want to experience the sea cliffs of Marskär, you can follow an unmarked path that begins just north of the jetty. The path takes you through the forest, passing an old military bunker before you reach the flat rocks, where a little lighthouse stands. Here, you can go swimming in the summer, or feel the force of the autumn storms.

Another unmarked path goes from the parking area out onto Marskär's eastern shore, with a good view of the Kapplasse Nature Reserve. The impressive shingle beach on the other side of the bay is red closest to the water, where the granite has been washed clean by the waves. Further up, the rocks are covered by map lichen, giving them hues of grey and green.

Kapplasse

The Kapplasse Nature Reserve stretches out along the coast, just east of Sikhjälma Harbour. From the reserve's parking area, you can follow a 1 kilometre path to the shingle beach, and further out to the dramatic cliff coast with a magnificent view of the Gulf of Bothnia. Sturdy shoes or boots may be needed out on the cliffs. Remember that the flat rocks can be very slippery.

Nature is barren along the northerly coast, with windswept dwarfed pines and cracked flat rocks made of red granite. When storms come in from the north, you can hear a muffled rumble coming from the round-polished stones rolling in the waves. This is how shingle beaches, of which there are many in the reserve, are formed. In late winter, tall mountains of ice and snow, with metre-long icicles towards the sea, are often formed. Why is the area called Kapplasse? It is said that Lasse from Sikhjälma had an unusually large, black coat (kappa = coat). When there was a storm, Lasse went out with a torch in his hand to show the fishermen the way in to the protected harbour.

West of the Kapplasse Cliff is an exciting area that locals call "svarvkammaren" ("the lathing chamber"). When the autumn storms rage, big rumbles sound as the stones roll around! The rocks are lathed round and smooth. People used to pick special, long rocks here, to use as sinkers for their fishing nets.

If you're an experienced hiker, you can follow the cliff coast all the way to Fågelsundet, but it is ten kilometres of demanding walking. There is also a path that leads to Rossholm, through the forests and across flat rocks, a small distance up from the coast. The path is marked with orange beyond the Kapplasse Nature Reserve.

Find it

Sikhjälma Harbour and Kapplasse are located on the northwestern part of the Hållnashalvön Peninsula. From Skärplinge, you'll drive towards Hållnäs Church. 3 kilometres before the church, turn left towards Sikhjälma. Follow the tarmacked road through the village of Sikhjälma, and continue north to the Kapplasse Nature Reserve parking area. Slightly further ahead, by Sikhjälma Harbour, there is a large parking area with information and tables, should you wish to take a walk around the fishing village.

7. Källarberget – “giant’s cauldrons” and magnificent views

North of Fagerviken stands the Källarberget Mountain, where you can experience the force of the sea and a fantastic view of the Gulf of Bothnia – from Eggegrund to the Björn Lighthouse.

The Källarberget Mountain is a 17 metres tall hillock along the Hållnåshalvön Peninsula’s northerly coastal stretch. The tall mountain ridge slopes steeply down towards the shore, where you can see “giant’s cauldrons” lathed into the rock. The area has high geological value with several traces from the ice age in the shape of shingle beaches, beach banks and glacial grooves.

The hillock is clad in pines, and the view from the top stretches out far across the Gulf of Bothnia. The site is thus known among birdwatchers who look for flights of birds. At the top of the mountain is an old pilot’s lookout from 1912. Pilotage in Fagerviken began in 1901, and ceased at the end of the 1960s. At present, a nature reserve is being formed at the Källarberget Mountain.

In Fagerviken’s harbour and fishing village, herring-fishing was an important source of income at the beginning of the 20th century. You can learn more about the “sea monster” that was discovered in the winter of 1923. A 13 metre long fin whale had become stuck, frozen in the ice, by Olsgrundet, and attracted thousands of curious visitors.

Find it

The Källarberget Mountain is located between Fagerviken and Sikhjälma. Turn towards Fagerviken just north of Skärplinge. Turn left towards Såghamn 500 metres north of the village.

Tip

You can rent the pilot’s lookout through Fagerviken’s community centre, phone 0294 233 50. The cottage is equipped with four beds, a fridge, hot plates and kitchen equipment. More information: www.fagerviken.se

8. Degertrusket – wild lake and dwarfed pines

If you want to have a swim in Degertrusket, you'll have to be quick! Leeches smell your body and attach themselves with their microscopic teeth.

Degertrusket is a beautiful little lake, surrounded by wetlands and a pine forest. The lake is home to both leeches and toads, which mate in the spring. The walk to and back from Degertrusket is 2 kilometres long, crossing flat rocks with old, twisted dwarfed pines without peaks. Redstarts and woodlarks – singing their typical “lu-lu-lu” intensively early in the spring – thrive here.

The marked path leads to the southern shore of Degertrusket, where you can sit down and enjoy the atmosphere of wilderness. Whooper swans have bred by the lake the past few years, and cranes breed in the wetlands northwest of Degertrusket.

Find it

Drive towards Hållnäs Church from Skärplinge. Just before Edvalla, where the church is, you'll turn left towards Sikhjälma, and 1.5 kilometres later, you'll turn right onto a gravel road towards Rossholm. After a couple of kilometres, the marked trail begins on the left side of the road. There are places to park your car there.

9. Grönlundsbacken – a landscape from Viking times

Follow the rambling trail passing Viking stone ships on the herb-rich pastures, and consider the lives of the ancient inhabitants of Sikhjälma, in the company of songbirds and fragrant flowers.

Hållnäs' biggest Iron Age burial ground is located alongside the road towards Sikhjälma Harbour. You can take a short walk around the area, boasting some 50 interments. The most beautiful is the stone ship with standing stem and stern post boulders at either end.

The Grönlundsbacken Hill was the perfect location for the Viking farmers of the 10th century. It was near the small fields, meadows, pastures, forests and archipelago. The shore of the Gulf of Bothnia was to the north, below the hill. Where the Sägströmmen Stream is now, there was a deep bay in Viking times.

A thousand years of animals grazing and people making hay has created a rich flora on the dry hills of the area. You can look for butterflies that thrive in the flowers of the devil's-bit, and touch the stalk of the sticky catchfly. The dropwort shows its beautiful white flowers in June. The plant has tubers, which look like little buns, on its roots. People used to roast them and mix them with flour to make it last longer during famines.

Find it

Drive from Skärplinge to Hållnäs Church. 3 kilometres before the church, you'll turn left towards Sikhjälma. Follow the tarmacked road through the village of Sikhjälma and northwards to Grönlundsbacken's burial ground, where there is a parking area at the bottom of the hill.

10. Rönnejärdsskogen – an orchid’s paradise

If you visit the Rönnejärdsskogen Forest around midsummer, you can enjoy the exotic lady’s slipper orchid, which shines in the darkness of the forest.

The Rönnejärdsskogen Nature Reserve lies north of the village of Slada in Hållnäs. You can go for a walk in an old, lime-and-herb-rich coniferous forest, past mineral-rich wetlands with loads of orchids. The area is typical of Hållnäs, with traces of past activities. The forest has been used for forestry, animals have grazed there, and people have made hay. Now, the forest is overgrown, but you can still see the remains of fields, meadows and old fences.

You only have to walk 100 metres from the parking area into the forest, along the marked path, to see the lady’s slipper orchid. The fragrant flowers have a very original colouration, with a yellow, slipper-like lip, and twisted, reddish brown sepals. The lady’s slipper orchid is rare, but in Hållnäs, you can come across hundreds of them.

The Swedish name “guckusko” comes from the Roslagen dialect, and means “the cuckoo’s shoe”, which, of course, refers to the slipper-like lip. The flower attracts mining bees on the hunt for pollen. The edges of the lip are slippery, and the bee often falls down into the yellow “prison”. Here, it can rummage around for 5 – 10 minutes before it finds the exit route, which goes via a narrow passage underneath the anther, where the pollen is rubbed off against the bee’s back. The bee immediately forgets the experience and slips down into the next flower, which can then be pollinated.

Carry on along the marked path, which will take you on a brief walk through the forest. Remember that all orchids in Sweden are protected.

Find it

Drive from Skärplinge to Hållnäs Church, and further past Hjälmenge towards Killskär. After 1.5 kilometres, you’ll turn left in the village of Slada, and follow a narrow gravel road northwards, past the farm of Mosskulla Gård and into the forest. The reserve’s parking area is on the left side of the road, around 2.5 kilometres north of Slada.

11. Lingnåre – culture reserve with rambling trails and exhibition

At Lingnåre, you can walk through a beautiful landscape showing the traces of Viking farmers from the end of the 10th century. In summer, the hayfield is full of fair flowers and butterflies.

Lingnåre is Uppsala County's first culture reserve, with Viking environments and flower-rich lands. Here, you can experience the varied landscape on foot. There are information signs and nice places to rest along all rambling trails.

Vikingastigen (the Viking trail) goes past the settlement and the old burial ground with its beautiful rune stone. You'll follow red poles, making a journey back in time, to a thousand years ago. Back then, the settlement had a view of the sea and the archipelago. Fishing and seal- and waterfowl-hunting were important in supporting the people of the farm. There was barley growing on a few little patches of farmland, and animals grazed in the forest.

Medeltidsstigen (the Medieval trail) takes you away to the medieval village where you'll find a stone well and many traces of building foundations. The medieval village consisted of at least two farms with several types of buildings. In the mid-14th century, the village was abandoned.

You can also visit the hayfield north of the barn, and enjoy all the flowers and butterflies found there at the height of summer. In the field, you can also discover flowers like the fragrant orchid, wood cow-wheat, devil's-bit, and leafless hawk's-beard. You can find some 50 different plant species in a single square metre of hayfield. The silver-washed fritillary flies there in the summer, and is drawn to the nectar-filled saw-wort and brown knapweed. At times, there are hundreds of butterflies of different species, sailing around among the flowers.

In the Lingnåre barn, you can learn more about how the Vikings lived, and about their fascinating thoughts about the world. Feel free to take the stairs up in the barn and open the covers. Information signs show what the landscape looked like in Viking and medieval times.

At the edge of the road, northeast of the barn, you can see an interesting plant called moon carrot. It can grow up to 120 centimetres tall, and the white flowers are placed in a big umbel. The *depressaria libanotidella* is a small and rare moth that feeds on this plant from June to July. The moth can be found here at Lingnåre because the sides of the road are mowed so late.

Find it

Drive from Skärplinge towards Hållnäs Church. 3 kilometres before the church, you'll turn left towards Sikhjälma, and follow signage to the culture reserve. The parking area is located on the right, by the information barn.

12. Slada Harbour – beach meadows and swimming spot

At Slada Harbour, you'll be met by a wonderful view of the Hållnåskusten Coast's sparse archipelago. There is a little beach where you can go swimming on the peninsula, and beach meadows full of flowers.

The Hållnåshalvön Peninsula's eastern coastal area lies very low, and is strongly affected by the elevation of the land, which is over 6 centimetres per 10 years. A myriad of shallow bays have formed as a result, and they are slowly being isolated from the sea. Many birds find food in the shallow waters, and use them as a place to rest. You can see big flocks of goldeneyes and swans by the peninsula in spring.

The Slada farmers of old had their fishing harbour by Klungsten, further in the bay, but because of the elevation of the land, a new harbour was created out here by Klubben. Feel free to take the 500 metre long round walk from the parking area, past the fishing sheds, out to the peninsula, and back via the shore. The beach meadow is alive with colours in the summer – white marsh grass of Parnassus, pink seaside centaury, and greater yellow-rattle.

Find it

Slada Harbour is located around 7 kilometres east of Hållnäs Church. In Hjälmmunge, you'll continue on straight ahead towards Killskär, and turn off towards Slada Harbour just after Klungsten.

13. **Gudinge** – fishing harbour and bird bay

Gudinge offers grand views of the sea from the fishing harbour. At the swimming spot, you can look for white-tailed eagles that often glide in over the Barknårsfjärden Bay.

Fishing has always been important to the people of Hållnäs, not least as a side business for the small farms. Baltic herring was the most important fish, but cod, whitefish, salmon, pike and perch were also fished. The silvery Baltic herring can grow no larger than 20 centimetres long. The Baltic herring is a smaller variant of the Atlantic herring, which, in the southern Baltic Sea and on the west coast, can grow up to 40 centimetres.

The harbour in Gudinge was built in 1938 – 1940 because of the elevation of the land, and became the most modern harbour on the east coast. The fishing sheds are joined together, which is unusual along the Uppland coast. Beyond the sheds is the drying area, where nets were dried, and from the jetty, you'll have a good view of the Gulf of Bothnia.

Take a walk to the cosy swimming spot located 400 metres west of the harbour. Follow the road between the holiday homes, and you'll see a path that leads down to the shore on the inside of the Hansboudden Peninsula.

The path continues up west for a few hundred metres, reaching a small boat harbour by the Barknårsfjärden Bay. Pike and perch breed in the shallow water which heats up quickly in the spring. The fry can find plenty of food and hiding places among water plants and rocks.

Sometimes, the white-tailed eagle swoops in over the Barknårefjärden Bay, scaring hundreds of geese and ducks resting in the shallow bay.

Find it

Gudinge is located around 15 kilometres from Skärplinge, on the east side of the Hållnåshalvön Peninsula, and you'll follow signage towards Ängskär. In Vavd, you'll turn left towards Gudinge.

14. Ängskär – sea swimming and hikes

Ängskär offers hiking and swimming in the sea by a lovely sandy beach. Out on Klubben, you can look for a white-tailed eagle that often swoops above the islets to the north.

Ängskär and Bondskäret are two peninsulas that jut out into the Gulf of Bothnia by Hållnäs' eastern coast. The two peninsulas are separated by the narrow Ängskärsundet Strait with its rich birdlife.

The Ängskär Nature Reserve stretches out on Klubben, a long peninsula that points northwards with the Ängskärsundet Strait on the inside, and smooth rocks towards the Gulf of Bothnia on the outside. Located in the south is Ängskär's campsite with shallow waters and a sandy beach for families, and bathing rocks at Slåtholmen.

From the campsite parking area, you can take a 1 kilometre long round hike to the rocks of Slåtholmen, warmed by the sun. The path takes you south past the sandy beach, and you'll pass a break spot with a fireplace where you can barbecue sausages. The common sea buckthorn shrubs by Slåtholmen are as tall as a person, and full of vitamin-rich, orange-yellow berries in autumn.

In early summer, you can enjoy lily of the valley, blue and yellow wood cow-wheat, fragrant water mint, and proud wild angelica with little white flowers in dome-shaped umbels.

You can also follow a 2 kilometre long rambling trail to the edge of Klubben, where you'll look out across the Gulf of Bothnia. You may get to see white-tailed eagles, which are now relatively common along the Hållnäs-kusten Coast.

The hike starts from the parking area, just before the guest harbour and Kolhuset (the Coal House). It passes through forests, across flat rocks, and along the coast with its lovely little beach meadows and cliffs.

The marked path crosses Ruddammen, a small lake where the European white water lily and bogbean grow. You can listen to the grumbling croaks of the pool frog from the end of May to midsummer. The frog only lives in a small number of locales along the northern Uppland coast.

In the pine forest, standing on flat rocks, you'll smell the marsh Labrador tea, which flowers in June with white blooms. When you reach the beach meadows of the coast, you'll be met by a wonderful, floral splendour in summer. You can see five plants whose (Swedish) names begin with the word "strand" (beach): sea aster, sea milkwort, water mint, *odontites litoralis*, and *valeriana sambucifolia*. At the end of Klubben stands Ängskär's beacon, painted red and white.

Find it

The Ängskär Nature Reserve is located just over 15 kilometres east of Skärplinge. Follow signs to Ängskär's campsite. To get out onto Klubben, continue past the campsite, and park just south of the harbour.

Tip

There are three cottages, a restaurant, a shop and a new service building at Ängskär's seaside campsite. Full service from the middle of June to the middle of August, but the campsite is open all year. Book on phone number 0294 360 78.

South of Ängskär is the archipelago area, and nature reserve Skaten-Rångsen. There is a tent site with a fireplace to the south, and you can rent a rowing boat at a cost of 100 SEK per day. Book on phone number 0173 810 00.

15. Bondskäret – rambling trails and orchid meadows

Bondskäret is the place to be for those who want to ramble through a beautiful culture landscape with hayfields, pasturelands and forests. In May, you can enjoy the elder-flower orchid by Ängskärviken.

Bondskäret's beautiful meadows are easily accessible, and you can enjoy the fantastic flowering of the elder-flower orchid in May. Around 400 different plant species have been found at Bondskäret. The reason for this multiplicity is that the old culture landscape has so many different types of environments. There are species-rich hayfields, enclosures with grazing animals, beach meadows, marshes and forests. In addition, the land is rich in lime, which is good for orchids.

Bondskäret is criss-crossed by a number of rambling trails. A good starting point for a hike is the white-plastered storehouse furthest in the Ängskärssundet Strait, where there is information and tables next to the parking area. Järnboden (the Iron Hut) was built in 1758 for storage of iron from Lövstabruk and Tobo before it was shipped away. Gulls and terns breed on the small islets in the strait. Sometimes, you can spot beautiful horned grebes, which breed among the reeds in the bay.

From the iron storehouse, the hike carries on along the ironworks road, which soon turns into a path. After 400 metres, you can turn left to get to the west side of Bondskäret, where the beautiful orchid meadows spread out on the lands next to Ängskärviken.

Another, longer, option is to continue northwards along the Ängskärssundet Strait, through herb-rich fir forests and beautiful broadleaf groves, all the way out to the flat rocks of Ytterhällarna, at the end of Bondskäret. For a nice round trip, you can then follow the Ängskärviken Bay on the way back. The path from Ytterhällarna leads up to an ironworks road that goes southwards through the forest. Eventually, the landscape opens up with beautiful meadows, fences and timbered barns.

Feel free to take a detour to the bird-rich Ängskärviken Bay along any of the paths. Many ducks breed here, and the common redshank often strolls around the water's edge. Sometimes, ospreys hover above the bay, which is rich in fish. Have a seat on a flat rock in the middle of the floral paradise boasting cowslip, meadow saxifrage, mountain everlasting and blue violet. Elder-flower orchids already flower beautifully in May, and come in two colours – reddish purple and yellowy white.

The nearest path back to the iron hut goes through the forest, where you can look for the exotic flowers of the lady's slipper orchid. Or you can follow the road past the Ängskärs Gård Farm, and turn left at the junction. The longer tour via Ytterhällarna is around 5 kilometres long, while the shorter route is 2.5 kilometres.

Find it

The Bondskäret Nature Reserve is just over 15 kilometres east of Skärplinge. Follow signage towards Ängskär, and turn off the road to the parking area at the iron magazine by the Ängskärssundet Strait.

16. Ledskär – a bird's paradise

At Ledskär, you can experience sky, sea, and expansive beach meadows. Many people come here for the birds, and there are nice rambling trails leading to several sturdy bird towers.

Ledskär is one of central Sweden's best bird locales. You can experience birds here all year round, but the best times are spring and autumn. Thousands of geese and ducks search for food in the shallow bay which is home to loads of small fish and water plants.

You can look for birds from three lovely bird towers. The highest tower stands on the Ledskärsängen Meadow, which you'll reach via a rambling path from the first parking area to the south. There is an information sign and folder featuring the most common birds in the area. The path crosses the heavily grazed beach meadow between silvery sea buckthorn shrubs and junipers. Red poles show the way into the flat landscape which is reminiscent of Öland. After 500 metres, you'll reach the bird tower.

The birds like to stay far out on the peninsula, north of the tower, so you'll need binoculars, or better still, a telescope, to be able to see what species of bird you're looking at. But the cranes are easy to recognise, and they often fly right above the tower. Remember that most of the beach meadows are in a bird protection area which you must not trespass on between April and July. But the path to the tower is easily accessible for visitors.

You can also go to the north parking area by Ledskär's harbour for small boats in order to get closer to the stretch of land where the birds are often found. There are tables, a fireplace and outdoor toilets, and it's also the best place to go for those with limited mobility.

If you want to stretch your legs, you can take a 3 kilometre long hike to Fladen and Kilholmarna. Start from the southern parking area, and follow the signs towards Fladen. From the low tower, which stands 400 metres from the road, you'll have a grand view westwards across the damp meadows. Various wading birds, such as wood sandpipers, ruffs and northern lapwings, come here in the spring.

From Fladen, you can continue northwards along the path marked with red, through the forest. A bridge takes you across the river, and you'll pass a little pond where ducks like to go in springtime. At the next junction, you'll turn left towards Kilholmarna. It's around 800 metres there and back.

From the bird tower, you'll have a good view southwards across Fladen. Go back to the junction, the same way you came, and continue on towards the harbour. From the harbour for small boats, you'll go back to the southern parking area along the gravel road. You'll pass Ledskärs Gård, an old hunting castle that was originally built for the de Geer family at Leufsta Ironworks in 1768.

Find it

Ledskär is located 4 kilometres north of Skärplinge. Take road 76 towards Gävle, and turn right at the sign towards Ledskär. The southern parking area is on the right hand side of the gravel road, and a little bit further north, there is another parking area by the harbour for small boats.

Tip

You can stay the night in the Ledskärsstugan Cottage, just north of the bird tower. The cottage has a simple standard, and the cost is 50 SEK per person and night. Information about booking is available through the Upplandsstiftelsen Foundation, phone number 018 611 62 71, website www.upplandsstiftelsen.se

17. Bredforsen – hiking in Dalälven nature

In the Bredforsen Nature Reserve, you can walk out onto small islands and islets in the lower Dalälven River. The sense of wilderness is strong here, with glimmering rivers and a rich fauna.

The lower Dalälven River is a fascinating area where the southern broadleaf forest region meets the northern coniferous forests. The gushing waters of the Bredforsen River find their way between the boulders, and the trees stand on tall bases where the ground is flooded each year. You may be able to spot a beaver, or at least traces of one.

You can take a 4 kilometre long round hike to the Bredforsen River, starting from the reserve's parking area west of Söderfors. The path winds its way through a varied forest with large aspens and old firs, and you'll reach small islands between the rivers via plank footbridges.

First, follow the forest road to the cleared area under the overhead power line, and from there, take the path marked with red that leads into the nature reserve. After around 1.5 kilometres, you'll reach the river area. You'll continue your hike northwards on slips of land and islets.

Bridges and plank footbridges make the passage between the islands easier. When you reach Björkholmen, we recommend a detour to the right (signposted "Eldstad" = "Fireplace", 0.2). You'll be met by beautiful rivers and views of the Kågbosundet Strait. There is grayling and char in the waters, which attract fishermen from near and far, but you have to get a fishing card if you want to try your luck.

Go back the same way you came, and continue towards Landkvarn where there are tables and a fireplace. Here, you can look out for the white-throated dipper, which dives for caddisfly larvae, and if you're really lucky, you might spot otters, which have established themselves by the rivers.

Go back southwards to Björkholmen, and turn right for a nice round trip. You'll now follow the Dalälven River upstream through a beautiful landscape. Goldeneyes and red-breasted mergansers thrive in the calmer waters of the Bredforsen River, and the common reed bunting chatters away in the reeds.

You'll pass a shelter on Karlsholmen before the path reaches a turnaround for cars that has an information sign. From here, you'll follow signage back to the parking area, under the overhead power lines and through the forest.

Find it

The Bredforsen Nature Reserve is located around 4 kilometres west of Söderfors. Take road 292 to Kvarnön, where there is a parking area and information on the right hand side of the road.

Tip

If you want to experience a river meadow in bloom, boasting Dalälven's very own violet, the bog violet, you can visit Sigeränget, which is also part of the Bredforsen Nature Reserve. Continue along road 292, and turn right towards Kågbo. There is a small reserve parking area and an information sign next to the road, and you'll follow a path southwards to Sigeränget, where the bog violet turns the river meadows a bluish purple in May.

Parts of the lower Dalälven River are part of the Färnebofjärden National Park. There is a lovely nature centre in Gysinge, with information about hikes and experiences in the national park.

18. Söderfors – round trip in the English Park

Follow winding paths in Engelska Parken (the English Park) next to the Dalälven River. The trees reach towards the sky, the wood warbler sings its tune, and the wood anemone flowers white in May.

Adolf Ulric Gill had a great interest in nature, and commissioned the English Park next to Söderfors Ironworks. In 1786, he commissioned the construction of a cabinet of curiosities, which, among other things, was to include 100 mammals and 600 birds from across the world.

You can take a 1 kilometre walk around the park with its pleasant bridges and beautiful views across the Dalälven River. English parks were typical for the park ideals of the 18th century. The look was supposed to be natural, unlike in the strict gardens of the French baroque period.

The walk begins by the information sign west of the bridge, and the path leads you out onto the little island clad in beautiful precious broadleaf trees. Oak and maple reach towards the sky, surrounded by plenty of hazel, where the wood warbler sings in May. At that time, you can also enjoy wood anemones and lilies of the valley, forming virtual carpets. Pass a steep bridge, and carry on to the right beside the river. Soon thereafter, turn left, and follow the winding path between green spring larches until you reach the gravel road. You'll spot Grekiska Templet (the Greek Temple) with its 40 columns, built in 1797 with the Temple of Hephaestus in Athens as its inspiration.

You may want to lengthen your walk to the ironworks roads and the country estate south of road 292. You can take the walking path across the Ankarbacken Hill with its enormous double anchor from 1854, and carry on along the ironworks roads with their white polished workers' homes, and you'll reach the country estate.

Find it

From Tierp, take road 292 to Söderfors. The English Park and the Greek Temple are located north of the road, just after the first bridge across the Dalälven/Garvarforsen River. The walk starts from the parking area on the right hand side of the road.

Tip

The Båtstadviken Bay is located south of the Dalälven River, just across from the English Park. You can stroll around on walking paths, and travel back in time to when there was a village in this spot, with old wooden houses that were, unfortunately, demolished in the 1970s. You can park by the boat harbour, and go out to the peninsula where there is an information sign.

19. Lövstabruk – forest walk and baroque park

The forest walk in Lövstabruk will take you on a pleasant round trip around the outskirts of the ironworks. In the country estate park, you can feel the scent of ramsons below precious broadleaf trees.

For a time, Lövstabruk was one of the world's biggest Walloon ironworks, and you can experience a genuine 18th century environment with a beautiful baroque park and elegant country estate. The ironworks were run by the de Geer family from the 17th century all the way up until 1926.

During the enlightenment period of the 18th century, Charles de Geer, who was very interested in nature, collected insects and taxidermied mammals and birds, which were kept in a cabinet of curiosities. He wrote an impressive work on the insects, and it was published in eight volumes, and reached international fame.

Along Stora Gatan (the Main Street) lies the long row of workers' homes, and next to the park is the beautiful orangery, where oranges and lemons once grew. The ironworks' church is known for its unique Cahman organ from 1728, and the Lövsta geranium grows in the greenhouse. There is an enticing play environment for families – Barnens Bruk (the Children's Ironworks).

The forest walk is a 2.5 kilometre round tour that starts at the parking area behind the large storehouse. You'll find information signs along the path, telling you about the landscape's nature. The path leads out to the road north of the ironworks, and you can pass the beautiful country manor park on the way back to the big storehouse. In springtime, you can enjoy daffodils and fragrant ramsons below the tender greenery of the precious broadleaf trees. More information about Lövstabruk: www.lovstabruk.nu

Find it

Lövstabruk is located 11 kilometres south of Skärplinge. Turnoff from road 76.

20. Florarna – hiking across wide open wetlands

In the nature reserve of Florarna, you can experience true wilderness with wide open wetlands and ancient forests. Follow a hiking trail, and listen to the desolate calls of the cranes!

Florarna has the pleasant character of Norrland with its expansive wetlands and deep forests. The land is often rich in lime, so there are plenty of orchids, such as lady's slipper orchids. The sense of wilderness is strong with a rich birdlife and mammals such as elks, roe deer and lynx.

There are many lakes and rivers in the area, which used to provide the smithies of Lövstabruk with power. In the 18th century, forestry was a big industry, and the charcoal stacks were many.

Florarna offers wonderful natural experiences all year round. Risön is a good starting point for hikes in the core area of Florarna. Here, you'll be met by a beautiful landscape full of grazing cows and flower-rich meadows. In the 19th century, Risön was a small village with three farms and fifteen inhabitants. But the site was inhabited as early as in the 17th century, by a forester family.

From the parking area by Risön, you can take a nice round hike. You can walk the round tour marked with orange clockwise or anticlockwise, but if you follow the hike description, you'll start by going southwards (towards Staffansholmen). The hike follows a stretch of the Upplandsleden Trail.

From Risön's parking area, the hike will take you through a flower-rich broadleaf forest before you reach the 500 metre long Kungsspången (Royal Plank Footbridge). On the pine wetlands, you'll see plants like marsh Labrador tea with white flowers, insect-eating sundews, bog rosemary with pink bells, cranberries and cloudberry. In April to May, you can hear the trumpeting of the cranes and the growling of the common snipe as it dives, making its tail feathers vibrate.

The path winds its way through the ancient forest of Stenstamon with proud aspen, firs and dead trees where various species of woodpecker thrive. If you're lucky, you may spot a Eurasian three-toed woodpecker looking for food in the tree trunks. In March, you can also listen out for Eurasian pygmy owls and Ural owls.

The trail reaches the Gammelån River, which connects the Stora Agnsjön Lake in the southwest with the Vikasjön Lake in the east. The trunks of the downy birches are beautifully reflected in the calm stream, and the bridge invites you to have a contemplative break.

At the Gammelån River, you have a choice to make. You can extend your hike to Stormon via Staffansholmen (10 kilometres) or turn right and follow red markings westwards along Gammelån (7 kilometres). It's lovely to walk next to the river, but there may be a lot of water, in which case you'll have to choose the path marked with yellow, "torrstigen" ("the dry path"). After 800 metres, you'll turn right towards Grillholmen, and follow the path, which is soon replaced by a wide plank footbridge. It's wonderful to hike here, and there are great views westwards across the expansive wetlands of Storfloran. You can have a barbecue over an open fire at Grillholmen's break spot.

Yet another long plank footbridge, surrounded by fragrant bog myrtle, will take you northward from Grillholmen. The journey continues through the forest, first on a path, and then on a forest road flanked by mezereon and spring pea. Feel free to take a detour to Brändön where you'll find a restored charcoal burner's hut, in which you can stay the night (2 kilometres there and back). Next to the hut are the remains of a charcoal stack.

Return to the forest road, and continue on towards Risön via the Västergärde Cottage, surrounded by a meadow full of cowslips in May. The reserve's superintendents used to live here, but now the cottage can be rented by members of the public via the County Administrative Board.

From Risön, you can take the short Rundstigen (Round Path), marked with white, or Hagels runda (Hagel's Tour) (1.5 kilometres), which leads into the forest beyond the enclosure. You'll find the Västergärde Cottage, to then follow the forest road back to Risön.

Stay the night in Florarna

In the northern parts of Florarna, you can stay the night in Risön's Camp House or the Västergärde Cottage. You'll pre-book through the County Administrative Board in Uppsala, phone number: 010 22 33 000, website: www.lansstyrelsen.se/upsala. The western cellar cottage is always open with its two bunks, and you may pitch a tent by Risön. You can also stay over in Brändön's charcoal burner's hut, though the mosquitoes are intense in summer.

In the south, you can also stay the night in a shelter by Stormon, or in the cosy cottage by the Lilla Agnsjön Lake, which has four beds and a wood burner (see page 21).

Find it

The Florarna Nature Reserve is located between Löfstabruk and Örbyhus. To get to Risön from Gävle/Skärplinge, you'll take road 76 to Löfstabruk and turn right towards Örbyhus. After 6 kilometres, you'll follow signage towards Florarna. If you're coming from Örbyhus/Tobo, you'll drive towards Löfstabruk and follow signage from Ingstarbo.

In the south, Stormon is a good starting point for hikes at Florarna. Drive to Österbybruk and onwards to Film from where there are signs showing the way to Stormon and Florarna.

Tip

March is a fantastic month at Florarna. You can ski on crusted snow in the light of a full moon, and listen out for owls.

21. Tegelmorasjön – bird towers and pasturelands

From the bird tower by the Tegelmorasjön Lake, you can look for western marsh harriers and great crested grebes, or just enjoy a morning snack break with a view.

The lake of Tegelmorasjön or Kyrksjön, as it is also called, is a shallow reed lake with a rich birdlife. From the parking area, you can follow a 300 metre path, marked with yellow, through the cow enclosure to a bird tower next to the lake. There is also a break cottage, a barbecue spot, and tables.

From the tower, you'll have great views, and there are plenty of birds in the springtime. The coot is a characteristic species for this lake, and it's easy to recognise with its black feathers and white forehead patch, visible from afar. Western marsh harriers often swoop above the reeds, and great crested grebes perform their peculiar mating ritual.

One summer a few years ago, 87 different bird species were seen at the lake. One of the rarer ones is the little gull, which looks like a black-headed gull, but has more black on the back of its neck. It's not very common, but sometimes, it mates by the Kyrksjön Lake or the Vendelsjön Lake. Another rare species is the black tern, which brings extra joy to birdwatchers.

On the way back, you can choose to follow yellow marks southwards through the enclosure and up a hill with a view of the lake.

Find it

The Tegelmorasjön or Kyrksjön Lake is located just south of Tegelmora Church. From road 292 (around 2 kilometres east of the turnoff to Örbyhus), you'll turn towards Skärplinge and drive 4 kilometres northwards. The parking area is located west of the road.

22. Örbyhus Castle – walks in the park

Örbyhus Slott (Castle) is very beautifully located next to the western shore of the Vendelsjön Lake. Take a nice walk in the lush park.

Örbyhus Castle has an exciting history, and is perhaps best known for the arsenic-laced pea soup served to Erik XIV on the 25th of February, 1577. But there was a country estate on the site as early as in the 14th century, and Gustav Vasa's grandfather had a tower – which still dominates the castle – built here in the mid-15th century. The beautiful orangery was built in the 1820s. Sensitive plants were stored here in wintertime, and oranges were grown.

You can take a nice walk in the lush park and around the castle. Feel free to continue to Kärleksudden (the Love Peninsula) and follow the path back through the beautiful broadleaf forest where large beeches reach for the sky, and loads of wood anemones cover the ground in springtime.

Wood warblers sing from the hazels, and hawfinches hang out in the canopy. The hawfinch has an extremely strong beak that can break cherry stones! You can walk around the castle right by the Vendelsjön Lake, and you're welcome to sit down with your picnic hamper on the lawns of the shore. Yellow anemones flower beautifully north of the castle at the beginning of May.

Find it

From road 292, you'll follow signage towards Örbyhus Castle, right opposite the turnoff to Örbyhus. The castle is located 2 kilometres south at the western shore of the Vendelsjön Lake.

23. Vendelsjön – top class birdwatching

The Vendelsjön Lake is one of Uppland's best bird lakes with thousands of ducks, wading birds and geese that you can experience from the bird tower at Ål.

The long, narrow and shallow Vendelsjön Lake stretches out south of Örbyhus, and is a perfect destination, offering extraordinary experiences of both nature and culture. You can drive or cycle around the whole lake. The stretch that follows the east side is appropriately named "Söndagsvägen" ("the Sunday road").

At the southern end of the Vendelsjön Lake lies the village of Ål, where there is a parking area next to the road. From here, you'll first follow the gravel road northwards, and then the path to the left, which is surrounded by open, grazed pasturelands.

It's only a 500 metre walk out to the bird tower, which is beautifully located next to an old wolf pit, and provides wonderful views in all directions.

If you visit the bird tower in early spring, you can enjoy the Eurasian bittern's muffled trumpeting coming from the reeds, and thousands of geese and ducks swimming in the lake. Sometimes, a white-tailed eagle appears, frightening the birds and sending them flying in all directions.

The Vendelsjön Association has worked hard to restore the lake since the mid-1990s, and the result is a mosaic of open waters, channels and reed beds. Cattle graze the beach meadows all the way out into the reeds, so a blue border where birds can find food is created in the shallow waters. Around 250 bird species have been spotted by the Vendelsjön Lake.

If you want to stretch your legs, you can round the southern end of the lake and continue on towards Vendel Church. You'll pass the southern tower after 1 kilometre, and reach a bridge across the Vendelån River just south of the dam at the lake's outlet. You'll then be able to continue a further 1.5 kilometres to the village of Vendel, along the ironworks road between the fields where the Eurasian curlew performs its mating rituals in springtime. From here, it's not far to Vendel Church which dates back to the 13th century and boasts beautiful lime secco paintings by artist Johannes Iwan. At the end of the 19th century, 14 fantastic boat graves were discovered next to the church. The findings were so significant that a whole epoch was named after them – the Vendel age (AD 550 – AD 800). Feel free to visit the visitor centre next to the church, where you can learn more about the Vendel age.

South of the Vendelsjön Lake, you'll find the Ottarshögen Mound next to the road that passes Husby. The impressive burial mound – one of Sweden's biggest – is from the 6th century, and was erected – according to tradition – over Ottar Vendelkråka, who was one of the Yngling kings. The Ottarshögen Mound is surrounded by over 60 graves, and it is delightful to stroll around on the herb-rich hills with a wide view of the Vendel area.

Find it

From road 292, you'll turn off towards Knypplan, around 2 kilometres east of the turnoff to Örbyhus. Follow the winding "Sunday road" southwards to Ål, where there is a parking area for visitors to Varggropen's (the Wolf Pit's) bird tower.

If you're coming from the south, you'll turn right towards Viksta just after the Ottarshögen Mound. Turn left towards Knypplan, and continue on for 3 kilometres to the parking area at Ål.

Tip

There is also a bird tower at the northern end of the Vendelsjön Lake. Just south of the railway viaduct, a gravel road leads down to a path that has been signposted with "Fågeltorn" ("Bird Tower"). It's around 400 metres out to the bird tower, where you can look out towards Örbyhus Castle and the northern end of the lake.

24. Iggelbo – flowers and birds by Tämnnaren

Enjoy spring and early summer bird concerts in Iggelbo! Sit down in a sea of common hepaticas and wood anemones, or take a break on the flat rocks at the shore of Tämnnaren.

At Iggelbo, you can experience a fantastic splendour of flowers and birdsong in springtime. You can follow wonderful rambling paths to Hällholmen and Förnäset with lovely views across Tämnnaren, Uppland's biggest lake.

Tämnnaren is surrounded by lowland farming areas to the west, and forests to the east, where nature reserve Iggelbo is located. The lake's water level was heavily lowered in the 1870s, and it is therefore very shallow, which is good for the birds. Before the water level went down, Tämnnaren was almost twice as big as it is today. The lake is appreciated by fishermen who can catch pikes as heavy as 10 kilos, and skaters make the most of the lake freezing over early in the season.

The nature trail begins at the parking area where there is a huge linden tree, perhaps one of the tallest in Sweden. Feel free to take a folder at the information sign, and follow the nature trail out towards Hällholmen. Along the trail, you'll learn more about the flowers of the groves and meadows, and from the lookout mountain, you can enjoy the view of the lake.

Tämnnaren is one of Sweden's best bird lakes. In springtime, you can listen to the mating calls of the goldeneye, as the male throws his head backwards and "croaks", and the female responds with a rumbling "gack". Whooper swans migrate early, and you can see hundreds of them out on the lake.

The nature trail continues through the beach grove and fir forest with lovely flowers to see. There are also many ancient monuments along the path, as well as traces of an old farming environment. "Ängen" ("the Meadow") and Jätteåkrarna ("the Giant Fields") were farmed fields, but have now turned into meadows. They are now kept open through hay-making. Southwest of Jätteåkrarna lies a large burial field from the Iron Age, comprising some 30 stone circles.

You can also walk out to the beautiful Förnäset Peninsula to the south. The walk takes you between the rough trunks of old firs, and onto long, raised plank footbridges in a lush birch forest that is often flooded in springtime. After just over a kilometre, you'll reach the shore of Tämnnaren, where you'll find a cosy shelter and a fireplace. You can stay the night here, and wake up the next morning to the waterfowl dawn chorus.

Find it

Tämnnaren is located 30 kilometres southwest of Tierp. To get to Iggelbo, you'll take the Månkarbovägen road through Månkarbo, and turn right towards Östervåta. 6 kilometres later, you'll turn left and follow signs to the nature reserve's parking area.

Tip

Each year, at the beginning of August, hay is made on the meadows using a horse-drawn mower, and the grass is then raked together. Everyone is welcome to take part!

There are more nature reserves connected to the waters around Tämnnaren. To the north, there is Aspnäs Gård with grazed beach meadows, a rich birdlife, and nice break spots for outings. Kalvnäset is a peninsula that juts out into the southern part of the lake. Here, you can stroll along paths among the wood anemones of springtime, below tall broadleaf forests, and there are many barbecue spots.

More Destination Tips

Karlholmsbruk Ironworks boasts one of Sweden's best kept Lancashire hearth smithies for the production of quality iron, dating back to 1728. South of the dam is a road down to the Storån River, part of the Tämnrån River, where a route for migrating fish has been created at the Storådämmet Dam. The artificial stream helps the fish to get past the Karlholmsbruk dam. There are tables, and you can look for pike, perch, roach and ide, which swim upstream in springtime to mate. In the summer, the European river lamprey, which looks like an eel, arrives, and in autumn, it's time for the salmon trout to travel upstream.

Strömsberg's Ironworks are the best kept ironworks in Uppland, and are very beautifully located next to the ironworks' dam, where you can stroll out onto a lush little island in the river. The forestry museum is home to the world's biggest collection of elk antlers – more than 600!

Ullfors' Ironworks, 10 kilometres south of Tierp, is another nice destination next to the Tämnrån River.

The Strömabadet Swimming Spot is one of the Upplandsstiftelsen Foundation's top spots. There is a small, sandy beach, and a fishing jetty that is accessible to those with mobility impairments. You may fish from the jetty without a fishing card, and you could catch pike, perch or tench.

Torslunda is located around 5 kilometres south of Tierp. People lived here 4,500 years ago, hunting and fishing. There are also graves from the 6th century on the height.

Långgärdet in Sund is a beautifully located burial ground north of Skärplinge, with some 50 ancient monuments, and loads of meadow plants.

Lilla Agnsjön

You can take a nice hike to the Lilla Agnsjön Lake in the southern part of the Florarna Nature Reserve (see page 16). A good starting point for the walk is Labbo Gård, around 3 kilometres northeast of Örbyhus. Drive to Gyllby, and turn towards Labbo and Gullstigen. You can park by the small information sign, just before Labbo Gård.

Follow the gravel road into the forest, and turn left after 2.5 kilometres, onto a path marked with orange called "sten på sten stigen" ("the rock on rock path"). You'll reach the Lilla Agnsjön Lake's western shore, where there is a cottage for overnight stays, boasting four beds and a wood burner.

From Labbo, you can also take the Gullstigen Path – an old path that has been used for over 1,000 years. The path is 5 kilometres long, and passes a restored charcoal stack, among other things.

The Upplandsleden Trail – four day hikes in Tierp Municipality

The Upplandsleden Trail is 400 kilometres long, and winds its way from the bays of Mälaren in the south to the archipelago of Dalälven in the north. Along the trail, you'll meet a delightful mix of nature and culture, with glimmering lakes, beautiful country manors, desolate wetlands and deep forests.

Tierp Municipality is home to four nice day hikes along it. Hike 12 crosses the wilderness of Florarna, which you can read more about on page 16. Hike 13 ends in Lövstabruk, and hike 14 continues on to Västland.

Hike 15 is suitable if you want to try a hike with a distance that is appropriate for the whole family, with an overnight stay in the Honolulukojan Hut in the middle of the forest between Marma and Västland. You'll find maps, apps and more information about the Upplandsleden Trail here: www.upplandsstiftelsen.se/upplandsleden

More Information

The Upplandsstiftelsen Foundation has listed beautiful and easily accessible destinations as Smultronställen (Top Spots) in nature. Tierp Municipality is home to eleven such spots, which are all included in this guide. You can find more information here: www.smultronstallen.nu
Upplandsstiftelsen's website has many more nature tips that cover all of Uppland: www.upplandsstiftelsen.se/naturtips

For those that are used to walking beyond paths and hiking trails, there are several exciting reserves in Tierp Municipality that have been created by the County Administrative Board in Uppsala:

- 010-22 33 000, www.lansstyrelsen.se/upsala
- The Upplandsstiftelsen Foundation, 018-611 62 71, www.upplandsstiftelsen.se
- Tierp Municipality, 0293-21 80 00, www.tierp.se

The Common Right of Access to Private Land – freedom and responsibility in nature

The Common Right of Access to Private Land gives us all the opportunity to experience Sweden's nature without having to think about who owns the land. We may hike, cycle, ski, pick berries and mushrooms, swim, and kayak everywhere in nature. At the same time, we have to take responsibility, and not cause damage to nature or animals. We must also be considerate towards landowners and other people spending time in nature.

You'll find more information on the Swedish Environmental Protection Agency's website: www.allemansratten.se

Welcome out into the nature of Tierp!

In Tierp Municipality, you can experience a fantastic variety of different types of exciting nature. Many wonderful hiking trails, walking paths and destinations in the north of Uppland await your visit. This guide shows the way to 24 beautiful places in the nature of Tierp, so pack some food, and head out on an adventure!

Photography: Staffan Söderlund

Text and graphic design: Staffan Söderlund, Berg och Hav, vandra.mono@gmail.com

Maps: Copyright Lantmäteriet 2017 and Tierp Municipality

Print: Tierp's printing works 2017

Copies: 5,000

Feel free to get in touch if you're wondering about anything: Tierp Municipality, phone number: 0293 21 80 00, website: www.tierp.se