



Ramsar Sites Information Service

Annotated List of Wetlands of International Importance

Sweden

68 Ramsar Site(s) covering 665,474 ha

Aloppkölen-Köpmankölen

Site number: 1,113 | Country: Sweden | Administrative region: Jämtland county
Area: 20,079 ha | Coordinates: 62°38'24"N 13°40'01"E | Designation dates: 19-11-2001
[View Site details in RSIS](#)

The Site is a large wetland complex composed of northern bogs, mixed mires including well developed string mixed mires, soligenous and string fens, wet forests and numerous lakes, pools, streams and springs. In the northern parts of the Site, vegetation is dominated by heather and cloudberry, while sedge and Sphagnum mosses dominate in the southern parts. The wet mires support a rich avifauna including large numbers of waders and other waterbirds such as the nationally threatened common reed bunting *Emberiza schoeniclus* and ruff *Philomachus pugnax*, which use the Site as breeding and foraging grounds. The springs and spring fens support a typical diversity. The Site is used for hunting, fishing and cloudberry picking, and also provides livestock fodder for reindeer husbandry by the local Sami population. The threats affecting the ecological character of the Site are limited; however mining and quarrying could have a major impact. The management plans for Henvålen and Kilbäcksskiftet nature reserves cover part of the Ramsar Site. A restoration plan is being implemented to counteract the acidification of its streams.

Ånnsjön

Site number: 26 | Country: Sweden | Administrative region: Jämtland
Area: 11,031 ha | Coordinates: 63°16'25"N 12°32'32"E | Designation dates: 05-12-1974
[View Site details in RSIS](#)

Ånnsjön is a large, nutrient-poor freshwater lake surrounded by extensive mires. The Site includes marshland, a sandy ridge, eroded peat steps, and spectacular waterfalls. Rare inland deltas located at the western and north-western shores of the lake are valuable conservation and educational sites. The mires around the lake are good examples of maritime-influenced mire types. There is a mixture of bogs and fens with a diverse flora. Ånnsjön is very important for migratory and breeding wetland birds such as nationally vulnerable northern pintail *Anas acuta*, common reed bunting *Emberiza schoeniclus* and ruff *Philomachus pugnax*. The Site includes two bird sanctuaries where public access is seasonally restricted. On the steep slope near the lake, in the peat of Klockamyren, there are two 4,600- and 6,100-year-old layers of pine trunks which indicate that the area was then forested. The Site provides livestock fodder for reindeer husbandry by the local Saami population. It also has some value for flood control and is used for hunting, fishing and cloudberry picking. Ånnsjön is a popular birdwatching location, especially in spring and summer. Visitor facilities include footpaths, board walks and birdwatching hides and towers.

Asköviken-Sörfjärden

Site number: 1,114 | Country: Sweden | Administrative region: Västmanland and Södermanland Counties

Area: 12,251 ha | Coordinates: 59°28'28"N 16°39'34"E | Designation dates: 19-11-2001

[View Site details in RSIS](#)

Asköviken-Sörfjärden consists of two sizable bays of Lake Mälaren and an archipelago of some 160 islands and isles between them, which together are representative of a near-natural wetland type (freshwater lake and permanent marshes) in the EU Boreal region. The site supports more than 20,000 waterbirds and more than 1% the biogeographic population of the bean goose *Anser fabalis*. The shallow bays are important spawning and nursery grounds for a number of fish species and are also important for foraging birds. The Site supports several rare or commercially important fish species including the eel *Anguilla Anguilla* and the European pike-perch or zander *Sander lucioperca*. Mälaren is one of the few lakes in Sweden that harbours *Vimba vimba*. More than 75 globally and nationally red-listed species are present, including birds, fish and molluscs, fungi, moss and lichen, and insects. The Site has hosted human settlements from the 11th century, and a 17th century royal shipyard in the archipelago encouraged the cultivation of oak trees. The Site has high ornithological, recreational, touristic, historical, and educational values. Lake Mälaren is used as a drinking-water reservoir, for fishing, and for the transport of goods.

Åsnen

Site number: 429 | Country: Sweden | Administrative region: Kronoberg

Area: 17,866 ha | Coordinates: 56°37'54"N 14°43'07"E | Designation dates: 12-06-1989

[View Site details in RSIS](#)

Åsnen is a large, shallow nutrient-poor freshwater lake with bays and islands. On the north side are meadows and marshland which flood regularly. Vegetation includes coniferous and deciduous forest, scattered scots pine, and several bogs. The interaction between the freshwater and terrestrial habitats enables the extraordinarily rich biodiversity within the Site and its surroundings. The lake supports a rich variety of fish, including rare species such as the critically endangered European eel *Anguilla anguilla*, which encourage a vast community of breeding birds including the nationally threatened black tern *Chlidonias niger*. It is also an internationally important staging area for migratory Anatidae (ducks, geese, swans), including large numbers of bean goose *Anser fabalis*, greyleg goose *Anser anser*, and common merganser *Mergus merganser*; in total 35,000 waterbirds are regularly supported by the Site. Management plans for the overlapping Natura 2000 sites and the Nature Reserves are being implemented.

Blaikfjället

Site number: 2,167 | Country: Sweden | Administrative region: Västerbotten County

Area: 43,487 ha | Coordinates: 64°38'33"N 16°02'04"E | Designation dates: 19-03-2013

[View Site details in RSIS](#)

Blaikfjället is a vast high plateau to the east of the Fennoscandian mountain range. The Site is one of the largest unexploited mire complex areas in Scandinavia, where unusually in Sweden, the mires follow the local topography of the plateau and even cover some higher areas. The Site is of importance in preserving the biological diversity of north Scandinavian mire and taiga forest ecosystems, such as mire bird fauna, fungi, and insects which depend on dead wood. Almost all northern boreal mire and forest bird species are present, and the Site is important as a moulting, roosting, staging and breeding site for wetland birds. The peatland areas are important for carbon sequestration. The land has been used for extensive reindeer farming for several hundred years by the Saami people, which has some influence on the wetland vegetation. Remnants of the former hay harvesting, such as paths and barns, can also be observed. Currently the Site is mainly dedicated to nature conservation and research, recreation, fishing and hunting. Management plans for the two overlapping nature reserves and the Natura 2000 sites are being implemented. Due to its pristine state and high ecological value the Site has been proposed as a National Park.

Blekinge skärgård

Site number: 1,115 | Country: Sweden | Administrative region: County of Blekinge
Area: 12,958 ha | Coordinates: 56°07'25"N 15°26'31"E | Designation dates: 14-11-2001
[View Site details in RSIS](#)

The Site consists of three separate areas along the south-east coast of Sweden. Separated by shallow marine waters, these discrete entities include islands, coastal meadows and marshes, beaches and rocky shores. The area supports more than 100 nationally red-listed species, primarily insects and birds, and more than 20,000 waterbird individuals, especially ducks, gulls and cormorants. The Site is important for breeding, resting and wintering birds and supports over 1% of the biogeographic population of the tufted duck *Aythya fuligula*, the common eider *Somateria mollissima* and the great cormorant *Phalacrocorax carbo sinensis*. The waters are important as spawning and recruiting areas for fish including herring *Clupea harengus*, pike *Esox Lucius* and perch *Perca fluviatilis*. Remains of medieval house foundations and ancient graves can be seen on some islands, and preservation of the cultural landscape of the area is seen to be of national interest. The Site is used for growing livestock fodder as well as for fishing, recreation, bird watching and ecological tourism. The main threats to its ecological character relate to fishing and harvesting of aquatic resources and of non-timber crops in the surrounding areas. There are 12 nature reserves within or partially within the Site, all with management plans in place. Restoration measures of grassland and meadows are carried out on some of the islands through the GRACE (Grazing and Restoration of Archipelago and Coastal Environments) project.

Dättern

Site number: 432 | Country: Sweden | Administrative region: Västra Götaland
Area: 3,990 ha | Coordinates: 58°23'28"N 12°36'09"E | Designation dates: 12-06-1989
[View Site details in RSIS](#)

The Site consists of a shallow, freshwater bay, fringed by reedbeds at the south-west end of Lake Vänern. The nutrient-rich waters support abundant plankton and are regarded as one of the most important spawning areas in Sweden for the pike-perch *Lucioperca lucioperca*. The Site was extended in November 2001 to include part of the River Nossan, which is important for spawning asp (*Aspius aspius*). It also holds an outstanding variety of plant species, with its grazed pastures and shore lines supporting a rich annual flora. Dättern is an important breeding and resting place for birds such as nationally endangered Eurasian penduline tit *Remiz pendulinus* and the nationally vulnerable spotted crake *Porzana Porzana*. Human activities include livestock grazing and fishing. Maintaining traditional grazing is essential for maintaining the ecological character of the meadows. 208 hectares of wet meadow have been restored, which has enhanced breeding conditions for birds within the Site. There is a management plan for each of the two nature reserves and a conservation plan for the Natura 2000 Site. An observation platform can be found.

Dumme mosse

Site number: 1,117 | Country: Sweden | Administrative region: Jönköping
Area: 3,098 ha | Coordinates: 57°46'33"N 14°00'48"E | Designation dates: 14-11-2001
[View Site details in RSIS](#)

Dumme mosse is a large and diverse mire complex, dominated by raised bogs with small streams and fens, and surrounded by various coniferous and deciduous forests. Different types of open peat bogs are found within the Site including eccentric bogs, sloping bogs, plateau shaped raised bogs and slightly raised bogs. The boundaries of the Site have been adjusted to follow the boundaries of protected areas and wetlands of high conservation value. The Site comprises large areas of open and relatively unspoilt raised bog, where floristic elements from Northern Sweden meet those of Western (oceanic) and Eastern (more continental) bogs. The open water body to the north constitutes an important area for 164 species of birds. Dumme mosse is one of few remaining bogs with open areas that are large enough to provide breeding habitats for Scandinavia's southernmost populations of European golden plover *Pluvialis apricaria* and red-throated diver *Gavia stellata*. The Site is important for the maintenance of hydrological regimes as well as carbon storage. The main threats to its ecological character relate to airborne pollutants and climatic changes which are making the bog more suitable for pine trees and therefore less attractive as nesting grounds for waders. The wetland provides fresh water for industry and is an important site for bird watching and nature based outdoor activities. Trails and information signs are located within the Site. There are management plans for the two nature reserves.

Emån

Site number: 1,118 | Country: Sweden | Administrative region: Kalmar

Area: 1,527 ha | Coordinates: 57°08'41"N 16°23'41"E | Designation dates: 14-11-2001

[View Site details in RSIS](#)

The Site includes the lower reaches and mouth of the Emån River, the largest and probably the most important watercourse in south-eastern Sweden, and it contains many representative wetland types. The river is broad and calm in most places, with large seasonal variations in water levels and annual flooding of large areas. It is one of the largest continuous wetland areas in the country, with vast areas of reeds, marsh meadow, waterlogged marshland, and meadows bordering the river. These extensive wetlands and the large areas of swamp forests create a unique buffer zone along the river, which keeps it relatively unaffected by chemicals and other human influence. The fauna and flora are rich, with several species included in the Swedish Red List. The Site has an extraordinary fish diversity, with more than 30 species such as the Atlantic salmon *Salmo salar*, the brown trout *Salmo trutta*, and the wels catfish *Silurus glanis*. The valley has been put to human use since the Stone Age and several sites are of national interest for cultural history, including remains of an early barrage near the mouth of the river. Conditions for recreation and tourism, especially sport fishing, are very good.

Falsterbo-Foteviken

Site number: 14 | Country: Sweden | Administrative region: Skåne

Area: 7,851.4 ha | Coordinates: 55°26'12"N 12°53'49"E | Designation dates: 05-12-1974

[View Site details in RSIS](#)

The Site is a complex of shallow coastal waters, sandbanks, lagoons, sand and shingle beaches, coastal meadows, moors featuring *Calluna* and *Erica* heathers, damp heaths and some limited areas of cultivated land. It is one of the most important gathering points in northern Europe for migrating shorebirds and raptors during the autumn migration, and regularly supports over 280,000 waterbirds. These internationally significant numbers include well over 1% of the corresponding biogeographic populations of the Brent goose *Branta bernicla*, the barnacle goose *Branta leucopsis* and the common eider *Somateria mollissima*. The Site is an important area for breeding, staging and wintering waterbirds, and also an important reproduction area for the harbour seal *Phoca vitulina* and the gray seal *Halichoerus grypus*. The shallow coastal waters provide important fish spawning grounds and nursery areas, particularly for the critically endangered eel *Anguilla anguilla* and species of flatfish. The area is very attractive for outdoor recreation and many private boats visit during the summer.

Färnebofjärden

Site number: 1,116 | Country: Sweden | Administrative region: Four counties: Västmanland, Gävleborg, Uppsala and Dalarna

Area: 16,866 ha | Coordinates: 60°13'02"N 16°48'55"E | Designation dates: 14-11-2001

[View Site details in RSIS](#)

Färnebofjärden, previously known as Dalälven-Färnebofjärden, includes Färnebofjärden National Park and Gysinge and Ålbo Nature Reserves. The River Dalälven runs in a flat and open landscape, where it widens and forms a series of broad and shallow lakes. Short, often multi-branched rapids separate the lakes. It is a rare example in the European Boreal region of a near-natural river system with regular flooding. Its important habitats include alluvial forests, exposed river bottoms with fine-grained soils, rapids and open fens along the river. The unexploited rapids, along with the limited forestry and small human population in the immediate vicinity of the Site, give an impression of untouched wilderness. Situated at the transition between the vegetation types of northern and southern Sweden, the Site has a rich diversity of mires, riverside meadows, birch and alder fens, marsh meadows, peat bogs, and shore fens. Flooding is common, and flood control is an important function of the Site. The fauna is diverse, from the many birds and fish species, to the largest population in Sweden of the mosquito *Aedes rossicus*. Because of the wilderness character of the area, and its fauna and landscape, it is well known for birdwatching, hiking, canoeing, and fishing.

Fylleån

Site number: 1,119 | Country: Sweden | Administrative region: Halland

Area: 805.6 ha | Coordinates: 56°39'39"N 12°57'39"E | Designation dates: 14-11-2001

[View Site details in RSIS](#)

The Site encompasses the lower parts and mouth of the Fylleån river on the west coast; it is largely untouched by hydrological interventions and has good water quality. Interesting plant life is supported by old meanders, overgrowing oxbow lakes, and regularly flooded wetlands, as well as by the well-preserved sand dune landscape on the coast. The river is highly valued as it constitutes a spawning ground for the nationally red-listed Atlantic salmon *Salmo salar* and brown trout *Salmo trutta*. It also supports a diverse benthic fauna. A constructed wetland close to the sea provides a staging area for migratory birds and also an important breeding area for birds such as the nationally endangered Eurasian penduline tit *Remiz pendulinus* and the nationally vulnerable little tern *Sternula albifrons*. The coastal stone fields contain graves from the early Scandinavian Iron Age, and there are many archaeological and ancient cultural remains in the area. Due to its open landscape, scenic beauty and diverse nature, the area is highly valued for recreation and tourism. The main threats to the Site relate to logging and wood harvesting, fishing, river regulation and water management. Three minor hydropower stations are located within the Site; they all have fish ladders, but nonetheless they are barriers to fish and other organisms as well as sediment transport, and may affect the water flow.

Gammelstadsviken

Site number: 27 | Country: Sweden | Administrative region: Norrbotten County

Area: 440 ha | Coordinates: 65°37'54"N 22°04'49"E | Designation dates: 28-06-1974

[View Site details in RSIS](#)

Gammelstadsviken includes a freshwater lake formed when a four-kilometre-long coastal bay was isolated from the sea by land elevation. There are also areas of floating aquatic vegetation and extensive marshes. The Site supports animal populations which are important for maintaining the biological diversity of the Alpine biogeographic region, including rich avian fauna with some 200 species of birds observed in the area and a number of nationally red-listed species. The lake is one of the most species-rich in Sweden, and it is an important site for staging and breeding birds including the nationally important Caspian tern *Hydroprogne caspia*, northern pintail *Anas acuta* and garganey *Anas querquedula*. About 150 species of vascular plants have been noted within the Site, notably *Glaux maritima* and *Deschampsia bottnica*. Human activities include recreation and tourism. The main threats to the ecological character of the Site relate to air-borne pollutants from atmospheric emissions and the levels of quicksilver, sulphur and nitrogen. Cessation of mowing and grazing has also resulted in shrubs and trees overtaking the land, which may have led to the disappearance of some bird species. The quality of the lake bed has changed, negatively affecting the water vegetation. Several organizations are engaged in a project entitled "Projekt Guldkant" to enhance the conditions for birds and to increase accessibility and provide more information within the Site.

Getapulien-Grönbo

Site number: 2,168 | Country: Sweden | Administrative region: Örebro County, in south-central Sweden

Area: 3,229 ha | Coordinates: 59°39'43"N 15°28'34"E | Designation dates: 19-03-2013

[View Site details in RSIS](#)

Getapulien-Grönbo is one of the largest mire complexes in south-central Sweden characterized by minimal anthropogenic influence. The Site contains representative examples of natural or near-natural wetland types within the European Boreal region, such as forested and non-forested peatlands, bogs and lakes. The Site supports populations of plants and animal species which are important for maintaining biodiversity within the region, particularly birds and butterflies. The coniferous forests, wet forests and mires constitute an important area for breeding birds such as Eurasian black grouse *Lyrurus tetrix*, osprey *Pandion haliaetus* and western capercaillie *Tetrao urogallus*. Lynx and wolf can also be observed. The mires sequester carbon and serve as water reservoirs during the summer. Land use is mainly dedicated to moose hunting, recreation, tourism and nature conservation. A wildlife research station in Grimsö carries out fauna and flora monitoring activities. The Site was formerly affected by unsustainable forestry practices, such as drainage that altered the wetlands' natural hydrological cycle. As a result of the prohibition of forestry in the protected areas, the proportion of mature forest is expected to increase significantly in the coming years. Management plans for overlapping nature reserves are being implemented, with ecotourism development as one of the objectives.

Getterön

Site number: 19 | Country: Sweden | Administrative region: Halland

Area: 449.9 ha | Coordinates: 57°07'58"N 12°14'23"E | Designation dates: 05-12-1974

[View Site details in RSIS](#)

Getterön is an estuarine bay with freshwater inflow and brackish water basins, surrounded by wet coastal pastures. The area hosts a very wide range of breeding waterfowl and is also one of the most important resting places for waterfowl along the west coast of Sweden, including the garganey *Anas querquedula*, the bar-tailed godwit *Limosa lapponica* and the Sandwich tern *Thalasseus sandvicensis*. Sediment trapping and prevention of coastal eutrophication are important qualities of the area. The Site is used for cattle grazing, recreation, birdwatching and tourism; it has a visitor centre and a number of birdwatching shelters. The main potential threats to its ecological character relate to the negative impact of native species such as fox, badger, carrion crow and raven on breeding waders and ducks. A site-specific management plan is being implemented.

Gotlands ostkust

Site number: 21 | Country: Sweden | Administrative region: Gotland

Area: 4,963.8 ha | Coordinates: 57°16'18"N 18°38'54"E | Designation dates: 05-12-1974

[View Site details in RSIS](#)

The Site includes six subsites along the east coast of the island of Gotland, one of the largest on the Baltic Sea. Its coastline, low-lying islands and shallow seas host a great diversity of marine and coastal wetlands. Habitats include grazed meadows of varying degrees of wetness and extensive gravel banks. Numerous waders and Anatidae (ducks, geese, swans) stage in the area, including Bewick's swan *Cygnus columbianus bewickii*, and it is of international importance as a staging area for migrating barnacle geese *Branta leucopsis*, in numbers exceeding 1% of the relevant population. The complex is also important for various species of breeding waterbirds. The continuation of traditional grazing is essential for maintaining the Site's value for breeding and staging birds. Access is restricted. The Site's boundaries were extended in 2001 and again in 2018 to better correspond to other protected areas.

Gullhög-Tönningfloarna

Site number: 2,169 | Country: Sweden | Administrative region: Jämtland

Area: 1,881 ha | Coordinates: 62°11'15"N 14°08'27"E | Designation dates: 19-03-2013

[View Site details in RSIS](#)

Gullhög-Tönningfloarna is a large intact hydrological mire complex characterized by fens, bogs, lakes, peatlands, ponds and wet forests. The mires are ecologically complex and remarkably well-developed. The string-flark fens and slightly raised bogs have very well-differentiated strings and hollow structures. The Site supports populations of mire plant and animal species which are important for the maintenance of the biological diversity of the European Boreal region, where rich fens are fairly rare. These fens are important for the species inhabiting such habitat, and offer good conditions for an interesting and rich birdlife. The mire offers valuable feeding places for waders and excellent habitats for nesting species such as the ruff *Philomachus pugnax* and the vulnerable velvet scoter *Melanitta fusca*. Nationally red-listed wetland-dependent vegetal communities such as *Carex heleonastes* and *Hamatocaulis vernicosus* have also been recorded. The Site is an important water reservoir and plays a vital role in groundwater recharge and carbon sequestration. The main human activities within the area are moose hunting, forestry, fishing, berry-picking and birdwatching. Forestry and peat mining pose potential threats to its ecological character.

Gustavsmurarna-Tröskens rikkärr

Site number: 2,170 | Country: Sweden | Administrative region: Gävleborg

Area: 660.2 ha | Coordinates: 60°36'25"N 17°19'58"E | Designation dates: 19-03-2013

[View Site details in RSIS](#)

The Site includes four nature reserves: Gustavsmurarna, Brännan, Långhällskogen and Tröskens rikkärr. It contains wetland types which are representative of the European boreal region, including forested and non-forested peatlands, permanent freshwater lakes and springs. The Site supports many nationally red-listed species including populations of bog orchid *Microstylis monophylla* and fen orchid *Liparis loeselii*. Some rare beetles such as *Chlaenius sulcicollis* and *Chlaenius quadrisulcatus* can also be found. The Site is an important breeding area for bird species such as the crane *Grus grus*, the spotted crane *Porzana porzana*, the bittern *Botaurus stellaris* and the capercaillie *Tetrao urogallus*. Among the ecosystem services provided by the wetland are sediment trapping, water purification and carbon storage. The Site is mainly used for nature conservation, including research and monitoring, but hunting and outdoor activities are also permitted. Former land uses including intensive forestry, grazing and haymaking reduced the bush and tree vegetation, but since the declaration of the nature reserves and the implementation of the new regulations the reeds in the open fens have started to grow back.

Helge å

Site number: 16 | Country: Sweden | Administrative region: Skåne

Area: 8,042 ha | Coordinates: 55°58'53"N 14°11'16"E | Designation dates: 05-12-1974

[View Site details in RSIS](#)

Located in Scania Province, the Site consists of the lower stretch of the Helge å River to its outlet into the Baltic Sea, as well as two shallow and nutrient-rich freshwater lakes, reedbeds, scrubs, extensive wet grasslands, wet forests and alluvial forests. The Site supports biological diversity characteristic of the European Continental region as well as a number of nationally threatened species of plants, birds, mammals, fish and amphibians. Thousands of ducks and internationally important numbers of bean goose *Anser fabalis* and common crane *Grus grus* stage at the Site. The wetland provides sediment and nutrient retention and export as well as important hydrological services such as water purification and flood control. Human activities include fishing and cattle grazing as well as recreation and tourism. The disappearance of the formerly extensive common club-rush *Schoenoplectus lacustris* has led to changing hydrological conditions, exposure to wind, and fewer nesting opportunities for wetland birds. The common reed *Phragmites australis* has also decreased; the reasons for these changes are not clear but overgrazing by greylag goose and cattle as well as floods in 2007 have probably contributed. Investigations are ongoing to find what measures have to be taken. Various conservation measures have been taken to improve the opportunities for nesting and resting birds, fish and plants. The catfish *Silurus glanis* has been reintroduced and the population is increasing. The Site is noted for its innovative nature tourism activities; a new visitor centre was inaugurated in 2010.

Hjälstaviken

Site number: 25 | Country: Sweden | Administrative region: Uppsala

Area: 808 ha | Coordinates: 59°40'05"N 17°22'50"E | Designation dates: 05-12-1974

[View Site details in RSIS](#)

Located just 60 kilometres north-west of Stockholm, Hjälstaviken is a shallow, almost completely enclosed freshwater embayment of Lake Mälaren, characterized by extremely clear water and overgrown by reedbeds. The bay comprises extensive marshland and the wetland is surrounded by damp meadows and pasture, giving way to drier grassland and arable fields with patches of deciduous and coniferous woodland. About 100 bird species nest in the area, with 40 species linked to wetlands. The Site is important for wintering raptors, including the white-tailed eagle *Haliaeetus albicilla*. It supports various species of staging waders and Anatidae (ducks, geese and swans). 30% of the Fennoscandia/Eastern Mediterranean population of the globally vulnerable (and critically endangered in Sweden) lesser white-fronted goose is present. Visitor facilities include a trail around the lake and a wheelchair-accessible birdwatching tower. A short boardwalk through the vegetation in the shallow parts of the lake ends with a birdwatching hide. The main threats to the Site are the presence of American mink, an invasive alien species, and pollution from agricultural and forestry effluents.

Hornborgasjön

Site number: 22 | Country: Sweden | Administrative region: Västra Götaland

Area: 6,197 ha | Coordinates: 58°18'31"N 13°32'08"E | Designation dates: 05-12-1974

[View Site details in RSIS](#)

The Site is one of the most famous and largest bird lakes in Sweden; it is well known for resting and displaying cranes, 20,000 of which have been recorded on the Site. The Lake is shallow, with a mixture of open water and submerged vegetation with large areas of *Chara* algae and reed beds. The lake is surrounded by wet woodland and wet meadows. The Site supports nationally threatened species such as dunlin *Calidris alpina schinzii*, black-necked grebe *Podiceps nigricollis* and ruff *Philomachus pugnax*. The Lake has been restored in one of the largest single nature conservation projects ever carried out in Sweden. The main goal of the project was to restore the wetland conditions for birds, and a monitoring programme was established to survey the changes in fauna and flora. The Site is of high importance for tourism, recreation and educational opportunities. There are 250,000 visitors annually, many of whom are attracted by the famous dancing of the cranes in April. Visitor facilities include two information centres with an exhibition and a cafeteria, birdwatching towers, hides and nature trails.

Hovranområdet

Site number: 437 | Country: Sweden | Administrative region: Dalarna

Area: 4,858 ha | Coordinates: 60°20'06"N 16°03'11"E | Designation dates: 12-06-1989

[View Site details in RSIS](#)

The Site includes a stretch of the Dalälven River and numerous nutrient-rich freshwater lakes surrounded by meadows. Large, regularly flooded *Carex* marshes run along the lake and river shores. The Site is important for staging wetland birds such as the black-throated diver *Gavia arctica*, the whooper swan *Cygnus cygnus* (with up to about 1,500 present in the autumn) and the crane *Grus grus*. Breeding species include the Eurasian curlew *Numenius arquata*, the corn crane *Crex crex* and the common rosefinch *Carpodacus erythrinus*. Grazing and haymaking are widely practiced to support the migrating and breeding birds. The Site is surrounded by arable land which provides important foraging areas. Some of the species which it supports depend on rivers with fluctuating water levels; however the water regime of the lakes and river is subject to artificial regulation, due in part to upstream hydro-electric plants. The Site was extended in 2001.

Kallgate-Hejnum

Site number: 1,120 | Country: Sweden | Administrative region: Gotland

Area: 1,647 ha | Coordinates: 57°40'41"N 18°41'51"E | Designation dates: 14-11-2001

[View Site details in RSIS](#)

The Site is a large complex of wetlands, flat rock and forest on limestone bedrock on the island of Gotland in the Baltic Sea. The wetlands consist of fens, small creeks and a number of springs. Some areas are also temporarily flooded by snow melt. The flora is particularly interesting, with a large number of rare plant species, many of them included in the Swedish Red List; the lime in the soils and the multitude of springs contribute to this wealth. The fen vegetation is mainly dominated by *Cladium mariscus*, but some parts have other vegetation types, such as rich fen and spring fen vegetation. The Site's springs and high water quality also contribute to its importance as a water reservoir. Forestry, drainage, and road construction just outside the Site are believed to be having some negative impact upon its plants and animals.

Kilsviken-Åråsviken

Site number: 434 | Country: Sweden | Administrative region: County of Värmland and County of Västra Götaland

Area: 9,046 ha | Coordinates: 59°02'44"N 14°02'41"E | Designation dates: 12-06-1989

[View Site details in RSIS](#)

Kilsviken-Åråsviken is situated in the north-east corner of Lake Vänern, the largest lake in Sweden. It consists of three large bays (Kilsviken, Kolstrandsviken and Åråsviken) with numerous islands, the river Gullspångsälven and the shoreline around the bays. The landscape is a mosaic of open water, reeds, and forested and grazed wetlands. More than 250 different bird species have been reported and about 60 species of waterbirds regularly visit the area, including the nationally threatened ruff *Philomachus pugnax* and the globally vulnerable common pochard *Aythya ferina*. The Site constitutes important spawning grounds for the salmon *Salmo salar* and a local subspecies of brown trout *Salmo trutta*. The Site is important for nutrient cycling as well as for the provision of drinking water. Human activities include cattle grazing, recreation, timber production and fishing. The main threats to its ecological character relate to expansion of existing infrastructure such as marinas and docks. The regulation of Lake Vänern over the last century has led to the reduction of the variation in water levels, leading trees and bushes to colonize the shallow bays and open shorelines.

Klingavälsån-Krankesjön

Site number: 15 | Country: Sweden | Administrative region: Skåne

Area: 3,989 ha | Coordinates: 55°39'06"N 13°33'31"E | Designation dates: 05-12-1974

[View Site details in RSIS](#)

The Site contains a stretch of the Klingavälsån River, the freshwater lakes Krankesjön and Sövdesjön, and part of Lake Vombsjön. It is composed of a variety of habitats including meandering streams, marshes, meadows, alder stands and willow thickets. The large areas of mown wet grasslands dominated by *Carex* sedges are rare in southern Sweden, as most wetlands of this type have been drained and cultivated. The alluvial forests also constitute a representative wetland type which was formerly predominant. The wide range of habitats supports animal species which are important for maintaining the biological diversity of the European Continental region, including the critically endangered European eel *Anguilla anguilla* and nationally threatened species including white stork *Ciconia ciconia* and black-necked grebe *Podiceps nigricollis*. The Site is an important area for breeding waterfowl, particularly waders and wetland passerines. It is also an important staging area for wintering and migrating birds, mainly birds of prey, ducks and geese. Human activities include recreational fishing and swimming, birdwatching and livestock grazing. Four bird observation platforms, three information points and a hide are open to the public. The main factors affecting the ecological character of the Site include pollution from agricultural and forestry effluents, water regulation measures such as drainage, water abstraction and canalization, and recreation and tourism. A restoration plan is being implemented, and 2,500 metres of the Klingavälsån River have been restored to a meandering water course. The second part of the restoration plan will include further remeandering of another 1,800 metres and the conversion of cultivated fields into semi-natural grasslands for grazing and hay-making.

Komosse

Site number: 1,121 | Country: Sweden | Administrative region: Counties of Jönköping and Västra Götaland

Area: 4,288 ha | Coordinates: 57°41'24"N 13°41'52"E | Designation dates: 14-11-2001

[View Site details in RSIS](#)

Komosse is one of the most valuable peat bog complexes in north-western Europe. It contains large and representative examples of natural boreal wetlands: raised bogs, open peatland, bog woodland, wet meadows and fens. The boundaries of the Site have been adjusted to match those of the Nature Reserves, leading to an increase of around 200 hectares. Unusually for this part of the country, a large pool system is located in the bog complex. The Site has been largely unaffected by human activities, which contributes to the maintenance of water quality downstream. Komosse is important for plant species dependent on open areas of nutrient-poor bog landscapes, as well as for migrating and nesting birds including the nationally endangered ruff *Philomachus pugnax*. The wetland is one of the most researched peat bogs in Sweden. The main threats affecting the ecological character of the Site relate to drainage, and habitat shifting and alteration. As part of the EU LIFE "Life to ad(d)mire" project, measures have been taken to restore 40 hectares of land affected by ditches for forestry purposes and to regenerate wet meadows and bog woodland in the south-eastern part of the Site. The project also entailed the clearance of about 40 hectares of raised bog which had been invaded by *Pinus* shrubs, in order to increase suitable nesting ground for wading birds.

Koppången

Site number: 2,171 | Country: Sweden | Administrative region: Dalarna

Area: 4,936 ha | Coordinates: 61°21'11"N 14°47'25"E | Designation dates: 19-03-2013

[View Site details in RSIS](#)

Koppången is a large mire complex with small lakes, peatlands and forests containing notable examples of wetland types in the European Boreal region, and specifically Natura 2000 habitat types such as aapa mires, transition mires and quaking bogs, bog woodland, and Western Taiga and Fennoscandian herb-rich forests with Norway spruce *Picea abies*. The Site supports long-term viable numbers of several lichens, bryophytes and macro-fungi. Nationally red-listed species include ruff *Philomachus pugnax*, wolverine *Gulo gulo* and Eurasian lynx. The extensive wetlands support important populations of many breeding bird and mammal species, which then re-colonize the surrounding semi-natural landscape. The Site stores and sequesters carbon, contributing to global climate regulation, and it serves as an important moderator of heavy rainfalls. The open mires protect the natural old-growth forest from fires. Popular seasonal activities include cross-country skiing and dogsledding in winter, cloudberry and blueberry picking in summer, and elk and capercaillie hunting in autumn. The Site is of cultural interest and it has been traditionally used for haymaking. Two management plans for the overlapping Nature 2000 sites and Nature Reserve are being implemented. As a part of the EU co-funded "Life to Ad(d)mire" LIFE project, the natural hydrology of the Site has been restored by the blocking of ditches to prevent further drainage.

Kvismaren

Site number: 24 | Country: Sweden | Administrative region: Örebro County
Area: 837 ha | Coordinates: 59°10'26"N 15°22'58"E | Designation dates: 05-12-1974
[View Site details in RSIS](#)

The Site is composed of two restored freshwater lakes, large wet meadows with grazing cattle, deciduous forests and reeds. The wetland is a representative example of lowland nutrient-rich lakes in the European Boreal region, and includes threatened ecological communities included in Annex I of the EU Habitats Directive, such as hydrophilous tall herb fringe communities and alluvial forests with *Alnus glutinosa* and *Fraxinus excelsior*. The partly restored wetland constitutes a refuge and staging area for birds (including the globally threatened lesser white-fronted goose *Anser erythropus*) and other animals in a region otherwise dominated by agriculture. The Site regularly supports more than 20,000 resting waterbirds, including large numbers of bean goose *Anser fabalis* and common crane *Grus grus*. The area also serves as a centre for the dispersal of European otter *Lutra lutra* in the region and a key hibernating area for the European grass snake *Natrix natrix* and the European adder *Vipera berus*. The Site provides a model of wetland wise use through the various restoration measures which have been carried out since the 1970s. Grazing of wetlands and shore meadows is another important part of the conservation work at Kvismaren. The main threats affecting its ecological character relate to pollution from agricultural effluents due to the intensive use of fertilizers and pesticides in the surrounding areas. The ecological character of the Site has improved, due to a restoration project carried out from 2005 to 2015, and improved grazing and water regulations within the reserve. Conservation education is facilitated through the presence of a bird observatory. A management plan is being implemented in the nature reserve.

Laidaure

Site number: 31 | Country: Sweden | Administrative region: Norrbotten
Area: 4,316 ha | Coordinates: 67°08'02"N 18°17'15"E | Designation dates: 05-12-1974
[View Site details in RSIS](#)

The Site consists of the natural delta of the River Rapa and a freshwater lake located between the mountains of Sarek National Park and a zone of coniferous forests. The unique delta represents a landscape of great scenic value composed of numerous lagoons and levees. Due to the large quantities of glacial outwash brought down by the river from the mountains, the delta is expanding into the northern end of Laidaure Lake and therefore changes character continuously. The Site features subalpine birch forest, coniferous woodland and *Salix*. The Alpine heaths and grasslands support a high diversity of species. The delta is the most important locality in the Sarek region for birds, in particular as a breeding ground for ducks and waders, including a number of species listed in the Swedish Red List such as the ruff *Philomachus pugnax*, the Lapland longspur *Calcarius lapponicus* and the northern pintail *Anas acuta*. The Site also provides refuge from storms in the high mountains and constitutes a stop-over site for migrating birds waiting for the ice and snow to melt in higher altitudes. Human activities include reindeer husbandry, hiking and fishing. The main threats affecting the ecological character of the Site relate to hunting and recreational activities. A management plan exists for the overlapping National Park and Nature Reserve and there are plans to provide national legal protection for the remaining parts of the Ramsar Site.

Lundåkrabukten

Site number: 1,122 | Country: Sweden | Administrative region: Skåne

Area: 2,148 ha | Coordinates: 55°49'24"N 12°53'44"E | Designation dates: 14-11-2001

[View Site details in RSIS](#)

The Site consists of a shallow bay and its adjacent shoreline, with wet shore meadows and a small river mouth. The shoreland consists mostly of a large flat seashore meadow area, which is often flooded by the sea and partly waterlogged. The meadows are home to a number of protected species, mainly birds and vascular plants. The Site offers a good breeding habitat for waders, and some nationally red-listed species such as little tern *Sternula albifrons*. The Site constitutes an important spawning ground for fish species such as the globally endangered eel *Anguilla anguilla* and Atlantic cod *Gadus morhua*. The overlapping nature reserve has value for recreation and tourism, especially sport fishing, and it has been classified as an area of national interest for commercial fishing. The main threats affecting the ecological character of the Site relate to garbage and solid waste, and a motorway running along the entire coastline which may cause a disturbance. In addition, the inadequate grazing of the sea meadows has probably resulted in the reduction in the number of breeding waders and ducks. Increased disturbances from human activities have had a severe effect on terns.

Mannavuoma

Site number: 2,172 | Country: Sweden | Administrative region: Norrbotten

Area: 704 ha | Coordinates: 68°27'47"N 22°18'31"E | Designation dates: 19-03-2013

[View Site details in RSIS](#)

The Site is characterized by tundra wetlands and palsa mires, forested and non-forested peatlands, permanent rivers, marshes and pools, all representative examples of natural wetland types in the northern part of the European Boreal region. The northern parts of the Site, especially the shores of the river Muonio, feature biodiversity-rich deciduous wet forests. Mannavuoma's diversity of wetland types make for a rich animal and plant life; for example its flark pools are excellent habitats for birds, especially waders. The Site supports bird species included in Annex I of the EU Birds Directive, such as the red-necked phalarope *Phalaropus lobatus* and the Eurasian golden plover *Pluvialis apricaria*. The well-developed bog areas contribute to carbon sequestration. The Site is situated in an almost inaccessible part of the country, with large areas naturally protected by surrounding water; the main land use is reindeer grazing. Mannavuoma is one of seven palsa mires included in an environmental monitoring programme. Initial surveys show that the area covered by palsas has decreased since the 1960s or that they have completely vanished. The Site is adjacent to the Lätäseno-Hietajoki Mires Ramsar Site which lies across the border river in Finland.

Mellanljusnan

Site number: 2,173 | Country: Sweden | Administrative region: Gävleborg

Area: 1,711.4 ha | Coordinates: 61°50'32"N 15°56'01"E | Designation dates: 19-03-2013

[View Site details in RSIS](#)

The Site consists of an unexploited 50-kilometre stretch of the Ljusnan river, in which rapids and streams mix with slow meandering waters. In the lower part of the Site, the river flows through a broad valley with farmland areas surrounded by forests and hills. The middle and upper parts of the Site are dominated by dry pine forests on sandy glacial deposits. The landscape has been shaped by the river which has eroded a 40-metre-deep bedrock of glacial delta sediments. Several good examples of glacial landforms can be observed along the river, such as an esker, a long and narrow ridge formed by streams under the glacial ice. The vegetation is of great interest since it includes several alpine plants otherwise absent from this region. The Site is an important spawning ground for several fish species such as the brown trout *Salmo trutta* and the grayling *Thymallus thymallus*, which are very good bioindicators of the high water quality, and it also supports a breeding population of endangered freshwater pearl mussel *Margaritifera margaritifera*. There are no hydroelectric power stations, but the water regime is slightly affected by nearby dams. The Site is of high importance for water purification, storage and delivery, as well as for tourism. Several archaeological and historical features are found.

Mellerstön

Site number: 2,174 | Country: Sweden | Administrative region: Norrbotten

Area: 290 ha | Coordinates: 65°12'07"N 21°51'08"E | Designation dates: 19-03-2013

[View Site details in RSIS](#)

Mellerstön is one of the biggest islands in the Piteå archipelago; the Site consists of part of this island and of the neighbouring Lill-Räbben island, and the shallow marine water between them. This representative example of a natural wetland complex archipelago in the Baltic Sea within the European Boreal region is characterized by rocky shores, coastal saline lagoons, intertidal marshes and a mosaic of mires and deciduous forests. The shallow marine areas, mud flats and sand banks are very important feeding, staging and breeding grounds for waterbirds. The site supports nationally-threatened species including ruddy turnstone *Arenaria interpres* and northern pintail *Anas acuta*. Endemic flora subspecies of *Artemisia campestris* are also present. The Site is part of a nature reserve and has local importance for various tourism and recreational activities. The main land use is nature conservation; there are no major threats to the ecological character of the Site.

Mörrumsån-Pukavik

Site number: 1,123 | Country: Sweden | Administrative region: County of Blekinge

Area: 2,557 ha | Coordinates: 56°09'13"N 14°43'28"E | Designation dates: 14-11-2001

[View Site details in RSIS](#)

The Site consists of a 30-kilometre stretch of the lower River Mörrumsån and the shore surrounding the bay at the river mouth. The Site includes areas of high national interest for nature conservation, cultural heritage, and geology. The range of fungi close to the river is unique: 15 rare species of fungi have been found, including the endemic *Hygroaster lacteus* present on small islands on the river. The Site holds one of the foremost areas in Sweden for populations of Atlantic salmon *Salmo salar* and brown trout *Salmo trutta*, and constitutes an internationally important spawning and recruitment area for fish. It is an important breeding site for birds of European and national importance such as common kingfisher, Caspian tern and little tern. Sport and commercial fishing, mainly for salmon and trout, are of great importance. The main threats to the ecological character of the Site relate to hydroelectric power plants which prevent fish from migrating; however measures have been taken to address the problem. Three dams within the Site and several others further upstream affect the water regime.

Mossaträsk-Stormyran

Site number: 1,124 | Country: Sweden | Administrative region: Västernorrland county

Area: 914 ha | Coordinates: 63°50'03"N 17°18'11"E | Designation dates: 14-11-2001

[View Site details in RSIS](#)

Mossaträsk-Stormyran is one of the largest forest-mire complexes in north-eastern Sweden. The Site consists of well-developed string fens and forested fens with old-growth forests and swamp forests. It is important for carbon storage and it contributes to hazard reduction through flood control. Because the Site is largely unaffected by human activities, water quality and ornithological values are high. The Site is important for breeding birds such as the nationally red-listed ruff *Philomachus pugnax* and Eurasian curlew *Numenius arquata*. The inland location makes the Site valuable for migratory birds on their way to the mountains. As a nature reserve since 1998, a management plan is in place and the Site is included in the National Mire Protection Plan. Visitor facilities include a birdwatching tower, footpath, footbridges and outdoor information boards on the protected area.

Nittälven

Site number: 2,175 | Country: Sweden | Administrative region: Örebro, Dalarna
Area: 1,940 ha | Coordinates: 59°54'14"N 14°49'20"E | Designation dates: 19-03-2013
[View Site details in RSIS](#)

The Site is a coherent river system which is representative of the European Boreal region. It features large streams, small creeks mixed with tree-dominated freshwater areas, and small ponds. River Nittälven and its delta make up one of the most natural catchment areas in Örebro County. Situated in a transition zone between northern and southern mire types, the Site is an important area for breeding birds, fish and mammal species included in the national red list. The Site supports endangered bryophytes and lichens such as *Ramalina thrausta*, which are important for the maintenance of the biological diversity of the region. The Site supports nurseries and migratory routes for several fish species, including the brown trout *Salmo trutta* which reproduces in the upper part of the river and its tributaries. The mires are an important carbon sink. Nittälven is very popular among outdoor and wilderness enthusiasts, and the main human activities are moose-hunting, canoeing, hiking and angling. Potential threats to the ecological character of the Site are unsustainable forestry practices, such as clear-cutting, drainage and excessive use of fertilizers. Management plans for overlapping nature reserves are being implemented. Monitoring of water quality and inventories covering forest habitats, birds, flora and wood fungi have also been carried out.

Nordre älv estuarium

Site number: 1,125 | Country: Sweden | Administrative region: Västra Götaland
Area: 7,226 ha | Coordinates: 57°47'08"N 11°44'19"E | Designation dates: 14-11-2001
[View Site details in RSIS](#)

The Site is composed of a shallow marine bay located around the mouth of the Nordre älv River; it includes about five kilometres of the river, several small sheltered bays and a large number of islands and isles. The riverside includes a multitude of nature and vegetation types, such as meadows, fens, reed-swamp, rush, sedges, deciduous forests and rocky areas. The shallow marine areas include highly productive waters and eelgrass (*Zostera marina*) beds, an important habitat included in the OSPAR List of Threatened and/or Declining Species and Habitats. This large area offers shelter, nursery areas for flatfish and feeding grounds for waterfowl. Large numbers of waterbirds are supported, especially waders and ducks, and fish production is very high and commercially important. The Site holds important spawning ground, nursery and feeding area for several fish species including the (globally) critically endangered eel *Anguilla Anguilla*. The beautiful landscape and cultural history make the area extremely attractive for tourism and recreation, especially boating. Potential threats to the ecological character of the Site relate to pollutant discharges, changes in sea currents, landfilling and construction of dikes to increase areas of dry land, and anchoring of buoys and bridges and other construction in the water.

Ölands ostkust

Site number: 18 | Country: Sweden | Administrative region: Kalmar
Area: 10,718 ha | Coordinates: 56°46'29"N 16°47'42"E | Designation dates: 05-12-1974
[View Site details in RSIS](#)

The Site is comprised of three sub-sites: Södviken, Egby – Kapelludden and Stora Ören – Gammalsbyören. The Site is a unique example of a large and continuous area of coastal habitats. It includes shallow coastal waters, bays, sandbanks, beaches, wet calcareous meadows, and steppe-like dry meadows on moraine islands. The great natural value of the Site depends on a continued adequate level of grazing, which has been practised together with haymaking since the Middle Ages. The Site is important for nesting waterbirds and a variety of migrating birds, notably waders and raptors. Many habitats of European importance as well as nationally red-listed bird and plant species are present. The Site hosts the nationally red-listed Baltic population of harbour seal *Phoca vitulina* and grey seal *Halichoerus grypus*, both listed in the EU Habitats Directive. All three sub-sites contain shallow brackish waters with abundant seaweed, which are of great importance for spawning fish and have a high biodiversity. Stora Ören – Gammalsbyören, the southernmost sub-site, is included in the World Heritage Site "The agricultural landscape of Southern Öland".

Oldflån-Flån

Site number: 1,126 | Country: Sweden | Administrative region: Jämtland

Area: 10,590 ha | Coordinates: 63°47'52"N 13°48'26"E | Designation dates: 14-11-2001

[View Site details in RSIS](#)

Oldflån-Flån is a large, unexploited area in north-western Sweden near the Norwegian border, holding very high ornithological values and a valuable mosaic of wetlands and forests, with wetland types representative of the EU Alpine biogeographic region including string fens, string mixed mires, topogenous fens, sloping fens and swamp forest. The Site has been extended by over 400 hectares, with the inclusion of large mire areas in the nature reserve in the east and realignment of the boundary in the south-west in line with the Swedish Mire Protection Plan. On the plateau, the Oldflån area is composed of a variety of mire complexes, including soligenous fens, marsh forests and a highly valued string mixed mire which is rich in cloudberry *Rubus chamaemorus*. In the valley, the Flån area contains small lakes and solid ground "islets", as well as a complex of topogenous soft ground fens, mixed mosaic mires, string flark fens with flark pools and marsh forests. The wet mires and the virgin forests support rich fauna, especially a large number of waders including nationally threatened species such as the ruff *Philomachus pugnax* and the European herring gull *Larus argentatus*. Like many parts of northern Sweden, the area is used for reindeer husbandry by the local Sami population. The main factors affecting its ecological character relate to logging and wood harvesting.

Oset-Rynningeviken

Site number: 2,265 | Country: Sweden | Administrative region: Örebro County

Area: 646 ha | Coordinates: 59°17'04"N 15°16'04"E | Designation dates: 29-01-2015

[View Site details in RSIS](#)

Oset-Rynningeviken, located where the river Svartån flows into Lake Hjälmaren, is a mosaic of shallow open waters, ponds, reedbeds, tree- and herb-dominated marshes, wet and dry meadows, pastures, and deciduous and conifer forests. The Site is an important stopover for migrating birds and a breeding area for around 100 species including the globally threatened common pochard *Aythya ferina*. The Site regularly supports over 20,000 waterbirds, with populations also visiting the nearby Kvismaren Ramsar Site (Site no. 24) and Lake Tysslingen. The nutrient-rich waters offer crucial spawning grounds, nursery and foraging areas for fish species such as the asp *Aspius aspius* and the zander *Sander lucioperca* (which is commercially fished in the Lake). River Svartån is also a migration path for the critically endangered European eel *Anguilla anguilla*. The wetland plays an important role in water purification and forms a buffer between the city of Örebro and Lake Hjälmaren. After a long period of restoration measures, Oset-Rynningeviken is now one of the city's most important leisure areas, with around 500,000 visits annually. A network of cycling and walking paths, picnic tables, information boards and shelters are provided. The main threats to the ecological character of the Site relate to pollution from intensive agricultural production in the surrounding areas leading to algae problems in Lake Hjälmaren during warm periods. A management plan for the nature reserve and a conservation plan for the Natura 2000 Site are implemented on the Ramsar Site.

Östen

Site number: 433 | Country: Sweden | Administrative region: Västra Götaland
Area: 1,486 ha | Coordinates: 58°33'45"N 13°55'11"E | Designation dates: 12-06-1989
[View Site details in RSIS](#)

Lake Östen is a shallow, eutrophic freshwater lake supporting a rich submerged flora and fringed by reedbeds giving way to grassland. The lake level is subject to considerable natural fluctuations with extensive spring flooding, which helps to free the lake from ice early in the year and creates a relatively large area of wet meadows. Östen has been extended by nearly 50%, to fit the boundaries of protected areas and to include dry, mostly arable land important for staging birds. The Site is an important staging area for birds, notably the globally threatened lesser white fronted goose *Anser erythropus*, the whooper swan *Cygnus cygnus* and the bean goose *Anser fabalis* which occur in internationally significant numbers. About half of the wet meadows are grazed by cattle, and provide important breeding grounds for ducks and waders. In addition to cattle grazing, human activities include recreational fishing and tourism. The area is also an important archaeological site, with grave fields from the Stone Age situated in Askeberga. Reed vegetation such as phragmites and scirpus species has decreased during recent years, possibly as a result of the increasing number of grazing geese and in particular the greylag goose *Anser anser*. A project was carried out during 2014 and 2015 to support the management of the wet meadows around Lake Östen. An association runs an information centre in Logården which hosts a small exhibition and cafeteria, and arranges guided tours around the lake.

Ottenby

Site number: 17 | Country: Sweden | Administrative region: Kalmar
Area: 1,856 ha | Coordinates: 56°12'49"N 16°25'23"E | Designation dates: 05-12-1974
[View Site details in RSIS](#)

The Site is an island peninsula which comprises wet grasslands, sand and shingle beaches, sandbanks and small bays. It includes extensive pastures, which have probably been used for haymaking since the Iron Age, among them the largest remaining unfertilized hay meadow in Sweden. The grasslands cover around 340 hectares, forming one of the largest coherent coastal grasslands in Sweden. The area is important for large numbers of migrating and breeding birds. The peninsula is surrounded by shallow brackish water that provides important feeding resources for waders and waterfowl, while the abundant seaweed is of crucial importance for fish. The sandbanks are also important for fish and bivalves. The Site was extended in 2017 to match the boundaries of the existing nature reserve and Natura 2000 site. Quite large water areas and shore meadows were added and small areas of open water and non-wetland habitats were excluded. The Site is a popular visitor destination, and there is an ornithological station, birdwatching towers and several walking trails.

Övre Sulån

Site number: 1,130 | Country: Sweden | Administrative region: Västernorrland county
Area: 350 ha | Coordinates: 62°35'44"N 16°50'13"E | Designation dates: 14-11-2001
[View Site details in RSIS](#)

The Site consists of an oligotrophic lake (Sulsjön) and the upper part of a narrow, winding stream (Sulån). Peatlands, marshes and fresh water forests are also present; they cover smaller areas and are scattered, as is typical in this part of Sweden. The forests surrounding the upper parts of the river are about 100 years old. They have remained unaffected by modern forestry and are thought to be the result of natural growth after small-scale logging. The River Sulån is one of the most valuable sites in Sweden for the endangered freshwater pearl mussel *Margaritifera margaritifera*: the population is very dense and large, with a large proportion of mussels being smaller than 50 mm, indicating that the population is viable. The mussels depend on the natural population of trout *Salmo trutta* in the lake and the river (which host the mussel larvae) to maintain a viable population. The Site has been known previously as Sulsjön-Sulån and its boundaries have changed to include the important wetland habitats and to exclude areas of no international conservation value.

Päivävuoma

Site number: 2,176 | Country: Sweden | Administrative region: Norrbotten

Area: 2,759 ha | Coordinates: 66°39'07"N 21°11'38"E | Designation dates: 19-03-2013

[View Site details in RSIS](#)

Päivävuoma consists of two well-developed large mixed mires with patterns of strings (ridges) and large wet flarks (depressions) between them. The Site is characterized by forested and non-forested peatlands, shrub-dominated wetlands, permanent freshwater lakes, marshes, pools, rivers and streams. The Site supports a rich birdlife which is important for maintaining the biological diversity of the European Boreal region. A bird census performed by the County Administrative Board of Norrbotten observed 55 species, some of them nationally red-listed or included in Annex I of the EU Birds Directive, such as the ruff *Philomachus pugnax*, Siberian tit *Poecile cinctus* and rustic bunting *Emberiza rustica*. The peatlands within the Site are important for carbon storage and sequestration. The mires of Päivävuoma are of great cultural and historical value due to the tradition of mowing and haymaking which is still practised on a small area. Reindeer still graze on the wetlands and old fences and campfire sites bear witness of the presence of the Saami people and the importance of the area for reindeer husbandry in the past. Forestry activities and water drainage in the adjacent areas could be potential threats to the Site's ecological character.

Persöfjärden

Site number: 28 | Country: Sweden | Administrative region: Norrbotten

Area: 3,452 ha | Coordinates: 65°46'33"N 22°05'16"E | Designation dates: 05-12-1974

[View Site details in RSIS](#)

The Site is a shallow freshwater lake formed by geological uplift after deglaciation, which isolated the coastal bay from the sea. The lake is surrounded by freshwater marshes and shrub marsh with vegetation including extensive reedbeds, deciduous woodland and scrub. The Site supports various species of breeding and staging wetland birds and provides shelter for waders and ducks. About 210 bird species have been observed including several nationally red-listed species such as the nationally endangered Eurasian penduline tit *Remiz pendulinus* and the nationally vulnerable northern pintail *Anas acuta*, common swift *Apus apus* and ruff *Philomachus pugnax*. The wetland plays an important role in water purification and sediment trapping. Some parts of the Site are used for agriculture and grazing, sport fishing, hunting, canoeing, and birdwatching. The main threats to the ecological character of the Site relate to pollution from agricultural effluents, airborne pollutants and high mercury concentrations. The Site is managed by private owners and a conservation plan is being implemented for the part covered by the Natura 2000 designation.

Pirttimysvuoma

Site number: 2,177 | Country: Sweden | Administrative region: Norrbotten

Area: 2,586 ha | Coordinates: 68°16'03"N 20°44'28"E | Designation dates: 19-03-2013

[View Site details in RSIS](#)

Pirttimysvuoma is a large, unexploited mire complex with several types of wetlands, vegetation and morphological structures which are important for biodiversity. The Site features open mires, tundra wetlands, forested peatlands, shrub-dominated wetlands, permanent freshwater marshes and pools, rivers and streams. The mixed palsas (frost heaves) and the surrounding fens and open waters create a landscape mosaic which harbours a rich birdlife and supports species using the Site as a foraging ground, such as the nationally red-listed ruff *Philomachus pugnax*, common reed bunting *Emberiza schoeniclus* and Lapland longspur *Calcarius lapponicus*. The mires and bogs play a significant role as carbon sinks. The area is frequently used for reindeer grazing: the Saami villages of Talma and Saarivuoma have the right to use the land. The management plans for the overlapping Natura 2000 site and the Nature Reserve are being implemented. Forestry activities are regulated through the nature reserve management plan, and drainage is forbidden.

Rappomyran

Site number: 2,178 | Country: Sweden | Administrative region: Norrbotten

Area: 3,031 ha | Coordinates: 66°22'24"N 20°56'57"E | Designation dates: 19-03-2013

[View Site details in RSIS](#)

Rappomyran is a mire complex which runs along the Pulisbäcken stream. The Site is characterized by non-forested peatlands, shrub-dominated wetlands, permanent freshwater lakes, marshes, pools, rivers and streams. These habitats support nationally red-listed species including the small-spored jelly lichen *Collema curtisporum*, the Hudson Bay sedge *Carex heleonastes*, and the ruff *Philomachus pugnax*. The Site regularly supports significant numbers of birds during the breeding and migration seasons, and so is important for maintaining the biological diversity of the European Boreal region. The peatland areas play a significant role in carbon sequestration. The Site is still affected by traditional mowing practised until the 1950s. Saami villages located within the Site still share the rights to utilize the reindeer grazing land. Conservation and management plans for the overlapping nature reserve and Natura 2000 are being implemented, which include provisions against forestry, drainage, building and road construction.

Sikåsvågarna

Site number: 2,260 | Country: Sweden | Administrative region: Jämtland county

Area: 2,305 ha | Coordinates: 63°38'04"N 15°16'47"E | Designation dates: 29-01-2015

[View Site details in RSIS](#)

Located along the Sikåsån stream, Sikåsvågarna consists of large topogenous calcareous fens, wooded mires, wetland forest, meandering streams, small pools and a delta formed where the stream flows into Lake Hammerdalssjön. The Site provides breeding grounds for several birds including the western marsh harrier *Circus aeruginosus* and the common crane *Grus grus*. The natural water regime of the river supports important migration paths, nursery and foraging grounds for several fish species including brown trout *Salmo trutta*. Significant transportation and deposition of sediments takes place within the Site as erosion occurs in the meandering bows of the Sikåsån stream and sediments are then deposited further downstream in the recent delta in Hammerdalssjön Lake. Human activities include hunting, fishing and cloudberry picking. A birdwatching tower is placed near the stream. The main factors affecting the ecological character of the Site relate to logging and wood harvesting. A conservation plan for the Natura 2000 Site is implemented on the Site.

Sjaunja

Site number: 32 | Country: Sweden | Administrative region: Norrbotten

Area: 181,333 ha | Coordinates: 67°23'24"N 19°26'27"E | Designation dates: 05-12-1974

[View Site details in RSIS](#)

The Site in the mountainous area of northern Sweden includes a wide range of habitats such as primeval western taiga and mountain birch woodland, alpine heaths, grasslands, open marshes, mineral-rich and alkaline fens, and over 150 lakes. The central part of the Site is dominated by one of the largest mire complexes in Europe, which is composed mainly of string mires and palsa mires. Landscape features include moraine ridges, fluvio-glacial channels, and tundra polygons. The Site supports flora and fauna representative of the Alpine and Boreal regions. More than 150 species of birds and 25 mammal species are supported by the Site, with over 100 breeding and 50 wetland birds, including the nationally red-listed ruff *Philomachus pugnax*, red-throated pipit *Anthus cervinus* and gyrfalcon *Falco rusticolus*. Other notable species include brown bear *Ursus arctos*, Lynx lynx, wolverine *Gulo gulo* and otter *Lutra lutra* and the nationally endangered snowy owl *Bubo scandiacus*. Some parts of the Site are used for sport fishing, hunting, canoeing, birdwatching, and hiking. Archaeological sites in the eastern part of the Ramsar Site exhibit remains from hunter-gatherer societies as well as reindeer husbandry. The reserve is an important reindeer foraging area and several former settlers' homes are used today as holiday homes. A place of sacrifice of Sami origin is also located close to the Leáffasáiva Lake. The main threats to the ecological character of the Site relate to canalization and water regulation linked to hydropower plants, which may affect some of the streams and lakes. The Naturum visitor centre is located within the Site and associated with the World Heritage Site. There are management plans for the two nature reserves which overlap with the Ramsar Site, Sjaunja and Stubba.

Skälderviken

Site number: 1,127 | Country: Sweden | Administrative region: Skåne

Area: 1,463 ha | Coordinates: 56°13'57"N 12°43'45"E | Designation dates: 14-11-2001

[View Site details in RSIS](#)

The Site includes a shallow coastal bay in south-western Sweden and its adjacent shoreline consisting of grazed meadows, a few islands, sand dunes and shoals, and two small river mouths (Vegeån and Görslövsån). The Site is an important spawning ground, nursery, and feeding area, especially for the Atlantic herring *Clupea harengus*, the Atlantic cod *Gadus morhua* and flatfish species, and is classified as nationally important for commercial fishing. It is important for breeding, migrating, and wintering water birds including a number of nationally vulnerable species such as the ruff *Philomachus pugnax*, bar-tailed godwit *Limosa lapponica* and the common kingfisher *Alcedo atthis*. The scenic beauty of the area makes it popular for recreation and tourism; one of the shoals is commonly used for bathing and some areas for angling. Increasing disturbance from human activities has had a severe effect on birds, while inadequate grazing of the meadows has possibly contributed to the reduction in the number of breeding waders and ducks.

Stigfjorden

Site number: 431 | Country: Sweden | Administrative region: Västra Götaland

Area: 7,326 ha | Coordinates: 58°05'35"N 11°38'34"E | Designation dates: 12-06-1989

[View Site details in RSIS](#)

Stigfjorden is a large, shallow marine bay fringed by meadows and deciduous forests with many islands. The sea bed is covered by *Zostera* and *Potamogeton* species, and marine currents help keep the area ice-free for long periods during the winter. The shallow water in the northern part of the Site holds one of the richest bird colonies of this coast and provides shelter and food for waterbirds. It is a moulting site for common goldeneye *Bucephala clangula* and an important staging and foraging site for nationally threatened species such as bar-tailed godwit *Limosa lapponica*, ruff *Philomachus pugnax* and common eider *Somateria mollissima*. The area supports an important fishery, while other activities include livestock grazing, boating, and swimming. Continuation of traditional grazing is important for maintaining the ecological character of the meadows. In 2017, the Site was extended by nearly 400 hectares to include a large area of open waters to the east.

Store Mosse

Site number: 20 | Country: Sweden | Administrative region: Jönköping

Area: 7,797 ha | Coordinates: 57°17'07"N 13°56'42"E | Designation dates: 05-12-1974

[View Site details in RSIS](#)

Store Mosse consists of a mosaic of raised bogs, fen, deciduous swamp woods and nutrient-poor lakes. The Site holds southern Sweden's most extensive mire complex and the country's largest active raised bog. The boundaries of the Site were adjusted in 2016 to follow protected areas and future restoration areas, resulting in an increase in area of 200 ha. The typical mire vegetation is interspersed with patches of *Pinus sylvestris* and treeless areas of dwarf shrubs. The Orchidaceae species found in the fens include the nationally protected narrow-leaved marsh orchid *Dactylorhiza traunsteineri*, the fragrant orchid *Gymnadenia conopsea* and the marsh helleborine *Epipactis palustris*. The wetland supports animal populations which are important for maintaining the biological diversity of the boreal region, including a wealth of birds with a number of nationally red-listed species. The Site provides important staging areas and breeding grounds for a number of species including the nationally endangered northern pintail *Anas acuta*, the garganey *Anas querquedula* and spotted crane *Porzana porzana*. A visitor centre opened in 2003, and bird watching, educational activities, scientific research and tourism attract between 70,000 and 100,000 visitors each year. The main threats to the Site's ecological character relate to drainage, dams and water management, and ongoing peat extraction. A restoration plan is being implemented to reduce the drainage and restore the hydrology of former peat extraction plots, to promote the regeneration and regrowth of raised bog habitats.

Storkölen

Site number: 1,129 | Country: Sweden | Administrative region: Dalarna

Area: 6,992 ha | Coordinates: 61°46'58"N 12°14'12"E | Designation dates: 14-11-2001

[View Site details in RSIS](#)

Storkölen is an undisturbed area of high wetland diversity, featuring numerous small lakes, streams and waterlogged areas surrounded by old-growth forests. There are large systems of flark pools, and pools and fen soaks are common. Botanically valuable alkaline fen areas are rich in species, holding a species-rich flora of a composition unusual for this part of the country. The Site is greatly valued for its scenic beauty, old forests and high ornithological values. It is important for breeding water birds such as bean goose *Anser fabilis*, crane *Grus grus*, ruff *Philomachus pugnax*, golden plover *Pluvialis apricaria* and yellow wagtail *Motacilla flava*. There is an adjacent Ramsar Site in Norway. Picking cloudberries is practiced as both an economical activity and for outdoor leisure. Visitor facilities include a number of trails with adjacent shelters and huts, information signs and a car park.

Svartådalen

Site number: 436 | Country: Sweden | Administrative region: Västmanland

Area: 1,977 ha | Coordinates: 59°52'40"N 16°19'52"E | Designation dates: 12-06-1989

[View Site details in RSIS](#)

Svartådalen is a complex of four nutrient-rich freshwater lakes which support emergent and submerged vegetation and are surrounded by low-lying wet meadows. The lakes are connected by the meandering river Svartån. The area is internationally important for staging whooper swans (*Cygnus cygnus*), with 2,500 birds representing 4% of the population of north-west mainland Europe; it also supports a diversity of breeding wetland birds. Maintenance of traditional hay-cutting is encouraged by payment of subsidies.

Svenska Högarna-Nassa

Site number: 435 | Country: Sweden | Administrative region: Stockholm

Area: 15,210 ha | Coordinates: 59°25'49"N 19°20'39"E | Designation dates: 12-06-1989

[View Site details in RSIS](#)

The Site was originally designated under the name "Stockholm, outer archipelago" of which it forms part. It includes four groups of islands: Stora Nassa, Lilla Nassa, Gillöga and Svenska Högarna. The area constitutes a mosaic of many islands surrounded by shallow marine water, which together are of high conservation value. The Site supports populations of animal species important for maintaining the biological diversity of the European Boreal region, including grey seals and a rich bird life counting over 50 breeding species. The Site is a refuge of great significance in adverse weather conditions and is important to some migrating and breeding waterbirds including velvet scoter *Melanitta fusca* and ruddy turnstone *Arenaria interpres*, which is listed as vulnerable in the National Red List. Human activities include recreation, boating, and fishing. The main threats affecting the Site's ecological character relate to its shipping lanes, tourism and recreation areas. The Site is also known as a Baltic Sea Protection Area and benefits from a marine collaboration plan.

Svensksundsviken-Ållonöfjärden

Site number: 1,128 | Country: Sweden | Administrative region: Östergötlands county
Area: 3,529.5 ha | Coordinates: 58°37'09"N 16°26'34"E | Designation dates: 14-11-2001
[View Site details in RSIS](#)

The Site is composed of two shallow bays within the larger Bråviken bay on the Baltic coast, each holding a handful of islands, and the bordering reed-belts, coastal and steppe meadows, and coniferous and oak forests. The Site is an important breeding and staging area for over 230 bird species, and regularly supports over 20,000 waterbirds including large populations of greylag goose *Anser anser*, bean goose *Anser fabalis* and tufted duck *Aythya fuligula*. It also supports over 1% of the biogeographic population of the smew *Mergellus albellus* and the globally vulnerable lesser white-fronted goose *Anser erythropus*. The bays provide an important spawning, nursery and feeding area for fish, and the Site is classified as nationally important for commercial fishing for the Atlantic herring *Clupea harengus*, the zander *Stizostedion lucioperca*, the northern pike *Esox lucius* and the brown trout *Salmo trutta*. Human activities include recreation, forestry, grazing for livestock and fishing. A few ancient monuments are found within the Site. A restoration plan is being implemented to restore the meadows and pastures and reduce the threat to biodiversity caused by overgrowth and shadowing of light-dependent species.

Tåkern

Site number: 23 | Country: Sweden | Administrative region: Östergötland
Area: 5,421 ha | Coordinates: 58°21'07"N 14°48'47"E | Designation dates: 05-12-1974
[View Site details in RSIS](#)

Lake Tåkern is a shallow, nutrient-rich freshwater lake supporting reedbeds and submerged vegetation. It is one of the most important nesting and feeding grounds in Northern Europe; out of 270 species observed, over 100 nest at the Site. It regularly supports over 100,000 waterbirds during the spring and autumn migration, with species including the globally vulnerable lesser white-fronted goose *Anser erythropus* and common pochard *Aythya ferina*, which are present in internationally significant numbers, well over 1% of their corresponding biogeographic populations. The lime-rich molinia meadows host a diversified flora with nationally protected species of orchids such as the fly orchid *Ophrys insectifera*, early marsh orchid *Dactylorhiza incarnata* and musk orchid *Herminium monorchis*. The wet meadows at Lake Tåkern have been created by years of grazing and haymaking, which continue to preserve the biodiversity and prevent overgrowth, maintaining the ecological character of the Site. Lake Tåkern is popular among visitors: facilities include a visitor and education centre offering guided tours, footpaths and bird towers, including one adapted to wheelchair users. The Site is also of cultural and historical value: about 30 stone age settlements have been found around the lake, evidence showing that the area was used for hunting and fishing. The earliest trace of human activity is represented by a bone harpoon, which could be as many as 9,000 years old.

Tärnasjön

Site number: 29 | Country: Sweden | Administrative region: Västerbotten County
Area: 23,236 ha | Coordinates: 65°56'12"N 15°32'56"E | Designation dates: 05-12-1974
[View Site details in RSIS](#)

Located in the upper stretch of the Umeälven (Ume) river, the Site consists of a large alpine freshwater lake with an extensive archipelago, large mire complexes including the southernmost palsa mires in Sweden, numerous small lakes and a delta virtually unmodified by human activities. The Site has been extended to incorporate the Mire Protection Plan Site "Tärnasjön och Ånkardalen" and other wetland types, resulting in an increase in area of over 11,000 hectares. Vegetation is dominated by dwarf *Betula* scrub and a rich shoreline flora. Ånkardalen, in the southern part of the Site, is one of only four or five localities of the endemic species *Gymnadenia runei*. The Tärnasjön lake and the surrounding mire complexes are important for breeding birds, especially alpine waders and ducks. The Site regularly supports more than 1% of the Fennoscandia/Eastern Mediterranean population of the globally vulnerable lesser white-fronted goose *Anser erythropus*. The wetland is important to local Sami communities for fishing and reindeer herding. The area is also used for recreation such as nature observation and nature-based tourism. Recent studies have shown that the palsa mires in Laivadalen have severely deteriorated, as a result of a warmer climate during recent years. There is a management plan for the Site.

Tavvavuoma

Site number: 33 | Country: Sweden | Administrative region: Norrbotten

Area: 28,920 ha | Coordinates: 68°30'41"N 20°44'24"E | Designation dates: 05-12-1974

[View Site details in RSIS](#)

Tavvavuoma is a vast and unexploited mire complex set in one of the northernmost plateau regions of Lapland. The Site is rich and diverse: it includes palsa mires, alpine rivers, freshwater lakes, pools and mountain birch woodland. The Site is unusual in Sweden due to its natural hydrological regime which remains intact, unlike many other river valleys in the region which have been dammed for hydro-electricity production. Due to the cold climate, Tavvavuoma is also known as the most palsa-rich area in Sweden, with some palsas (peat mounds formed by the growth of permanently frozen ice lenses under the surface) reaching a height of up to seven metres. Climate change is affecting the condition of the palsas in Tavvavuoma. The palsa mires are characterized by a mosaic of microhabitats and the conditions provide opportunities for an unusually rich and varied plant and animal life. The vegetation here is strongly influenced by permafrost. The birdlife at the site is extremely rich for mires in this region, and as many as 78 bird species have been noted. At least 50% of these species breed within the Site, and densities of breeding Anatidae and waders reach the regionally high numbers of 70 pairs per square kilometre. Numerous lakes and streams attract fish and birds as well as fisherman and ornithologists.

Tjålmejaure-Laisdalen

Site number: 30 | Country: Sweden | Administrative region: Norrbotten

Area: 21,602 ha | Coordinates: 66°14'48"N 16°17'57"E | Designation dates: 05-12-1974

[View Site details in RSIS](#)

The Site is situated in the mountainous area of north-west Sweden, where watercourses of two converging valleys join to form a delta in Lake Yraft. The Site comprises a number of lakes, bogs and marshes, as well as riparian forest with *Betula* woodland and sparse *Pinus sylvestris* and subalpine birch forest. The southern valley, Tjålmejaure, has many lakes with shallow shores which are important for breeding birds. The northern valley, Laisdalen, is one of the most wildlife-abundant valleys in the Swedish mountain area, and forms an important species distribution corridor into nearby mountainous areas. The Site supports a rich bird life and is an important breeding and staging area for a large number of threatened bird species. Human activities include reindeer farming by indigenous Saami people, forestry, sport fishing, hunting, and hiking. The area from the Yraft delta and downstream Laisälven is of national cultural importance. There are many prehistoric and historic remains in the area, representing a diversity of cultures. It is one of the few alluvial meadow areas that are still managed in the province of Norrbotten, serving as an example of earlier traditional use of wetlands. A long tradition of mowing has provided a favourable habitat for a vast number of plant species.

Tönnersjöheden-Årshultsmyren

Site number: 1,131 | Country: Sweden | Administrative region: Halland, Kronoberg

Area: 12,388 ha | Coordinates: 56°43'12"N 13°17'20"E | Designation dates: 19-11-2001

[View Site details in RSIS](#)

Tönnersjöheden-Årshultsmyren is a large wetland complex with a high diversity of representative wetland types located in the western part of the "South Swedish Highland". This is one of the most humid parts of Sweden, with a precipitation of between 1,200 and 1,500 millimetres yearly. Due to this "humid" status, the Site contains a number of large mire complexes and has a high diversity of wetland types such as permanent forested and non-forested peatlands, and shrub-dominated wetlands. The wetlands display several different developmental stages, from fens to slightly raised bogs and large raised bogs of different types. There are a number of streams and lakes in the area. The Site is of importance for flora and fauna and hosts both typical and rare species. It is important for birds living in open and forested wetlands and it is a resting and staging area for some bird species. A number of red-listed species depend on dry habitats in the area.

Träslövsläge-Morups Tånge

Site number: 430 | Country: Sweden | Administrative region: Halland

Area: 1,975.5 ha | Coordinates: 56°59'11"N 12°20'20"E | Designation dates: 12-06-1989

[View Site details in RSIS](#)

The Site is a complex of shallow marine waters and adjacent low-lying wet meadows along the coast of the Kattegatt Sea. Important habitats include shallow bays, lagoons and islands, rocky shorelines, sand dunes, salt meadows, moors, mudflats and reefs. The flat shore meadows are unique in the European Continental Region and are of great ecological importance for plants and staging and breeding waders. The combination of grazed meadows and mudflats supports nesting waders and is a staging area for migratory birds such as the locally vulnerable garganey *Anas querquedula*, common eider *Somateria mollissima* and little tern *Sternula albifrons*. Human activities include fishing and other recreational activities. The main threats to the ecological character of the Site include housing and urban areas, recreational activities such as camping and windsurfing, and wind turbines. Continued grazing by cattle is essential to the ongoing condition of the shore meadows.

Tysjöarna

Site number: 1,132 | Country: Sweden | Administrative region: Jämtland

Area: 424 ha | Coordinates: 63°14'05"N 14°38'06"E | Designation dates: 14-11-2001

[View Site details in RSIS](#)

Tysjöarna is composed of two lime lakes and marl fields surrounded by calcareous fens, open and wooded fens and wetland forest. The calcareous fens hold a rich and typical flora, with populations of *Schoenus ferrugineus*, *Carex jemtlandica*, *Carex capillaris* and the orchids *Gymnadenia conopsea*, *Cyperipodium calceolus* and *Ophrys insectifera*. The first observation in Sweden of the rare moss *Bryum wrightii* was made here in 1992. The Site is important for migratory water fowl and for breeding birds including the globally endangered common pochard *Aythya farina*, and a number of nationally endangered species such as the ruff *Philomachus pugnax* and the garganey *Anas querquedula*. The calcareous lakes and the Semsån stream provide important spawning areas and nursery habitats for several fish species including the burbot *Lota lota*, northern pike *Esox lucius*, perch *Perca fluviatilis* and Eurasian minnow *Phoxinus phoxinus*. The Site is frequently visited by bird watchers; three bird-watching towers and three resting places are accessible through boardwalks and footpaths. The main threats to its ecological character are of low impact. Under the EU Life project "Life to ad(d)mire", restoration activities were carried out to raise the water level of the lakes, which had originally been lowered by a ditching project in the late 19th century.

Umeälvens delta

Site number: 438 | Country: Sweden | Administrative region: Västerbotten County

Area: 1,889 ha | Coordinates: 63°44'12"N 20°19'17"E | Designation dates: 12-06-1989

[View Site details in RSIS](#)

The Site constitutes a large, constantly changing delta where the Umeälven River flows into the Gulf of Bothnia. The area also includes transition mires, sedge-dominated shoreland, periodically exposed dunes of sand and fine grained material, grazed beach meadow and deciduous and conifer forests. The Site boundary has been adjusted to follow the boundaries of the Umeälvens delta Nature Reserve, leading to an increase in area of over 800 hectares. The delta constitutes an important spawning ground for the pike *Esox lucius* and a migration path for the Atlantic salmon *Salmo salar* and brown trout *Salmo trutta*. The Site supports over 30,000 waterbirds, and is a key staging area for ducks, geese and waders including the Eurasian wigeon *Anas penelope*, northern pintail *Anas acuta* and bean goose *Anser fabalis*. It also constitutes a historical feeding area for the globally threatened lesser white-fronted goose *Anser erythropus*. The Site is important for sediment and nutrient retention as well as for water purification. It is used for recreational hunting, fishing, educational activities and monitoring. The main threats to the Site's ecological character relate to water regulation activities, transportation lines and recreational hunting and fishing.

Vasikkavuoma

Site number: 2,179 | Country: Sweden | Administrative region: Norrbotten
Area: 200 ha | Coordinates: 67°13'38"N 23°11'53"E | Designation dates: 19-03-2013
[View Site details in RSIS](#)

Vasikkavuoma is one of the largest and best-preserved mown mires in northern Europe. The Vasikkajoki stream runs through the wetland and provides the marshy meadows with nutrients when it floods. The Site consists mostly of transition mires and quaking bogs, but also contains aapa mire and alkaline fens. It supports important populations of plants (with at least 50 vascular species) as well as resident and seasonally migrating and breeding waterbirds. The mires are also important as carbon sinks. It is estimated that mowing of the Site commenced around 1770, but stopped altogether between 1950 and 1980. Restoration projects involving clearing and mowing were carried out, and today around 90 hectares are cut for hay to feed reindeer by the villages around the Site, preserving part of Sweden's cultural heritage. In addition, approximately 200 hectares are mown annually by a local organization. Of the original 200 hay barns, 80 remain. Other activities include tourism and bird-watching; facilities available at the Site include parking, a birdwatching tower, footbridges, camp-fire sites, cabins and restrooms. Management plans for the overlapping Natura 2000 site and the Nature Reserve are being implemented.

Västra Roxen

Site number: 1,133 | Country: Sweden | Administrative region: Östergötland
Area: 4,108 ha | Coordinates: 58°29'02"N 15°35'14"E | Designation dates: 14-11-2001
[View Site details in RSIS](#)

The Site consists of the western part of Lake Roxen and downstream areas of three main rivers: Stångån, Motala Ström and Svartån. It includes one of the largest concentrations of freshwater meadows in the country. The flora is to a large extent formed by and dependent upon haymaking and grazing. Such a large area of managed grasslands is unusual in the European Boreal region, and the Site is therefore important for supporting the biodiversity which depends on this habitat. The wide range of birds, fish, amphibians, and insects includes about 30 nationally red-listed species. The grasslands and the shallow waters are important areas for migrating and breeding birds, with more than 260 species observed. The Lake provides spawning grounds and nursery habitats for the asp *Leuciscus aspius* and it is classified as nationally important for commercial fishing. The Site also plays an important role in flood control and water purification. The main visitor areas are located in the Svartåmyningen and Kungsbro nature reserves; the birdlife in the water meadows and the shallow waters can be viewed from three different observation towers.

Vattenån

Site number: 2,180 | Country: Sweden | Administrative region: The counties of Västernorrland and Jämtland
Area: 3,621 ha | Coordinates: 62°35'36"N 15°19'25"E | Designation dates: 19-03-2013
[View Site details in RSIS](#)

The site is formed by the River Vattenån in the east and most of its upstream tributaries in the west, and includes more than 20 freshwater lakes, small mires, streams and some wet forests. River Vattenån supports one of the largest European populations of freshwater pearl mussel *Margaritifera margaritifera* outside the Russian Federation. The lakes and streams are important spawning grounds for brown trout *Salmo trutta*, on which the freshwater pearl mussel depend (the larvae grow on the trout's gills). Nationally threatened species such as otter *Lutra lutra* and wolf *Canis lupus* are also present. The pearl mussels and other freshwater invertebrates are being monitored, as former forestry activities, pearl fishing, Rotenone insecticide use and the introduction of pike and char in some of the lakes have reduced the populations of trout and mussels. The Site is remote, but quite popular as a recreational area for fishing and hiking. There are cottages for public use as well as marked trails and information boards. Land use is mainly dedicated to nature conservation.

Vindelälven

Site number: 2,181 | Country: Sweden | Administrative region: Västerbotten County
Area: 66,395 ha | Coordinates: 65°07'33"N 18°12'14"E | Designation dates: 19-03-2013
[View Site details in RSIS](#)

Stretching 450 kilometres from Sweden's alpine biogeographic region to the coast, the Site encompasses the entire Vindelälven River and its tributaries. Vindelälven is one of Sweden's four large protected national rivers; it is free of hydropower dams and includes a large number of impressive rapids. The water vegetation in the slow-running parts of the river is well developed. The natural water flow and seasonal flooding have a positive effect on the flora along the river, which is particularly species-rich for northern boreal conditions. The Site is very important for maintaining the biological diversity associated with free-flowing rivers in the region as it creates good conditions for migrating freshwater-spawning populations of Atlantic salmon *Salmo salar* and brown trout *Salmo trutta*. The river is also important for the reproduction of the grayling *Thymallus thymallus*. Lake Storvindeln holds the entire population of the endemic *Coregonus maraena* morphotype known as "storskallesik". The inland delta in Ammarnäs is important for migrating and breeding waterbirds such as the globally threatened lesser white-fronted goose *Anser erythropus*. The river is a very important freshwater source and contributes to sediment trapping in the slow-flowing parts and water purification in the adjacent areas. The main human activities are recreation, fishing and hunting, while the main threats relate to wood and pulp plantations. Restoration measures have included the re-naturalisation of parts of the river as well as infrastructure improvements along some creeks to facilitate the passage of fish and invertebrates.