

Yttre Bodane

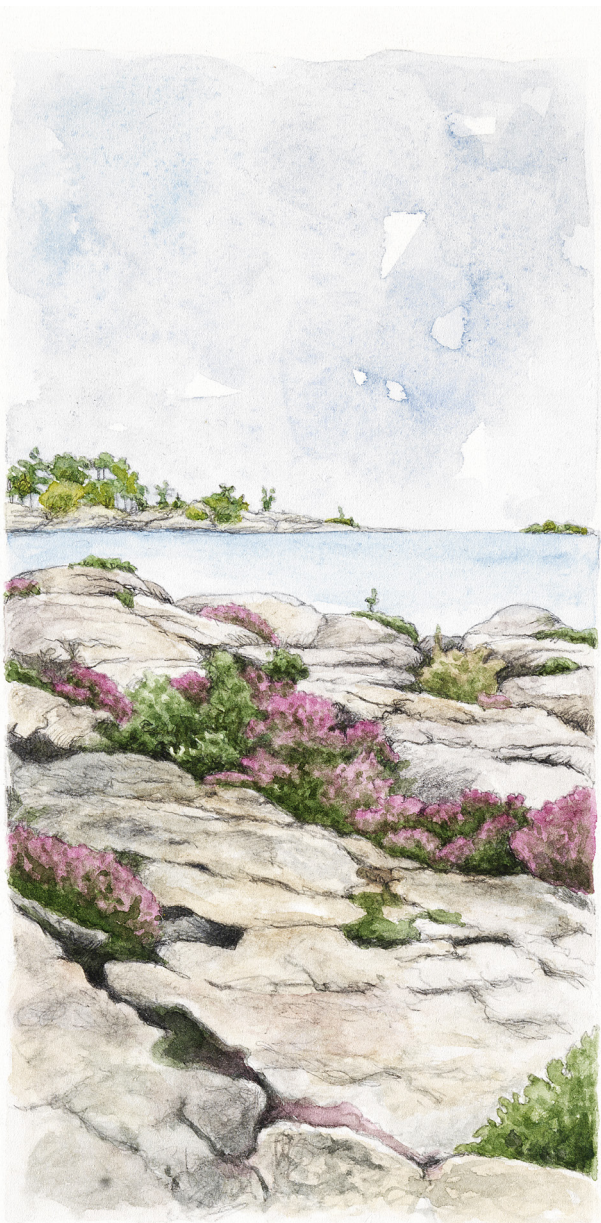


Welcome to Yttre Bodane

The Nature Reserve is located on a part of Lake Vänern's coast where the topography is very varied with a number of ridges and hills interspersed with small mires and fens in the valleys and hollows. In the southern parts the landscape shoots out into Lake Vänern and then splits up into an archipelago with lots of islands. The bedrock primarily consists of coarse red-coloured gneiss known as Kroppefjällsgneiss which often contains shale. The countryside is typical for the north western archipelago of Lake Vänern, with bare or pine dominated rocky areas and smooth, flat, exposed bedrock and islets with high, steep cliffs. There are also shingle beaches. Boardwalks and bridges along the almost 12 kilometre walking trails make it possible to walk far out into the archipelago. Some areas have been adapted for disabled visitors in the form of surfaced paths and a widened boardwalk at Jövik. This Trail is marked in orange on the map in the leaflet.

Wilderness Character

If you start from the Nature Reserve car park, Lake Vänern feels quite far away. The trail leads you through coniferous woodland and areas of exposed bedrock with lots of pine, where bilberry, cowberry, crowberry and heather also grow. Wavy hair grass, with yellow-brown, almost reddish panicles, is more extensive in the drier areas. Large boulders, steep cliffs which look like they are propped up by large



Blistered lichen
Lasallia pustulata

tree trunks, the cover of rough grey lichen and the creeping, exposed roots across the path, emphasises the feeling of undisturbed wilderness.

A Rich Lichen Flora

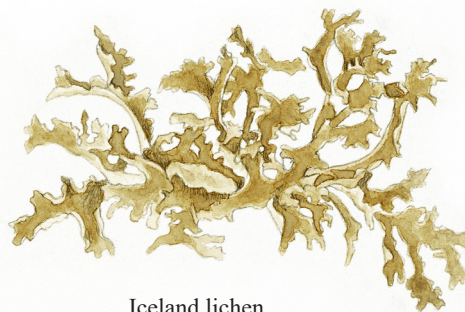
There are no less than 113 species of lichen that grow in the Reserve. Several of these are interesting and rare and the northerly species such as the Iceland lichen, grey horsehair lichen and snow lichen grow here. The most common lichen in the area is however blistered lichen, which is easy to distinguish from other species because of the blister-like formations on the upper side. This species was used to make dye. The presence of the rich lichen flora is thought to be a result of the special climate associated with the proximity to Lake Vänern, which also contains the largest fresh water archipelago in Europe.

The Flora of the Forests and Shores

The observant visitor may, among the grass and needles on the ground, spot the fleshy stems of the yellow bird's nest plant. Yellow bird's nest has no chlorophyll. It gets nutrients by forming mycorrhiza with a fungus, which in turn forms mycorrhiza with a tree. Labrador tea grows in the damper patches, with white, strong smelling flower heads and evergreen, shiny dark green leaves which have



Yellow bird's nest
Monotropa hypopitys



Iceland lichen
Cetraria islandica

wrinkled edges. In fissures, you can find the small decorative fern maidenhair spleenwort. When the smooth, flat rocks and reed beds indicate the close proximity of Lake Vänern, the flora changes completely.

In the summer the flowers of purple and yellow loosestrife shine purple-red and yellow on the coastal meadows and in small ravines. On the more species rich clay shores, you can find marsh speedwell with light blue, pale purple or white-blue streaked flowers, tufted forget-me-not, for which the leaf rosette has wilted at the time of flowering and the honey-smelling common marsh bedstraw. Creeping spearwort and silverweed both have yellow flowers and a creeping growth form whilst milk parsley lifts up its white flower heads on stiff ridged stems. The petals of the white and yellow water lilies shine from the open water amongst the reeds, rushes and different species of sedge. Higher up, level with the panicles, you can spot the butter-yellow flowers of greater spearwort on their stalks which can be up to one and half metres tall.

Here and there on muddy spots along the shore, grows one of Sweden's "carnivorous" plants. Sundew catches insects with the help of sticky glandular tentacles on the leaves, which the plant then "digests". The leaves sit on a long stalk in rosettes and the white flowers only open when the sun is shining. The seeds in the egg-shaped capsules are spread with



Purple loosestrife
Lythrum salicaria

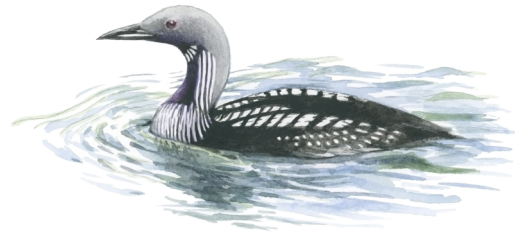


Round-leaved sundew
Drosera rotundifolia

the help of the wind. Marsh lousewort is a hemiparasite and lives, as such, partly on other plants. It has pinky-red flowers, pretty pinnate leaves and thrives on wet peaty soils.

Nesting and migrating birds

In the spring and summer ospreys hunt over the shallow bays. They hover with powerful wingbeats and dive down steeply into the water to catch fish. Breeding birds also include black-throated diver, great crested grebe with their decorative head plumes, goldeneye and goosander.



Black-throated diver
Gavia arctica

The great black-backed gull and other gulls nest in the outer archipelago whilst water rail, coot, snipe, reed warbler and reed bunting are associated with the shallow bays with reeds and the overgrown wetlands. Species such as crested tit, willow tit, other tits, black and greater spotted woodpecker prefer to nest in the pine woodlands. In the spring you can hear the bubbling mating call of the black grouse and the powerful thundering noise of wings indicates that you have may have accidentally disturbed a capercaillie.



Zander
Sander lucioperca

Osprey
Pandion haliaetus



Yttre Bodane with islands and islets act like a guiding line for migrating birds and the area is therefore interesting as an autumnal resting site. To protect the bird life it is forbidden to access some of the islets and islands between the 1st April and 31st July.

The King of the Forest and Other Animals

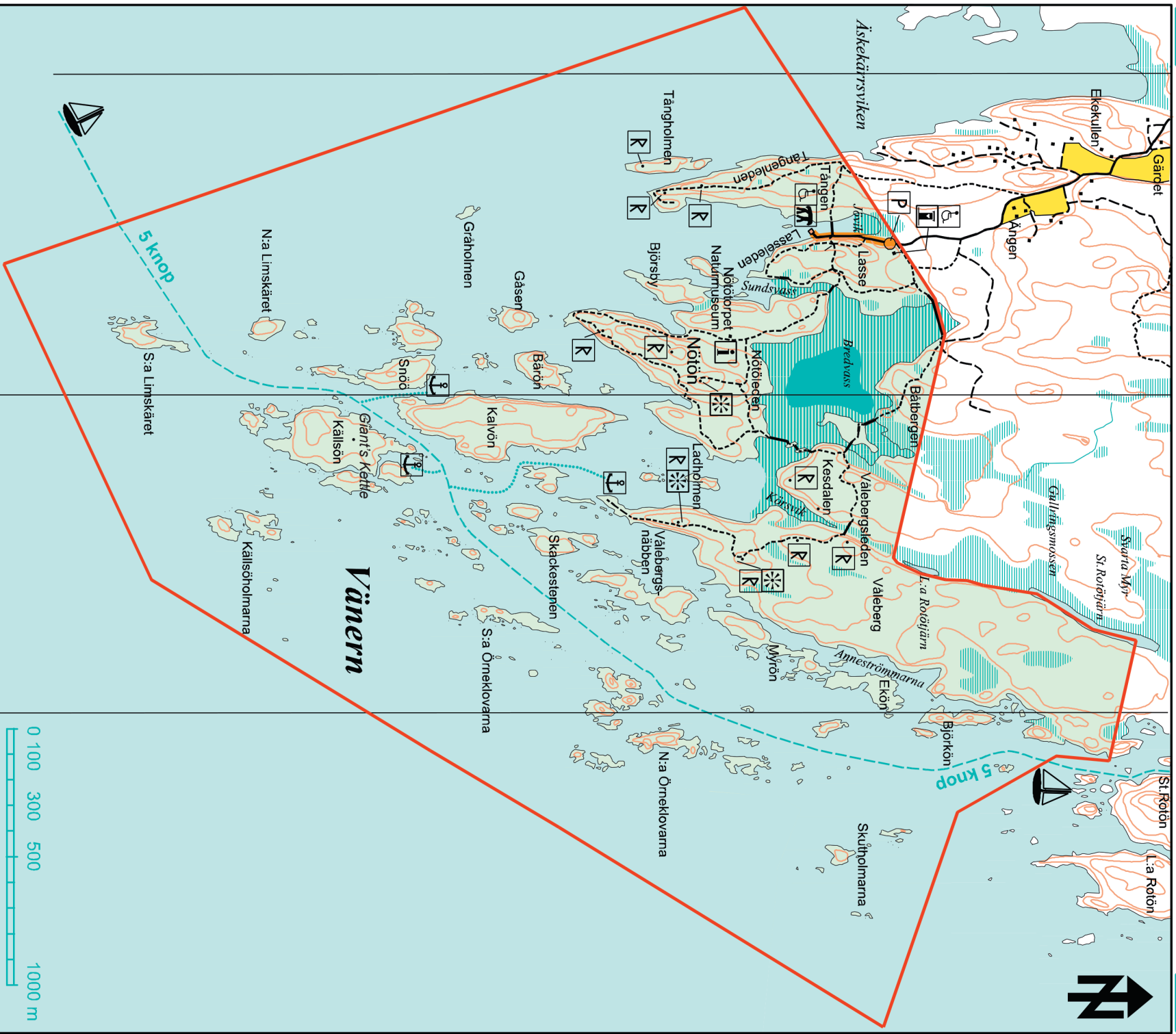
The roe, our smallest deer and the elk, by far the largest, seek out the Reserve. The latter has a fondness for eating the roots of the water lilies. If you are not lucky enough to see the animals, you will likely find their droppings, which can be found all over the place in the woodland and surroundings. On the rocks, adders can be seen sunbathing, whilst the common toad prefers damper areas. The fish species



Black grouse
Tetrao tetrix



Yttre Bodane Nature Reserve



Nature Reserve information

Max. speed within the Nature Reserve is 5 knots
www.vastkuststiftelsen.se

© Vastkuststiftelsen

Revised 2017

Approved LMV 970101

- Nature Reserve Boundary
- Surfaced Footpath
- Walking Trail
- Boardwalk
- Shipping Channel
- Other Shipping Channel
- Reed Bed

- Mooring Point
- Archaeological Remains
- Adapted for Visitors with Disabilities
- Canoe Launching Site
- Natural History Museum
- Car Park
- Toilet
- Viewpoint



found in Lake Vänern include pike, zander, perch and Vänern salmon.

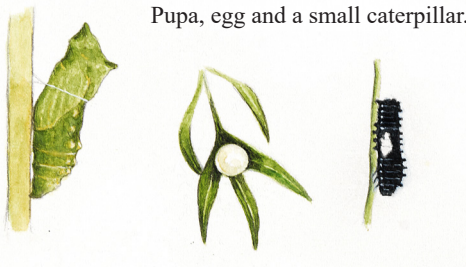
Lots of insects and other small creatures can also be found in the site; dragonflies, such as the very common four-spotted chaser, damselflies with their rustling wings fly over land and water and wood ants that build their impressive ant hills in the woods. The ant hills are primarily built of needles, but also blades of grass and twigs, which the workers have dragged home. The ant hills can be a metre high and an ant colony can consist of hundreds of thousands of individuals.

The modest common footman moth prefers to fly at night, but it is easily frightened into flying out of the vegetation during the day. The large, beautiful swallowtail butterfly looks very exotic. It lays its eggs on the leaves of milk parsley, where the larvae then live and develop. The completely purple larvae look almost like a bird dropping but as they grow and transform through different instars they develop a light green colour with red spotty black stripes. Other butterflies that can be seen include fritillaries, blues and browns.

Cultural History

The burial cairns that are found on the peninsulas and some of the islands in the area are thought to date from the Bronze Age some 2 500 to 3 500 years ago. It is likely that people have travelled along the coast of Lake Vänern even further back in time, sustaining themselves by hunting and fishing,

Swallowtail butterfly, *Papilio machaon*.
Pupa, egg and a small caterpillar.



maybe as far back as the period of land upheaval which separated Lake Vänern from the sea.

The partially overgrown foundations of a croft called Nötörpet can be found in the middle of Nötön, the largest island in the Reserve. The croft was inhabited in the 1920s. Peter Andersson and his family moved to this fishing croft in 1848 to live off fishing and small-scale farming. In the same glade in which the croft was located, there is now an outdoor museum which tells the story of the nature and culture of the Nature Reserve.

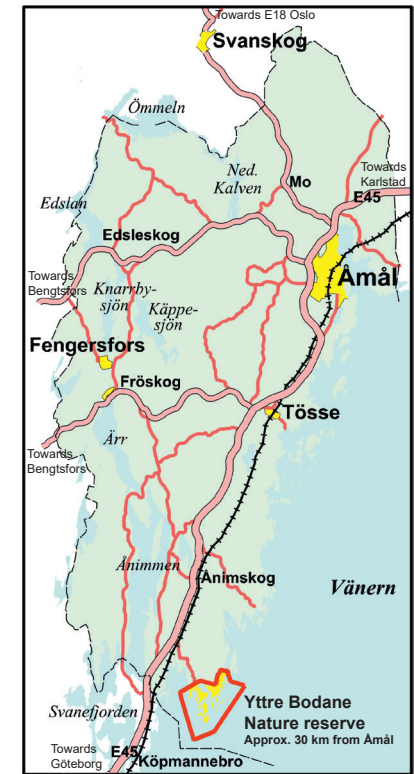
Some small hollows in the ground on Nötön give away the fact that there was once a commoner's clay quarry, which was renowned for its white clay. This was used by the local community to for example whitewash foundation stones.

Boating

With a boat you can experience the archipelago by following the boat trail. In some places it is possible to stop and lay anchor. The area is also popular with kayakers and it easy to put your kayak in the water at Jövik.



Swallowtail butterfly, *Papilio machaon*, on milk parsley. Adult butterfly and larva which has shed its skin.



Location

The Nature Reserve is located 27 kilometres south of Åmål, signposted from the E45 and some 7 kilometres northeast of Köpmannebro. From the E45, small roads take you to the car park from where different walking trails start.



Text: Ulla Åshede
Illustrationer: Kerstin Hagstrand-Velicu och Agnes Danielsson (orre, storlom, fiskgjuse)
2017