

## 68. Lyngemadssjön



**The Lyngemadssjön lake is in a varied natural environment of old coniferous forest, marshland, steep rocky slopes and a cave. There are many unusual birds, mosses and lichens. If you are lucky you might see an otter in the Hästgångsån River.**

At the south-eastern corner of the municipality is the Lyngemadssjön lake, which is a dammed section of the Hästgångsån river. The lake is nutrient-poor and coloured brown with humus matter. The number of islands in the lake can vary, as the water level is raised and lowered because of the power station dam. On the islands are knotty pine trees, some of which are 300 years old. A nature conservation burning was conducted here in 2013, with the object of helping the pine trees.

At the Lyngemadssjön lake, breeding birds include black-throated

diver, osprey, common sandpiper and teal. During the summer, resting waders are a common sight, for example, greenshank and green sandpiper. In the lake are fish such as perch, pike and bleak.

In the reserve is coniferous forest, mostly pine trees and also spruce. Some trees are over 200 year old, on some can be found red ring rot which thrives on pine trees that are older than 150 years. Birds of prey build their nests in the old, large trees. The black woodpecker, which is particular about where to build its nest, is in the area. Old black woodpecker nests are

re-used by other birds such as goldeyey, stock dove and various species of owl.

In the spruce woodland are several unusual mosses on the very old trees, including Heller's notchwort and rustwort. The ground is covered with typical marshland plants, for example, bog mosses, lingonberry, bog bilberry, blueberry, cloudberry and cranberry.

By Hästgångsån you can find a cave, Skomakarens kammare (The shoemaker's chamber) where a shoemaker once hid for years to avoid war service.



### WORTH KNOWING

In the reserve is a footpath 2.5 km long. Boots are recommended. The reserve is 165 hectares, of which 44 are in the Municipality of Jönköping.

**HOW TO GET THERE:** From Jönköping take the E4 road, turn into road 30, drive towards Ödestugu and follow the direction of the sign which says Naturreservat (nature reserve] at the northern end of the Hokasjön lake. From Ödestugu, drive south, after about 5 km drive in the direction indicated by the sign Naturreservat.

**PARKING:** Parking is available along the road between the lakes.

**BUS:** Bus towards Lammhult to Hooks herrgård, then walk about 3 km via foot paths with signs.

**DIFFICULTY:** ● *Medium*



Tawny grisette



Bog bilberry



Teal