



NATURE RESERVE IN ÖREBRO COUNTY

Kvismaren



View from "Öby kulle". Photo: Elisabeth Karlsson

Kvismaren is one of central Sweden's most important breeding grounds for wetland birds. It is also an important resting-place for many birds migrating during spring and autumn. Today the area is included on the UN list of valuable wetlands.

History of Kvismaren

Before the level of Lake Hjälmarren was lowered at the end of the 19th century, East and West Kvismaren were two shallow lakes. According to the old district map from the 1860s, the shores around the lakes were extensive meadows used for hay making. Cattle may also have grazed the shore meadows after the harvest. The lake area was also used for hunting, fishing and reed collection. When Lake Hjälmarren was lowered by 1½ metres, the lakes slowly started to become overgrown. Common reed became established on the former clear water areas and, when the ornithologist Erik Rosenberg discovered the area's rich bird life in the 1920s, the lakes were virtually overgrown. An embankment was built around the area in the 1950s to control the annual floods and the Kvismare Canal was built. Today, active management measures have restored parts of Kvismaren. The common reed has been removed and the water level is now regulated to simulate natural differences in level.

Birds, snakes and plants

It is not far from Öby kulle to Lake Rysjön, where several platforms and towers allow birdwatchers to observe the birds at close quarters. Lake Rysjön is the breeding ground for birds such as the gadwall, garganey, horned grebe, red-necked grebe and shoveller. The areas of common reed form a breeding ground for the bittern, bearded tit, great reed warbler and marsh harrier. From Öby kulle a path also leads via Western Fågelsjön lake to the Eastern Fågelsjön lake and Åslaholmen.



Viewing platform at "Löten". Photo: Ulla-Carin Ekblom

Further away is the Sörön nature reserve, whose impressive oak and elm forest attracts many bird species and songbirds that breed in holes. In spring you will find a carpet of wood anemones.

Old agricultural landscape

The areas that are grazed today were formerly cultivated. There are many traces of the old cultivation landscape, such as foundations of buildings, earth cellars, stone walls and cairns. The wetlands also contain several unusual plants species that thrive in the nutrient-rich environment, such as lesser bullrush, mare's tail, water soldier and sweet flag. The area is also home to many types of dragonfly. Kvismaren is an important resting place for migrating birds such as cranes and geese and on autumn evenings large flocks fly into the area to spend the night. It is almost primeval, and a magnificent spectacle to hear and see thousands of birds coming in to land at dusk.

Facts:

Established: 1978, enlarged 1979, 1981, 1982 and 1996

Area: 732 hectare

Landowner: Swedish Environmental Protection Agency and private landowners

Managed by: Länsstyrelsen (County Administrative Board)

The area is part of the EU's network of protected nature, Natura 2000 and the global nature conservation convention Ramsar



Länsstyrelsen
Örebro län



In the nature reserve Kvismaren it is forbidden to:

- damage the ground or vegetation, for example by digging or picking flowers
- disturb wildlife or grazing animals
- bring an unleashed dog
- light a fire
- drive motor vehicles
- park except in designated areas
- use a motorboat, canoe or any other water craft
- camp or park caravans

How to get there

The nature reserve is situated about 14 km southeast of Örebro and approximately 14 km east of Kumla. The nature reserve can be reached from several different directions. There are signposts from road 52 between Kumla and Odensbacken and on road 207 between Örebro and Odensbacken. The main entrance is at Öby kulle, in the centre of the nature reserve