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ARRANGEMENT OF VISITS

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villages, is located on the **Pikanõmme Dune (8)**, the highest point of the Juminda Peninsula (33 metres above the sea level). In clear weather, you can see the Hara Bay in the east, Tallinn and the Kolga Bay in the west.

The trail proceeds along the 4-kilometre-long and, at places, 10-metre-high Pikanõmme Dune, covered with a lichen pinewood with approximately 200-year-old knotty old trees.

The blackened tree trunks remind us of the wildfires of the past.

The dunes (9) with open sand are habitats for numerous insects with interesting ways of life. The dry and quickly warming surface of the dune is full of nests and tunnels of black garden ants, larvae of antlions. The trail turns sharply to the right down onto the bog and then goes up into the woods again.

The transition mire (10) lies between the fen and the bog. Its flora includes Sphagnum mosses, the marsh Labrador tea and the northern bilberry, typical of bogs, as well as some fen plants such as sedges and purple marshlocks.

The walk proceeds back into the woods. Old spruce forests are well preserved here. The **old unmanaged forests (11)** with windfallen trees and stubs of different degree of decay are the only possible habitats for many rare and endangered species of mosses, lichens, fungi, insects, and birds. In conservation zones, windfalls are left for their natural development. In the forest you can also see bigger creatures or their traces. Wild boars grub for larvae and roots under moss, and for pupae and eggs in anthills. The paw prints of the lynx, pine marten, the red squirrel, the mountain hare, etc can more easily be noticed in winter. A careful observer can find piles of stick-shaped

Photo: The Pikanõmme Dune, R. Kotter



Photo: Lingonberries, M. Adamson

excrements of *Galliformes* (12) – the wood grouse, black grouse, and hazel grouse. Round hollows are formed into a sandy path when the birds have a dust bath in order to get rid of dirt, broken feathers and parasites.

Again, the peculiarity of the local nature can be discovered: there is just one step from a dry sand hill to a bubbling swamp. Primeval pine trees with thick rough bark and a spruce tree with branches crawling on the ground grow here. By the ride going from the crossing trails back to the car park, there are old, now wooded **grasslands (13)**, where only the remains of stone hedges and boundary stones marked with a cross will remind you of the former hard work.

DOS AND DON'TS FOR VISITORS

- You can move about on private land from sunrise to sunset unless you do damage to the private property. In case the private land is fenced or marked, you will need the landowner's permission.
- Drive your motor vehicle only on the provided roads and park it only in the car park.
- Put up your tent and make a fire only at the prepared and marked places. The closest camping sites are in Cape Juminda and in Tsitre.
- Keep your dog on the leash while moving about in the nature.
- You can pick berries, mushrooms and other forest goods in the protected area.
- Try to act without leaving traces in the nature.

When you see damage done to the nature or visiting objects, inform the Environmental Inspectorate by phone 1313.



MAJAKIVI-PIKANÕMME Study Trail

Lahemaa National Park



Photo: View of Abla Bog, J. Neljandik

VIEWPOINTS ON MAJAKIVI-PIKANÕMME STUDY TRAIL (* provided with an information board)

1. Life on a boulder*
2. Bilberry pine forest
3. Spruce forest on erratics
4. Forest brook
5. Fen*
6. Boulder Majakivi (*House Rock*)*
7. Bog*
8. Pikanõmme Dune and observation tower
9. Sand dune and its inhabitants*
10. Transition mire*
11. Old forest and its inhabitants
12. Roosters and hens in woods*
13. Former wood grasslands



Drawing by M. Vannas-Raid

MAJAKIVI-PIKANÕMME STUDY TRAIL is located in Juminda-Suurekõrve Conservation Zone, in the Juminda Peninsula, the western part of Lahemaa National Park. The trail, which is in the shape of the figure eight, is passable only on foot. Its length is 6.2 km, 2 km of which is boardwalk. **Look out! The trail may be wet and slippery.**

You can start your walk at the car park either on the Aabla-Tapurla road or on the Hara-Juminda road, where there are also big information boards. The Aabla-Tapurla road may be badly passable. The trail, marked with white and green signs, has 13 viewpoints, seven on which are provided with information boards. At the highest point of the trail there is the 14-metre-tall Pikanõmme Observation Tower.

WALK ALONG MAJAKIVI TRAIL

The trail, which starts at the Hara-Juminda Road, first, the trail winds through a **bilberry pine forest (2)**, typical of Lahemaa. Bilberry is an extremely important low-growing shrub, which offers food and shelter to many other species. In winter, its stems feed roes and elks; in summer, different birds and animals eat its berries, and plenty of insects live on its blossoms and leaves. By the side of the trail you can see a **3-metre-high erratic boulder (1)**, on which ferns – common polypodies – grow. The ups and downs of the trail mark the former dunes and coast ridges. In the lower places there are strips of mire. After a while, the trail takes you to mossy erratics where a **spruce forest (3)** grows.

The **brook (4)** bubbling by the side of the trail is originally a 50-year-old drainage ditch to which the erosive water has, in the course of time, given a more natural look. The water that comes from the paludified woods around Aabla Bog is brownish and foaming due to the surface-active agents in it. The trees in

the decaying swamp forest seem to stand on crutches because while the water level subsides the access of oxygen improves, the peat starts decaying and the tree roots are denuded.

The boardwalk that starts at the crosstrail will take you across the **fen (5)**, which, due to its eutrophic muddy surface, is rich in different species of plants, such as sedges, kingcups, bog-beans, and yellow irises. The trail, passing first through a spruce forest and then a pinewood, runs to an open strip of mire, the turfs of which are covered with cranberry tendrils and some purple marshlocks.

The boulder Majakivi (*House Rock*) (6) is the third largest erratic boulder in Estonia. Different species of mosses and lichens grow on the rock, which was brought here by glaciers from the northern lands. The trail, which goes on in the transition mire pine wood between turfs of moss and shrubs of marsh Labrador tea and bog bilberry, arrives soon in the **Aabla Bog (7)**, which is one of the largest mires in the North-Estonian Coastal Plain. Its formation started more than 7,000 years ago when the land surface rose and a lagoon, surrounded by dunes and beach ridges, separated from the Littorina Sea. The body of water gradually paludified. Here, in the bog with the 6-metre-thick peat layer, cranberries and the cloudberryes as well as the bog-rosemary, hare's-tail cottongrass, sundews and white beak-sedge grow together with peat moss. The bare bog is the habitat for cranes and some rare species of *Scolopacidae*. On the bog edge next to the Pikanõmme Dune a swampy ground is well to be seen.

A 14-metre-high observation tower where you can enjoy the view of the whole peninsula, its forests, bogs and coastal



Photo: Crossing of Trails, R. Kotter