45. Domneån

The Domneån river nature reserve, which is shared by the Jönköping and Habo municipalities, is at the mouth of the river where it flows into Lake Vättern.

In the Domneån nature reserve are the Domsand boat harbour and bathing place with a wonderful bathing beach, and in the south-east there is the Backamoskogen wood which is a popular open-air recreation area.

The Domneån river flows along the border between Småland and Västergötland. Down at Backamo the sides of the long valley are steep and high. Here one can see how the river has eroded down through the sand plateau and formed soft, curvy valley sides.

The mouth of the Domneån is a broad ravine with peat and marshland in the lower part. The deep layers of peat show how the climate and the landscape have changed over several thousand years.

The Domneån river flows on through the middle of the open, level marsh area. A walking bridge leads over the marsh area, making it possible to study marsh plants and creatures at close quarters. In the northern part of the reserve, the path continues along a fringe environment. When beavers are active in the area, perhaps you can see gnawed wood and some felled tree trunks. On the northern side of the Domneån river in the pinewood, which is about a hundred years' old, there are many paths. The wood is on sandy ground with blueberry and lingonberry plants and steep shoreline banks out towards Lake Vättern.

Valerian

WORTH KNOWING

There is a campsite east of the harbour at Domsandsvägen, open in summer.

HOW TO GET THERE: Road 195 north from Jönköping towards Hjo, right towards Bankeryd, left at the sign Naturreservat. Or try Kortebovägen through Bankeryd, right at Domsandsvägen at the sign Naturreservat.

PARKING: Parking at Domsandsvägen at the campsite, and on the north side of the river (Habo municipality) at the bathing place in Domsand.

BUS: Towards Bankeryd, the bus stop is Domsandvägen. Walk about 1 km through Domsand's industrial area and you reach the river.

DIFFICULTY: *Medium*

Twinflower

Yellow flag

Beaver

Chanterelle