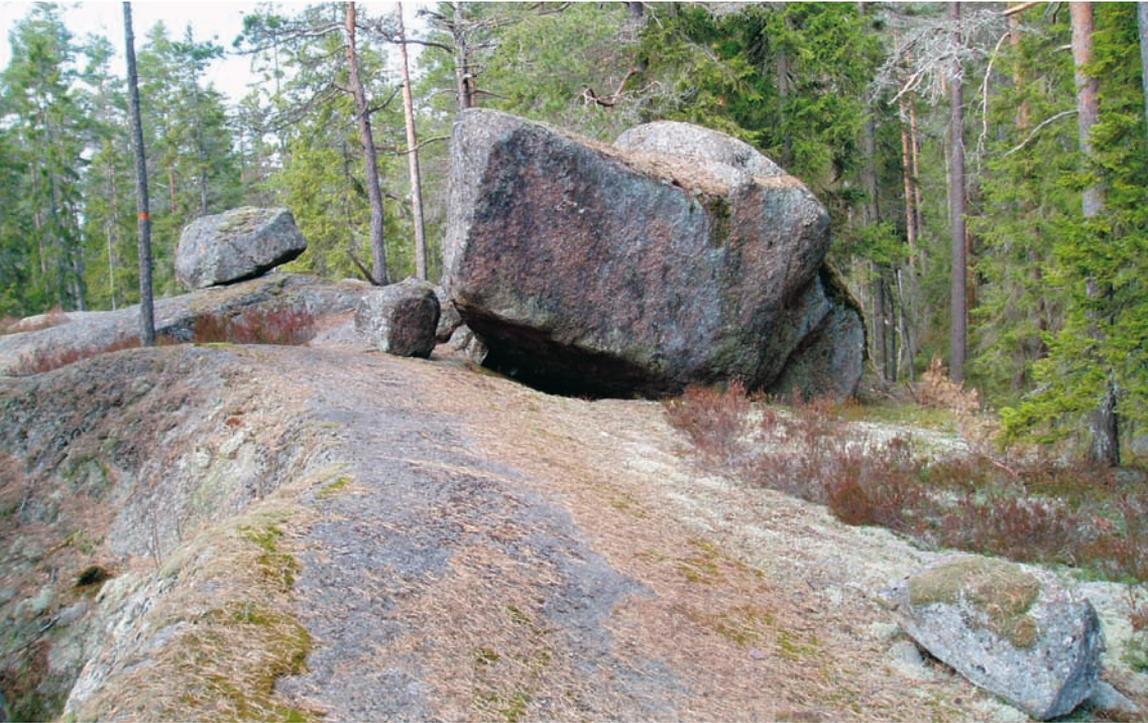




Trollkyrka trail



Örebro County Administrative Board

At the national park you can experience wildlife and nature. Trollkyrka trail is approximately 6 km (4 miles) long and partly moves in difficult terrain. Take your time and count on at least three hours of walking.

1. Oxaberget (The Ox Hill)

Oxaberget is one of the hills in the area where the inland ice has cleared away the loose material leaving giant boulders on the top. Visitors should use marked trails because the lichens that grow on the hill are sensitive to trampling. The reindeer lichens, in all three species, are the white lichens on top of the hill.

2. The giant cavity

Here you can see a round cavity at the base of the hill. It arose when the inland ice covered the area. The melting water from the ice was forced between the inland ice and the ground. The high pressure from the water started to spin stones around and shaped a hole in the ground.

3. Trollkyrka hills

On the other side of the deep crevice you can see Trollkyrkan hills. Many authors have written about Tiveden, including Verner von Heidenstam, who was born in Olshammar nearby Tiveden. In addition, scientist Erik von Rosen visited Tiveden back in the 1930s and was impressed by what he saw. He encouraged the National Board of Forestry to protect three major areas as reserves. One of them was Trollkyrkan hills which were allocated in 1938.

4. The base of västra Tvillingberget

The long valley you are entering arose when tectonic movements cracked the bedrock 300 millions of years ago, the same time that lake Vättern was formed. Much later the inland ice further shaped the landscape. For example, here you can see glacial grooves, a result of the grinding effect of the ice.

5. Lilla Trollkyrka

Lilla Trollkyrka hill is one of the many places in the national park with an altitude of more than 200 meters (600 feet). From here you have a nice view over the lake Vättern 110 meters below. Lake Vättern has been the most important means of transportation in the Tiveden area. To a large extent, the iron manufactured in Tiveden was shipped to Taberg in the southern part of the lake. The monks in Alvastra also travelled across the lake to reach Ramundeboda in Tiveden.

6. The Trollkyrka fire stub

Forest fires were of crucial importance for the development of the coniferous forest in Tiveden. The latest proper forest fire in the area occurred 1853. To the left of the trail you can see one of the fire wounded pines that is just a stub today. Most likely, it has survived many forest fires before finally dying. The oldest stub in the park is dated 1309 and the oldest living trees started to grow in the 15th century.

7. Stora Trollkyrka

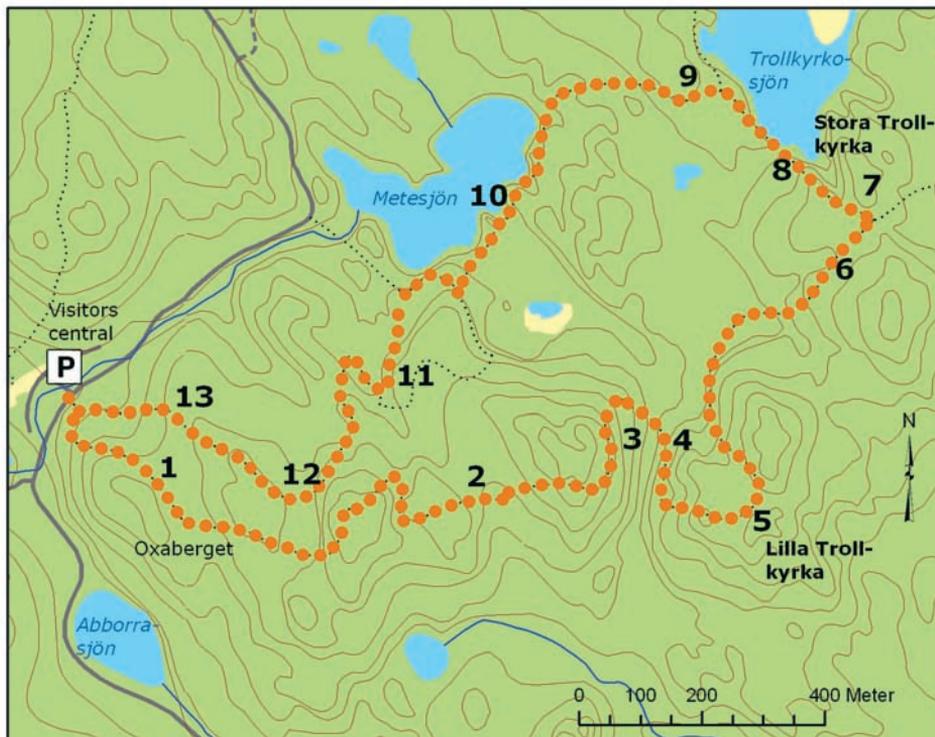
Many names in Tiveden have a connection to trolls, however, only Trollkyrka (church of trolls) has a long tradition. It is mentioned in writings from the 16th century. Many tales about the "church of trolls" are connected to Stora trollkyrka. Other names with trolls, for example Trolltiven and Trollvägen, were invented by outsiders at a later date.

8. Trollkyrkosjön (Lake Trollkyrka)

Lake trollkyrka has clear and green shimmering water. The green character is a reflection of the forest and is not caused by the water. Lakes with clear water are rare in Tiveden because humic acids from bogs and surrounding ground give the water a brown hue. Did you forget to leave a wooden stick on the sacrifice pile you just passed? If you did – your continuing trip is going to be unlucky!

9. Friluftskyrkan (The Open Air Church)

Here we have a piece of the Swedish history of religion. The flat rock you can see in front of you was used during the 17th and 18th century for illicit open air masses led by ordinary citizens. One of the stones at the end of the slope could be the overthrown pulpit. The place was used for masses until end of the 19th century when masses outside the church became allowed.



10. Metesjön

Metesjön is a typical lake in Tiveden. The water is brown and severely affected by acidification. Fishes cannot survive here because the lake is so sour. One indication of the acidification is the white moss on the bottom near the shore. White moss is the green carpet of plant you can see under the water. The mainly western specie bog myrtle grows at the shore, while the eastern specie labrador-tea grows on the bogs. These two species meet here in Tiveden.

11. Spruce forest regeneration

In the old spruce forest a number of firs died approximately 20 years ago. An opening was created in the forest where new spruce seedlings could grow taller. This is the way the forest regenerates. Fungal attacks or the bark beetle is often behind the death of the trees. When the old trees dies and fall down, a new generation of trees is created. The forest is a step further towards a primeval forest with trees of different age and plenty of dead wood.

12. Charcoal pits

To the north of the trail a "tar-grave" has been located. The tar was extracted by burning dried tar stubs with a limited access of oxygen. This was performed by using a long ditch excavated in a slope. Tar making was an important source of income for people in Tiveden in the 17th and 18th century.

13. The Silence

You have just about finished walking the 6 km long Trollkyrka trail. During the trip you have not seen any traces of human influence, such as trails from machines or recent loggings, except for the trail you are walking on. With some luck you have not heard any cars or other noises apart from some aeroplanes. You have visited one of the most silent areas in the county and hopefully enjoyed the serenity.

Tiveden national park was established in 1983 and includes 13.5 km². The purpose is to preserve a coherent forest-, lake-, and fissure valley landscape in an essentially natural state, leaving the forest to develop towards primeval forest. Manager is Örebro County Administrative Board .

