

The surroundings around lake Åsnen are well-known bird-watching sites. Here you can see ducks, waders, golden eagle and sea eagle.

The Right of Public Access

To think about for the cyclist along the route

- * Show friendliness and helpfulness to other users.
- So quietly and carefully in the countryside.
- Respect those who live and work near the trail.
- Make it an honour not to litter. Don't leave a single banana peel or sweet wrapper in the countryside.

To think about right of access for everyone

- * "Allemansrätten" is an unwritten law that includes, amongst other things –
- You may put up a small tent for the odd night on someone's land, a reasonable distance from the dwelling.
- You may light a campfire with twigs and branches lying on the ground. Remember the danger of the fire

spreading, and don't light a fire on rocks, as they can crack.

- You may roam freely in forests and across the land, and cycle on existing roads and tracks, providing you don't damage any vegetation.
- All motorised traffic is forbidden in the forest and countryside. You may also not park a caravan anywhere you like.
- You may not pick or damage protected plants. Most other plants also look best right where they are. Avoid as far as possible disturbing birds during the mating season.
- Stronger rules apply inside protected areas for birds and nature reserves.

More detailed information is available from County Administrative Board.