



Capercaillies in mating ritual on rocky pineland.

The salvation of Tyresta

Until the start of the 20th century, the farmers of Tyresta took firewood and construction timber only for household needs, and only from the forest near the village. Forests in other areas around Stockholm were heavily logged during the 19th century. During the decade beginning in 1910, a forest company began to purchase logging rights from several Tyresta farmers. But one owner, Miss Emma Sofia Dahlgren, declined to sell her ancient forest. It remained untouched and is now the core of the national park. Thus was the forest saved for the first time.

In 1929 the forest of Tyresta was bought up by Torsten Kreuger, who planned extensive logging. But the unique value of the ancient forest was brought to public attention at the last moment, and the city of Stockholm purchased the land in 1936 to preserve its value for outdoor recreation. Tyresta forest was saved again.

New plans to commercially exploit the forest were proposed during the 1970s and 1980s. These were strongly resisted by non-profit nature conservation groups, and in 1986 the Tyresta-Åva Nature Reserve was established. In 1993 the central section of the reserve was converted to a national park, and the total area of the reserve was expanded. This gave protection to the entire forest between Handen and Tyresö, all the way to the shore of the Baltic Sea. Tyresta forest has, it is hoped, thereby been granted its final salvation.

Keep in mind that in the national park:

- ✓ Wildlife is protected and may not be intentionally disturbed.
- ✓ It is forbidden to damage the vegetation, including dead trees. It is not allowed to break off twigs and branches, cut down trees, or dig up plants.
- ✓ Fires and camping are permitted only at designated places.
- ✓ Off-road cycling is not permitted.
- ✓ Dogs must be leashed at all times.

Detailed regulations are posted in the park and reserve, in the naturum and on the web at www.tyresta.se

TYRESTA NATIONALPARK

Tyresta National Park was established in 1993 and includes 2000 hectares (4942 acres). The largest portion of primeval forest is located in the western section of the park, which is dominated by rocky pineland. The purpose of the national park is to preserve a representative fissure valley landscape, with extensive primeval forest and other valuable natural features. The park is located in the municipalities of Haninge and Tyresö. It is managed by Stiftelsen Tyrestaskogen (Tyresta Forest Foundation).

Travel directions

Bus 807 makes several trips daily from Gullmarsplan in Stockholm to Tyresta village, the main entrance to the national park. Other trips end at Svartbäcken, a pleasant walk of two kilometres from the village. An alternative is to take a commuter train ("pendeltåg") to Handen station, and continue on bus 834 which also makes several trips daily to Tyresta village.

Tyresta can be reached by car via Brandbergen and Tyrestavägen. Another approach is via Stensjödäl to the southeast, near the scene of the 1999 forest fire; it is reached via Dalarövägen and Åvavägen.

From Tyresö to the north, one can walk to Tyresta on the Sörmlandsleden Trail via Alby friluftsgård or the bus stop at Nyfors (buses 873, 813). From the south there is a trail to Tyresta via the Sandemar bus stop on Dalarövägen (buses 839, 869).

In Tyresta village is a staffed visitor centre, the naturum, that offers tips on what to see and do in the national park. Several walking trails start out from the naturum, including a loop trail that is easily accessible to prams and wheelchairs, and an interpreted trail through the primeval forest. By the lakes along the network of trails, there are several wind shelters and fireplaces supplied with wood fuel.



Tyresta village, the main entrance to the national park, is on the southwest border. It provides food service, public toilets, rest cabins, fireplaces and a naturum. The naturum (visitor centre) offers slide shows as well as an exhibition about all of Sweden's national parks. The village dates from the Viking Era and is of great cultural-heritage value. One of the rock carvings at the village is a drawing of a capercaillie cock that is a thousand years old



The national park is surrounded by the 2700 hectares of Tyresta Nature Reserve. Its nature is similar to the park's, but is not as unspoilt. In addition to forest, the reserve includes coastline, cropland and grazing land.

Further information

Stiftelsen Tyrestaskogen,
(Tyresta Forest Foundation)
Tel. 08-741 08 76
www.tyresta.se

Tyresta village café
Tel. 08-777 49 35

National Parks Information
Centre (naturum)
Tel. 08-745 33 94
www.tyresta.se

Swedish Environmental
Protection Agency
Tel. 08-698 10 00
www.naturvardsverket.se

When calling from outside Sweden, the number sequence is for example: 46 8 698 10 00



The purpose of Sweden's national parks is to preserve large areas in their natural states, including the flora, fauna and other valuable features. They shall be accessible to the general public, but without any loss of their original character. New national parks are established by the government and parliament on the recommendation of the Swedish Environmental Protection Agency.



Tyresta — a primeval forest on the edge of Stockholm

Welcome to Tyresta National Park, with the largest and finest primeval forest in the southern third of Sweden. Here, one can experience silence, solitude and unspoilt nature — just twenty kilometres from the centre of Stockholm. There is nothing like it so close to any other capital city in Europe.

Unusual ancient landscape

The rocky pineland with its old, gnarled trees possesses a special beauty. The bedrock is fractured in an irregular pattern over the entire landscape; and in the deeper soil that fills the cracks and fissures grows luxuriant vegetation, with spruce as the dominant tree species. There are also bogs, marshes and nutrient-poor lakes.

To many Swedes, Tyresta's nature may seem quite commonplace. But this type of fissure valley landscape, with its surface rocks worn smooth by glacial action, is found nowhere else on earth but central Sweden and southern Finland. Tyresta is a good example.

The rolling landscape of the national park has developed from what was once a level shield of bedrock that dates from primeval times. By around 600 million years ago, wind and water had already worn down a pre-existing mountain chain. The flat expanse of rock thus formed has since been broken up by large and small fissures that criss-cross each other. The rolling landscape of today is a result of that process.

Many valuable features

Some of the largest pines on the rocky terrain are over 400 years old, indicating that the Tyresta forest has been left undisturbed for a very long time. Today, over half of the forest in the national park may be regarded



Set in a large fissure valley, Lake Årsjön conveys a sense of wilderness.

as genuinely primeval. In time, the entire park will become the same.

A primeval forest is rich in variation. Trees of many different ages and a variety of species grow close to each other. Dense thickets alternate with small open glades. There is an abundance of deadwood in various stages of decay. This is how Swedish forests looked before humans began to exploit them. Many of the plants and animals in a primeval forest are adapted to life in just such an environment.

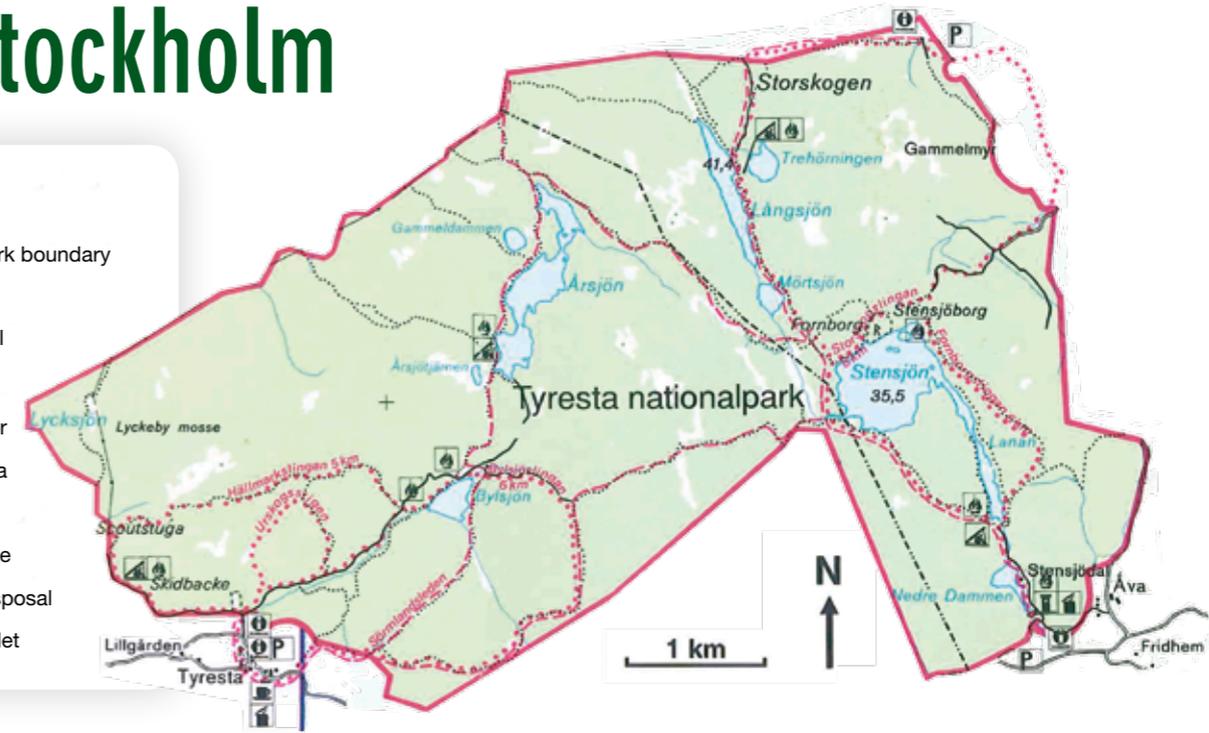
Modern forestry results in completely different types of forest; they are managed to produce timber and are logged when the trees are around one hundred years old. In a primeval forest, where trees age and die according to their natural life cycles, they usually become many times older. Such a forest is full of large, old, dying and hollow trees. On the ground lie rotting trunks and branches. New trees grow up in the openings left by those that have fallen. Storms and fires also create openings in which the forest can renew itself.



The sparse trees on the rocky pineland of the primeval forest (centre photo and cover) are typical of Tyresta. The sparrow hawk (left) nests in wetland forest. The lichen *Evernia divaricata* (right) is one of the species that is endangered in Sweden due to a growing shortage of undisturbed old-growth forest.

MAP KEY

- National park boundary
- Loop trail
- Walking trail
- Fireplace
- Wind shelter
- Parking area
- Information
- Food service
- Rubbish disposal
- Outdoor toilet



Many of the plant and animal species associated with deadwood and old trees cannot survive in managed forests. They can only thrive in the last remaining primeval forests — like that of Tyresta.

Scene of forest fire — a visitor attraction

An extensive forest fire in 1999 left deep traces in the area west of Lake Stensjön. Most of the trees have since fallen. The landscape has a strange appearance and, apart from the trails, it is difficult to traverse. But it has become a popular sightseeing attraction.

Many plants and animals benefited from the fire, and several previously unknown insect species have been discovered. One of them, a little gall midge, was dubbed *Tritozyga tyrestaensis*. With the trees and ground vegetation removed, traces of the first humans in the Tyresta area were exposed. They were seal hunters who were here 10,000 years ago in what was then an outer archipelago, as Tyresta began to emerge from the sea after the latest ice age.

Forest biodiversity

Growing on the rocky pineland are thick carpets of lichen that are dominated by *Cladonia* species, including reindeer moss. In ground depressions, there are bogs where pine, Labrador tea and sphagnum moss are common.

Other plants thrive in the realm of the spruce, down in the fissure valleys. The rare green shield-moss grows on rotting wood. Other

shade plants include clubmoss and orchids such as lesser twayblade, coralroot orchid and creeping lady's-tresses. On the bogs and marshes grows deer grass, usually found further north. On richer soils, leafy plants are more prevalent and there is a lush ground flora that includes alpine enchanter's nightshade, toothwort and the stately ostrich fern. Also growing in the spruce forest are several endangered lichens, including *Evernia divaricata* and witch's horsehair.

Some 80 bird species nest in the park, an exceptionally large number for coniferous forest. The dominant species in the rocky pineland are the tree pipit and the redstart. The robin can often be heard and, with a bit of luck, the nightjar and the woodlark as well. The capercaillie is well represented, and the lonely song of the mistle thrush adds to the sense of wilderness.

The goldcrest and various tits are characteristic species of the spruce forest, in which the goshawk also nests. Ancient forest attracts the great spotted, green, black, lesser spotted and three-toed woodpeckers. The osprey, the long-tailed tit and the nutcracker nest along the margins of the bogs and marshes.

There are stable populations of roe deer, elk (moose), mountain hare and pine marten. Several rare wood insects occur in Tyresta, including the stage beetle *Ceruchus chrysomelinus*, the click beetle *Ampedus suecicus* and the longhorn beetle *Tragosoma depsarium*. They are among the species that are dependent on primeval forest and have therefore become increasingly rare as the amount of such forest in Sweden dwindles.