

Geology

The bedrock of the reserve is 1.8 billion years old, and consists primarily of a reddish gneiss that clearly shows the effects of "kneading" in the transformation process. You will also find fissures in the rocks, filled in with black diabase or with pegmatite, a coarse crystalline granite.

The area is rich in remains from the last inland ice sheet, which retreated from the area around 10,000 years ago, leaving grooves, gouges, boulders and smooth-worn rock ledges. Also testifying to the glacial past are the raised beaches. These are the remains of moraine deposits left by the glacier, which were then washed by the waves of the sea during the process of land elevation. As a result, the finer material has been washed away, leaving gravel and stones behind.

Cultural history

The first historical records of the name Stendörren, which means "stone door", are found in the Danish nautical reference, Navigato Danico, dating from the 13th century. Stendörren was described as a narrow passage along the fairway known as Valdemsleden, forming a "doorway" to and from sheltered waters. An inn was located at this spot in the 17th century, and seamen were allowed to stay here for up to eight days, waiting for unfavourable winds and weather to abate.

The farm at Aspnäset was established in 1884, as part of Hånö Manor. In the early days of its history, tenants paid for the leasehold by carrying out day-work for the manor. The same arrangement applied to the fisherman's homestead Stendörren, across the sound at Ekholmen on the island of Krampö. The inhabitants made their living from a combination of farming, transport, fishing, handicrafts, services and other activities – a lifestyle that is still followed today by many permanent residents of the archipelago.

Travel directions:

From European motorway E4, take route 219 to Studsvik, and from there follow signs to Stendörren.



Naturum Stendörren – visitor centre

Naturum Stendörren is a visitor centre in a beautiful setting at the old fishing camp at Aspnäset, near the heavily-trafficked archipelago fairway. The building is in the shape of an osprey, the signature bird of Södermanland County. Naturum Stendörren houses a permanent exhibition, as well as temporary displays relating to the plants, animals, geology, cultural history and the environment of the archipelago and the Baltic Sea. Lectures, guided tours and other activities are conducted throughout the summer both at the visitor centre and in the nature reserve. Knowledgeable guides provide visitors with information and lead tours of the reserve. The agricultural landscape around naturum is kept open by grazing sheep.

There are also some small fields where traditional grain crops and endangered weed species are grown. Close to naturum you can see boats that were used by the local population during the 19th century. The idea is to provide visitors with an impression of what it was like to live on an archipelago smallholding which combined farming and fishing. It is also possible to see demonstrations of traditional farming methods during the season.

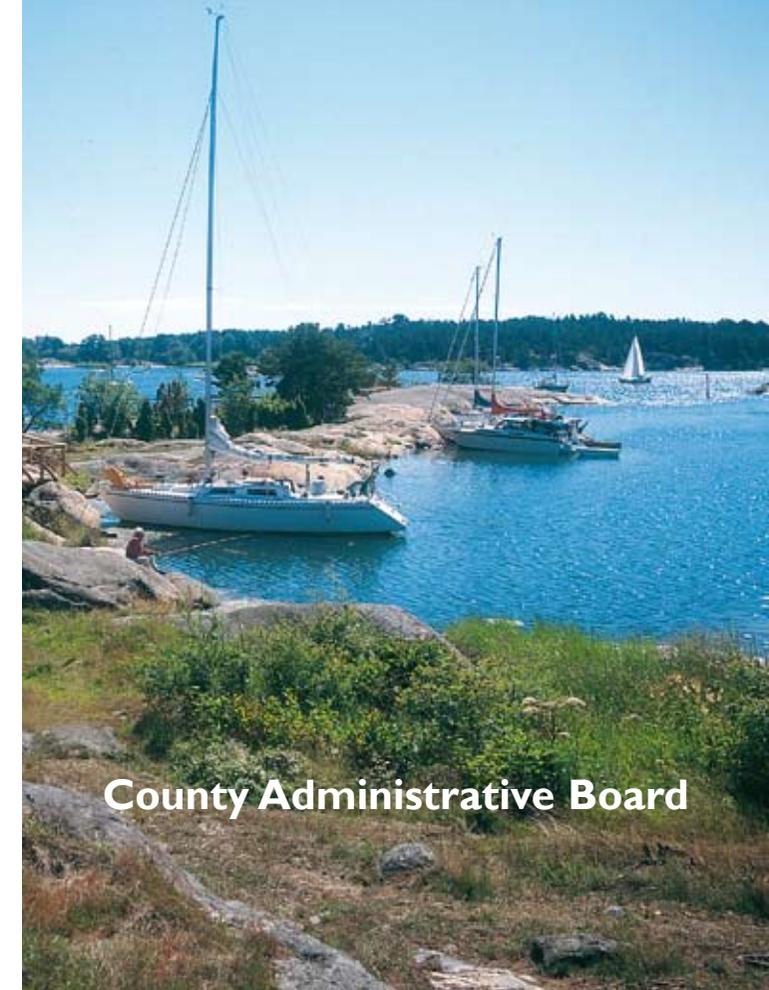
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Stendörren



County Administrative Board

Welcome to Stendörren Nature Reserve

The area consists of around 900 hectares (2,224 acres) of coastal and archipelago landscapes set aside to protect their great natural values and to provide recreational facilities. Stendörren is also intended to be used as a resource for public education on nature conservation, the environment, and cultural history.

Included in the nature reserve is the area around the fisherman's homestead, Griskär, which is situated one nautical mile from the coast, reached only by boat. The mainland section and nearby islands are accessible on foot. It is possible to walk out to the edge of the open sea, looking out over the shipping lane and the horizon via a series of walkways and suspended footbridges. Grilling facilities with firewood, rubbish bins, toilets and wind-shelters are provided in the reserve. There is also a lookout tower offering views over a large portion of the archipelago. Marked walking trails of various lengths lead to good places to rest. A special trail is provided for the disabled, and there is an access ramp from the landing dock to the roadway for disabled visitors arriving by boat. Visitors come to Stendörren all year round for different activities, including fishing, bathing, walking and ice-skating, or just to relax.

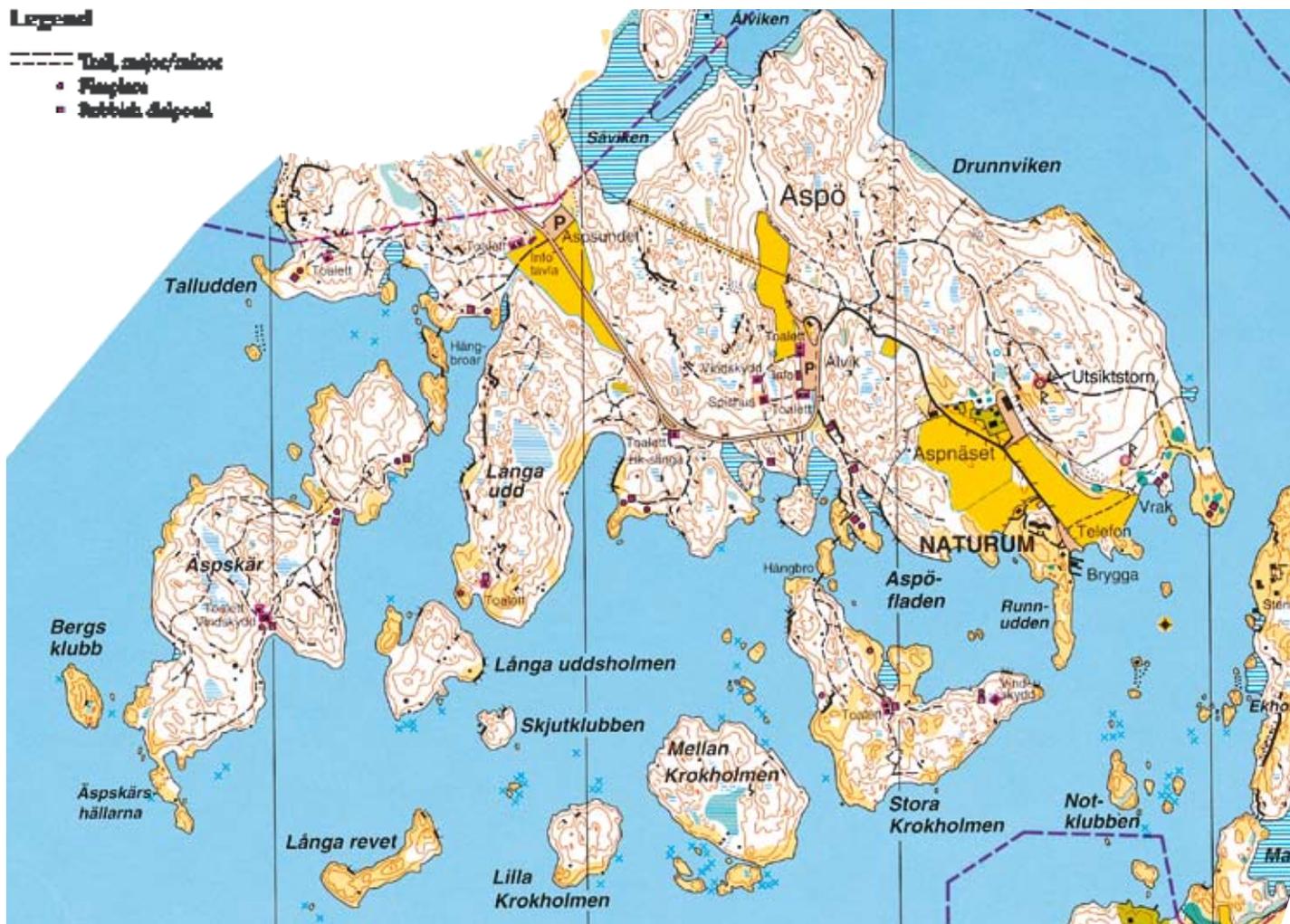
Certain regulations apply to all nature reserves. Within the reserve it is forbidden to:

- cause damage to soil, rocks or vegetation
- disturb wildlife
- bring dogs unless on a lead
- disturb others with radios, etc.
- light fires other than at the grills provided, alternatively bring your own grill.
- leave rubbish or toilet paper other than in the rubbish containers
- **put up tents, or park caravans or camper vans overnight**



Legend

- Trail, major/minor
- Fireplace
- Rubbish disposal



Natural history

The reserve offers a variety of undisturbed natural ecosystems and habitats, including everything from fertile coastal meadows and dense spruce woods to rocky terrain with dwarf pines and reindeer lichen. The old farmsteads at Aspnäset, Stendörren and Griskär are surrounded by small fields and wooded pastures. The entire nature reserve is influenced by the Baltic Sea, rarely more than a stone's throw away. At various times in its history, the waters of the Baltic have alternated between fresh and salty. Today, the Baltic is an inland sea with brackish water. This environment produces large populations, although the number of species is not great since few species can tolerate the brackish water.

Plants and animals

The species diversity of the reserve is limited, as is often the case in coastal landscapes with calcium-poor bedrock. You will, however, find many different plants

characteristic of this environment. Marsh Labrador tea, wild berries and various species of sphagnum moss are found in the forest. Wavy hair grass, and several species of crustose lichen and reindeer moss grass grow among the pines in the rocky terrains.

The coastal meadows are home to common centaury, strawberry-headed clover and silverweed, and if you continue to the water's edge, you'll encounter saltwort and common valerian.

Out on the bare rock ledges you can find chives, yellow stonecrop, wild pansy and sheep's sorrel.

The animal life at Stendörren consists largely of sea birds. Common and arctic terns, eider ducks, common and herring gulls, great black-backed gulls, common mergansers and oyster catchers are frequent visitors to the reserve. Another recurrent sight is that of white-tailed eagles soaring high above the tree-tops. Among the common mammals of the reserve are elk (moose), roe deer, badger and mountain hare. You are not likely to spot them during daylight hours, but you will see their traces in the reserve.