



### Important information

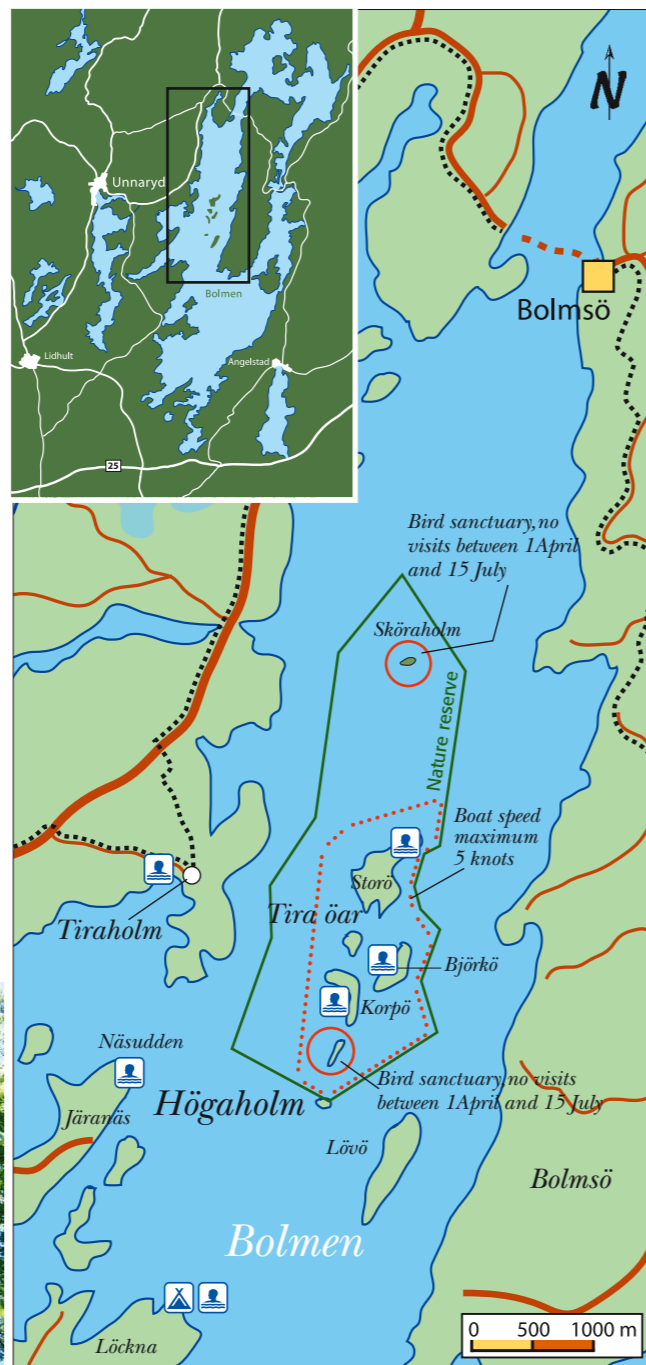
It is permitted to visit Högaholm all year-round but the water area and the small islets next to Högaholm on the northern side are a bird sanctuary where visitors are not allowed between 1 April and 15 July every year. Please respect the restrictions so that breeding birds are not disturbed. The northern part of Högaholm is a part of Tira Islands' Nature Reserve so the restrictions for the Nature Reserve apply there. The larger part of the islet is, however, outside the Nature Reserve.

The administrative boundary between the Counties of Halland and Småland as well as between the Local Authorities Hylte and Ljungby cuts across Högaholm.

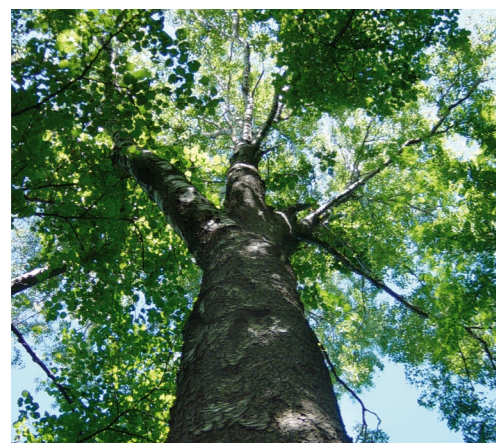
Högaholm is quite different from the other Tira Islands. A visit is rewarding and the lime-tree forest is a special experience. But be aware, the mosquitoes can be a problem during the summer.

### How to get there?

It is only possible to reach Högaholm by boat or canoe. Canoes can be hired at several places around Lake Bolmen.



GPS (RT 90 2.5 gon V) Högaholm: 1369735 E, 6312518 N



View from Högaholm towards Järanäs.



**Illustration on cover:** A Large White on purple loosestrife at the shore of Högaholm. **Main sources of information:** "En lindholme i Bolmen" by Ingvar Christoffersson, published in "Kronobergsboken" 1991. **Research:** Malin Ekwall. **Text:** Karin Tengnäs. Photo: Karin Tengnäs. **Logotype:** Lars Lidman. **Design:** Tecknargården/Willy Lindström. **Production:** Naturbruk AB/Bo Tengnäs. **Project coordination:** Bitte Rosén Nilsson, Hylte kommun. **Copyright:** Naturbruk AB. **Year:** 2006.

The brochures "In the Wake of Ebbe Skammelson" are available on [www.unnaryd.com](http://www.unnaryd.com) and [www.hylte.se](http://www.hylte.se)



# IN THE WAKE OF EBBE SKAMMELSON

*"There is a very special atmosphere in the lime-tree forest. Although only glimpses of the sky are visible there due to the dense tree canopies, there is still almost full daylight. The leaves are thin and light green, stems are light greyish brown, indeed it is as if the ground itself with its cover of dry leaves was a source of light.....this forest gives you a feeling of coming to the world of fairytales."*

Greta Sernander, 1921  
(Original Swedish version published  
by Ingvar Christoffersson in  
Kronobergsboken, 1991).



# Högaholm is the result of a love affair between two giants



According to local tradition a giant residing on the southern side of Lake Bolmen was going to visit his fiancée on Bolmsö. Unfortunately he had no boat. So he filled his woollen glove with gravel from the lake shore near his home. Then he tipped the gravel into the lake to form a ridge for him to walk on. On reaching the middle of the lake the glove was empty and he had to turn back. But on his way back he discovered that the thumb of the glove was still full. He emptied the gravel from the thumb, all at the same place. This heap became Högaholm, “the high isle”.

## Part of the Tira Islands

Högaholm is the southernmost islet of the Tira Islands, a nature reserve in the western part of Lake Bolmen. There is another information leaflet on the Tira Islands’ Nature Reserve.

## A high hunch on a boulder ridge (esker)

The silhouette of Högaholm (“The High Isle”) is easily recognized. The islet is a hunch on a boulder ridge which extends some distance north-south but rarely reaches above the water of the lake. The islet is covered by a very unusual but naturally occurring lime-tree forest. A giant birch tree grows among the lime trees. Its crown extends above those of the lime-trees and the birch is clearly visible from a distance.

## The lime trees survived intense grazing by goats

The small stand of lime trees shows that, once established, lime trees can remain

for a very long time in spite of changes in land use. In the 1870s and 80s the islet lacked large trees. Instead it was covered by heather and low bushes of lime. By then, goats grazed the islet. In spite of the grazing pressure the lime trees survived and when the grazing ceased the lime bushes regenerated and formed the present forest. In the 1920s the vegetation cover below the trees was still quite rich with, for example, purple moor-grass, purple loosestrife, milk-parsley, skullcap, bluebell, creeping thistle, narrow-leaved hawk’s beard, goldenrod and colt’s-foot. Heather and St John’s-wort were common on the southern slope. Wood small-reed and crowberry were found on the western slope.

The vegetation has changed as the years have passed. There is evidence along the shores that the water level of the lake has been lowered. Alder has colonised some of the ground that emerged by then. Further into the islet, the lime forest is dense and layered. In 1921 there

were a few solitary lime trees at the edge of the hill that forms the higher part of the islet. These have now grown to a considerable size and form dense a stand of six mighty trees. Many younger lime trees now surround these big ones. Only sparse light now reaches the ground and the lower vegetation is thus sparse with lily-of-the-valley, goldenrod, bilberry and polypody growing under the lime trees. At the shore, where there is more sunlight, purple moor-grass, skullcap and purple loosestrife are common and there is also yellow loosestrife and blackberry.

The vegetation of Högaholm is interesting since it reflects vegetation changes brought about by changes in land use. First, forest was replaced by moorland with heather that was grazed. Later, when the grazing ceased, the moor reverted back to forest. The severe hurricane in 2005 did not leave Högaholm untouched. Most spruces and pines were blown over. Lime trees and alder are now becoming increasingly dominant. Both these species are shade tolerant and can regenerate under other tree’s canopies. “Pioneer trees” which require a lot of light when young,

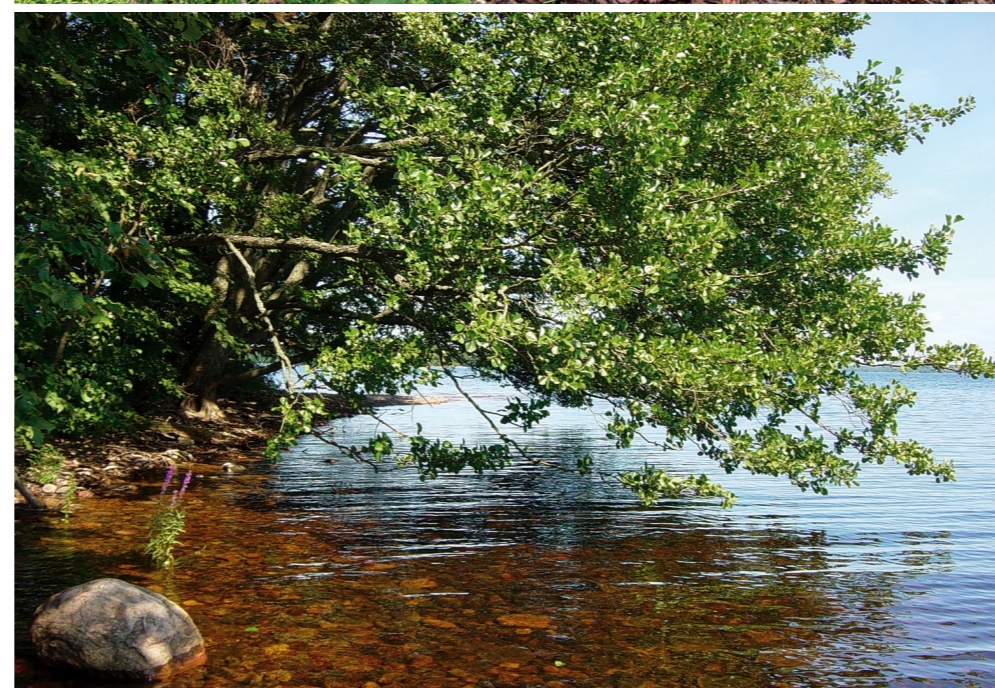
for example birch, aspen and pine are gradually out-competed.

Högaholm has retained its beauty in spite of all these changes.

## A relic from medieval times

There are remnants of a medieval building in the centre of the island. Take time to look carefully and you will find a hollow in the ground – it is the site of the cellar that was once under the house. According to local tradition Ebbe Skammelson sought protection in this hollow when he spent a night on the island.

A row of moss-covered stones indicates where the medieval building was located.



**A boulder ridge** or an esker is a long ridge that consists of rounded stones, gravel and sand. Eskers were formed by glacial rivers when the glacier melted. The most recent glacier melted about 12,000 years ago from southern Sweden.

**Lime trees** can reach a height of about 30m on the best sites. They have rounded, dense and high crowns which are irregularly arched. The leaves are heart shaped. July is the time for lime trees to be in bloom. Since ancient times lime trees have been used for a wide range of purposes. The inner bark makes a good rope and can also be used for weaving mats. The honey produced by bees visiting lime trees is tasty and used in certain medicines and in liquor. Tea can be made from the flowers. Young leaves and flowers can be eaten in salads. When planted near settlements it was believed to provide protection against thunder and lightning. Lime is a tree species that can tolerate a wide range of conditions. A lime tree can stay alive for a long time under the most adverse conditions.

**The medieval period** is, in the Nordic countries, approximately the period 1050–1520 A.D.