



FULUFJELLET/FULUFJÄLLET'S NATIONALPARKER FROM PRIMEVAL FOREST TO MOUNTAIN HEATH – A CROSS-BORDER EXPERIENCE



FULUFJÄLLET NATIONAL PARK (SWEDISH SIDE)

- AREA: 385 km²
- OPENED: 2002
- NEAREST TOWNS: Särna, Sörsjön, Sälen och Idre

FULUFJELLET NATIONAL PARK (NORWEGIAN SIDE)

- AREA: 82,5 km²
- OPENED: 2012
- NEAREST TOWNS: Ljørdalen, Trysil (the village of Innbygda)

WELCOME TO A UNIQUE ALPINE AREA WITH TWO NATIONAL PARKS!

Where other mountains raise mighty peaks of bedrock, Fulufjellet/Fulufjället crouches with a sandstone plateau – a flat top with steeply sloping sides.

The mountain has deep old-growth forest and barren mountain heaths. Freshwater springs roar down the steep slopes, carving deep ravines as they go. Clear mountain lakes reflect the scenery like mirrors, edged with reindeer cup lichen and downy birch. Old trails and mountain pastures bear witness to bygone eras. You can ramble a whole day here without meeting a single person.

Fulufjellet/Fulufjället is borderless – Sweden and Norway meet and become one in a giant park to protect flora and fauna: The Fulufjellet/Fulufjället National Park. The Siberian jay, the symbol of our national park, welcomes you!

MOUNTAIN

This is an excellent place to watch for birds. The mountain lakes are home to the black-throated loon, the red-necked phalarope and the common scoter, to name a few. If you hear a monotone peeping noise, it is a golden plover telling you that you're too close to its nest.

The willow grouse digs a burrow in the snow to sleep in, and can give early morning skiers quite a scare when they accidentally wake the birds. Even in summer, the willow grouse will lie still, camouflaged on the ground, until you nearly tread on it.

Mosses and lichens that don't need a lot of nutrients thrive on the mountain. You'll also see downy birch and dwarf birch alongside alpine bearberry and crowberry.



Old Tjikko – one of the world's oldest trees, an amazing 9,550 years old!



GEMS

ALTARRINGEN (SWEDEN)

If you walk towards Lake Tangsjön you'll see signs leading to Altarringen. It's a long day's walk to get there. Altarringen – the "altar rail" – is a stone circle that was originally thought to be associated with a pilgrimage route. These days, historians are quite certain that it was used to catch falcons, particularly gyrfalcons. Norwegian falconers caught and tamed falcons for hunting as far back as the 11th century and into the 19th century. The same was probably true in Sweden.

BRÅTAFALLET & STORFURUA (NORWAY)

A few kilometres south of the national border you'll find the road in to the Bråtafallet waterfall. From the car park, an accessible gravel road leads to a barbecue pit right next to the scenic cascading waterfall. If you'd like a bit more adventure, set your sights on Storfurua. The trail can be difficult to see in the terrain, so keep your eyes open!

OLD TJIKKO (SWEDEN)

From the Naturum visitors' centre, there is a marked trail down to the ancient spruce tree, Old Tjikko. The tree is believed to be the oldest living spruce clone in the world. Please admire Old Tjikko from a bit of a distance; too many feet tramping around the tree can harm the roots.

SLOTTET (NORWAY)

Fulufjellet's highest peak! You may not think 1,047 metres above sea level is very impressive, but those who manage the climb – and find their way here – are met with a rocky lunar landscape that's out of this world. Be aware that the trail is difficult to follow in the terrain.

TANGÅDALEN (SWEDEN)

Not many visitors ramble in the picturesque Tangådalen Valley. This is partly because it is not a ramble for beginners, and also because it is not easily accessible from any of the entrances. You can get here from the entrances at Storbekåsén, Björnholmsstugan or Morbäckssätern.



NJUPESKÄR

At 93 metres, Njupeskar is one of Sweden's highest waterfalls. What makes it unique is the 70-metre free fall – the highest in Sweden!

The trail to Njupeskar starts at the Naturum. Just follow the yellow markings. The whole round trip is 4 km, but after 1.5 km you'll reach a nice picnic area with a stunning view of the waterfall. You might also catch a glimpse of a gyrfalcon, the world's biggest falcon, which nests in the cliff wall of the Njupeskar ravine. It's a relatively easy walk, but a lot of it is uphill and there are some stairs, so it is not suitable for strollers, rollators or wheelchairs.

You can also choose to take the trail above the fall; follow the "Jaktfalksleden" signs. "Boulder field" is a phrase you'll learn along this trail, which is extremely rocky and difficult in some places.

ENTRANCES & INFORMATION

- E** NATURUM FULUFJÄLLET, THE VISITOR CENTRE OF THE FULUFJÄLLET NATIONAL PARKS
The Naturum offers exhibitions, guided tours, films, activities, maps and information, with friendly, knowledgeable staff on site to help you make the most of your visit to Fulufjället.
- E** BROTTBÄCKSSTUGAN
Car park and rest cabin that makes a good starting point for winter rambles.
- E** BJÖRNHOLMSSTUGAN
Car park and rest cabin.
- E** GÖRDALEN
Car park, wind shelter and cafeteria.
- E** MORBÄCKSSÄTERN
Car park and rest cabin.
- E** STORBEKKÅSEN
The main entrance to the Fulufjellet National Park in Norway. There is a rest area here with information about the park. A road goes all the way up when there is no snow.
- i** TURISTBUA I LJØRDALEN
Turistbua, the tourist office, is located in the centre of Ljørdalen. Its friendly, knowledgeable staff is ready to help you with maps and information. For more information on Turistbua, visit www.trysil.no/turistbua

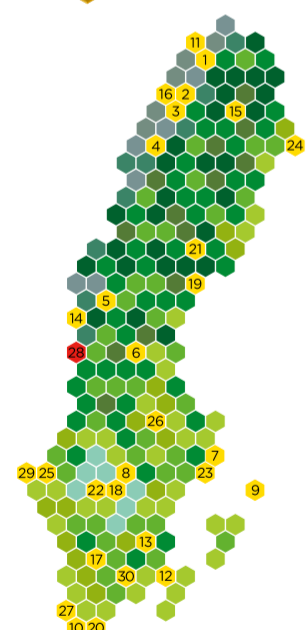
CONTACT US

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fmhpost@fylkesmannen.no
www.nasjonalparkstyret.no/fulufjellet



SINCE 1989 NATIONAL PARKS OF SWEDEN



1. ABISKO An easily accessible mountain valley with unusually rich flora.
2. STORA SJÖFALLET / STUOR MUÖRKKE Impressive peaks, glaciers and ancient pine woodlands.
3. SAREK Magnificent, demanding wilderness in a unique mountainous landscape.
4. PIELJKAISE Expansive, pristine woodlands of mountain birch.
5. SONFJÄLLET A low mountain with natural woodland and plenty of bears.
6. HAMRA A rare complex of natural woodland, wetland and watercourses.
7. ÄNGSÖ Genuine agricultural landscape with grazing animals and haymaking.
8. GÄRPHYTAN This old agricultural landscape is a sanctuary for many songbirds.
9. GOTSKA SANDÖN Unique, beautiful island with miles of sandy beaches.
10. DALBY SÖDERSKOG Leafy woodland on the plains of Skåne.
11. VADVETJÄKKA Sweden's northernmost national park is a mountain with deep caves.
12. BLÅ JUNGFRUN An island of legends, with smooth rocks, deciduous trees and beautiful views.
13. NORRA KVILL One of the few old growth type woodlands in southern Sweden.
14. TÖFSINGDALEN Valley with ancient pine woodlands, rich in boulders and rushing waters.
15. MUDDUS / MUTTOS The land of vast wetlands and old growth woodlands.
16. PADJELANTA / BADJELÄNDA Rolling mountain heaths and big lakes, far from the nearest road.
17. STORE MOSSE The largest wetland area in Sweden south of Lapland.
18. TIVEDEN A wooded landscape with a sense of wilderness.
19. SKULESKÖGEN Coast with magnificent views and the world's highest isostatic lift.
20. STENSHUVUD Coastal hills, broadleaved woodlands, inviting heathlands and beaches.
21. BJÖRNLANDET Mountains, cliffs and woodlands with traces of old woodland fires.
22. DJURÖ Archipelago in western Europe's biggest inland sea.
23. TYRESTA Pristine woodland just south of Stockholm.
24. HÄPARANDA SKÄRGÅRD Archipelago with sandy beaches and shallow waters.
25. TRESTICKLAN Roadless wilderness with expansive views from pine-covered ridges.
26. FÄRNEBOFJÄRDEN A mosaic of broadleaved woodlands and water in Nedre Dalälven.
27. SÖDERÅSEN Deciduous woodland, scree slopes, running water and a rich flora and fauna.
28. FULUFJÄLLET By Sweden's highest waterfall, old growth woodland meets mountainside that is white with lichen.
29. KOSTERHAVET Species-rich area of sea and archipelago with Sweden's only coral reef.
30. ÅSNEN Archipelago with hundreds of islands and old beech- and pineforests.

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Responsible for Sweden's national parks.



Hanging lichen drape from the spruce branches. You can find the toxic, yellowish-green wolf lichen on silvery dead pines. Western capercaillie and black grouse sound their mating calls in the early spring, sometimes in the middle of the road.

The king of the forest, the elk, lives here. And Fulufjället is famous for its large bull elk. Sweden's four big predators – bear, wolverine, lynx and wolf – roam in the region. If you're lucky you might spot them, but they prefer the deep, dark forest and would rather not meet you...

MOUNTAIN SAFETY

If you're going to be out for several days, please leave a message with someone you know, or at the Naturum. And don't forget to let them know when you're back! Follow the marked trails and take a map and compass with you in case the weather gets so bad that you get lost. Make sure to test your equipment at home before you set out.

You can drink the water in the brooks on the mountain. Do not drink stagnant water.



WEATHER

The weather changes very quickly in the mountains. From pouring rain to sun, from sun to blizzard, in just a few minutes. It can snow in the middle of the summer, or be 30 degrees.

Always check the weather forecast before going out. Respect weather warnings! Remember that you are also risking other people's lives if a mountain rescue team has to go out and search for you in bad weather.

WINTER OCT NOV DEC JAN FEB MAR APR MAY
From October to May, the ground is either partly or completely covered with snow.

SPRING MAY JUNE
The snow begins melting and the ice begins breaking up in late May to early June.

SUMMER JUNE JULY AUG
AUTUMN SEP
Autumn comes in September. You can enjoy all the glorious colours of autumn in the middle of the month.

PEAT BOGS

Peat moss can absorb a lot of water. The moss can range from pale yellow to neon green and sometimes bright red, but when it dries out it turns white.

The bog also boasts its own gold – the heavenly cloud-berry. If you search in the moss, you might also find cranberries. A frequent visitor is the common greenshank, whose long legs and bill are ideal for searching for insects in the pools dotting the bog.

From the Naturum, you can take the 2 km long Lavskrikeleden Trail, which is accessible for wheelchairs and strollers. A nice walk over bogs and through old-growth forest. Along the trail you'll find a picnic area by a forest lake where you can have a snack or use the barbecue pit to make something more substantial. Signs along the trail describe the flora and how people lived in the mountains in olden days. When you get back to the Naturum, drop in and learn more about the bog in our exhibition.



Holly blue (Celastrina argiolus)

RULES

The right of public access rules apply: Do not disturb. Do not harm.

| ZONE | I | II | III | IV | NORWAY |
|----------------------------|---|----|-----|----|--------|
| SPENDING THE NIGHT | ✓ | ✓ | ✓ | ✗ | ✓ |
| MAKING FIRES | ✓ | ✓ | ✓ | ✓ | ✓ |
| PICKING BERRIES/ MUSHROOMS | ✓ | ✓ | ✓ | ✓ | ✓ |
| CYCLING | ✗ | ✗ | ✗ | ✗ | ✗ |
| RIDING | ✗ | ✗ | ✗ | ✗ | ✗ |
| FLYING DRONE | ✗ | ✗ | ✗ | ✗ | ✗ |
| SNOWMOBILE | ✗ | ✗ | ✓ | ✓ | ✗ |
| DOG ON LEAD | ✓ | ✓ | ✓ | ✓ | ✓ |
| FISHING | ✗ | ✗ | ✓ | ✗ | ✓ |
| HUNTING | ✗ | ✓ | ✓ | ✗ | ✓ |

✓ PERMITTED ✗ NOT PERMITTED ✓ PERMITTED UNDER CERTAIN CONDITIONS

CAMPFIRES...

...are only allowed in the prepared campfire sites in zone IV. In Norway there is a general ban on campfires in or near forests between 15 April and 15 September. You can still make campfires in open terrain where there is no risk of the fire spreading.

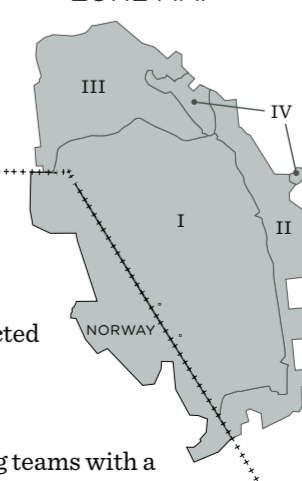
SNOWMOBILING...

...is only permitted along selected trails in zones III and IV.

HUNTING...

...is only permitted for hunting teams with a valid hunting lease in zone II or III. In Norway you may hunt if you have a hunting licence.

ZONE MAP



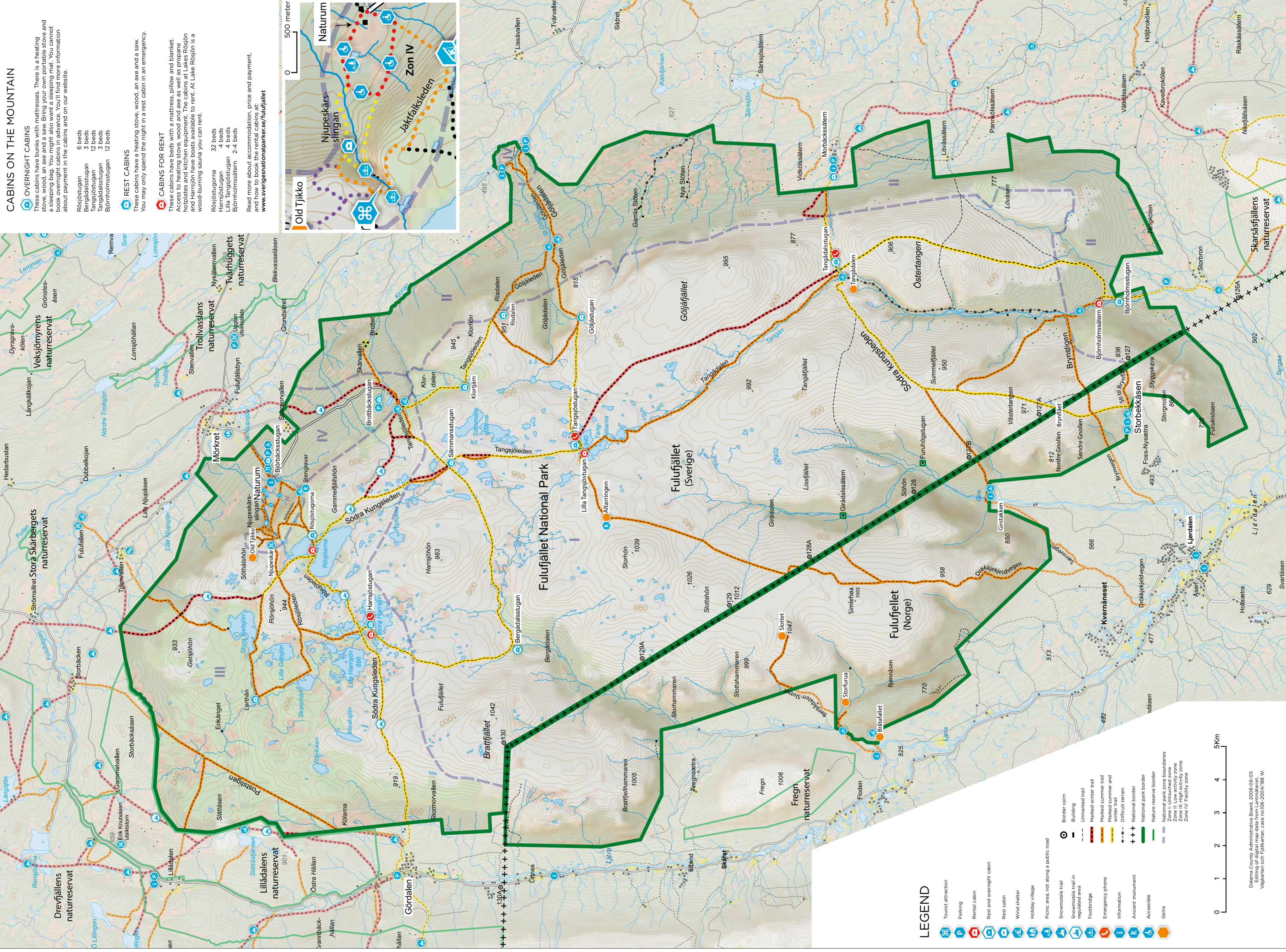
SANDSTONE

The sandstone that makes up Fulufjället was formed 1,500 million years ago. You can still see traces of the water that deposited the sand in layers. They are called ripple marks, and they look like little ocean waves on the sand.

The sandstone can be anything from pale pink to dark red. The green map lichen makes beautiful patterns on the stones – but watch out, they also make it very slippery after a rain. Perhaps you'll encounter a curious little stoat, which often lives among the rocks.



Stoat (Mustela erminea)



CABINS ON THE MOUNTAIN

OVERNIGHT CABINS
 These cabins have bunks with mattresses. There is a heating stove, wood, an axe and a saw. Bring your own portable stove and a sleeping bag. You might also want a sleeping mat. You cannot book overnight cabins in advance. You'll find more information about payment in the cabins and on our website.

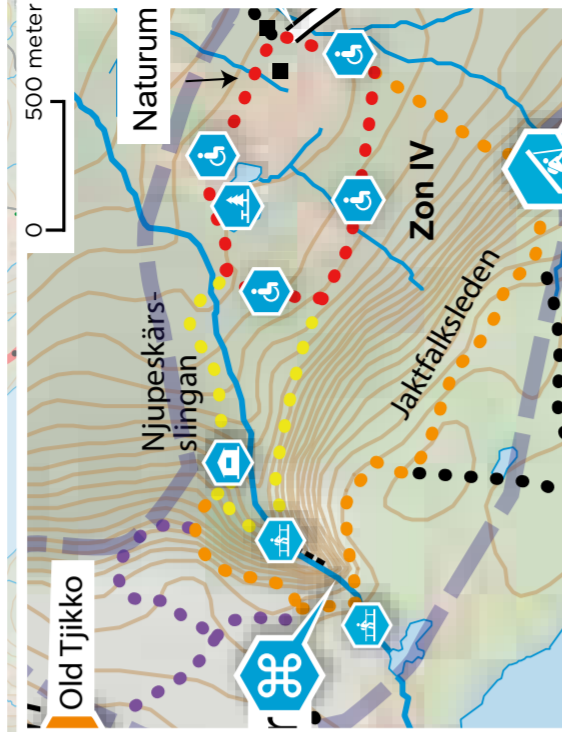
- Rösjöstugan 6 beds
- Bergdalsstugan 3 beds
- Tangsjöstugan 12 beds
- Tangdalsstugan 3 beds
- Blörholmstugan 12 beds

REST CABINS
 These cabins have a heating stove, wood, an axe and a saw. You may only spend the night in a rest cabin in an emergency.

CABINS FOR RENT
 These cabins have beds with a mattress, pillow and blanket. Access to heating stove, wood and axe as well as propane hotplates and kitchen equipment. The cabins at Lakes Rösjön and Harrsjön have boats available to rent. At Lake Rösjön is a wood-burning sauna you can rent.

- Rösjöstugorna 32 beds
- Harrsjöstugan 4 beds
- Lilla Tangsjöstugan 4 beds
- Blörholmstugan 2-4 beds

Read more about accommodation, price and payment, and how to book the rental cabins at www.averigenationsparkar.se/fulufjallet



LEGEND

- Tourist attraction
- Parking
- Rental cabin
- Rest and overnight cabin
- Rest cabin
- Wind shelter
- Holiday village
- Picnic area, not along a public road
- Snowmobile trail
- Snowmobile trail in regulated area
- Footbridge
- Emergency phone
- Information
- Ancient monument
- Accessible
- Gems
- Border cairn
- Building
- Unmarked trail
- Marked winter trail
- Marked summer trail
- Summer and winter trail
- Difficult terrain
- National border
- National park border
- Nature reserve border
- National park zone boundaries
- Zone II: Low activity zone
- Zone III: High activity zone
- Zone IV: Facility zone



Dalarna County Administrative Board, 2006-06-05
 Editing of digital map data from Lantmäteriet,
 Vägvaran och Fjällvaran, case no.06-2004/188 W.