

The Southern Kungleden Trail

Welcome to the southern part of the Kungleden Trail. The landscape here is varied and easy to hike. The trails are sufficient for several seasons of hiking and cross-country skiing in winter. Plan your hike carefully and make sure you are well-equipped. It is not recommended that you hike alone. Advice and tips on mountain hiking can be found in several excellent guidebooks.

About the trail

The classic route of the Kungleden ("King's Trail") consists of the 450 km stretch between Abisko in the north and Hemavan in the south. In the 1970s plans were formed to extend the Kungleden Trail, which resulted in the Southern Kungleden Trail, which runs from Sälen to Storlien (350 km). The entire stretch from Abisko to Sälen (1500 km) is sometimes considered the Kungleden Trail, even though this officially ends in Hemavan.



Yellow wagtail
(*Motacilla flava*). The yellow wagtail feeds on insects, such as flies and mosquitoes. It catches its prey with a special technique. It strikes the insects with its wings or tail, and then picks them up from the ground.

Hundfjällets Nature Reserve

The reserve lies on the southern slope of Hundfjället, 5 km south of Tännådalen. It is an alpine forest reserve covering 560 hectares. The southern part consists largely of a ravine complex with virgin forest. A number of red-listed (rare or threatened) fungi and lichens are found there. Many trees bear signs of forest fires. The tree line is made up of pines, and in some places it reaches to 840 metres above sea level.

Norra Transtrandsfjällets Nature Reserve

The nature reserve is situated beside the ski resort of Sälen. The area covers 9 000 hectares, and consists of several rounded mountain peaks. The largest are Stor-Närfjället, Synddalskläppen, Östra Granfjället and Öjkskogsfjället.

The old, lush spruce forests on the mountain slopes house a wealth of wildlife. Historically, these areas were used for gathering hay and grazing. Today you can still see traces of summer farming, such as the remains of hay drying racks and barns, and tree inscriptions. These can be found here and there along the trails.

Skarsås fjällets Nature Reserve

The reserve lies around 30 km northwest of Sälen and is an alpine forest reserve covering 2290 hectares. Four low alpine plateaus are found here: Mellanfjället, Faxfjället, Skarsås fjället and Näs fjället. The latter is the highest at 904 metres above sea level. Different types of forest grow in the reserve. Spruce thrives in the ravines, where the soil is most fertile, while pines dominate the vast stretches of mountain slopes. Mountain birches can be found high up on the plateaus.

In 1972 a tornado tore its way through here, felling trees within an area of 50 000 square kilometres. The dead wood has been left there, providing a habitat for different species of fungi, insects, lichens and mosses. A lush spruce forest, draped in epiphytic lichens, grows in the Stordalsbäcken valley. This part of the forest has been spared by forest fires, since the stream provided a firebreak. However, some felling has taken place.

Fulufjället National Park

The national park covers 38 414 hectares. The mountain has a unique appearance, with steep slopes leading to a very even plateau. The highest point is Sloghangsfjöret at 1044 metres above sea level. The flat mountain plateau is somewhat lower.

The mountain consists of Dalecarlian sandstone and a number of diabase seams. Erosion striations line the slopes, and are a feature from the last ice sheet retreat. Vast boulder fields are found on the plateau, formed by frost heaving.

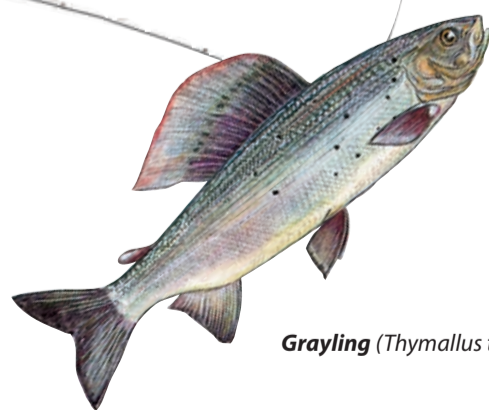
Sweden's highest waterfall, Njupeskar, is found in the north-eastern part of the park. The waterfall is 90 metres high, of which 70 metres is freefall plunge.

Fulufjället's vegetation consists of heather, grass and lichen heaths. Spruce forests grow on the slopes. The forest is particularly lush in the damp ravines and along the Göljån and Njupån rivers. A tall herbaceous understorey is found here, with plants such as alpine blue-sow-thistle and wolf's-bane.

The birdlife is very rich and includes many typical alpine species. Several species live around the alpine lakes, such as common scoter, scaup and red-necked phalarope



Fishing and hunting are not included in the Right of Public Access. The lakes, rivers and tarns along the trail provide good fishing, especially char, trout and grayling. Don't forget to buy fishing permits for your particular area!



Grayling (*Thymallus thymallus*)

Drevfjällen Nature Reserve

The reserve covers 32 680 hectares. The area consists of a vast wilderness south and west of Drevdalen. To the west the reserve incorporates the mountains on the border with Norway; Härjehogna, Vithägna, Rödfjället and Drevfjället.

East of the mountains is a plateau of mire and forest. The area boasts Dalarna's largest area of continuous ancient forest. Large parts are almost untouched by forestry. Much of the forest consists of sparse pine forest containing many large trees. Some trees are over 500 years old.

The vegetation in the reserve is characterised by the nutrient-poor soils. Dry, lichen dominated heaths are typical of the alpine zones. The tree line generally consists of birch forest, but in the mountains of Dalarna pines grow right up to the alpine zone.

The reserve's northerly parts consist of mires. Storkölen is rich in birdlife, and designated as a Ramsar wetland of international importance for birdlife. Wolf lichen can be found on dry, dead trees out on the mires. The region once contained many summer farms. These were connected by a system of paths, of which many can still be walked today.



Whimbrel
(*Numenius phaeopus*). The whimbrel is similar to the curlew, but much smaller. It breeds on alpine heaths and mires. Its call is a rapid whinny or laughing whistle: "pü-hü-hü-hü".

Långfjället Nature Reserve

The reserve covers 68 960 hectares. Large parts of the nature reserve consist of high alpine plateaus with low, rounded mountain formations. Storvätteshogna, at 1203 metres above sea level, is Svealand's highest point. In the ice age, an ice divide passed through here. From this, the ice sheets moved in a north-westerly and south-easterly direction. Large amounts of sand, stone and gravel were deposited when the ice sheets melted.

The horizontal shorelines are particularly prominent, and can be seen around the slopes down to Grövelsjön. The lines were observed by Linnaeus in 1783. They are traces of a larger lake that was dammed by the ice sheets.

Long ridges of rocky moraine, so-called Rogen moraines, are characteristic of the area. These moraine ridges run in many directions out into the lakes and form a number of islands and promontories that are especially numerous north of Långfjället.

In the dry, open landscape golden plover, meadow pipit and wheatear are abundant. Greenshank are common on the mires in the forested areas. Siberian jay can be found in the coniferous forest and redstart is a characteristic bird of the old pine forest.



Lavskrika (*Perisoreus infaustus*). Lavskrikan återfinns i barrskogar med mycket lavar. Den är en allätare och ger sig på småfåglar och däggdjur. På hösten äter den även bär och frukter. Den vilda lavskrikan är orädd och kan, efter en stunds bekantskap med människor, mycket väl låta sig handmatas.

Töfsingdalen National Park

The national park covers 1615 hectares. Töfsingdalen is an inhospitable place for people but a paradise for wildlife. The large carnivores can roam here undisturbed. On the other side of the Storån valley there is a forest that at first glance seems green and inviting. However, if you approach you will see that the hillside is formed from large, broken boulders. The terrain is largely inaccessible for people, and you would be wise to keep to the trail.

The forest along the Töfsingån river is very lush and herb-rich. Large white buttercup, one of the more special rarities of the Dalarna mountains, grows here.

The Sami people and reindeer husbandry

Today the Sami are spread from the Kola Peninsula in Russia to the region of Lake Femunden in Norway and Idre in Sweden.

The reindeer's historical triple use as a means of transport, a source of milk and for slaughter has through the decades now been reduced exclusively to the latter use.

The Swedish reindeer herding region is divided into 52 Sami vilages, an administrative measure now established by law.

The mountains are the reindeer herders' workplace. The Sami people's often difficult work is made easier if mountain tourists do not disturb the herding, for example, by approaching a reindeer during herding or reindeer that have already been herded together. Feel free to stay and observe the interplay between man and nature, but at a reasonable distance.



Brown bear (*Ursus arctos*)

Carnivores

All five large carnivores live in the varied landscape along the Southern Kungleden Trail: bear, wolf, lynx, wolverine and golden eagle.

All carnivores are shy and avoid people. They will usually take a detour around you without you noticing. However, if you are observant, you may catch a glimpse of these animals. Tracks and signs, such as droppings, can reveal if any of these animals are found in your vicinity. If you find excavated anthills or tree stumps, then these may have been caused by a bear searching for ants to eat.

During the last few centuries all carnivores were heavily hunted in Sweden, which led to population declines. These species are now protected, and their populations have increased.



Wolf (*Canis lupus*)



Lynx (*Lynx lynx*)



Golden eagle
(*Aquila chrysaetos*). Seeing a soaring eagle is a magnificent experience. The golden eagle is Sweden's second-largest bird of prey, with a wingspan of almost two metres. It is noticeably larger than the buzzards that are common in the mountains.

Regulations in protected areas

Note that there are special rules for visitors to nature reserves and national parks. For example, it is forbidden to damage living or dead trees and shrubs, pick or dig up plants, mosses, bracket fungi and lichens, there are restrictions to off-road driving with motor vehicles (with some exceptions), and to start fires except at designated sites. There are local variations. Detailed regulations can be found on the County Administrative Board's homepage (see below) and on signs at the nature reserve boundaries.

More information

Read more about fishing permits, cabin rental, nature reserves, carnivores and snowmobile regulations on www.lansstyrelsen.se/dalarna



Leaflet published by Dalarna County Administrative Board
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Translation: Tim Hipkiss
Cover Photo: Leif Östergren
Printing: Eskils tryckeri AB, Borås 2010

Mountain animals

Although the five large carnivores can be found in Dalarna's mountains, it is not these you have the greatest chance of seeing.

Norway lemmings can be found in great numbers during some years. At such times you can experience their hissing, barking and squeaking in the vegetation. These lemming years cause an increase in owls and other predators who can then find an especially good supply of food. Willow grouse and ptarmigan also increase in numbers. They are more difficult prey and are left alone thanks to the more easily caught lemmings.

Birds are otherwise the most dominant warm-blooded animals in the mountains. Bring a bird book with you!

The most common fish are salmonids, which need clear, cold and well-oxygenated water. If you intend to fish, don't forget to check in advance which rules apply in different places!

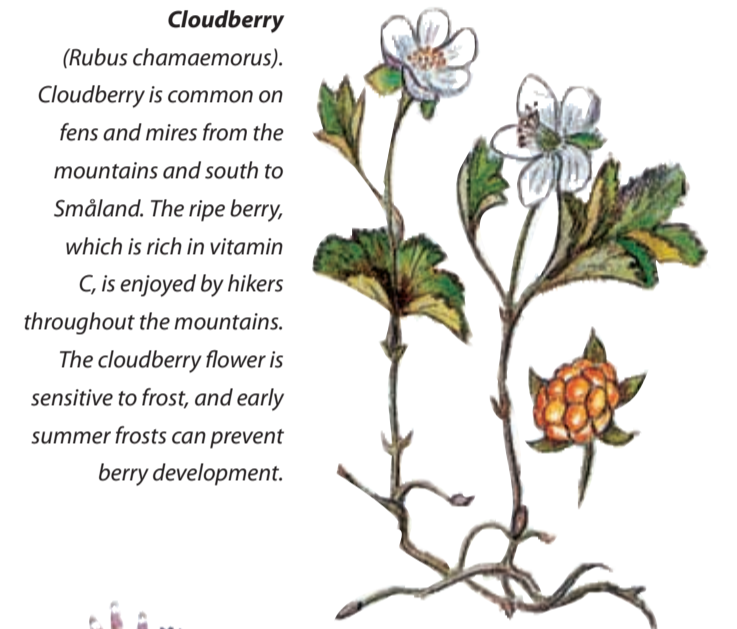


Dotterel
(*Charadrius morinellus*). The dotterel breeds on the alpine plateaus. It is very tame on its nest. Only the male incubates the eggs. It spends the winter in Africa and the Middle East.

Mountain plants

The mountain region's unique flora never fails to fascinate, whether you experience it for the first time or you are a veteran mountain hiker. Many species are typical alpine species and are not found anywhere else except the mountains, for example, mountain bearberry, trailing azalea, alpine clubmoss and three-leaved rush.

Pack a handy mountain flora in your rucksack. It doesn't weigh much but can provide great enjoyment when you identify new species.



Cloudberry
(*Rubus chamaemorus*). Cloudberry is common on fens and mires from the mountains and south to Småland. The ripe berry, which is rich in vitamin C, is enjoyed by hikers throughout the mountains. The cloudberry flower is sensitive to frost, and early summer frosts can prevent berry development.



Alpine Blue-sow-thistle
(*Cicerbita alpina*). Alpine Blue-sow-thistle is common from Dalarna up to Tornio Lappmark, and is a typical alpine plant. It often grows in the lush meadows with a tall herbaceous understorey, with other tall herbaceous plants, such as wolf's-bane.

PROTECTED NATURAL AREAS IN DALARNA

Southern Kungleden Trail



The Right of Public Access and common sense

The main rules are not to disturb and not to destroy!

- You are most welcome to roam freely and enjoy the beautiful mountain scenery.
- Remember to always show care towards wildlife and the countryside.
- Make sure that you don't damage crops, forestry plantations or other sensitive ground.
- Respect private gardens, where these exist.
- Mopeds, motorcycles and cars are forbidden off-road.
- Designated snowmobile trails are available on snow-covered ground.
- If you see a reindeer herd – sit down quietly. Don't follow the herd, and leave the animals alone.

Southern Kungsleden Trail

The trail starts at the Högfjällshotell in Sälen and heads north over the Sälen mountains. It then continues and passes through Skarsås fjället and then eventually reaches Fulfjället. It then takes us down to Gördalen, up over Drevfjället and arrives at Id-Persäteren.

Here there is a choice of two trails. There is an alpine summer trail via Röskåsen to Flötningen, and also a more easterly trail via Lekåsen to Drevdagen then on to Flötningen. Drevdagen can also be reached by car. There are designated snowmobile trails between Id-Persäteren and Flötningen.

The Southern Kungsleden Trail leads from Grövelsjön, over Långfjället to Havlingen, and then touches Töfsingdalen National Park, before finally passing the county border just east of Slugufjället.

Note! This map should not be used for orienteering! Complement it with a mountain map that covers the area where you plan to hike.

Description of overnight cabins/wind shelters. Distances between these are provided. Unless stated otherwise overnight cabins are to be used for occasional visits and emergency overnight stays.

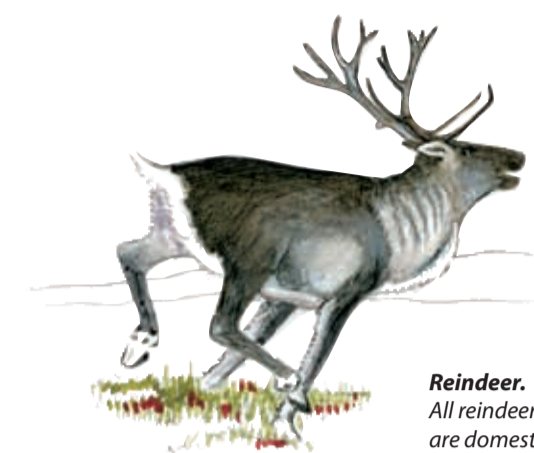
- Sälen Högfjällshotell.** Road, car park, shops. For the disabled there is a metalled road 2.5 km northwards up to the alpine plateau. To Köarskärsfjället 2.5 km.
- Köarskärsfjället.** Wind shelter, dry toilet. The metalled road ends here. To Östfjällsstugan 1.5 km.
- Östfjällsstugan.** Cabin, dry toilet. To Källfjället summer farm 5 km.
- Källfjället summer farm.** Cabin, emergency telephone. To Kläppenskulet 5 km.
- Kläppenskulet.** Wind shelter. To Närfjällsstugan 8 km.
- Närfjällsstugan.** Cabin, emergency telephone. To Granfjällssäteren 6 km.
- Granfjällssäteren.** Cabin. To road and car park 6 km.
- Road.** Car park. Snowmobile trail system, dry toilet. Fulunässtötten. To Skarsåsskjulet 3.5 km.
- Skarsåsskjulet.** Wind shelter, dry toilet. To Lilldalsstugan 3.5 km.
- Lilldalsstugan.** Cabin. To Storbron 4 km.
- Storbron.** Raod. To Björnholmsstugan 3 km.
- Björnholmsstugan.** Overnight cabin open all year round. kitchen, 12 beds. Dry toilet. Emergency telephone. To Tangåstugan 12 km.
- Tangåstugan.** Overnight cabin open all year round. kitchen, 3 beds. Inner room with 3 beds can be booked. Dry toilet. Emergency telephone. To Tangsjöstugan 10 km.
- Tangsjöstugan.** Overnight cabin open all year round. Kitchen, 12 beds. Small cabin, with 2 beds can be booked. Dry toilet. To Särnmanstugan 5 km.
- Särnmanstugan.** Cabin. To Rösjön 5 km.
- Rösjön.** Cabin open all year round. Kitchen, 6 beds. Rental cabins with 30 beds can be booked. Warden. Dry toilet. Some provisions on sale. Open cabin also available. Emergency telephone. To Harrsjöstugan 5 km.

- Harrsjöstugan.** Cabin for booking, 4 beds. Open cabin also available. To Gördalen 8 km.
- Gördalen.** Wind shelter. Dry toilet. Road and car park. Bus connection, food available, overnight accommodation, fishing permits. To Gröningshålan 4 km.
- Gröningshålan.** Wind shelter. To Drevfjällsstugan 8 km.
- Drevfjällsstugan.** Cabin, dry toilet. To Drevsjön 4 km.
- Drevsjön.** Wind shelter, dry toilet. To Id-Persäteren 3 km.
- Id-Persäteren.** Cabin. One room available for booking. Contact the County Administrative Board for enquiries or booking. Dry toilet. There are two alternative hiking routes from Id-Persäteren to Flötningen; an easterly route via Drevdagen and a westerly route alongside the Norwegian border. To Lekåsen 4 km.

- Flötningen.** Road, car park.
- Id-Persäteren.** Cabin. One room available for booking. Contact the County Administrative Board for enquiries or booking. Dry toilet. There are two alternative hiking routes from Id-Persäteren to Flötningen; an easterly route via Drevdagen and a westerly route alongside the Norwegian border. To Lekåsen 4 km.

Easterly route:

- Lekåsen.** Cabin. To Drevdagen 8 km.
- Drevdagen.** Overnight stays possible, dry toilet, fishing permits, food available. Road, car park, bus connections. To Stora Härjån 10 km.
- Stora Härjån.** Wind shelter. To Skarpabbortjärnen 8 km.
- Skarpabbortjärnen.** From this crossroads there are two alternative hiking routes south to Id-Persäteren; the Southern Kungsleden Trail via Drevdagen or the westerly alpine winter trail marked on the map in blue. To Flötningen 4 km.
- Flötningen.** Road, p-plats. To Skårvagan 7,5 km.
- Skårvagan.** Wind shelter, dry toilet. To Guttudalskojan 10,5 km.



Reindeer.
All reindeer in Dalarna are domesticated.

- Guttudalskojan.** Cabin, dry toilet. To cabin at Norr Gjotbäcken 4.5 km.
- Norr Gjotbäcken.** Wind shelter. To Näverlöpsvallen 2.5 km.
- Näverlöpsvallen.** Wind shelter. To Valdalsbygget 3 km.
- Valdalsbygget.** Cabin. To Elgåvägen 2 km.
- Elgåvägen.** Road, car park, dry toilet. To Stora Olån 4 km.
- Stora Olån.** Wind shelter, dry toilet. To Grövelsjön 2.5 km.
- Grövelsjön.** Road, car park, dry toilet. Sjøstugan with some provisions on sale. To Grövelsjön STF mountain station 1,5 km.
- Grövelsjön.** STF mountain station. Shop, road, car park. To Särnsjöbäckskojan 8 km.
- Särnsjöbäckskojan.** Cabin. To Havlingen 4 km.
- Havlingen.** Cabin. Overnight cabin with 8 beds open all year round. Holiday village with 38 beds. Warden during open season. Kitchen, some provisions on sale, Emergency telephone. Can be booked. To Slagusjön 6 km.
- Slagusjön.** Cabin. To Storrodningstjärn 3 km.
- Storrodningstjärn.** STF mountain cabin. Overnight stays, kitchen, 20 beds. Cannot be booked. Emergency telephone. To county boundary 2 km.

Westerly hiking route:

Description of green summer trail:

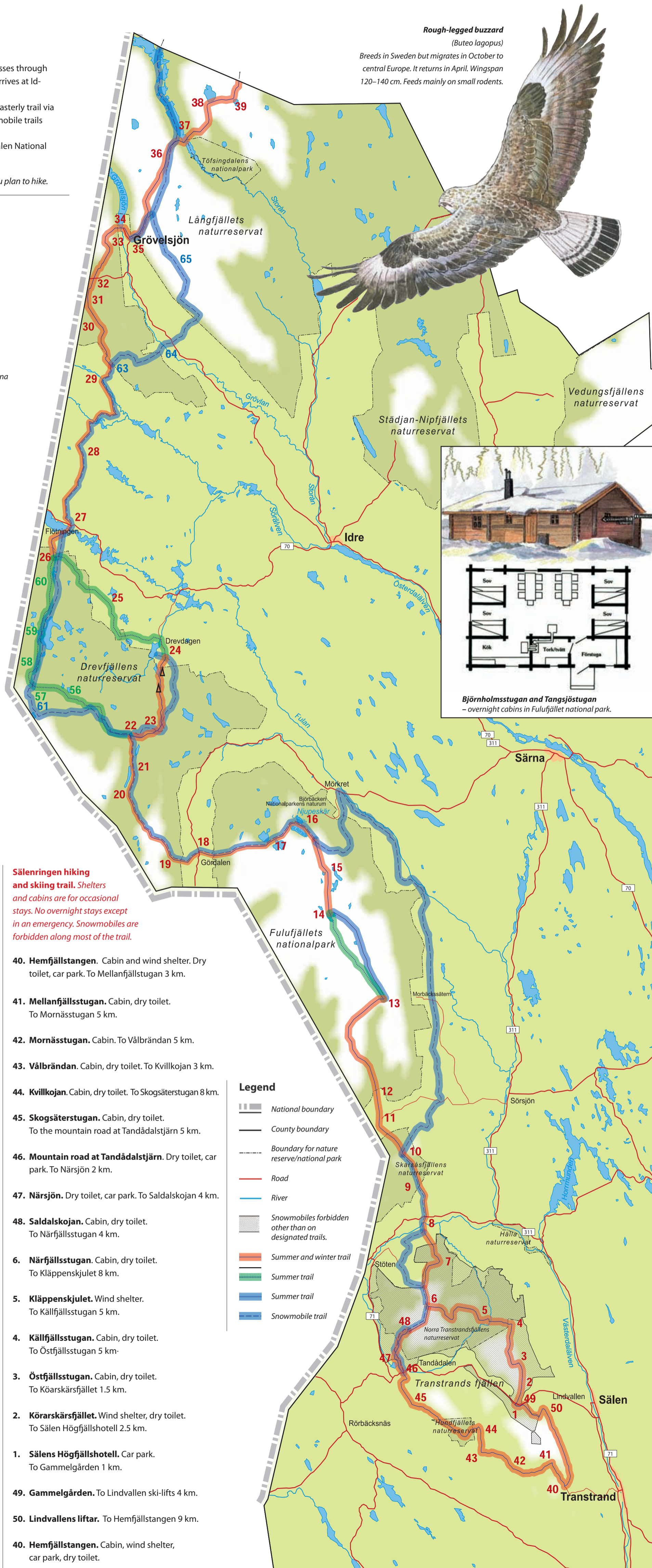
- Id-Persäteren.** To Trollkärringsboden 8 km.
- Trollkärringsboden.** Wind shelter. To Röskåsen 5 km.
- Röskåsen.** Cabin. To Motståndskojan 1,5 km.
- Motståndskojan.** Wartime resistance movement cabin.
- Busjön.** Cabin. To Gårdsjödalen 6 km.
- Gårdsjödalen.** Wind shelter. To Flötningen 6,5 km.
- Flötningen.** Road, car park.

Description of blue winter trail:

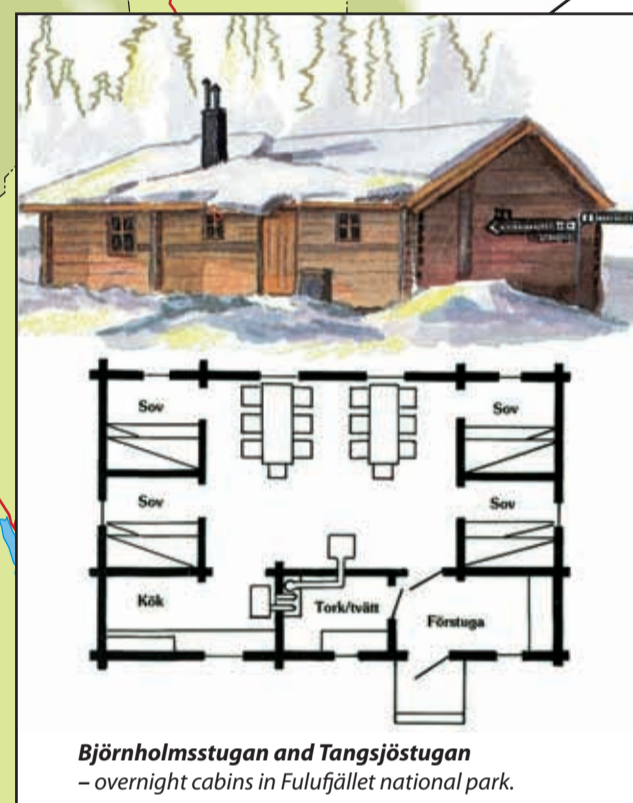
- Id-Persäteren.** To Nordsjön 12 km.
- Nordsjön.** Snowmobile club cabin. To Röskåsen 3 km.
- Röskåsen.** Cabin.

Snowmobile trail and winter trail through Grövelsdalen: between points 29 and 30, the winter trail follows an easterly diversion through Säggliden.

- Guttudalskojan.** Cabin. One room available for booking. Contact the County Administrative Board for enquiries or booking. To Norr Gjotbäcken 4,5 km.
- Ledkors.** The snowmobile trail turns off here towards Idre and Grövelsjön. To Säggliden 8 km.
- Säggliden.** Road. Filling station with some provisions for sale. To Oskarstugan 10 km.
- Oskarstugan.** Cabin. To Grövelsjön mountain station 9 km.
- Grövelsjöns M. S.** Shop, road, car park.



Rough-legged buzzard
(*Buteo lagopus*)
Breeds in Sweden but migrates in October to central Europe. It returns in April. Wingspan 120–140 cm. Feeds mainly on small rodents.



Björnholmsstugan and Tangsjöstugan
– overnight cabins in Fulfjället national park.

Sälenringen hiking and skiing trail. Shelters and cabins are for occasional stays. No overnight stays except in an emergency. Snowmobiles are forbidden along most of the trail.

- Hemfjällstangen.** Cabin and wind shelter. Dry toilet, car park. To Mellanfjällsstugan 3 km.
- Mellanfjällsstugan.** Cabin, dry toilet. To Mornässtugan 5 km.
- Mornässtugan.** Cabin. To Vålbrändan 5 km.
- Vålbrändan.** Cabin, dry toilet. To Kvillkojan 3 km.
- Kvillkojan.** Cabin, dry toilet. To Skogsäterstugan 8 km.
- Skogsäterstugan.** Cabin, dry toilet. To the mountain road at Tandådalstjärn 5 km.
- Mountain road at Tandådalstjärn.** Dry toilet, car park. To Nårsjön 2 km.
- Nårsjön.** Dry toilet, car park. To Saldalskojan 4 km.
- Saldalskojan.** Cabin, dry toilet. To Närfjällsstugan 4 km.
- Närfjällsstugan.** Cabin, dry toilet. To Kläppenskulet 8 km.
- Kläppenskulet.** Wind shelter. To Källfjällsstugan 5 km.
- Källfjällsstugan.** Cabin, dry toilet. To Östfjällsstugan 5 km.
- Östfjällsstugan.** Cabin, dry toilet. To Köarskärsfjället 1.5 km.
- Köarskärsfjället.** Wind shelter, dry toilet. To Sälen Högfjällshotell 2.5 km.
- Sälens Högfjällshotell.** Car park. To Gammelgården 1 km.
- Gammelgården.** To Lindvallen ski-lifts 4 km.
- Lindvallens liftar.** To Hemfjällstangen 9 km.
- Hemfjällstangen.** Cabin, wind shelter, car park, dry toilet.