

# Jomfruland National Park

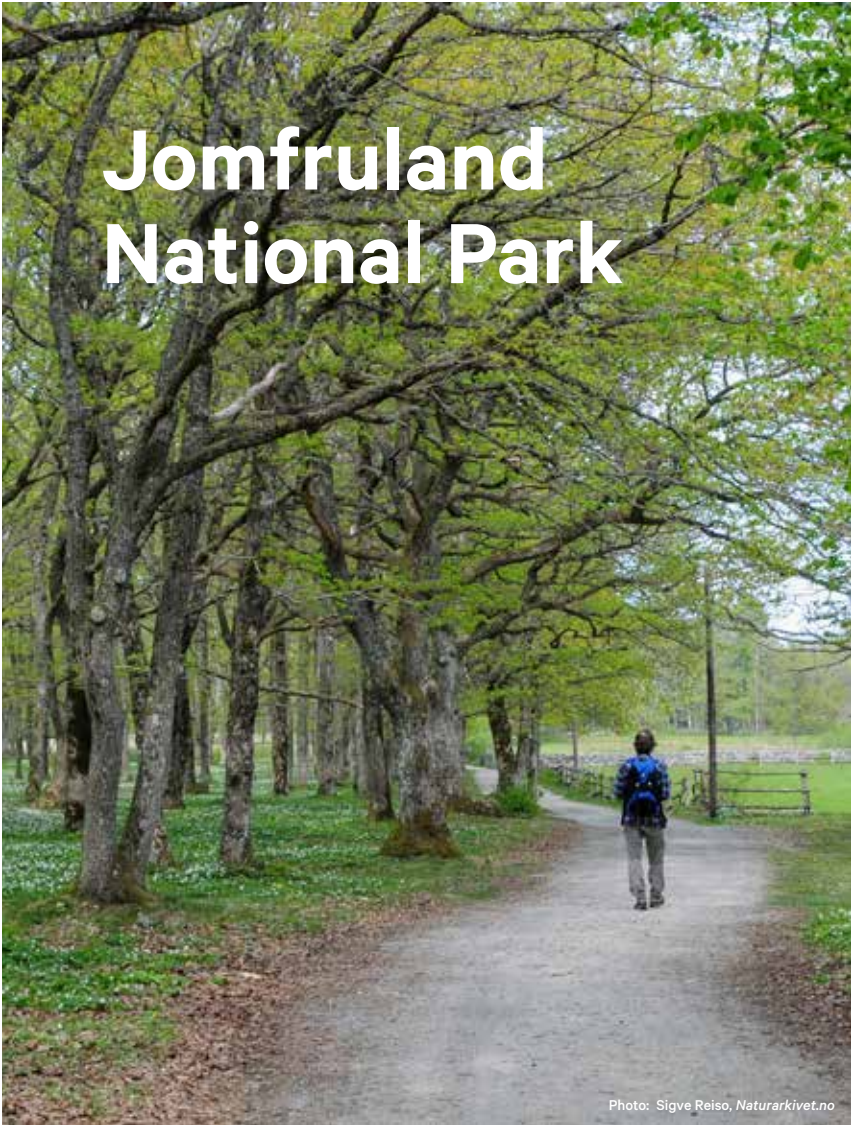


Photo: Sigve Reiso, [Naturarkivet.no](http://Naturarkivet.no)



**Jomfruland  
National Park**

**Map and information**  
Welcome to Norway's  
national parks

# Welcome to Jomfruland

Jomfruland National Park is located far out in the Kragerø archipelago and is the gem of the Telemark Coast. The park sits on the edge of the ocean area Skagerrak and stretches 27 km from Bamble to Risør. Jomfruland offers visitors an idyllic coastal landscape, with plenty of choices for swimming and adventures in interesting nature. The park is easily accessible year round. Be sure to visit Jomfruland Lighthouse—a true landmark—and make your way to the top for spectacular views of the national park and the rest of the archipelago.

Tens of thousands of people visit Jomfruland every year, to enjoy this peaceful and sensory landscape. Short distances and a relatively even terrain make this region accessible to most people. On lovely summer days, the area tends to get quite crowded, but in other seasons you may find you have it almost all to yourself.

Jomfruland National Park covers a vast area of shallow waters. These waters serve key ecological functions and feeds fish and crustaceans that humans harvest. The land area makes up only a small part of the park, but the varied landscapes makes them quite diverse in terms of the species that inhabit them.

Jomfruland has nice sandy beaches and its woodland pastures are among Norway's finest.

The glacier formed a unique landscape here. The pebbled beach on the outside of Jomfruland is the longest one along the sea area of Skagerrak. At Stangnes, there are giant's kettles—holes in the rock, formed underneath the ice.

Much of Jomfruland and Stråholmen has been used for grazing, and people have been clearing trees and cutting grass here for centuries. Animals are still kept on both islands. The many stone fences divide up the beautiful landscape and makes it unique.



Photo: Telemarkseavis

Stråholmen and Jomfruland.



Photo: Hagkon Sundbo

Pebbled beach on Jomfruland.

# Experiences

Jomfruland National Park is open year round for you to explore, learn and enjoy. As much as 98 percent of the park is under water, but visitors are welcome to explore Jomfruland, Stråholmen and the many islets and skerries. There is much to explore here, both over and under the surface, for adventurers of all ages. Fish for crabs and find interesting traces of the Ice Age.

## Swimming adventures from the islets

When the weather is nice, you can dock your boat at many different islets. Several of them are secure and open to the public, with signs guiding the way. There are moorings, and some places even have toilet facilities and waste deposit containers.

## Jomfruland and Stråholmen

The islands of Jomfruland and Stråholmen are perfect for a day trip, even with children. Pack a lunch and bring a thermos, binoculars, camera, swimming gear and diving masks. Start at the outer end, with pebbled beaches, and walk back, through lush woodlands and open meadows to the sandy beaches at the opposite end. There are many different trails to choose from. Find the perfect place to rest and enjoy nature.

## Bird watching

Jomfruland is one of the most diverse bird localities in Norway and is a bird-watcher's paradise. Visit the bird watching tower at Øytangen at the northern tip of Jomfruland to see if you can spot any interesting birds.

## Try your luck at fishing

Try fishing in the kelp forest, which is abundant with saithe, pollock and flatfish, as well as seashells, crabs and lobsters. Make sure to keep a good distance from islets with nesting birds.

## Giant's kettles

At Stangnes, the landscape consists of smooth coastal rock, with several giant's kettles. If you have a small boat, we recommend a trip out to the rocky islets outside Portør.

## Jomfruland Lighthouse

In the centre of Jomfruland is the old Jomfruland Lighthouse. The site currently has two lighthouses. The old one stands 22 metres tall and was built in 1838. In 1939, they built a new one, which stands at an impressive 37 metres tall. Visit the museum in the old lighthouse to learn more about its history and to take in the spectacular views of Kragerø's archipelago. In Tårnskogen, just south of the lighthouse, is Tårntjernet. This small lake is full of water lilies. The lakes is said to have inspired Norwegian artist Theodor Kittelsen to paint his famous "The Nix" (Nøkken). Watch closely, and perhaps you can catch a glimpse of this supernatural being.



Photo: Jan Erik Tangen

Sørstrand and Gåsholmen on Stråholmen.



Photo: Haakon Sundbo

Jomfruland Lighthouse.





Photo: Kim Abel, Naturarkivet.no

Explore nature under water with a snorkel and a diving mask.

# Facts and information

Jomfruland National Park was established in 2016 and covers 117 km<sup>2</sup>.

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 Where can I find Jomfruland National Park?	On the outer Kragerø coast.
 How do I get there?	<p><b>To Kragerø:</b> By express bus via the E18 to Tangen. From there, via local bus to Kragerø. Or by car: Take the E18 to Gjerdemyra or Tangen, and toward Kragerø from there.</p> <p><b>To Jomfruland:</b> Regular ferry and express boat from the ferry pier in downtown Kragerø. Ferries accept bikes. If you come by boat, there is a guest marina at Tårnbrygga.</p> <p><b>To Stangnes and Portør:</b> Drive the E18 to Tangen. From there, take route 351 to Levang and then route 254 toward Portør. There is free parking where the trail to Stangnes begins and near the service building on the hilltop before you get to Portør Harbour.</p> <p>You can also take a water taxi from Kragerø, or from Valle in Bamble, to any dock inside the national park. If you come by boat, there is a guest marina on the outside of the breakwater on Stråholmen.</p>
Protected areas nearby	Stråholmen Protected Landscape
Plan your trip	<i>ut.no</i>
Tourist information	Jomfruland National Park – <a href="http://jomfrulandnasjonalpark.no">jomfrulandnasjonalpark.no</a> Visit Telemark – <a href="http://visittelemark.no/kragero/">visittelemark.no/kragero/</a> <i>ut.no</i>
Management and supervision	Jomfruland National Park Authority Norwegian Nature Inspectorate: <a href="http://naturoppsyn.no">naturoppsyn.no</a> – Text message to: 950 01 881.

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# Fauna and flora

Inside the national park, visitors get the chance to experience a “blue rainforest” under water, including kelp forests and eel grass beds. On land, you can find rare and endangered plant species here, like the yellow hornpoppy. In the spring and autumn seasons, Jomfruland and Stråholmen are important stops for migratory birds.

## Large kelp forests

The sea and seabed make up the biggest part of the national park by far. Kelp forests cover a majority of the park’s outer areas—these areas are important ecosystems for fish and crustaceans. These kelp forests produce up to 60,000 tons of kelp and seaweed every year. The kelp either drifts into the deep or onto beaches. In the deep sea, this kelp is important for the shrimp fishery. On land, kelp has historically been used as fertilizer by farmers.

## Millions of tiny animals

In the shallows there are rich eel grass beds, which are especially important for codlings. In a single square metre, there may be tens of thousands of snails, molluscs and crustaceans. The soft bottom areas on the inside of Jomfruland may look barren and lifeless, but embedded in the sediments are a wide range of species important for birds, crustaceans and fish. Calcareous sandbanks are important spawning and growing grounds for fish, and they are also used by lobsters shedding their shell or breeding.

## Bird life

Jomfruland is one of the most diverse bird localities in Norway, and more than 300 different species have been recorded here.

During the spring and autumn migration, the area is especially lively, whereas several rare species, such as the common rosefinch, nightingale and red-backed shrike, nest here during the summer. The exotic golden oriole is also a frequent visitor. If you’re lucky, you may even catch a glimpse of the elusive white-tailed eagle, which nests further to the mainland.

## Harbour seals

Harbour seals are the most common species of seal in Norway, and Jomfruland National Park is home to a permanent population of this coastal seal species. The harbour seal loves to hang out on islets and skerries, basking in the sun, where it is easily recognized by its characteristic banana-shaped figure. It hunts fish in shallow waters, so chances are good you’ll get to see this water acrobat in action.

## Plants

Many people come to Jomfruland in the spring to experience the beautiful wood anemone blossoms. The national park is also home to some rare plant species, including sea holly, prickly saltwort, strawberry clover and yellow hornpoppy.



Yellow hornpoppy.



Harbour seal.



Common rosefinch.



Kelp forest.



# Landscape

The landscape in Jomfruland National Park was moulded by the ice and sea. The pebbled beaches and smooth coastal rocks make exploring the landscape a great adventure. On Jomfruland and Stråholmen there is agricultural land with a long growing season and lush pastures.

## Traces of the Ice Age

More than 10,000 years ago, all of Norway was covered by a large glacier. The edge of this glacier was right here at Jomfruland, and we can still see traces of the unrelenting power of the ice. When the glacier melted, the meltwater carried rocks, gravel and sand to the glacier edge, forming a ridge with these deposits. Originally, this ridge sat 130 metres under water, but as the ice melted, the land rose. After thousands of years of wear from the waves and the wind, only a few large boulders remain on the outside of Jomfruland, whereas the lee side on the inside of the island has lovely sandy beaches.

The pebbled beach on Jomfruland is almost 7 km long—the longest, open pebbled beach along the Skagerrak.

## Unique cultural landscape

Farmers have been working the land on Jomfruland for hundreds of years. Boulders were used to build stone fences to contain the animals. Stone fences criss-cross the landscape on Jomfruland and Stråholmen, giving it a unique character. Along with the woodland pastures, these are among the most unique cultural landscapes we have in Norway.



Photo: Haakon Sundbo

Cultural landscape on Jomfruland.

# Welcome in, protect nature

Welcome to the national park! There is plenty of room here, provided we take care and keep in mind the people and nature around us. National parks represent the very best of Norwegian nature. Their protected status helps conserve the landscape and a diverse flora and fauna. This means it will be possible to create wonderful memories of hikes and treks to this landscape even for future generations.

## **Freedom to roam**

In outfields, you are free to go wherever you want, and you can pitch your tent or set up a hammock, so long as you stay more than 150 metres from inhabited houses or cabins. Please note that tents or hammocks are not permitted north of Øytangen Farm or at Sandbakken further south. Inside the national park, you may hike, bike, paddle or travel by boat anywhere you want. Exceptions include areas where seafowl are nesting. These areas are signposted.

**Cultural heritage sites** are protected from damage and destruction. Loose cultural heritage artefacts must not be moved or removed.

## **Waste**

Remember to clean up after yourself and bring all of your waste back with you.

**Bonfires** and barbecues straight on the ground are not permitted. Exceptions are facilities built specifically for this purpose.

## **Hunting and fishing**

Inside the national park, you may engage in hunting and fishing subject to the same rules that apply to other water and remote areas under relevant legislation. Fishing and harvesting of shells and crustaceans are permitted. Hunting for seafowl is not permitted within a dedicated zone north of Stråholmen and certain other areas.

**Dogs** are welcome. Inside the national park, dogs must be kept on a leash year-round. Be mindful of wild game, grazing animals and other visitors at all times.

**Motorized traffic** on land is not permitted. You may operate a motor boat throughout the national park, with the exception of dedicated zones reserved for seafowl from 15 April to 15 July.

The use of life vests is mandatory in small water crafts.

**Good planning makes for great experiences!**



## Jomfruland National Park

# Map information Jomfruland National Park

### Welcome in to nature

This map was developed for the Norwegian National Parks. This trademark includes all Norwegian protected areas, regardless of category. These maps were developed on the basis of knowledge of how the protected area is used and which areas are most

vulnerable to visitor activity—the foundation for visitor management. This map is not intended for use as a hiking map, but offers a summary of features in the protected area itself and the surrounding areas.



### Starting point

Tårnbrygga

At Tårnbrygga on Jomfruland there is information about the national park and what you can experience. Tårnbrygga is located at the centre of the island and it is an excellent starting point for trips into the national park. The landmark Jomfruland Lighthouse, dedicated swimming spots, restaurants, pebbled beaches and woodlands are only a short distance away. Take the ferry from Kragerø to get there!



### Information spot

Kragerø

Kragerø is the first stop for many when they venture out into Jomfruland National Park. At the harbour, there is information about the national park, as well as information about experiences and activities close to the national park. From there, venture out into the national park by a ferry stopping at Tårnbrygga and Aasvik Harbour, both on Jomfruland.



### Information spot

Nasjonspark

These information spots are marked with an information symbol on the map and indicates where there are information boards with good and interesting information for visitors.

The boards provide information about recreational activities, natural values and cultural landscapes.



Parking



Café/restaurant



Guest pier



Self-service tourist cabin



Information



Camping facilities



Ferry connection



Accommodation



Bus interchange



Viewpoint



Accessible trail



Bathing place



Attraction

