



NORRA LUNSEN



**WELCOME TO THE NATURE RESERVE
NORRA LUNSEN**

Norra Lunsen is an area of 13 square kilometres of forests and swamps with high ecological values. The entire nature reserve is protected according to the EU-network Natura 2000.

HERE YOU CAN

ENJOY a quiet and silent environment close to the city.

STROLL along marked walking paths

SKI along prepared tracks

REST and barbeque at assigned fireplaces

STAY THE NIGHT in Lunsentorpet

PICK berries and mushrooms.

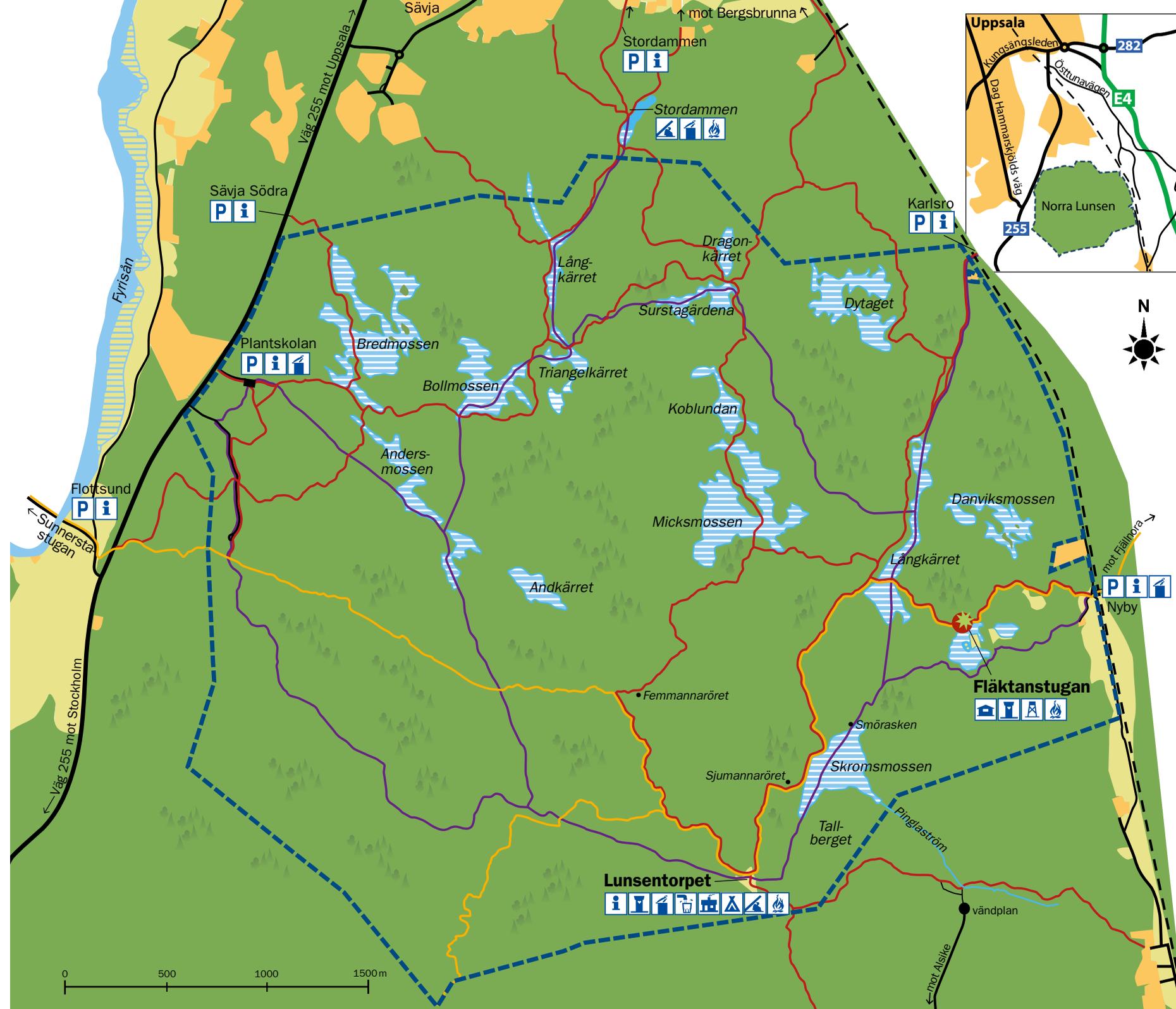
WALK OR SKI IN LUNSEN

There are several walking paths through Lunsen. They are marked with red rings around trees and you can start your trekking from different entries. At the entry points you find informationboards and car-parks.

When there is snow enough several ski tracks will be prepared. Those are marked with so called mountain crosses.

**A PART OF THE UPPLAND TRAIL
(Upplandsleden)**

The first stage of the Uppland Trail passes through Lunsen. It is marked with orange coloured rings around trees. You can start your walk at Sunnerstastugan in the west, go towards Lunsentorpet and continue in an easterly direction past Fläktanstugan towards Nyby – or the other way around.



LEGEND

- Information
- Car-park
- Trash bin
- Earth closet
- Sleeping accommodation
- Cabin for shelter
- Shelter
- Tent area
- Fireplace
- Drinking water
- Outlook tower
- "Smultronställe"
- Houses
- Forest
- Open land
- Wetland
- Dam
- Nature reserve border
- Walking path
- Skiing track
- The Uppland Trail
- Road
- Railroad



Photo: Pär Johnsson

Heath spotted-orchid.

PLANTS YOU CAN FIND

Forty percent of the reserve is covered with a Scots pine forest on rocky ground with a sprinkling of spruce and birch-trees. The ground is overgrown with reindeer lichen, heather, lingonberry and bearberry. Lunsen is 15–20 percent wetland. The northern part has several marshes and bogs. On these the vegetation mostly is in form of pine bogs smelling with wild rosemary or small moist areas with spruce, birch and alder. In the south you can find orchids like bird's-nest orchid, heath spotted-orchid, creeping lady's-tresses and lesser twayblade. Oak, lime-tree, hazel, hepatica and spring pea are growing in the southeast at Pinglaström.



Photo: Leif Andersson

Foot-bridge through Mickmossen.

DAMS FOR BIODIVERSITY

After the reserve was formed in 2003, wetlands were restored. Some 20 old forest ditches were filled up. Foot-bridges have been built in many places so you can walk through the wetlands. For instance, across Micksmossen is a 120 meters long bridge with passing places.



Photo: Agneta Säfssten

Fläktanstugan is a "smultronställe" in Uppsala municipality.

LUNSENTORPET

At one of the walking paths through the middle of the forest lies Lunsentorpet, which is a cottage where you can rest and stay over night. It is always open for visitors and provided with six sleeping-places. In the cottage are wood stoves for heating and simple cooking and outside you find a woodshed, a water pump for drinking water, a fire-place and a tent area.

FLÄKTANSTUGAN

Fläktanstugan is a small log cabin by a fen where you can rest. Inside you find a wood stove for heating and outside is a fire-wood store. In front of the cabin is a fire-place with sitting places. Close to Fläktanstugan is a outlook tower from which you can survey the fen and its wild-life. Since 2007 Fläktanstugan is nominated a favourite spot (smultronställe) in Uppsala municipality.

Read more on www.smultronstallen.nu

ANIMALS YOU CAN FIND

Elk, roe-deer and mountain hare feel at home in the forest. In wetter parts hazel-hens (hazel-grouse) thrive. In Norra Lunsen you can even find capercaillie and pygmy owl. Naturally, there are also common forest birds like coal tit, spotted fly-catcher, great spotted woodpecker and nuthatch.

IMPORTANT TO THINK ABOUT

- Be careful not to damage land or vegetation
- Respect the wild life
- Do not ride or bike outside roads or designated paths
- Be considerate and do not play loud music in a disturbing way.
- Any bill-posting or displaying is forbidden
- Keep things clean and do not litter

HOW TO FIND THE WAY TO LUNSEN

In the north are two entries: At Stordammen and at Norra Sävja. Along road 255 in the west you can access from Södra Sävja, from (the formerly) Plantskolan and from Flottsund. In the east you can start your walk from Karlsro or Nyby which you reach by turning off Östunavägen.

MANAGEMENT

Norra Lunsen is managed by Uppsala municipality. The purpose of the reserve is to maintain and develop older pine- and mixed forests, swamps, mires, geological formations and hydrological conditions.

The aim is also to make cultural remains visible and to promote recreation in this open-air area with its character of wilderness so close to an urban area.

If you have any questions, the reserve manager can be reached on telephone 018-727 40 45.