



Photo: Leif Östergren

## Welcome to Fulufjället!

Ramble through deep ravines and lush valleys in Fulufjället National Park. Savour the vast expanses of the plateau. Meet black woodpecker, Siberian jay and lemming, and discover traces of bear and three-toed woodpecker. Admire gigantic ancient spruces and profuse hanging lichen. Take a breather on a flat plateau. Gather memories of the mountains and listen to the hum of the mosquitoes. Experience a wide range of mountain variety during a day's ramble in Fulufjället!

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Fulufjället National Park was established in 2002 and consists of 385 square kilometres of outstanding mountain scenery. The greatest attraction is Njupesjär, Sweden's highest waterfall, with a height of 93 metres. In the park there are 140 kilometres of trails, five overnight cabins and ten rest cabins.

The suggested walks in this folder describe the scenery of Fulufjället National Park in the summer, when it has most visitors. Yet even in the winter there are many tourists in Fulufjället. The flat mountain is inviting for fine skiing tours, and around Njupesjär the ice builds a mighty coat of armour. The biting cold of winter, the silence and the shimmering blues of the ice are things that will stick in your memory for a long time to come.

This folder is published by Dalarna County Administrative Board.  
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NATIONAL PARK IN DALARNA



# Fulufjället

A guide to summer walks at Fulufjället.



Photo: Terje Rakke/briljans.se

*In the mountains you can experience silence on a calm autumn day. It gives you time to meditate. And it gives you time to listen. Stop for a while. Perhaps a grouse will pass, beating its wings like music against the silence of the immense mountain heath.*

Photo: Mt Fulufjället in autumn colours with Klorhön island in the background.



Photo: Leif Östergren

### The Njupesjär trail

Start and finish: entrance to Njupesjär  
Length: 4 kilometres

The Njupesjär trail takes you on gravelled and boarded paths and is very easy for walking even with ordinary shoes. The trail passes different types of natural scenery and the illustrative information signs allow you to learn without a guide.

On the way up towards the waterfall you pass the valley of the River Njupån, with large, enchanted spruce trees almost 400 years old. The valley is lush, rich in herbs such as wolfsbane, alpine sow-thistle and angelica.

Through millions of years, the water of the Njupån has eroded the huge canyon that has created Sweden's highest waterfall, Njupesjär, with a dizzying drop of 93 metres.

On the walk back you have a magnificent view towards Stådan, Nipfjället and Fjärtvälen before you pass very old pine trees on the way towards the entrance to Njupesjär. Cavities in the pines are used as nesting places by the swift, Tengmalm's owl or the three-toed woodpecker.

The fearless and inquisitive Siberian jay also flies around here in its family groups. The Siberian jay is the emblem of the National Park.

#### Dawn ramble

*The sun's rays reach into the waterfall for only a few days around Midsummer. Just after sunrise, in the first hour of dawn, you can listen to the Njupån surging with the spring flood and enjoy the sun's rays as they sprinkle their colours on the waterfall.*



The Njupesjär waterfall.

Photo: Mikael Larsson



Photo: Leif Östergren

### The Rösjö trail

Start and finish: the entrance to Njupesjär  
Length: 15 km, via Lorthån 20 kilometres  
Njupesjär entrance–Rösjö cabins–Harrsjön–(Lorthån)–Njupesjär–Njupesjär entrance

The tour passes through varied mountain landscape, among lakes and rivers, through rocky land and over mountain heaths.

Follow the trail towards the Rösjöar lakes. The first part is steep and stony in places, but once you are up on the plateau the mountain levels off and walking becomes easier. The walk passes the Rösjö cabins and continues towards the Harrsjön cabin. From the Harrsjön cabin you follow the trail northwards, east of Little Harrsjön. At the crossroads two kilometres further away you can choose the longer walk via Lorthån or go directly towards Njupesjär. The trail towards the rest cabin at Lorthån turns northwards at Skarphån through knotty mountain birches and heather scrub with various shades of violet. From the rest cabin you follow the trail between Little and Great Getsjön. Have your binoculars ready when you pass the lakes because of the rich bird life, with species such as red-necked phalarope, common scoter and greenshank. On the extensive mountain mires there are plenty of cloudberries in a good year!

### Around the waterfall

Start and finish: the entrance to Njupesjär  
Length: 5.5 kilometres

“Around the waterfall” is a slightly harder and more strenuous ramble around Njupesjär, where you pass just above the fall with a breathtaking view of the forests and mountains to the north-east.

Follow the path to Rösjöar up the steep ascent until you reach the open hut, from where you take the northward path to Njupesjär waterfall. The path runs along the outer edge of the Fulufjället plateau. Don't forget the dangerous precipice where you pass the waterfall – follow the path! The tour continues along the edge of the mountain, and a steep, stony downhill walk brings you to the rest cabin at Njupesjär. Here can you walk to the foot of the waterfall before the path continues through the ancient forest down towards the Njupesjär café.

#### A splendid drop

*Even in the old days the Njupesjär waterfall was a fascinating attraction. Tourists in the past put on their Sunday-best and set off on a toilsome hike, lasting several days, with Särnaheden as their starting point and the splendid waterfall of Njupesjär as their destination.*



Norwegian Lemming

Photo: Leif Östergren

### The Post trail

Start: Storbäcken  
Finish: Gördalen  
Length: 12 kilometres

Here you can walk along an old road marked with the original method, known as inking.

The Post Trail was used to carry the mail between Särna and Gördalen, from the end of the nineteenth century until the 1920s. At that time the trail started from Särnaheden, between Särna and Idre, and the people living in Gördalen used it to maintain contact with civilization.

#### “God be praised”

*At the ford over the Fuluälven a dramatic event is said to have taken place at the start of the eighteenth century. A young boy was riding from Särnaheden, a summer pasture at Mörkret. The water was so high that both the boy and his horse almost drowned. As if by a miracle, the boy survived, and out of gratitude the boy's father carved an inscription in a pine tree on the bank of the river: “God be praised”. The inscription can still be read today about a hundred metres east of the bridge in Mörkret. The tree is known as the “God be praised” pine.*



Bear prints

*Let your legs do the walking and let your thoughts wander. Let worries disperse and give the wind a chance to lead your thoughts to other things. Perhaps you will catch sight of a bird rising and flying off, like storm clouds lifting on a warm summer's day.*



Siberian jays

Illustrator: Martin Holmér



Wind shelter on Mt Fulufjället high plateau.

Photo: Leif Östergren

### The Tangsjö trail

Start and finish: the Brottbäck cabin  
Length: 22.5 kilometres, via Altarringen 26.5 kilometres

The Brottbäck cabin–the Särman hut–the Tangsjö cabin–(Altarringen)–the Göljån cabin–Klordalen–the Brottbäck cabin

From the Brottbäck cabin the path runs gently uphill through a forest of mountain birch. The walk continues above the tree line, passes the large lakes and then turns eastwards.

Start from the Brottbäck cabin, about five kilometres south of the entrance to Njupesjär. There is a car park and a rest cabin here. Follow the easy trail with its gentle rise towards the Särman hut. Here you walk through a forest of mountain birch on the way up to the bare mountain. Then follow the trail towards the Tangsjö cabin, where you can stay the night. From the Tangsjö cabin you can choose to visit the mystical Altarringen – a walk of four kilometres there and back. From the Tangsjö cabin you follow the trail, which is a joint winter and summer trail, eastwards to the Göljån cabin. Just before the cabin you turn towards the Risdalen hut and then follow the trail northwards to the Brottbäck cabin.

### The Göljå trail

Start and finish: The north or south car park at Göljån (the north car park is twelve kilometres south-east of Mörkret, while the south car park can be reached via Strupen). Length: 17.5 km

Göljån car park–Göljån cabin–Risdalen–Göljån car park

The walk along the valley of the River Göljån offers a rich variety of experiences and impressions of the mountains. In places the path goes through undulating forested terrain and up above the tree line.

Start your walk at the north or south Göljån car park. Follow the trail along the valley of the Stora Göljån towards the Göljån cabin (Göljåstugan). You are now in the border zone between forested and bare mountain. Just after Göljåstugan you turn and follow the trail towards the north-west, cross the Stora Göljån and carry on towards the Risdalen hut. If you need to cool off you will find by far the best bathing spot in the National Park at the ford over the Stora Göljån. From the Risdalen hut the trail goes down the mountain towards the shelter you passed on the way up and back to the car park.

#### Traces of fire

*The last fire in the pines around you was probably in 1959. There is plenty of dead wood, both lying and standing, and fires have been a very important ecological component in the Swedish forests through history. For many species fire is essential for survival. In the thin pine forest up towards the edge of the mountain there are many trees with traces of fire in the wood.*



Photo: Leif Östergren

### Nature trail at Göljån

See the traces of the serious rain storm of 1997 when up to 400 mm of rain fell in less than one day. The amount of water in the river rose dramatically and the flood washed away everything in its path.

The nature trail starts from the north car park (you can also join it from the south car park) at Göljån and then follows the small and the large trail at Stora Göljån. Folders about the nature trail can be found in the Naturum Fulufjället or at [www.dalarna.se/fulufjallet](http://www.dalarna.se/fulufjallet).

### Södra Kungleden

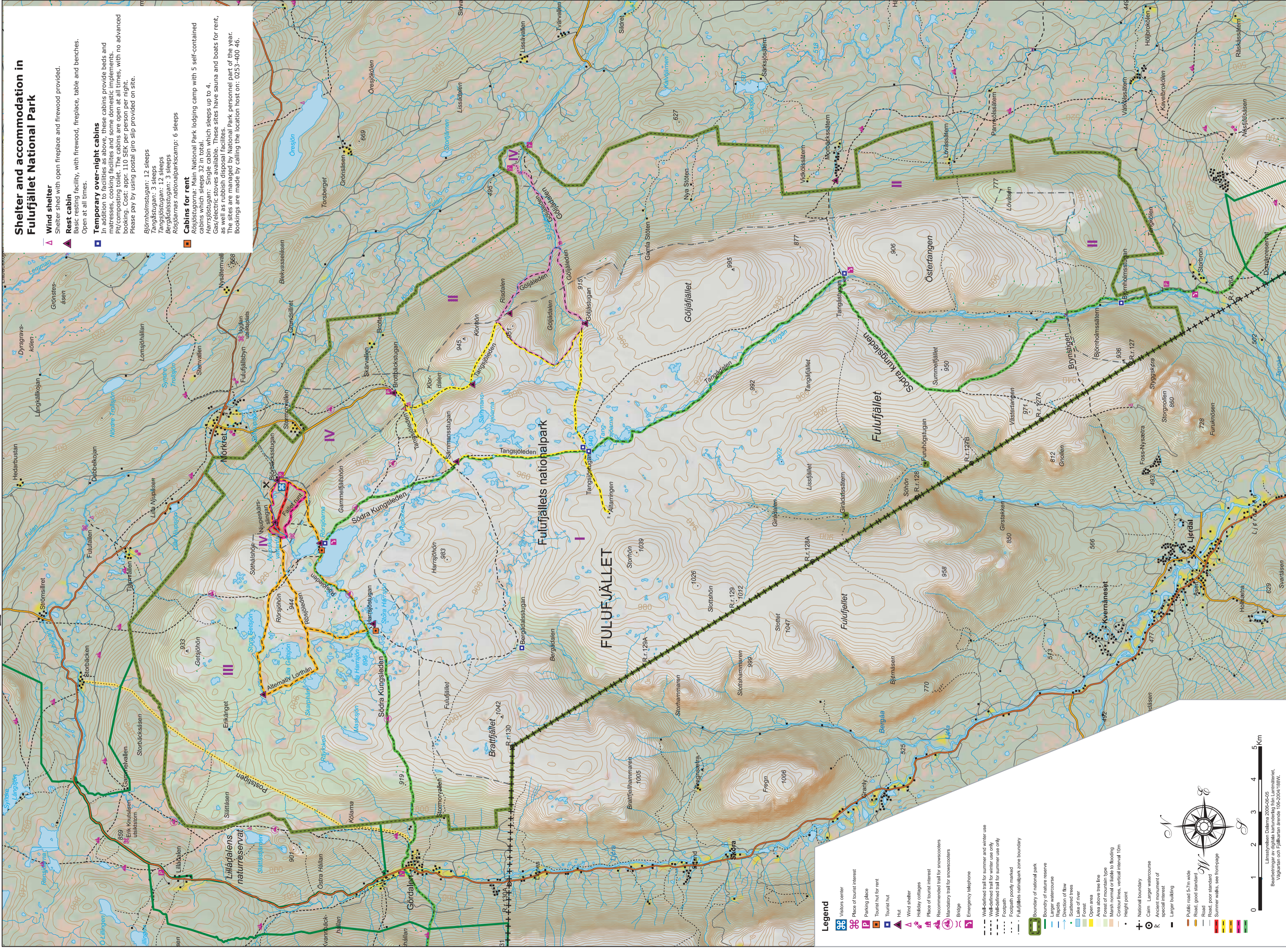
The national trail known as “The Southern Royal Trail” starts at Sälen Högfjällshotell, passes through magnificent mountain scenery in Fulufjället National Park and leads on via Grövelsjön towards the county border with Jämtland. A folder with more information about rest cabin and the course of the trail can be ordered from County Administrative Board, tel. 0280-341 01 or 023-810 00.

### Remember that in the park:

- It is forbidden to break off branches or twigs, dig up plants, collect insects, disturb animal life in any way, or to gather moss, lichens or wood fungi.
- It is forbidden to approach too closely or to climb trees or cliffs where birds of prey are nesting.
- It is forbidden to ride horses or bicycles except on designated roads.
- It is forbidden to climb rock faces (except for ice-climbing during 1 December-31 March).
- Dogs must be kept on a lead.
- The park is divided into four zones, with special regulations for each. In zone IV (Njupesjär, Göljån and roads) it is not allowed to light fires or set up tents. 1/12-31/3 you can light a fire and set up a tent within zone IV at designated places.
- Within zone I, II and III camping and lighting fires is permitted. Permission is required to conduct certain activities in zones I and II. Snowmobile tracks and fishing waters are located in Zone III to the north.

Complete visitor regulations are posted on the information displays at entrances to the National Park.

# Fulufjället tour-map



**Shelter and accommodation in Fulufjället National Park**

**Wind shelter**  
Shelter shed with open fireplace and firewood provided.

**Rest cabin**  
Basic eating facility, with firewood, fireplace, table and benches.  
Open at all times.

**Temporary over-night cabins**  
In addition to facilities as above, these cabins provide beds and mattresses, cooking facilities and some domestic implements. Pit/composting toilet. The cabins are open at all times, with no advanced booking. Cost: appr. 110 SEK per person per night. Please pay by using postal giro slip provided on site.

**Cabins for rent**  
Blomholmstugan: 12 sleeps  
Tangastugan: 3 sleeps  
Bergålsstugan: 3 sleeps  
Rösjöbarnas nationalparkscamp: 6 sleeps

**Cabins for rent**  
In National Park lodging camp with 5 self-contained cabins which sleeps 32 in total.  
Harsjöstugan: Single cabin which sleeps up to 4.  
Gas/electric stoves available. These sites have sauna and boats for rent, as well as rubbish disposal facilities.  
The sites are managed by National Park personnel part of the year. Bookings are made by calling the location host on: 0253-400 46.

**Legend**

- Visitors center
- Place of tourist interest
- Parking place
- Tourist hut for rent
- Tourist hut
- Hut
- Wind shelter
- Holiday cottages
- Place of tourist interest
- Recommended trail for snowscooters
- Mandatory trail for snowscooters
- Bridge
- Emergency telephone
- Well-defined trail for summer and winter use
- Walk-defined trail for summer use only
- Footpath
- Footpath poorly marked
- Fulufjällets nationalpark zone boundary
- Boundary of national park
- Boundary of nature reserve
- Larger watercourse
- Rapids
- Direction of flow
- Scattered trees
- Lake of river
- Open area
- Area above tree line
- Forest of mountain type
- Marsh normal or liable to flooding
- Contour lines, vertical interval 10m
- Height point
- National boundary
- Cham
- Larger watercourse
- Ancient monument of special interest
- Larger building
- Public road 5-7m wide
- Road, good standard
- Road, poor standard
- Motorway
- Summer walks, see front-page

0 1 2 3 4 5 Km

Länstyrelsen Dalarna 2006-06-05  
Besökskartan och Fulufjället  
Vägkartan och Fulufjället 108-2004/188W.