

Welcome to Bälingeberget Nature Reserve



Bälingeberget mountain reaches a height of 139 metres above sea level. There is an excellent view from the top. The area contains trails, fireplaces and latrines. At the car park there is an information board. A trail runs through the forest and past the shingle field up to the summit.

This is how Bälingeberget was formed

The vast inland ice cap that covered the area 10,000 years ago was so heavy that it pressed down the Earth's crust. When the ice melted, the sea spread out over the pressed down areas. The sea level was 230 m higher than it is today. Then the Earth's crust began to rise, and the sea level fell. As the Earth's crust gradually returned to its original shape, the day came when the summit of Bälingeberget could be seen as a small island in the sea. Over the millennia, the sea waves wore down the sides of the island. On your way to the top you cross enormous fields of shingle left there by the waves.



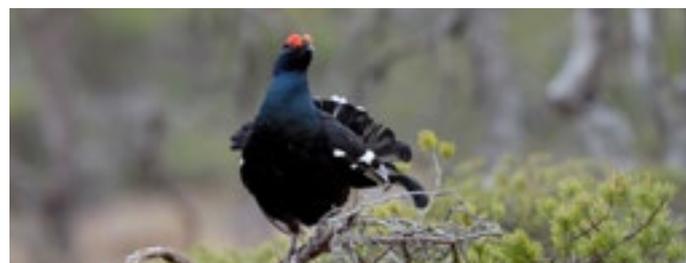
The shingle field on Bälingeberget. Photo: The County Administrative Board of Norrbotten.



Capercaillie. Photo: Peter Rosén.



*Hazel Grouse.
Photo: Jörgen Wiklund.*



Black Grouse. Photo: Gert Olsson/Johnér.

Animals and birds on Bälingeberget

When you visit Bälingeberget, if you are attentive you can see birds, animals or animal tracks. A Capercaillie or Black Grouse can fly up near you and Hazel Grouse can sit whistling on a spruce twig. If there is new snow you may find the tracks of a Squirrel, Hare or Marten.

In late winter you can hear a Boreal Owl or a Eurasian Pygmy Owl calling to attract a partner. The owls live in holes that the larger Black Woodpecker has left. In spring you can hear the song of the Chaffinch, Willow Warbler, Redstart and other small birds.

Flowers and trees on Bälingeberget

There are several hundred different types of plant here. At the top of the mountain grows a sparse forest with very old pine trees. Some of the trees are 400 years old.

On the shingle fields many different types of lichen grow. The green type is called Green Map Lichen – do you think it looks like a map?

The earth that has been washed down from the mountain has collected further down. Here we find spruce, birch and sometimes aspen among the blueberry sprigs. In spring, Mezereon, Lily of the Valley and many other flowers bloom.



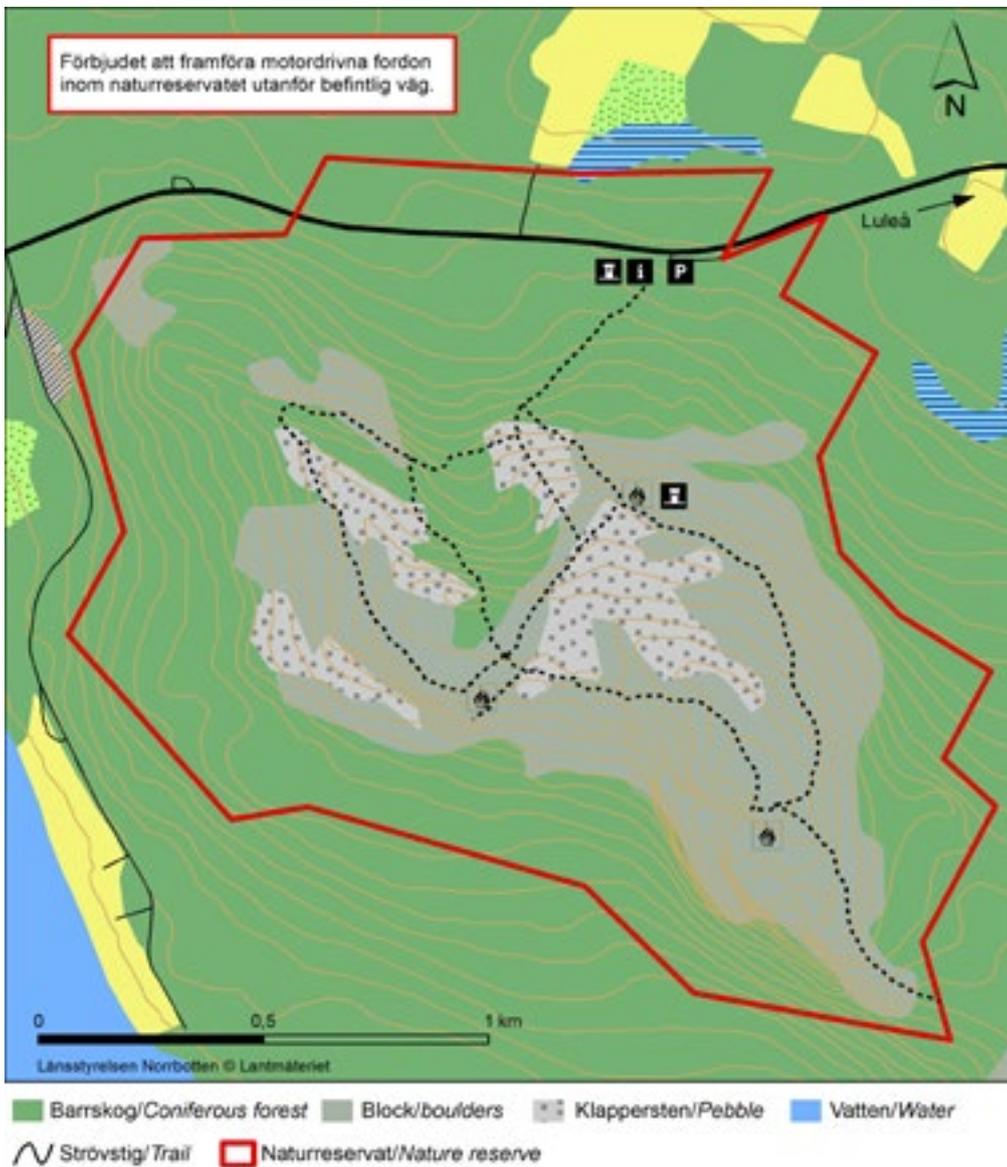
Mezereon blooms in spring and then produces red, poisonous berries. Photo: Thomas Öberg



Lily of the Valley is another spring flower that is poisonous. Photo: Thomas Öberg.

Dead wood is full of life

The forest here is protected and has been able to develop naturally. The trees are able to grow old. Old and dead trees are good for many fungi, insects and lichen which depend on dead wood. Many of these species are now rare. This is because most forests are used for forestry. In production forests, there is a lack of ancient trees and dead wood. Therefore, many species cannot survive there.



Blueberries are tasty and nutritional. You can freeze them, make jam or a cake.



The Squirrel lives in trees and is easy to spot. It likes to eat the seeds from spruce and pine cones. Photo: Tero Niemi/Johnér.



The Lingon is a bitter but edible berry which many people like to make jam from.

Regulations

§ It is forbidden to:

- Light a fire, except in prepared fireplaces. The map shows where they are. If there is a general ban on fires you may not light a fire there either.
- damage living or dead trees and bushes
- damage other plants or wood living fungi
- damage rocks, ground or stones
- injure or disturb wildlife, for example by climbing nest trees
- capture or kill mammals, birds, reptiles or amphibians
- catch and collect invertebrates
- use motorised vehicles off existing roads.

You may pick berries and mushrooms in the nature reserve. Remember that some berries and fungi are poisonous. Special regulations apply to hunting.

How to get there

Bälingeberget lies 15 km west of Luleå town centre. From Luleå you pass through Bergnäset and continue northwards past the village of Gäddvik. At the village of Bälinge there are signposts to the nature reserve. From Boden, a road runs along the south side of Luleälven River through the villages of Unbyn and Södra Sunderbyn to Bälinge.

The Right of public access

The Swedish Right of public access means that you have the right to be in nature but you are not allowed to disturb or destroy. Everyone has a responsibility to follow the regulations that apply. Remember to put out the fire completely when you have finished and do not light a fire if there is a fire ban. You can find this out on www.lulea.se.

On the website naturvardsverket.se/allemansratten there is more information in different languages. Welcome to the outdoors and take care of nature!

Nature in your mobile phone

In the mobile app Norrbotten's Outdoor Map (Norrbottens Naturkarta) there are maps and information in Swedish and English about the nature reserves, national parks and mountain hiking trails in Norrbotten county.

More information

[Visit Luleå](#)
[Norrbottens Naturkarta](#)

Management

The County Administrative Board of Norrbotten
www.lansstyrelsen.se/norrbotten



County Administrative Board of Norrbotten