



TIVEDENS NATIONALPARK

TRAIL TROLLKYRKERUNDAN

Sunset at Oxaberget. Photo: Fredrik Wilde



3.5 hours
4,6 Kilometers



FAIRLY LONG AND DEMANDING TRAIL

The Trollkyrka Trail takes you on a veritable rollercoaster ride into the old-growth forest. The path leads up and down through the characteristic rift valleys, across rocks and down into wet depressions.

The trail leads to the top of several hills. The view of Lake Vättern from Lilla Trollkyrka is spectacular. The surrounding hills show clear traces of the most recent inland ice in the form of grooves made by rocks locked in the ice. The Tiveden forests were formed by repeated forest fires. Thick-barked pines usually survive a fire while most of the spruces die. The trail passes a pine marked by a fire that took place in 1835. Forest fires are a natural occurrence in wild forests, they created a diverse habitat with many age strata. Sharpen your senses as you walk through the forest, there is plenty of life here. Wasn't that the drumming of a woodpecker? How does a forest smell? What do the different mosses look like in close-up?

SAFETY AND REGULATIONS

Please keep in mind that freedom to roam is limited within the National Park. Special regulations apply.

You may:

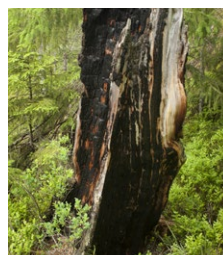
- light a fire or barbecue only in designated areas
- drive a motorized vehicle only on roads
- park your vehicle only in designated parking areas, but caravans, mobile homes etc. is **not** permitted between 00.00–06.00
- bring your dog, but you must keep it on a leash
- pitch a tent in designated areas for one night (6 pm to 10 am)
- ride a bike, but only on roads and trails designated for bikes
- ride a horse, but only on roads and designated bridle paths
- pick berries and edible mushrooms, but **no** other plant life
- **not** disturb animal life
- **not** fish
- **not** damage living or dead trees and bushes
- **not** drive a boat, jet ski or other motorized vehicle

You will find the complete regulations at: www.sverigesnationalparker.se/tiveden

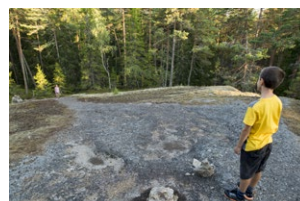


Photo: Fredrik Wilde

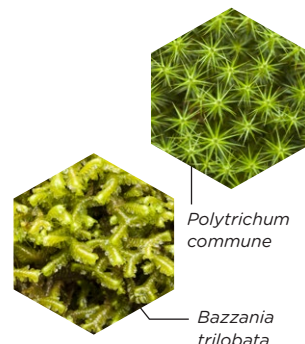
On a clear day you will be able to see Vadstena on the other side of Lake Vättern from Lilla Trollkyrka (Little Troll Church) hill. Stora Trollkyrka and Lilla Trollkyrka were well known sea marks, and so was Vadstena Abbey – the "Blue Abbey". Maybe it was the seafarers that gave names to the hills. No one lived north of Lake Vättern, so the hill that rose above the treetops must be a troll church ...



There are many traces of forest fires in Tiveden. Burnt tree stumps are sticking up here and there in the undergrowth. Even living pines show burn marks where the bark has been shed.

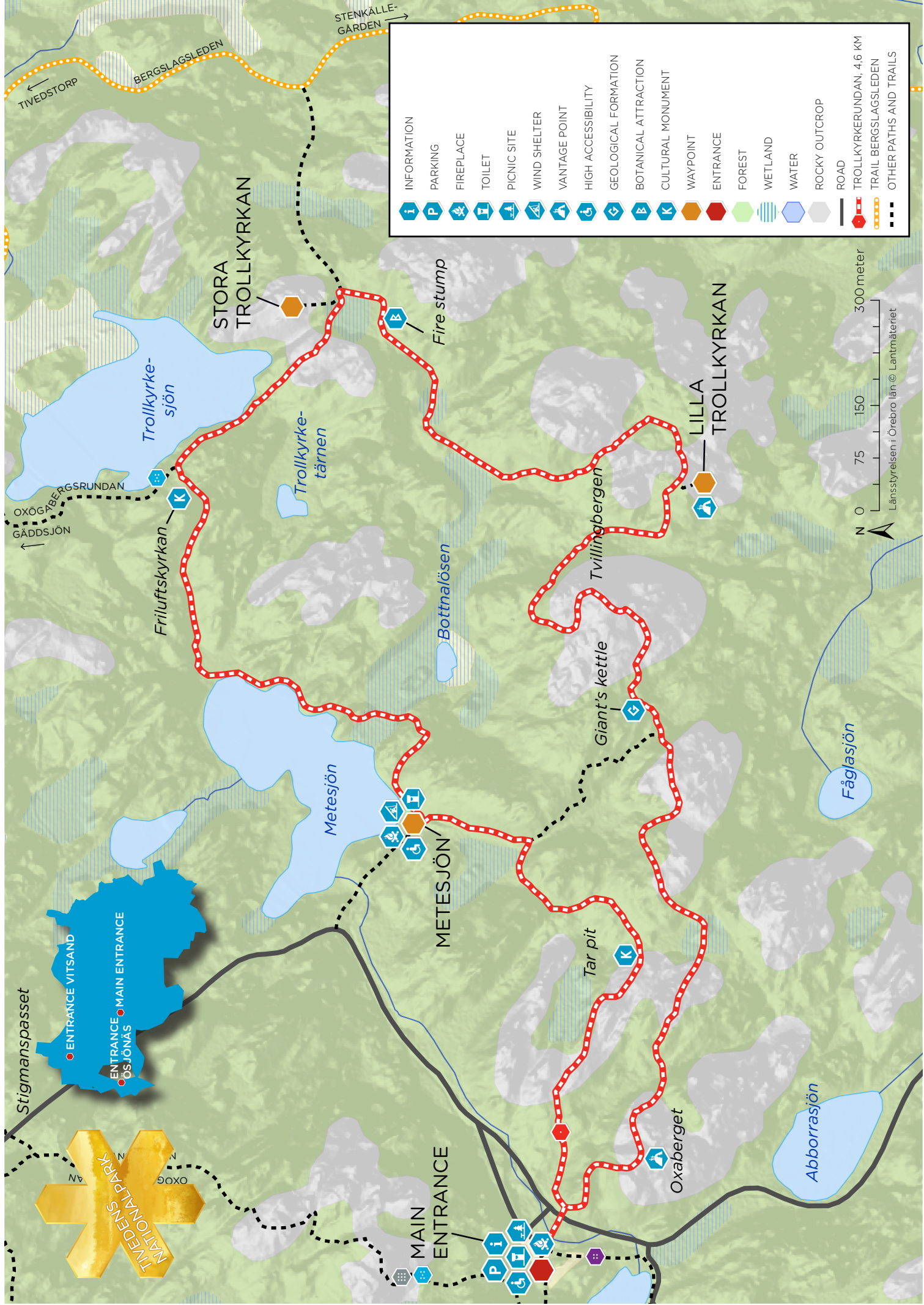


The "outdoor church" (Frilufts-kyrkan) goes back to the period between 1726 and 1870 when the Swedish Church banned prayer meetings not organised by the Church. These forbidden services were held on this rock.



CONTACT

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