



Between 1878 and 1888 the level of Lake Hjälmaren was lowered by almost 2 metres to expose large expanses of prime, new agricultural land.

But, for some reason, the reclaimed area between Örebro and the lake was less productive. The land yielded poor harvests and was soon abandoned. For over a century this was the town's backyard where tons of household waste, spoil and other rubbish were dumped. The army had a large training area here, close to an oil terminal and various other industries. When the military era had ended, the landfills were overflowing and the industries had moved out, what remained was an eyesore, a shamefully mistreated piece of ground.

And a strong desire to recreate something of the countryside that had long since vanished.



### Facts

Oset Nature Reserve was established in 1968 and enlarged in 2002. Rynningeviken Nature Reserve was established in 1995. In both areas wet grasslands have been re-established along the shore. With the discreet help of simple pump technology these are flooded each spring, attracting large numbers of nesting birds. The restored landscape is a rich mosaic of biotopes, just three kilometres from the main square (Stortorget) in Örebro. The convenient location has made it the town's new recreation area all year round. Both nature reserves are part of the EU Natura 2000 network.

*Administrator and landowner:* Örebro Municipality  
*Area:* approximately 600 hectares

### Please remember!

- Do not damage the ground or vegetation by digging or careless picking.
- Keep your dog on a lead.
- Do not leave litter in the countryside.
- Feel free to walk throughout the area, but respect the fact that certain beaches and localities are closed during the nesting period. (See signs in the area.)
- Light fires only at the special barbecue sites.
- Spending the night in a tent or caravan is only permitted at the sites indicated.
- Drive your car or other motor vehicle only on the specially indicated roads and parking places. Park at the nature reserve's car parks.



ÖREBRO



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# Oset and Rynningeviken



Between 1993 and 2006 the landscape on the western shore of Lake Hjälmaren has been restored and reacquired its natural values.

North of the River Svartån lies the 350 hectare nature reserve of Rynningeviken, with enclosed pastureland, almost virgin shoreline forests, water meadows, inlets with shallow reed beds and an unparalleled view across Lake Hjälmaren. Adjacent to the river is an attractive water park with ponds, winding paths, gently rolling meadows and a rich flora. In the water park there is also a Nature Centre (*Naturens hus*) with a café, information on nature and a nature school.


South of the river the magnificent old nature reserve of Oset has been extended and now covers some 250 hectares. Footpaths and cycle tracks around the boundaries of the reserve also act as embankments for regulating water levels. In spring the flooded wetlands of earlier times are temporarily recreated within the embankments, attracting large flocks of nesting birds that gather along the margins of the shallow waters.

The countryside has been reclaimed just a stone's throw from the city, and people can once again enjoy access to the lake. But more than that, the entire flora and fauna of our local plains and lakes now has the chance of a new start in life.



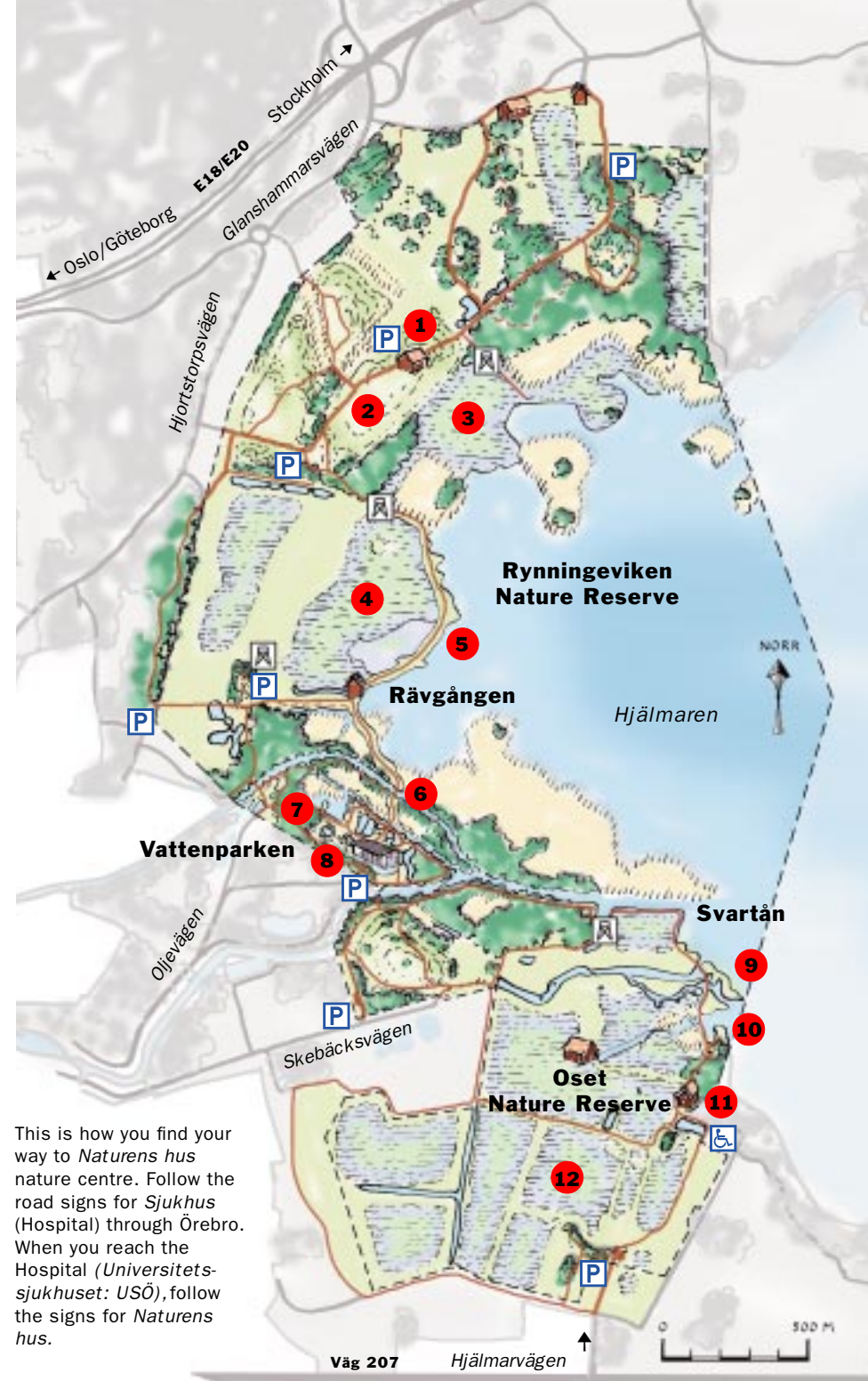
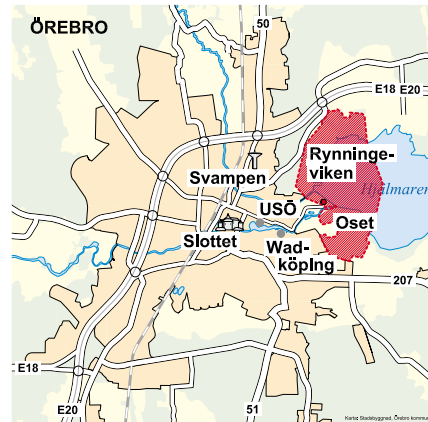
- 1 Vena Cottage
- 2 New landscaping over the old Vena tip
- 3 Venamaden water meadow
- 4 Rävgångsmaden water meadow
- 5 New footpath across the water
- 6 New bridge across River Lillån
- 7 Vattenparken water park
- 8 Naturens hus nature centre
- 9 Small sandy beach
- 10 Ormesta holme
- 11 Erik Rosenberg's Cottage
- 12 The new enlarged Oset reserve

— Footpaths

 Bird-watching tower

You can cycle, walk or use a wheelchair on the nature reserve's footpaths. (There are some inclines, however.) One of the paths past *Naturens hus* has been specially adapted for visitors with disabilities. Pick up a more detailed map at *Naturens hus* before setting off on your expedition...

Rynningeviken Nature Reserve is to the north of the River Svartån; Oset to the south.



This is how you find your way to *Naturens hus* nature centre. Follow the road signs for *Sjukhus* (Hospital) through Örebro. When you reach the Hospital (*Universitets-sjukhuset: USÖ*), follow the signs for *Naturens hus*.