

### Additional information

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#### **Ecosystem services:**

The main use of the area is from visitors following the path through the area to look at birds.

Studies of breeding birds at Fokstumyra have been carried out since the mid-1980's. Intensive ringing has been carried out during the previous two autumn migration periods near Fokstua station on the reserve boundary.

The reserve is visited by a good number of naturalist and birdwatchers from both Norway and abroad, and the only way to access the area is along the boardwalk around the reserve during summer. Annually, around 2000 visitors are known to begin the walk from Fokstua station. In recent years canoe trips and elk safaris have been arranged within the reserve, outside the periods of no access.

Fokstugu farm is used as a visitor centre for the reserve, and a bird observation tower has been erected in the southern part of the reserve. A 7.5 km circuit walk through the southern part of the reserve starts at Fokstua station and passes the observation tower.