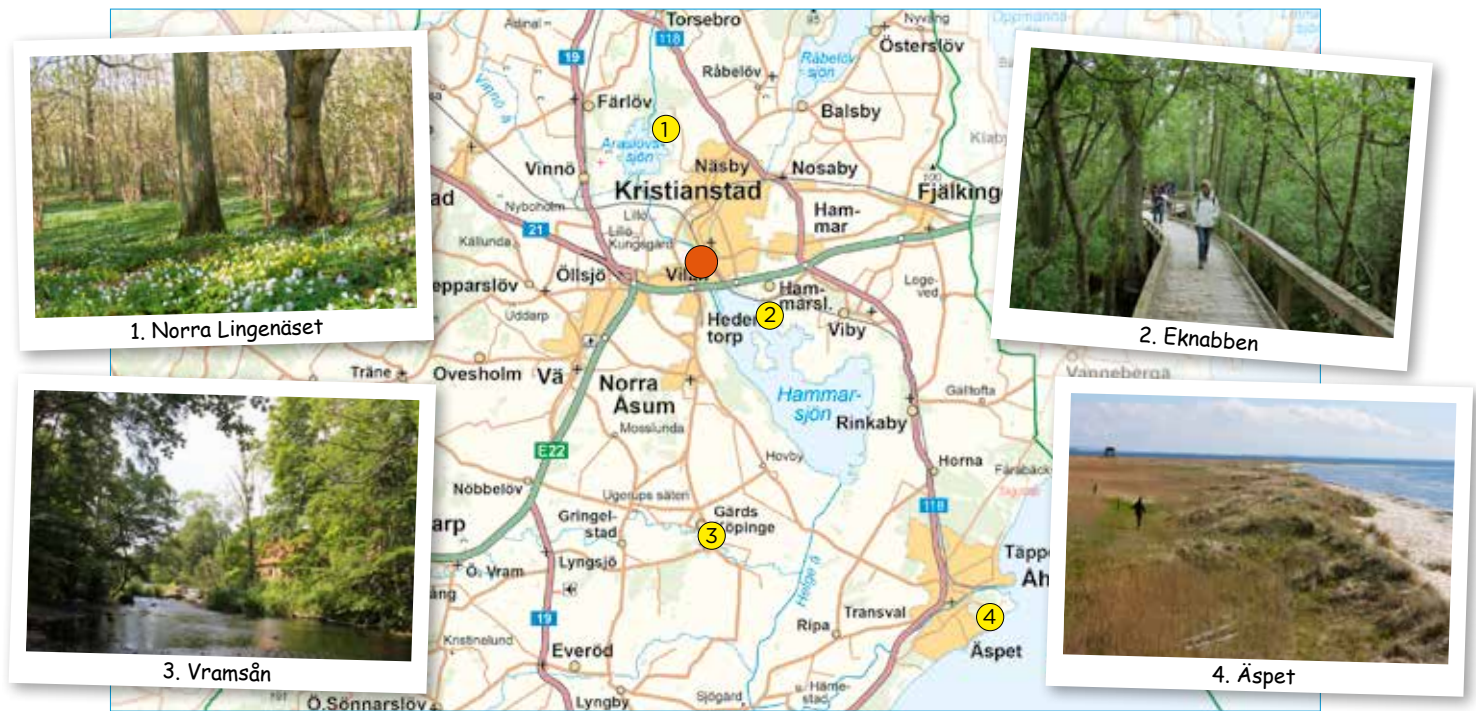


SOME OF THE JEWELS OF VATTENRIKET



● naturum Vattenriket Visitor Centre

1. NORRA LINGENÄSET

Norra Lingenäset is a beautiful leafy forest close to the heart of Kristianstad. In spring the ground here is carpeted with flowers and birds sing in the trees. The path leads to a birdwatching tower overlooking Lake Araslövssjön. If you want a longer walk, you can explore the surrounding pastures and wet forests. There are toilet facilities next to the car park and a large picnic table with benches. The nearby barbecue site offers a wonderful view of the surroundings. Directions: Norra Lingenäset is just north of Kristianstad. You can cycle or drive here or take the city bus service number 1 to Albogatan and walk the remaining 2 kilometres.

2. EKENABBEN

Ekenabben, on the shores of Lake Hammarsjön south-east of Kristianstad, is a pleasant spot for a picnic or a barbecue. You can fish here, too, (permits can be purchased at the naturum Vattenriket visitor centre), or observe the birdlife as you follow the raised boardwalk that takes you some 800 metres through the unspoilt forest. Down by the water's edge is a grove of beautiful old oak trees. From there a path leads to the birdwatching tower with fine views over Lake Hammarsjön. There are toilet facilities at Ekenabben. Directions: The Ekenabben visitor site is at Hammarslund. It is within walking distance and easy cycling distance from the centre of Kristianstad. Or you can take the city bus service number 1. There is also a car park.

3. VRAMSÅN

The Vramsån is one of our finest local rivers. Mussels, insects and fish thrive in the clear, healthy waters that flow down Linderödsåsen Ridge to the River Helge å. The old bathing site in the village of Gärd's Köpinge brings you close to the river, with its stone-lined banks and great chestnut trees. Nearby is a car park and also a small meadow with a barbecue site. Permits to fish here can be purchased at Kristianstad Tourist Centre. Directions: The Vramsån visitor site is in Gärd's Köpinge. You can cycle or drive here or take the regional bus service number 553. A sign shows the way along the cycle path to the river's edge.

4. ÄSPET

Äspet is beside the sea at Åhus. In addition to the fantastic sandy beach there is also a shallow lagoon that attracts endless numbers of birds. Two birdwatching towers overlook the lagoon. Further inland is the Kronoskogen recreation area, criss-crossed by numerous forest paths. There are parking and toilet facilities by the beach. Paths lead north from the car park to the birdwatching towers, while 150 metres to the south there is a barbecue site close to the road among the sand dunes. Directions: Äspet is on the south bank of the river opposite the docks in Åhus. Follow the road called Ävägen and then Snickarehaksvägen to the beach. Bus 551 connects Ävägen with the centre of Åhus.

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