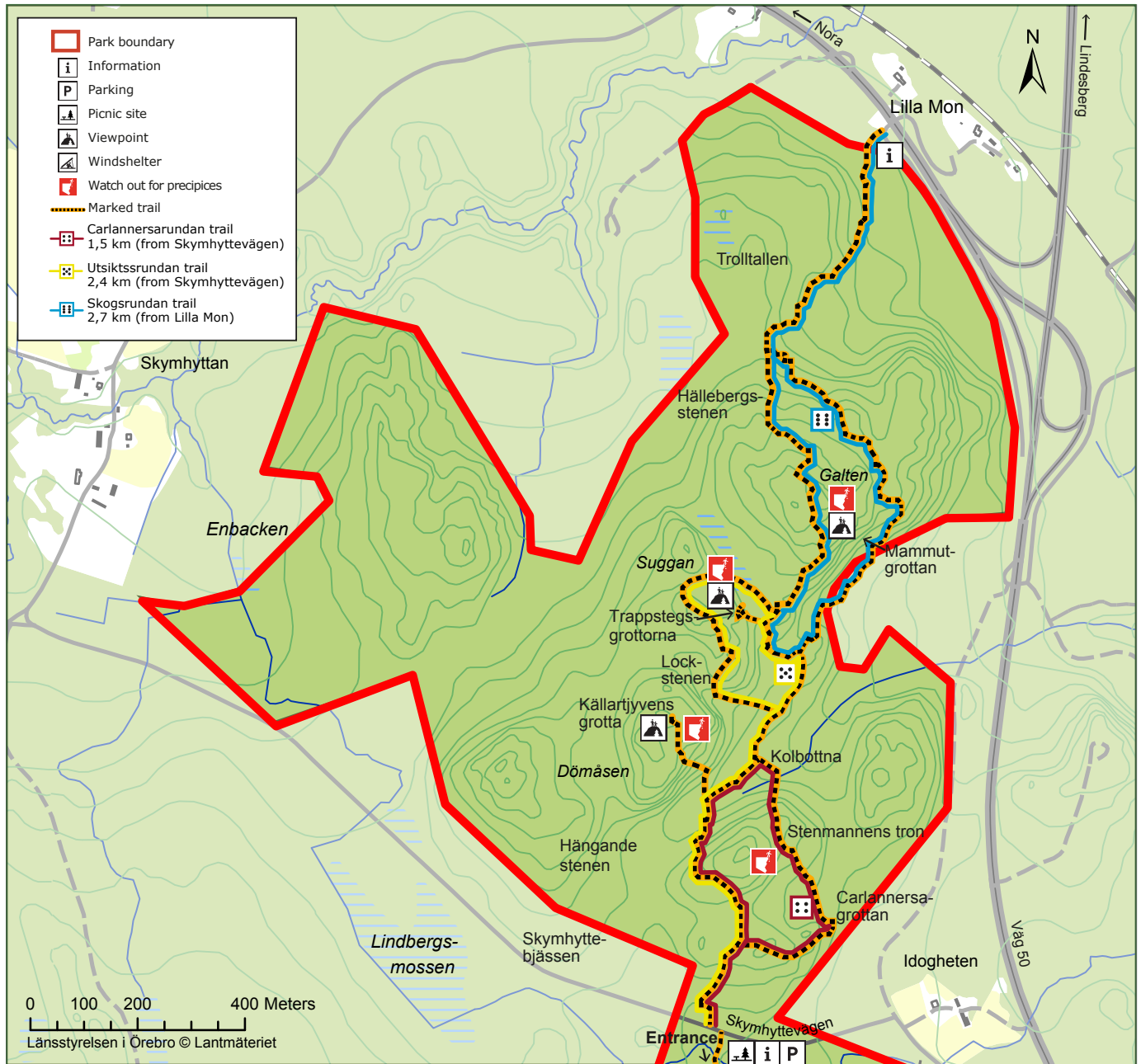




Northern Skärmarbodabergen



§ Within the nature reserve, it is forbidden to:

- dig, hack, carve, paint or otherwise harm the surface of the earth or fixed natural objects,
- drive a motorised vehicle other than on public roads,
- cycle or ride a horse other than on public roads,
- cut down, remove or otherwise damage dead standing or fallen trees or bushes,
- otherwise damage vegetation, e.g. by digging up plants such as sprigs, grasses, roots, mosses or lichens.

Without the permission of the County Administrative Board, it is forbidden to:

- erect a permanent board, sign or notice, or mark out tracks,
- use the area for organised competitions, exercises, camps or similar,
- light a fire, other than in a designated place.

Notwithstanding the above regulations, you are permitted to:

- pick berries and edible mushrooms for domestic use.

How to get there

The Skärmarbodabergen nature reserve is just to the west of arterial road 50, approximately 20 km north of Örebro. The main entrance is opposite the road service area in Skärmarboda (on the other side of road 50). It is easy to get to the reserve by bus as there are several bus stops in the vicinity.





The 'Carlannersarundan' trail 1.5 km (from Skymhyttevägen)

A sporadically very hilly trail that, particularly in the eastern parts, can be challenging and hard work. On the heights you will encounter barren flat rocky terrain, where only pine trees can thrive, while the lower sections have more fertile coniferous forestland. Take a peek inside the area's largest block cave: 'Carlannersagrottan'. From 'Stenmannens tron' ('the stone man's throne'), a rock formation ideal for sitting on, the trail becomes very steep. Please observe there is a risk of slipping when conditions are wet or icy. Once inside the spruce forest, at 'Kolbottna', you will find remnants of an early charcoal production facility: charcoal beds and the ruins of a former charcoal burner's hut.



The cave 'Carlannersagrottan'



The 'Utsiktsrundan' trail 2.4 km (from Skymhyttevägen)

A relatively easy walk with the exception for a number of challenging sections ascending to and descending from Suggan. Once you are at the 'Suggan's' smooth rocks (approx. 140 metres above sea level.) you have a breathtaking view of the Järle river valley, Järle peat bog and all the way to Frövifors. Bring your binoculars and enjoy some birdwatching. From the trail you can also climb up to the Källartjyvens cave and the boulderous area with block caves at several levels, which are known as 'Trappstegsgrottorna' (literally: the Step Caves). Also worth visiting is the mighty 'Lockstenen', a rock which balances over the trail to the south of 'Suggan'.



The rock 'Lockstenen'



The 'Skogsrundan' trail 2.7 km (from Lilla Mon)

A partially easy-to-walk trail with rocky and hilly sections along the eastern part of the trail. The trail stretches southwards from 'Lilla Mon' through an ancient coniferous forest. You can see all the beard lichen draped over the branches. Beard lichen thrive in dead pine trees where the air is clean and humid. The eastern part of the path takes you through the open flat rock terrain up to the rocky heights of 'Galten'. From a height of around 150 metres above sea level you have an excellent view of the Närke flatlands in the direction of Örebro.



Beard lichen