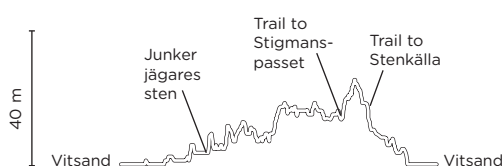




# TIVEDENS NATIONALPARK

## TRAIL JUNKER JÄGARERUNDAN

Junker Jägares sten. Photo: Elisabeth Karlsson



1.5 hour  
2,8 Kilometers

### A FAIRLY SHORT BUT PARTLY DEMANDING TRAIL

Vitsand is a great place for swimming and recreation. While you are here, why not visit the Tiveden National Park and its boulder-strewn old-growth forests. The trail up to Junker Jägare's Boulder is easy and the boulder is well worth a visit.

Junker Jägare's Boulder is a gigantic rock that was brought here by the inland ice about 10,000 years ago. It was named after a dramatic myth in which a young man by the name of Junker Jägare (Squire Hunter) loses his beloved maiden. If you continue along the path you will soon come to an old open pine forest where the ground is covered in lichen and bilberries. Here and there are dead and dying pines where insects, fungi and lichens are able to find their favourite patches. With such an abundance of dead wood, there is plenty of food under the bark for birds. The trail passes swampy areas where the ground is covered in moss and a very different flora. Pause for a while to take in the calm; close our eyes and discover the sounds and smells of the forest.

### SAFETY AND REGULATIONS

Please keep in mind that freedom to roam is limited within the National Park. Special regulations apply.

You may:

- light a fire or barbecue only in designated areas
- drive a motorized vehicle only on roads
- park your vehicle only in designated parking areas, but caravans, mobile homes etc. is **not** permitted between 00.00–06.00
- bring your dog, but you must keep it on a leash
- pitch a tent in designated areas for one night (6 pm to 10 am)
- ride a bike, but only on roads and trails designated for bikes
- ride a horse, but only on roads and designated bridle paths
- pick berries and edible mushrooms, but **no** other plant life
- **not** disturb animal life
- **not** fish
- **not** damage living or dead trees and bushes
- **not** drive a boat, jet ski or other motorized vehicle

You will find the complete regulations at: [www.sverigesnationalparker.se/tiveden](http://www.sverigesnationalparker.se/tiveden)

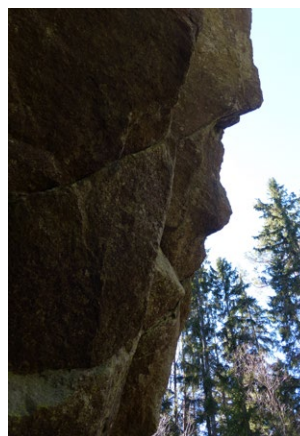


Photo: Daniel Gustafsson

If you look carefully from a certain angle, it almost looks as if Junker Jägare's Boulder has a face ...



Photo: Fredrik Wilde

Junker Jägare's Boulder is a standing erratic boulder the inland ice left behind.



Photo: Elisabeth Karlsson

Please do not leave the path, the lovely lichen carpets grow slowly and are sensitive to walking boots.

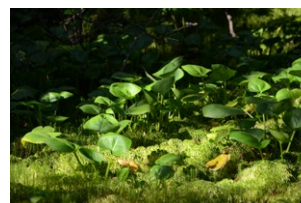


Photo: Elisabeth Karlsson

Callas are impressive plants that can be found in swampy areas.

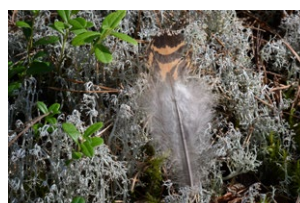


Photo: Elisabeth Karlsson

The capercaillie prefer sparse pine forests with plenty of bilberries. This is the feather of a female bird.

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