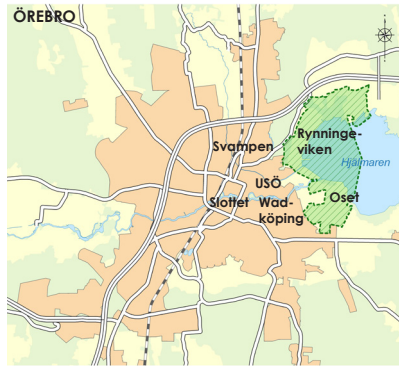




A major project was carried out in 1878–1888, when the water level of Lake Hjälmaren was lowered by almost two metres and the people who lived around the lake were given access to large areas of farmland. But the area of reclaimed land between the city of Örebro and the lake was never really a success. The land returned poor harvests and was eventually abandoned and became overgrown. For more than a hundred years, it was the “back yard” of the city, a dumping ground for tonnes of household waste, excavated materials and other detritus. There was also a large military training ground here, right next to an oil port and several other industries. It could have continued along this path. But the military era came to an end. The landfills were closed and the industries moved. All that was left was an incredibly mismanaged piece of land – and determination to recreate parts of the natural landscape that had vanished. Today, what was once the large Vena landfill has been transformed into a gently rolling pastureland. Dense brushwood forests have become shore meadows on which animals graze and the oil port has become a glittering water park.



The Oset Nature Reserve was formed in 1968 and Rynningeviken in 1995. Since then, the areas have been gradually expanded and joined together. The reserve is only three km away from Stortorget in Örebro and its great location has made it the city’s outdoor space – all year long. The area is part of the EU Natura 2000 network and the global Ramsar Convention on Wetlands. The nature reserve covers an area of 740 hectares and is owned and managed by the Municipality of Örebro.



Getting to Naturens hus:

Follow the road signs leading to the hospital (“Sjukhus”) through Örebro. Once you arrive at the University Hospital (USÖ), follow the signs to Naturens hus.

Rules for visitors

The following rules apply within the nature reserve:

- Damaging or destroying permanent natural objects is prohibited
- Deliberately damaging flora and fauna (by digging up plants, for example) is prohibited
- Dogs must be kept on lead at all times
- Fires are not allowed except in designated areas
- Caravans/RVs may be parked only in designated areas and for no longer than 48 hours
- Tents may be pitched only in designated areas and for no longer than 48 hours
- Motorised vehicles are allowed only on posted roads
- Motorboats and other motorised watercraft may be driven only on posted fairways
- Parking is allowed only in designated areas
- Horse riding is prohibited
- Fishing is allowed only next to built paths alongside Svartån and in Hemfjärden
- Kitesurfing, skydiving and comparable activities are prohibited during the period of 1 March–1 December
- The posting of signs, orienteering checkpoints or comparable arrangements and trail marking are prohibited without prior permission from the manager
- Visitors are not allowed to access the parts of the reserve marked on maps and on signs in the area during the period of 1 March–15 November.

Exceptions from rules in force at the reserve

- The rules must not be interpreted as prohibiting people with disabilities from using mobility scooters or comparable to traverse designated paths.



ÖREBRO



orebro.se, 019-21 10 00

NATURE IN ÖREBRO COUNTY



Oset and Rynningeviken

Produktion: Örebro kommun. Foto: Torbjörn Arvidsson och Mats Rosenberg. Illustration: Tina Andersson. Tryck: Älta, 45, 2022.



ÖREBRO KOMMUN

Oset and Rynningeviken

The landscape at the westernmost shores of Lake Hjälmaren was restored between 1993 and 2006 and has regained its tremendous natural value.

Just north of the river Svartån lies Rynningeviken, with its enclosed pasturelands, lakeside woodlands, shallow coves thick with reeds and an outstanding view across Lake Hjälmaren. Vattenparken, a fascinating water park in the area closest to the river features pools, winding paths, gently rounded meadow hills and rich, diverse flora. It is also the site of Naturens hus (the House of Nature), a nature centre offering a café, a nature school and information about nature.

The Oset wetlands with their flourishing bird life are south of Svartån. The foot and cycle paths around the entire area also work as embankments to control water levels. In the spring, the flooded shore meadows of days gone by are recreated inside the embankments – and multitudes of breeding birds congregate once again near the shallow pools.

Nature has been given back to the people, right next to the city and with a recreated connection to the lake. The flora and fauna of the entire plains landscape have been given a new lease of life and have retaken the shores of Lake Hjälmaren.



Erik Rosenberg Cottage

- 1 Stora Hjorttorps farmhouse (café) ☒ ☕ ☒ ☒ P
- 2 Hjortstorpsmaden (water-meadow)
- 3 Venastugan (shelter/rest area) ☒ ☒ ☒
- 4 Venamaden (water-meadow)
- 5 Rävängsmaden (water-meadow)
- 6 Rävängsstugan (cabin shelter/rest area) ☒ ☒ ☒ ☒ ☒
- 7 Pers hög (rest area) ☒
- 8 Vattenparken (water park)
- 9 Naturens hus (nature centre/café) ☒ ☒ ☒ ☒
- 10 Ormesta holme (picnic/BBQ area) ☒
- 11 Erik Rosenberg Cottage ☒ ☒
- 12 Oset wetlands

- Walking paths
- ☒ Barbecue areas
- ☒ Bird hides
- ☒ Landscape view point
- ☒ Hides
- ☒ Toilet
- ☒ Cabin shelter
- ☒ Café
- ☒ Restaurant
- ☒ Skating trail, wintertime
- ☒ Tent site

You can cycle, walk or use a wheelchair on the walking paths in the nature reserve (there are minor differences in elevation at some points). There is more information posted at the larger car parks.

