



BENNETT. Print: Trykkpartner Lade



# LIERNE

## A LIVING ICE AGE LANDSCAPE

TE1188

Photo: Arvid Juul, Tore Sævi, Tom Sævi/Sævi, Tordjorn Mørnøsk, Bjørn, Kjetil Envik and Bernt Hagen, Front page: Nørsk Bildbyrå/Hestekjolen

### Norway's national parks – nature as it was meant to be

Norway's national parks are regulated by the laws of nature. Nature decides both how and when to do things. National parks are established in order to protect large natural areas – from the coast to the mountains. This is done for the benefit of nature itself, for our sake and for generations to come.

The national parks offer a wide range of opportunities and experiences. The natural surroundings are beautiful and varied. There is hunting, fishing, plants, birds, animals and cultural monuments.

Accept our invitation – become acquainted with nature and our national parks.



Directorate for  
**Nature Management**

[www.dirnat.no](http://www.dirnat.no)

## THRILLS IN A DISTINCTIVE LANDSCAPE

Along with adjacent and neighbouring protected areas in Sweden, the Lierne National Park forms a continuous upland area virtually lacking major infrastructure. Some large-scale ecological features that are particularly important for animal and plant life are characteristic for the area. The landscape forms include numerous features left behind by the last Ice Age. The national park includes areas which the Sámi have been almost alone in using for long periods.



Hestkjølen



## EXPERIENCE NATURE

**Varied outdoor life**

Together with other protected areas in Sweden and Norway, the Lierne National Park forms a large, continuous area of wilderness where you have the chance to encounter birds of prey and large predators that require extensive habitats. For those interested in geology, the glacial landscape is exceptional, having many relatively rare landscape forms.

The park has no outdoor recreation facilities in the form of marked paths and unlocked cabins or huts, but some huts owned by municipal committees that oversee hunting, fishing and grazing rights can be rented both within and outside the park.

The Lierne district has good opportunities for hunting and fishing. The lakes are known for their good fishing, and brown trout are found in every lake, river and stream. Some lakes also contain char. If you have good boots and protect yourself from the mosquitoes in summer, the stage should be set for a fine trip.



## THE LANDSCAPE

**Exciting glacial landscape**

With its thick moraines and many other landforms composed of superficial deposits, the landscape in the national park is unique in Nord-Trøndelag. The ice age has left behind many uncommon features, such as Rogen moraines, drumlins, eskers, drainage channels and kame terraces. Rogen moraines are groups of bouldery, elongate ridges formed transverse to the ice movement.

The national park mostly consists of upland terrain, but the mountainous massif of Hestkjølen, whose highest peak reaches a height of 1390 m, occupies the central part of the area. There are many areas of wetland with extensive fens, bogs and open woodland.

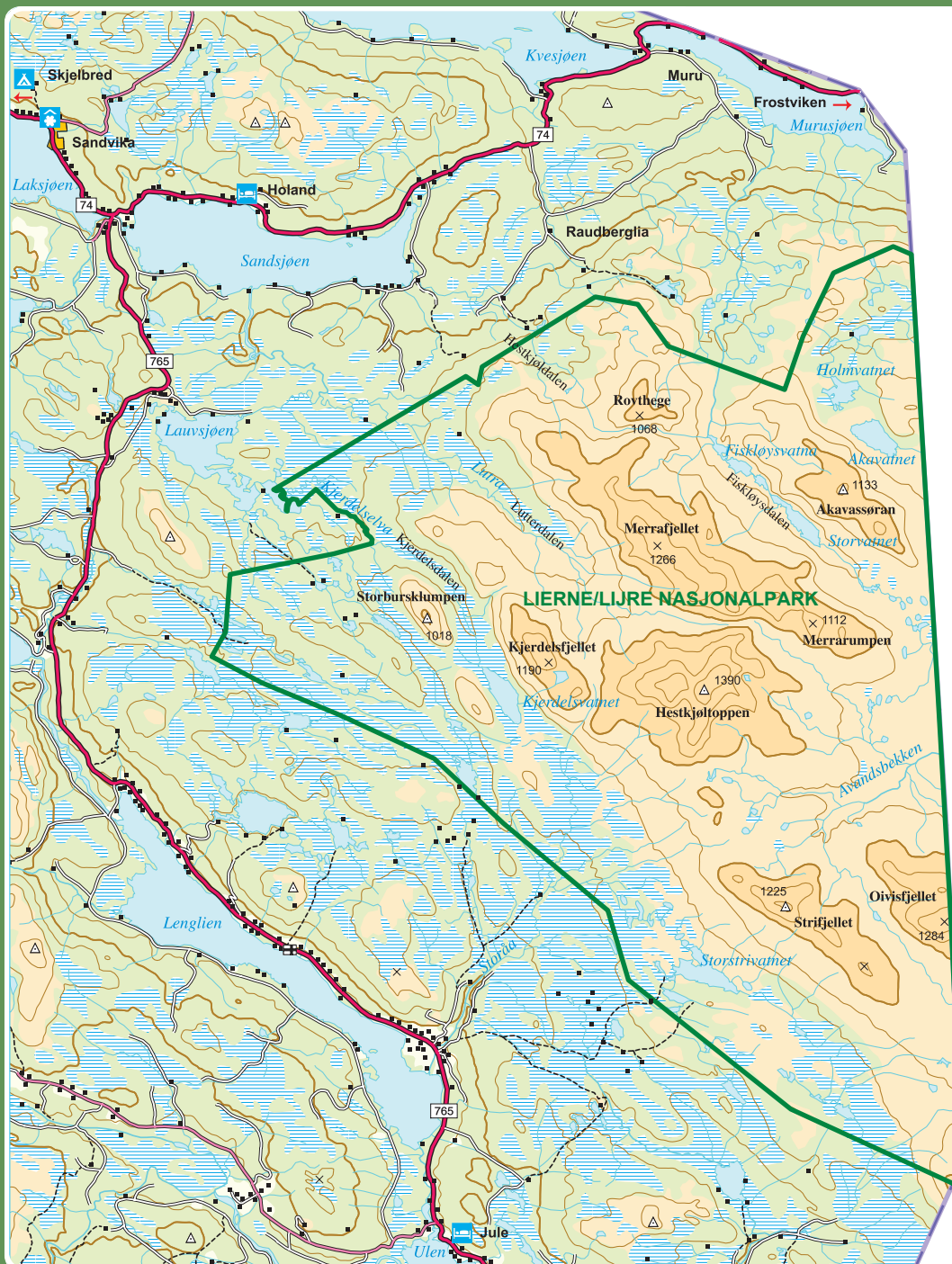


## PLANT LIFE

Poor types of vegetation predominate, but there are also areas of richer mires, tall-fern and tall-herb woodland.

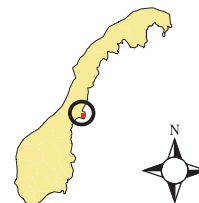
Some of the lowest east – west passes along the Swedish border are found in this area, and they were important pathways for plants recolonising Scandinavia after the last Ice Age. It is assumed that species migrated both eastwards and westwards, and it is now fairly certain that Norway spruce first migrated to Norway via Lierne.





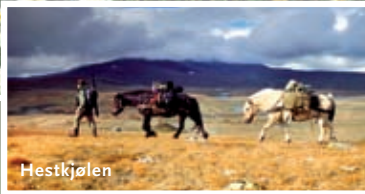
## KEY TO SYMBOLS

-  National park
-  Accomodation
-  National park center
-  Camping





Mountain avens



Hestkjølen



Brown bear

## ANIMAL LIFE

**Outstanding birdlife**

The diversity of small lakes, tarns, mires and patches of woodland in the area provides good habitats for birds and is important for waders, ducks and divers. Large parts have an alpine character and rich wildlife. The populations of dotterels, dunlins, red-necked phalaropes and long-tailed skuas are outstanding for Nord-Trøndelag county.

The extensive, unbroken wilderness offers good living conditions for animals like wolverines, lynx and brown bears that require large areas to roam in. The endangered Arctic fox also lives here.

## HISTORY

People were using mountainous areas as early as 9000 years ago, hunting, fishing and gathering berries and plants. Only small parts of the Lierne district have been systematically investigated, but the remains of an iron-production site from about 500 BC and some pitfalls have been recorded. The oldest pitfalls may date from the Bronze Age (1500 to 500 BC).

The national park is part of an extensive and important area for the Sámi. Their means of earning a livelihood, their way of life and their use of materials mean that traces of the way the Sámi used the area in the past are weak, but some cultural heritage sites have been recorded and you can see settlement sites, reindeer corrals, burial sites and sacred places, for instance.



## You are a guest of nature in a national park

- You may go wherever you like, on foot or ski, but the basic rule is that anything with an engine is prohibited.
- You can stop wherever you like and pitch a tent. Always tidy up after yourself and don't leave litter.
- You can light a fire, but remember the general ban on lighting fires in forests from 15 April to 15 September. Be considerate when collecting firewood.
- You can pick berries, mushrooms and common plants for your own use. Be considerate of cultural relics, vegetation and fauna. Be extra careful during the breeding and nesting season.
- Make use of the hunting and fishing opportunities. Remember a hunting/fishing licence. Never use live fish as bait, or transfer live fish from one watercourse to another.
- You can take your dog with you, but remember to keep it on a lead from 1 April to 20 August.



Fiskløysdalen



## Lierne/Lijre National Park in brief

### Where:

The borough of Lierne in the county of Nord-Trøndelag.

### Foremost characteristics:

Rich alpine fauna and valuable wetlands.

Many interesting Quaternary geological features from the last Ice Age.

### Outdoor recreation:

Good opportunities for outdoor recreation, but few paths, none of which are marked, and no other special facilities..

### How to get to Lierne National Park:

From the south: Route 765 in the direction of Sørli; several branch roads, including Mebygda and Gammalheimen.

From the north: Route 74 towards the Swedish border. In summer, you can take a branch road at the garage at Muru, and drive to the end of the road at the top of Raudberglia. From there, an obvious path goes up past a tarn, Raudbergjtjønn. In winter, you will have to ski or walk from the garage.

### Information on overnight accommodation and other services:

The Lierne guide, [www.lierne.net](http://www.lierne.net)

### Tips:

Several parts of the area lack mobile phone coverage. Remember to use waterproof footwear, a mosquito net and mosquito oil in summer.

### Maps:

Sørli 1923-2

Nordli 1923-4

Murusjøen 1923-1

### Designated:

2004

### Size:

333 km<sup>2</sup>

### National Park Information Center:

Lierne Nasjonalparksenter, [www.naturporten.no](http://www.naturporten.no),  
Tel. +47 74 34 34 85

### More information:

County Governor of Nord-Trøndelag, [www.fylkesmannen.no/nt](http://www.fylkesmannen.no/nt),  
Tel. +47 74 16 80 00

Norwegian Nature Inspectorate, Steinkjer, Tel. +47 74 14 02 10  
Sørli Municipal Common Land Board, [www.fjellstyrene.no/lierne](http://www.fjellstyrene.no/lierne),  
Tel. +47 74 33 85 99

Nordli Municipal Common Land Board, [www.fjellstyrene.no/lierne](http://www.fjellstyrene.no/lierne),  
Tel. +47 74 34 34 66