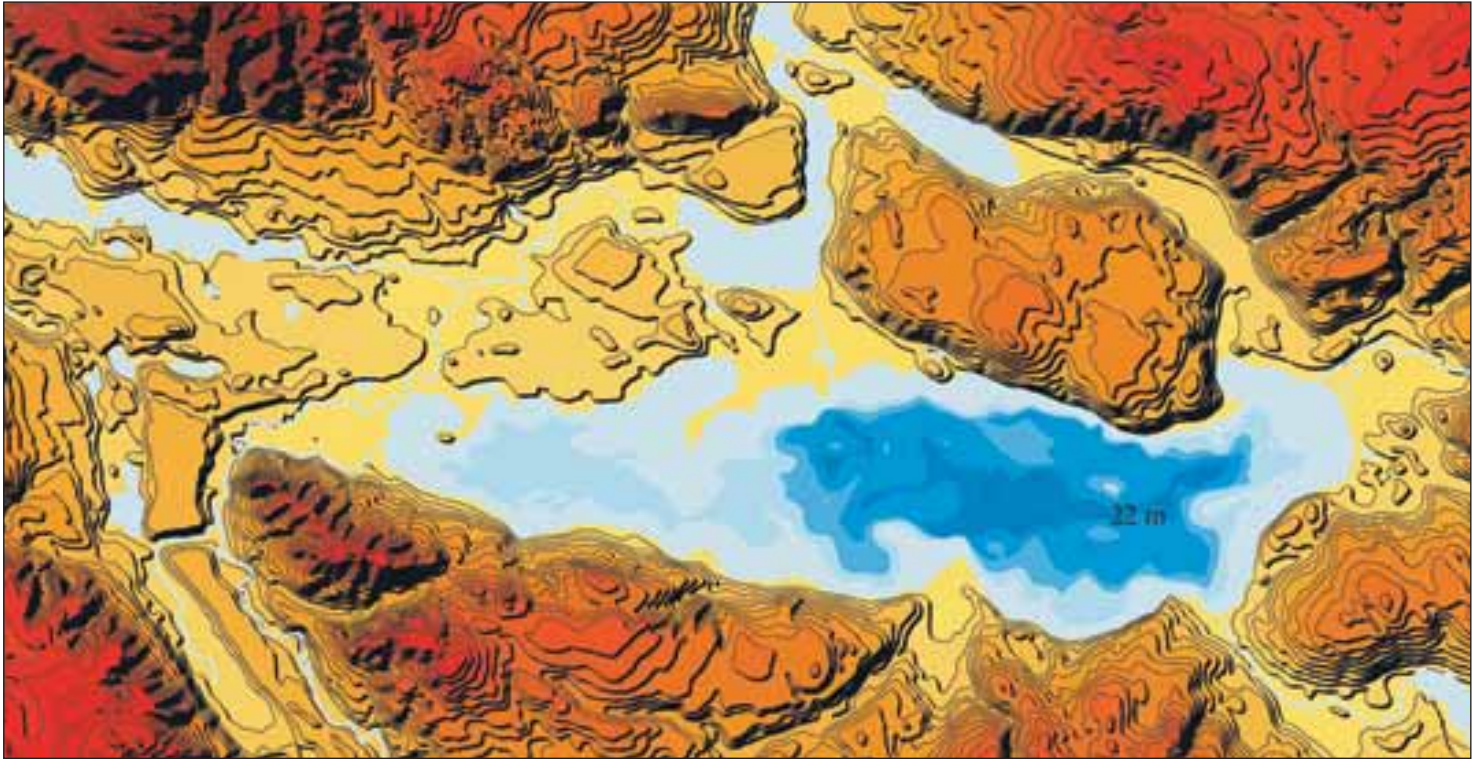


The mid-Jutland Lake District

Søhøjlandet, or Lake District, is an extremely large area by Danish standards. It is characterised by large hills, terraced valleys, and kettle holes formed at the end of the last Ice Age. The eroded moraine deposits left behind have been intersected by deep valleys

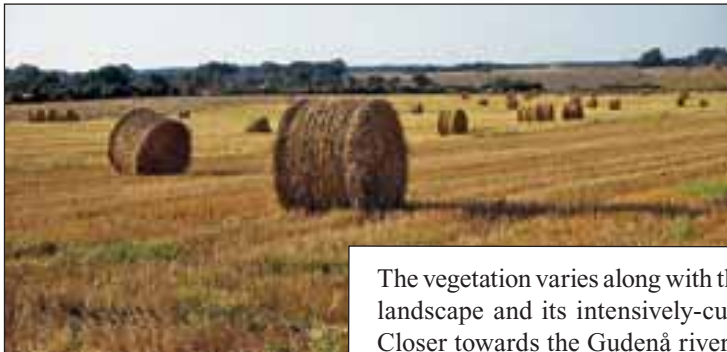
resulting from the effects of the Ice Age and from faults deep within the bedrock. Mossø lake covers about 4,250 acres, making it the largest in Jutland. The longest watercourse in Denmark, the Gudenå river, also passes through Mossø en route from Tinnet Krat to

Randers Fjord, and to the west of Mossø is Klosterkær, a delta landscape formed from deposits laid down by the Gudenå river. Mossø and its surroundings are now protected to ensure that they remain in their present state and that the public has access.



Prepared by Bendt Nielsen

The landscape around Mossø is intersected by the Gudenå river valley running north-south and by an east-west terraced valley from Mossø to Salten Langsø. There is a difference of 5 metres between the curves shown here. 1 cm on the map corresponds to about 800 metres on the ground.



The vegetation varies along with the landscape, with the hilly moraine landscape and its intensively-cultivated agricultural land highest. Closer towards the Gudenå river are the valley terraces created by the melt water from the Ice Age, with sandy surfaces covered with heather and coniferous plantations, or as poor farmland. The steep slopes between the terraces are unsuitable for cultivation; the dry south-facing slopes are thus often covered with heather and juniper bushes, while those facing north have retained their original forest in the form of crooked oaks or beech trees. The moist grazing meadows in the bottom of the river valleys are the home of yellow marsh marigolds and purple ragged robin, with willow and alder in places taking over where grazing has stopped.



Front page photo: Jan Kofod Winther

Photo: Bert Wiklund

Photo: Bendt Nielsen

Photo: Bendt Nielsen

Cultural history

This Søhøjlandet area is a striking yet thinly populated landscape that has been in use by man right from Stone Age hunters through the monastic period to early industry that was dependent on water power.

Stone Age

Artifacts from the Stone Age can still be found on the banks of the large lakes and rivers. These stem from the so-called Gudenå culture dating from the period 7,500-4,000 BC, a mixture of the Maglemose, Kongemose, and Ertebølle cultures. Many flint tools from these previous inhabitants of this area can be seen in the Gudenå Museum.

The monastic period

In the Middle Ages there were a number of monasteries along the Gudenå river, and in this area in particular. The current Gl. Vissingklostergård was the site of the Vissing Benedictine convents and the present Klostermølle was where the Benedictine monks built their Voer Kloster monastery. However, the largest and best known monastery in the area was the Cistercian Øm Kloster, on the northern bank of Mossø. This monastery was a considerable asset for the entire region and played an important role in its development right through the Middle Ages.



Grinding stone from near Klostermølle.



Canoeing near Klostermølle.

The milling industry

Power generated by the Gudenå river was already being used for grinding corn and manufacturing textiles in the Middle Ages, but industry encountered a boom here with the advent of the 19th century. Several water-driven mills were rebuilt with machinery for the production of pulp for paper.

Outdoor leisure

The magnificent countryside of the Danish Lake District provides excellent opportunities for outdoor activities, including walks, cycling, camping and canoeing.

Animal life in and around Mossø lake

Birds

Mossø is the habitat of many types of bird. The bird sanctuary at Emborg Odde is the breeding site for a colony of black-headed gulls, which are extremely aggressive, thus providing protection from predators. The black-necked grebe takes advantage of this and breeds amid the gulls. In the late summer, grebes can be seen along the edges of the reed banks, feeding on small animals.

The Great Crested Grebe lives mostly on a diet of fish and thus keeps more to the surface of the lake itself, competing for small fish with the predatory pike-perch. This means that the number of these birds varies widely, according to fish stocks.

Mossø is so big that birds treat it like a fjord. Seabirds like the common eider and divers thus also appear in the migration period.



Black-necked grebes.



This fish ladder helps fish get around the weir at Klostermølle.

Fish

Because of its size and varying depths, Mossø has always housed a wide variety of fish, sufficient to provide a living for many families. There are about 20 species of fish in the lake, the most numerous being perch, roach and ruffe, while fishing enthusiasts are most interested in the stocks of pike-perch, eel and lake trout.

The pike-perch is a predator that hunts using its sense of smell. In the cloudy waters of Mossø, this gives it an advantage in relation to the pike, which uses its sight to hunt.

To aid the fish in their migration upstream from Mossø, the National Forest and Nature Agency built a by-pass stream leading the fish to the Dødeå river to avoid the Riveerket plant, as well as a fish ladder near Klostermølle. At the beginning of April the water here seems to boil with small fish when large shoals of the small sparring, one of the salmon family, migrate upstream to spawn.

Walks

Klostermølle and Klosterkanalen—about 2 km (P1 and P3)

Voer Kloster, first mentioned in 1183, was a Benedictine monastery until the Reformation, and was located between the lakeshore and the forest-clad hill ridge. The foundations have since been found under Klostermølle's buildings, and medieval brickwork and plants originating from the monastery garden can still be found on the site.

In 1872, **Klostermølle** was rebuilt to produce wood pulp for the manufacture of paper, as witnessed by the large grinding stones. The wood pulp was transported by a small steamer to Aiken at the eastern end of Mossø up until 1932. It continued from there by rail.



The 90-metre wooden drying shed at Klostermølle.

In 1933 production went over to cardboard. The old factory buildings have since been pulled down, leaving only the large storage facility used for drying the sheets of cardboard. This production was closed down in 1974, and the mill was purchased by the Ministry of the Environment in 1975. It is now under the care of the Danish Forest and Nature Agency, with public access.

The path follows the 1,300-metre long **Klosterkanal**, a channel constructed by medieval monks to exploit the water flow in the monastery's water mill. The path then continues on to Riværket and the newly-established fish detour. Riværket was originally built by the monks to force the water flow into the channel they had dug, the barrier consisting of branches. The channel is surrounded by dense alder forest, the habitat of many birds, including the kingfisher and the dipper.

Pinddal Mose—approx. 4 km (P4)

The water from the Fåresø lake reaches the Gudenå river via the Pinddal valley, an elongated area of bogland where peat was dug right up until the 1950s. The marsh is divided up into small plots, as all the

local houses and farms had rights to dig peat as fuel. The area features many small, steep-sided bog pools full of stagnant water, and many of the sites are now becoming overgrown with willow and birch. Fåresø lake is located in the upper part of the Pinddal valley, surrounded by heather-



Bankside with juniper bushes near the Ryvej road, north of the Dødeå stream.

clad hills and poor quality land dotted with bog pools. Cranberry and the carnivorous sundew are among the plants growing along the banks of the lake, whose name ('sheep lake') stems from when sheep were washed in its waters before the autumn shearing.

Dørup Skov—approx. 5 km (P5 and P6)

This route through Dørup Skov forest starts from the former horse stable in Dørup, featuring an exhibition about the monastery and the countryside. This forest consists of many small lots, ranging from conifers to beech trees and heathland with blueberries. There are excellent views across Mossø from **Møgelkol**. The walk can also start from **Voerladegård**, the former Voer monastic farm. Traces of the sunken road between the farm and the monastery are still visible.



In the Middle Ages, Voerladegård church belonged to the Voer Kloster monastery.

Hem Odde—approx. 2 km (P7)

There is a footpath from the car park to the point of land called Hem Odde, where there is public access right along the eastern shoreline with a sandy beach that provides ideal access for swimming in the lake. Along the top of the point is a fascinating stretch of



Several of the Gudenå river's former courses are visible in Klosterkær. The Klosterkanal now houses the main course (on upper left), while the Dødeå river (in the middle) is the subsidiary course.

scrub woodland consisting mainly of gnarled and twisted beech and oak trees.

Hem Odde is an excellent vantage point, with good views across the lake.

Sukkertoppen—approx. 3 km (P1 and P2)

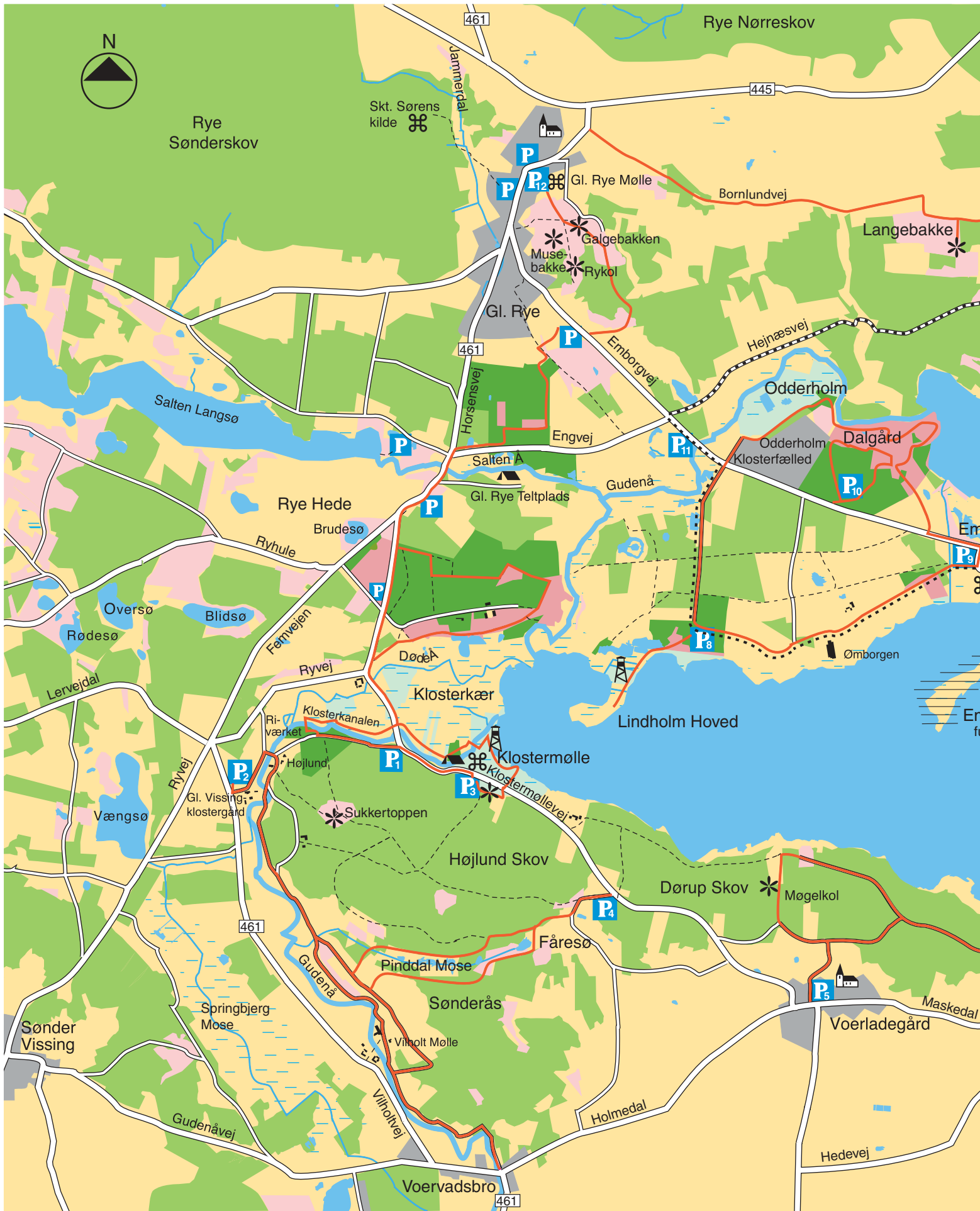
The Sukkertoppen hill is 108 metres above sea level. Several paths lead to the top, **P2** passing through Højlund and the cropped open beech forest, with an excellent view across Klosterkær.

The Sukkertoppen hill got its name from the white, sugar-like quartz sand previously vis-

ible there when the area was heavily grazed. In order to maintain the good views, most trees have been removed from the banks, leaving only some juniper bushes and twisted beech trees. The gnarled, bush-like shapes of these are the result of grazing and pollarding in former times.







The steep hillsides and high location made Sukkertoppen an ideal refuge in times of hostilities.




Vj gt g'ctg"tcegu'qh'c"Xlmp i /gtc'htwLecv'qp" at the south-west end of the hilltop.

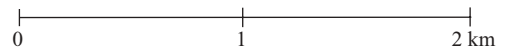


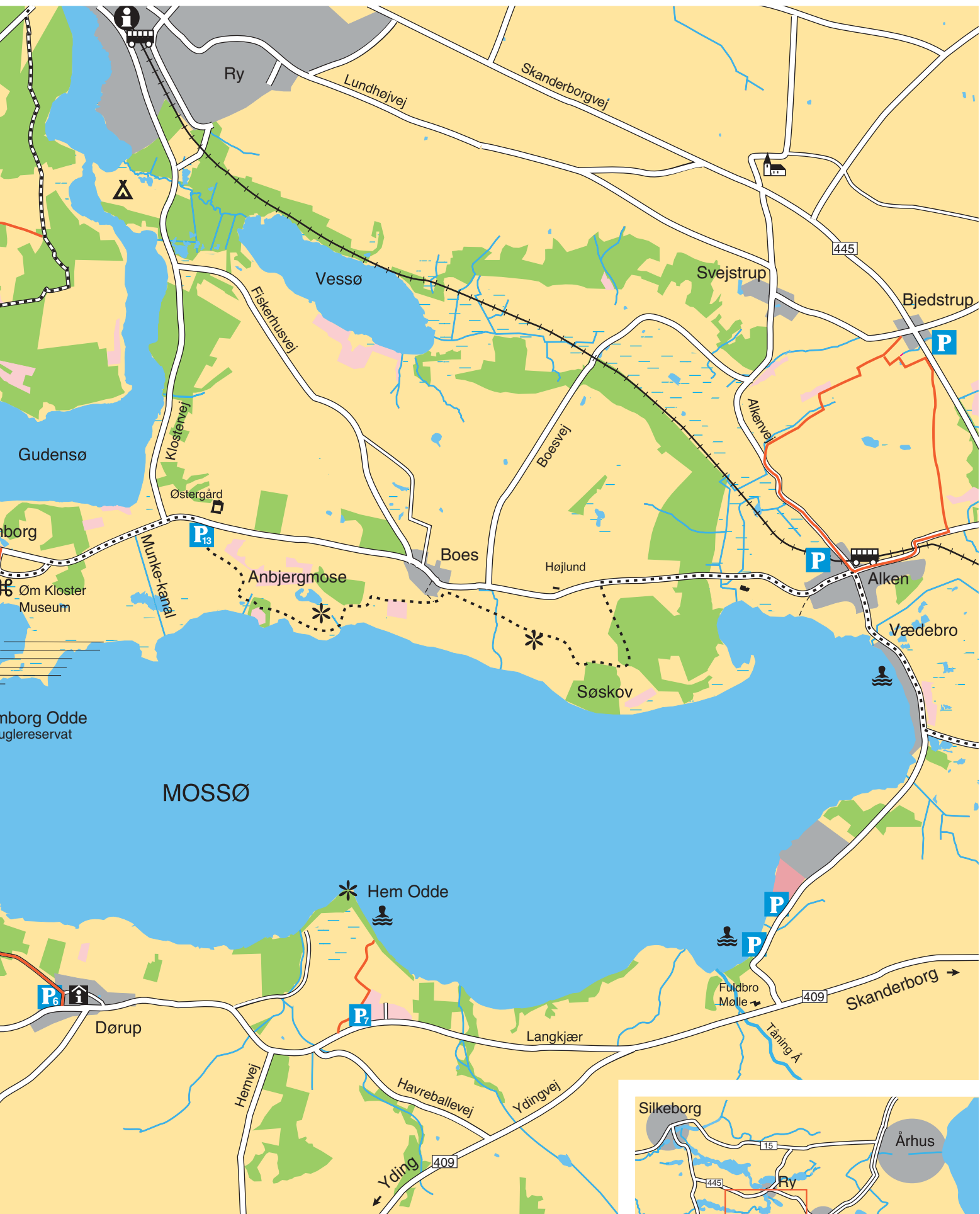
Key:

- Signposted paths
- - - - Forest path
- · - · - · Signposted hiking path (Århus - Silkeborg)
- Private roads
- == Public roads

-  Place of special interest
-  Bird-watching tower
-  Vantage point
-  Tent site
-  Camping site
-  Swimming

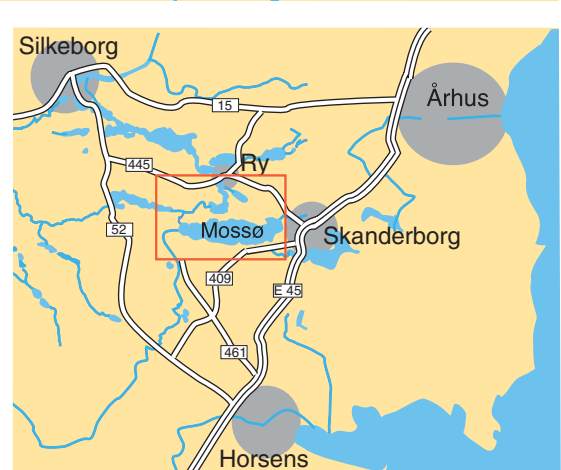
-  Tourist information centre
-  Unmanned information point
-  Railway station





- | | | |
|-------------|-----------------|---------------------------------|
| State owned | Privately owned | |
| | | Heathland/common |
| | | March/meadow |
| | | Forest/tree growth |
| | | Built-up area, summerhouse area |
| | | Bird sanctuary |

TREAT nature and its riches with respect
 DOGS must be kept on a leash
 DO NOT DROP litter in the countryside
 BE AWARE of fire risks
 TENTS may only be pitched at tent sites and camping sites
 WINDSURFING is not allowed



Walks

Gudenådalen - approx. 8 km (P2)

The path follows the course of the first, easternmost terrace along the Gudenå river, in many places right on the river bank. The river has eaten into the bank at some points, forming slopes up to 10 metres high. The path provides many fine views across the Gudenå river and its grazing meadows. En route you will pass the privately owned Vilholt Mølle. This was once a wood pulp grinding mill that was part of the pulp manufacturing activities at Klostermølle. The mill pond has been taken out of use and the original course of the Gudenå river was re-established in 2008. The walk continues to Voervadsbro, crossing the former ford site towards Vilholtvej, which follows the edge of the terrace west of the Gudenå river.



Gudenå winds its way through the meadows.



The ruins of the Øm Kloster monastery.

Øm Kloster Museum (P9)

In the 12th century a group of Cistercian monks left the Vitokol Kloster monastery in Himmerland and, after considerable roaming, arrived at Øm, where they founded the Øm Kloster monastery in 1175. The Cistercians were skilled farmers and preferred sites in forests and remote areas which their hard work turned into exemplary farms.

According to the monastery records a monk used a plum bob and levelling to discover that the water was about two feet higher in Mossø than in Gudensø. The monks therefore dug a 700-metre long channel linking Mossø and Gudensø, partly to power the monastery's corn mills, with another channel east of the

monastery forming an island the monks called Cara Insula ('the Dear Island').

Shortly after the Reformation, the monastery ceased to house monks and the lands were taken over by the king. The monastery itself was pulled down and the materials were used for the rebuilding of Skanderborg Slot castle.

Most of the monastery foundations have now been excavated, revealing one of the best-preserved ground-plans of a medieval monastery to date. A hospital cemetery has also been excavated, and the museum provides a good impression of the illnesses and treatments used, as well as of the monastery's religious and financial affairs.



Cistercian nuns in the Øm Kloster Museum herb garden. The plants date back to monastic times.

Emborg Vestermark-Dalgård—about 6 km (P8, P9, P10 and P11)

The dry, sandy surface of the river terraces is now a complicated mosaic of dense coniferous plantations, areas of open heathland and several smaller lakes. The path starts from Emborg and continues on gravel roads through largely private property, passing the Catholic camp centre of Ømborgen. The path provides views across Mossø and of the bird sanctuary on Emborg Odde.

The route continues over an asphalt road to Odderholm, where the Gudenå river seems much wider as it winds along the meadow marshland.

The route proceeds over dry shore meadow to the Dalgård estate. This area is the home of plants like mouse-ear hawkweed, yellow cudweed and grey hairgrass, which thrive in dry areas. In other places the earth is so poor that only mosses and lichens can survive. There is an excellent view of the Gudensø lake from here. North of the lake is the heather-clad Langebakke hill, from which all tree growth has been cleared.



On the Dalgård estate, the common reaches right down to Gudensø.

There is a 2-km-long circular route from P10 through the Dalgård estate with its open coniferous plantations, cultivated farmlands and stretches of shore meadow near Gudensø. The Dalgård estate is run by the Danish Forest and Nature Agency.



Mute swan with cygnets.



Reed bunting.

Lindholm Hoved—approx. 2 km (P8)

This route leads past thickets of willow and alder, and reed banks, the home of reed warblers and reed buntings. A bird-watching tower has been set up at the base of Lindholm Hoved, providing ample opportunities for observing the many kinds of birds here, including the colony of black-headed gulls on the east side of the Emborg Odde bird sanctuary. Tufted ducks, sheldrakes and pochard search for food in the reed marshes and flocks of grey lag-geese and white mute swans have also taken up residence. Ospreys are also seen here.

Walks

Gl. Rye

The name 'Rye' is derived from 'rydning', Danish for a clearing, where the town must have started. It became the main town in mid-Jutland for many centuries due to its siting where the east-west and north-south roads crossed. It was here the local court of justice was held and the gallows stood nearby on Galgebakken ('Gallows Hill') for rapid implementation of the verdicts.

Rye was also popular for its holy springs and their curative powers. St. Søren's spring, whose waters were said to be especially good for treating eye diseases, still exists in the forest west of the town. After the Reformation the local court was abolished and the monasteries closed, so that Rye gradually dwindled in importance, though retaining its status as a market town for many years.

Gl. Rye experienced a last surge of activity in the 19th century, as a centre of clog manufacture with houses for clog makers being built everywhere in between the farms. The museum at Gl. Rye mill features an exhibition about clog manufacture.



View from 'Gallows Hill'.

Galgebakken—approx. 3 km (P12)

This route starts at the mill and clog museum in Gl. Rye, leading to the heather-clad area around Galgebakken, which is 101 metres above sea level. A side path leads to the sheep grazing area on Musebakke, where there are good views over Mossø and the area around Sukkertoppen.

The heather-clad range of hills has been partially cleared of self-sown tree growth. As part of the municipal programme for looking after heathland areas, a section has been fenced off and is grazed by sheep. There is full public access to this heathland and to the area within the sheep fence.

The village of Boes

Boes is one of the best-preserved villages in the Søhøjlandet area, featuring timber-framed houses and small front gardens. The walk continues eastwards to the high point in this heavily-sloping countryside, with clear views across Mossø to Yding Skovhøj.

The path leads southwest down to the bank of Mossø, featuring east-west beach ridges as alternating areas of sand banks covered with oak scrub and of wet alder and willow thickets. The route continues via a wooden bridge to P13 near Østergård, through areas of marshy forest and dry forest slopes. These walks are also part of the approx. 70-km-long Århus-Silkeborg hiking route.



The village street in Boes.

There is a series of tracks and paths from the car park near Alken, leading past Bjedstrup School and Gl. Alken. The total distance amounts to 5.7 km.

Practical information

Dørup Hestestald

At Forten in Dørup. Landscape exhibition with a special focus on the fishing and sailing activities that have taken place on the Mossø lake. There is a special room for eating packed lunches. Toilet facilities are also provided.

Freshwater Museum

Siimtoften, DK-8680 Ry. Tel. (+45) 86 52 24 99. Open 9-17 hrs. from May to June, 9-21 hrs. from July to August and 9-17 hrs. from September to the middle of October.

The Gl. Rye Windmill Museum

At Møllestien 5, DK-8680 Ry. Tel. (+45) 86 89 86 75. Open 10-17 hrs. from 1 May to 30 September.

Klostermølle

At Klostermøllevej 48, DK-8660 Skanderborg. Exhibition about the manufacture of paper and cardboard, the Voer Kloster monastery and the flora, fauna and landscape in this area. The upper floor of the drying shed now also houses an observation point for birdwatching.

Øm Kloster Museum

At Munkevej 8, DK-8680 Ry, Tel. (+45) 86 89 81 94.

Opening hours Tuesday-Sunday:

Open 10-16 hrs. from April to May, 10-17 hrs. from June, July to August, 10-16 hrs.

from September to October. Also open on Mondays during the Danish school holidays.



Beach at Hem Odde.

Tourist information centres:

Brædstrup Turistbureau, Bredgade 9, DK-8740 Brædstrup. Tel. (+45) 75 75 28 11.

Destination Skanderborg, Klostervej 3, DK-8680 Ry. Tel. (+45) 86 69 66 00.

Skanderborg Turistinfo, Parkvej 10, DK-8660 Skanderborg. Tel. (+45) 86 69 66 00.

www.visitskanderborg.com

Camp sites:

Holmens Camping, Klostervej 148, DK-8680 Ry. Tel. (+45) 86 89 17 62.

Gl. Rye camp site, Ryvej 40, DK-8680 Ry. Tel. (+45) 86 89 80 26. Reserved for cyclists, walkers and canoeists.

More information is available locally at:

www.ecomuseum.dk

www.bestigbjerge.dk

Other opportunities for outdoor activities:

- Boats are allowed onto Mossø lake, but any use of an engine or sails is prohibited. The use of boats is, however, restricted on some rivers and streams.
- Any use of a boat with an engine or sails requires special permission.
- Landing on Emborg Odde is forbidden.
- Windsurfing is not permitted on Mossø.
- Fishing rights belong to the landowner in question.

Please ask for more information at the local tourist information centres.

Nature conservancy rules:

Public access is allowed:

- In publicly owned forests, both on and off the laid-out paths.
- In privately owned forests, but only on the laid-out paths and roads.
- To uncultivated land that is not fenced in. For walking and cycling on paths in open countryside and in areas of forest.

The following limitations apply to private property:

- Access to privately owned forests is restricted to the period from 6 am to sunset.
- Visitors must maintain a distance of not less than 150 metres from any buildings.

All access to areas of countryside, including places where animals graze, is at your own risk.

Prepared in the spring of 1995, rev. 2008 by:

Forest and Nature Agency Tel.+45 86 82 08 44

The Municipality of Skanderborg Tel.+45 87 94 70 00

The Municipality of Horsens Tel.+45 76 29 29 29