

During the last ice Age the major divide lay here. From this divide the ice flowed in both north-westerly and south-easterly directions. The ice carried large amounts of sand, gravel and stone that was deposited during deglaciation. A characteristic of the northern area is elongated ridges of bottom moraine rich in boulders; a type of landscape called Rogen moraine. The winding ridges form a multitude of islands and promontories in the lakes which abound. These islands are especially common north of Långfjället in the Rogen Nature Reserve.

In the dry, open landscape golden plover, meadow pipit and wheatear abound. Greenshank is common on the bogs in the forest areas. In the coniferous forest the siberian jay is a common species. Redstart is a characteristic bird of the old pine forest. Some lakes and rivers hold large numbers of ducks. Black throated diver is something of a character species of lake areas.

Of the large mammals the domestic reindeer is the most common. A small herd of musk-ox range sometimes in the northern part of the area. This flock originally came from the Dovrefjell musk-ox herd. Hare, red squirrel, pine marten, mink, weasel and red fox occur. The great predators are represented by wolverine and lynx.

Lakes and rivers abound in fish. Trout, char, grayling, whitefish, perch, pike and burbot are common species. Hunting fishing and trapping have long traditions in the area. A number of Stone Age sites and traps are remnants of earlier hunting. Remains of old Lappish campsites also exist. Until recently a few persons lived on hunting and trapping in the wilderness.

Remains of roads and tracks bear witness to old connections between Norway and Sweden. The best known is the track that the pilgrims used to the shrine of St. Olaf in the Nidaros cathedral in Trondheim and the route that the botanist Linneus used during his journey in Dalarna in 1734.

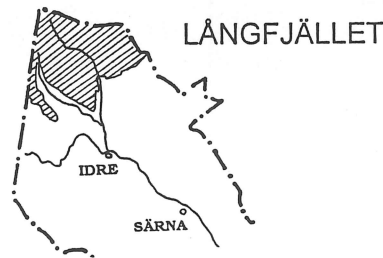
Långfjället Nature Reserve

Members of the public may not:

- purposely move to within less than 100 meters of musk-ox, lair or bird of prey's nest.
- interfere with geological formations.
- damage living or dead, standing or fallen trees or bushes or dig up plants or remove mosses or lichen.
- use motorised vehicles on land except on snowcovered land along special routes marked for the purpose (skoterled).
- use motorised drills for ice-fishing.
- park vehicles or caravans on any other place than specially designated parking areas.
- use other firewood than loose branches lying on the ground or such fuel as has been carried into the area or been specially provided.
- make fire except in specially designated places, mostly at prepared campsites (within an area indicated on the map).
- put up tents or camp other than on specially designated camp sites within an area shown on the map.
- land or navigate aircraft except on the lake Grövelsjön and other designated areas, shown on the map.
- rockclimbing

Töfsingdalen National Park

The regulations applying to Töfsingdalen are essentially the same as for Långfjället. In addition it is prohibited to make fire and take dogs without leash into the National Park.

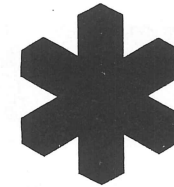


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NATURRESERVAT
DALARNAS LÄN

Långfjället





A major proportion of the nature reserve is taken up by low, rounded mountains extending into the high alpine zone above the timberline. The forest limit in this area is stated to be somewhat above the 900 m contour. But quite large areas at lower altitudes may be almost entirely without tree growth, especially where the land is *Calluna* heath or lichen moor. The remarkable plain, Juttulsslätten, east of Långfjället, is bare of trees for several square miles, despite lying only 750 m above sea level.

On the east side of the Storå valley we find Töfsingdalen National Park. Its 1365 hectares of wild and inaccessible terrain are of great scenic beauty and variety. Tract of boulder moraine and gnarled virgin forest alternate with moist, shady, herb-rich depressions beside crystal streams.

Långfjället Nature Reserve

We recommend "Fjällkartan" (the Swedish Mountain Map) for mountain hiking.

0 1 2 3 4 5 6 7 8 9 10 km

- |—|— Summer trail
- +—+— Winter trail
- ⊕ ⊕ ⊕ Snowmobile trail
- |+|— Summer and winter trail
-  Tourist hut
-  Area with special regulations for camping and campfires

