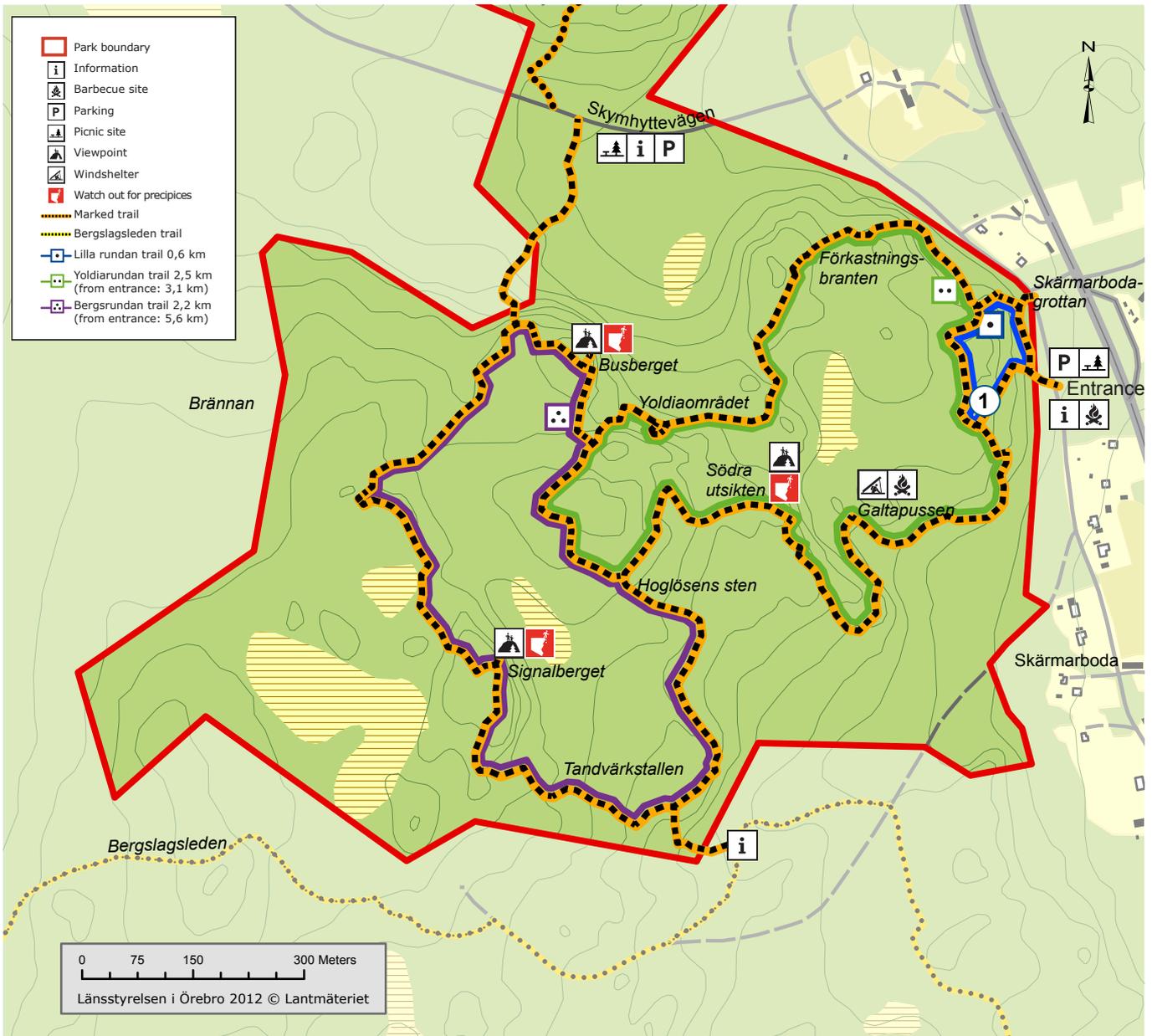




Southern Skärmarbodabergen



§ 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 'Lilla rundan' trail 0.6 km

A mainly easy-to-walk trail, with a hilly and slightly more challenging section just north of the Skärmarboda cave. The landscape changes character as you walk along the trail from open, barren flat-rock area to more humid woodland and then returning to open rocky terrain again. You can see how the ice sheet has shaped the landscape: the ice-eroded, round-polished bedrock and the large boulders that the ice pushed before it (erratic blocks). Carpets of lichens that grow on the barren hills and individual pine trees. Be sure to keep to the trail, the lichens grow very slowly and cannot withstand being trampled on. In the more humid sections, where the forest of both pine and spruce trees is denser, the ground is covered by different varieties of moss. There is a balance track at the entrance. Can you complete it without touching the ground? Please remember that parents are responsible for their children's safety.



Balancing track



The 'Yoldiarundan' trail 2.5 km (total distance from the entrance: 3.1 km)

A relatively gentle hiking trail with sporadic boulderous and hilly terrain. It takes you past the small pond Galtapussen which offers a wind shelter and has a grill area. From the trail you can see the remnants of the early beach line in the form of round smooth rocks. At 'Södra utsikten' vantage point (approx. 135 metres above sea level), you have an excellent view of the Närke flatlands, all the way to Frövifors. In the 'Yoldiaområdet' the forests become denser around the large rocky slopes. To the north the trail winds its way through open flat rocky terrain where you will find some very old spruce trees and visible fault precipice. On the way to and from the entrance you will also traverse the 'Lilla rundan' trail (see above).

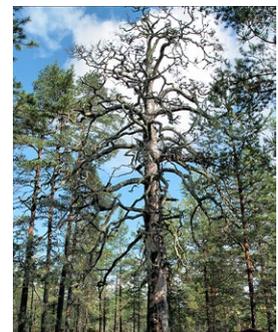


Remnants of the early beach line



The 'Bergsrundan' trail 2.2 km (total distance from the entrance: 5.6 km)

A slightly longer hiking trail that is easy to walk once you have passed sections of the Yoldiarundan trail. This is also one of the quietest parts of the reserve. Between 'Tandvärkstallen' (literally: 'the toothache pine tree') and Busberget the trail is free from traffic noise. The trail runs through interchanging stretches of dense, boulderous forest and open flat rock terrain. Close to the trail you will find the rock 'Hoglösens sten' which is the largest boulder in the reserve. Take a moment to enjoy the view at the two viewpoints: 'Busberget' (approx. 145 meters above sea level) from where you see road 50 winding its way through the landscape in the direction of Lindesberg and 'Signalberget', whose highest point is approx. 160 meters above sea level, which offers an excellent view of the Närke flatlands. At the southernmost point you will find the mighty 'Tandvärkstallen'. It has been dead for a number of years and is now a luxury hotel for insects, fungi and lichens. To the west, the trail also passes Bergsmuren, the remnants of a fault precipice. Walking to and from the entrance you will pass sections of the 'Lilla rundan' and 'Yoldiarundan' trails (see above).



*'Tandvärkstallen' -
The Toothache Pine Tree*