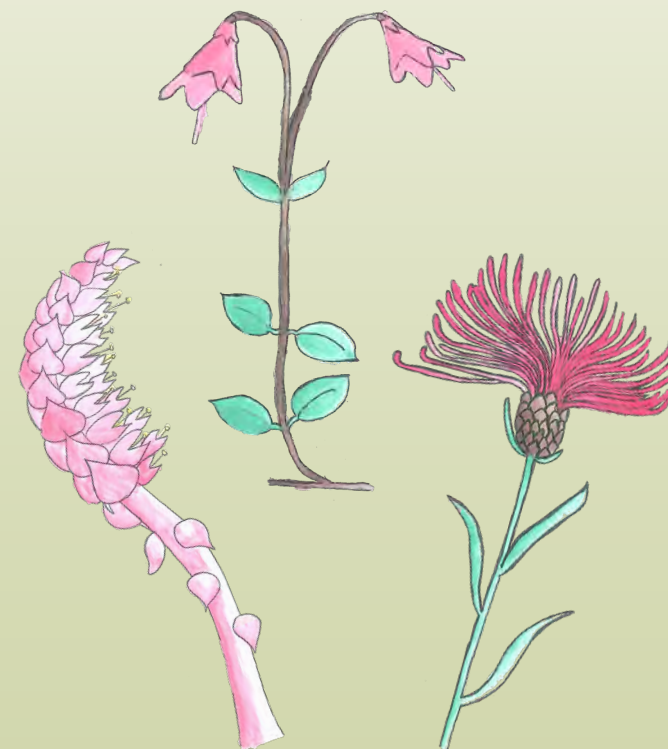




Collection folder

LINNAEUS TRAILS IN UPPSALA

Eight trails to visit



Walk in Linnaeus's footsteps

Illustrator: Emy Vu, Jul 2019 - 7194



*Walk in
Linnaeus's footsteps*

HOME PAGE

More information on all eight Linnaeus Trails can be found at www.linnestigarna.se. Here you can find useful information and read more about the Linnaeus Trails.

THE LINNAEUS TRAILS

Maintained and managed by the Municipality of Uppsala. If you have any questions, please contact us by telephone atv 018-727 00 00

PRACTICAL INFORMATION

The Linnaeus Trails are primarily hiking trails, and certain sections are better to bike on. See the map inside this folder. Regarding bus connections, please visit ul.se.



In cooperation with

The Linnaeus Historical Society

The routes of the Linnaeus Trails are based on information found in historical documents. Uppsala Municipality expresses its appreciation to the Linnean Society of London, which has contributed the medallion for signs and folders.

5. THE GOTTSUNDA TRAIL

5A FÅGELDAMMARN (BIRD PONDS)

Near the centre of town you can enjoy these ponds in a wooded area. A long time ago, people believed that the liquid in the tormentil had a pain-relieving effect.



Tormentil
Potentilla erecta
Blooms: June to August



Common toothwort
Lathraea squamaria
Blooms: May

5B PREDIKSTOLEN

In Linnaeus's time, getting here was difficult, but the rare plants made the trek worthwhile. The common toothwort is a parasitic plant. Its roots have special organs that suck up nutrients from trees, especially hazel trees. The toothwort is colourless since it can't use sunlight as green plants are able to.



Wood cow-wheat
Melampyrum nemorosum
Blooms: June to July

6. THE HÅGA TRAIL

6A ENGELSKA PARKEN

Take a break amongst the big leafy trees in Engelska Parken. Wood cow-wheat is a semi-parasitic plant that take nutrients from bushes and trees in order to make its green leaves and colourful flowers.



Brown knapweed
Centaurea jacea
Blooms: July to August

6B KING BJÖRN'S GRAVE MOUND

Walk out to Hågahögen, where Linnaeus took his students to see a great variety of plants. Brown knapweed is used for textile dying and results in a clear yellow colour.



Moor king
Pedicularis sceptrum-carolinum
Blooms: July to August

7. THE HUSBY TRAIL

7A A COFFEE BREAK AT THE FYRISÅN RIVER

Take a coffee break near the river and enjoy a calm moment in the city. The yellow water lily has hundreds of stamens. The root was previously used as flour to be mixed into poor man's bread during years of famine.



Yellow water lily
Nuphar lutea
Blooms: June to August



Sickle medick
Medicago falcata
Blooms: July to September

7B BÄCKRAVIN (BROOK RAVINE)

Sit and listen to the babbling sounds that come for the water in this brook ravine. Here you'll find the sickle medick that Linnaeus first discovered on Gotland. The Swedish name he chose for it meant hay seed. This plant has tubers on its root, which can fix nitrogen.



Twinflower
Linnaea borealis
Blooms: June to July

8. JUMKIL'S TRAIL

8A ÖRNSÄTRA

At the brook ravine, people have found false rune stone that some believe were used as a joke during Linnaeus's botanic excursions. Have you seen the plant that's named after Linnaeus? He admired the twinflower (Sw. Linné) so much that he ordered a coffee serving set that depicted this flower, all the way from China.

8B THE FOOTBRIDGE OVER LÅGMOSEN MARSH

This was the final destination of Linnaeus's lecture series for his students. The Swedish name of what is known in English as moor king was named after King Charles XII by Olof Rudbeck, Sr. Linnaeus described this species as stately, straight and stiff. The plant is poisonous and semi-parasitic on other plants.

DO YOU WANT TO BE AN EXPLORER FOR A DAY?

THE LINNAEUS TRAILS
Visit Uppsala’s secret places and experience beautiful surroundings. Discover fascinating plants from Linnaeus’s time, and relive history.

Carl Linnaeus, who lived in the 18th century, is known internationally as the Father of Taxonomy, and is often called Blomsterkungen (the Flower King) in Sweden. He was the first outdoor scholar, taking hundreds of his students on field trips. They walked together along eight trails that he called Hebationes Upsaliensis, which are today known as the Linnaeus Trails. There they found new plants and animals. Linnaeus introduced the species classification system that is still in use today.



A SHORT DESCRIPTION OF EVERY TRAIL

THE ANCIENT UPSALA TRAIL – 12 KM
Begin in the Linnaeus Garden, where you can transport yourself back to the time of Linnaeus, in the 18th century. Continue along the river out to the lofty observation points. The trail ends in a marsh where you can find the round-leaved sundew, a carnivorous plant.

HE VAKSALA TRAIL – 13 KM
The trail begins in Nyby from where you continue toward the pastures. It ends in Törnby, a farm that generated the income to pay Linnaeus his professor’s salary.

THE DANMARK TRAIL – 16 KM
This is the most stately of the trails. Linnaeus followed it to take his students all the way out to his summer home, Linnés Hammarby.

THE ULTUNA TRAIL – 7 KM
Bike out and find beautiful views of the countryside near the Fyrisån River. Finish by walking over a footbridge over the wetlands around the Sunnerstaviken Inlet.

THE GOTTSUNDA TRAIL - 8.3 KM
This trail is a good example of nature as a classroom, and there was plenty here for Linnaeus’s students to learn. You will be walking through the Stadsskogen nature reserve and continuing into beautiful Hågadalén-Nåsten, the next nature reserve, which is noted for its unique flora.

THE HÅGA TRAIL – 5.6 KM
Did you know that you can discover many plants from Linnaeus’s time in the centre of town? You begin this trail at Carolina Rediviva, and then continue out to Håga Valley and King Björn’s burial mound where you can find unique plants from long ago.

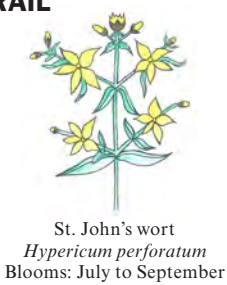
THE HUSBY TRAIL – 16 KM
Begin your exploration at the Fyrisån River, and continue along a quiet brook ravine. The trail ends at Börje Church, from where you can try a forest loop.

JUMKIL’S TRAIL – 4.2 KM
This was the last field trip for the term Linnaeus would take with his students. They travelled out to Jumkil’s Church with horse and carriage, but the walk began out near Örsåtra and ended at the Studentvilan picnic and grill area.

Researchers have compared the plants one finds today along the Linnaeus Trails with those that Linnaeus described. On the next few pages, we have chosen some plants along the trails that also were there in Linnaeus’s day.

1. THE ANCIENT UPSALA TRAIL

1A OBSERVATION TOWER ON TUNA RIDGE
Thirty metres tall with a magnificent view of Uppsala. St John’s wort was previously used as an anti-depressant and to give wine and aquavit an aromatic taste.



St. John’s wort
Hypericum perforatum
Blooms: July to September



Round-leaved sundew
Drosera rotundifolia
Blooms: June to July

1B SPÅNGEN TO SJÖDYN
There is a fine footbridge here, surrounded by wetlands that contain plants that cannot be found in many other places. The carnivorous round-leaved sundew attracts flying insects with its red colour. This plant was previously used as a cure for warts.

2. THE VAKSALA TRAIL

2A THE RÅBY PARK FOREST
Take along a picnic and coffee, and enjoy a quiet interlude in the woods. The poisonous Lily of the Valley, used to be used to make people sneeze, thus driving out evil forces from their body.



Lily of the Valley
Convallaria majalis
Bloom: May to July

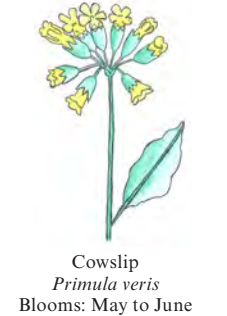


Hare’s foot clover
Trifolium arvense
Blooms: June to July

2B EKE AND JÄLLA MEADOWS
Say ”hi” to the cows and discover plants in the meadows. Watch the buzzards swoop over the flora from Linnaeus’s time. Folk medicine used the hare’s foot clover as a cure for various diseases of domesticated animals, as well as people.

3. THE DANMARK TRAIL

3A NÅNTUNA GROVE
Linnaeus had his students find plants and insects in these woods. The poisonous cowslip was previously used as a diuretic and an expectorant. It also gave a brown colour to snuff and aquavit.



Cowslip
Primula veris
Blooms: May to June



Wild strawberries
Fragaria vesca
Blooms: May to July

3B CLOSE TO LINNÉS HAMMARBY
This was Linnaeus’s summer home. Here he often walked with his dog, Pompe. Later in life, Linnaeus suffered from gout and arthritis of the foot. In order to cure these troubling ailments, he ate a bowl of wild strawberries every day.

4. THE ULTUNA TRAIL

4A THE VIEW FROM ULTUNA RIDGE
From here you can enjoy a panoramic view of the countryside that was formed after the Ice Age. The little harebell’s Latin name means “round leaves”, and it spreads its seeds in late summer and autumn.



Harebell
Campanula rotundifolia
Blooms: June to September



Common hemp nettle
Galeopsis tetrahit
Blooms: July to September

4B SUNNERSTA FOOTBRIDGE
Walk along the footbridge and fine water plants in the march. Listen to the birds and see the frogs jump out. The common hemp nettle was discovered by Olof Rudbeck about 300 years ago. This plant prefers nitrogen-rich soil.

THE LINNÆUS TRAILS



8A THE BROOK AT ÖRNSÄTRA

Parking: Studentvilen, 3.4 km away
Bus stop: Broholm, 4.7 km away
Coordinates: 59.9489089, 17.3604604



8B THE FOOTBRIDGE OVER LÄGMOSSEN MARSH

Parking: Studentvilen, 500 metres away
Bus stop: Broholm, 8 km away
Coordinates: 59.953674, 17.305251



1A OBSERVATION TOWER ON TUNA RIDGE

Service: Picnic table
Parking: Gamla Uppsala mounds, 1 km away
Bus stop: Lilla Myrby
Coordinates: 59.894147, 17.6209723



1B THE FOOTBRIDGE TO SJÖDYN

Service: Seats
Parking: Gamla Uppsala högar, 5.8 km away,
Jälla gymnasiet, 7.8 km away
Bus stop: Kunghögarna 5.4 km away
Coordinates: 59.9205170, 17.7018670



2A THE RÅBY PARK FOREST

Parking: Nyby, 1 km away
Bus stop: Nyby, 2 km away
Coordinates: 59.8988814, 17.6662463



7A A COFFEE BREAK AT THE FYRISÅN RIVER

Service: Seats
Parking: St Olofsgatan 21, 500 metres away
Bus stop: Götgatan
Coordinates: 59.862715, 17.631004



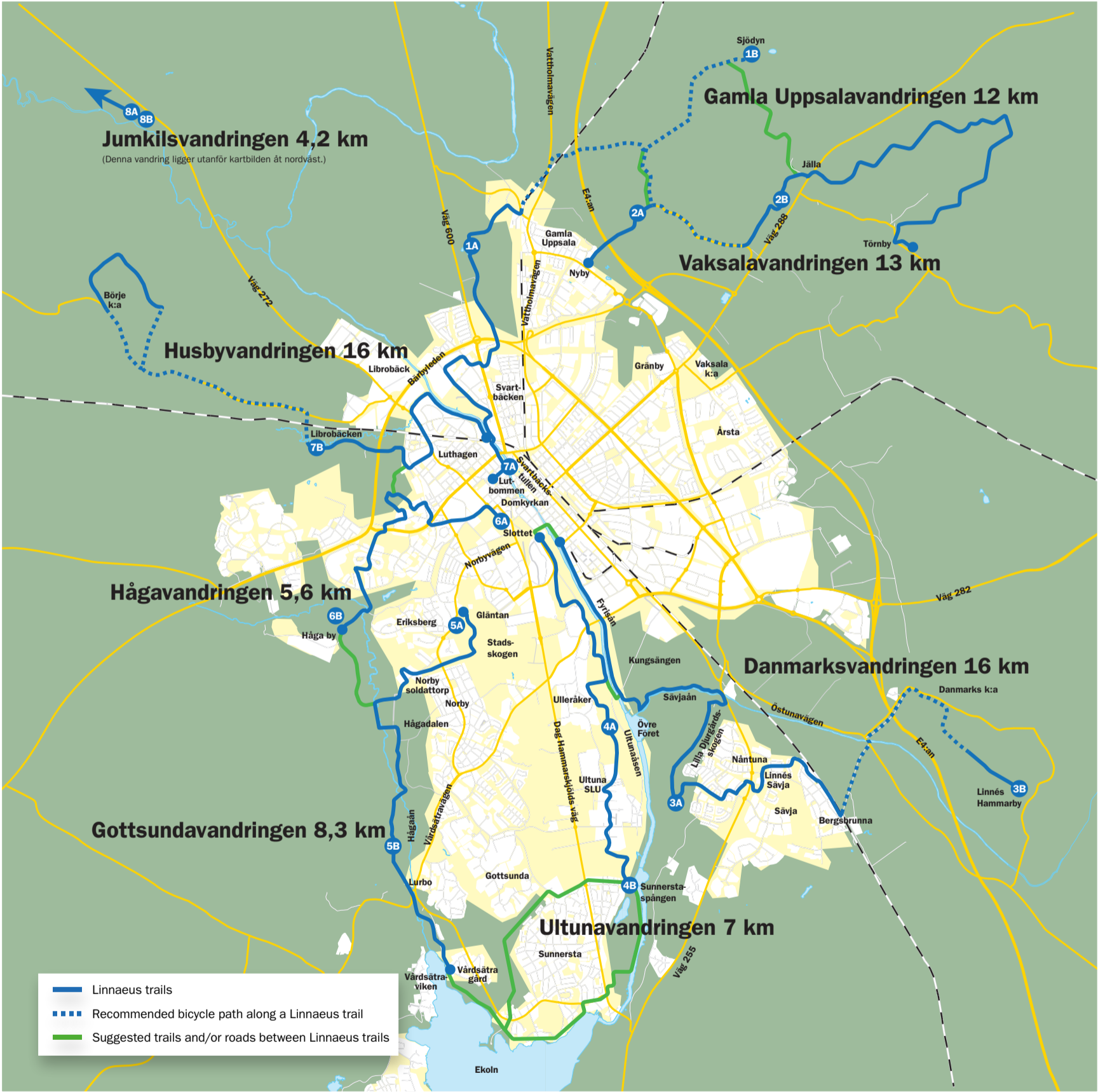
7B BÄCKRAVIN (BROOK RAVINE)

Parking: Husbyborgskolonin, 1.2 km away
Bus stop: Librobäck
Coordinates: 59.8655760, 17.5814830



6A ENGELSKA PARKEN

Service: Picnic table
Parking: Blåsenhus, 600 metres away
Bus stop: Slottsbacken
Coordinates: 59.854248, 17.6298692



2B EKE AND JÄLLA MEADOWS

Parking: Jälla gymnasiet, 1 km away
Bus stop: Godegård
Coordinates: 59.9001098, 17.7081344



3A NÅNTUNA GROVE

Parking: Myrgångens förskola, 1 km away
Bus stop: Västolsvägen
Coordinates: 59.815678, 17.676801



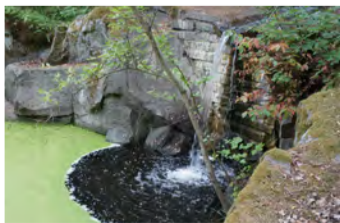
3B CLOSE TO LINNÉS HAMMARBY

Parking: Linnés Hammarby, 500 metres away
Bus stop: Linnés Hammarby, vägsäl, 1.8 km
Coordinates: 59.818144, 17.775059



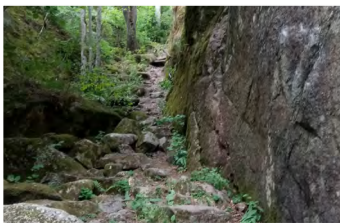
6B KING BJÖRN'S GRAVE MOUND

Service: Picnic table nearby
Parking: Kung Björns hög, 0 metres
Bus stop: Håga Gård, 0 km away
Coordinates: 59.8374039, 17.5868834



5A FÅGELDAMMARN (BIRD PONDS)

Service: Picnic table
Parking: Norbyvägen 69, 500 metres away
Bus stop: Sommaro
Coordinates: 59.8419293, 17.6207590



5B PREDIKSTOLEN

Parking: Lurbo bro, 2 km away
Bus stop: Gottsundevägen
Coordinates: 59.8094621, 17.599787



4A THE VIEW FROM ULTUNA RIDGE

Service: Observation point and picnic table
Parking: Ulleråkersvägen 86, 2.1 km away
Bus stop: Kronparksgården
Coordinates: 59.8265810, 17.6613670



4B SUNNERSTA FOOTBRIDGE

Service: Picnic table
Parking: Ultuna SLU, 1 km away
Bus stop: Holmvägen
Coordinates: 59.8055134, 17.6652113