EN

NATIONALPARK
KONGERNES NORDSJÆLLAND

EASTERN AREA



WELCOME TO KONGERNES NORDSJÆLLAND NATIONAL PARK

At our national park, you can get close to nature, experience the presence of history and refuel your body, your soul and all your senses.

At Kongernes Nordsjælland National Park, our job is to protect, enrich and develop an area covering 263 square kilometres of nature, landscapes, cultural heritage and outdoor life.

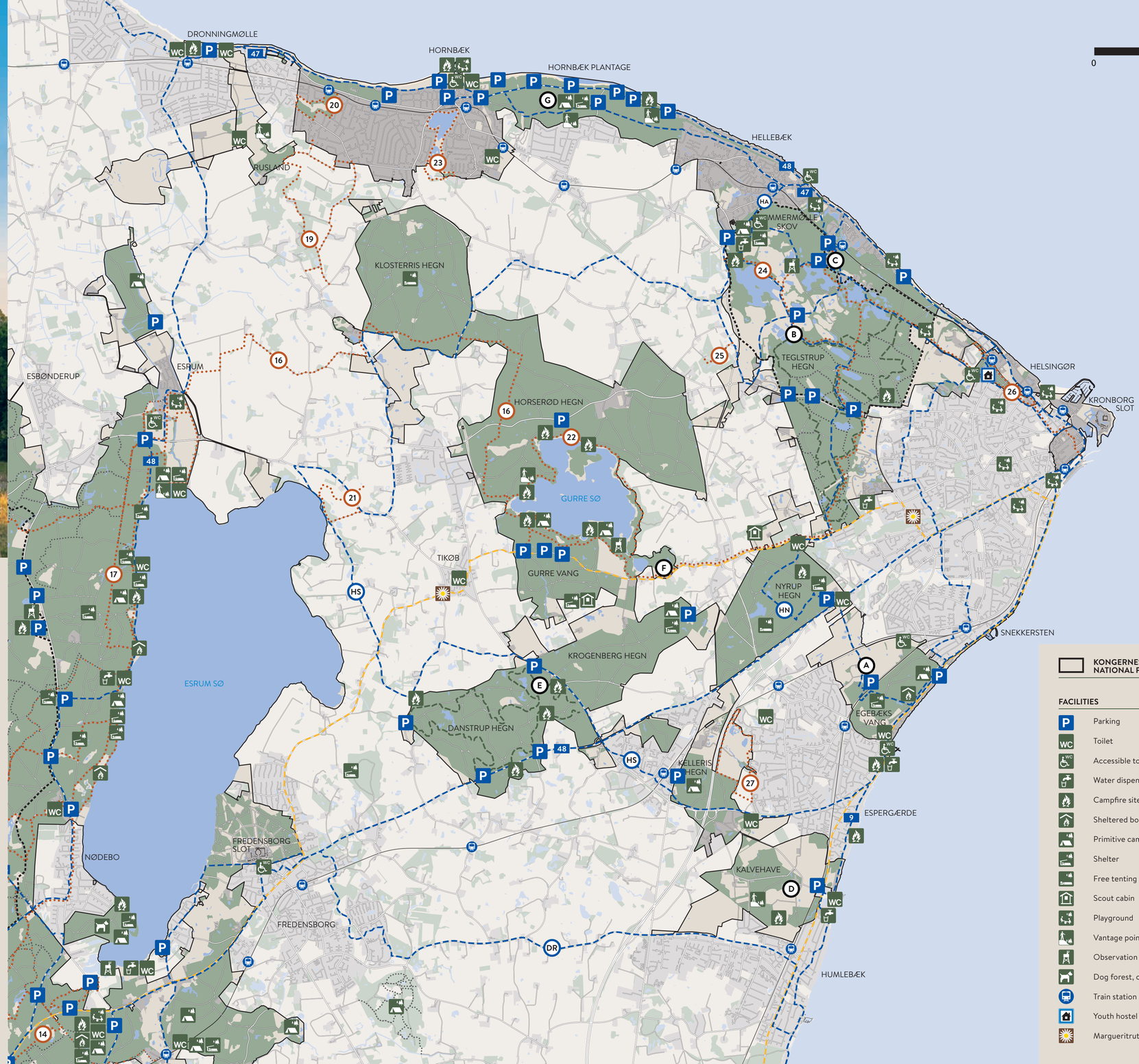
Danish national parks include some of the most unique and valuable natural areas, landscapes and cultural heritage traces that Denmark has to offer. We must protect and preserve these.





NATIONALPARK
KONGERNES NORDSJÆLLAND

NATIONALPARK KONGERNES NORDSJÆLLAND
Klostergade 12, DK-3220 Græsted
www.nationalparkkongernesnordsjaelland.dk



TRAILS AND ROUTES

Hiking trails, cycling routes, bridle paths and mountain biking trails will take you across the landscapes of North Zealand, through majestic forests and along lovely lakes and wide, beautiful beaches. Follow your own route and at your own pace. There is room for everyone.

HIKING TRAIL

- 14 **Stenholt Indelukke** · 8 km
- 16 **Den danske pilgrimsrute**
- 17 **Søskoven og Esrum Møllegård** · 10 km
- 19 **Ræveskiftet og Rusland** · 5 km
- 20 **Kildekrog** · 2 km
- 21 **Harreshøj** · 2 km
- 22 **Gurre Sø Vandrerute** · 10 km
- 23 **Hornbæk Sø Horneby Engsø Vandrerute** · 2 km
- 24 **Hellebæk Skov og Teglstrup Hegn Vandrerute** · 5 km
- 25 **Knudemose** · 1 km
- 26 **Marienlystskoven** · 3 km
- 27 **Rolighedsmoserne** · 3 km

CYCLING ROUTE

- 9 **Helsingør-Nivå Rute 9**
- 47 **Nordkyststien Rute 47**
- 48 **Slotsruten Rute 48**
- HN **HH naturruten**
- HS **HH-Sportsruten**
- HA **HH Sportsruten Alternativ**
- DR **Dronningeruten**

MOUNTAIN BIKING ROUTE

BRIDLE PATH

- **Ridestier**
- **Parforceriderute**

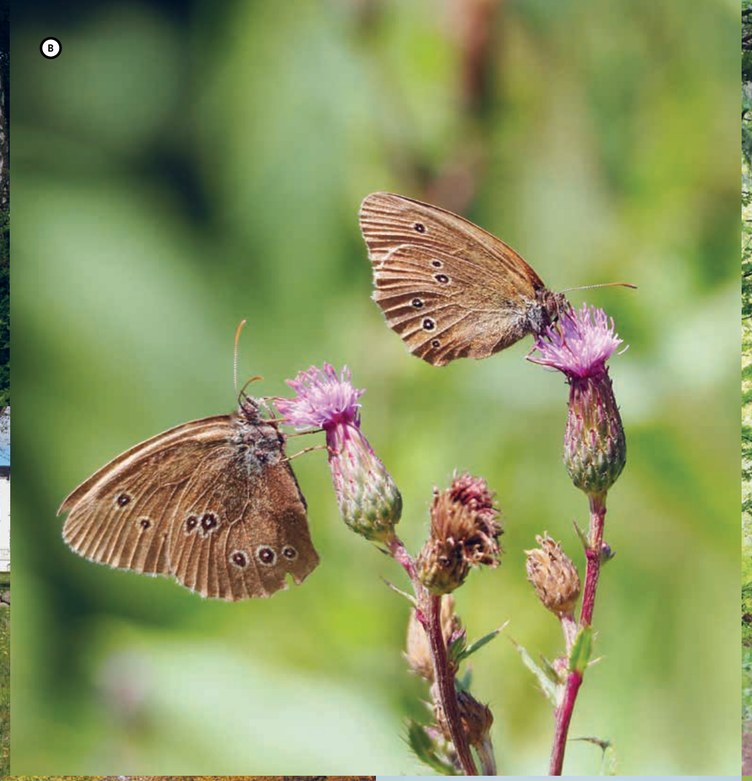
NATURENATIONALPARKS HELLEBÆK SKOV OG TEGLSTRUP HEGN

KONGERNES NORDSJÆLLAND NATIONAL PARK

FACILITIES

- Parking
- Toilet
- Accessible toilet
- Water dispenser
- Campfire site
- Sheltered bonfire site
- Primitive camping site
- Shelter
- Free tenting
- Scout cabin
- Playground
- Vantage point
- Observation tower
- Dog forest, off lead area
- Train station
- Youth hostel
- Margueritruten







HORNBÆK PLANTATION
Photo: Tine Uffelmann

JACOB, THE HORSE
Photo: Flynderupgaard

RINGLET BUTTERFLY AT HELLEBÆK KOHAVE
Photo: Marianne Lund Ujvári

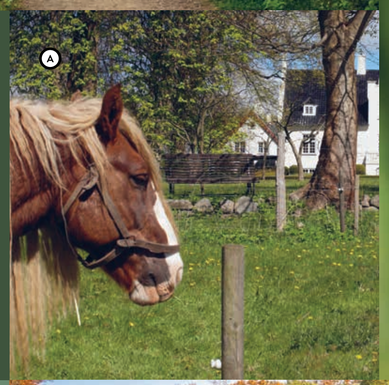
HORSE RIDER IN DANSTRUP HEGN
Photo: Marianne Lund Ujvári

THE HAMMER MILL, TEGLSTRUP HEGN
Photo: Tine Uffelmann

GURRE CASTLE RUIN
Photo: Jørgen Andersen

KROGERUP
Photo: Peter Helles Eriksen

PYGMY DAMSELFLY
Photo: Lars Gejl



RULES AND ADVICE FOR VISITORS

Kongernes Nordsjælland National Park offers many enjoyable experiences of nature for visitors, but the natural habitats are also home to a multitude of animals and plants.

Nature is inspiring, indispensable and irreplaceable, and that is why we must all take good care of it. Respecting nature, as well as others enjoying nature, will benefit us all.

PLEASE FOLLOW THIS SIMPLE ADVICE WHEN YOU ENJOY NATURE

- Greet people you meet, and show consideration
- Leave nothing but your footprints behind, and only bring home your memories
- Keep your dog on a leash to keep it from disturbing birds and other wildlife
- Do your best not to disturb birds and other animals, and leave plants untouched for others to enjoy
- As far as possible, avoid disturbing nature between sunset and sunrise

PUBLIC AND PRIVATE AREAS
The national park comprises both public and privately owned areas with different rules for each.

PUBLIC AREAS
Access is allowed 24 hours a day, and walking off roads and paths is permitted.

PRIVATE AREAS
You may use the park from 6 a.m. until sunset. Passage and use by foot and by bike is allowed on roads and clearly marked paths.

When using private areas, follow instructions on signs or provided by the owner.









VISIT OUR WEBPAGE FOR MORE INFORMATION ON EVENTS AND PROJECTS

EXPLORE THE NATIONAL PARK AND BRING HOME UNFORGETTABLE MEMORIES!

A FLYNDERUPGÅRD – 19TH CENTURY COUNTRY HOUSE
Flynderupgård is beautifully located between Egebæksvang forest and the fields. From the early 19th century, Flynderupgård was used as a country house for wealthy people who lived in the towns and cities but liked to spend their summers in the countryside. Today, Flynderupgård is a culture, nature, and activity centre in Helsingør Municipality and serves as a visitors' centre for the national park. Many of the fields around the farm are being converted to natural grasslands, where grazing animals help the wild flowers grow. Many waterholes have been recreated for amphibians.

B HELLEBÆK KOHAVE AND TEGLSTRUP HEGN
Together, the forests Teglstrup Hegn, Hellebæk Skov and Hellebæk Kohave form a natural area of approximately 1,000 hectares, with 500-year-old oak trees, an intact raised bog, a grassland with grazing cows, and lovely forest lakes. There are plenty of opportunities to experience the beauty and diversity of nature. Hellebæk Kohave is managed with aims to develop it into a pasture, which is a nutrient-poor nature on dry soil with many different plants. When the cows graze, nutrients are removed, which gives flowering plants a greater chance of gaining ground for the benefit of butterflies and other insects.

The lakes in Kohaven have a rich bird life, e.g., a cormorant colony. Inside Teglstrup Hegn there are exciting nutrient-poor bogs with names such as Fandens Hul and Skidendam, which, among other animals, house the rare pygmy damselfly and the carnivorous plant sundew. Especially in the spring, Hellebæk is one of Eastern Denmark's best places for birds of prey.

C THE HAMMER MILL
In the 1800s, Hellebæk was an industrial town, and the hammer mill (Hammermøllen) was part of Kronborg gun factory (Kronborg Geværfabrik), a large industrial complex. The factory consisted of eight water mills, all powered by water from Hellebækken. Among other things, the hammer mill was used to manufacture guns for the Battle of Dybbøl in 1864. When Kronborg gun factory closed in 1870, the hammer mill was converted into housing. Today, the hammer mill accommodates the local history archives and a café. From the hammer mill, you can hike or cycle along the marked trail through Hellebæk Kohave and Teglstrup Hegn to Flynderupgård.

D KROGERUP
Krogerup is a beautiful and well-preserved manorial landscape with fields, open plains, and an avenue leading to the church, the inn, and the fishing village of Gl. Humlebæk by the Sound. The fishing village consists of a row of charming and well-preserved fisherman's cottages.

In 1661, the King donated the area to Hans Rostgaard in acknowledgement of his efforts in battles against the Swedes. For five generations, the area was owned by the Rostgaard family, who lived in the Krogerup manor house. Today, Krogerup accommodates a folk high school. The park around Krogerup, with its many old trees, is well worth a visit. At dusk, you can look for bats in the open park landscape.

E DANSTRUP HEGN, KROGENBERG HEGN AND NYRUP HEGN
Together, Danstrup Hegn and Krogenberg Hegn form a continuous, hilly belt of forest in the North Zealand landscape between Esrum Lake and Espergærde. Numerous small lakes and bogs break the forest image and provide space for dragonflies and butterflies. In the future, the forests will be allowed to develop with even more focus on nature.

The forests are a popular destination for residents in the local area. Several beautiful mountain biking routes and bridle paths cut through the forest. But the area also offers opportunities for hikers.

F GURRE LAKE AND THE CASTLE RUIN
Between the towns of Helsingør and Tikøb is Gurre Lake, surrounded by forest on all sides. A marked route follows the lake shore all the way around. The hike takes a couple of hours and offers many lovely views of the lake. On parts of the route, you walk on boardwalks through exciting bog vegetation. Crossing a bridge will take you to Store Ø, an island in the lake. From Store Ø, there is a spectacular view of the entire lake. There are several small islands in the lake. The most southern of these is home to a colony of black-headed gulls that can be heard all across the lake in the spring. The colony can be seen from the bird tower. The old beech forests house Europe's largest woodpecker, the black woodpecker, which is seen in several places in the national park. In the future, these forests will also develop without human intervention.

At the south-west end of the lake lie the ruins of the once so impressive Gurre Castle. Maybe you will sense the presence of King Valdemar IV Atterdag. Legend has it that every night, he haunts the forest of Gurre Vang on his black horse – as a punishment for favouring Gurre to the Kingdom of God.

G HORNBÆK PLANTATION
Hornbæk Plantation is located in a landscape characterised by the glacial period and the effects of harsh weather. Behind the slope, the landscape is formed by moraine clay and sand from the glacial period. At the top of the slope, you can see traces from prehistoric times, for example the sacrificial stone; a round dolmen dating back approx. 5,500 years. 25 burial mounds from the Bronze Age have been found in Hornbæk Plantation, most of which are located at the top of the slope, overlooking Kattegat. They served to display the power and wealth of the area to anyone sailing along the coast before forests were planted.

The plantation was established to stop the drifting sand that devastated the area in the 1600s. To the south, the plantation is enclosed by a large embankment formed by drift sand. Due to the very diverse soil, the plantation has a rich flora, and many insects can be seen in the open areas.

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Foto forside: Kær i Hellebæk Kohave (Tine Uffelmann) / Tryk: Nofoprint / Layout: Lise Glindvad
Indeholder GeoDanmark-data fra Styrelsen for Dataforsyning og Effektivisering og Danske kommuner, oktober 2021

The map provides an overview and is intended solely as an illustration of the area and its facilities. Please remain aware of any possible errors or changes, including misprints in the leaflet.