Skärmarbodabergen

Photo: Elisabeth Karlsson

This is a unique and exciting place, with many caves set amid dramatic hilly landscape. But how did the landscape come to look like this? The ancient forest is home to many rare plants and creatures. Go and explore – this truly is a place for adventure!

The steps in the rock

Here in Skärmarbodabergen, there are many rift valleys and fault scarps. These were formed many millions of years ago, when parts of the earth's crust shifted and cracked. Sometimes the ground sank on one side and rose up on the other, forming large steps.

Greetings from the ice age

The last ice age held Scandinavia in its grip for thousands of years. The ice and the ensuing melt water eroded the substratum, carving out new landforms. In Skärmarbodabergen you can see precipices ground by the ice, large free-standing glacial boulders and, in particular, impressive piles of rocks. All of this was created by the ice.

This was once open sea

When the inland ice slowly melted, there was open water as far as modern-day Russia. This has been called the Yoldia Sea, named after a small bivalve that lived on the seabed. Eleven thousand years ago, the whole of Skärmarbodabergen was under water. The sea level here was up to 170 metres above today's level. Then the land rose up again from the sea, and just a few hundred years later the sea level had dropped so far that the shoreline lay here on the slopes of Skärmarbodabergen. The waves crashed against the shore, washing away the sand and gravel, and grinding the stones round. Clear shorelines of shingle can be seen all along the edge of the Kilsbergen mountain range.

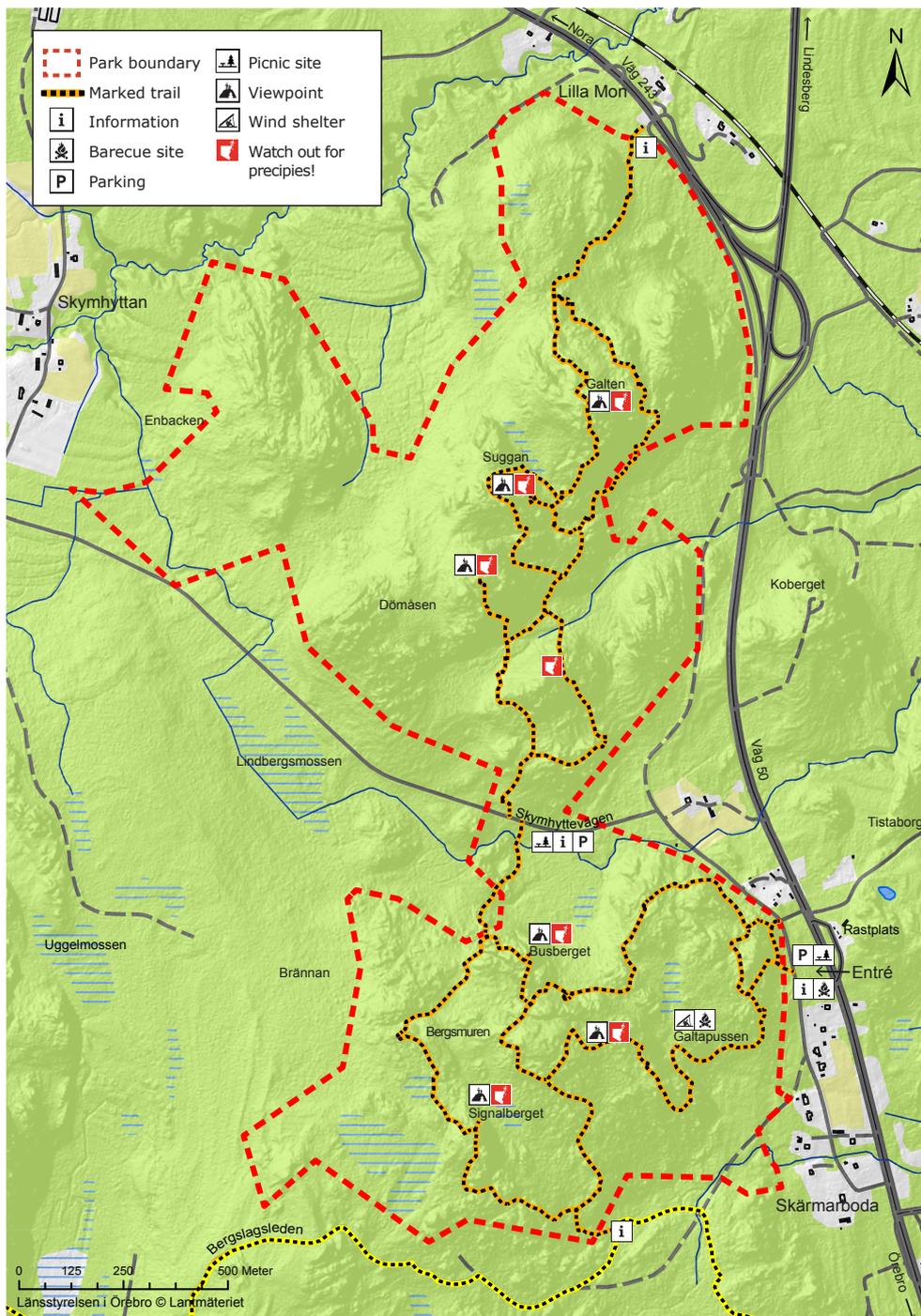## Dead trees are swarming with life

Here you can see forests that look like the forests of the past. The trees grow and die, then fall and are broken down by insects and fungi. Many of the species that thrive here are no longer found in today's well maintained, orderly forests. In particular, the course pines that stand slightly apart in sunny spots are a haven for a whole host of rare insects, fungi and birds. On the highest peaks, only a few small – but often very old – twisted pines survive. Pine forests grow below the mountain areas, with trees up to 400 years old. Some parts look like a primeval forest.

Sound of a motorbike?

Here you can see – or hear – woodpeckers hammering away at the trunks of the trees. Or nightjars, which are hard to spot but can be recognised by their distinctive song. If you are still here when dusk starts to fall, you might hear the droning of the nightjar, which sounds like a distant motorbike.

Örebro County
Administrative Board

Legend

- Park boundary
- Marked trail
- i Information
- Barecue site
- P Parking
- Picnic site
- Viewpoint
- Wind shelter
- Watch out for precipices!

Länsstyrelsen i Örebro © Lantmäteriet

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§ **Within the nature reserve, it is forbidden to:**
- dig, hack, carve, paint or otherwise harm the surface of the earth or fixed natural objects,
- drive a motorised vehicle other than on public roads,
- cycle or ride a horse other than on public roads,
- cut down, remove or otherwise damage dead standing or fallen trees or bushes,
- otherwise damage vegetation, e.g. by digging up plants such as sprigs, grasses, roots, mosses or lichens.

Without the permission of the County Administrative Board, it is forbidden to:
- erect a permanent board, sign or notice, or mark out tracks,
- use the area for organised competitions, exercises, camps or similar,
- light a fire, other than in a designated place.

Notwithstanding the above regulations, you are permitted to:
- pick berries and edible mushrooms for domestic use.

How to get there

The Skärmarbodabergen nature reserve is just to the west of arterial road 50, approximately 20 km north of Örebro. The main entrance is opposite the road service area in Skärmarboda (on the other side of road 50). It is easy to get to the reserve by bus as there are several bus stops in the vicinity.

Facts

Established: 2009
Area: The reserve extends over 222 hectares
Administrative authority: Örebro County Administrative Board
Hiking trails: In total there are about 12 km of marked trails. The terrain is very hilly and hiking can be strenuous