SWEDEN’S 29 NATIONAL PARKS
A GUIDE TO OUR FINEST LANDSCAPES
DISCOVER SWEDEN’S NATIONAL PARKS

National park is the highest distinction a nature area can receive. Sweden’s national parks comprise a magnificent mosaic of different landscape types - from the leafy beech forests of Söderåsen to Sarek’s grandiose alpine world. From the teeming coral reef of Kosterhavet to the undulating sand dunes of Gotska Sandön and Tiveden’s bewitching forests.

As early as 1909 Sweden established its first nine national parks, which also were the first in Europe. Now, just over 100 years later, there are 29 of them. They are among the natural endowments most worth protecting, our natural heritage that we and future generations can enjoy and marvel at. Many of the national parks have visitor centres and easy walking trails. You have a standing invitation, at any time year-round. Welcome!

The feathers of boreal owls are so soft that they can fly making almost no sound at all. With their acute hearing, they can detect sounds made by a vole and swoop down on it before the creature has a chance to flee.

PHOTOGRAPHERS: Claes Grundsten, Magnus Carlsson, Jonas Forsberg, Björn Röhsman, Peter Rosén, Tor Lundberg, Mikael Gustafsson, Tomas Lundälv, Sven Persson, Bertil Pettersson, Martin Borg, Daniel Stenberg, Håkan Sandbring, Henrik Karlsson, Klas-Rune Johansson, Fredrik Mörk, Jörgen Wiklund, Sven Persson, Michael Engman.
WHY DO WE NEED NATIONAL PARKS?

National parks are small fragments of the nature that once covered all of Sweden, and that makes them worthy of protection.

They safeguard the diversity of ecosystems and give visitors an opportunity to enjoy natural surroundings and relax in them. They represent the most valuable nature in Sweden.
Capercaillies thrive in old pine forests with carpets of bilberry sprigs. That is just the kind of environment to be found in national parks and nature reserves in northern Sweden, but also in Tyresta National Park, for example.

The young eat larvae in the bilberry springs to begin with. Adult birds eat bilberries, hare’s-tail cottongrass, small leaves and buds. The capercaillie prefers to spend winters in the pines, where it eats pine needles. It ingests small stones in order to digest the hard needles.

**BILBERRY SPRIGS WAND PINE FOREST - THE CAPERCAILLIE’S PANTRY**

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**THE WORLD’S FINEST**

The Great Barrier Reef, the Galapagos Islands and Skuleskogen all are national parks. They are exquisite gems to which people travel to experience exceptional and magnificent nature. There are more than 4,000 national parks around the world, covering over two per cent of all land area. Several of them encompass stunning natural phenomena. Many teem with life and a gene bank that can be invaluable for our future. All merit a visit.
EVERYTHING IS JUST WAITING TO BE EXPERIENCED

You can explore national parks on foot, on skis, in some cases by boat and in others with a snorkel. You can experience magnificent views and picturesque nature. Silence and stars on a clear night.

Most national parks have entrances where you will find orientation boards with maps and information about attractions and parking places.

Naturum, staffed visitor information centres, are located next to several national parks. They have exhibits and sometimes cafés and guides. Opening hours vary.

Almost all national parks have marked trails of varying lengths that take you to places worth seeing. You can hike on established trails or on your own. Canoes are a good mode of transportation in many parks; bicycles and skis in others.

The majority of national parks are a delight for plant lovers and bird-watchers when visiting during the right time of year. With a little luck, you can spot elk, bears, otters or other favourite animals.

In some national parks you may bring along your dog on a leash. But in others dogs can disturb birds, other wildlife or reindeer breeding and are not welcome.

Every national park has special rules that you can find on information boards on site or on the Web. The Right of Public Access does not fully apply in national parks.

You can find collected information on all national parks at Nationalparksofsweden.se
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OUR NATURAL HABITATS

MOUNTAINS
About 90 percent of the national parks’ combined surface area is in mountainous regions. Here you can hike from mountain birch forests or ancient coniferous forests across windswept heaths and up onto glistening glaciers.

LAKES AND WATERCOURSES
Sweden has one of the greatest concentrations of lakes in the world. Almost one-tenth of its surface consists of lakes. Sparkling fresh water environments are present in most national parks.

COAST AND SEA
The national parks along the coast offer great contrasts: Skuleskogen’s uplifted coast, the sandbanks of the Haparanda archipelago and Kosterhavet’s briny rocks and rare submerged life.

BROAD-LEAVED DECIDUOUS FOREST
Forests of beech, ash, oak and elm trees cover less than one percent of Sweden. The light-filled, leafy spaces teem with life, including many rare animals and plants. These forests can be found in Söderåsen, Dalby Söderskog and Ängsö.

WETLAND
About one-fifth of Sweden’s surface is covered by wetlands such as bogs, fens and marshes. They are vital for many birds, like the Eurasian curlew whose whistling sends vibrations through summer evenings.

CONIFEROUS FOREST
The dark green cover of forests of pine and spruce dominates Sweden’s nature, including the large national parks outside the mountainous areas. In Tyresta and Muddus/Muttos, you can see traces of forest fires that once left their stamp on the landscape.
The entrance to a beaver lodge lies beneath the water's surface. The beaver gnaws down trees to get building material for the lodge. It eats bark, but also leaves herbs and aquatic plants.

The glacier crowfoot often blooms right at the edge of glaciers. It has the Swedish altitude record for flowers, at 2,055 metres on Mount Kebnekaise.
The long-horn beetle is one of at least seven beetles to be found only on Gotska Sandön in the entire Nordic region.

The Eurasian golden oriole has bright yellow plumage, but it is hard to spot because it lives in dense deciduous forests. On the other hand, you may hear its flute-like song.
Fallen dead trees are food for many species in the old-growth forest.

The butterwort is one of Sweden’s carnivorous plants. With its sticky leaves, it catches insects, which it then slowly digests in order to survive in the nutrient-poor marshes.
NATIONAL PARKS: PAST, PRESENT AND FUTURE

In 1909 Sweden became the first European country to establish national parks. Then, as now, the idea was to preserve pristine nature for present and future generations, but also to make national parks inviting for tourism and outdoor activities.

Previously national parks were created, in part, on the basis of romantic ideals about nature. Now selection is based on international, scientific criteria for what nature merits protection and interesting attractions. One difference from before is size. New national parks are to be large, untouched areas that showcase a typical Swedish landscape.

In most national parks, nature is allowed to take care of itself. In a few grazing animals keep the land from becoming overgrown, and meadows are mowed to preserve the old cultural landscape.

The land in national parks is owned by the state. The government and Parliament make decisions about establishing new national parks. The selection and preparations are handled by the Swedish Environmental Protection Agency together with county administrative boards and other local parties. It is important for local residents to participate in efforts to form new national parks. They are a legacy we have in common that should be taken care of in the best possible way for us and future generations.

THE GOLD STAR is the symbol for Sweden’s national parks. It indicates that the parks represent the finest and most remarkable examples of Swedish nature.
In each park you will find information about the things worth seeing there. If you want to see more, bring along flora, a birdguide and binoculars.

If you are planning to visit an old-growth forest in the north might bring along a little extra food for the Siberian jay. They prefer a bit of sausage or bread and offer their chattering company as thanks.

In many national parks, there are established fire places where it is okay to grill food as long as the lighting of fires is not prohibited.

If you want to be sure of choosing the right clothing, check the weather forecast before you leave at www.smhi.se or www.yr.no

If you are going to visit a national park in the mountains, it pays to be more prepared. Information about equipment, avalanche risk and other considerations is available at http://www.fjallsakerhetsradet.se/eng/

Walking along the paths in a national park for a few hours usually does not require special equipment other than comfortable shoes and clothes that provide sufficient warmth. Step outside and make yourself at home.
3. Sarek is really Sweden’s highest, with six peaks over 2000 metres. Stonetoppen, at 2083 m, is the highest.

22. Njupeskär, at 93 metres, is Sweden’s tallest waterfall and is found in Fulufjället National Park.

23. Try Kosterhavets’s snorled trails. Swim along ropes at the bottom of the sea and find signs that tell about animals and plants beneath the surface.

11. Vadstena’s southernmost section consists of a large delta with abundant wildlife.

12. It is said that anyone who steals a stone from Blä Jungfrun will meet with bad luck. Hundreds of stones are returned to the island every year.

13. It is easiest to see birds of prey from the top of the cliffs. Gulls, cormorants and grebes are found year-round, as well as migrants in spring and autumn.

14. TÖFSINGDALE.

15. Sarek, Pedballa/Badölända, Stora Sjöfallet/ Stuur Muorkke and Muddus/Nottas are included in the Lapland World Heritage Site. Badölända, Stuur Muorkke and Nottas are the same names.

16. Pedballa is Sweden’s most remote place, with a ‘pole of inaccessibility’ five miles away from the nearest road.

17. Stone moss is southern Sweden’s biggest marsh. It has a very rich birdlife.

18. From the vantage point at Stödö isleberg you have a magnificent view of the surrounding landscapes. The national park lies inside the High Coast World Heritage Site.

19. The lemming is found throughout Sweden. They are now found throughout the country. Anyone who manages to see a lemming will have a magical experience.

20. STORFJÄLL.

21. Bears avoid people, but you can see traces such as a torn and bill. They are also fond of tree sap, or large droppings.

22. The lemming is found throughout Sweden. Anyone who gets to see a lemming will have a magical experience.

23. From Söderåsen’s southernmost section consists of a large delta with abundant wildlife.

24. The lemming is found throughout Sweden. They are now found throughout the country. Anyone who manages to see a lemming will have a magical experience.

25. Sarek offers Sweden’s most dramatic natural landscapes and the largest number of threatened species such as the arctic fox and barren-ground caribou.

26. Abisko is probably Sweden’s best place to see the northern lights. The whooper swan was protected throughout Sweden until 1922, when there were only a few pairs left in the north. They are now found throughout the county.

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30. HAPARANDA SKÄRGÅRD.

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32. VÄSTERBOTTEN.

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ALL NATIONAL PARKS

1. ABISKO
2. STORA SJÖFALLET/STUOR MUORKKE
3. SAREK
4. PIELJEKAISE
5. SONFJÄLLET
6. HAMRA
7. ÅNGSÖ
8. GARPHYTTAN
9. GOTSKA SANDÖN
10. DALBY SÖDERSKOG
11. VADGETJÄKKA
12. BLÅ JUNGFRUN
13. NORRA KVILL
14. TÖFSINGDALEN
15. MUDDUS/MUTTOS
16. PADJELANTA/BAJDJÄNNDÅ
17. STORE MOSSE
18. TIVEDEN
19. SKULESKOGEN
20. STENSHUVUD
21. BJÖRNLANDET
22. DJURO
23. TYRESTA
24. HAPARANDA SKÄRGÅRD
25. TRESTICKLAN
26. FÄRNEBOFJÄRDEN
27. SÖDERASEN
28. FULUFJÄLLET
29. KOSTERHAVET

For information about Sweden's national parks
NATIONALPARKSOFSWEDEN.SE