

From Vålådalen

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Chapter 1 Chapter 2The Nature in Sylarna, CHAPTER 1. From the valley “Vålådalen”Jämtland - We, the Mountain Leaders, started off by Vålådalens mountain station in Jämtland in the end of June –05. Little more then a week later we ended the tour in Storulvåns mountain station. This is is short travel story in two chapters. The first chapter takes you half way from Vålådalen, the second chapter takes you to the end destination of the mountain station of Storulvån (Big wolf creek).

The Nature in Sylarnachapter 1From the valley “Vålådalen”

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View from Vålådalen over the mountains.

As a future Mountain Leader you have to keep your balance when it takes.

This is in between low alpine environment with lower bushes and sub alpine environment with a few birches. Lilla-Stendalsfjället (Little-Stone-valley-mountain) in the background.

Bushes and shrubs has totally vanished in the middle alpine environment. The vegetation mostly consist of lichen, mosses, grass, sedge, heather and crowberrys (*empetrum hermaphroditum*), *arctostaphylos alpinus* and other arctical berrys. The Bunnerfjäll in the background.

The Mountain Leaders is relaxing in the sunset. Behind the ridge flows Gåsån (the Goose creek).

The favourite tents among the Mountain Leaders is the famous Hilleberg. They take ruff treatment, are waterproof and has good ventilation. Here you can see a domed tent and in the background a tunnel tent.

Wadeing over Gåsån. The wadeing takes place in the morning before the snowmelting begins up higher. This gives lower water level and safer wading. It requires shoes or sandales to avoid cuts on your feet and a walkingstick for the balance. The water was up to the knees on the deepest parts.

The *Viola palustris* , a beautiful but descret little flower. As you can tell from the Swedish name Kärriol, it prefere moisty grounds.

The camp is chosen with great care. Plenty of space for the tents and water just below the sand ridge. Of course, there is nothing wrong with a great view.

The *Pinguicula vulgaris* lays completely still in ambush on insects. They eat insects. The sticky surface attracts the insects who get stuck there and slowly digests. Before this plant was used to make youghurt out of milk.

Too many reindeers in this region have made these erosion surfaces.