

# ACTIVITIES IN VATTENRIKET

Nature is an excellent source of pleasure and relaxation – a setting in which you can socialise with friends, or savour moments of solitude. And in Sweden, nature is here for all to enjoy. Summer, winter, autumn and spring. Every season offers new experiences. Welcome to Kristianstads Vattenrike!

## PICNICS AND BARBECUES

Getting together with friends and family in the great outdoors is a fun way to experience Kristianstads Vattenrike. Many of the designated visitor sites have picnic tables and benches, where you can sit and chat or eat. Some sites also have barbecue facilities, but don't forget to bring your own wood or charcoal.

Our top tips include sites such as Norra Lingenäset, Ekenabben and Äspet.

## FISHING

There are many species of fish in the River Helge å, more than in many other places in Sweden. You do, however, need a fishing permit to fish. You can buy this at the naturum Vattenriket visitor centre and the Tourist Centres in Kristianstad and Åhus, or by using your mobile phone. There are, of course, certain rules about which fish may be caught and when. Some of our local fish – the European catfish, for example – are rare and are therefore protected.

Our top tips include sites such as Kanalhuset, Kavrö bridge and Gropahålet.

## HIKING

You are never far from nature in Kristianstads Vattenrike. Why not take a walk at one of the visitor sites? Routes are clearly marked with colour-coded posts. Boardwalks make getting around easy where the ground is wet underfoot. Do remember, however, always to keep your dog on a leash if you cross a cattle field – and keep well away from the cows. Our top tips include sites such as the Linnérundan Trail, Norra Lingenäset and Hercules

## BIRDWATCHING

Kristianstads Vattenrike is an ideal place to observe birds. White-tailed eagles can often be seen around the River Helge å in winter, and thousands of cranes rest near the Pulken visitor site each spring. There are lots of birdwatching towers dotted around Kristianstads Vattenrike. Make sure you take your binoculars, or hire a pair from the naturum Vattenriket visitor centre.

Our top tips include sites such as the Linnérundan Trail, Håslövs ängar, Hercules and Äspet.



Picnics and barbecues



Fishing



Hiking



Birdwatching

*Thanks to the Right of Public Access everyone is allowed to move freely through the Swedish countryside. But we must all always show due respect for nature, landowners and other visitors. That means taking care not to destroy or disturb. Always throw away any rubbish in litter bins if these are provided; otherwise, take your rubbish home with you. Please refer to the information published by the Swedish Environmental Protection Agency for full details of what is and is not permitted.*