



FULUFJELLET

BEARS AND OLD WOODLAND
ON THE SWEDISH BORDER





Slottsbekken between Storhammarn and Slottshammarn in Bergådalen (TO)

BEARS AND OLD WOODLAND ON THE SWEDISH BORDER

Fulufjellet National Park is an uninterrupted area of woodland and mountains. The Fulufjell mountains are plateaus and straddle the border between Norway and Sweden. The Swedish part was protected as Fulufjället National Park in 2002. Nature knows no administrative boundaries and the establishment of Fulufjellet National Park helps to secure valuable ecology, landscape and opportunities for outdoor recreation, and is an important contribution to the preservation of valuable parts of the Scandinavian natural heritage.



Skiing on Vestertangen, a few hundred metres on the Swedish side of the border (TO)



EXPERIENCING NATURE

Fulufjellet National Park has a great deal to offer those who enjoy outdoor life. Many people hike, ski, hunt, fish and pick berries here. Several old tracks used by travellers journeying between Norway and Sweden cross the park and are now marked as hiking trails. From south to north, they are Brynvegen, Särnvägen, Drøkkjekjeldvegen and Alteringvegen. They continue in the Swedish national park.

The Fulufjellet Alpine Centre maintains cross-country skiing tracks via Storbekkåsen to the Swedish border on Brynflået.

On the Norwegian side, Fulufjellet has few facilities supporting outdoor recreation. No huts or cabins provide overnight accommodation in the park.



HISTORY AND CULTURAL HERITAGE REMAINS

Ancient settlement

People have lived on the banks of the River Ljøra for more than 3000 years, engaged in hunting, fishing, farming and forestry. You can see many cultural heritage remains here. The oldest Stone Age settlements and traces of early farming in the Trysil district can be found in Ljørdalen, but only in the lower part of the valley, not in the national park.

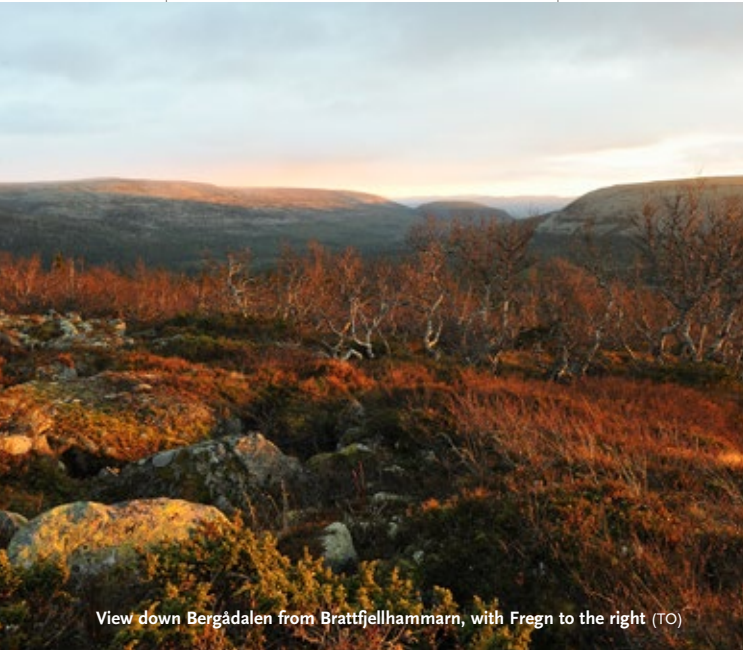
Old tracks

Särnvägen is a very old track used in summer. It dates from before 1644, when the Jämtland and Härjedalen districts in Sweden were part of Norway. It was a trading route for people living in Särna and its vicinity, and goes from Ljørdalengrenda via Girdalssetra and Fulunebben, and over Fulufjellet to Sweden. It is said to have been used by pilgrims, too.

Alteringvegen goes up Bergådalen and crosses the border northeast of Slottet to reach Altering in Sweden. It was called a "lichen track" in the days when lichen was gathered for supplementary winter fodder for cattle. The purpose of the circular stone wall that gives rise to the name Altering is not known. Some claim it to be an ancient sacrificial site; others believe it is a place where falcons were caught.



Alteringen on the Swedish side of the border (TO)



View down Bergådalen from Brattfjellhamn, with Fregn to the right (TO)



Northwest of Søndre Gnollen, with Nordre Gnollen in the background (TO)



LANDSCAPE AND GEOLOGY

Three separate areas of high ground

The easterly valleys branching off Ljørdalen, containing the rivers Bergåa, Gira and Tangåa, divide Fulufjellet National Park into three areas of high ground. These have flat-topped mountains with steep slopes. The plateaus are mostly covered by block fields, and the steep hillsides have many screes and landslide scars.



Uniform bedrock, but varied landscape





The bedrock is uniform. The national park occupies an area of Precambrian sandstone called the Trysil sandstone, which has a deep reddish colour. The Trysil sandstone is very rich in quartz and thus weathers slowly to produce poor, acidic soil.

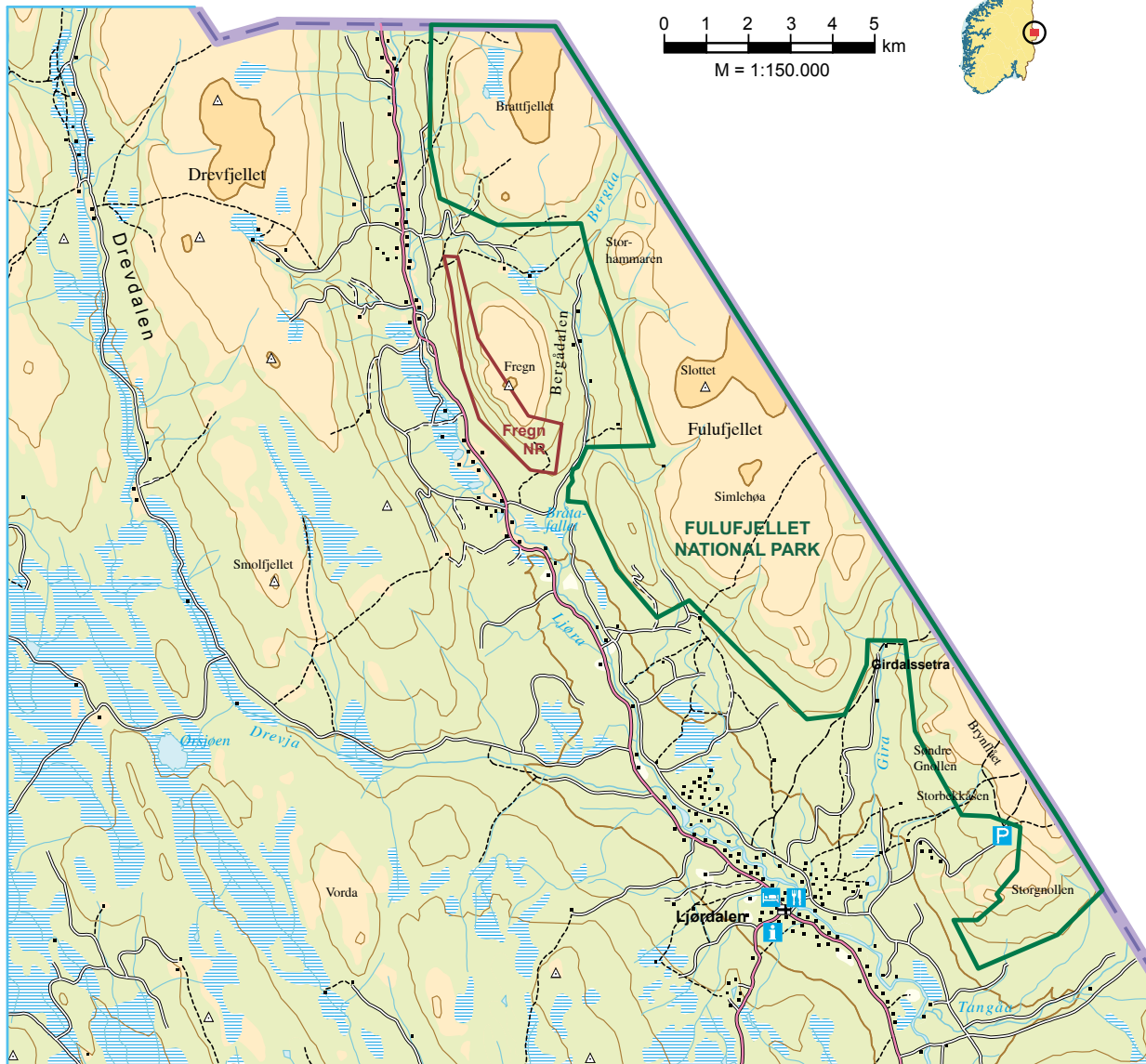
The landscape is varied and shifts considerably over comparatively short distances. The altitude ranges from about 520 m a.s.l. in the south to 1047 m a.s.l. at the summit of Slottet. In some places, broad ravines and canyons have been eroded into the sandstone. The largest are Styggskora, east of Storgnollen, and the valley containing Slottsbekken in the northern part of Fulufjellet. The landscape in the Storgnollen-Steinknøsen-Furuknøsen area, with its block fields, ravines and great differences in height, is very distinctive.

The largest rivers in the park are the Bergåa and Gira. There are small waterfalls in some places, Bråtåfallet on the Bergåa being most notable. The park has few mires and lakes.

LEGEND

-  National border
-  National Park
-  Nature Reserve

-  Parking
-  Accomodation
-  Café/restaurant
-  National Park Information Center





A female bear with two cubs in the national park (TO)



ANIMAL AND BIRD LIFE

Bear country

Moose elk and hares are common at Fulufjellet, but it is more amazing that all the four large predators found in Norway also live here, and of these the brown bear stands out. The Fulufjell area seems well suited for brown bears and they frequent it because large numbers live in the adjacent area in Sweden. Fulufjellet National Park seems to be one of the most important areas for the slowly expanding stock of bears in Norway. It is estimated that 10-20 bears winter in the Swedish and Norwegian parts of Fulufjellet.



Dipper (TO)

Obviously you can see birds, but ...

The barren landscape does not offer a basis for rich bird life. The scarcity of lakes and large mires means that wetland birds like ducks and waders are scarce. However, capercaillies have a few leks on the wooded hillsides, and black grouse, hazel hens, willow grouse and ptarmigans are present. Golden eagles are regularly seen. Above the treeline, meadow pipits and wheatears are common and tree pipits, robins, redstarts, song thrushes, willow warblers, chaffinches and bramblings are the most common species in the wooded areas.



Gulls against the setting sun in the Swedish national park (TO)



Brátáfallet waterfall on the River Bergåa (TO)



Lush vegetation in Girdalen (TO)



PLANT LIFE

Due to the unproductive conditions for plants, the vegetation above the treeline shows little diversity. The mountains are mostly covered by heath dominated by dwarf shrubs, grasses, sedges and rushes. The area above the treeline is extremely poor in species compared with other parts of Norway and other countries. Storgnollen and Steinknøsen are essentially block fields that are virtually sterile screes, and stone polygons occur on the flattest areas where there is some poor heath vegetation with lichens.

Springs are found almost everywhere on the wooded slopes, probably due to fractures in the Trysil sandstone. There are continuous horizons of springs for more than a kilometre along Slottsbekken. The springs increase the diversity of species in what is otherwise a species-poor, wooded landscape.

Old woodland, locally resembling virgin forest

Practically all the woodland is coniferous and comprised of Norway spruce and Scots pine. The coniferous woodland close to the treeline is particularly valuable from a conservation viewpoint. There are large areas of natural and old woodland of spruce and pine, with considerable amounts of dead wood. The west side of Brattfjellet has some scattered pine trees that are up to 350 years old. Locally, the woodland resembles virgin forest and has a rich diversity of species. Many rare lichens and fungi have been recorded in the National Park.



Beautiful reflections at Sloangtjøenna (TØ)

In a national park, you are one of Nature's guests

- Go wherever you want, on foot or on skis. Anything with an engine is basically banned.
- Stop wherever you want, and camp for the night if you wish. Tidy up afterwards and take your rubbish home.
- You may light a fire, but remember the general ban on fires in woodland between 15 April and 15 September. Show consideration when you gather firewood.
- You may pick berries, mushrooms and common plants for your own use. Show consideration for cultural heritage sites, vegetation and animal life. Take extra care in the breeding season.
- Hunting and fishing are allowed, but remember to buy licences. Do not use live fish as bait. You must not take live fish from one river or lake to another.
- You may have a dog with you, but remember to keep it on a leash from 1 April to 20 August.



Fulufjellet National Park in brief

Where

The borough of Trysil in the county of Hedmark

How to get to Fulufjellet National Park

Rv 25 to Østby via Nybergsund, and then Fv 564 to Ljørdalen, or Rv 25 to Støa, and then Fv 570 to Ljørdalen

Information on accommodation and other services

Tourist Information Kiosk, phone +47 62 45 56 00, info@turistbua.no, www.ljordalen.no, www.fulufjallet.no

Ljøratunet, phone +47 468 20 830, cindy@ljoaratunet.no, www.ljoaratunet.no

Huts

No manned or unmanned huts provide accommodation in the park.

Tips

A marked track goes from Storbekkasen to the Swedish border. Another goes from Bergådalen to the border, skirting the northern flank of Slottet. A third marked path branches from this one down by the river and goes up to an unusually large pine tree (Storfurua) on the north side of Bjørnåsen. This pine has been found to be 600 years old, and has an unusually large, wide crown.

Maps

Ljørdalen 2117 I, Trysil 2117 IV and Linnes 2118 III (scale 1:50 000) The Swedish mapping authority has good maps on 1:50 000 and 1:100 000 scales covering the whole of Fulufjellet on both sides of the border.

Designated 2012

Area 82.5 km²

Adjacent protected areas

Fulufjället National Park (Sweden), Fregn Nature Reserve

Management

Fulufjellet National Park Board, phone +47 62 55 10 00, postmottak@fmhe.no

Supervision

Norwegian Nature Inspectorate, phone +47 73 58 05 00

More information

www.norgesnasjonalparker.no
www.nasjonalparkstyre.no

M185/2014

Layout: Guri Jermstad AS. Photo: Trygve Opseth (TØ) og Ragnar Ødegaard /FM Hedmark (RØ)

Front cover: View towards Girstakken from the north (TØ). Black-and-white: Coniferous woodland on low ground (RØ). Back cover: Cairns marking the border (RØ)



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Norwegian National Parks are our common natural heritage

We set up national parks to safeguard large areas of countryside – from the seashore to the mountaintops. For Nature's own sake, ourselves and future generations. National parks boast magnificent scenery with varied animal and plant life, waterfalls, glaciers, lofty mountains, endless plateaus, deep forests and lush woodlands, and beautiful fjords and coasts. You will also find cultural heritage remains showing how the areas were used in the past. The national parks offer a multitude of opportunities for thrilling encounters with natural history.

Make use of our magnificent nature – on its own terms.

Welcome to Norwegian national parks.

