

Foto: Lone Lagerkvist

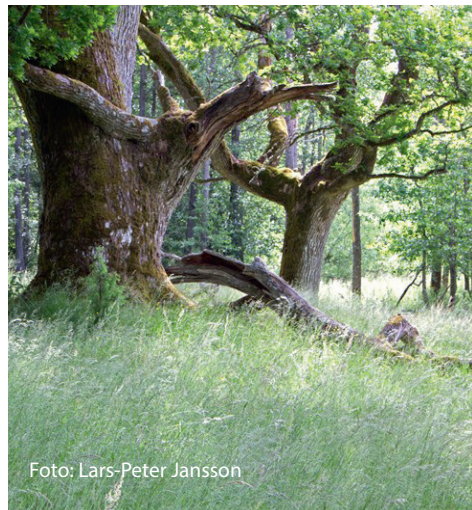


Foto: Lars-Peter Jansson

22 KUMMELÖN

1,5 km - round loop

The nature reserve of Kummelön is located 10 km west of Kristinehamn, about 4 km south of Ölme kyrka (church). This is a popular site to visit, especially in spring and early summer when the whole area is in bloom with blue and white anemone.

There are two round loops that connect: 1,1 km and 0,45 km. Take a break on the rock by the water and enjoy the wonderful view of Ölmeviken, Vänern.

HISTORY

The reserve was created in 1970 to protect nature and keep it open for the public. No new buildings are allowed to be built and it is prohibited to cut down the old oak trees.

BIRDS, INSECTS AND PLANTS

The reserve has a rich vegetation with blue and white anemone in the spring. The old oak trees are unusual and are the home of many endangered plants and insects. The area has rich birdlife, and you might get to see a white-tailed sea eagle.

SERVICE

Bring your own food and drink and make a picnic at one of the rest areas. There is a campfire pit by the cottage, which has a wonderful view of the lake. Firewood can be found inside the cottage.