



# Ramsar Sites Information Service

## Annotated List of Wetlands of International Importance

# Norway

**63 Ramsar Site(s) covering 909,134 ha**

### Åkersvika

Site number: 13 | Country: Norway | Administrative region: Hedmark county  
Area: 428.1 ha | Coordinates: 60°48'N 11°07'E | Designation dates: 09-07-1974  
[View Site details in RSIS](#)

Åkersvika is one of the largest and best-developed freshwater deltas in Norway, where the unregulated Svartelva and Flakstadelva rivers join in the adjacent shallow basin, which feeds into Lake Mjøsa. Following the Ramsar Advisory Mission (no.64) in 2010, new areas were added to compensate for areas excluded due to a road enlargement. The Site is a freshwater embayment of an artificially regulated lake and lower river reaches composed of open water, exposed mudflats, wet grassland, and *Alnus/Salix* scrub, with shoreline vegetation dominated by moss. The vegetation is composed of various bog, meadow, scrub and woodland communities supporting a number of rare and nationally red-listed habitats and plant species. The reserve is one of the most important staging sites for wetland birds following inland migration routes in Norway; and a total of 226 bird species have been recorded. Large numbers of ducks and waders rest in Åkersvika, both in spring and in autumn, which also supports 1 % of the biogeographic population of the pink footed goose *Anser brachyrhynchus*. 16 species of fish have been registered in Åkersvika and the Site is considered as the main spawning ground in the Mjøsa Lake. The area functions as a barrier or trap for sediments and has an important function for sedimentation and nutrient fixing as well as flood control. Human activities include sport fishing, nature observation and environmental education. The main threats to the ecological character of the Site relate to housing and urban areas, roads and railways, and invasive species. Large areas of sedge meadow are being taken over by meadow communities and *Salix* scrub, following the cessation of burning and grazing in the late 1970s and early 1980s. Regulation of Lake Mjøsa has also accelerated this process. Management measures are now being implemented to stop the overgrowth.

### Anda

Site number: 2,155 | Country: Norway | Administrative region: Nordland  
Area: 52.5 ha | Coordinates: 69°04'N 15°10'E | Designation dates: 27-05-2013  
[View Site details in RSIS](#)

The Site is a small rocky island situated on the underwater plateau to the north of the Øksnes peninsula. At higher altitudes the island is covered by a thin layer of peat and seabird guano, which support vegetation growth. The Site is one of the few mountains for pelagic seabirds in Norway; its location between the continental shelf to the west and the shallow fjords to the east means that the ocean around Anda provides diverse and reliable feeding conditions for breeding colonies of Atlantic puffin *Fratercula arctica* (the largest breeding colony in Nordland county), black-legged kittiwake *Rissa tridactyla* and black guillemot *Cephus grylle*. The birds do not depend on the larvae brought northwards by the coastal currents, but feed on local populations of sand eels in the adjacent fjords, as well as mesopelagic fish on the shelf edge. Within the nature reserve, collecting eggs from some gull species such as *Larus argentatus*, *Larus marinus* and *Larus canus* is permitted. During the nesting season the island is closed to tourism. Potential threats to the Site's ecological character are overfishing and invasive species such as mink.

## Atnsjømyrene

Site number: 1,955 | Country: Norway | Administrative region: Hedmark County and Oppland County  
Area: 533 ha | Coordinates: 61°55'N 10°04'E | Designation dates: 12-11-2010

[View Site details in RSIS](#)

Atnsjømyrene is a large mire complex dominated by flat fens, which also includes pools, ponds and parts of the Atnsjøen lake. A characteristic of the Site is its nutrient-poor vegetation, though willow and birch forests are common along the watercourses and mire edges. The mixture of different wetland types makes the Site a valuable breeding area for waterbirds, and especially ducks and waders. The mires are important water reservoirs and offer flood protection during periods of snow melt and heavy precipitation. The Site is used for hunting, sports fishing, berry picking and sheep grazing. It is an important monitoring Site, chosen in 1986 as a reference inland watercourse, where scientists can monitor long-term variations in natural processes and ecosystems that are almost untouched by technical alterations. The restoration of the Site is planned – trenches dug for agricultural reasons such as peat harvesting will be filled, and dams will be built to increase water retention.

## Balsfjord Wetland System

Site number: 1,186 | Country: Norway | Administrative region: Troms county  
Area: 1,795 ha | Coordinates: 69°27'N 18°59'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site comprises three large marine tidal areas located in the inner part of the Balsfjorden fjord, which at low tide reveal large areas of mud and sand flats. Wet coastal meadows are found between the tidal areas and cultivated land outside the Site boundaries, while gallery forests line the Site in some locations. Several rivers and streams discharge into the fjord through the tidal flats within Kobbevågen and Sørkjosleira. The third area, Grindøysundet, was added in 2017; it contains some small ponds important for birdlife. The fjord has high densities of intertidal invertebrates and fish populations which support large numbers of shorebirds and seabirds. Balsfjorden, and Sørkjosleira in particular, is important as one of only two resting sites in northern Norway for large numbers of spring migrant knots, which fly directly from early spring staging areas in the United Kingdom and the Wadden Sea. They stay in Balsfjorden for two or three weeks in May, and build up substantial fat reserves before apparently flying non-stop to their breeding grounds in Greenland and Arctic Canada. Some livestock grazing and gravel digging is practiced by local people, but the Site enjoys low traffic and little human impact.

## Bear Island

Site number: 1,966 | Country: Norway | Administrative region: Svalbard  
Area: 298,171 ha | Coordinates: 74°26'N 19°02'E | Designation dates: 12-11-2010

[View Site details in RSIS](#)

Bear Island, locally known as Bjørnøya, is an isolated island situated half way between the Svalbard archipelago and the Norwegian mainland. The Site, which also covers the surrounding waters, is one of Europe's few remaining intact ecosystems. The northern and western parts of the island are covered with lakes and small ponds which constitute 10% of the land area, and the south and east are dominated by tall mountain formations and some steep sea cliffs. 126 different bird species have been observed, of which 33 breed on the Site, including the razorbill *Alca torda* which is endangered in Svalbard. The seabird colonies in southern Bjørnøya are among the largest in the northern hemisphere: it is estimated that over one million seabirds gather here during the breeding season. The Site supports over 1% of a population of the black-legged kittiwake *Rissa tridactyla*, with an estimated 135,000 breeding pairs. It is also an important resting and foraging site for migrating birds such as pink-footed geese *Anser branchyrhynchus*, barnacle geese *Branta leucopsis* and brent geese *Branta bernicla hrota*. The rich shallow seas, where the Atlantic and Arctic waters meet, support the entire food chain and make an important foraging area for many species. In total there are 24 fish species – the Site is an important nursery ground for cod, haddock and Greenland halibut – and most of the Arctic's whale and seal species have been observed. Monitoring programmes have been active since 1986, and there is a weather station of the Meteorological Institute on the island.

## Bliksvaer

Site number: 1,187 | Country: Norway | Administrative region: Nordland

Area: 4,316 ha | Coordinates: 67°16'N 13°59'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site is a complex of eight separate areas along the north-western coast of Norway, comprising numerous skerries and islets and a larger island, with shallow marine waters, rocky shores, and some sandy beaches. Its wet meadows, dunes and dune slacks, as well as brackish marshes, are typical of the biogeographic region. The Site is a breeding area for a number of seabird species, the white-tailed eagle *Haliaeetus albicilla* (with 10-15 pairs recorded), and the harbour porpoise *Phoca vitulina*. It is also a wintering area for the great northern diver *Gavia immer* and the yellow-billed loon *Gavia adamsii*. The Site is used for recreational activities, fishing and sheep grazing. Traditionally the breeding population of common eiders were exploited for down and egg collection, which contributed to a high population of species as they benefited from predator protection and erection of breeding-houses. The abandonment of some such traditional practices threatens the ecological character of the Site, but there are plans to revive them. Heather and juniper burning as well as grazing are practised to prevent overgrowing. The Site was extended in 2012.

## Dokkadelta

Site number: 1,188 | Country: Norway | Administrative region: Oppland

Area: 375 ha | Coordinates: 60°48'N 10°09'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site is the second largest inland delta in southern Norway. Situated where the rivers Etna and Dokka flow into lake Randsfjorden, it includes large shallow areas, mud banks, numerous channels, bogs, meadows and islets dominated by shrubs and alder/shrub gallery forest. As one of the few unspoilt estuaries remaining in the region, the Site is highly important for biodiversity preservation, as it supports numerous nationally red-listed species and a rich invertebrate fauna. It also has an important function as a staging area for several migratory bird species and as a spawning site for many species of fish. The Site is valuable in terms of sediment trapping, nutrient fixing and flood control. The regulation of Dokka river and Randsfjorden lake for hydropower production negatively affects the Site by reducing the flow of water through the delta by half. The National Wetlands Centre at the Site performs a range of tasks, such as education, guiding, management and monitoring of bird populations and flora. Popular activities include birdwatching and fishing.

## Dunøyane

Site number: 314 | Country: Norway | Administrative region: Svalbard

Area: 1,191 ha | Coordinates: 77°03'N 14°58'E | Designation dates: 24-07-1985

[View Site details in RSIS](#)

The Site, located within the borders of Sør-Spitsbergen National Park, consists of three islands covered with rich Arctic vegetation, several freshwater ponds and a number of barren and rocky skerries (small rocky islets). The surrounding sea is shallow and nutrient-rich. The Site is one of Spitsbergen's most important breeding and moulting grounds for barnacle goose and common eider, and supports several other species of breeding waterbirds such as glaucous gulls. Polar bears regularly visit the Site. Some research and biodiversity monitoring have been conducted in the area.

## Evenes wetland system

Site number: 1,949 | Country: Norway | Administrative region: Troms, Nordland

Area: 434 ha | Coordinates: 68°30'N 16°42'E | Designation dates: 12-11-2010

[View Site details in RSIS](#)

The Site includes five nature reserves: Nautå, Sommervatnet, Kjerkvatnet, Tennvatn and Myrvatn. The wetland system is considered to be one of the few naturally rich nutrient systems in the northernmost parts of the world. It includes bogs, lakes, ponds, rivers, forests and agricultural land as well as some coastal habitats. The Site supports nationally threatened plant species such as the rugged stonewort *Chara rudis*. It is also a breeding site for the garganey *Anas querquedula*, the greater scaup *Aythya marila* and the smew *Mergus albellus*. In addition, it is an important staging, feeding and moulting site for several species of migratory birds. A dense population of the globally endangered freshwater pearl mussel *Margaritifera margaritifera* is also found here. The Site supplies drinking water to approximately 3,000 people and the mires are an important carbon reservoir. The area is used for various outdoor activities such as hiking, canoeing, birdwatching, hunting and sports fishing. Potential threats to the ecosystem include eutrophication and pollution caused by runoff from the surrounding agricultural areas and the airport at Evenes.

## Fiskumvannet Nature Reserve

Site number: 2,156 | Country: Norway | Administrative region: Buskerud

Area: 119 ha | Coordinates: 59°43'N 09°49'E | Designation dates: 27-05-2013

[View Site details in RSIS](#)

The Site is a representative agricultural landscape lake below sea level, of which the western part along with the adjacent land areas is protected as a nature reserve. The vegetation belt and swamp areas are excellent breeding sites for a number of nationally threatened birds, such as the garganey *Anas querquedula*, the greater scaup *Aythya marila*, and the smew *Mergellus albellus*. More than 1% of the Svalbard population of the pink-footed goose *Anser brachyrhynchus* rests regularly at the Site during its migration. The main hydrological values of the Site are sediment trapping and shoreline stabilization. The cessation of mowing and grazing in the 1950s and increasing ditching and fertilization from the surrounding areas have resulted in significant water eutrophication and vegetational succession. The Site is used for birdwatching and other nature-based tourism, environmental education and transport.

## Fokstumyra

Site number: 1,189 | Country: Norway | Administrative region: Oppland

Area: 1,799 ha | Coordinates: 62°08'N 09°16'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site is Norway's first large protected area, created in 1923. It comprises vast wet mires on the flat ground and drier mires on its slopes, divided by moraine ridges with mainly open upland birch forest and some shallow nutrient-rich pools. A total of 168 bird species have been recorded at Fokstumyra, an impressive number for an upland wetland. The Site offers breeding habitat to large populations of ducks, waders and raptors. It is probably the most important breeding site in Norway for the hen harrier *Circus cyaneus*. The area is also important as a staging site in spring and early summer for birds waiting for breeding sites higher in the mountains to become free of snow and ice. Several threatened plant and animal species are found. The large mire areas are important water reservoirs, especially during droughts, and play a critical role in flood protection during periods of high precipitation and snowmelt. The Site is used for leisure activities such as walking, birdwatching and fishing. Additional visitor facilities needs to be planned carefully so as not to further increase the disturbance of breeding birds. The Site was extended from 785 hectares in 2012.

## Forlandsøyane

Site number: 313 | Country: Norway | Administrative region: Svalbard  
Area: 540 ha | Coordinates: 78°20'N 11°34'E | Designation dates: 24-07-1985

[View Site details in RSIS](#)

The Site includes three islands and a number of rocky islets in the western Svalbard archipelago. One of the islands is completely bare, while the others are grass-covered and feature small ponds. The shorelines are formed by cliffs and sandy beaches. The surrounding seas are shallow and nutrient-rich. The Site supports breeding colonies of all three goose species nesting in Svalbard: the pink-footed goose, the brent goose with its subspecies and the barnacle goose, along with various other species of breeding waterbirds as well as a population of the harbour seal *Phoca vitulina*. The traditional collection of eider down is permitted occasionally.

## Froan Nature Reserve and Landscape Protection Area

Site number: 809 | Country: Norway | Administrative region: Trøndelag  
Area: 49,097 ha | Coordinates: 64°06'N 09°13'E | Designation dates: 18-03-1996

[View Site details in RSIS](#)

The Site is a coastal nature reserve with hundreds of islands, skerries, islets and shallow marine waters, in the outermost coastal zone. It has extensive seaweed and kelp beds and is rich in marine invertebrates and fish. The outermost parts of the area have bare skerries and rocky outcrops devoid of vegetation due to the rough seas, while the larger, more protected islands have bogs and meadows. The vegetation is to a large degree characterized by traditional agriculture; for example, the large heather meadows have been burned and grazed by livestock for centuries. The Site is a very important wintering, moulting and breeding area for seabirds and for breeding coastal seals, and it supports red-listed bird species such as the long-tailed duck *Clangula hyemalis* and the Atlantic puffin *Fratercula arctica*. Human activities include nature conservation, fishing, livestock farming and boating.

## Gåsøyane

Site number: 317 | Country: Norway | Administrative region: Svalbard  
Area: 236 ha | Coordinates: 78°27'N 16°13'E | Designation dates: 24-07-1985

[View Site details in RSIS](#)

Gåsøyane is located in the Svalbard archipelago in the inner part of Isfjorden and consists of two small, partially vegetated islands with a few freshwater ponds and cliffs suitable for nesting seabirds. The Site is among the most important Spitsbergen localities for the nesting common eider *Somateria mollissima* and the barnacle goose *Branta leucopsis*, with over 1% of populations supported by the Site. In the past, and sporadically still today, the Site has been used for the collection of eider eggs and down. Polar bears regularly visit the Site. Some research and biodiversity monitoring have been conducted in the area, but due to its remoteness, the Site is rarely visited.

## Giske Wetlands System

Site number: 805 | Country: Norway | Administrative region: Møre og Romsdal  
Area: 553.3 ha | Coordinates: 62°33'N 06°04'E | Designation dates: 18-03-1996

[View Site details in RSIS](#)

Situated on two islands on the outermost part of the coast, the Site consists of six subsites: Roaldsand, Rørvikvågen, Rørvikvatnet, Synesvågen, Giske and Blindheimsvik. The area's flat landscape was formed by glaciers and quarternary deposits. The system of shallow bays, extensive tidal seaweed zones, sand- and mudflats, wet meadows, fossil shorelines, marshes and mires provide rich feeding areas for birds. There is also a small area of dunes. The complex is important for large numbers of breeding, wintering and migrating waterbirds and waders, with several rare species recorded. Human activities include conservation, education, recreation (camping and hunting) and livestock farming. There is a local airport on the larger island. Several factors have had a negative impact on waterbirds in recent years, in particular forestry plantations and overgrowing after grazing ceased. The Site includes a birdwatching observatory and Norway's oldest ringing station. An information booklet is available.

## Glomådeltaet

Site number: 1,954 | Country: Norway | Administrative region: Nordland county

Area: 594 ha | Coordinates: 66°25'N 13°56'E | Designation dates: 12-11-2010

[View Site details in RSIS](#)

The Site is among the most important freshwater deltas in Norway, and features small lakes including oxbow lakes, channels, newly developing sand islands and river courses, and adjacent mires. The different areas of the Site feature diverse vegetation, from sandbanks with pioneer vegetation, to sloughs with reed vegetation, wet and flooded alder forests, and other deciduous and coniferous forests. There are also smaller areas of agricultural land. The Site is an important inland breeding area for waterbirds such as the spotted crane *Porzana porzana*, the greater scaup *Aythya marila* and the water rail *Rallus aquaticus*, which are all listed as threatened on the Norwegian Red List. It plays a key role for migrating birds, especially as a staging area during spring migration. The numerous river branches are particularly important for ducks, while the swamps and mires are most important for waders. In total 150 bird species have been recorded, while about 20 species of mammals are present, including the Eurasian otter *Lutra lutra* and the lynx. The area recharges local groundwater reserves through abundant caves and underground rivers. The Site is used for recreation activities such as sport fishing, birdwatching, canoeing and hunting.

## Grunnfjorden

Site number: 2,147 | Country: Norway | Administrative region: Øksnes municipality in Nordland County

Area: 1,472 ha | Coordinates: 68°56'N 15°12'E | Designation dates: 27-05-2013

[View Site details in RSIS](#)

The Site is a complex of large mires dominated by *Sphagnum* mosses with small rivers, pools and lakes, shallow beach areas with islets, skerries, large intertidal flats and a brackish lagoon system. Along the shoreline are different vegetation communities, from grass-rich slopes to mudflats. Some of the small ponds have belts of water horsetail *Equisetum fluviatile* and bottle sedge *Carex rostrata*. In the extensive shallow waters are large meadows of *Zostera* eelgrass. Because of its high food production combined with its location on key waterbird migration routes, the Site is an internationally important area for many species during their spring and autumn migrations, and nationally threatened species such as the Atlantic puffin *Fratecula arctica*, the greater scaup *Aythya marila* and the ruff *Philomachus pugnax* breed there. The area is particularly known as one of the northernmost overwintering locations for whooper swans. The Site is also important for shoreline stabilization. Archeological and historical features are to be found. The main human activities are agriculture, cattle grazing, fishing, hunting, tourism, and gathering of cloudberries. Most of the Site's habitats have been cultivated or damaged by drainage carried out elsewhere in the area.

## Harøya Wetlands System

Site number: 806 | Country: Norway | Administrative region: Møre and Romsdal

Area: 190 ha | Coordinates: 62°47'N 06°28'E | Designation dates: 18-03-1996

[View Site details in RSIS](#)

The Site is a wetland system consisting of four subsites: Selvikvågen, Lomstjønnna, Malesanden og Huse and Lyngholman. Habitat types include shallow bays, extensive tidal, mud and sandflats with seaweed zones, sand dune systems, mires, and freshwater and salt marshes. Large quantities of seaweed accumulate, creating rich feeding areas for large numbers of breeding, migrating and wintering bird species. The Site also offers habitat to the threatened otter *Lutra lutra*, harbour seal *Phoca vitulina*, and several nationally threatened plant species. The rocky shores are important for shoreline stabilization. Threats to the Site include changes in agricultural practices and related overgrowth of bird habitats. Human activities include nature conservation, fishing, livestock grazing, birdwatching and other recreational activities. There is a birdwatching tower and information booklets are available.

## Havmyran

Site number: 1,190 | Country: Norway | Administrative region: Sør-Trøndelag  
Area: 3,872 ha | Coordinates: 63°30'N 08°38'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site is an unspoilt characteristic coastal Atlantic mire and lake system and one of the largest mire and wetland systems in Norway. The area is dotted with hundreds of ponds and lakes. The pine *Pinus sylvestris* found on the peripheries is partly of old growth character. The Site is an important breeding area for several bird species, most notably the Southern dunlin (*Calidris alpina* subsp. *schinzii*). In total 60 bird species were recorded at the Site, at least 35 of them breeding. Human uses include low-impact fishing and bird watching. A programme is monitoring the endangered freshwater pearl mussel *Margaritifera margaritifera*, and another is testing for a possible increase in nitrogen levels in precipitation, after a gas refinery was established some four kilometres away.

## Hedmarksvidda Wetland System

Site number: 1,951 | Country: Norway | Administrative region: Hedmark  
Area: 4,742 ha | Coordinates: 61°03'N 11°05'E | Designation dates: 12-11-2010

[View Site details in RSIS](#)

The Site, which includes the sub-sites of Endelausmyrene, Brumundsjøen, Harasjømyrene and Lavsjømyrene-Målikjølen, is a mosaic of different kinds of fens, mires, small pools, ponds and lakes interspersed with ridges of bedrock or moraine on which pine forests dominate. Birch *Betula pubescens* is also common, especially along watercourses and at the edges of mires. The Site supports nationally threatened bird species such as the nationally endangered ruff *Philomachus pugnax* and common tern *Sterna hirundo* (EN), and the nationally vulnerable Eurasian skylark *Alauda arvensis*. The mires play an important role as water reservoirs and in flood protection during periods of snowmelt and heavy precipitation. They are also important for carbon sequestration and storage. The Site is used for hunting, sports fishing, berry picking and sheep grazing.

## Hopen

Site number: 1,957 | Country: Norway | Administrative region: Svalbard  
Area: 318,567 ha | Coordinates: 76°35'N 25°12'E | Designation dates: 12-11-2010

[View Site details in RSIS](#)

Hopen is an arctic island, mostly covered by rocks and continuous permafrost, with a very narrow beach from which the landscape rises sharply. In the north of the island there are steep cliffs with horizontal shelves which are ideal for breeding seabird species, including the globally vulnerable Atlantic puffin *Fratercula arctica*. The birds are important in the transfer of nutrients from the ocean to support the island's mammal, invertebrate and plant species. The Site also supports 40,000 breeding pairs of the black-legged kittiwake *Rissa tridactyla*, over 1% of the breeding population. The island is also important for marine mammals. Polar bears use the Site for denning and migration, and the shallow waters surrounding Hopen (which make up most of the Ramsar Site area) are important for walrus, with the south of the island being a traditional resting place for the species. Five trapper huts from the 19th century are protected as cultural heritage sites and there is a meteorological station on the island. Climate change and its effects may be the most serious threat to the Arctic environment.

## Horsvaer

Site number: 2,157 | Country: Norway | Administrative region: Nordland

Area: 17,036 ha | Coordinates: 65°19'N 11°41'E | Designation dates: 27-05-2013

[View Site details in RSIS](#)

The Site is a representative North European coastal archipelago formed by 360 islands and islets with shallow marine waters, which provides an important breeding location for large numbers of seabirds and waterfowl. The Site supports nationally-threatened species such as the common tern *Sterna hirundo*, the black guillemot *Cepphus grylle* and the common guillemot *Uria aalge*, and there is also a considerable breeding population of the great cormorant *Phalacrocorax carbo* and of the European shag *Phalacrocorax aristotelis*. Other species that regularly use the site are the Eurasian otter *Lutra lutra* and the harbour seal *Phoca vitulina*. The vegetation on the main islands has been shaped by traditional grazing and harvesting, and the ceasing of these activities is very likely to trigger vegetational succession. The islands are also used for recreation and tourism. When they were inhabited, there was a strong traditional practice of collecting seabird eggs and eider down. Common eiders were provided with homes, often made from old boats turned upside down. Even though the islands are vacated today, this is still practiced to some extent, partly in order to preserve the character of the Site.

## Horta

Site number: 2,158 | Country: Norway | Administrative region: Nord-Trøndelag

Area: 3,158 ha | Coordinates: 65°13'N 11°26'E | Designation dates: 27-05-2013

[View Site details in RSIS](#)

The Site is a small marine archipelago consisting of small islands, long fjords, skerries and islets. Its shallow marine waters with seaweed beds and kelp forests are rich in marine invertebrates and fish. The Site is an important breeding area for threatened birds such as the black guillemot *Cepphus grylle* and the Arctic tern *Sterna paradisaea*. It also hosts stable populations of Eurasian otter *Lutra lutra*, harbour seal *Phoca vitulina*, Atlantic puffin *Fratercula arctica*, and common murre *Uria aalge*. The false killer whale *Pseudorca crassidens* also occasionally visits the archipelago. The landscape is dominated by remnant infield areas, narrow mires, bogs, coastal heathlands, and islets with vegetation influenced by natural seabird fertilization. The vegetation has been shaped by many years of grazing and harvesting. A total of 171 different vascular plant species have been recorded. The Site is currently used by scientists for seabird monitoring and geological research, and by private landowners as a holiday site. The surrounding seas are used for fishing.

## Hynna

Site number: 1,191 | Country: Norway | Administrative region: Oppland

Area: 6,442 ha | Coordinates: 61°15'N 09°54'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site is a large mire complex with a number of large and smaller pools, as well as dry ground with open upland birch woodland and Norway spruce *Picea abies*. The mire complex is characterized by a variation of string mires (shifting dry and wet strings) and dryer mires on shallow slopes. It is an important area for several threatened breeding waterbirds, such as the Northern harrier *Circus cyaneus*, the ruff *Philomachus pugnax* and the Northern lapwing *Vanellus vanellus*. The mire areas store carbon, regulate local climate, provide water during droughts, and contribute to flood control during periods of high precipitation. Human uses are limited to leisure activities including sport fishing and hunting.

## Ilene and Presterødkilen Wetland System

Site number: 308 | Country: Norway | Administrative region: Vestfold

Area: 216 ha | Coordinates: 59°16'N 10°25'E | Designation dates: 24-07-1985

[View Site details in RSIS](#)

The Site consists of two separate nature reserves. Ilene is a classic delta and area of shallow water in the inner part of a narrow fjord arm around the mouth of the Aulielva river. The area contains a mosaic of mudflats, saltmarsh, reedbeds, sedge belts and heather-covered areas of pinewood. Presterødkilen is a shallow coastal bay surrounded by reedbeds. The shallow waters are built up with alluvial deposits and postglacial marine clay and are rich in algae, snails, mussels and other invertebrates. Both areas are exposed at a low tide and are important feeding sites for ducks and waders. In the permanently water-covered areas, *Zostera marina* and *Enteromorpha intestinalis* grow. A total of 240 bird species and 200 plant species have been recorded at the Site. It is also important for wintering and breeding birds, including several nationally threatened species. The Site functions as a sediment trap and offers habitat to the brown trout *Salmo trutta*. Ilene is considered among the best sites for birdwatching in the county, and there is an information centre and a birdwatching tower. A footpath through the area helps to channel visitors and thereby reduce disturbance.

## Innherred Freshwater System

Site number: 2,159 | Country: Norway | Administrative region: Nord-Trøndelag

Area: 182 ha | Coordinates: 63°46'N 11°26'E | Designation dates: 27-05-2013

[View Site details in RSIS](#)

The Site comprises three rich and productive subsites, Hammervatnet, Lundselvoset and Lyngås-Lysgård; it features shallow freshwater areas, inland deltas and lakes. It is important for several nationally red-listed species such as ruff *Philomachus pugnax*, common tern *Sterna hirundo*, otter *Lutra lutra* and European eel *Anguilla anguilla*. During spring and autumn migrations more than 1,000 pink-footed geese *Anser brachyrhynchus* stop at Lyngås-Lysgård, and up to 3,000 at Lundselvoset. The locations are also important breeding sites for several locally rare bird species; Lake Leksdalsvatnet is perhaps the most valuable breeding site for the horned grebe in Norway, with approximately 50 breeding pairs recorded in 2008. The complex also plays important roles in flood mitigation and water supply. The main activities within the Site are cattle grazing, fishing and birdwatching; all activities are controlled by detailed regulations specific to each protected area. The main threat to the ecological character derives from eutrophication caused by agricultural activities.

## Isøyane

Site number: 316 | Country: Norway | Administrative region: Svalbard

Area: 230 ha | Coordinates: 77°09'N 14°47'E | Designation dates: 24-07-1985

[View Site details in RSIS](#)

The Site includes two islands off Spitsbergen – Nordre Isøya and Isøykalven – several smaller islets and the surrounding sea. Nordre Isøya, the northern island, is covered with rich, grassy vegetation and small freshwater ponds, while Isøykalven, the southern island, supports less-developed vegetation. The area is among the most important localities of Spitsbergen for the nesting barnacle geese and the common eider. Polar bears regularly visit the Site. Apart from the traditional collection of eider down and eggs, which is occasionally permitted and considered sustainable, human activities are restricted to research and monitoring. Isøyane is part of the Sør-Spitsbergen National Park, and is a bird protection area.

## Jaeren wetland system

Site number: 309 | Country: Norway | Administrative region: Rogaland

Area: 3,085 ha | Coordinates: 58°44'N 05°38'E | Designation dates: 24-07-1985

[View Site details in RSIS](#)

The Site lies in an agriculture-dominated area of south-western Norway with formerly extensive wetlands. The coastal wetlands remain largely intact, but freshwater sites have been drained on a large scale. Marine areas are dominated by sand, mud, pebble and stone shores, with large areas of dune systems, and the freshwater areas by shallow water and extensive stands of *Phragmites communis*. Three smaller mire systems have also been included in the Site. The coastline of Jæren is one of the most important resting and breeding areas in Norway for migratory and wintering seabirds, waterfowl and shorebirds. Given the influence of agriculture and the high levels of nitrogen pollution in the area, the remaining wetlands are extraordinarily important as sediment traps and for water purification. The shorelines host the densest collection of archaeological sites in Norway, with grave mounds dating back a thousand years or more. Action plans to decrease agricultural runoff are showing promise, and buffer zones are being considered. Many tourists come for the walking, sunbathing and birdwatching.

## Karlsøyvær

Site number: 1,192 | Country: Norway | Administrative region: Nordland

Area: 4,936 ha | Coordinates: 67°34'N 14°39'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site is a marine archipelago whose shallow waters are dotted with some 220 islets, skerries and islands featuring wet meadows, dunes and dune slacks, and brackish marshes in some parts. The climate and topography provide a diverse and varied vegetation cover, which however remains low-lying apart from some deciduous forest on a few of the islands. The Site is one of several important areas along the coast for staging, breeding, moulting and wintering seabirds from large areas of the Arctic. Threatened species such as the black guillemot *Cephus grylle* and the otter *Lutra lutra* have stable breeding populations. Traditionally the Site was used for collection of down and eggs of the breeding common eider *Somateria mollissima*, but except for the sporadic collection of eggs, this practice has ceased. Other human uses include recreational activities, fishing, and sheep grazing. The archipelago is among the largest coastal conservation areas found in Norway.

## Kongsfjorden

Site number: 315 | Country: Norway | Administrative region: Svalbard

Area: 710 ha | Coordinates: 78°56'N 12°11'E | Designation dates: 24-07-1985

[View Site details in RSIS](#)

The Site is located in the Svalbard archipelago in western Spitsbergen, in the inner parts of Kongsfjorden. It consists of ten islands covered with rich, grassy vegetation and small freshwater ponds as well as some skerries and surrounding sea. The vegetation provides the basis for a sizable breeding colony of barnacle geese *Branta leucopsis*. The islands are also important breeding locations for common eiders *Somateria mollissima* as well as for various other species of breeding waterbirds. The Site is used as a study area, with Ny-Ålesund, an international research station, located nearby. A small visitor centre provides information about ongoing research activities.

## Kurefjorden

Site number: 306 | Country: Norway | Administrative region: Østfold  
Area: 392 ha | Coordinates: 59°20'N 10°44'E | Designation dates: 24-07-1985

[View Site details in RSIS](#)

The Site is a very shallow arm of a fjord, featuring extensive beds of submerged vegetation and large mudflats which are exposed at low tide. The bay is surrounded by salt marshes, wet grassland and agricultural land. The Site's wealth of mussels, snails and invertebrates supports a wide range of birds: it is one of the most important wetlands in the region for staging migratory waterbirds, particularly ducks and waders, and it is also important as a breeding, moulting, feeding and overwintering site. It supports several nationally and globally threatened species such as the horned grebe *Podiceps auritus* and the velvet scoter *Melanitta fusca*. The salt marshes also offer habitat to nationally threatened plants, and the Site is important for the critically endangered European eel *Anguilla anguilla*. Commercial fishing is practised. The Site is considered as one of the very best birdwatching sites in the county and facilities include an observation tower.

## Kvisleflået

Site number: 1,193 | Country: Norway | Administrative region: Hedmark  
Area: 5,682 ha | Coordinates: 61°48'N 12°06'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site is a large, flat-mire landscape, with large moraine deposits which create a mosaic of dry and wet areas interspersed with ponds and lakes. It is an important breeding and staging area for numerous bird species, many of them threatened and regionally rare. The mosaic landscape is ideal habitat for the greenshank *Tringa nebularis* and the whimbrel *Numenius phaeopus*. The Site is important for flood control during periods of heavy precipitation and snowmelt and acts as a water reservoir during droughts. Forestry is among the main sources of income in the area, and the Site itself is used for low-impact hunting and fishing activities, with some sheep and cattle grazing. Kvisleflået would be part of a potential Transboundary Ramsar Site with Sweden, and first efforts to coordinate the area's cross-border management have been made.

## Laukvikøyene

Site number: 2,160 | Country: Norway | Administrative region: Nordland  
Area: 1,084 ha | Coordinates: 68°22'N 14°25'E | Designation dates: 27-05-2013

[View Site details in RSIS](#)

The Site is a diverse wetland area on the west coast of Lofoten, the south-western part of which contains large areas of permanent shallow marine waters with eelgrass *Zostera marina*, intertidal flats, islands and islets. The north-eastern part of the Site belongs to the main island Austvågøya and contains extensive mires and freshwater ponds. The Site is internationally important for conservation of both flora and fauna. Many seabirds and waterfowl such as black guillemot *Cephus grylle*, ruff *Philomachus pugnax*, velvet scoter *Melanitta fusca* and northern pintail *Anas acuta* breed in Laukvikøyene, and use the Site for resting during migration. There are large areas of submerged vegetation with different types of representative flora. The area is occasionally visited by birdwatchers and traditionally used by local residents for collecting seabird eggs. Potential factors adversely affecting the Site are overgrazing and bird disturbance caused by a nearby quarry.

## Lista Wetlands System

Site number: 804 | Country: Norway | Administrative region: Aust-og Vest-Agder  
Area: 1,173 ha | Coordinates: 58°05'N 06°41'E | Designation dates: 18-03-1996

[View Site details in RSIS](#)

The Site is a wetland system of shallow bays, sand, shingle and rocky beaches, dune systems and lakes. Large quantities of seaweed accumulate, creating rich feeding areas for waterbirds. The Site is of great importance to wintering and staging waterfowl, seabirds and waders, owing to its great diversity and its strategic location on the southern tip of Norway. Inland shallow lakes are important feeding areas for divers, grebes, cormorants and many species of diving ducks during winter and migration periods. Numerous nationally rare plant species occur. Human activities include nature conservation, recreation, fishing and hunting. The area is noted for numerous archaeological finds of national importance. There is a birdwatching observatory at the Site.

## Lovund/Lundeura

Site number: 2,161 | Country: Norway | Administrative region: Nordland  
Area: 153 ha | Coordinates: 66°22'N 12°19'E | Designation dates: 27-05-2013

[View Site details in RSIS](#)

The Site consists of shallow marine waters, rocky shores and marine subtidal aquatic beds covering approximately a quarter of Lovund Island and the much smaller Alkøya Island. Lundeura is a scree mountain with unique large boulders close to seabird feeding grounds – its steepness provides the protection they need to nest. The Site is internationally important for seabird populations across the North Atlantic Ocean: large colonies of nationally endangered and vulnerable bird species such as the Atlantic puffin *Fratercula arctica*, the black-legged kittiwake *Rissa tridactyla*, the common tern *Sterna hirundo* and the black guillemot *Cephus grylle* breed here. The birds foraging in the ocean spread guano across the nesting cliffs and surrounding area, which provides nutrient-rich growing conditions for the diverse vegetation of the island. The harbour seal *Phoca vitulina* and the European otter *Lutra lutra* are occasionally observed. The fishing village of Lovund has a few hundred inhabitants; they use the ocean outside the nature reserve for fishing and aquaculture, and the land within the Site for grazing sheep.

## Måselvtløpet

Site number: 1,956 | Country: Norway | Administrative region: Troms County  
Area: 1,287.5 ha | Coordinates: 69°16'N 18°31'E | Designation dates: 12-11-2010

[View Site details in RSIS](#)

Måselvtløpet is an active delta with sandy substrate, shore vegetation and small forested islands, some of which contain inundated birch and willow forest habitats. The delta, one of the largest in Troms county, lies at the outlet of the River Måselva into the Malangen fjord. The stages of plant succession vary from pioneer communities to stable plant communities. The Site is important for migrating and resident waterbird species. Måselva is the largest salmon river in Troms, and is ranked as a national salmon watercourse. An important stock of Atlantic salmon *Salmo salar*, Arctic char *Salvelinus alpinus* and brown trout *Salmo trutta* migrate through the Site. The area is used for sports fishing and other forms of outdoor recreation.

## Måstadjellet

Site number: 2,162 | Country: Norway | Administrative region: Nordland  
Area: 802 ha | Coordinates: 67°39'N 12°36'E | Designation dates: 27-05-2013

[View Site details in RSIS](#)

Situated on the southern part of Værøy Island between the Lofotodden peninsula and Røst Island, the Site is an important breeding area for pelagic seabirds. It supports large colonies of nationally red-listed species such as the Atlantic puffin *Fratercula arctica* and the black-legged kittiwake *Rissa tridactyla*. The western part of the Site is a steep area rising from the sea up to a mountain plateau at 400m; it is covered by rich vegetation due to the nutrients brought by the large colonies of seabirds. The Site also contains a characteristic system of sand dunes with unique botanical values. Vital populations of herring gull *Larus argentatus*, great black-backed gull *Larus marinus*, common gull *Larus canus*, northern fulmar *Fulmarus glacialis* and Eurasian oystercatcher *Haematopus ostralegus* are found, while harbour seal *Phoca vitulina* and otter *Lutra lutra* occasionally visit. Collection of eggs and down from some species is permitted within the protected landscape area comprising the eastern part of the Site, but forbidden within the nature reserve in the western part.

## Mellandsvågen

Site number: 808 | Country: Norway | Administrative region: More og Romsdal  
Area: 96 ha | Coordinates: 63°21'N 08°30'E | Designation dates: 18-03-1996

[View Site details in RSIS](#)

The Site includes a system of intertidal shallow waters including a sheltered bay (Mellandsvågen) and mussel and seaweed beds; extensive mudflats; salt marshes, wet meadows and mires; and rocky outcrops bordering a 1,000-hectare wildlife protection area. More than 140 different plant species have been recorded. The Site's location makes it important for migrating birds, in particular geese, ducks and waders that feed, rest, moult or winter there. Various nationally threatened species are present, such as the Atlantic puffin *Fratercula arctica*, the velvet scoter *Melanitta fusca*, the common tern *Sterna hirundo* and the otter *Lutra lutra*. Human activities include recreation, birdwatching and fishing.

## Møsvasstangen

Site number: 803 | Country: Norway | Administrative region: Telemark County  
Area: 1,440.9 ha | Coordinates: 59°49'N 08°11'E | Designation dates: 18-03-1996  
[View Site details in RSIS](#)

The Site is one of the largest string mires in southern Norway. It contains areas of transition between open water, bogs, and dry areas with mountainous birch forest. The central part of the Site is dominated by a small watercourse and Kulingstjern, the largest lake. There are also distinct glacial landforms such as drumlins, eskers and kames, formed by movements of ice and melted water during glaciation. 103 bird species have been recorded; for many northern and alpine bird species this is their southernmost breeding site. The Site is also important for reindeer during their calving season. In addition, it is valuable for carbon storage and sequestration. Human activities include nature conservation, fishing, livestock grazing, recreation, and tourism. More than 100 archaeological sites relate to iron works from the Viking Age and Middle Ages.

## Nordenskiöldkysten

Site number: 1,968 | Country: Norway | Administrative region: Svalbard  
Area: 42,992 ha | Coordinates: 77°50'N 13°56'E | Designation dates: 12-11-2010  
[View Site details in RSIS](#)

The Site consists of a coastal plain with many freshwater pools and, in its south-eastern part, Ingeborgfjellet, a mountain with steep cliffs harbouring breeding seabird colonies. During the breeding season some 55,000 little auks *Alle alle*, 21,600 thick-billed murrets *Uria lomvia* and 6,000 black-legged kittiwakes *Rissa tridactyla* nest there. The Site is also an important staging, moulting, feeding and resting area during the migration seasons. Species listed on the Norwegian Red List include the nationally endangered red knot *Calidris canutus* and the vulnerable sanderling *Calidris alba*. The Site also supports more than 13% (4,000 mature individuals) of the Svalbard population of barnacle goose *Branta leucopsis*. It is important for mammals such as the Svalbard reindeer *Rangifer tarandus platyrhynchus* and the Arctic fox *Vulpes lagopus*, and is visited by polar bears, harbour seals and walrus. The Site plays an important role in carbon and methane storage due to its permafrost which is between ten and 40 metres deep. There is traditional trapping activity in the area, and a trapping station is situated on Akseløya, south-east of the Site.

## Nordre Øyeren

Site number: 307 | Country: Norway | Administrative region: Akershus  
Area: 6,440.7 ha | Coordinates: 59°52'N 11°10'E | Designation dates: 24-07-1985  
[View Site details in RSIS](#)

Nordre Øyeren is northern Europe's largest inland delta; it is formed by three rivers, Glomma, Nitelva and Leira. The Site includes low-lying islands and land adjacent to Lake Øyeren. Large variations in water level and the influence of the rivers create varying natural conditions which boost species diversity: with 260 species recorded, Øyeren is Norway's most species-rich lake. Large populations of birds, fish, benthic organisms and plants are present. Water levels are lowest in early spring when large areas of mud banks are exposed, providing excellent access to food for abundant birdlife staging and feeding on the Site during spring and autumn migration. This makes the lake one of the most important areas in southern Norway for resting migratory waterbirds. The Site is also an important wintering site and has Norway's largest numbers of whooper swan *Cygnus cygnus*. It is used for fishing, agriculture and recreation: there are two birdwatching towers and a nature information centre.

## Nordre Tyrifjord Wetlands System

Site number: 802 | Country: Norway | Administrative region: Buskerud  
Area: 322 ha | Coordinates: 60°07'N 10°12'E | Designation dates: 18-03-1996

[View Site details in RSIS](#)

The Site is a system of oxbow lakes, bays dotted with islets, small dams and mires, across five sub-sites: Juveren, Synneren, Karlsrudtangen, Averøya and Lamyra. Wetland types include flooded marshland, seasonally flooded deciduous forests, mud and sand flats. A number of rare fungi and plants including mosses are present. Several thousand wildfowl gather in the spring, and the area is important as an inland locality for migrating and wintering waterbirds and waders in southern Norway, and in particular as a staging site for the Svalbard population of the pink-footed goose *Anser brachyrhynchus* and for the whooper swan *Cygnus cygnus*. Several species of waterbirds feed, and numerous nationally rare species breed at the Site, including Eurasian coot *Fulica atra*. The Site is also an important spawning ground for numerous species of fish including the brown trout *Salmo trutta*. It is valuable in terms of flood reduction, sediment trapping and fixing of nutrients. Human activities include nature conservation, recreation, fishing, bird-watching, irrigation and livestock farming. Watercourse regulation and the spread of Canadian pondweed threaten the Site.

## Øra

Site number: 305 | Country: Norway | Administrative region: Østfold  
Area: 1,676 ha | Coordinates: 59°10'N 10°59'E | Designation dates: 24-07-1985

[View Site details in RSIS](#)

The Site is an extensive estuarine area at the mouth of Norway's largest river, Glomma, characterized by shallow areas of brackish water with numerous small islands and skerries surrounded by sediments deposited by the river. The Site also includes meadows, grassland and forest areas. It is an important area for nesting, passage, moulting and wintering waterbirds, including swans and large numbers of ducks in autumn. In total, around 250 bird species have been recorded in the area, with 90 known to have bred. Øra supports nationally threatened bird and plant species and a high diversity of freshwater and sea fish, with 41 species recorded. The rare tentacled lagoon worm *Alkmaria romijni* has not been recorded elsewhere in Norway. The Site is used for livestock grazing and recreation; there is a birdwatching tower. Regulations prevent construction, hunting, drainage, and access to resting areas during sensitive periods.

## Ørland Wetland System

Site number: 310 | Country: Norway | Administrative region: Sør-Trøndelag  
Area: 3,168 ha | Coordinates: 63°41'N 09°29'E | Designation dates: 24-07-1985

[View Site details in RSIS](#)

The Site is a complex of four separate areas – Grandefjæra, Hovsfjæra, Innstrandfjæra and Kråkvågsvaet – which form part of a large system of shallow marine waters, intertidal zones and mudflats. The intertidal area features salt-tolerant vegetation, with some nationally endangered species such as the Northern marsh orchid *Dactylorhiza purpurella* present. Due to its location on the flyway for birds migrating along the Norwegian coast to and from their breeding locations in Greenland, Svalbard, Iceland and Siberia, the Site is the most important wetland system in central Norway for resting and feeding migratory waterbirds, especially ducks and waders. The nationally threatened harbour seal *Phoca vitulina* also regularly visits. Human activities have included drainage for agricultural purposes, but strict regulations now prevent construction, hunting and drainage. The Site is used for fishing, birdwatching, sheep grazing and small-scale seaweed cutting, and also has some value in shoreline stabilization. Visitor facilities include a wetland information centre in Brekstad, as well as observation towers and hides.

## Øvre Forra

Site number: 1,194 | Country: Norway | Administrative region: Nord-Trøndelag  
Area: 10,254 ha | Coordinates: 63°36'N 11°36'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site is a huge intact peat mire system at high elevation. It is partly forested (notably with Norway spruce *Picea abies*), and interspersed with several smaller lakes and a meandering river. The landscape is undulating and there are also mires on sloping terrain due to the high precipitation, amid some drier areas and peaks. The river is protected against hydropower developments. The Site supports 130 different bird species, of which 70 are regular breeders. More than 331 species of vascular plants and 370 species of fungi have been found in the area, some of them nationally threatened. The globally endangered freshwater pearl mussel *Margaritifera margaritifera* and the European otter *Lutra lutra* are present. The area is valuable in terms of flood control and is used for grazing, hunting, fishing, recreational activities and berry picking. Over 1,000 years ago, the Site was used to produce steel from bog iron, and there are still several “bloomeries” (simple furnaces) across the Site. The use of charcoal as fuel and the related deforestation probably resulted in waterlogging, contributing to the formation of the many mires in the area today.

## Pasvik

Site number: 810 | Country: Norway | Administrative region: Finnmark  
Area: 1,910 ha | Coordinates: 69°09'N 29°13'E | Designation dates: 18-03-1996

[View Site details in RSIS](#)

Situated along the Russian border in the northern boreal forest, the Site includes the most intact section of the (regulated) Pasvik River, characterized by many bays, lakes and islets. The area includes Scots pine (*Pinus sylvestris*) forests and extensive mires. Due to its very early ice break-up, the area is especially important for staging migratory waterbirds. Numerous threatened species breed at the Site, including the bean goose *Anser fabalis*, the greater scaup *Aythya marila* and the little bunting *Emberiza pusilla*. The Site has also a stable breeding population of the nationally threatened brown bear *Ursus arctos* and the European otter *Lutra lutra*. The area is important for flood regulation, sediment transport and carbon sequestration. Human activities include nature protection, recreation, fishing and some reindeer husbandry. Archaeological findings document habitation of the area by Saami people up to 8,000 years ago. The greater trilateral Pasvik area was featured as a Ramsar case study on transboundary wetland ecosystems in the 2nd Assessment of Transboundary Rivers and Lakes (UNECE 2011).

## Reisautløpet

Site number: 1,958 | Country: Norway | Administrative region: Troms County  
Area: 600 ha | Coordinates: 69°47'N 21°00'E | Designation dates: 12-11-2010

[View Site details in RSIS](#)

The Site comprises a delta ecosystem formed through the discharge of a large sub-arctic river into a fjord. Large marine tidal areas of mud and sand flats as well as wet coastal meadows along the shore exhibit sub-Arctic features. Northern and southern plant communities coexist in this Site, some of which are nationally rare. It is a staging area for migratory birds such as the ruff *Philomachus pugnax*, the black guillemot *Cepphus grille*, the common merganser *Mergus merganser* and the red-breasted merganser *Mergus serrator*. It is also a feeding area for ducks and wading birds, and important river stocks of the Atlantic salmon *Salmo salar*, the anadromous Arctic char *Salvelinus alpinus* and the brown trout *Salmo trutta* migrate through the Site. Sørkjosen Airport is close, and the noise and runoff may affect the Site.

## Risøysundet

Site number: 2,163 | Country: Norway | Administrative region: Nordland  
Area: 504 ha | Coordinates: 68°59'N 15°42'E | Designation dates: 27-05-2013  
[View Site details in RSIS](#)

The Site consists of shallow marine areas within a complex of flat grassy islets, lagoons and brackish swamps, supporting communities of *Zostera*, *Potamogeton* and *Salicornia*. In the west, there is a 15-hectare lake surrounded by a large beach meadow complex. There are also exposed bays, isolated freshwater ponds, sheltered salt marshes and exposed seaweed meadows which are important for shoreline stabilization. The Site supports one of the few, intact larger mud/sand flats in northern Norway, and a broad range of regionally rare sublittoral plant species. Many waterbirds depend on these rich areas for food and rest during their spring and autumn migration. More than 50 species of waterfowl have been recorded here, mainly ducks and waders, with some species reaching several thousand individuals. The Site is a particularly important staging area for pink-footed geese *Anser brachyrhynchus* during their spring migration. It is also an important breeding site. The Site regularly supports a stable population of the European otter *Lutra lutra*. The area features archaeological and historical remains. The main land uses are livestock grazing, tourism, fishing and birdwatching.

## Røstøyan

Site number: 1,950 | Country: Norway | Administrative region: Nordland  
Area: 6,986.4 ha | Coordinates: 67°27'N 11°57'E | Designation dates: 12-11-2010  
[View Site details in RSIS](#)

Røstøyan is a large archipelago with hundreds of islands, islets and skerries surrounded by shallow marine waters. Vedøya and Storfjellet are the two largest islands. The Site is the most important breeding area for seabirds in Nordland County. Bird cliffs on several islands harbour nationally red-listed breeding populations of Atlantic puffin *Fratercula arctica* (650,000 birds, constituting 3% of the global population), black-legged kittiwake *Rissa tridactyla*, razorbill *Alca torda* and common guillemot *Uria aalge*. On the skerries are breeding colonies of the great cormorant *Phalacrocorax carbo*, common shag *Phalacrocorax aristotelis* and black guillemot *Cephus grylle*. The Site has a stable population of the nationally-threatened European otter *Lutra lutra* and common seal *Phoca vitulina*. It is popular for sports fishing and boat tours. The area has three protected archaeological and cultural heritage sites such as Skomvær lighthouse. A long-term research project on seabirds led by the Norwegian Institute for Nature Research has been ongoing for 40 years.

## Rott-Håstein-Kjør

Site number: 1,952 | Country: Norway | Administrative region: Rogaland  
Area: 10,721.8 ha | Coordinates: 58°55'N 05°29'E | Designation dates: 12-11-2010  
[View Site details in RSIS](#)

This Site includes a large number of small islands, skerries and islets surrounded by shallow seas. Several islands have shallow ponds and lakes with saltwater influence; the vegetation cover is mostly sparse. The highly diverse marine ecosystems harbour extensive areas of shell sand and kelp *Laminaria hyperborean*. The Site is located just off the coast of mainland Jæren (and the Jæren wetland system, Ramsar Site no. 309) and provides ecological continuity as well as one of the main migrating routes for regional and international birdlife. It is an important staging, moulting and breeding area for seabirds including the highest national population of breeding European shag *Phalacrocorax aristotelis* with over 4,500 pairs, moulting common eider *Somateria mollissima* and several nationally red-listed species such as the vulnerable Atlantic Puffin *Fratercula arctica* and black guillemot *Cephus grylle*, and the critically endangered common guillemot *Uria aalge*. The common seal *Phoca vitulina* and the grey seal *Halichoerus grypus* also visit. The Site is part of the earliest prehistoric settlement area in Norway and remains an actively managed cultural landscape.

## Runde

Site number: 2,164 | Country: Norway | Administrative region: Møre og Romsdal

Area: 351 ha | Coordinates: 62°25'N 05°40'E | Designation dates: 27-05-2013

[View Site details in RSIS](#)

The Site consists of several protected areas on the island of Runde, the neighbouring islands Skjervøya and Grasøya and surrounding islets, which support nationally endangered bird species such as the black-legged kittiwake *Rissa tridactyla* and the common murre *Uria aalge*. Cliff-nesting birds dominate the wildlife, and Runde regularly supports more than 120,000 breeding pairs. The vegetation on the hillsides and the plateau of Runde is dominated by open heathland, small freshwater ponds and grassland, as well as mires which are important for carbon storage and provide nesting sites for species such as the great skua *Stercorarius skua*. There are no human settlements inside the protected areas, but the Site is used for tourism, sheep grazing, scientific research, and the SEAPOP seabird monitoring and mapping project.

## Sandblåst-/Gaustadvågen Nature Reserve

Site number: 807 | Country: Norway | Administrative region: More og Romsdal

Area: 245.3 ha | Coordinates: 62°59'N 07°17'E | Designation dates: 18-03-1996

[View Site details in RSIS](#)

The Site is a typical well-developed estuary where three small rivers converge, forming a system of sheltered brackish lagoons and extensive intertidal mudflats with wet meadows. Salinity varies from freshwater to brackish and finally salt water. A total of 250 different bird species have been recorded. The high biological production, extensive beds of aquatic vegetation, and invertebrate populations support large numbers of migrating birds and numerous wintering swans, geese, ducks and waders. Particularly high numbers of birds gather here during the autumn migration, with regular counts of several hundred whooper swans and various ducks and waders. Several waterbird species as well as the otter *Lutra lutra* breed at the Site. Human activities include agriculture, recreation and research. Birdwatching takes place throughout the year and there is a viewing facility. The further expansion of agricultural activities, abandonment of traditional management practices and infrastructural development could pose threats to the Site.

## Sklinna

Site number: 1,953 | Country: Norway | Administrative region: Nord-Trøndelag County

Area: 589 ha | Coordinates: 65°12'N 10°58'E | Designation dates: 12-11-2010

[View Site details in RSIS](#)

Sklinna is a small archipelago which consists of several small islands with rocky shores, divided by shallow water. The main island in the archipelago is Heimøya. The archipelago as a whole is an important site for seabirds, especially in early summer. The most numerous bird species are the Atlantic puffin *Fratercula arctica* (1,350 pairs), European shag *Phalacrocorax aristotelis* (2,000 pairs, or 2% of the population found in this biogeographic region) and the great cormorant *Phalacrocorax carbo* (895 pairs; 1.5% of the regional population). Furthermore, it is a breeding area for nationally red-listed bird species such as the common guillemot *Uria aalge* and the kittiwake *Rissa tridactyla* as well as for wintering seabirds. Gull and cormorant droppings provide nutrients for plants such as the common scurvy weed *Cochlearia officinalis* and the common sorrel *Rumex acetosa*. Sklinna has a long history of traditional fishing. The Site is also part of a long-term monitoring and mapping programme for Norwegian seabirds since its establishment as a SEAPOP POPulations (SEAPOP) key site in 2007 and a SEATRACK site in 2014.

## Skogvoll

Site number: 1,195 | Country: Norway | Administrative region: Nordland

Area: 5,544 ha | Coordinates: 69°10'N 15°49'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site consists of two separate mire and marine areas. The mire area is one of the most extensive lowland Atlantic mire complexes in Norway, dotted with numerous ponds and lakes. The other half of the Site consists of shallow marine waters, with islets and skerries, tidal zones and a lagoon system with brackish as well as fresh water and rare flora. Wet salt-influenced meadows fringe the shorelines. The marine part of the Site is important as a staging, moulting and wintering area for several threatened species of waterbirds. A large population of the harbour porpoise *Phoca vitulina* breeds on the skerries, and the Site is also an important spawning area for the Atlantic salmon *Salmo salar* and the brown trout *Salmo trutta*. The human impact upon the Site is very limited; its uses include fishing, birdwatching and cloudberry picking.

## Slettnes

Site number: 1,196 | Country: Norway | Administrative region: Finnmark

Area: 1,230 ha | Coordinates: 71°05'N 28°12'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site is a coastal lowland plain in the northernmost area of mainland Europe. It consists of treeless meadows with mires, ponds and lakes on the Arctic shore. A number of "fossil" and elevated shorelines several kilometres in length characterize the landscape. The many freshwater bodies create an area of high importance to birdlife, with many species breeding and resting there; it is important across Scandinavia as a breeding area for waders. More than 100 bird species have been recorded, some in unusually high densities, with for example colonies of some 300 pairs of Arctic skua *Stercorarius parasiticus*. Otters also breed at the Site. In addition to the Site's importance for birdlife, it has also some importance as a historical site: it has been inhabited for over 10,000 years. Archaeological remains include foundations of houses, grave sites, and remains of Sami turf huts and old stone fences. The Site is used for research, and for tourism which may cause some disturbance for breeding birds. There is a nature trail and information boards.

## Sørkapp

Site number: 1,965 | Country: Norway | Administrative region: Svalbard

Area: 55,203 ha | Coordinates: 76°34'N 16°34'E | Designation dates: 12-11-2010

[View Site details in RSIS](#)

The Site, at the southern tip of Spitsbergen, includes shallow, nutrient-rich marine areas, islands, numerous ponds and lakes, streams, small rivers and, further inland, ice-covered mountain ridges. It is characterized by permafrost and erosion by wind, ice and the sea, and mainly covered by intermittent spots of grass. More than 60% of the Sørkapp land territory is still covered by glaciers, despite its climate warming since the beginning of the 20th century. The Svalbard rock ptarmigan *Lagopus muta hyperborea* is the only bird species wintering on land. A few bird species such as the long-tailed duck *Clangula hyemalis* and gulls and auks might occasionally overwinter in areas free of sea ice, but most bird species are migratory. Waders, goose species and seabirds are the dominant groups. 19 species of mammals can be observed in the area, including the Svalbard reindeer *Rangifer tarandus platyrhynchus*, the Arctic fox *Vulpes lagopus*, and the polar bear *Ursus maritimus*. The Site's permafrost areas and mires are important carbon reservoirs. There are several cultural heritage sites relating to overwintering Russian (17th century) and Norwegian (19th century) groups, including graves, huts and hunting traps.

## Stabburneset

Site number: 312 | Country: Norway | Administrative region: Finnmark

Area: 1,568 ha | Coordinates: 70°10'N 24°57'E | Designation dates: 24-07-1985

[View Site details in RSIS](#)

The Site is a part of a river delta including shallow marine waters, sandbanks which are exposed at low tide, saltmarshes and wet mires, as well as large well-developed salt meadows with Arctic plant species and communities. The Valdak marshes at the southern end of the Site are internationally important staging, feeding and moulting areas for several species of waterfowl. Many migrating species of ducks, geese and waders stage here, and it is the most important staging site in Northern Europe for the lesser white-fronted goose *Anser erythropus*. The most numerous bird species at the Site are the Nearctic red knot *Calidris canutus islandica* (up to 20,000 individuals) and the common eider *Somateria mollissima* (up to 5,600 individuals). The River Stabburselva is important for the Atlantic salmon *Salmo salar* and is used for sport fishing. There is an information centre close to the Site, and strict regulations control hunting and camping.

## Tanamunningen

Site number: 1,197 | Country: Norway | Administrative region: Finnmark

Area: 3,409 ha | Coordinates: 70°30'N 28°24'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Tana is one of the largest rivers in Norway and the most important for the Atlantic salmon *Salmo salar*. The Site is part of its estuary, one of the few unspoiled river estuaries of this size in Europe, which is shallow and partly brackish, with huge underwater deposits of gravel and some sandy islands. It is particularly important for the goosander *Mergus merganser*, with 21,000 individuals recorded in October 2010. The Site is also important for the nationally threatened harbour seal *Phoca vitulina*; the sand banks are the only place in Norway where the female seals give birth. The River Tana plays a significant role in flood protection and sediment transport and is extremely important for the local Sami culture, both as a traditional means of transport and as a source of salmon. Possible threats include the introduction of invasive species through the unloading of ballast water, potential oil spills and plans for the development of a new quarry on the western side of the Site.

## Tautra and Svaet

Site number: 311 | Country: Norway | Administrative region: Nord-Trøndelag

Area: 1,635 ha | Coordinates: 63°34'N 10°38'E | Designation dates: 24-07-1985

[View Site details in RSIS](#)

The Site consists of the island of Tautra and a shallow strait between Tautra and the neighbouring mainland, together with the surrounding shallow intertidal marine waters. These waters and their mud- and sandflats are particularly important as a staging area in spring and autumn for a large number of bird species, including the globally vulnerable velvet scoter *Melanitta fusca* and long-tailed duck *Clangula hyemalis*. The birdlife also stops over on the island's freshwater lakes. The island itself is dominated by farms, houses, roads and some woodland areas with pine and spruce forests and juniper shrubs. The traditionally managed cultural landscape, shaped over hundreds of years, contains a high diversity of specialized plant species.

## Trondheimfjord wetland system

Site number: 1,198 | Country: Norway | Administrative region: Sør Trøndelag; Nord Trøndelag

Area: 1,846 ha | Coordinates: 63°43'N 11°09'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site consists of 13 subsites with sheltered intertidal mudflats, salt marshes, permanent shallow marine waters and rocky shores. There are also the two largest river estuaries in the fjord, notably Gaulosenas, one of very few unspoilt large-river estuaries in southern Norway. Both estuaries play an important role in flood regulation. These wetlands support outstanding biodiversity and are of great importance for migratory birds, in particular geese, ducks, waders and wintering seabirds. Nearly the entire Svalbard population of pink-footed goose *Anser brachyrhynchus* uses the Site as a staging area both in spring and autumn. The nutrient-rich freshwater areas and the numerous islets and skerries in the fjord are the most important areas for breeding species such as the horned grebe *Podiceps auritus* and the great crested grebe *Podiceps cristatus*. The shallows also comprise important moulting areas for common eiders *Somateria mollissima* and mallards *Anas platyrhynchos* during summer months. Ørin, Gaulosen, Vinnan and Velvängen are important spawning grounds for the local fjord population of Atlantic herring *Clupea herengius*. The Atlantic salmon *Salmo salar* and brown trout *Salmo trutta* also use some of the sub-sites as migratory paths. The main human activities include recreation, fishing and birdwatching.

## Tufsingdeltaet

Site number: 1,199 | Country: Norway | Administrative region: Hedmark

Area: 895 ha | Coordinates: 62°12'N 11°49'E | Designation dates: 06-08-2002

[View Site details in RSIS](#)

The Site includes the delta of the River Tufsinga where it meets Lake Femund, and a section of the Lake. The landscape is in a state of slow continuous change as the river erodes, transports and deposits sediments to create a number of small islands covered with mires and willow scrubs, and belts of sedge. The formation of mires into the lake through the overgrowing of ponds is considered to be remarkable. Land areas along the slow flowing river are dominated by large, dry and open mires with several dystrophic pools and ponds. The aquatic vegetation is relatively rich and the river banks are surrounded by dense birch woodland. Despite the Site's high altitude and latitude, a total of 49 different wetland bird species have been recorded. Several nationally threatened bird species use the Site for feeding, breeding and staging, probably because of the great variety of biotopes in the area. Human uses include sport fishing, berry-picking, hunting and canoeing, but human impacts are very limited. The Site is valuable for its roles in flood reduction, sediment trapping and nutrient fixing.

## Ulendeltaet

Site number: 1,967 | Country: Norway | Administrative region: Nord-Trøndelag

Area: 269.9 ha | Coordinates: 64°10'N 13°49'E | Designation dates: 12-11-2010

[View Site details in RSIS](#)

Ulendeltaet is an undisturbed freshwater delta on Lake Ulen, which includes stretches of a meandering river, marshes, islands, oxbow lakes and pools. Spruce and birch forests line the riverbank and vast, well-developed willow scrubs are important breeding areas for different passerines such as the yellow wagtail *Motacilla flava thunbergi*, the willow warbler *Phylloscopus trochilus* and the brambling *Fringilla montifringilla*. The delta and the lake harbour large numbers of brown trout *Salmo trutta*, Arctic char *Salvelinus alpinus*, burbot *Lota lota* and common minnow *Phoxinus phoxinus*. The area also has a stable population of beaver *Castor fiber* and moose *Alces alces*. The area functions as a sediment trap and is important for nutrient fixing as well as flood reduction. The Site is mainly used for fishing and moose hunting, but also for canoe trips and bird watching. A National Park Centre is located near the Site.

## West-Vikna Archipelago

Site number: 2,165 | Country: Norway | Administrative region: Nord-Trøndelag

Area: 13,592 ha | Coordinates: 64°54'N 10°44'E | Designation dates: 27-05-2013

[View Site details in RSIS](#)

The Site includes the major part of the Vest-Vikna archipelago, and consists of several larger islands and numerous islets in shallow marine waters. The landscape has a mosaic pattern including rocky shores, narrow mires and bogs, and sparse vegetation fertilized by seabird guano. Some of the islands are covered by a nationally endangered heathland mosaic with bogs and ponds. More than 345 vascular plant species have been recorded, with several species at the northernmost or southernmost limits of their range. The large mires constitute important water reservoirs during dry periods and play an important flood control role during periods of heavy precipitation. The wetland supports breeding, staging and wintering populations of many nationally threatened species such as the black guillemot *Cephus grylle*, the Atlantic puffin *Fratercula arctica*, and the black-legged kittiwake *Rissa tridactyla*. The islets hold populations of grey seal *Halichoerus grypus* and harbour seal *Phoca vitulina*. More rarely, false killer whale *Pseudorca crassidens* and Eurasian otter *Lutra lutra* visit the archipelago. European roe deer *Capreolus capreolus* is common on some of the islands. The Site is used for fishing and agriculture.