



NATIONAL PARK

WHO WERE THE SCYLDINGAS?

Ancient legends describe the Scyldingas, called *skjoldunger* in Danish, as the descendants of the mythical King Skjold.

Once upon a time, a long time ago, there was war and unrest in the area surrounding Lejre. The people were suffering and prayed to the god Odin to come to their aid. Early one morning a ship in full sail entered Roskilde Fjord. The fishermen on the beach were puzzled because they couldn't see a single person on board. The ship sailed directly toward the coast of the inlet Lejre Vig. Once it was onshore the people peered over the railing and found a little boy encircled by weapons and shields all alone on the deck, his head resting on a sheaf of corn. Convinced that the boy was the son of Odin, the people picked him up, set him on the sheaf and proclaimed him as their king, King Skjold.

King Skjold grew big and strong. He united the people, expanded the kingdom to include all of Zealand and became the progenitor of mythical kings like Halfdan and Frode, Roar and Helge, Rolf Krake and Harald Wartooth. Upon his death King Skjold was laid to rest on his ship, the wind carrying it away once again.

Ancient legends about the Scyldingas originate from the Icelandic sagas and the Danish historian Saxo. Perhaps the ancient kings really did live in the distant past – perhaps they are a myth – excavations of numerous impressive royal halls in the hamlet of Gl. Lejre, however, testify to the reign of great and powerful men in the Iron and Viking Ages.

WELCOME

Welcome to Skjoldungernes Land National Park. Visit the forests, hills and fjords in the park's cultural-historical landscape.

Skjoldungernes Land National Park is located in central Zealand, a short 30-km ride from Copenhagen. Enjoy the salt meadows, coastal bluffs, islands, islets and unique birdlife of Roskilde Fjord, or disappear into the large deciduous forests of central Zealand on its hiking trails and campsites.

Inhabited since the Stone Age, the area contains traces of its former inhabitants. Experience, for example, protected manor estates, graced with fields, meadows, burial mounds, stone ships, water mills and other vestiges of culture. Or visit the medieval city of Roskilde and Roskilde Cathedral, the park's crown jewel.

Abuzz with daily life, the national park is home to local communities, farmers, businesses, art and culture, all of which will add greatly to your visit.

The national park serves to sustainably protect, enhance and develop the park's nature, landscape, cultural history, outdoor activities, dissemination, education, research, local communities, businesses and tourism.

In addition to providing information about the park, this folder contains ideas for trips and excursions. Be sure to also check out our website and the app Nationalpark Skjoldungelandet.

Welcome!

JUMPIN

Roskilde Fjord makes up one-third of Skjoldungernes Land National Park. Visit the beautiful fjord landscape, filled with coves, salt marshes and coastal bluffs.

EXPERIENCE ROSKILDE FJORD

Roskilde Fjord, 4-5 meters deep in most places, is ideal for various types of sailing and has been used for transportation and fishing since ancient times. There are cosy harbours along the fjord, the national park's numerous bathing sites offering the perfect spot to frolic in the water. Walk or cycle along the Fjord Path (Fjordstien) around the fjord and spend the night in a tent or shelter, or in less primitive conditions such as a hotel, hostel or campsite.

NATURE OF INTERNATIONAL SIGNIFICANCE

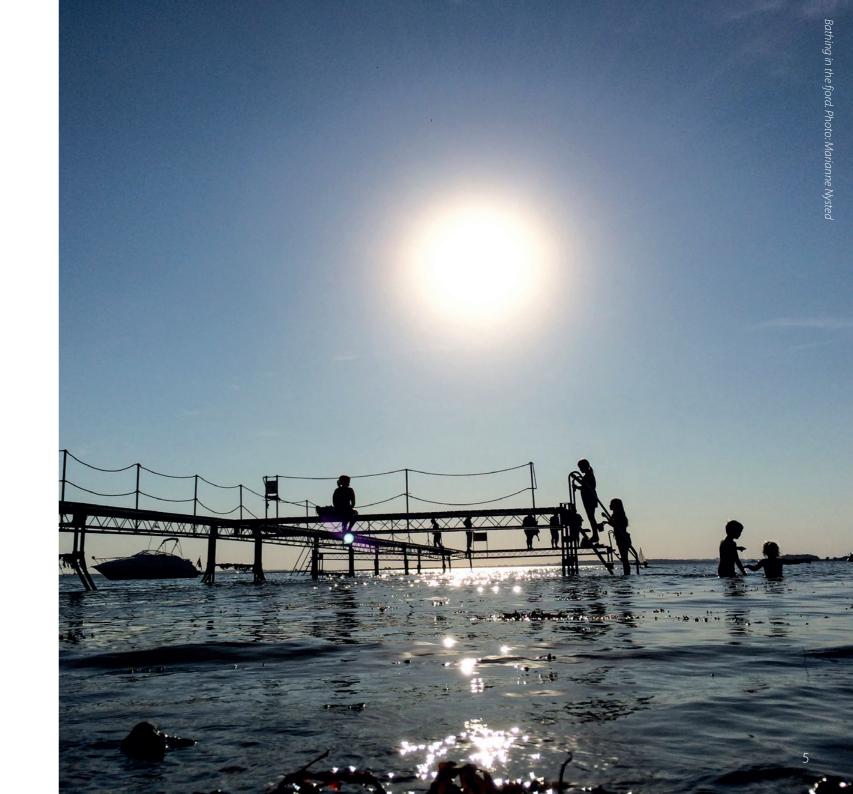
Roskilde Fjord has been designated an international nature conservation area (Natura 2000), committing us to protecting a large number of the fjord's many bird species and special nature areas along the coast. Denmark's largest bird, the white-tailed eagle (also known as the flying barn door due to its immense 2.45-meter wingspan), breeds in the surrounding landscape and can often be seen floating high above the fjord.

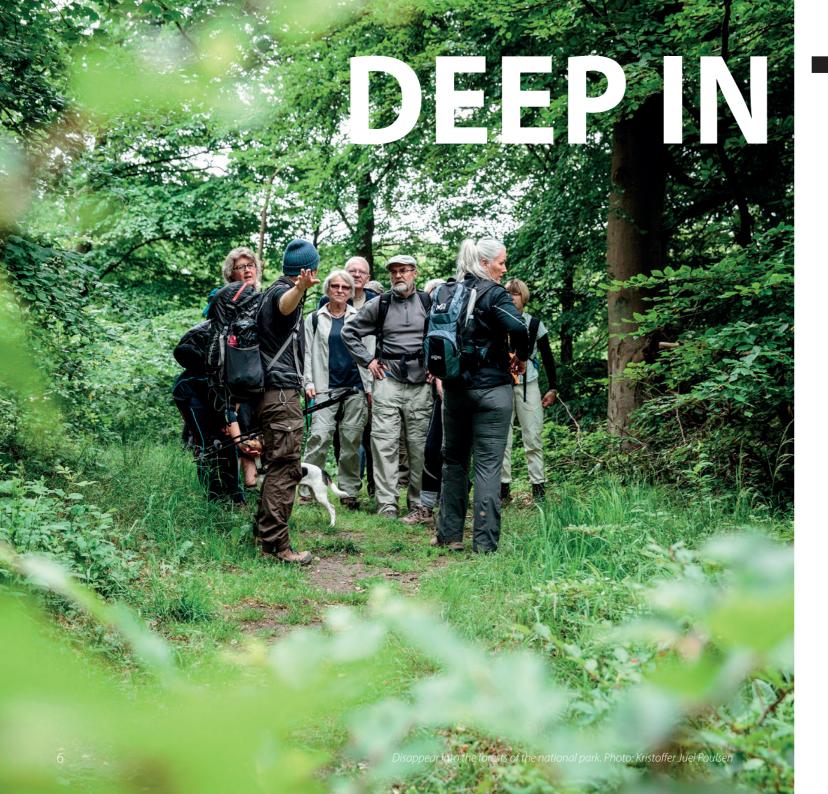
BIRD WATCHING

There are plenty of opportunities to experience the fjord's birdlife, with the landscape providing resting and feeding grounds of international significance for waterfowl. Every autumn the area attracts 30,000 to 60,000 birds, often even more in the winter. In spring and summer gulls, terns, swans, eiders, geese, ducks and many other birds breed on the fjord's islets and islands. As a result, these areas are closed to the public from 1 April to 15 July. Please do not disturb the birds when using or roaming around the fjord.

FISHING

Since the hunter-gatherer Stone Age, people have fished the waters of the fjord, which remains a favourite fishing spot for anglers and recreational fishermen. The fjord contains brackish water and is home to both saltwater and freshwater fish, but also migratory fish like eel and sea trout, which spawns in the national park's streams in November and December.





IN THE FOREST

Lace up your walking shoes, pack a lunch and water in your backpack and disappear into one of the national park's large forests. Wander or cycle on old forest roads and winding paths to experience the rich, diverse nature.

BRIMMING WITH FORESTS

About one-third of the national park's area consists of central Zealand's old-growth forests, which have stood for many hundreds of years. Besides diverse plant and animal life, they contain traces of history and culture. Part of the national park's forests are privately owned, with public access on the roads and paths in these sections open from six in the morning to sunset. Also located in the national park are two large state-owned forests, Bidstrup Forests and Boserup Forest (briefly described below), where you're free to roam everywhere any time of day.

BIDSTRUP FORESTS

Bidstrup Forests are part of Skovhøjlandet, the forest highlands that make up Zealand's second largest forested area. The varied and hilly terrain of Skovhøjlandet lies 100 meters above sea level and is filled with forests, pastures, forest meadows, bogs and lakes. Springs bubble from the hills and the forests are crisscrossed by clean brooks and streams. The forests received a Natura 2000 designation due to the area's unique

flora and fauna. Paths, shelters, mountain bike trails and horse trails are available for use, just as Avnsø Lake offers pristine water for swimming.

BOSERUP FOREST

Boserup Forest is highly popular, with its protected, old-growth deciduous forest stretching to the coastal bluffs of Roskilde Fjord. A species-rich flora flourishes in the calcium rich soil, where mushrooms willingly sprout and springtime brings a rich bouquet of white, blue and yellow anemone flowers. The forest has paths, shelters and mountain bike trails. In the middle of the forest is the Boserupgård Nature Centre, where a large variety of activities take place, and Traktørstedet, where you can enjoy coffee and cake.

OUTDOORS YEAR AROUND

Budding trees, birdsong, berry picking and the hues of autumn. Each season is blessed by special colours and activities. Take a trip in the national park year around. The park's website and app have great ideas for trips and activities.

Feel the passage of time among the ancient monuments scattered in the culturalhistorical landscape of Skjoldungernes Land National Park.

THE HUNTER-GATHERER STONE AGE

In the Hunter-gatherer Stone Age people survived on fishing and hunting along Roskilde Fjord, leaving behind ancient refuse heaps filled with mains of a funeral pyre and gold threads from a

THE NEOLITHIC AGE

Burial mounds with round and long barrows Traces of the Vikings abound in the park, for were erected in the Neolithic Age. North of Gl. example the 83-meter long Stone Ship in Gl. Leire is Harald Wartooth's mound from 3500 BC.

THE BRONZE AGE

Age is Kongehøj on the gravel road to the promare among the largest buildings from Danish antiontory of Bognæs. A skeleton in a stone coffin, a quity, the longest being 62 meters in length. bronze sword and two bronze knives have been. The halls were used for celebrations and cerunearthed at the site.

THE IRON AGE

There are various Iron Age mounds, such as Grydehøj, where excavations have uncovered the rechieftain's burial garments.

THE VIKING AGE

Leire, a gravesite made of large pointed stones in the shape of a ship, presumably to sail the dead to the afterlife.

Among the impressive mounds from the Bronze The unexcavated Viking halls west of Gl. Lejre emonies. The Viking Ship Museum in Roskilde

the village of Skuldelev that were sunk to the The national park has six manor estates with to block a channel.

THE MIDDLE AGES

have also left their mark on the landscape. The dieval mindset.

The island of Eskilsø boasts the ruins of a mon- The national park also covers an area with remlimestone found in quarries in the area.

Bishop Absalon commenced construction of Roskilde Cathedral in 1170, which went on for the next one-hundred years. A UNESCO World 1940. Heritage Site, the cathedral is Northern Europe's first Gothic cathedral made of brick.

displays five legendary Viking ships found near ARISTOCRACY AND ABSOLUTE MONARCHY

bottom of Roskilde Fjord around the year 1060 stately homes, avenues, mills and tenant farms from the era of aristocratic rule and the absolute monarchy. Selsø Castle, Aastrup Abbey, Lindholm Manor Estate, Sonnerupgaard Manor Churches and monasteries from the Middle Ages Estate, Ledreborg Palace and Skullerupholm were built between 1570 and 1750 – often on top of frescos, architecture and craftsmanship evident ramparts from the Middle Ages – and form part in every village church bear witness to the me- of Denmark's largest protected area for estates.

DEMOCRACY

astery church from the 12th century built from nants from the earliest stages of democracy, the cooperative movement and industrialisation. At Herthadalen, in the forests near Ledreborg Palace, constitutional and public meetings attended by thousands were held from 1854 to





OUTDOORS

One-hundred and seventy km² of land and water, 99 km of coastline and a myriad of trails and roads. The national park is an inviting place for outdoor activities and nature experiences.

IN THE OPEN AIR

Go hiking, biking, running or horseback riding in the national park, which offers a variety of marked trails to ensure a great trip:

- The 40 km of paths on Skjoldungestien wind through the historic landscape past some of the most important destinations in the park. It's easy to take public transport back and forth, and the Skjoldungesti app provides information along
- Fjordstien, or Fjord Path, is 275 km of hiking and biking trails along Roskilde Fjord and Isefjord that follows old field and forest roads, often in PLEASE BE CONSIDERATE close proximity to the coast.
- Gudernes stræde, or the Pathway of the Gods, is a 64-km hiking trail with info posts that runs through the natural and cultural history landscape from Isefjord, through the national park and onward to Køge Bay.
- Mountain bike and horseback riding trails crisscross Bidstrup Forests and Boserup Forest.

ON THE WATER

Beautiful Roskilde Fjord offers kayaking, boating, bird watching, swimming and fishing. To take an organised sailing trip, contact the Viking Ship Museum, Svanen, Sagafjord, the Maritime Research Centre or the SS Skjelskør steamboat.

SLEEP UNDER OPEN SKIES

There are excellent opportunities for primitive overnight stays in the national park at a campsite or in a shelter. Find the sites and booking at udinaturen.dk and friluftsguiden.dk.

Because the birdlife is vulnerable to disturbances, please be considerate when you're on or near the fjord. During the breeding season from 1 April to 15 July the islands and islets are off limits. Please also be mindful of the landowners and local residents. Greet the people you meet and follow the park rules. Please take your waste with you and leave only footprints behind.

A DAY ON

The historic, medieval city of Roskilde above Roskilde Fjord is one of Denmark's oldest market towns, the beautiful area inside the old ramparts an important part of Skjoldungernes Land National Park.

VISITING THE TOWN

Wander through Roskilde's small medieval streets to experience the atmosphere, green parks and churchyards. Visit Roskilde Cathedral, the Viking thological kings. According to legend, King Roar Ship Museum, Roskilde Museum and the many other museums, churches and monasteries that present the city's culture and history. Enjoy a cup of coffee at one of the city's many cafés or visit the market to shop for local foods. Or take a beautiful walk overlooking the fjord from the cathedral, through the City Park and to the Viking Ship Museum, where reconstructions of a cathedral, with Bishop Absalon commencing Viking ships rock gently along the quayside.

ST JØRGENSBJERG

With its small, narrow streets and old, thatched fishermen's cottages St Jørgensbjerg is worth a visit. Stop at St Jørgensbjerg Church, which is one of Denmark's oldest stone churches, or visit the studio of artist L.A. Ring.

THE ROYAL HISTORY OF ROSKILDE

A thousand years ago Roskilde was an insignificant port west of Lejre, the ancient home of myfounded the city in that latter half of the 10th century where Roar's spring is located. Harald Bluetooth built a royal estate and a wooden church on Roskilde Cathedral's current site and where he was reportedly buried. Bluetooth's son, Sweyn Forkbeard, expanded the church and the city. In 1020 Roskilde became a diocese and the church construction of Roskilde Cathedral in 1170. It would become Denmark's tallest church and a beacon for brick construction throughout the Nordic region.

In the Middle Ages when Roskilde was the seat of kings and one of Denmark's most important cities a large number of churches and monasteries were built, many of which can still be seen. Roskilde was the seat of kings until the 15th century, when the crown moved east to Copenhagen.



EXPLORE

Twenty-four museums, nature schools and other destinations present the national park's nature and cultural history. You can also explore on your own using the map and list of 32 destinations in the following. Most sites are wheelchair accessible but the map also specifically shows spots ideal for wheelchair users with a helper.

1 ROSKILDE FJORD

With 30 islands and islets containing rich animal and plant life, Roskilde Fjord is one of Denmark's most beautiful fjords and has been used for fishing and sailing since the Stone Age. Declared a Natura 2000 conservation area, it is also an important resting and breeding ground for birds.



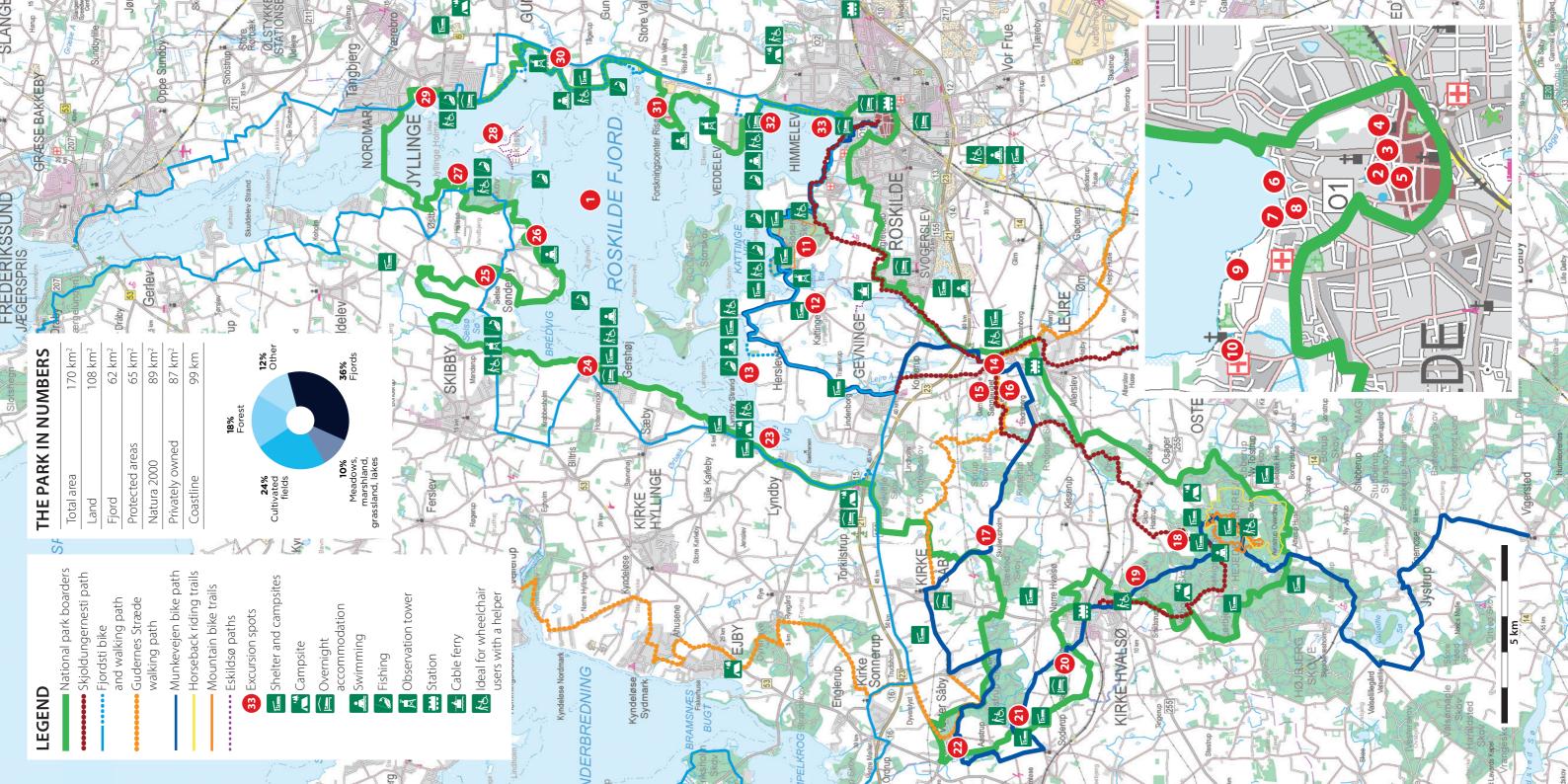
Roskilde Cathedral. Photo: Ole Malling

2 ROSKILDE CATHEDRAL

Roskilde Cathedral, one of Denmark's tallest churches, was designated a UNESCO World Heritage Site in 1995. In 1170, Bishop Absalon began construction of this imposing structure, which had a decisive influence on the spread of brick buildings in the Nordic region. With 22 kings and 17 queens buried in the cathedral it boasts the most royal burials of any church, worldwide. Visit the cathedral and its small museum to discover the church's history.

3 ROSKILDE PALACE AND THE MUSEUM OF CONTEMPORARY ART

Built in 1736 this royal palace houses the Museum of Contemporary Art and Roskilde Art Society. Visit the garden and courtyard, where there are often exhibitions and events.





The scent of history. Photo: Roskilde Museum

4 ROSKILDE MUSEUM

This cultural history museum's exhibitions on Sankt Ols Stræde tell the history of Roskilde from ancient times to today, touching also on the history of the Kingdom of Denmark. In the old part of town, also visit Lützhøfts Old Grocer's Shop, the Crafts Museum and the Butcher Shop, all of which are run by the museum.



Bones and skulls in the church ruins. Photo: Roskilde Museum

5 ST LAWRENCE CHURCH RUINS

Visit the subterranean church ruins and its museum on medieval churches. Built in 1100 out of limestone, the church was torn down in 1531. The crypt has been excavated and is open to visitors. Explore the old prison cells and also visit the church tower, which affords a fine view of Roskilde.



Sail in a Viking ship. Photo: The Viking Ship Museum

6 THE VIKING SHIP MUSEUM

See the five, world-famous Viking ships that were discovered in Roskilde Fjord in 1962 and learn about the historical role they played in war, commerce and journeys to distant lands. Explore living history workshops and a large collection of Viking ship reconstructions on Museum Island. Sailing excursions on a Viking ship are available daily in the summer.

7 ROSKILDE ADVENTURE HARBOUR

Roskilde Adventure Harbour educates visitors on the fjord's animals and plants via exhibitions and pools containing crabs and fish that you can touch. Borrow equipment and nets to explore the harbour and fjord on your own.

8 ST JØRGENSBJERG

The small fishermen's houses in this neighbour-hood look out high over the fjord. Built from limestone, St Jørgensbjerg Church is one of Denmark's oldest stone churches. Due to its rounded corners resembling wooden poles, it is called a fossilised wooden church. Also visit the studio of artist L.A. Ring.

9 KÆLLINGEHAVEN

This salt marsh and peninsula west of Roskilde Harbour is a great place to walk along the fjord to Boserup Forest. Stone Age refuse heaps with oyster shells have been found in the area.

10 SCT. HANS HOSPITAL

Denmark's oldest psychiatric hospital dates back to 1816 and is located in a protected, scenic area on Roskilde Fjord. The ramparts from the bishop of Roskilde's residence are still visible. Enjoy a snack and beverages at Sct. Hans Have or visit the hospital museum to learn about the hospital's history and the art produced by psychiatric patients.



Boserupgård Nature Centre. Photo: Simon Høgsberg

BOSERUP FOREST AND BOSERUPGÅRD NATURE CENTRE

The preserve is a favourite local spot for hiking, biking, overnight stays in shelters and outstanding views of Roskilde Fjord from beautiful, beech-covered slopes. In the middle of the forest is Boserupgård Nature Centre, which has activities for schools and families with children. Enjoy a cup of coffee at Traktørstedet.

12 KATTINGE LAKES AND KATTINGE VÆRK

Protected, the lakes are home to a rich birdlife, with up to 20,000 tufted ducks staying the winter. When thousands of them take off after dusk to fly over the fjord in search of food, they block out the moon. At the sluice between Kattinge Lake and Kattinge Vig inlet lies Kattinge Værk, formerly a water-driven stamping mill from 1753. There is a fishing spot for wheelchair users with a helper. East of the sluice a path leads to a bird tower. One km to the west is Kattinge, an old village with a pond.

13 HERSLEV TOWN, MARINA AND BEACH

A cosy village with old houses and farms. Just 600 meters north of the town is Herslev Marina and beach, which has a great place to swim with a jetty, firepits and a nature campsite with shelters. Refreshments are available for purchase at Herslev Brewery and Farm Shop.

14 GL. LEJRE AND LEJRE MUSEUM

Visit the hamlet of Gl. Lejre, home to a wealth of ancient monuments. According to legend, the Scyldingas, Denmark's first royal dynasty, had their centre of power here in the Iron and Viking Ages from about 500 to 900 AD. Stone ships and passage graves lie east of Gl. Lejre, while to the west excavations have revealed impressive royal halls. Lejre Museum's Mythical Kings of Lejre exhibition displays unique finds from the area, including a famous, small silver figure of Odin. Enjoy a cup of coffee at the museum's café. Gl. Kongsgård covers 19th century agrarian culture and serves coffee and homemade cake.

18



Land of Legends Lejre. Photo: Land of Legends Lejre

15 LAND OF LEGENDS LEJRE

Experience 13 centuries of Danish history in 42 unique hectares of beautiful, hilly Ice Age terrain. Sail in dugouts, light a fire with flintstone, grind flour and enjoy the living history workshops and old crafts in the historical houses and farms. During the summer holidays families take up lodgings in the Iron Age village to show what life was like in times past.



Ledreborg Palace. Photo: Ole Malling

16 LEDREBORG PALACE AND ESTATE

At the end of Denmark's longest tree-lined avenue is one of Europe's finest Baroque estates from 1745, with spectacular Baroque gardens, a golf course and large tracts of land and beautiful forests open to visitors. The main building contains a unique collection of original furniture and paintings. Guided palace tours are available.

17 SKULLERUPHOLM RAMPARTS AND BRICKYARD

Five-hundred meters west of Skullerupholm, which is located on a 14th-century medieval rampart, is a brickyard from 1801. Bricks were fired in the large oval ring oven until 1965, when the brickyard burned down. To the south, the clay was dug from fields that were once the bottom of an Ice Age lake.



Grasslands of Særløse Overdrev. Photo: Ole Malling

18 SÆRLØSE OVERDREV GRASSLANDS

Go for a walk in the beautiful protected grasslands located in the hilly terrain, just beside Bidstrup Forests. The grasslands support an exciting array of both dryland and wetland plants, and parts of it have likely never been cultivated. There are also peat bogs, trails and a footbridge across Bøllesø to the pristine bathing waters of Avnsø lake. Near Vævestuen is an overnight shelter at a nature campsite.

19 BIDSTRUP FORESTS

The forests are the state-owned section of the large Mid-Zealand network of forests and contain a varied mix of foliage, pines and glades. The hilly terrain is intersected by streams and there is a plethora of small hollows and lakes. A large variety of animals have their habitat in the large old forests.

20 SONNERUPGAARD MANOR ESTATE

The estate, mentioned for the first time in 1341, has a hotel, conference centre and reception rooms surrounded by a park and forest ideal for walking. After a fire the current building was erected in 1731. The ramparts from the old estate are visible behind the livestock buildings.

21 TADRE MILL

The last of 13 water mills in the area, the mill presents the history of the nature, windmills and agriculture. Mill Marie's house has been renovated and the café is often open. There is an exhibition in the barn, and behind the mill is a cabbage patch and a lovely medicinal herb garden. Paths run along the edge of the woods near the dam and along the fields. There are three shelters with firepits located just behind the mill.



Tadre Mill. Photo: Roskilde Museum

22 AASTRUP ABBEY

A beautiful, red-washed building with three wings, the oldest from 1588, in Elverdamsdal valley, which winds its way through the beautiful 25-hectar park, parts of which are open to the public. Guided tours of the abbey are also possible by appointment.



Aastrup Abbey. Photo: Ole Malling

23 LYNDBY HARBOUR AND THE MARITIME RESEARCH CENTRE

The fishing village and marina are on the inlet Lejre Vig. North of the marina you can visit the Maritime Research Centre, which works with boat building and sailing and also does sailing trips. Go for a walk on a path along the fjord. There are two shelters with firepits.

24 GERSHØJ HARBOUR

Set in a fishing village, this idyllic harbour has netdrying grounds, recreational fishing boats and sailboats. From the red-washed church a path leads to the sacred St. Lawrence Spring near the beach. To the south is a nature campsite and a marked coastal path. The seaside inn Gershøj Kro og Strandhotel has a restaurant and overnight accommodation.

25 SELSØ CASTLE

This fairy-tale Baroque estate dates from 1576. When its last aristocratic inhabitant died in 1829 the castle was locked, left to stand hidden and forgotten for 144 years. Today, it is a museum. A path from the castle takes you to Selsø Church, Møllekrogen inlet, Skrivernæbbet grasslands and Selsø Lake, where there is a bird tower.

20 21



Fishing at Vigen. Photo: Hanne Jokumsen

26 SØNDERBY

An idyllic village with a pond, inn and harbour with a small swimming beach and jetty. From the harbour there's a walking path along the fjord.

27 EAST FOREST

A beech forest with trails on Roskilde Fjord. At Skovbroen there is a ferry to Eskilsø and a fishing spot. Follow the fjord path north through the woods to the small fishing village of Skovgærdet and further on to Østby Harbour.

28 ESKILSØ

At 1.4 km², with a salt marsh and rich birdlife, this is the fjord's biggest island. On the north end are the ruins of a 12th century Augustinian monastery church. It's said that the monks preferred parties and dancing more than singing hymns. The Struckmann Foundation owns the island and has established two nature trails. On the seaward side to the west is the only legal access point via a small harbour. You can take a ferry to Eskilsø. See eskilsø1.dk.

29 JYLLINGE FISHING HARBOUR

A cosy fishing harbour from 1870 with fishing boats and old houses. Enjoy the fjord's impressive birdlife from the harbour year around.

30 SALVADPARKEN

Located near the stream Hove Å, in a beautiful, hilly landscape 50 meters from Roskilde Fjord. There are two nature campsites, a salt marsh, coastal bluffs, woods and a wonderful view over the fjord. The Fjord Path passes right by the park, which is accessible by foot, bike or boat.

31 BOLUND

A 500-meter-long tongue leads to Bolund, a unique 12-meter-tall moraine with a flat top ideal for bird watching year around. You can also fish surrounded by a beautiful marsh and beach flora.

32 VIGEN STRANDPARK

One of the fjord's best places to swim. There's a marsh, a sandy beach with a jetty and a ramp for wheelchair users with a helper. Close by is Roskilde Camping and Veddelev Harbour. North of the harbour is a lovely public area with paths and benches for enjoying the sunset.

33 SAIL ON ROSKILDE FJORD

Enjoy a trip on the fjord aboard the SS Svanen, which sails between Roskilde, Gershøj and Møllekrogen, or enjoy the view and a restaurant meal on the SS Sagafjord. The Viking Ship Museum also offers trips on clincher-built Viking ships.



VISIT THE NATIONAL PARK

Skjoldungernes Land National Park opened in 2015. In this folder you will find information about the national park, as well as ideas for trips and experiences in the cultural-historical landscape.

MANY ENTRYWAYS

With 24 museums and nature centres waiting to bid you welcome, there are many entryways to Skjoldungernes Land National Park. The folder has a map and describes 32 places to visit, filled with natural gems and cultural-historical sites, some of which are staffed.

TRANSPORT

Drive or take a train or a bus to Roskilde, Lejre or Hvalsø Stations. Walking and bicycle trips can begin there. Ten small harbours in the park make it accessible by water if you arrive by boat. Enjoy the view from one of the park's 15 churches, which also have parking and potable water.

OVERNIGHT STAYS

There are hotels, hostels, campsites, cottages and B&Bs located in and around Skjoldungernes Land National Park. You can also sleep outdoors in tents or shelters. Read more at VisitRoskilde, VisitLejre, VisitFrederikssund and on the national park's website and app.





