8 Barefoot walking

Children used to walk barefoot in summer. Shoes were expensive and needed to last a long time.

Here, you can try taking your shoes off and walk barefoot. How does it feel? Is it cold or warm? Soft or spiky?

9 Obstacle course

Many of the animals in the forest move between the ground and the trees with ease, jumping over obstacles. Many animals use their tail for balance.

Can you keep your balance through the obstacle course, even though you don't have a tail?

10 Listen to the forest

Climb in to the web and look towards the tree-tops. Close your eyes and listen.

Can you hear the wind? The waves of the ocean?Or maybe the sounds of birds and insects?

Well done!

This was the last stop.

All that remains is figuring out the passwords. Re-arrange the letters so that two words are formed.

(Clue: Two animals that live in the forest).

Word 1 (station 1-3)

Word 2 (station 4-10)

THE STENDORA TRAIL

Hi!

Come with me to challenge your senses and adventure-spirit!

1 The Meadow

Welcome to the meadow! A meadow is a place where farmers in hundreds of years have harvested the grass. Many different species of flowers, insects, birds and fungi live in the meadow.

Can you find 5 different types of animal or plants?

☐

2 The Boat

For more than 1,000 years, people have lived on the islands around Stendörren. When you live on an island, boats are important. Sometimes, even the cows got to ride the boats.

Here you can learn a few useful knots for tying your boat up properly!

☐

3 Cows in the forest

Cows used to graze in the forest during summer. It was often the children who tended and milked the cows. In those days there were few toys, so children played with objects found in nature.

Here, you can play Tic-Tac-Toe with cones and sticks, or whatever you find nearby. Or maybe, you can build a cone-animal?

☐

4 Birdwatching

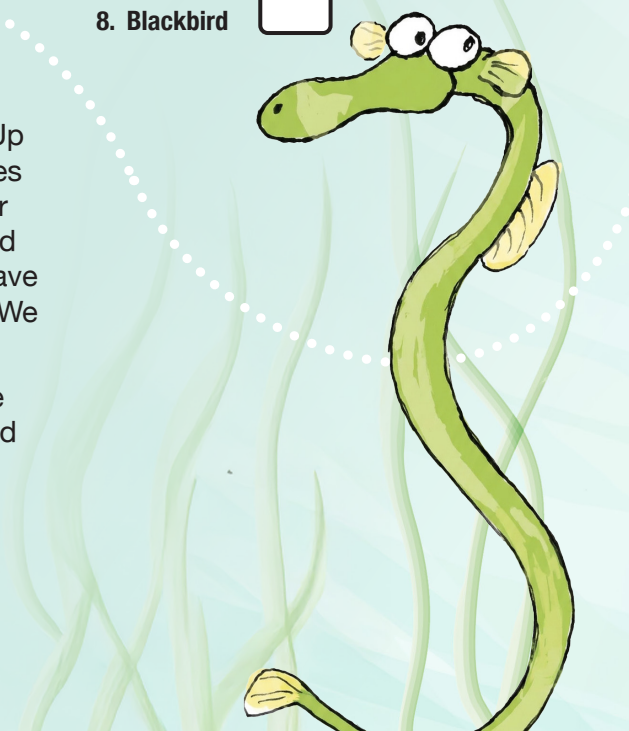
Many birds live in the forest. Often you can hear them, but they can be difficult to spot.

Along this path, there are 8 different birds made from wood. You can´t hear them but they sit very still. Can you spot them?

1. **Great spotted woodpecker**
2. **Crested tit**
3. **Green woodpecker**
4. **Chaffinch**
5. **Tawny owl**
6. **Eurasian pygmy owl**
7. **Bullfinch**
8. **Blackbird**

☐

When you see this symbol, you know a bird is near!



5 Birds nest

Some birds nest on cliffs and islands, others nest in trees or on the ground.

If humans get too close, the bird parents get skittish, especially if they have young nestlings.

How does it feel to be a baby bird in a nest?

☐

6 The Osprey

The Osprey is one of the largest birds of pray in Sweden. Its wingspan is about as wide as a grown person is long (170 cm). How wide can you stretch out your arms?

The Osprey has excellent eye-sight and searches for fish from high up in the air.

What is it like to view the world from above? Visit the observation tower and look down from the Ospreys perspective.

☐

7 The pines

Pines grow slowly and can get very old – hundreds of years! Up here on the rocky hills, the pines have lived through many winter storms. The roots have grasped on, the trunks and branches have been formed by ocean winds. We call them stunted pines.

Can you bend your body in the shape of a crooked and stunted old pine?

☐