



HÅGADALEN- NÅSTEN



WELCOME TO THE NATURE RESERVE HÅGADALEN NÅSTEN

Running along Uppsala's western boundary you will find this rich and varied nature reserve, called Hågadalen Nåsten. The reserve's 17 square kilometres is host to thriving farmland, lush woodland, shady forests, bald rocky outcrops and teeming marshes. Its natural resources have been utilised by man for millennia. That is why today you can enjoy its diverse and rich natural resources and, furthermore, discover a wealth of exciting ancient remains.

Come on out and enjoy!

A VARIETY OF HABITATS

Hågadalen is a broad valley and plays host to the winding Håga River. The valley floor has been used by man for agricultural and pastoral purposes for thousands of years. The agricultural areas are bounded by dry slopes, woodland and lush knolls that melt into the Nåsten forest area, a veritable kaleidoscope of nature where areas of natural forest are at one with marshland, rocky outcrops, old fire fields and productive forest land.

In this abundance of nature, more than 100 “red-listed” (diminishing/threatened) species of flora and fauna can be found – an unusually large variety this close to a city. This may be explained in part through the proximity of humans who through many generations of toil have wreaked varying shapes and conditions on their natural surroundings. During parts of the 20th Century, the military made use of the area for exercises, and this has also protected it from exploitation.



Photo: Azote AB, Anders Tedeholm

Stor aspticka, Phellinus populicola.

DIVERSITY OF SPECIES

Here there is an abundance of fungi, lichens, mosses and beetles dependent for their survival on old trees or dead wood. These include *Phellinus populicola*, *Chaenotheca phaeocephala* (brown needle lichen), *Orthotrichum gymnostomum* and brown flower scarabs (Centoniidae). Other rarities include, for example Tufted Milkwort (*Polygala comosa*), Common moonwort (*Botrychium lunaria*) and several seldom-seen fungi connected with the areas of grazing land.

Hågadalen's arable areas are bordered by leafy knolls, groves of hazel and hepatica as well as open, sloe-clad dry slopes with knapweed, spiked speedwell and milkwort. On the south-facing chalky slopes can be found an exclusive range of dry slope flora including Field Wormwood, Common Rockrose and Common Milkwort.

The region offers a diverse birdlife, including Stock Doves, Nutcrackers and several species of woodpecker.



Photo: Biopix, Jens Christian Schou

Common Milkwort, Polygala vulgaris.

EXCURSION DESTINATIONS

“Kung Björns hög (King Björn’s Mound)” – Håga-högen. It is the burial mound of a Bronze Age nobleman and contained one of the richest stores of grave implements in Sweden from those times.

Whilst excavating the site, amongst the finds unearthed were a gilded bronze sword, a buckle and a bronze razor. The mythical King Björn is said to have lived in the vicinity of the burial mound during Viking times – hence its alternate name. The top of the mound, the home of many fine vascular plants and insects, affords a fantastic view out over the valley.



Photo: Azöte AB, Jan Udden

Green woodpecker, Picus viridis.

Linnæus’ Classroom. Carl Linnæus documented the flora and fauna around Uppsala during his 18th century excursions of discovery. During two of these – the Gottsunda and the Håga Trails, he took his students to what is now the nature reserve. Even today, you can walk in Linnæus’ footsteps when you follow the Linnæus Trails. Happily, much of the rich flora and fauna that Linnæus encountered is still there. Read more about the Linnæus Trails at: www.linnestigarna.se or get hold of a folder from Biotopia, www.biotopia.nu.

“Lillängens gravfält (Lillängen’s Burial Place).”

You will find this mighty burial place upstream from Kvarnbo. It dates back to the late Iron Age and encompasses fifty graves, thirty menhirs and a rune stone. In earlier times there was also a ford over the river here. During the 17th Century a fine stone arch bridge was constructed – Läby Bridge – which allows you to cross the river dry-shod.

“Ravinen vid Kvarnbo (The Ravine at Kvarnbo).”

Flowing past Kvarnbo, the Håga river has scooped out a deep and fertile ravine. The 19th Century mill has stood still since the 1940’s but around where it is today some very interesting vegetation has sprung up and the waters abound with insect life and fish. A bridge accessible for people with disability allows you to experience the river and the ravine from above. Why not pay a visit one summer evening and see if you can spot the bats? In the winter you might catch sight of the European Dipper and maybe even a brightly coloured Kingfisher.

The Ravine at Kvarnbo.



Photo: Ana Vera Burin Batarra

Norbylund (Norby Grove). Norby Grove is an ancient and wide-crown oak forest that was created through long-term grazing. It boasted rich flora here back in Linnæus' time much of which has been preserved to this day.



Photo: Ana Vera Burin Batarra

The Håga river(Hågaån), view of the Håga valley (Hågatalen) and the edge of the Nåsten forest.

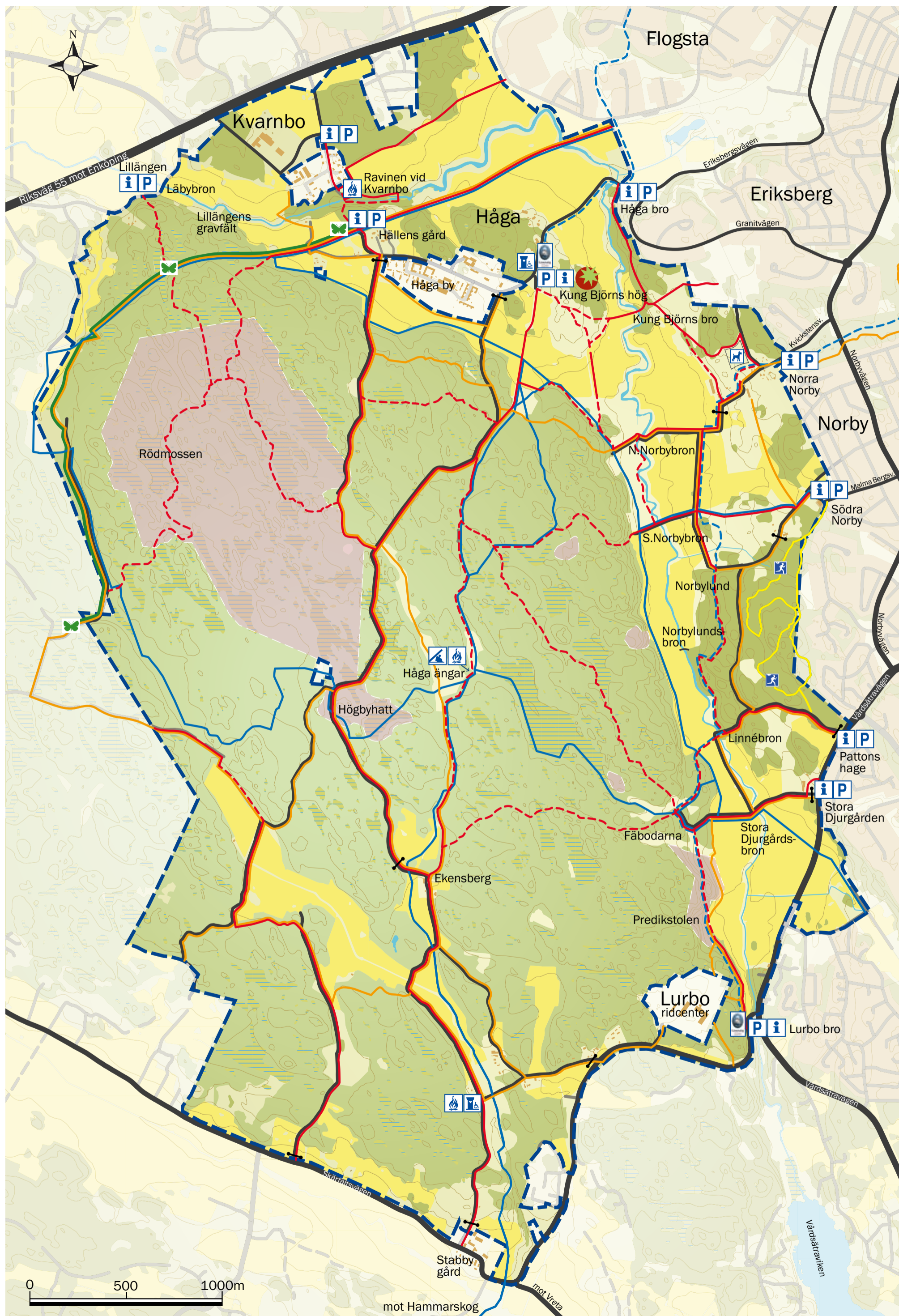
Fäbodarna (the Crofts). In the southern part of the Håga valley, there remain the foundations of the Fäbodar, crofts. Differing natural habitats around the cottages tell us about past cultivation and grazing. The area also contains a burial place from Viking times. In the marshy meadows you will find the official flower of the province of Uppland, the Checkered Daffodil (*Fritillaria meleagris*). A number of rare fungi have been found in the surrounding groves. Linnæus' Gottsunda Trail passes through the area.

Predikstolen (The Pulpit and the Ancient Fortress).

Some 400m south of Fäbodarna lies the highest and steepest section of the Nåsten-Knoll. The fifteen metre high cliff is known as the Pulpit. Near its summit lie the remains of an ancient Iron Age fortress. At the foot of the cliff there is a lush temperate mixed forest. Some red-listed species have been recorded here, mainly insects and fungi that feed on dead wood.

Rödmossen (the Red Bog). The forest area of Nåsten comprises a rich mosaic of rocky outcrops, forest and bog. Rödmossen, the largest bog, has given the area its name. Large parts of the forest consist of relatively undisturbed natural forest, with trees of all ages. *Pyrola chlorantha* (Green-flowered Wintergreen), *Goodyera repens* (Creeping Lady's Tresses) and Lesser Twayblade show that the forest was tight for a long time.

Fjärilsstigen (the Butterfly Trail). Along the approximately 3.5 km (one-way) "fjärilsstigen" (the butterfly trail), you can see as many as 59 different species of daytime butterflies and zygaenidae moths which make this stretch one of Sweden's richest in butterfly species. A warm and sunny summer's day gives you your best chance of spotting many of these species. The trail is well signposted with information noticeboards along the way. You will also find a special folder in the car park at "Hällens gård" at the start of the trail. Remember to show consideration for horses and their riders who share the same route.



Kung Björns hög.

Photo: Steven Quigley



Predikstolen.

Photo: Ana Vera Burin Batarra

LEGEND

	Information		Walking path, easily accessible
	Car-park		Walking path
	Outhouse		Riding path
	Fireplace		Skiing track
	Shelter		Linnépath
	Dog park		Exercise path (electric lights)
	"Smultronställe"		Butterfly trail
	Nature reserve border		Road
	Zone 1		

IMPORTANT TO BEAR IN MIND

The nature reserve is divided up into zones. Special rules apply primarily in Zone 1, but everywhere the golden rule of right of public access applies: do not disturb – do not destroy.

- Keep dogs under control. In pastures where animals are grazing, dogs must be on a leash
- Only ride on public roads, on marked bridle paths or where you have the landowner's or farmer's permission.
- You may cycle along roads and trails throughout the reserve, but riding on Kung Björns hög is prohibited!
- Do not make excessive noise, e.g., by playing loud music.
- The only things you are allowed to pick in Zone 1 are berries and mushrooms.
- In Zone 1, the pitching of tents and lighting of fires is prohibited.
- You need permission from the manager of the reserve to mark a trail, set up pictures, placards or signs unless they are temporary and have to do with activities of an association, school or the like.
- Local regulations shall apply to the area east of the river between Håga Bridge and Lurbo Bridge.
- Certain species are covered by preservation orders.

HOW TO GET HERE

The nature reserve has many entry points, all of which are signposted with black-white road signs to “Naturreservat” (Nature Reserve). Along the road, Vårdsättravägen you enter the area at by way of the car-parks at Lurbo bridge, Stora Djurgården and Pattons hage (Patton’s field).

From Norbyvägen the entrances at Södra (South) and Norra (North) Norby and their car-parks are reached by turning left at Malma Bergsväg and Kvickstensvägen.

Coming from the north there are entrances and car-parks at Håga Bridge between Flogsta and Eriksberg, on both sides of Håga village at Hågahögen and at Hällens gård as well as the exit road from Enköpingsvägen, Highway 55, at Kvarnbo and Läby.

CARE & MAINTENANCE

Hågadalen-Nåsten is maintained and administered by the Municipality of Uppsala. The purpose of the reserve is to preserve this large and diverse area with its smallholding cultivation landscape, areas of geomorphologic interest, pasture land and diverse forest areas in the Håga Valley, together with the surrounding undeveloped forest in Nåsten, with its swamps and virgin areas of pine trees. It seeks to preserve and nurture the habitats of endangered and rare species and to uphold cultural and environmental values. The importance of the entire region as a public recreation area should be recognised and made generally available. Research and education should be secured in the area. For all matters, the managers of the nature reserve may be reached by telephone at +46 (0)18-727 4045.