



# Trystorps ekäng



Photo: Elisabeth Karlsson, Per Wedholm, Kjell Store

Trystorps ekäng (Trystorp oak meadow) is part of one of the county's most extensive deciduous forests. The area was used by our ancestors for hundreds of years. The meadow was used for pasture and hay making and there have been small cultivation plots at several places in the area that now forms the nature reserve. Several paths lead round the area. Many information boards along the paths describe the flowers and trees so walks in the nature reserve are very informative.

## Natural flora and park escapees

Anemones cover the ground under the oaks in the spring and the lungwort is more common here than almost any other part of the county. Other plants in the grove are hepatica (liverleaf), baneberry, spring pea, wood vetch, giant bellflower, common twayblade, herb-Paris and lily-of-the-valley. Many plants have also spread from the park established in the 17th century on Trystorp Farm. The most eye-catching is the yellow oxeye, a metre-high plant with flowers like sunflowers. Other species that have spread from the park are columbine, clustered bellflower, Turk's cap lily, wood forget-me-not and hautbois strawberry.

## The call of the cuckoo

Many birds live in the old oaks, such as the greater-spotted and lesser-spotted woodpecker, the green woodpecker and the black woodpecker. Other species breeding here are the tawny owl, stock

dove, hawfinch, honey buzzard and nutcracker. The red-breasted flycatcher is sometimes heard in the area. A traditional event for many nature conservation associations is to listen to the cuckoo, and Trystorp meadow is the perfect destination. An early morning picnic is usually accompanied by the calls of several cuckoos in the surroundings. here are fewer oaks than before, as shown by the number of old stumps. The thickest oak is in the middle of the area. Its circumference is more than 5.5 metres and is over 400 years old.

## Geology and history

The area comprises higher ground composed of moraine with many large stones in the surface. The main vegetation is deciduous forest. The nature reserve was established in 1967 to preserve a more or less closed deciduous/grove area with characteristic vegetation, particularly rich spring flora. Trystorp oak meadow is part of an old cultural landscape where the numerous cairns give the clearest indication of cultivation in times gone by. The area gets its name from the large oaks, but just as impressive in the stands are the large lime trees.

### Facts about the nature reserve

Established: 1967

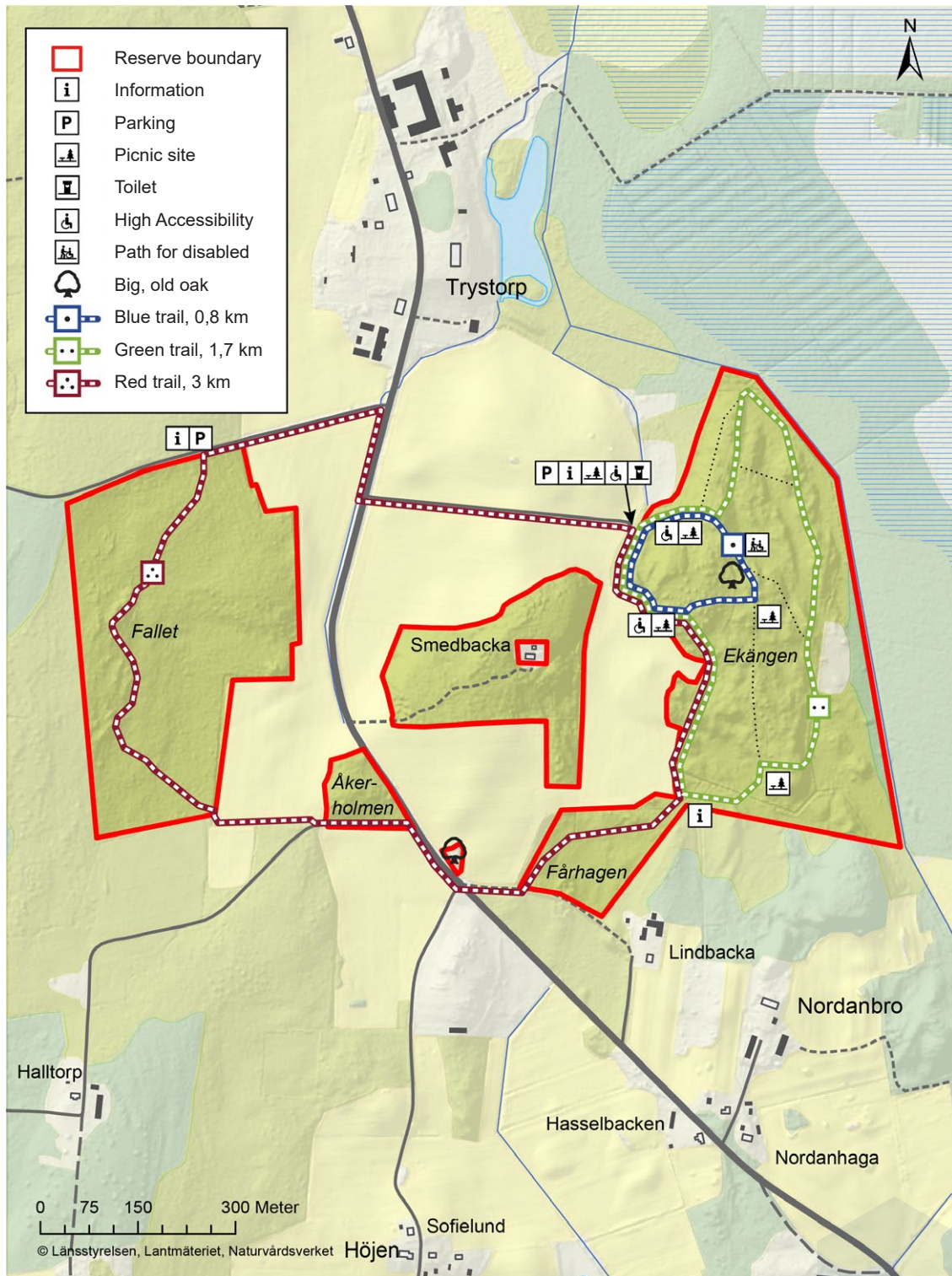
Area: 40 ha

Landowner: Private ownership

Managed by: Örebro County Administrative Board

The area is part of the EU network Natura 2000





### In the nature reserve, you are not permitted to:

- disturb animals, such as by taking photographs or disturbing breeding birds in any other way
- collect insects
- damage the ground surface
- pick or dig up flowers, fungi or lichens
- carve in bark or dead trees
- have dogs or other animals unleashed
- start fires, camp or park caravans
- drive motor vehicles or cycle anywhere but on designated roads
- set up notice boards, placards, posters or similar
- disturb others through the use of radios, tape recorders, or similar.

### How to get there

There is a sign to the nature reserve along the road between Kvistbro and Vretstorp, just south of Trystorp Farm. There is a car park and picnic tables.