



SAREK NATIONAL PARK

LAPONIA WORLD HERITAGE AREA

*BREATHTAKING
VALLEYS
AND DRAMATIC
MOUNTAINS*



“I got my own knife from *ieddne*, my mother. I got it last year.”

ANNI ÅSTOT, SKUOLLÁVALLDA:

”WE PLAY THAT WE ARE LIVING IN A LÁVVU TENT AND WE ARE MARKING CALVES”

“Skuollá – it’s fine and it’s fun to live there and mark calves. We set off and mark calves in the middle of summer. There are no trees and there is not a single lake. But there is a stream and bushes and stones, enclosures and lávvu tents. It’s both a little warm and a little cold.

“It is fun to jump on the stones in the stream. And it’s fun to play with friends. We play that we live in a lávvu and we are marking calves. Next to our lávvu there is a place where there are really heaps of stones and up there on the slope we have a sort of pasture.

“And then I and Livia and Inga Märta walk in the pasture and we talk. We talk about reindeer and we often walk outside the pasture and whittle wood. And I often go to the other pasture to änoj, my maternal uncle, and see what he’s doing and watch when he is marking calves. And I usually watch when they let out the reindeer.”

Do you have your own mark?

“Yes it’s rievudin skárjjá rájgge, gárudin sjliebbtje ja biehkke maŋjel. [She tells of the different Sámi names for the cuts in the calf’s ear] That is my mark.”

What is most fun when you are here?

“Playing in the stream and jumping on the stones.”

We all have to make it through the valley, humans and animals. Remember not to frighten the reindeer. Make a detour, or wait until they have passed.



ANCIENT WINDOWS ON CLIMATE

Glaciers dot Sarek. The snow that falls does not melt, but is packed and transformed into glacier ice which gradually begins to slide down the slope. The heavy ice slowly grinds the mountain, and the material scraped off makes the streams cloudy with sediment. It is thanks to the glaciers we have the beautiful delta land. The constantly changing delta landscape is formed by the sludge that the rivers bring with them from the glaciers.

The majority of Laponia's many glaciers lie embedded at the high summits of Sarek and Sulidälbmá. Of Sweden's 270 glaciers, more than 150 lie in Laponia. These glaciers also give us a picture of the climate. Suottasjiekŋa in northern Sarek is today 1,000 m shorter than it was 100 years ago. Sarek's gems are melting from global warming.

CAUTIOUS TRACES

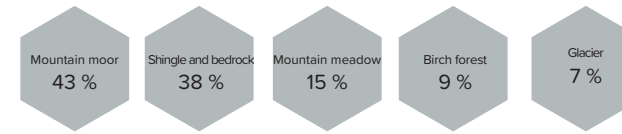
Árran, the hearth, is one of the most common cultural traces in Sarek. The small stone circles are everywhere and show how central this land has been to mankind for thousands of years. Where you rest on slopes next to small brooks or water springs, hearths from ages past are concealed. Tired feet have rested here while reindeer have calmly foraged on the slopes. An irregular area that stands out from the surroundings can be a reindeer pasture where reindeer were milked. The trampling of animals, and their manure, have created a rich flora of grass and vascular plants. Lie down on the meadow and imagine how the warm reindeer milk trickled down into the náhppe – the milking vessel – right where you are now.

“Reindeer are creatures of habit and it is the bulls that go first. They migrate on the same route as always and we go with them. Times have changed, but reindeer – they keep the same time.”

APMUT IVAR KUOLJOK, REINDEER HERDER, SIRGES

Photo: Peter Rosén

Photo: Tor L Tuorda



SAREK NATIONAL PARK LAPONIA WORLD HERITAGE

- AREA: 1 985 km²
- INAUGURATION YEAR: 1909
- NEAREST COMMUNITIES: Jåhkâmâhkke/Jokkmokk, Bårjås/Porjus and Jiellevárre/Gällivare
- SÁMI COMMUNITIES: Sirges, Jåhkågaska Tjiellde and Tuorpon
- COUNTY: Norrbotten

VALLEYS FREQUENTED FOR THOUSANDS OF YEARS

Sarek is an area of dramatic landscapes: valleys covered in birch forest, deltas, mountain moors and alpine massifs with glaciers and 2,000 m summits. The deep valleys cut through the massifs, softly U-shaped and chiselled out by the gliding ice masses of the ice ages. In summer, Wolf's Bane, Globeflower and Alpine Blue Sow Thistle bloom. Above the floral display rise barren, glacier-clad mountainsides.

This is the land in which the reindeer and moose thrive, and with them – the predators. Thousands of years of reindeer migrations have etched winding reindeer trails into the valley floors. To reindeer herding, Sarek is a prime core area. The valleys are ancient migratory routes and around the national park there are many settlements belonging to the Sámi communities of Sirges, Jåhkågaska Tjiellde and Tuorpon.

Because people have lived here for such a long time, the traces in the landscape are many. The silent cultivated landscape is there for those who have learned to recognise it – goahte sites, reindeer pastures and ancient hearths. For thousands of years people have lived here. It is far from being a wilderness.

Since 1996, Sarek has been part of Laponia World Heritage Area.

VISIT LAPONIA ENTRY POINTS

Sarek is part of UNESCO's Laponia World Heritage Area, which also includes the national parks Stora Sjöfallet/ Stuor Muorkke, Padjelanta/Badjelánnda and Muddus/ Muttos, together with areas such as Stubbá and Sjávŋja nature reserves. Laponia was created to preserve nature and the living Sámi culture with thousand-year-old roots in the landscape.



Photo: Carl-Johan Utsi

NATURUM VISITOR CENTRE

At Viedásnjárgga in Stora Sjöfallet/ Stuor Muorkke stands Naturum Laponia Visitor Centre, which is the visitor centre for the entire Laponia World Heritage Area. Here you can light a fire in a lávvu tepee, take a guided tour of the exhibition, craft with the children, sample local delicacies, drink coffee and get tips on where to hike. The exhibition in Naturum deals with the entire world heritage area, which includes Sarek. Visitors are also given a picture of the people who live and work here, reindeer husbandry, fishing and everyday life. From Naturum you can then move on to any of the entry points into Sarek.

SUDDEN STORMS
In the mountains the weather changes quickly from sunshine to storm. Rain turns small streams into torrents that are difficult to wade. Plan your visit to Sarek with generous time margins and be prepared and aware that it is the streams, the winds and the snow that dictate your visit.



Illustration: Lisa Wallin

AKTSE

Aktse is one of the most important gateways into Sarek. On the boundary with the high mountains of Sarek, on the shore of Lake Lájtávrrre lies the small mountain homestead, where the King's Trail also passes. Many make overnight stays in STF cabins to go on day tours.



Photos: Laponiaijottjudus

HUHTTÁN/ KVIKKJOKK

At Huhttán, delta land, old-growth forest, low fells and high mountains come together. Sarek forms the backdrop for the village, which is one of the entry points to the area.



GISURIS

At Gisuris, the three national parks Sarek, Padjelanta/Badjelánnda and Stora Sjöfallet/Stuor Muorkke meet. Here you can choose the area in which to continue your journey.



SUORVVÁ

Hikers have the opportunity to walk through the gates, passing the Suorvvá dams to get to the trails on the south side. There, the hike or the ski tour begins through birch forest up towards the high Sarek mountains.



SIJDDOJÁVRRE

If you take a boat transfer across Lake Sijddojávrrre (Sitojaure) to Rinim at the western end you will come straight into Sarek National Park. The water is coloured green by glacier water from the high mountains.

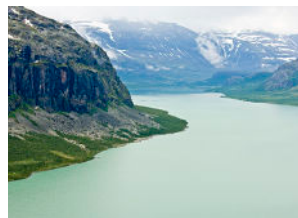


Photo: Tomas Johansson

GUEST OF THE LAND

Sarek is the most inaccessible area in Laponia, but well worth the effort once you get there. Make tours within an area or go on week-long journeys. Here are some of the highlights.

Photo: Mikael Svensson Johner



1 RÁHPAÄNO SUORGU-DAHKA/THE LÁJTÁVRRE DELTA

Once you arrive at the delta, it is quite breathtaking. The greenish-blue shimmering water meanders below the 600 m cliffs of the mountains Tjahkelij and Skierffe. This is the emblem of Sarek and the gateway into Ráhpavuobme, the Rapa Valley, even though strictly speaking the delta outflow lies outside Sarek National Park.

Photo: Göran Wallin



2 HAMBERG CABINS

At the beginning of the 20th century, the scientist Axel Hamberg built five red cabins in Sarek for research purposes. Four of them remain and one stands near the summit of Bårddetjåhkká at over 2,000 m altitude. They represent a fascinating cultural heritage, and are still used by researchers.

Photo: Anders Westergren



3 SAREKTJÁHKKÁ

Sarektjåhkká is among Sweden's highest summits and forms a wall between the valleys Guhkesvágge and Ruohtesvágge.

Photo: Carl-Johan Utisi



4 GUOHPERVÁGGE

The summer-green valley of Guohpervágge is much frequented as reindeer forage land, stretching from the upper parts of Ráhpavuobme to the boundary with Padjelanta/Badjelánnda National Park.

Photo: Peter Rosén



SACRED PLACES

Very special mountains and notable places are in many cases held sacred. Both at Skierffe and Nammásj there are a number of places where mankind and the gods would meet.

For a few intensive summer weeks the calf-marking sites bustle with life. Today, drones among other things are used in rounding up the reindeer.



Photo: Carl-Johan Utisi



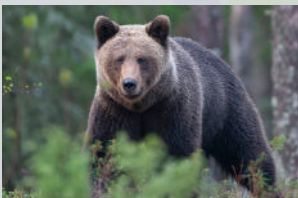
TJÁTJEGA

This land has been carefully trodden for thousands of years, so carefully that people mistake it for wilderness. We ask that you continue the tradition. Respect the land and thank it for what it gives. And when you go, take all traces of you with you.

WITH SKIS ON

It is practical to visit Sarek in winter, when the willow brush and the wild streams lie under the snow. But the weather can be even more unpredictable!

Photo: Peter Rosén



The bear has the soul of a human and the strength of nine, wrote the Sámi author Johan Turi. The powerful animal thrives here. On the site that is known as Predator Square, traces of bear, lynx, wolverine and wolf have been seen all in the same day.



Photo: Gilles San Martin



The Nordic Mountain Grasshopper *melanoplus frigidus* lives on mountain moors and has adapted its reproduction to a short summer. The bright colours are a way to appear poisonous and unappetizing to its hungry enemies

Photo: Jan-Erik Nilsson



Áhpár Mountain takes its name from the frightening old stories about children who haunt because they have not been given a name.

photo: Jörgen Wiklund



In Finnish, the Bluethroat is known as "satakielinen" – speaker of a hundred languages. In Sámi it is sometimes called "biellučizas", or reindeer-bell bird. It populates Sarek's birch forests in summer, filling them with its intensive warbling.



BIG SHOVELS

The birch-forested valleys of Sarek are rich in moose. There are particularly large moose here, which are sometimes called Sarek moose, where the bulls can weigh up to 800 kg and grow shovel-shaped horns almost 2 metres in size.

Photo: Lapontaluvottitudus



A RIOT OF GREENERY

In summer, Ráhpavuobme resembles a jungle. Northern Wolf's Bane is found on the pastures together with Melancholy Thistle and Wood Crane's-Bill. Bumblebees hum and the willow brush reaches above your head. The valley teems with life during the short, light summer months.



01 5 0km

Illustrations/map: Lisa Wallin



The Lule Sámi word for glacier, goasstejiegŋa, means “old ice”.



Leave the hearth stones as they are. They may belong to somebody, or be a memento of someone who lived here long ago.



GOOD TO KNOW

On your own. In Sarek, you are on nature's terms. No roads lead to the national park and there are no marked trails or winter tracks. The only marked route in Sarek is a stretch of the King's Trail in the South. Nor are there any overnight cabins, which means that you yourself must carry your tent and all the equipment you need for your visit. The best time for hiking in Sarek is July-September, or March-April for skiers.

Summer bridge. There are few bridges in Sarek and those that exist are in places that form important passages for reindeer herding. At Skárjá there is a summer bridge which is lifted away by helicopter every autumn and put back in place after the spring flood at the end of June. Laponiatjuottjudus always notifies of these events.

Wading. In Sarek you must be prepared to wade. Perhaps you need to cross in the morning when there is less water, using a staff, and crossing at the widest place, without holding on to anyone else and without lifting your feet too much. Cross diagonally, preferably against the current.

ORDINANCES

In Sarek you are nature's guest. Since it is a national park, there are special regulations for visitors. You may pick berries and mushrooms. You may also make a fire using dried twigs and branches, or make a shelter for yourself when you are hiking. You may pitch a tent for a day or so in the same place. But it is forbidden to:

- intentionally disturb foraging reindeer and reindeer herding
- leave litter
- damage or remove earth, stones and plants apart from berries and edible fungus
- collect eggs and catch, injure or kill animals
- hunt and fish
- bring a dog, except at certain times and in certain areas.

Reindeer husbandry rights apply here. They give reindeer herding Sámi the right to use land and water for themselves and their animals, for example for hunting, fishing; and to drive a snowmobile when working. It is your responsibility as a visitor to learn the complete regulations. They are available on www.laponia.nu

ON THE HIGHEST SUMMITS

No sprigs grow here. The ground is covered in stones. The temperature is often below zero, even in summer. High up on the Sarek summits, very little grows, only the occasional survivor and lichen adapted to a cold climate.

ON THE ICE RIM

Glacier Buttercup grows high up on mountain summits, often right on the edge of a glacier or below snow patches where the ground is damp. It is a true survivor and it has been shown to stay alive even though some years it does not even thaw. It is said that reindeer cows milk better if they eat Glacier Buttercup and in the past it was used as medicine against stomach



Photo: Göran Wallin

MOUNTAINTOP BIRD

When the Snow Buntings return in early spring they fly in flocks, hunting for food where the snow has begun to melt. They look for insects and last year's crowberry seeds. In Lule Sámi the species is called "tjåhkkåtsitsásj". It means "mountaintop bird" and refers to where the Snow Bunting thrives best.



Photo: Tor L. Tuorda

ICE AGE LANDSCAPE

Sarek's U-shaped valleys have been created by gliding inland ice. The jagged, hard mountaintops remain thanks to the mineral amphibolite, which stands up to weathering and the test of time.



Photo: Peter Rosén

THE COOL OF THE HIGH FELLS

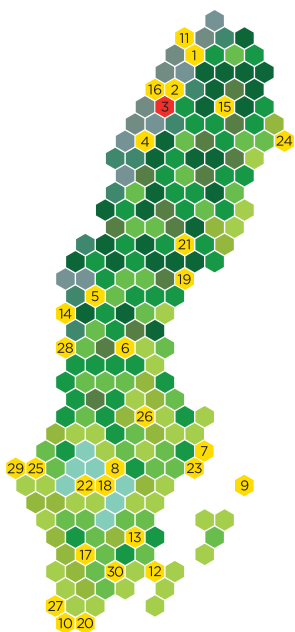
When warmth returns, the reindeer head for patches of snow and glaciers. On the warmest day you can see them higher up on mountainsides where they are left alone by irritating insects.



Illustration: Lisa Wallin



NATIONAL PARKS OF SWEDEN



1. **ABISKO** An easily accessible mountain valley with unusually rich flora.
2. **STORA SJÖFALLET / STUOR MUORKKE** Impressive peaks, glaciers and ancient pine woodlands.
3. **SAREK** Magnificent, demanding wilderness in a unique mountainous landscape.
4. **PIELJEKAISE** Expansive, pristine woodlands of mountain birch.
5. **SONFJÄLLET**
A low mountain with natural woodland and plenty of bears.
6. **HAMRA** A rare complex of natural woodland, wetland and watercourses.
7. **ÄNGSÖ** Genuine agricultural landscape with grazing animals and haymaking.
8. **GARPHYTTAN** This old agricultural landscape is a sanctuary for many songbirds.
9. **GOTSKA SANDÖN** Unique, beautiful island with miles of sandy beaches.
10. **DALBY SÖDERSKOG** Leafy woodland on the plains of Skåne.
11. **VADVETJÄKKA** Sweden's northernmost national park is a mountain with deep caves.
12. **BLÅ JUNGFRUN** An island of legends, with smooth rocks, deciduous trees and beautiful views.

13. **NORRA KVILL** One of the few old growth type woodlands in southern Sweden.
14. **TÖFSINGDALEN** Valley with ancient pine woodlands, rich in boulders and rushing waters.
15. **MUDDUS / MUTTOS** The land of vast wetlands and old growth woodlands.
16. **PADJELANTA / BADJELÄNNDA** Rolling mountain heaths and big lakes, far from the nearest road.
17. **STORE MOSSE** The largest wetland area in Sweden south of Lapland.
18. **TIVEDEN** A wooded landscape with a sense of wilderness.
19. **SKULESKOGEN** Coast with magnificent views and the world's highest isostatic lift.
20. **STENSHUVUD** Coastal hills, broadleaved woodlands, inviting heathlands and beaches.
21. **BJÖRNLANDET** Mountains, cliffs and woodlands with traces of old woodland fires.
22. **DJURÖ** Archipelago in western Europe's biggest inland sea.
23. **TYRESTA** Pristine woodland just south of Stockholm.
24. **HAPARANDA SKÄRGÅRD** Archipelago with sandy beaches and shallow waters.
25. **TRESTICKLAN** Roadless wilderness with expansive views from pine-covered ridges.
26. **FÄRNEBOFJÄRDEN** A mosaic of broadleaved woodlands and water in Nedre Dalälven.
27. **SÖDERÅSEN** Deciduous woodland, scree slopes, running water and a rich flora and fauna.
28. **FULUFJÄLLET** By Sweden's highest waterfall, old growth woodland meets mountainside that is white with lichen.
29. **KOSTERHAVET** Species-rich area of sea and archipelago with Sweden's only coral reef.
30. **ÅSNEN** Archipelago with hundreds of islands and old beech- and pineforests.

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