



▲ *Birches, particularly arctic downy birches (*Betula pubescens*, ssp. *tortuosa*) are the most common trees here.*

◀ *View of the lake Nuolpen in front. In the valley one sees the lakes Stor Laisan (left) and Västansjön (right).*

Nuolpen

Another trail that begins at Laisaliden leads to the lake Nuolpen (Sami: Nollhpenjaavretje). The path is easy to find. From the parking area described under "Drottningleden" one walks the road 200 meters downhill. The trail begins at the sign on the left directing to "Syterstugan". Compared to Drottningleden the slopes are steeper and one needs a somewhat better physical condition and preferably sturdy shoes or mountain boots. The walk to the lake and back is about 5 km long, and people with good physical condition and without a large backpack manage to complete it in one hour both ways. This makes this trail a very good training course. Of course, choosing a slower pace gives you ample opportunity to enjoy the beautiful views on the way and to observe wild animals.



The first part of the path is even and leads through a forest area.

First, one passes a little forest and a somewhat muddy section. Then the trail leads through a wooded area with several small streams. With some luck one can see black grouse, redwings and even willow ptarmigans. When the latter are disturbed, they flee with loud shrieks and may shock hikers. The path is regularly used by reindeer and there are also moose. In the dense vegetation it could happen that one suddenly stands in front of a reindeer. This will most certainly be a surprise on both sides.



The first small streams are easy to cross.



*So far there are only a few obstacles. ▲
With a little luck you can also see grouse. ➤*





When crossing the last stream before the free fell, one should proceed with caution to avoid getting wet feet.



The forest thins out when entering the fell.



*Purple mountain saxifrage
(Saxifraga oppositifolia)*



The final ascension.

The path gets increasingly steeper and before leaving the forest one has to cross a small stream. Rain will cause it to swell up considerably. In that case it is advisable to look for a more suitable crossing point in the vicinity.

A little further one will be rewarded with a gorgeous view, which gets even better after having passed the last steep rise in the open fell. This last part of the trail is the most stressful section. The markings are poor and the low woodland is dense. This makes it difficult to detect the myriad of small and large stones. Having passed the last slope, one reaches the plateau with lake Nuolpen. Up here it can get very windy. The water of the lake is extremely clear and fishing is permitted with a state fishing license. Hiking around the lake takes longer than one might think. Many detours are necessary to avoid swampy ground and several small streams.



The melting snow leaves smaller and larger pools.





Previous left page: The view from the summit just before the lake.

Previous right page: brilliant emerald (Somatochlora metallica) shortly after hatching at the lakefront.

◀ *The lake Nuolpen (Sami: Nohpenjaavretje).*

Stones that are regularly polished by meltwater and ice are free of lichens. ➤



Rhoseroot (Sedum rosea) with the lake in the background.



A black-throated diver (Gavia arctica) in breeding plumage is attacked by a common gull (Larus canus).



A golden plover (Pluvialis apricaria) over the lake.

The path at the lake leading north continues to the Syterstugan cabin. It was built in 1923 as a base for climbing the Norra Syttertoppen (1768 metres). In summer it serves also as an emergency shelter with an emergency phone.

Nearby there is a new, larger mountain cabin with the same name. Syterstugan offers accommodation and a small shop for essential items that one would not like to miss in the wilderness. If one wants to stay here over night, an own sleeping bag is necessary and one has to take care of everything from getting firewood and preparing meals up to cleaning. There are no single bedrooms. Instead, one sleeps in dormitories. (Phone: +46 98040200, fjallbokning@stfturist.se, <https://www.svenskaturistforeningen.se/anlaggningar/stf-syter-fjallstuga>).

Overnight stays can be booked online. This yields a small price reduction of about 10%. The fee is approximately SEK 410 ≈ € 40 / night. Bookings are not considered as reservations. Everyone, who visits the cabin has the right to an overnight stay, no matter how crowded it gets. Payments are valid within a two-week period before and after the announced date. A stay is granted upon presentation of a confirmation printout.

There are additional mountain cabins, which are indicated in maps. At Murtsertoppen one can also turn left and take the trail, which hits Drottningleden. The distance to Syterstugan is 23 km, and some parts of the trail are quite strenuous. The first 7 km, where one walks partly at a height of 1400 m, offer a magnificent panorama, which is in my opinion one of the best around. At this altitude there are many rock ptarmigans. Because of the intense UV radiation, suitable sun protection is recommended.

At lake Nuolpen one can also follow a path to the east. Here one has an unobstructed view of lake Stor Laisan and finally one reaches the village of Solberg.



Blue heath (Phyllodoce coerulea)



Snow buttercup (Ranunculus nivalis)

First when taking the route north towards Syterstugan, one sees the vastness of the landscape. ➤

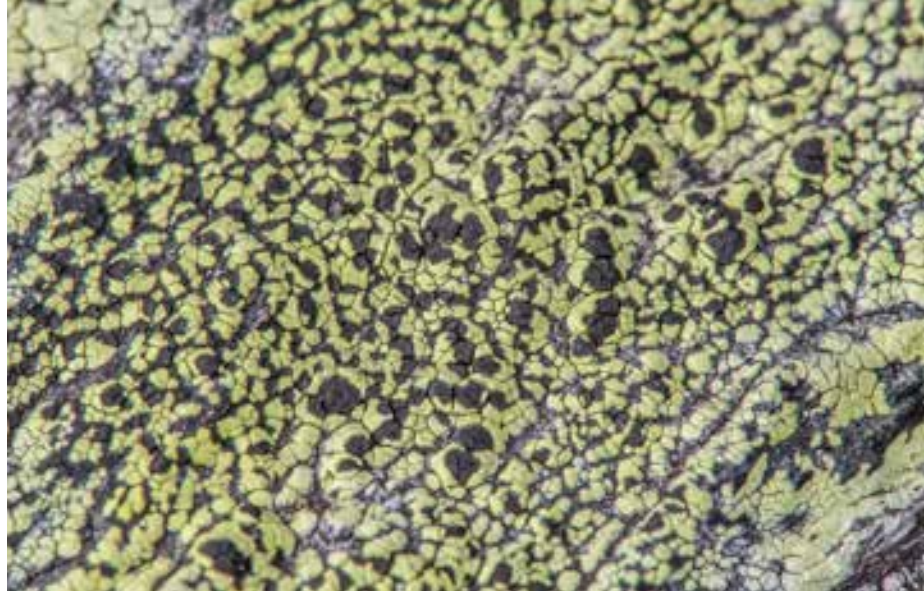
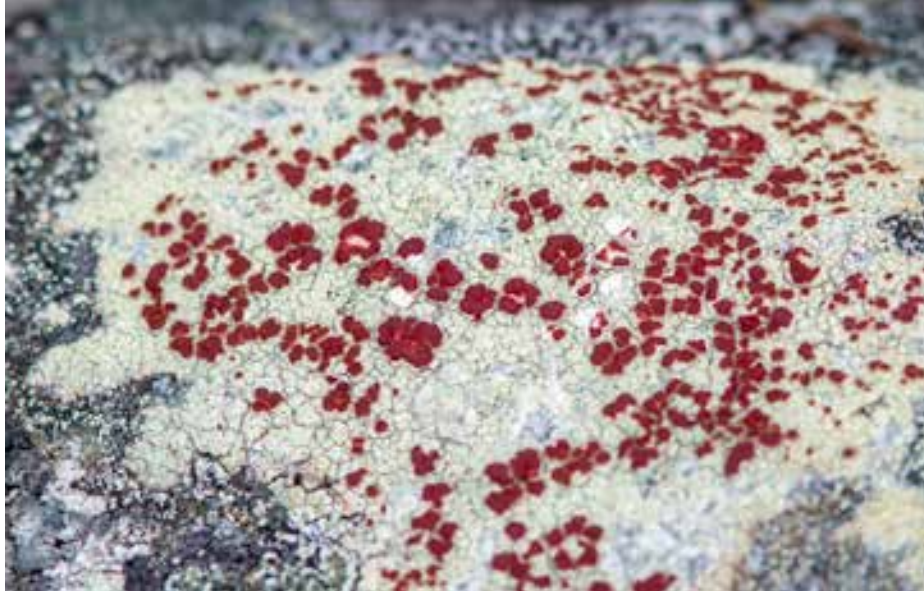




◁ *Mountain avens (Dryas octopetala) are easy to recognize because of their jagged, lancet shaped leaves.*

▲ *Nature never fails to surprise with awesome rock formations.*

Where colour marks are missing, cairns take care of the guiding.



Also the
view north
improves on
the northern
way towards
Syterstugan. ➤



The top left picture shows ophioparma lichens (*Ophioparma ventosa*) with red fruiting bodies. The other three images display map lichens (*Rhizocarpon geographicum*).





Distinctive signs



Two reindeer in winter and summer fur, playing in the snow.



Lichens (Nephroma arcticum)

A herd of reindeer on the trail to Syterstugan. In the terrain they are hardly recognizable. Snow makes them instantly visible. The recently born calves have a lot of fun in the snow. ➤

