



EXPLORE AND ENJOY THE BUTTERFLY TRAIL

In the northern part of Hågadalen-Nåsten you'll find a marked butterfly trail with several information boards. This trail is one of the most species rich butterfly habitats in Sweden!

THE LIFE OF A BUTTERFLY

All butterflies need warmth to be able to fly. Most butterflies fly when the sun is shining and the temperature is above 17°C. On very windy days, they may hide in the vegetation.

BUTTERFLY LARVAE OF A CERTAIN SPECIES feed on only one or a few plant species, known as host plants. Full-grown butterflies are also dependent on certain plants, from which they gain their energy to fly by drinking the nectar from certain nectar-rich flowers. They are not as particular as larvae (caterpillars), but they especially enjoy clovers, dandelions, thistles and scabious.

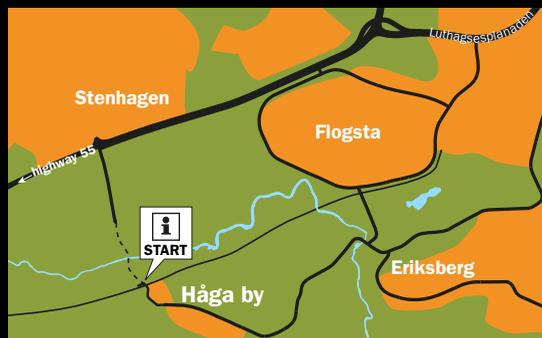
THE BUTTERFLY PATH PASSES THROUGH a varied landscape with many different types of habitat. Species such as the Small Tortoiseshell, the Green-veined White, and the Small Heath butterflies thrive in open agricultural landscapes, while the Wood White and the Poplar Admiral butterflies thrive in the forest. Different species of butterfly have different flight times during the year – to see a wide variety of species, a walk at the beginning of May, the end of June, or the end of July is recommended.

WHICH IS WHICH?

Many species look identical at first glance. It is possible to see all 58 species of butterflies and moths listed in this brochure along the butterfly trail, which is a little more than half the total number of species found in Sweden. Varied flight times and habitats can make it easier to identify species, and sometimes the species name can hint at where it may be found – the Cranberry Fritillary, the Poplar Admiral, or the Geranium Argus, for example. Often, it helps to look at the underside of the butterfly's wings. For many blues and longwings, this is the only way to truly tell species apart.

GETTING HERE

The butterfly trail starts at the parking lot by Hällens Gård at the edge of Håga by, in the westernmost part of Uppsala. Take a local bus from downtown to Håga by, or walk/cycle along the old railway embankment, from Ekeby Bruk for example. The trail itself is approximately 4km long, and runs entirely through the Hågadalen-Nåsten nature reserve. Most parts of the trail are accessible by bike, and trail markers as well as nine information boards are in place along the trail. While you are visiting, kindly show consideration to horse riders and other visitors to the nature reserve.



THE BUTTERFLY TRAIL IN HÅGADALEN-NÅSTEN



Poplar Admiral



Purple-edged Copper



Amanda's Blue

Text och foto: Bo Söderström Produktion: Uppsala kommun 2016. 2:101



INFORMATION BOARDS

Along the trail there are nine information boards. At four of these there is also a free digital guide in the summer. You can access the digital guide by connecting to a local-wifi network. The guide contains information about butterflies at the site.

1. BUTTERFLIES WITH AGORAPHOBIA

Réal's Wood White, Wood White, Large Wall Brown, Northern Wall Brown

2. ELEGANT SWALLOWTAILS

Old World Swallowtail, Moorland Clouded Yellow, Cranberry Fritillary, Poplar Admiral

3. NECTAR RESTAURANTS

Large Skipper, Heath Fritillary

4. HERE ONE YEAR, GONE THE NEXT

Arran Brown, Lesser Marbled Fritillary

5. BLUES' PARADISE

Common Blue, Amanda's Blue, Mazarine Blue, Green-underside Blue, Ringlet, Essex Skipper, Green-veined White, Pearly Heath

6. A COFFEE BREAK IN THE SUN

Grizzled Skipper, Dingy Skipper

7. THE BUTTERFLY PATROL

Orange Tip, Lesser Marbled Fritillary, High Brown Fritillary, Silver-washed Fritillary

8. EXQUISITE GOSSAMER-WINGED BUTTERFLIES

Purple-edged Copper, Scarce Copper, New Forest Burnet, Six-Spot Burnet

9. A LITTLE OF EVERYTHING

Broad-bordered Bee Hawk-moth, Heath Fritillary, Large Wall Brown, Amanda's Blue



Argynnis aglaja / Dark Green Fritillary