



WELCOME TO SÖRFJÄRDEN BY LAKE MÄLAREN

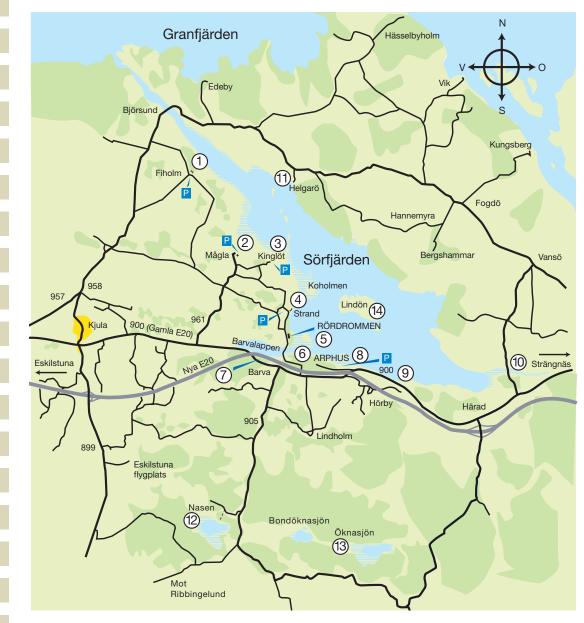


CULTURAL LANDSCAPE • NATURE RESERVE BIRD-WATCHING TOWER • DEMONSTRATION BEEHIVE

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 montain **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 magnificient. 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.

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Eskilstuna Biodlareförening

This brochure was produced in collaboration with Studiefrämjandet.

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