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Studie  
främjandet

# WELCOME TO SÖRFJÄRDEN BY LAKE MÄLAREN



CULTURAL LANDSCAPE • NATURE RESERVE  
BIRD-WATCHING TOWER • DEMONSTRATION BEEHIVE

**The Rördrommen field station** is a traditional Swedish red and white, south-facing cottage with beautiful views of restored wetland meadows with grazing cattle and an abundance of birds near the bay Sörfjärden. The bay's southernmost part can be viewed from the esker (a long narrow sandy hill created during the ice age) near the cottage. The cottage was the home of the ferryman who transported people over the sound called Örsundet. To reach this place, turn from the old E20 road (now road 900) at Barva, at the sign "Sörfjärdens naturreservat 2 km". The Rördrommen field station is on the right hand side on the road to Strand, soon after the swimming place at Örsundet. You can also take the bus from Eskilstuna towards Strängnäs (or vice versa) and get off at Strands gård.

## SÖRFJÄRDEN – A LAKE MÄLAREN BAY WITH RICH BIRD LIFE

Sörfjärden, a shallow bay in Lake Mälaren, known for its vast reed areas and grazed wetland meadows that provide habitats for a rich flora and fauna. This area of Sweden is known for its ancient cultural landscape influenced by 1000+ year old history of farming and trade, and medieval castles and mansions, old-fashioned farms, and Viking rune stones are common in the countryside here. This area, less than an hour from Stockholm by car, bus, or train, is well worth a visit.



- 1 Near **Fiholm** there is a good lookout on a forested hill. Old trees with lichens line the road to the castle.
- 2 Wetland meadows spread out at **Mågla** well as small hardwood forest areas.
- 3 **Kinglöt's peninsula** has nice views of wetland meadows and the bay Sörfjärden.
- 4 **The Sörfjärden's Nature Reserve** begins north of Strand's farm. Part of Sörfjärden bay can be seen from the Strand-esker. Visiting the reed wetlands is prohibited from April 1 to 15 July.
- 5 **Rördrommens Field Station** includes a **disability accessible bird-watching tower, information center** and a **demonstration beehive**. A marked trail leads from the station to lookout points on the esker ridge.
- 6 South of **Örsundet** on the esker ridge is a nice view over the lake Barvalappen. Swimming. About 100 meters east of the Örsundets bridge is the **Kvarnbäck's bird-watching tower**, where you can listen to the bittern and look at western marsh harrier. A marked trail leads through beautiful pasture to a big oak at Fagervik.
- 7 A marked trail from road 900 leads up to the mountain **Säby Högberg**, which has an ancient castle ruins, graves and a lookout.
- 8 If you turn off road 900 towards Arphus, pass the Arphus riding-stable and the sideroad to Fagervik, you will reach a parking lot by an old oak. From here a trail and boardwalk lead to **Fagerviks Holme** with views of the southern parts of Sörfjärden.
- 9 Near the mouth of the **Eksåg brook** is a **disability accessible bird-watching tower**.
- 10 On both sides of the road to Vansö, about 300 m north of **Näsbyholm**, are large reed wetlands, with many warblers and other birds.
- 11 From **Helgarö kläpp** there are beautiful views of the northern part of Sörfjärden. Swimming.
- 12 **Nasen** is a shallow, nutrient-rich lake with many nesting and migrant birds. **Bird-watching tower**.
- 13 The lake **Öknasjön** has a bird-watching tower on the south side with access from a parking lot at Larslund.
- 14 **Lindön** is the largest island in Sörfjärden with fragments of old virgin hardwood forest. Nature reserve.

## CULTURAL AND NATURAL DIVERSITY

The Lake Mälaren landscape surrounding the bay Sörfjärden is home to a large cultural and natural diversity, and conveniently located near the cities of Stockholm, Eskilstuna, and Strängnäs, but still unaffected by urban development. The beautiful lowlands around the shallow bay are used for small-scale farming as well as larger-scale agriculture associated with the castles and mansions. The earliest traces of human settlements in the area are from 1800 BC, and during the Viking age about 1000 years ago the bay was used as the first step on international sea-faring trips for the local vikings. From the esker the views over the vast reed marshlands and restored wetland meadows with its great bird diversity are magnificent. The great bittern, *Botaurus stellaris*, can often be heard from 5 km away, despite noise from the distant highway E20. This rare bird, related to the herons, is a suitable symbol for Sörfjärden, since it here has one of its core populations. It has been the subject of scientific studies here by Lars Broberg since 1945, and his banded great bitterns have been found to migrate to Great Britain, France, and Spain.

### Naturskyddsföreningen Eskilstuna [Nature conservation organization]

Sten Ullerstad, home phone 016/354152 cell phone 070-6054152

e-mail: [sten.ullerstad@telia.com](mailto:sten.ullerstad@telia.com)



Naturskyddsföreningen  
Eskilstuna

### Naturskyddsföreningen Strängnäs [Nature conservation organization]

Helena Billström Rudling, cell phone 073-0265243



Strängnäs Naturskyddsförening

### Ornitologiska Klubben i Eskilstuna (OKE) [ornithological society]

Lennart Eriksson, home phone 016/351421, cell phone 070-2605434

e-mail: [lennartoke@gmail.com](mailto:lennartoke@gmail.com)



### Strängnäs Ornitologiska Klubb (SOK) [ornithological society]

Sven Blomqvist, home phone 0152/18479, cell phone 070-533 62 77

e-mail: [sblomqvist@hotmail.com](mailto:sblomqvist@hotmail.com)



### Eskilstuna Biodlareförening [beekeeper's society]

Ursula Hentschel, cell phone 070-7924573

e-mail: [ursula.hentsch@hotmail.se](mailto:ursula.hentsch@hotmail.se)



Eskilstuna Biodlareförening

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## WE ARE GUESTS IN NATURE AND SHOULD RESPECT THAT:

- this is an active agricultural area with large, heavy machinery, and therefore make sure you provide ample space on roads for them
- nesting birds needs peace and quiet. and you can therefore only walk along marked trails in the wetlands
- people living in this area have the right to their privacy, and therefore you should only park in dedicated parking lots