

The nature reserve of Skuleberget was formed in 1969 and has later been expanded to the current 224 hectares. The purpose is to preserve the characteristic silhouette and the symbolic value it has to the High Coast, and also to preserve the geological and botanical values on the mountain.

To get here:

Skuleberget is located a few kilometers north of Docksta, on the west side of the road E4. Skuleberget is not part of the national park Skuleskogen. The national park is on the east side of the E4 and has three entrances, see map below.

Nature reserve in Västernorrland County



Skuleberget

- in the High Coast/Kvarken archipelago
world heritage site



In the reserve you are for example not allowed to:

- Bring a dog without a leash.
- Pitch a tent.
- Make a fire, except on designated places.
- Damage living or dead bushes and trees.
- Move rocks (e.g. to build rock towers).
- Drive a motor vehicle or bicycle, except on designated places.
- Build something e.g. a hut, bench or board walk.
- Put up any sign, board, poster or marking.
- Conduct an organized event e.g. competition or scientific study without permission from the county administrative board.
- Pick plants, mosses, lichen and fungi, except from some eatable mushrooms.



You can find a complete list of the restrictions and more information about Skuleberget here:
www.lansstyrelsen.se/vasternorrland

To contact naturum:

0613-700 200

info@naturumhogakusten.se



Production/ layout: Länsstyrelsen Västernorrland

Photos: Erik Engelro

Maps: Henrik Reintz (Reintz produktion)

Illustrations: Johanna Öhrling and Listera AB



Länsstyrelsen
Västernorrland

high coast
kvarken
archipelago
WORLD HERITAGE

naturum
The High Coast
World Heritage Center

With a map!



Welcome!

Skuleberget is a well-known feature if you travel on the E4 through the High Coast. This steep mountain is a good example of the landscape that is distinct for the High Coast area. Skuleberget is a popular tourist destination and thousands of people hike or climb to the top every year to enjoy the spectacular view. At the foot of the mountain you find naturum with exhibitions and information about the High Coast.

From island to mountain

During the last ice age the ice cap compressed the land. After the ice was gone 10 500 years ago most of the High Coast was covered by the sea and only the top of Skuleberget reached above water. After the ice disappeared the land mass started to rise. The once nine-meter-high island is today a 295-meter-high mountain.



Skuleberget is one of few till-capped mountains in the High Coast. That means that the top of the mountain has a layer of soil (till) and spruce, while the sides of the mountain are barer. The cliffs that were under sea level after the ice age were eroded by the water. Only the peaks that reached above sea level kept their caps of soil.

Skuleberget holds the world record for land uplift since the last ice age. At the top of the mountain you can find a metal strip that marks the highest coastline ever measured, 286 meters above sea level.

The land uplift process is not done yet. The High Coast area rises eight millimeters every year and will rise approximately another 100 meters before it stops. This will take several thousand years.

Warm mountain side

The steep eastern slope of Skuleberget captures the heat of the sun and provides a warmer local climate and longer growing season than its surroundings. This provides excellent conditions for plants that normally do not grow this far north. One of the northern most outposts of wild Hazel (*Corylus* spp.) and Small-leaved Lime (*Tilia* spp.) are found here. You can also find Angular Solomon's seal (*Polygonatum* spp.), Herb-Robert (*Geranium* spp.) and Maidenhair Spleenwort (*Asplenium* spp.)

Oddly enough you also find plants that are typical in more alpine regions, such as Tufted Saxifrage (*Saxifraga* spp.), Green Spleenwort (*Asplenium* spp.) and Three-leaved Rush (*Juncus* spp.). They are probably a remain from after the ice age when the climate was colder than today.



Small-leaved Lime (*Tilia Cordata*)
Characteristic heart-shaped leaves. Can be either a bush or a tree and can be found at the start of the red/white climbing route.



Maidenhair Spleenwort (*Asplenium trichomanes*)
Grows in rock crevices and can be found along Grottstigen.



Tufted Saxifrage (*Saxifraga cespitosa*)
Grows on rock ledges and can be found along the red climbing route.

History

Skuleberget is mentioned in the earliest travel tales from the region of Ångermanland and the name is marked on the very first maps over Scandinavia. The famous scientist Carl von Linné stopped here on his journey to Lapland in 1732 and describes a dramatic climb on the steep slope.

Ever since the 14th century there has been a road along the Swedish coast. It has always gone past Skuleberget and through the great forest of Skuleskogen. Back then it was a narrow and secluded road. According to folkloric tales robbers resided in Skuleskogen and attacked travelers who passed by. It is unsure whether these tale are true, but it would certainly have been a very strategic location for a band of robbers.



The cave

In the steep slope of Skuleberget you can see a large cave opening. The cave was likely formed from erosion by waves from the sea. This cave has long been the main attraction on Skuleberget. One of the visitors was king Karl XI who visited in the 17th century. After his visit the cave is referred to as the King's cave. Another name is the Robber's cave, due to the folkloric tales of robbers. Archeologists have found traces indicating that this cave was used by hunters and fishermen during the stone age.

Here you find

Naturum Höga Kusten: Visitor center with exhibitions, activities and information about the High Coast. Open daily from April to September.

www.vardlsarvethogakusten.se/en/visitorcenter/

Restaurant: In the same building as naturum you find a restaurant/coffee place. A café is also located at Friluftsbyn.

Parking and bus: At Skuleberget you find a large parking area for visitors. You can also come here by bus. Search for the bus stop 'Naturum Höga Kusten' at: www.dintur.se

Playground: In front of naturum is a playground with themes from the world heritage site of the High Coast. A playground is also located at Friluftsbyn.

Cableway: The cableway up to the top of Skuleberget is currently closed and will open again in year 2022.

Information on the hiking trails

1. Gröna slingan: An 800 meters long wheelchair-accessible path in the forest passing a beautiful stream.

2. Upptäckarsången: This short hikingtrail for children is a work in progress and not ready yet.

3. Grottsången: The cave trail is a steep and rocky trail to the top of Skuleberget. It is appr. 600 meters long but takes about half an hour to hike. Halfway up is a detour to the cave. Choose this way up and not down, due to the difficulty walking downhill when it is very steep. It is also inadvisable to hike here in wet weather.

4. Södra Bergsången: The south mountain trail is 2,5 km long and goes on the south side of the mountain on its way to the top. It is less steep than Grottsången but still rocky and strenuous. It takes 1 – 1,5 h up and under

Toppsången: Peak cabin that serves coffee and light meals. Find opening hours at: www.friluftsbyn.se

Skuleberget Naturscen: Next to Skuleberget is an outdoor stage with music and theater events: www.skule.se

Via Ferrata: There are four climbing routes on Skuleberget. To climb contact the company Via Ferrata: www.viaferrata.se

Friluftsbyn: Campsite and cottages. Tents allowed. www.friluftsbyn.se

Skuleberget Havscamping: Campsite and cottages. No tents. www.skulebergethavscamping.se

Höga Kusten Kajakcenter: Rent kayaks. You can also rent kayaks and canoes at Friluftsbyn. www.hogakustenkajakcenter.se

an hour down. Very nice views on the way down.

5. Östra Bergsången: The east mountain trail is 2,7 km and goes on the north and east side of the mountain on its way to the top. It is less steep than Grottsången but still rocky and strenuous. It takes 1 – 1,5 h up and about an hour down. We recommend this trail to the top if you want to avoid the steep Grottsången. It is also recommended in warm weather because it has more shade.

6. Kalottsången: This 900 m long trail goes around the mountain top where the sea level was after the last ice age.

7. Höga kustenleden: The 128 km long High Coast trail passes Skuleberget on its way through the High Coast.

Cable way path: An unmarked path to the top from the valley station. *(Vehicles are forbidden)*

FAQ

Can my child hike up to the top of Skuleberget?

Yes, but it depends on the child's experience with hiking in strenuous terrain. Some five-year-olds can hike up and down by themselves, but that does not mean that everyone can. Avoid Grottsången with small children.

Can I bring my dog when I hike on Skuleberget?

Yes, but it depends on the size of the dog and its experience with strenuous terrain. Avoid Grottsången with a dog, the metal grid stairs can be dangerous for paws. Keep in mind that your dog must be on a leash.

Can I leave my car on the parking lot if I am going hiking for a few days?

Yes, it is alright if you let the staff at naturum know.

Can I pitch my tent at Skuleberget?

No, it is not allowed to pitch a tent in the nature reserve. Organized tent spots you find at Berras ägda 500 m north of naturum and at Friluftsbyns camping.

Can I camp in a camper/caravan on the parking lot?

No, according to the rules you are allowed to park your car over night but not allowed to camp here. You find campsites at Friluftsbyn and Skule Havscamping.

Is there any viewpoint a disabled person can reach while the cableway is closed?

Yes, at the west entrance (Entré Väst) of Skuleskogen national park there is a wheelchair-adapted path to viewing platform. To find Entré Väst drive north on the E4 from Skuleberget.

Skulebergets naturreservat



SYMBOL EXPLANATIONS

1	Gröna slingan	i	Information	⚡	Ski slope
2	Upptäckarstig	⛑	Rest area	🚡	Ski lift
3	Grotstigen	🌬	Wind shelter	🛖	Cabins for rent
4	Södra Bergsstigen	🛖	Rest cabin	🚌	Bus stop
5	Östra Bergsstigen	♿	Wheelchair-accessible	🚐	Camping for camper/caravan
6	Kalottstigen	☕	Café	⛑	Camping for tents
7	High coast trail	🍴	Restaurant	🏠	Höga Kusten Kajakcenter
***	Path to Via Ferrata	🧗	Via Ferrata		
✳	Border of the reserve				
*****	Cable way path				

