

# 1. Lake Vättern

Lake Vättern has much to offer as regards nature and outdoor life. Above all, if you are interested in bathing, fishing or boating. Or skating after the ice has formed.

Jönköping has a unique position, next to a vast, beautiful, open lake. You have an impression of living next to the sea, and that is quite correct. Lake Vättern was once a bay of the Yoldia Sea. The landscape around the southern side of Lake Vättern is very varied, with long, sandy beaches suitable for bathing right in the middle of the city, eroded slopes of sandbanks, the high fault scarp on the eastern side with its verdant deciduous forest, the barren pine woods on the heights, and many brooks and streams which run into Lake Vättern.

Lake Vättern is Sweden's second-largest lake and the seventh largest in Europe. It is 135 km long and 31 km wide at its widest. The shoreline around the lake is 516 km long,

99 km of it is in the Municipality of Jönköping.

Lake Vättern is a nutrient-poor lake with a visual depth of about 13 metres.

Of Sweden's 50 species of freshwater fish, 31 occur in Lake Vättern. Also, there are over 110 species of animal plankton, about 300 species of phytoplankton and about 30 species of bottom fauna on the deep lake bottom. Such a diversity of species shows that the environment is stable. Salmon trout and grayling swim up many of the brooks and streams to spawn, while charr spawn among large blocks of rock in the lake itself.

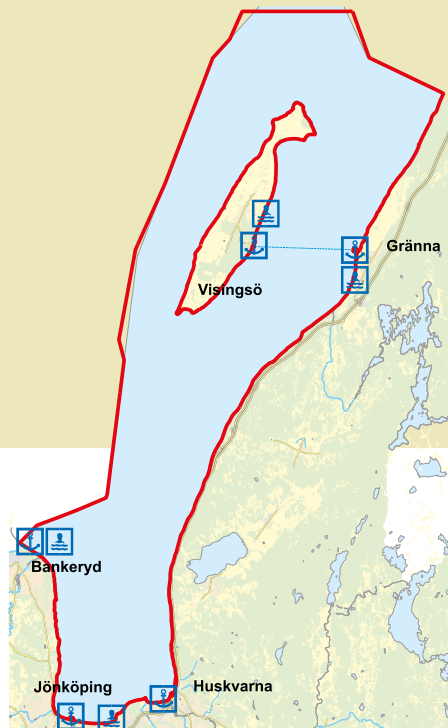


*Saduria entomon*

*Monoporeia affinis*



A number of plant and animal species in Lake Vättern have survived from the time when the inland ice sheet melted, so-called glacial relics. Of the fish, arctic charr is the most well known. Others are smelt and fourhorn sculpin. Other species are blue wild rye grass which grows along the entire southern edge of Lake Vättern, and sand sedge, and in the lake the crustaceans *Monoporeia affinis* and *Saduria entomon*. The plants actually belong to sea coasts but have remained here from the time when Vättern was a bay of the open ocean.



### WORTH KNOWING

A walk around Lake Vättern gives a majestic feeling. At Gränna, there is a lakeside walk from the harbour southwards. Also, at several of the nature reserves along the eastern side of Lake Vättern you get close to the lake, as at Visingsö and Bankeryd. In Jönköping-Huskvarna there are footpaths close to the lake all the way from Granbäck in the west to Brunstorp in the north-east.

**GUEST HARBOURS FOR PRIVATE BOATS: JÖNKÖPING** – 20 guest berths, **DOMSAND** – 5 guest berths, **GRÄNNA** – 8 guest berths, **VISINGSÖ** – inside the southern breakwater, 8 guest berths.

**BATHING PLACES:** There are many beaches along Lake Vättern. Municipal bathing places are Gränna bathing lagoon, the beach in Jönköping, and Domsand in Bankeryd.

**DIFFICULTY:** ● Very easy



Charr



A large number of birds nest at Lake Vättern and its immediate vicinity, and use the lake to rest and look for food. The sand martin and kingfisher have their nests in the sandbanks, while dipper and grey wagtail nest close to fast-running brooks and streams. During autumn migration many seabirds and birds of prey pass through the low-lying Lake Vättern area.

