



SONFJÄLLET
NATIONAL PARK
*HIKING IN THE
HEART OF
HÄRJEDALEN*





The Siberian jay thrives in old spruce forests, where the branches are entangled in lichen. The Siberia jay is not a shy creature and will show an interest in the food content of your back pack. It hides some of the food in the treebeard in preparation for the winter.



WELCOME TO SONFJÄLLET NATIONAL PARK

The area of Sonfjället provides you with fantastic opportunities to experience nature. To get you started, here are a few hiking tips. Begin your hike out of Nyvallen, Nysäter, Dalsvallen or the rest area at Valmen. You can choose one of the shorter hikes or a more strenuous full-day hike. Most of the paths and trails are clearly marked and easy to follow, but it is always a good idea to take a map and a compass. Make sure you have rainwear and possibly a hat and gloves. You should also consider taking a bottle of water as you will not always have access to water on the trail. Up on the mountain the path is sometimes rocky and some sections consist of boulders which are more difficult to pass. However, these sections should cause no problem for any healthy person used to hiking.

You can visit Sonfjället National park any time of year but this folder focuses on the snow-free months. In the season when winter turns to spring, the western slope of Gråsidan with its glacial drainage channels is a popular destination. The easiest way to get there is by starting at Nysäter or from Råndalsvägen. On skis you can access Gråsidan and, if you want, continue on to Sododalen where you can finish with a hike to the peak of Högfjället. There are marked winter trails out of Råndalsvägen, Dalsvallen and Nysäter.

Always keep in mind that you are a guest in nature and although you are allowed to wander or ski freely, as well as pick mushrooms and berries, you must respect nature and the animals and persons living in the area. More information regarding what you can and cannot do can be found in this folder, on posted information boards or at the website of the County Administrative Board.

TRAILS OUT OF NYVALLEN (1-6)

1 Family hike

Estimated hiking time: 1-2 hours (approx. 2,5 km)

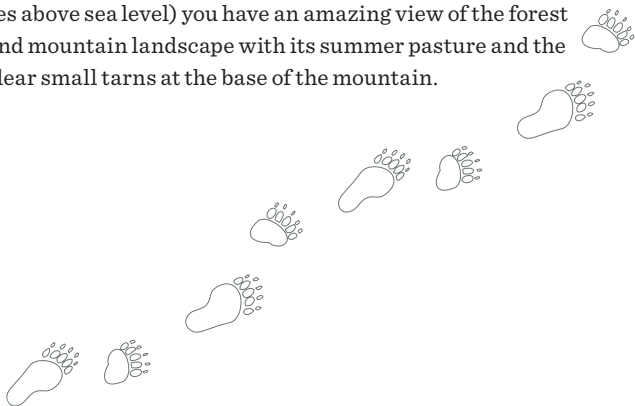
If you only wish to take a shorter hike but still want to see the magnificent landscape, you can take the trail that leads you through the mountain birch woods towards Dalsvallen for approximately one kilometre. On the left hand side of the trail there is a beautiful clearing where you can look out over the forest landscape. There is Norwegian arctic cudweed and Alpine arctic cudweed growing along the path along with a variety of other plants. The trail continues back to Nyvallen through the lush green spruce forest.

2 Lillfället

- the small peak with the grand view

Estimated hiking time: 2-3 hours (approx. 4 km)

Lillfället can be reached by following the trail past the information office and on through the mountain birch woods. Where the woods start to thin out, you will see Lilltoppen to your right a bit further up the slope. On Lillfället (1010 metres above sea level) you have an amazing view of the forest and mountain landscape with its summer pasture and the clear small tarns at the base of the mountain.





3

Peak hike on Högfjället

Estimated hiking time: 6–8 hours (approx. 11 km)

A hike to the peak of Högfjället (1278 m above sea level) is a rewarding but fairly strenuous full-day hike. In addition to the closest mountains Vemdalsfjällen, Hovärken and Särvfjället you will also be able to see Funäsdalsfjällen, Ramundberget, Mittåkläppen and Skarsfjället, to mention but a few, to the west. If the weather is clear, you might see Helags, and Sweden's southernmost glacier, as well as Oviksfjällen and Lunnörrsfjällen and in the distance you can just make out the Norwegian mountains. Starting from Nyvallen, you take the path that goes past the information office and into the mountain birch woods. If you are in need of a rest, Lillfjället makes a suitable location and if not, just continue on the trail ascending the steep slope until you reach the mountain plateau. After that, continue towards the highest peak.





The shelter at Stor-Ryvålen

Estimated hiking time: 6–8 hours (approx. 12 or 10 km)

This is a glorious full-day hike around Lill-Ryvålen and Stor-Ryvålen which starts by taking the trail leading down towards Valmen. There are a few forks in the road and you should always keep to the right. After approximately 7 km you will reach the shelter located right next to one of the small tarns next to Stor-Ryvålen. From there you continue towards the mountain until you come to the trail that leads to Nyvallen (3.5 km) or Nysäteren (6.5 km). The first part of the trail winds through the tall and beautiful old forest with sporadic areas of sparse and dry pine heaths. Spotted Orchid grows in some of the damper hollows, and here and there amongst the spruces you might spot the Lesser Twayblade. Once you reach the peak of Stor-Ryvålen you can baste in the fantastic view of the north eastern side of the Sonfjäll massif. Before you reach the shelter you pass by a number of small tarns. On a beautiful day you might want to stop at one of them for a refreshment break instead of stopping at the shelter, even if the view is less spectacular. The trail leading back to Nyvallen follows the mountain ridge through the spruce woods. Tall buttercup and Woodland Geranium compete for your attention with the Alpine blue-sow-thistle in the lush green of the mountain birch woods.


TRAILS OUT OF NYSÄTERN (7-8)

7

The glacial drainage channels at Gråsidan

Estimated hiking time: 4–5 hours (approx. 10 km)

On the western slope of Gråsidan, the mountain has been marked by glacial drainage channels. These deep ditches have been cut out of the mountain side by the melting water from the last ice age. In total there are 78 such glacial drainage channels and the largest ones have eroded to a depth of 10–20 metres down into the moraine. Even when there is a really cold wind blowing, you can almost always find shelter somewhere to enjoy your packed lunch or snack and take a well-earned rest. At this location you can also take the opportunity to have a closer look at the plants and all the various zones of vegetation that occur as a result of the different environments provided by the well-protected drainage channels as well as on top of the windswept crests.



The Dwarf birch is a resilient stunted tree that takes over from the mountain birch on the mountainous slopes. Its twigs often turn a wonderful red colour in the autumn. In winter, it is completely covered in protective snow.



Sododalen – the heart of Sonfjället

Estimated hiking time: 6– 8 hours (approx. 14 or 18 km)

In Sododalen, which is located at the centre of the Sonfjäll massif, Sodan creek is bordered by Alpine Cat’s-tail, Wood Millet, Alpine Lady’s-mantle, Common Sorrel, Red Campion, Wood Crane’s-bill, Wood Stitchwort and Alpine Blue-sow-thistle. Many bird species also thrive here such as the White-throated Dipper and the Common Sandpiper. Start your hike from the parking area below Nysäteren and continue up towards Gråsidan and Sododalen (7 km). You should devote a whole day for this hike. It is also possible to include a hike of the Högfället peak which is only 2 km away from the cabin. Descending towards Sododalen, you can also seize the opportunity to have a look at the saddle crevice to your right. At a distance you may also make out some of the glacial drainage channels in the western slope of Högfället as well as the small cabin down in the valley. Once you are down in Sododalen you can take time to enjoy your food amidst the stillness of the place we call the heart of Sonfjället.

OTHER TRAILS (9-11)

9

The bewitching Styggtjärn

Estimated hiking time: 2–3 hours (approx. 2 km)

The easiest way to reach the bewitching tarn of Styggtjärn is by car from Hedeviken towards Nyvallen and the Sonfjället National park. After about 8 km, take a left towards Styggtjärn which is located just inside the northern limit of the National Park. It may be a good idea to park your car at this point since the road may be in poor condition up ahead. From the place you park your car it is a walk of about 1 km to the tarn and the trail partly follows along the wall of an old dam. The little hut you pass along the way is called Valmkojan. Once you reach Styggtjärn you can see Tjärnberget, and behind it the northern slope of Sonfjället. When the inland icecaps melted, there was a waterfall here and Styggtjärn was formed as a giant pot of melting water. Styggtjärn is most definitely worth a visit if you wish to see wild life at its very best.



10

Valmen

Estimated hiking time: 6–8 hours (approx. 12 km)

From the small shelter, and its spectacular view of the northern slope of Sonfjället, you can quickly and easily access the Sonfjället National park. Just walk along the path a few hundred metres down to Valmen and cross the bridge. From the shelter there is one path leading to Nyvallen (7 km) and another which runs along Valmen downstream to Lars-Larskojan a few kilometres further south. If you want to experience the really old forest, take the path towards Nyvallen. At the fork in the path after about 5 km, take the trail to the left towards the shelter and follow it for about 3.5 km through the slightly hilly terrain below Ryvålarna. The next fork in the path is located in a beautiful part of the forest. Again take the trail to the left and continue towards Valmen. Make sure to have a look at the system of trapping pits down by the creek. You could also choose to stay at the shelter and enjoy the view, with Valmen directly below you.



11

Hästjärn

Estimated hiking time: 8 hours (approx. 16 km)

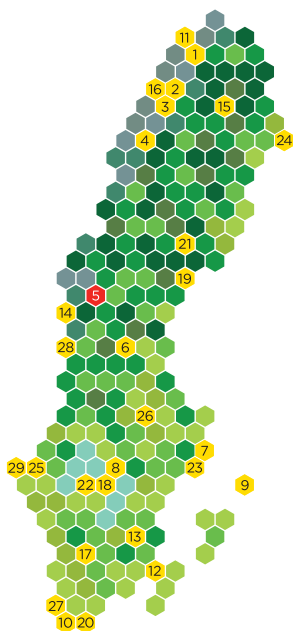
From Dalsvallen you can enter the national park from the south. Follow the path towards Sododalen. First, the path takes you through the spruce forest and then further on through dry pine heaths and open ground. You will reach Hästjärn (Horse tarn) after an approximately 8 km long hike. On the way you will pass the rocky slopes of Korpflyet, where bears often can be seen foraging in the fall. At Hästjärn you can enjoy the view and rest in the shelter before you head back.

A grouse shoots up and with its distinctive cry, flies low over the mountain. Its feather-clad feet leave unmistakable footprints where it has been foraging for buds and other plantlife. Small holes in the snow mark the places where grouse have slept.





NATIONAL PARKS OF SWEDEN



1. ABISKO - An easily accessible mountain valley with unusually rich flora.
2. STORA SJÖFALLET / STUOR MUORKKE - Impressive peaks, glaciers and ancient pine woodlands.
3. SAREK - Magnificent, demanding wilderness in a unique mountainous landscape.
4. PIELJEKAISE - 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. GARPHYTTAN - 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 / BADJELÄNNDA - 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. SKULESKOGEN - 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. HAPARANDA 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.

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Responsible for Sweden's national parks.

