

The River Helge å meets the sea



Kavrö Bridge is a good place to start.



The River Helge å winds through the countryside.



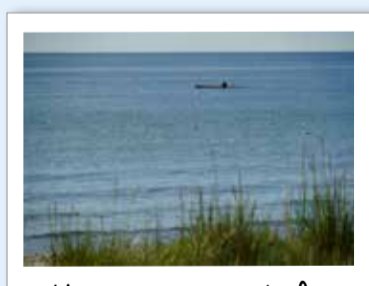
Härnestad channel – the river's original course.



Egeside evokes a sense of wilderness



Gropahålet, where the river meets the sea.



The open sea is only for experienced kayakers.

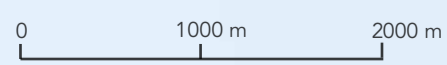
From Kavrö bridge to the sea
 From Kavrö Bridge (1), just south of Lake Hammarsjön, follow the river's main channel to Yngsjö. Canoe through pleasant wetlands, reed beds, willow thickets, alder carrs and past coastal pastures. Take out on the south bank at Gropahålet (2).

The old channel to Åhus
 An alternative route follows the old course of the River Helge å via the Härnestad channel (3) to Åhus. The river winds through farmland, with a rest area (4) and a fish smokehouse (5) where you can take a break. In Åhus, visit Aosehus ruins (6) next to the guest harbour and its boat ramp. You can stay overnight at a hostel or hotel in Åhus.

Sea canoeing and kayaking
 Experienced kayakers can follow the Baltic Sea coast between Åhus and Gropahålet. Always take wind and currents into account along the open coastline. Also, respect the bird sanctuary in Äspet Nature Reserve (7). Access is prohibited from 15 March to 30 September, so you must paddle far out to sea, beyond the outermost skerries. An alternative is to launch or land at Snickarhaken (8).

KEY

Visitor site in Vattenriket	Barbecue site
Car park	Nature reserve boundary
Nature reserve	Bird sanctuary, access limited at times
Bus stop	Fishing prohibited 15/3 to 15/7 to protect birdlife
Toilet	



Wetlands and cityscapes

Round Blackan islet

Start from the Tivoli Park jetty (1) or Kanalhuset open-air museum (2). Paddle north past Ister-näset's seasonally flooded grasslands. Take the eastern river channel. The hill south of the railway bridge is a good landing point (3). Continue into Lake Araslövssjön and back via the western channel – maybe after a detour to Franckes udde (4) at Näsby fält. A visitor site at Lillö (5) has information about the local nature and castle ruins. Land at the jetty (6).

Ekenabben

A canoe trip from Kristianstad to Ekenabben (7) is full of experiences. Follow Hammarslund embankment on the northern shore of Lake Hammarsjön into the small sheltered bay. A boardwalk at Ekenabben takes you into the alder carrs. There is also a birdwatching tower, barbecue area, fishing jetty, campsite and toilets.

Important information

- ! From 15 March to 15 July, it is prohibited to go ashore in the bird sanctuary at Ister-näset.
- ! Only experienced canoeists should paddle across Lakes Hammarsjön and Araslövssjön. It can quickly become windy, and the marshy shores make it difficult to land.
- ! To protect local birdlife, please avoid canoeing along the western shore of Lake Araslövssjön and parts of Lake Hammarsjön before Midsummer. We recommend day trips in the area between the lakes and south of Hammarsjön.
- ! Canoes, etc. are prohibited in the naturum lake.



KEY

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| | Nature reserve | | Camping site |
| | Bus stop | | Nature reserve boundary |
| | Railway station | | Bird sanctuary, access limited at times |

Enjoy Vattenriket from the water

Few outdoor activities are as restful as slowly gliding past the River Helge å's reed beds, wet forests and seasonally flooded grasslands in a canoe.

Hire a canoe or kayak

You can find links on visitkristianstad.se to local firms that rent out kayaks, canoes and paddleboards.



Canoeing in Vattenriket. Let our film inspire you!



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.



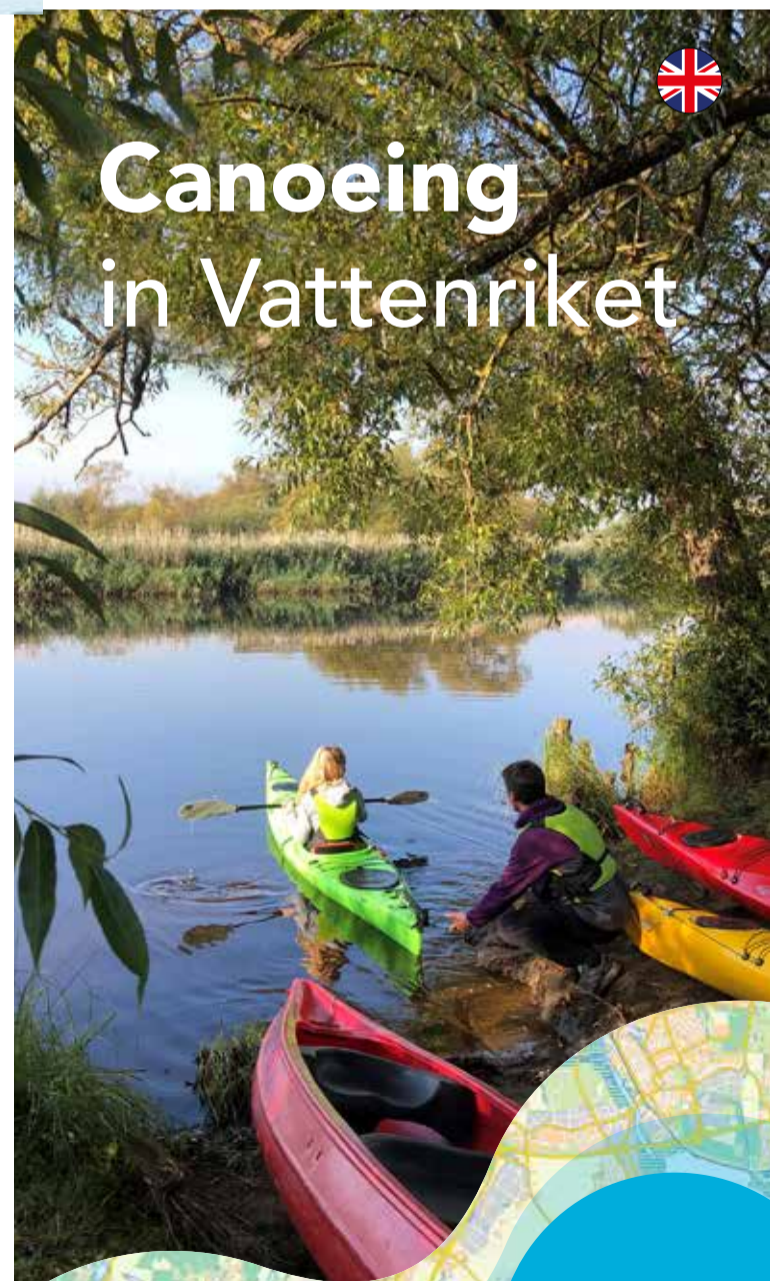
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Vattenriket



Canoeing in Vattenriket



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Vattenriket

