

Cycling in Vattenriket

The Vattenriket Grand Tour

Cycle beside lake and sea

This 80 km cycle tour takes you east of Lake Hammarsjön to the sea at Åhus, where you'll find lots of places to eat or stay. Then follow the coast to Yngsjö and Maglehem, before heading north via Degeberga and Gärd's Köpinge back to naturum Vattenriket visitor centre. Pack snacks, binoculars and swimwear. And don't forget your cycle helmet!



Discover Vattenriket by bike



Start your cycle trip at naturum Vattenriket



Explore Vattenriket's visitor sites



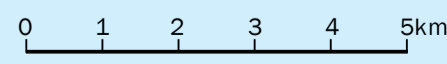
Barbecue and picnic sites along the route



- 1 Naturum Vattenriket
- 2 Ekenabben
- 3 Håslövs ängar
- 4 Hercules
- 5 Stork Centre
- 6 Åsehus
- 7 Äspet
- 8 Gropahålet
- 9 Forsakar
- 10 Degeberga backar
- 11 River Vramsån
- 12 Åsums ängar

KEY

- Visitor site in Vattenriket
- Bathing site
- Birdwatching tower
- Barbecue site
- Church
- Castle
- Viewpoint
- Hiking trail
- Toilet



Naturum Vattenriket (1): Here, at the visitor centre in Kristianstads Vattenrike Biosphere Reserve, you can check out the fish in our aquarium and take a trip in Opteryx. There is also a restaurant and rooftop terrace overlooking Kristianstad's city centre, the wetlands and the river.

Ekenabben (2): Once a popular venue for dances, today Ekenabben is a much loved visitor site. Follow the boardwalk into the fascinating alder carrs, watch birds from the tower by the lake and relax with a picnic on the shores of Lake Hammarsjön.

Håslövs ängar (3): At almost 200 hectares, this is one of Sweden's largest areas of seasonally flooded grasslands. In early summer marsh marigold, cuckooflower, yellow rattle and ragged robin bloom in the meadows. The platform here gives you a good view of local birdlife.

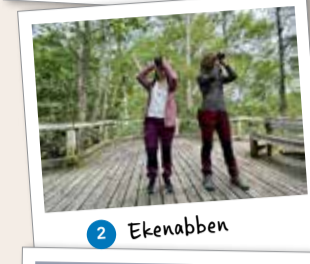
Hercules (4): An area of open meadows, reed beds, willow thickets and ponds. Dragonflies patrol the waters here, and greylag geese, coots, great crested grebes and black terns nest in the ponds.

Stork Centre (5): Storks used to be common in Skåne but disappeared when wetlands were drained. The Stork Centre in Viby has been part of a successful reintroduction project. Today storks nest freely on farm rooftops.

Aosehus (6): In Åhus, at the mouth of the River Helge å, lie the ruins of Aosehus Castle. Down by the river you'll find information about the fascinating history of Aosehus and the medieval port of Åhus.



1 naturum Vattenriket



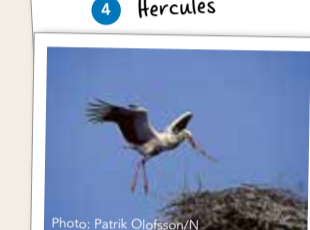
2 Ekenabben



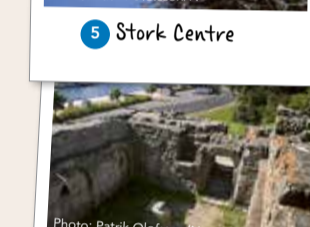
3 Håslövs ängar



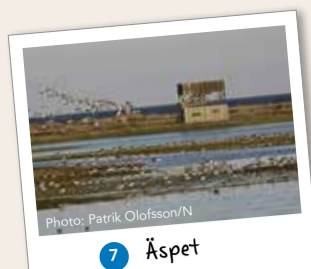
4 Hercules



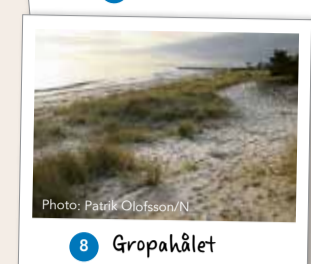
5 Stork Centre



6 Aosehus



7 Äspet



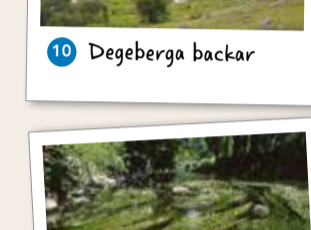
8 Gropahålet



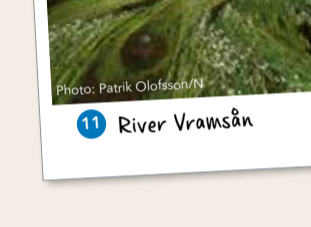
9 Forsakar



10 Degeberga backar



11 River Vramsån



12 Åsums ängar

Äspet (7): A biodiverse coastal nature reserve of mixed forest, lagoons and sandy beaches. Pied avocet, little tern and shelduck breed here, and the observation towers offer good views of local birdlife.

Gropahålet (8): When farmers in Yngsjö dug a ditch to the sea in the 1700s, the River Helge å cut a new channel at Gropahålet. North of the river are high, pine-covered dunes. Sand pinks and pasque flowers thrive on the sandy grasslands to the south.

Forsakar (9): Nature reigns freely in the 40-metre deep Forsakar ravine. Dead and fallen trees are part of the landscape here, home to two of Skåne's highest waterfalls.

Degeberga backar (10): These gently rolling hills are an idyllic reminder of bygone times – an ancient cultural landscape shaped by humans and grazing animals. Hairgrass, sand pinks and other plants grow in these warm, sandy soils.

River Vramsån (11): Stone-lined banks and large chestnut trees frame the river at Gärd's Köpinge. From the summer shade of the bathing site, you may spot grey wagtails and dragonflies darting over the river water crowfoot.

Åsums ängar (12): A remnant of the old seasonally flooded grasslands. Good views from the tower over Lake Hammarsjön and of birds in the pastures and hayfields.



Start from naturum

The Vattenriket Grand Cycle Tour takes you through varied landscapes to 12 fascinating visitor sites. Pick up maps and information at the naturum visitor centre, explore the exhibition and eat in the restaurant or enjoy your own picnic on the rooftop terrace.



Welcome to Vattenriket

The rich wetlands of Kristianstads Vattenrike Biosphere Reserve are located in northeastern Skåne. At their heart, easily accessible by road, rail and air, is the city of Kristianstad and, just 400 metres from the railway station, the naturum Vattenriket visitor centre.



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naturum
Vattenriket

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