



# CHALLENGES TO BE COMPLETED **Lake Tåkern**

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## CHALLENGES TO BE COMPLETED DURING THE VISIT TO LAKE TÅKERN NATURE RESERVE

In this area, a minimum of 3 designated challenges must be completed.

The Passport will be stamped in our visitor center, naturum Tåkern.

Obtaining a photograph of the visitor center will make up one of the challenges.

A visit to Lake Tåkern area involves a spectacular journey through time. Here you will get to know the rich biodiversity of Lake Tåkern and the mountain of Omberg and learn about the historical heritages of the area, from the ancient Rök rune stone to the magnificent royal castle in the medieval town of Vadstena. The area offers something for everyone. Welcome to experience it during these challenges!

### Proposed Challenges In Lake Tåkern Nature Reserve

- 1) Climb the viewpoint Hjässan on the mountain of Omberg and get a magnificent overlook of Lake Vättern and Lake Tåkern and the surrounding agricultural landscape rich in old churches.
- 2) Visit the medieval town of Vadstena and take a walk from the magnificent castle to the old monastery church.
- 3) Experience the visitor area Svälinge and watch the wetland birds and plants typical of the location. If you are lucky you may also be able to get a glimpse of our largest rodent, the beaver.
- 4) Visit the famous Rök rune stone, raised in the 8th century, and learn more about the mysterious ancient carvings found on the stone. For more information, please see the website: <http://www.rokstenen.com/>
- 5) Visit the ruins of Alvastra abbey. For more information, please see the website: <http://www.visitostergotland.se/en/Odeshog/products/145059/Alvastra-klosterruin/>