

# allmansrätten

THE RIGHT OF PUBLIC ACCESS

Your outdoor access code for enjoying  
Sweden's nature responsibly.

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This code is for you. It explains your rights in nature and offers tips on how to explore respectfully. By following the outdoor access code, you can enjoy nature responsibly while exercising your right of public access. Print the manual as individual pages if, for example, you want to display the page about campfires at a campfire area.



# Freedom to roam



Picking berries, enjoying hiking trails, and camping by a crystal-clear lake. Thanks to the right of public access, you're allowed to do all that and more.

The right of public access is a unique privilege that grants everyone the freedom to explore Sweden's nature. It is built on the idea of shared responsibility.

We practice this right by showing respect for wildlife, nature, landowners, and others who are enjoying the outdoors.

The right of public access applies almost everywhere. But there are some exceptions. Read more about when it does not apply on page 19.



# What about private property?



The right of public access includes privately owned land. However, it doesn't extend to areas with growing crops or the private protection zone, i.e. the area closest to someone's private residence.

It can sometimes be tricky to know where private property zones begins and public access ends, but look for clear markers like hedges, roads,

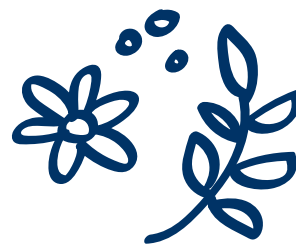
ditches or forest edges that might indicate the zone. In hilly or densely vegetated areas, the private zone might be closer to the house, while in open, flat areas, it could be larger.

## KEEP IN MIND:

- When stopping for a meal or camping, keep more distance from houses than when you're just passing by.



# Be mindful of protected nature



In national parks, nature reserves, or other protected areas, there may be specific rules and regulations to follow. For example, certain activities like, camping, building campfires, or picking flowers might be prohibited.

- Look for signs in the area or check the County Administrative Board's or municipality's websites for more details.
- Many protected areas have visitor centers, called *naturum*, where you can learn more about the local nature and other guidelines.



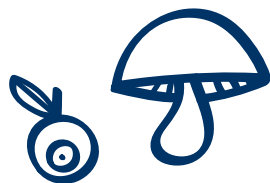
Keep an eye out for this symbol. It indicates that you're in a protected area.



# Enjoy nature's gifts



You are free to pick flowers, berries, mushrooms that grow in the wild, as well as gather twigs, and branches from the ground. But don't overdo it – pick in moderation so nature can thrive.

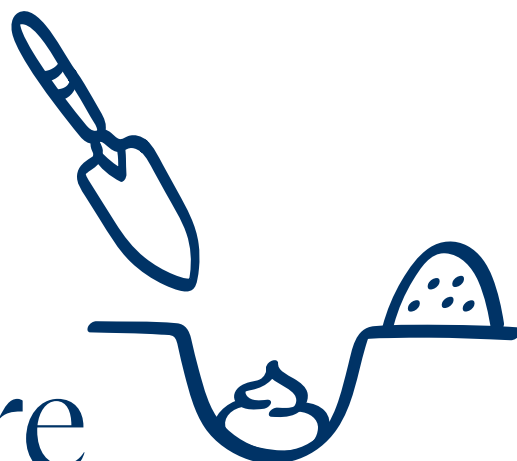


## KEEP IN MIND:

- Some plants are protected by law and may not be picked. The county board provides information on protected plants.
- Don't remove twigs, branches, birch bark, or any other bark from living trees – it harms them.
- Stay alert when hunting is taking place, especially during the fall. If hunting is active, choose another area.



# Follow the laws of nature



You can relieve yourself outdoors, but follow these rules: If no toilets or latrines are available, move away from trails, buildings, farm animals, and water sources like lakes, rivers, or streams. For feces, dig a hole and cover it with soil or rocks. Toilet paper should be buried, burned (if fire restrictions allow), or packed out in your waste bag.

## KEEP IN MIND:

- A small spade makes it easier to dig a hole – a tip is to bring a garden spade on your nature walk.
- Always take wet wipes with you when you leave – never leave them in nature.



# No trash left behind



We all want nature to stay clean and litter-free, so always gather your trash. Glass, cans, plastic bags, and bottle caps can harm both people and animals.

Never leave a trash bag next to a full bin – take it with you and leave no trace of your visit.

## KEEP IN MIND:

- Always take cigarette butts with you.
- Bring a trash bag to make collecting and carrying litter easier.
- Pick up any trash you find to help keep nature beautiful.
- Make sure not to leave leftovers in nature.



# By the shore

Enjoying nature responsibly is key, especially when visiting beaches, riverbanks, shorelines, and lake shores. These areas are important habitats for wildlife, so keep these tips in mind:

- Canoes and kayaks move quietly in shallow, nearshore waters, making it easier to disturb wildlife. Be mindful and avoid getting too close to nesting birds.
- Wildlife protection areas restrict access to protect vulnerable species like seals and birds. Watch for signs with rules.
- You can dock or anchor your boat for a night, but keep a respectful distance from homes and the surrounding areas.



# Stay for a night



Pitch a tent and spend the night in nature. Just remember to choose a suitable spot – avoid fields with crops or farm animals, and steer clear of residential areas. People living nearby shouldn't be able to see or hear you from their private property, and its surrounding zone. The further away, the better.

## KEEP IN MIND:

- When leaving, take all personal items and trash, leave no trace.
- If you are several people with multiple tents you need landowner permission.
- Don't overstay your welcome – one or two nights is the rule of thumb.
- The right of public access doesn't cover motor vehicles.



# Careful with the campfire



You may light a fire if conditions are safe, but you bear full responsibility for ensuring it is done safely. Preferably use a camping stove or fixed barbecue area. Set it up on a flat, non-flammable surface, away from dry grass and vegetation, and always supervise it. When building a fire, it is important to choose the right location, such as on gravel or sand. Keep it small and away from large rocks or cliffs, to prevent cracking and permanent damage.

## KEEP IN MIND:

- Gather fallen twigs, cones, and branches for fuel, and leave live trees, bark, and branches undisturbed.
- Use small materials from the ground, not fallen trees, as they support the ecosystem.
- Ensure the fire is fully extinguished and leave nothing behind.
- In very dry or windy conditions bring food that doesn't require cooking.
- To prevent swine fever, take your food scraps with you.



**If you spot an out-of-control fire, call 112 immediately!**

The app *Brandrisk Ute* provides real-time risk updates and safety tips.



# Give grazing animals space



Cultivated land refers to areas used for farming or gardening. Always avoid cultivated land to protect the soil and vegetation. Stick to nearby paths or roads to protect growing crops. If the trail passes through

a pasture, it might be okay to cross, but be cautious – animals like horses or cows with calves may react aggressively. Keep a safe distance, avoid bringing dogs, and always close the gates behind you.



# Mind your furry friends

Dogs are welcome to join you in nature, but from March 1 to August 20, they must be kept on a leash to protect wildlife. During the rest of the year, it is highly recommended that you keep your dog on a leash to prevent it from disturbing or harming wildlife.

## KEEP IN MIND:

- In areas of reindeer husbandry, dogs must always be kept on a leash.
- In national parks or nature reserves special regulations may apply for dogs.



From March 1 to August 20, dogs must be kept on a leash.



# Ride your bike on solid ground

You may cycle in nature and on private roads or trails. However, when going off-road, avoid sensitive ground such as lichen and moss-covered soil and rocks. Protect the ground and trails by steering clear of wet, muddy areas. Stay on existing paths and avoid skidding. Make your presence known by passing

carefully and at a distance, especially near horse riders and other animals.

## KEEP IN MIND:

- E-bikes/e-mountain bikes on trails or off-road require landowner permission
- Check regulations for cycling in national parks and nature reserves.



# What about private roads?

You're welcome to walk, cycle, or go horseback riding on private roads. However, property owners can choose to restrict access for motor vehicles on such roads. Motor vehicles include any engine-powered vehicles like cars, motorcycles, mopeds,

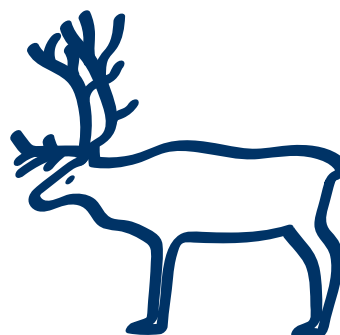
tractors, construction vehicles, snowmobiles, ATV:s, and off-road trucks.

## KEEP IN MIND:

- Barns, sheds and other outbuildings near the road can usually be passed without any issues.



# Respect the reindeer



Yes, reindeer are commonly found in northern and mountainous areas of Sweden. While it is prohibited to disturb the reindeer, you are welcome to observe them from a distance, but give them space, remain quiet, and do not approach them. If the herd moves away, it means you're too close.

## KEEP IN MIND:

- Be extra careful during calving season, from April to June.
- Always keep your dog on a leash in areas where there might be reindeer.
- Reindeer are more likely to be frightened if you approach quickly on skis or a bike.



# Signs to look out for



## FIRE BAN

No fires may be lit in the open while a fire ban is in place or in very dry or windy weather conditions.



## HUNTING

If you see this sign, hunting is in progress.  
Please choose a different location for your outing.



## BIRD PROTECTION AREA

A zone where birds are safeguarded from disturbance, especially during nesting. Keep your distance.



# When does the right of public access not apply?

Sweden's right of public access allows us to roam freely in nature, but in some cases, different rules apply.

- Exploring Sweden by camper, roof tent or caravans? Driving and parking off-road is illegal and not covered by the right of public access. Motor vehicles are, for example, not allowed on natural land, such as beaches, forests and meadows.
- Hunting and fishing are also excluded.

- Nature reserves and national parks may have their own regulations.

## KEEP IN MIND:

- Always check local rules for where you can drive and park overnight.
- Many lakes and rivers require a fishing permit.
- Municipal regulations can restrict the right of public access and may, for example, prohibit camping or lighting fires in certain areas.



# Enjoy nature – but stay safe

## PREPARATION

Check the weather forecast before heading out and plan your trip according to the weather conditions. Pack a warm sweater and a rain jacket for unexpected weather changes. A basic first aid kit, a whistle and bright coloured clothing can help if lost or injured.

## NAVIGATION

A mobile phone can serve as a map, compass, and a way to call for help. But, carry a physical map and a compass as a backup. This ensures that you can navigate even if your phone loses signal or battery. Also,

make sure to inform someone about your plans and expected return time.

## FOOD AND WATER

Whether you're out for several days or just a few hours, it's always good to bring extra food and water in case your trip takes longer than expected.

Planning a trip to the mountains? Sweden's mountain landscapes are beautiful, but can also be unpredictable and challenging. Prioritize safety above all else. For more information, visit [fjallsakerhetsradet.se](https://fjallsakerhetsradet.se).





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The Right of Public  
Access in English  
and other languages

