



NATIONALPARK
MOLS BJERGE



HOW BEST TO EXPLORE THE COUNTRYSIDE

A VISITOR'S GUIDE



DANISH NATIONAL PARKS

WELCOME TO MOLS BJERGE NATIONAL PARK

More and more people enjoy outdoor recreation. For many reasons, that's a very good thing. Knowing about nature prompts us to treat it with the utmost care. Nevertheless, there's a considerable load from visitors in certain parts of the country, which creates additional problems.

This booklet is entitled 'How best to explore the countryside' and is intended to guide all those who care about nature to make the correct choices when visiting the countryside. Looking after nature is a responsibility we all share.

There are local people and communities living in the countryside who, during holiday periods experience hordes of nature lovers in their local area – and sometimes even on their land. We need to respect them, too.

We welcome you as a visitor to Mols Bjerger National Park and trust that you, too, wish to be a deeply caring visitor. Use this guide to enable you to do your best – we wish you a very enjoyable time.

Mols Bjerger National Park – for the sake of nature and the joy of people.

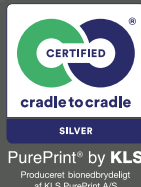
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HOW BEST TO TAKE CARE OF OUR NATIONAL PARK



The Danish national parks represent some of the most unique and valuable natural areas. They are important sanctuaries for animals, plants, and fungi. Consequently, the national parks are vital to the quality of nature and to people from both a national and international perspective. Mols Bjerge National Park offers outstanding Ice Age landscapes with an extremely diverse nature. EU lists around 200 rare and characteristic habitat types targeted for conservation. Around 60 such habitat types exist in Denmark – and no less than 40 of these exist in Mols Bjerge

FIND YOUR ROUTE

You can use a number of websites and apps to find the best route and help you plan your trip. These are a few suggestions:

- Our Nationalpark Mols Bjerge app will help you to find paths and routes, car parking facilities, animal enclosures, routes suitable for disabled visitors, shelters, campsites, and much more. The app will also indicate your exact location, a great help if you accidentally stray from the marked paths. The app is free of charge from App Store and Google Play.
- udinaturen.dk will give you information on outdoor life in Denmark – hiking, cycling, riding.
- The Danish Nature Agency (Naturstyrelsen) has published a number of nature guides available from naturstyrelsen.dk. Also, try all their nature leaflets – print them out and bring them with you.
- The Danish Outdoor Council (Friluftsrådet) has made a summary of what's permitted in nature on the website oplevmere.nu. Learn about access to forests, beaches, and the open countryside.
- The Danish Nature Agency has published the booklet 'Naturen må gerne betrædes – men trød varsomt' (Please Use the Countryside – but mind your step (in Danish)). See naturstyrelsen.dk.
- Topo GPS is a high-quality navigational app featuring fine topographical maps. You can also use it to track your trip.

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PRIVATE AND PUBLIC AREAS IN THE NATIONAL PARK

We are very happy to welcome the many visitors to Mols Bjerge National Park. It is of paramount importance to us that it continues to be an attractive place for people to live and to visit – you can help by exploring local areas with due respect.

Access to public and private paths are governed by the same general rules of the countryside which apply elsewhere.

In Mols Bjerge National Park, 80 per cent of the land is on private hands whilst the remaining 20 per cent is state-owned. Use the Nationalpark Mols Bjerge app, where private and public areas are shown in different colours.

You can also look out for signage: note whether you pass the characteristic red wooden posts or barriers commonly used by the state or the green signage saying Velkommen i denne private skov (Welcome to this private forest).

Here are some of the most important rules of the countryside applicable to private woodlands:

- You can visit private woodland from 6 a.m. until sunset unless you see signs prohibiting access – e.g. if a hunt is in progress.
- You can travel on foot on roads and paths – and cycle on roads and paths suited to an ordinary bicycle.
- You can stop off on roads and paths provided there are at least 150 metres to the nearest dwelling or agricultural building.
- You can gather nuts, berries, pines cones, mushrooms, flowers, herbs, branches, twigs, moss, and lichen from the forest floor if you can reach it from the path or road. Only gather for your own use and never more than would fill a hat.

Here are some of the most important rules of the countryside in public woodlands:

- You can travel on foot or by bicycle and stop off 24/7.
- You can travel on foot everywhere in the woodlands, including forest floors. You are not allowed in gardens, on cultivated land, or in farmyards. If you come across an animal enclosure, only enter if there are self-closing gates.
- You can overnight in a tent on campsites, primitive overnighting spots, and in special wild-camping areas.
- You are permitted to use open fire if there is a campfire ring, or outdoor stoves in wild-camping areas.
- You can gather nuts, berries, mushrooms, seeds, pines cones, flowers, herbs, branches, twigs, moss, and lichen from the forest floor for your own use. You can gather the equivalent of what would fill a hat

FACTS ABOUT INTRUSIVE BEHAVIOU

Animals are generally good at letting you know when you're upsetting them, but their signals can be difficult to read if you're unaccustomed to them.

When walking a dog among grazing animals, you must keep it on a short leash and leave the enclosure if the animals start approaching you. If there isn't enough time to leave, you must let your dog off the leash, enabling it to escape the animals.

Look at how the animals behave and respect them when they signal that your presence is stressing them – pay extra attention on beaches, salt marshes, coastal grasslands, and in enclosures with grazing animals.

Never feed the animals. Grazing animals are only rarely, if ever, fed. In this way, the conservation effect of their regenerative grazing will be optimal, and we avoid them approaching people for food. When there is a shortage of food, the animals will be removed from the area.

It is rare for grazing animals to react to humans who keep their distance. Particularly mothers with offspring may react strongly – especially to people and dogs close to them. The same may be the case with newly arrived animals which don't yet know their landscape and the movement and behavioural patterns of park visitors. If the animals start gathering in a flock facing you, you must turn around and bypass them in a bigger curve or leave the enclosure.

Pay attention and steer well clear of seabirds and resting and foraging seals when sailing or rowing on the open sea. Seals and eiders with offspring and diving ducks are vulnerable in winter but also during the moulting season. Winter birds often rest in flocks and become agitated and take off even if you are 2-300 metres away.

Many ground-nesting birds with eggs and young on beaches and in salt marshes will try to scare or lure you away – dive-bombing (terns and lapwings), luring you away with the broken-wing act (plovers), or by piercing warning cries (gulls, terns, geese, and oystercatchers). Pay attention – turn around or bypass them quickly.

LEARNING MORE ABOUT HABITAT TYPES IN THE NATIONAL PARK



BEACHES

Beaches are usually areas of low nutritional value with only few permanent animal species, but in spring and summer they become important breeding grounds for gulls and waders. For the remaining part of the year, they serve as important resting and feeding grounds. Especially the east-facing beaches along the Kattegat Sea and Ebeltoft Bay are breeding grounds for sand martins, oystercatchers, and plovers and their limestone content means that many rare plants such as pasque flower, proliferous childing-pink, and spiked speedwell will grow there. If you're not sure whether or not a plant species is rare, please leave it alone and take a picture of it. Don't pick it.

You can visit open beaches for short stays between the water's edge and the unbroken vegetation. Dogs must be kept on leashes from 1 April until 30 September. For the remaining part of the year, dogs may be taken off their leash but kept under control.



SALT MARSHES

Salt marshes are found along protected shallow coastlines with a flat hinterland. They are home to numerous special and salt-tolerant plants and animals. Plants in salt marshes are rich in minerals and protein and therefore vital for breeding waders and geese as well as migratory birds. In this national park, you'll find salt marshes near Rønde (the lowlands Følle Bund, the island of Kalø Castle Ruin, Kolå, the bay Egens Vig, also known as Lumskebugten), on the southern tip of Mols (Strands, Begtrup), and near Ebeltoft (the northern beach of Ahl Hage Headland, Ferry port East, and Gåsehage). Help the birds in these areas by keeping to the paths and keeping your dog on a leash.



TIDAL FLATS

Coastal sea areas that are left dry or almost dry at low tide are known as tidal flats. They are a plentiful food source for many waders and waterfowl using them for resting and foraging. You can help these birds by taking care not to frighten them into taking off. Otherwise they will lose precious energy and feeding time – which will reduce their chances of surviving the migration north or south.



CULTURAL LANDSCAPES

Parts of the national park consist of agricultural landscapes with crops or fenced-in pastures with livestock. Agricultural landscapes are rarely home to distinctly vulnerable and threatened species, they rather tend to offer fine landscape experiences and perhaps game such as hare, pheasant and deer. Typically, the only access is along permanent gravel roads and across uncultivated countryside. Please treat the game respectfully.



ANCIENT DECIDUOUS WOODLANDS

In this national park, the only preserved ancient deciduous woodlands are found near the manors (Kalø, Møllerup, Lyngsbæk, Skærsø, and Rugaard). These woodlands contain a rich flora, including white, yellow, and blue wood anemone, early purple orchid, coral root, baneberry, as well as threatened fungi linked to dead wood. In the public woodlands (Kalø, Bjørnkær-Egedal, Tolløkke), you can travel on foot everywhere, whereas in the private ones, you are restricted to wood roads in the daytime. If you're not sure whether or not a plant species is rare, please leave it alone and take a picture of it. Don't pick it – or worse, dig it up. Many of the rare plants propagate very slowly and only thrive on specific soil types, so they would very likely die at home in your garden – moreover, digging them up is actually prohibited.



PLANTATIONS

Almost all plantations in the national park are located on private land. Extensive areas of heath or sandy soils were planted up with coniferous trees during the period 1860–1930, so it is a young and generally species-poor habitat type. Nevertheless, mistle thrush, coal tit, crested tit, and goldcrest can breed there and roe deer and red deer shelter there. You are permitted to be in the plantations on the forest roads in the daytime.



LAKES

There are few natural large lakes in the national park. They all have a sandy bed and therefore clear water of a relatively poor nutritional value (Lake Stubbe Sø, Lake Øje Sø, and Lake Langsø). They are home to species such as great crested grebe, pike, perch, and otter. The lakes are privately owned, and public sailing or fishing are not possible. At the eastern end of Stubbe Sø, the Danish Nature Agency has a birdwatching tower with views across the lake. Moreover, Fugleværnsfonden (the Bird Protection Foundation) owns land that borders the lake. There are plenty of birds and a bird hide in the wood, where you can take photos of them. There is public access from the Gravlev nature trail.



DRY GRASSLANDS

There are several areas with dry, hot sandy soils in hilly landscapes; never previously cultivated or simply abandoned as agricultural land at an early stage and instead used as permanent grazing for cattle, sheep, horses, and goats. Originally, this was common grazing land far away from the villages. Trees and bushes can be kept down with the correct grazing levels, enabling many rare animals, plants, and fungi to survive. Large areas of the dry grasslands are entirely or semi-public, and there is often access via self-closing gates. By the gates are info boards showing the specific grazing animals in the enclosure. If the gate next to the self-closing gate is open, there are no animals in the enclosure. Respect the guidelines on the info boards and keep a safe distance to the animals. If you're not sure whether or not a plant species is rare, please leave it alone and take a picture of it. Don't pick it.

LEARNING MORE ABOUT LOOKING AFTER THE ANIMALS, PLANTS, AND FUNGI IN THE NATIONAL PARK



GROUND-NESTING BIRDS

Many visitors are surprised to learn that many birds breed in open nests on the ground and not in bushes and trees. Ground-nesting birds mainly live in the open countryside, and they include skylark, lapwing, common ringed plover, oystercatcher, gull, and greylag goose but also rarer birds such as grey partridge, snipe, redshanks, pied avocet, crane, and tern. Like all new families, the birds need peace and quiet when breeding, and the ground-nesting birds are by far the most vulnerable. When disturbed by you or your dog, the birds are easily frightened and might leave their nests, eggs, and chicks. This could mean that the eggs won't hatch, the chicks won't get food, or that an animal of prey could easily rob the nest of eggs or chicks.

Breeding grounds: the most important areas are beaches, coastal grasslands, and salt marshes behind the shore line – especially as they are narrow and frequented by many visitors during the breeding season. You can help the birds by keeping to the paths or as close to the water as possible whilst paying attention to the birds around you, and keeping your dog on a leash.

Breeding season: March – June

MIGRATORY BIRDS

Millions of migratory birds visit Denmark every spring and autumn on their journey between North Scandinavia and warmer parts of the world. Especially waders, ducks, and geese top up their food reserves en route along with local Danish birds preparing for a similar journey. Beaches and protected shallow coastal waters offer a particularly plentiful food supply for this purpose. There are plenty of worms, crustaceans, snails, mussels, and algae. The salt marshes contain a variety of plants, insects, and worms. On beaches and in shallow waters, the birds are exposed to many intrusive elements such as walkers, runners, dog-walkers, surfers, and kayaks. Each disturbance means lost foraging time and energy expended on taking off – and hence reduced chances of survival in the critical migratory time and winter season.

You can help the birds by keeping to the paths, keeping your dog on a leash, and keeping away from shallow waters when sailing off the coast. Consider turning round if you notice resting flocks of birds ahead.

Migratory period: March – May and August – October.

OVERWINTERING AND MOULTING

In winter, many birds and waterfowl overwinter on the sea. Especially ducks which can dive between five and twenty metres for mussels, snails, and eelgrass. In winter, food is scarce and the need for food is great. Many seabirds also moult during late summer. During this period, the birds are unable to fly and are therefore very vulnerable on the sea. You can help them by keeping away from the birds when sailing off the coast.

Overwintering period:
November – March.

UNINHABITED ISLETS AND REEFS

Some seabirds, including terns, gulls, and common eiders, but also seals are so susceptible to disturbance from humans and animals of prey that they only breed on tiny islets and reefs. Such places are often popular destinations or turning points for people enjoying outdoor life in the form of sailing and surfing. You can help nature by not using them as landing places.

SEALS

Seals look sweet and relaxed. They rest after a long day at work just like we do. They lie on beaches and uninhabited islets and reefs and hate it if they are constantly disturbed. Always keep your distance to resting and relaxing seals. If they raise their heads or flippers, or start moving towards the water, it's a sign that you're too close. Just withdraw quietly and slowly. Seal pups are adorable to look at and their cries heart-rending. But the biggest danger in such situations is, in fact, humans. Without meaning to, you might accidentally frighten their mother causing her to abandon her pup and disappear altogether. This could mean that the pup only gets one of its two daily meals. You should therefore always keep well away from seal pups. Common seals (small with round heads) breed during the period from June to the end of August.

Grey seals (large seals with a cone-shaped nose) breed during the period from November to the end of January.

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LEARN MORE ABOUT

... WHEN YOU BRING YOUR DOG

The impressive nature in the national park is perfect for great walks – for us and our dogs which we love to exercise in the countryside. We've listed a number of points to help you take care of the countryside and your fellow walkers when exercising your dog:

- Your dog should be kept on a leash just as in urban areas. If you want it to run freely, you must find a designated dog park.
- The dog leash should be one-and-a-half metre long. Retractable leashes are useful in many situations, but your dog might frighten the birds if you let it roam in an area ten metres either side of the path.
- During the winter months (1 October – 31 March), you are free to let your dog play off the leash on most beaches, but it must be kept under control. This means that it must not stray and come when called. In summer, you dog can be off the lead in the water.
- It is not permitted to walk your dog on the Blue-Flag beaches (200 metres from the flag). If you nevertheless find yourself passing such an area, move on quickly as far away from the water as possible.
- Always take your poop bag with you when cleaning up after your dog.
- Don't let your dog chase birds or other animals. It stresses the animals and increases their energy consumption at a very vulnerable time. Moreover, your dog might take chicks from the many ground-nesting birds.

- Please remember that not everyone is enthusiastic about four-legged visitors with a cold nose – despite the fact that your dog might want to befriend everyone it meets on its way.
- Observe the Dog Act, also when visiting a dog park: if your dog doesn't come when called, it must be on a leash.

Getting there

Many of the marked paths in the Mols Bjerger area traverse enclosures with grazing animals. If you decide to go there, you must be particularly careful to keep your dog on a short leash and well away from the animals. They see dogs as wolves and will therefore be on the defensive and potentially attack if the dog should get too close or get between a mother and her offspring.

If you'd rather not walk through the enclosure, there are a number of alternative routes outside them. Look at the National Park map or app or follow the many miles of bridle paths in the area – they all avoid the enclosures.

The dog-park website hundeskove.dk (in Danish) lists all dog parks in Denmark with a description of their facilities.

In the national park, there are dog parks in:

– the forest Egedal Skov near Ebeltoft

Close to the national park:

– Ellemandsbjerget on the Helgenæs peninsula

– Frellingvej in Kolind

© Foto: Suzanne Bøgh

LEARN MORE ABOUT

... WHEN WALKING INSIDE ENCLOSURES WITH GRAZING ANIMALS

There are many great hiking trails in the national park, and many traverse enclosures where a variety of grazing animals work to restore natural habitats.

As a rule, grazing animals are not dangerous and just want to be left in peace. However, if you get too close to the flock or between a cow and her calf, the animals will react instinctively and either run away or defend themselves. Especially dogs may provoke defence reactions. Most animals interpret dogs as wolves and hence consider them dangerous. Perhaps the animals have experienced being chased by loose dogs or roaming wolves. The safest thing to do, therefore, is not to bring your dog into the enclosures.

Tips to protect yourself and your dog in animal enclosures

- Pay attention – even when walking along chattering.
- Keep a safe distance to the animals.
The animals are not, as a rule, aggressive, but might be frightened of you and especially your dog.
- Avoid getting between adult animals and calves or foals. Never walk through a flock of animals. When the animals have offspring, they will do anything to protect them.

- Keep your dog on a short leash and make sure it doesn't bark.
Bypass the animals in a big curve and keep you dog quiet. If the animals start approaching you, leave the enclosure immediately. If they get very close to you, let your dog off the lead to enable it to escape. This will divert the animals away from you.
- Move quietly and calmly inside enclosures and avoid gesturing and loud noise – particularly when you pass the animals.
This will give you a better experience and not frighten the animals into moving suddenly – endangering yourself and other visitors. Sådan kommer du ud

Getting there

The Nationalpark Mols Bjerger app lists all the paths in the national park. There is also a function indicating whether the enclosures contain animals or are empty. Download the app in App Store or Google Play.

The paths are also listed on the national website udinaturen.dk (in Danish) hosted by the Danish Nature Agency and on the National Park's interactive map nationalparkmolsbjerger.dk.

Learn more about animal enclosures here: naturstyrelsen.dk om indhegninger.

LEARN MORE ABOUT

... WHEN CYCLING IN THE COUNTRYSIDE

One of the best ways of getting around and be close to nature is travelling on two wheels. You'll get fresh air, use climate-friendly transport, and enjoy the peace and quiet, sounds and smells.

Here's a list of tips to help you take care of nature on a cycle trip:

- Observe the highway code – this also applies to the countryside.
- Remember to respect other users and keep to paths suited to an ordinary old-fashioned bike. Avoid bridle paths, animal tracks, footpaths, and the forest floor.
- Respect signage and guidelines – also if it means taking another route.
- Respect the breeding periods and foraging times of animals and birds. Avoid cycling in woodlands at twilight, when many animals come out to forage.
- Leave nature in peace at night.
- Keep to the forest roads and paths in private woodlands.
- Don't cycle on ancient monuments, burial mounds, dikes and sand dunes.
- Respect other users of the countryside – reduce speed and use your bell in plenty of time.
- Remember that you are a visitor to the countryside – do not disturb animals and birds.

Getting there

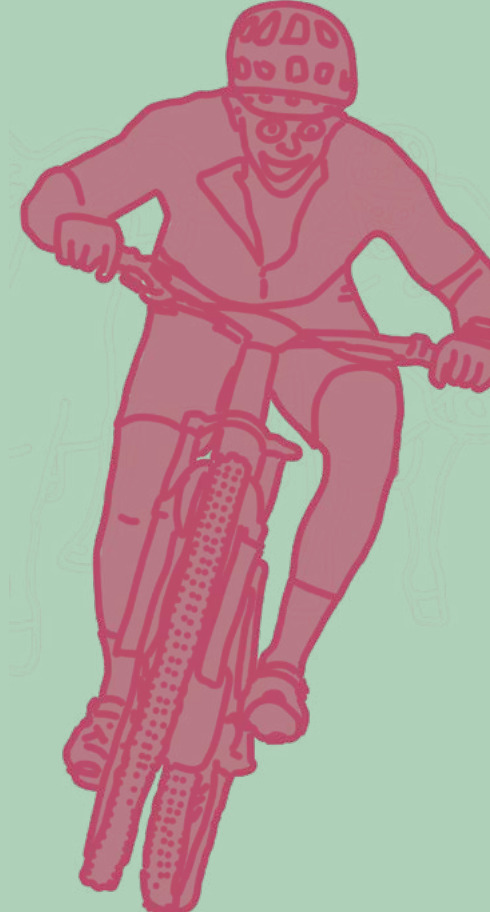
On the digital map udinaturen.dk (in Danish) hosted by the Danish Nature Agency, you will discover both local and national cycle routes. The National Park app and the interactive map on the website nationalparkmolsbjerger.dk also list local daytrips in the national park.

The Danish Outdoor Council informs of outdoor life on a bike at oplevmere.nu (in Danish).nu.

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LEARN MORE ABOUT

... WHEN RIDING AN MTB



On a mountain bike, the countryside becomes a playground with obstacles, adrenalin-releasing challenges, and a high pulse. There is plenty of opportunities if you like challenging trails and wonderful experiences of nature.

Here's a list of tips to help you take care of nature while also experiencing nature:

- Observe the highway code – this also applies to the countryside.
- Remember to respect other users and keep to paths suited to an ordinary old-fashioned bike. Avoid bridle paths, animal tracks, footpaths, and the forest floor.
- Respect signage and guidelines – also if it means taking another route.
- Respect animals and bird breeding seasons and foraging times. Avoid cycling in woodlands at twilight, when many animals come out to forage.
- Leave nature in peace at night.
- Keep to forest roads and paths in private woodlands.
- Don't cycle on ancient monuments, burial mounds, dikes, and sand dunes.
- Respect other users of the countryside – reduce speed and use your bell in plenty of time.
- Remember that you are a visitor to the countryside – do not disturb animals and birds.

Getting there

Although a mountain bike is made to cope with any terrain, you must keep to roads and paths and, furthermore, to roads and paths suited to an ordinary old-fashioned bike. Fortunately, there are plenty of areas where you can ride a bike. Just in the forests managed by the Danish Nature Agency, there are more than 500 kilometres of mountain-bike tracks. On the website naturstyrelsen.dk, you can learn more about riding MTBs on state land and find codes and rules for your trip.

There are also many municipal and private MTB tracks. The websites udinaturen.dk/mountainbike and rideon.dk list mountain-bike tracks in Denmark.

In the guidelines published by the Danish Ministry of Environment on rules of access in the countryside, the definition of an MTB and an ordinary bicycle is very clear. The law says that you can only ride on a path, if it is suited to an ordinary bike. This excludes hiking trails in hilly terrain. Furthermore, owners have the right to ban MTBs if they are deemed to disturb privacy.

The website flinkafnatur.dk (in Danish) lists tips on safety and good advice about respecting other visitors to the countryside.

See also: mst.dk under friluftsliv.



LEARN MORE ABOUT

... WHEN RIDING IN THE COUNTRYSIDE

There are plenty of opportunities for horse riding in the spectacular landscape. The national park contains many kilometres of marked bridle paths, and riding is permitted on the many gravel roads.

Here are some suggestions for your ride to give you the best possible experience on horseback and help you to take good care of nature.

- Use bridle paths if possible. Trotting, tölting, and galloping gaits are likely to ruin the forest roads for cyclists, prams, wheelchairs, and people with mobility impairment.
- Use the verge when riding on gravel roads.
- Change to a walking gait and keep to the right when passing pedestrians and cyclists.
- Always pass other riders in a walking gait.
- Logs, stacks, dikes, and ditches should not be used for jumping.
- Respect nature and other people in the countryside.
- Take special care when bypassing enclosures with grazing animals. Walk past them if you're unsure of how they will react.
- Park your horse trailer where it will not inconvenience other visitors to the countryside.

- Only ride on beaches and protected dune areas if there is legal public access, i.e. if you can get to the beach via roads or paths where riding is permitted. Riding on beaches is only permitted during the period 1 September – 31 May and only in areas with sparse vegetation. Remember that many ground-nesting birds such as skylark, lapwing, common ringed plover, and oystercatcher breed on the salt marshes. They are extremely susceptible to disturbance, so please ride at the water's edge during the breeding season from March to June.

Getting there

Many places are suited to horse riding in the national park. Find the bridle paths on ridespor.dk (in Danish) or udinaturen.dk (in Danish). These websites also have ideas for other activities on state-owned land.

In the Mols Bjerger area, there are more than 20 km of marked bridle paths outside the enclosures. Consult the app Nationalpark Mols Bjerger to see horse-trailer parking facilities and bridle paths or download riding maps from nationalparkmolsbjerger.dk.

LEARN MORE ABOUT

... WHEN HIKING IN THE COUNTRYSIDE

Hiking is a sustainable way to experience the unique wild nature which contributes to making the national park into something special. High-quality paths in varying lengths, promising you both peace and quiet, mental immersion, and wide horizons.

Here are some suggestions to help you take good care of the national park and hopefully also make your walk a good experience:

- Use the marked paths, which are designed to give you the best views of the landscape, nature, and culture-historical sights – moreover, you won't get lost.
- Pay attention to whether you're in a private or public area. You're welcome to walk anywhere in public areas 24/7. Remember that you're only allowed in private areas between 6 a.m. and sunset, and you must keep to roads and paths.
- You should expect certain areas to be closed for access in connection with the breeding season or while a hunt is in progress.
- You can gather edible plants and mushrooms for your own use, but don't pick flowers and protected plants.
- Only light bonfires in designated campfire rings – elsewhere you can use an outdoor stove.
- Pick up any rubbish you find and take it with you – even if it's not yours.
- Remember that you're a visitor to the countryside – don't disturb the animals and birds living there.

Getting there

The national park app Nationalpark Mols Bjerger is useful for your trip. You can find paths, car parks, hiking routes, toilets, etc. – moreover, the app's map will show your position at any time.

The Danish Nature Agency has compiled a list of outdoor recreational activities on state-owned land, indicating facilities and sights as well as routes and advice for visitors to the countryside. The map is available on udinaturen.dk (in Danish).

The Danish Outdoor Council has compiled a list of access to privately-owned natural areas on the website oplevelsmere.nu (in Danish).

On the website naturstyrelsen.dk, there's a list of all hiking routes on state-owned land and you can download the [accompanying maps](#).

LEARN MORE ABOUT

... WHEN OVERNIGHTING IN THE OPEN

Can you imagine anything better than over-nighting outdoors? Fortunately, there are plenty of opportunities for overnighing in a shelter or a tent.

Here are ten suggestions to give you the ultimate experience whilst taking care of nature.

- Book a campsite and shelter, if possible (only possible in certain locations).
- There are many private shelters in the area which do not figure on udinaturen.dk (in Danish). Check the Nationalpark Mols Bjerger app.
- Check the Danish Nature Agency's website or the Nationalpark Mols Bjerger app to find a woodland area with wild-camping in tents. We keep to the 1, 2, 3 rule: max. 1 night, 2 tents for max. 3 people each.
- Overnighing on the beach is permitted, but you're not allowed to pitch a tent. You can stay on the beach for a period of max. 24 hours, and you're allowed to light a small fire. Avoid areas where birds breed or forage.
- Apart from this, you are only permitted to light a bonfire in designated camp-fire rings – elsewhere you can use an outdoor stove.
- If you arrive by kayak or canoe, you can use the many places along the coast with night shelter. Find a kayak map on weblink.syddjurs.dk (in Danish).
- Remember that you're a visitor to the countryside – don't disturb the animals and birds living there.
- Pick up any rubbish you find and take it with you – even if it's not yours.

Getting there

The Danish Nature Agency has compiled a list of outdoor recreational activities on state-owned land, indicating facilities and sights as well as routes and advice for visitors to the countryside. This also contains the more than 270 wild-camping facilities available in state-owned woodlands. Find the map on udinaturen.dk (in Danish).

Remember that not all land in the national park is state-owned, but the Danish Outdoor Council has compiled a list of access to privately-owned natural areas on the website oplevelsmere.nu (in Danish).

LEARN MORE ABOUT

... WHEN GATHERING FROM THE COUNTRYSIDE

You can gather from nature virtually all year round. If you haven't yet done this before, why not join one of the gathering tours arranged by local nature guides.

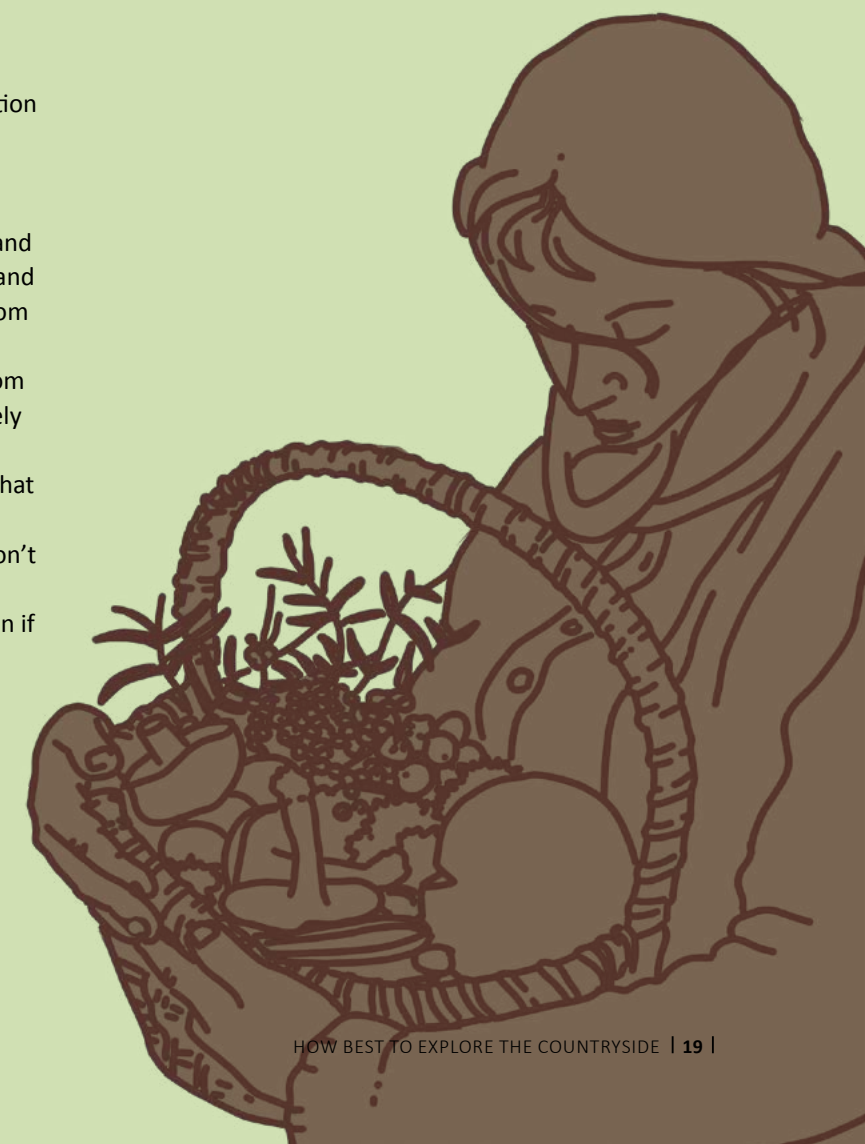
Start with these simple suggestions:

- You can gather everywhere on state-owned land. On privately-owned land, you can only gather what you can reach from the road or path you're travelling on.
- Only gather enough to fill a hat.
- Only gather for your own use. Leave the rest so that others may also enjoy picking food in the countryside.
- Do not pick species that are few in number in the location where you're gathering.
- Never dig up plants – they're unlikely to grow in your garden anyway, and it's actually unlawful.
- On state-owned land, you're allowed to cut branches and twigs from deciduous trees more than 10 metres tall, and you can gather pine cones from the forest floor, not from the trees.
- When you gather mushrooms, always bring a mushroom handbook and only pick the ones that you're completely certain are not poisonous.
- If you gather oysters or common mussels, remember that they can be poisonous during the summer months.
- Remember that you're a visitor to the countryside – don't disturb the animals and birds living there.
- Pick up any rubbish you find and take it with you – even if it's not yours.

Getting there

The Danish Nature Agency has compiled a list of outdoor or recreational activities on state-owned land, indicating facilities and sights as well as routes and advice for visitors to the countryside. Find the map on udinaturen.dk (in Danish).

Not all land in the national park is state-owned. The Danish Outdoor Council has compiled a list of access to privately-owned natural areas on the website oplevelsmere.nu (in Danish). Learn more about gathering on mst.dk (in Danish).



LEARN MORE ABOUT

... WHEN YOU'RE ON THE BEACH

Whether you're bathing on a hot summer's day or hiking on a windy autumn day, the Danish countryside has long stretches of lovely beaches.

Here are some suggestions for your beach walk to give you a good experience whilst respecting the countryside and other beach users:

- Always be respectful and considerate as the beaches are used and enjoyed for outdoor recreation by many different people throughout the year.
- Respect the fact that Blue Flag beaches are dog-free zones and that our four-legged friends must be kept on a leash on the beach during the period 1 April – 30 September.
- If you gather shells, or similar, from the beach, you can only take enough to fill a bucket or hat.
- Respect that beach angling requires an angling permit.
- If you overnight on the beach, you cannot pitch a tent. You can light a bonfire in the sand, but remember to put it out and cool down the sand, so that others won't get hurt when walking there.
- If you have a rowing boat, you can pull it up on the beach for a short period. Motor-driven boats must remain on the water.
- Remember to use surface marker buoys and flags when snorkelling.
- Be careful with inflatable beach toys and air beds – particularly when there's an offshore wind.
- Nude bathing on the beaches is allowed unless expressly prohibited.
- Do not fly kites near beach breeding grounds – or wait until the breeding season is over in July. The breeding birds will interpret kites as birds of prey.
- Stay as close to the water as possible, so as not to disturb animals and birds on the salt marshes.
- Remember that you're a visitor to the countryside – don't disturb the animals and birds living there.

- Pick up any rubbish you find and take it with you – even if it's not yours.

Getting there

The website respektforvand.dk (in Danish) hosted by the foundation Trygfonden is the best place to be if you want to know more about safety near and in the water.

Denmark has many Blue Flag beaches. They are listed along with further information on friluftsraadet.dk (in Danish). All Danish beaches are numbered. Find the number on green signs by the driveway leading down to the beach or on the beach itself. It is useful when trying to locate family and friends, but particularly in emergency situations.

The Danish Nature Agency has compiled a fine list of outdoor recreational activities on state-owned land, indicating facilities and sights, routes and advice for visitors to the countryside.

Find the map on udinaturen.dk (in Danish).

Not all land in the national park is state-owned. The Danish Outdoor Council has compiled a list of access to privately-owned natural areas on the website oplevelsmere.nu (in Danish).



© Foto: Bo Skarup

LEARN MORE ABOUT

... WHEN KITE, WING, OR WINDSURFING

It's often windy in Denmark, and this offers opportunities for all kinds of surfing.

Here are some suggestions to give you a good experience whilst respecting nature and other visitors:

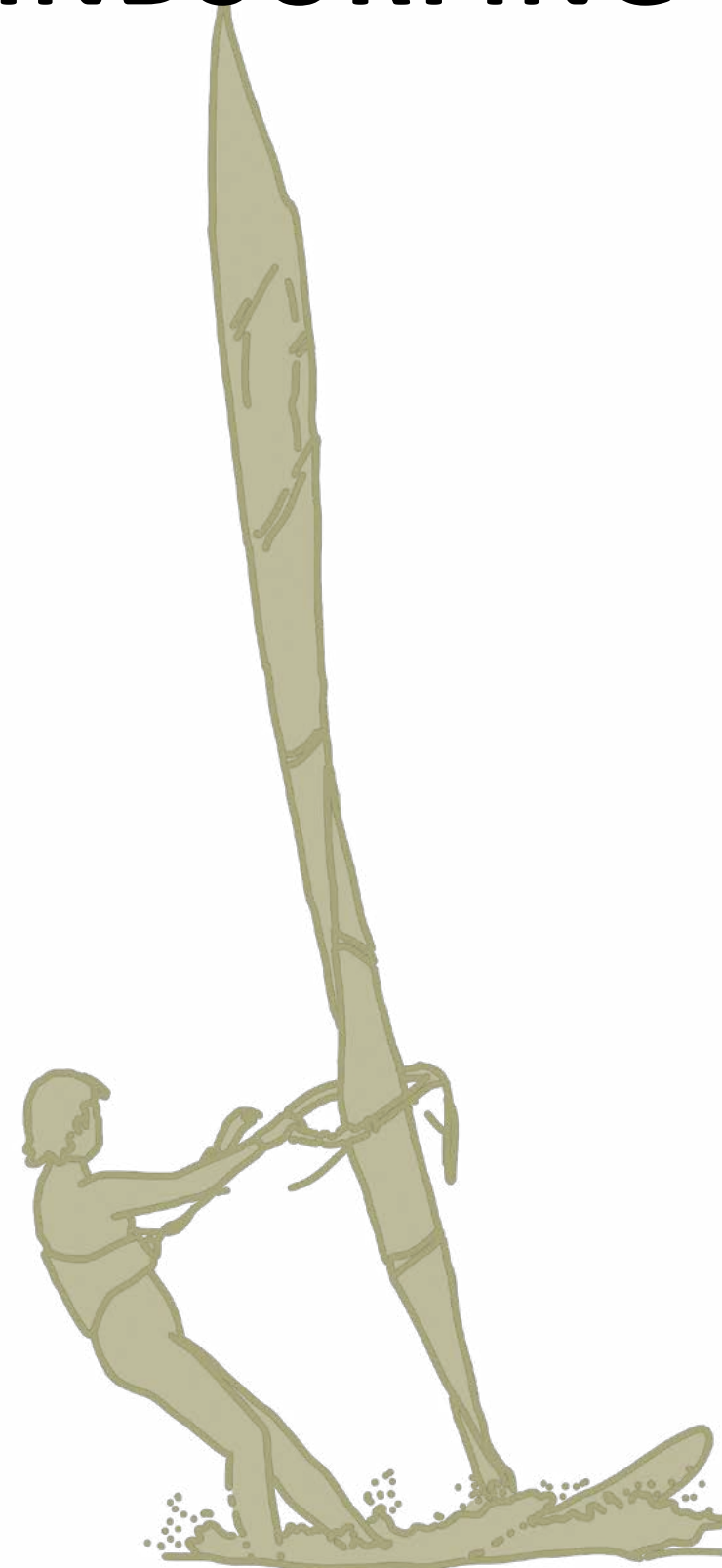
- Before you go on the water, you must make sure that surfing is permitted on your specific location, and whether there are protected areas you need to take into account. Find information on virtually all surf spots on bipper.dk (in Danish). Download the Bipper app to both iOS and Android.
- Keep well away from the coast and avoid shallow waters if at all possible. This will reduce inconveniencing bathers, and you won't frighten birds into taking off.
- Respect other users of the sea where you're kite, wing, or windsurfing.
- Remember that hypothermia may also occur in summer.
- Always use a life jacket.
- Remember that you're a visitor to the countryside – don't disturb the animals and birds living there. Stay away from tidal flats and small islets.
- Pick up any rubbish you find and take it with you – even if it's not yours.

Getting there

The south-facing bays in the national park are generally well-suited to surfing. See the descriptions on bipper.dk (in Danish).

Remember that kite or sail surfing may startle the birds and thus reduce the time spent on foraging before they move on. During the breeding season, you might also frighten brooding birds away from their nests. So, keep well away from shallow waters with birds and use the smallest possible area of the salt marshes to avoid disturbing the breeding birds.

Breeding season: March – June.



LEARN MORE ABOUT

... WHEN ON THE WATER IN A BOAT, KAYAK, OR ON A SUP BOARD

When the sun is high in the sky, the sea is still, and the horizon almost invisible, it is a wonderful experience to sail inside the quiet bays along the national park coastal areas. Here are some suggestions to help you get the most from your sailing trip whilst respecting nature and other visitors:

- Never row out alone – it's safer with two on the water.
- The weather along coastal areas may change suddenly. Sea fog, bad weather, and changing winds can be life-threatening. Check the weather forecast before setting off.
- If you come across seals or birds, you must slow down and avoid sudden movements. Continue rowing quietly and calmly and enjoy the experience.
- Never go ashore on sandbanks with resting seals. You risk that seal pups are squashed or abandoned, or you might be attacked yourself. Seals are not harmless creatures.
- Always use the designated landing beaches when you want to swim. This minimises the intrusion experienced by the animals.
- Be realistic and only row as far as you can manage. If you're in doubt or have little knowledge of the area, stay ashore or row out with local people.
- Always use a life jacket and clothing suited to the weather and season, as it may prevent both cooling down and dehydration.
- If possible, wear colourful clothes when on the sea – orange, yellow, and red colours are easier to spot on the water.
- Check your equipment before departure – your mobile phone is important as is light in the evening.
- Avoid tidal flats and sandbanks unless you're in danger. They are essential resting places for birds and seals.
- If you need a short break, you're welcome to pull the boat up on the beach.
- Pick up any rubbish you find and take it with you – even if it's not yours.



Getting there

The Nationalpark Mols Bjerger app will tell you where you'll find slipways. The website respektforvand.dk (in Danish) hosted by the foundation Trygfonden is the best place to learn about safety near and in the water. Denmark has many Blue Flag beaches – they are listed along with further information on friluftstraadet.dk (in Danish). All Danish beaches are numbered. Find the number on green signs by the driveway leading down to the beach or on the beach itself. It is useful when trying to locate family and friends, but particularly in emergency situations. The Danish Nature Agency has compiled a fine list of outdoor recreational activities on state-owned land, indicating facilities and sights, routes and advice for visitors to the countryside. Find the map on udinaturen.dk (in Danish).

© Foto: Karpenhøj Naturcenter

LEARN MORE ABOUT

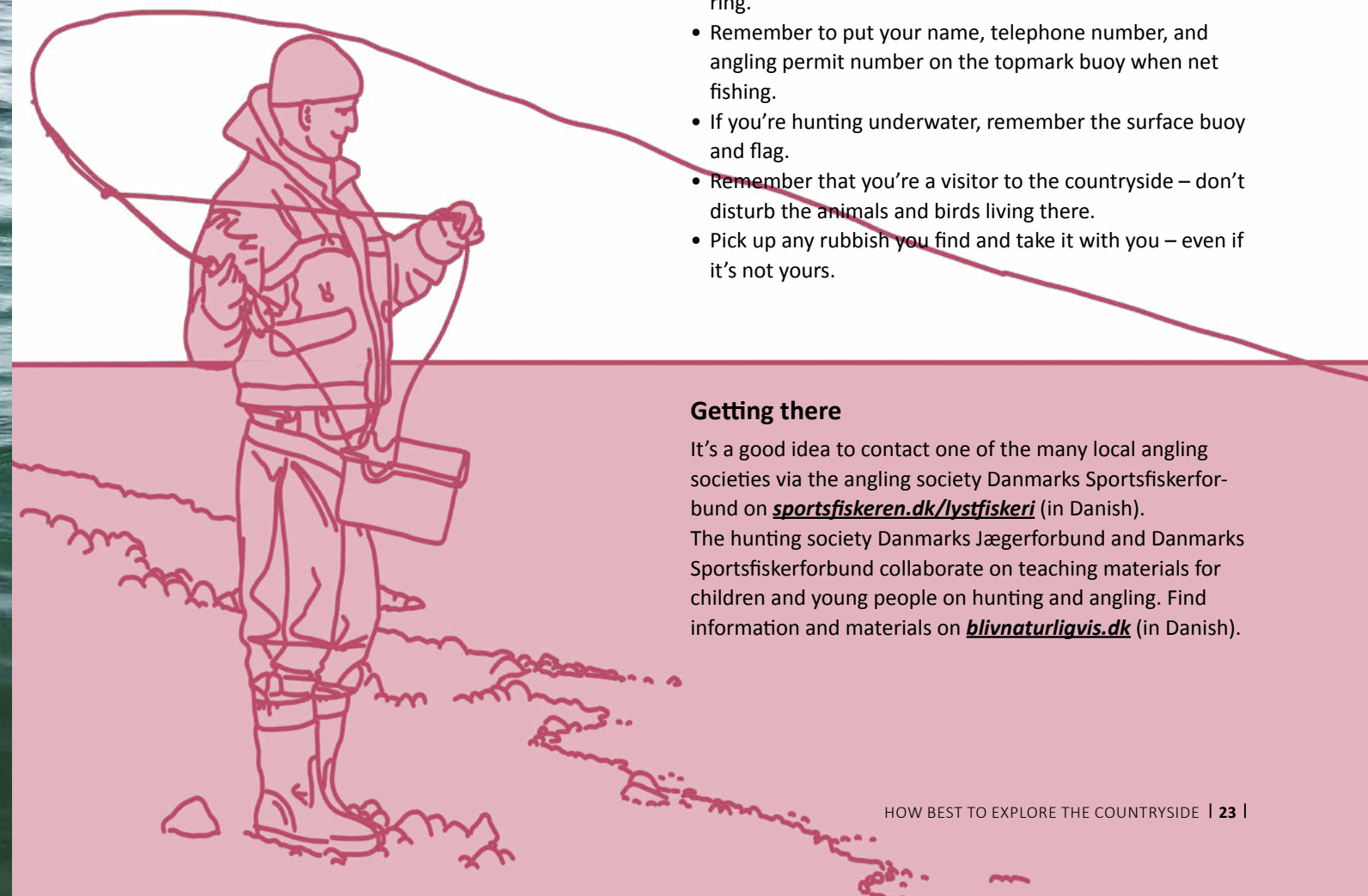
... WHEN YOU'RE ANGLING

An angling trip is a wonderful way to experience nature – and you might be lucky enough to catch your own dinner. Here are some suggestions to make your angling trip as successful as possible for yourself, nature, and other visitors to the national park:

- Remember to obtain an angling permit. Everyone between the age of 18 and 65 must have an angling permit for both freshwater and sea fishing. The angling permit can be purchased from most outdoor suppliers or on the website fisketegn.dk.
- Observe the rules for close seasons and minimum size and do not fish in close-season zones.
- Look out for other anglers and stand about 20 metres from the nearest one when casting out.
- Remove hooks and lines – even small fragments. Birds and animals can be caught up in them or choke on them.
- Don't catch more than you can eat. This will leave fish for other anglers.
- If you release your fish, make sure to minimise its suffering.
- Remember to put your name, telephone number, and angling permit number on the topmark buoy when net fishing.
- If you're hunting underwater, remember the surface buoy and flag.
- Remember that you're a visitor to the countryside – don't disturb the animals and birds living there.
- Pick up any rubbish you find and take it with you – even if it's not yours.

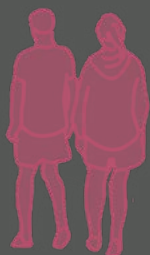
Getting there

It's a good idea to contact one of the many local angling societies via the angling society Danmarks Sportsfiskerforbund on sportsfiskeren.dk/lystfiskeri (in Danish). The hunting society Danmarks Jægerforbund and Danmarks Sportsfiskerforbund collaborate on teaching materials for children and young people on hunting and angling. Find information and materials on blivnaturligvis.dk (in Danish).





GUIDE TO USING THE COUNTRYSIDE



In this guide, you can learn about how best to visit the countryside. More and more people enjoy outdoor recreation. That's a very good thing for several reasons.

Knowing about nature prompts us to treat it with the utmost care. Nevertheless, there's a considerable load from visitors in certain parts of the country, which creates additional problems.



Find advice and rules for various outdoor recreational activities such as hiking, dog-walking, marine activities, cycling, and overnighting in nature.

Mols Bjerger National Park – for the sake of nature and the joy of people.

