

Recreation Guide

Be the best guest



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This is how we take care of our National Park



Photo: Thomas Høyrup Christensen, Frame & Work

10 top tips

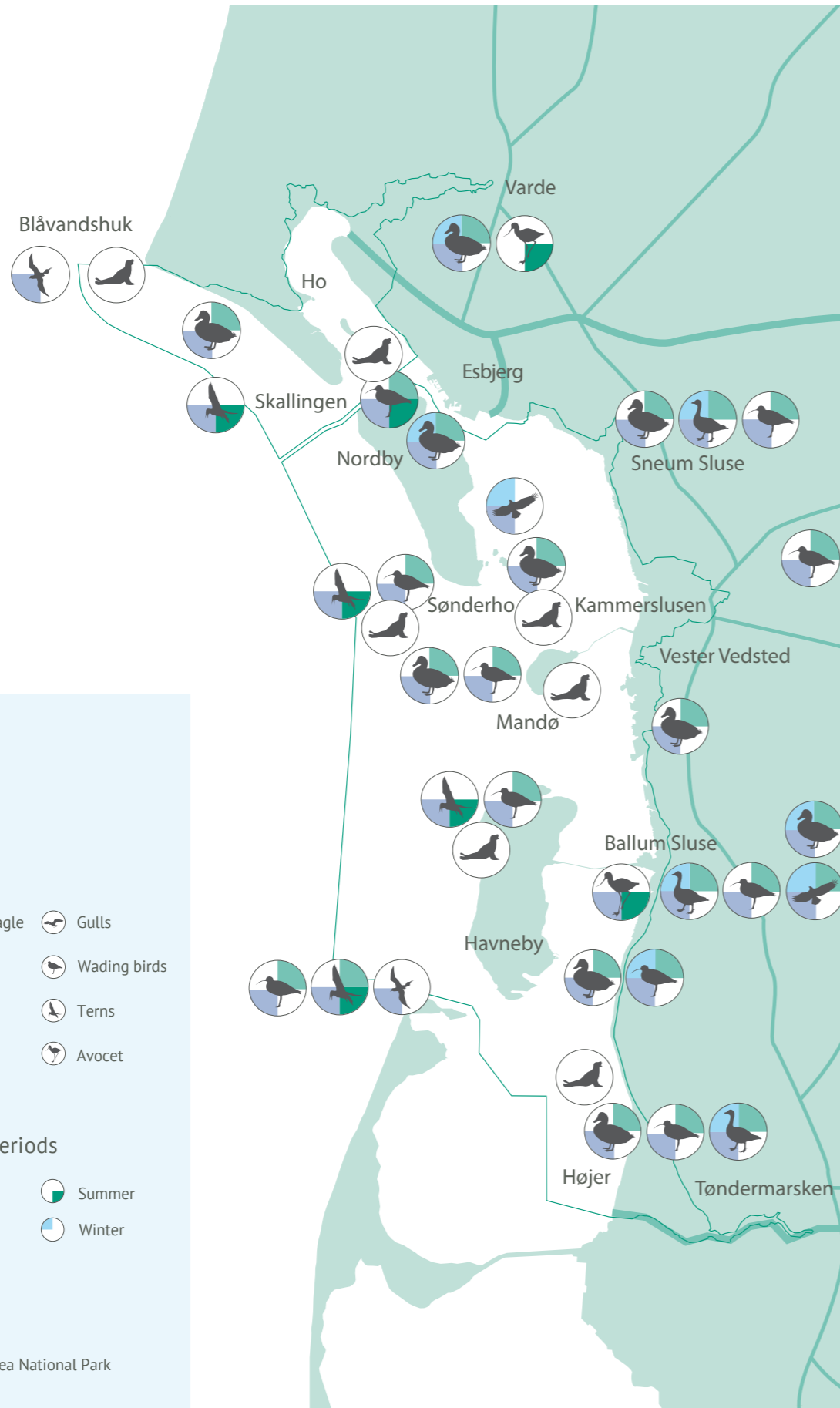
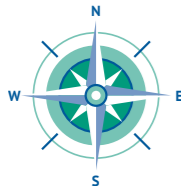
1. We remind each other that we are **guests in nature**, the home of plants and animals.
2. We pick up the rubbish we find, **even if it is not our own**.
3. We **plan our activities** before we head out.
4. We ensure our **dogs are kept on leads**, to avoid disturbing birds and animals unnecessarily.
5. We **respect and help** other guests in nature.
6. We **do our utmost** to avoid disturbing birds and animals, and leave plants where they grow.
7. We avoid, as much as possible, **disturbing wildlife** between dusk and dawn.
8. We enjoy the sounds of nature best, by **turning down our own volume**.
9. We avoid **geotagging our social media posts**, so that others can enjoy the discovery of nature's hidden treasures.
10. We stick to **official roads and marked paths**.



The Wadden Sea National Park is not only a special for us humans, it is also of vital significance for over 10,000 species of birds, plants and animals, as well as the overall biodiversity for the entire planet. It is inspiring, exceptional and irreplaceable all at once, which is why it has been designated a World Heritage Site by UNESCO.

For that reason, we have to work together to protect the Wadden Sea. Whether you are local or visiting the area as a guest, please take great care and pay attention to the birds, plants and animals that call the National Park their home.

We have compiled a list of top tips to help you have a more enjoyable time outdoors, whilst ensuring that we leave the wild the way we found it for the next person to enjoy.



Seals

- Seals

Birds

- White tailed eagle
- Gulls
- Geese
- Wading birds
- Waterfowl
- Terns
- Seabirds
- Avocet

Observation periods

- Spring
- Summer
- Autumn
- Winter

Boundaries

- The Wadden Sea National Park

Top tips for tides



Photo: Red Star

TIDES

The sea is affected by the interplay between the earth and the moon – gravity – which means that it rises and falls twice a day. The differences between high and low tides can be quite significant at the Wadden Sea: up to 180cm. In height – not breadth! During the autumn and winter storms, the difference regularly reaches 5 metres. This is the main reason for the dykes and seawalls you can see around the park.

The tides flood the mudflats, the causeway to Mandø and the western beaches on the islands and Skallingen. Here the flooding caused by winter storms can cause the sea to reach the inner dunes – sometimes several kilometres from the sea.

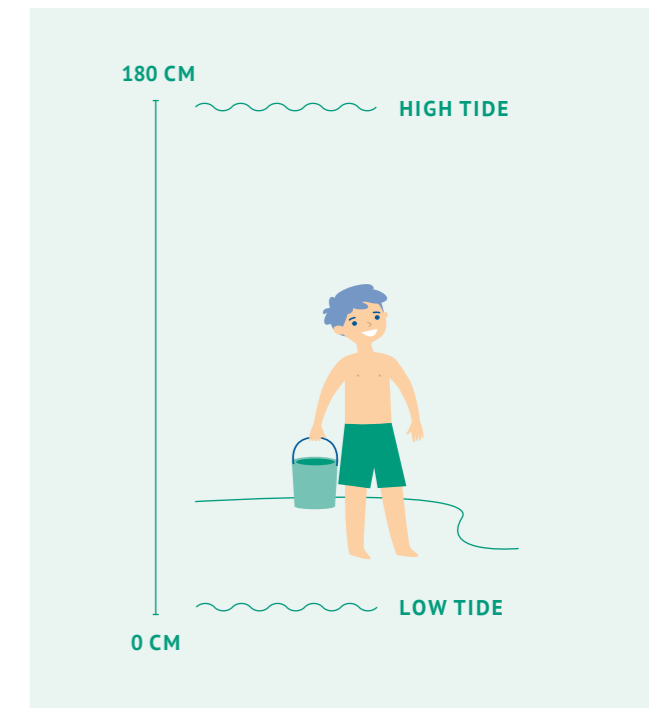
The enormous amounts of water, which arrive during each tide, brings with it new sediment that settles on and eventually builds up the mudflats. This constant movement of millions of cubic metres of water causes the seabed to change – which means that the mudflat you walked on, on your previous visit may be less secure now – if not changed altogether.

SO WHAT SHOULD YOU DO?

Every year the Danish Meteorological Institute publishes tide tables for the following year – you can find them online or on DMI.dk. The tables show both the time of each low and high tide, as well as the height of the water level. This way you can check what time of day the tide is lowest. Next you need to look at the tidal prediction also on DMI.dk (tidevands prognose) – this shows the ac-

tual real time predicted height of the water, as this can be affected by winds (something else we have a lot of here). The days following strong westerly/northwesterly winds have particularly high tides.

The best way to have a safe mudflat trip is to join a local guide as they know the local area, and are up to date with the current weather/tides. You can find most of these guides on the National Parks website: www.nationalparkvadehavet.dk



Wildlife of the National Park



Photo: Lars Geil

GROUND NESTING BIRDS

Like all young families, these birds require plenty of peace and quiet. When you disturb ground nesting birds you can easily scare off the adults, leaving the eggs or chicks undefended and markedly reduce their chance of survival from cold, malnourishment or predators.

Breeding areas: The most important areas are the large beaches, dunes and saltmarshes, but you can find breeding birds everywhere. Nests are often very hard to spot, so mind where you place your feet – and where your dog runs.

Breeding season: from March until the end of June

MIGRATORY BIRDS

When millions of migratory birds visit the Wadden Sea every spring and autumn it is to gain as much weight as possible for their migration north or south. For most birds, it is necessary to, at a minimum, double their weight in the few weeks they are here. Every disturbance means more vital energy is expended and less fat gained, which negatively affects their chances of survival.

Migration periods: March to May, and August until October.

OVERWINTERING AND MOULTING

Birds change their plumage every year, some as the feathers are worn out and others all at once. When moulting all their feathers at once, birds are incapable of flight which makes them dangerously vulnerable to disturbances and predators. It is easy to

spot moulting season: you will find huge amounts of feathers on the beaches or in the saltmarshes. In the coldest months, and especially during frozen winters it can be especially challenging for birds to find food.

Overwintering: occurs from November until March

SEALS

Seals often look cute and relaxed. When they are resting, it is because they have had a long day at work fishing. They rest on beaches and sandbanks, and like birds, expend important energy every time they are disturbed during their rest. It is therefore best to keep a good distance to resting seals. Should they start to lift their heads or paws, or haul into the sea you are too close and should slowly start to move away.

BREEDING SEALS

Seal pups are adorable and their “screams” can be heart-breaking. However, the greatest threat to a seal pup when it screams is most often us. Without intending to, your mere presence near the pup can scare away the mother seal. This can lead to the pup only receiving one of its two daily meals, or that you encourage the mother seal to completely abandon the pup. Keep a good distance to seal pups – at least 100 metres – this helps ensure its survival.

Harbour seal: (smaller of the two, with rounder heads) breed from June until August

Grey Seal: (the largest seal with a head that resembles a dog) breed from November until January. Grey seals rarely breed in the Danish Wadden Sea.

GOOD TO KNOW

Disturbance behaviour

Animals are good at telling us when they have been disturbed and are stressed – but these signs can be hard to read if you are not used to them. Stay aware of their behaviour and respect when they ask you to leave them alone.



1. Attacking terns

Birds like terns will attack you when you are too close to their nests or young.



2. 'Injured' plovers

Other birds, like plovers, can play act at being injured, hoping to lead you away from its nest and young. Follow them.



3. 'Invisible' nests

Be extra careful of nests on the ground – they can be nearly invisible.



4. Noisy birds

If the birds around you are especially noisy you are too close – move slowly away.



5. Hauling seals

If seals lift their heads in unison or haul into the sea when you approach you are too close. Move away slowly.



6. Aggressive seals

Seals can be very aggressive – if you see signs of aggression move away immediately. If you get too close they can and will bite.

GOOD TO KNOW

Sea mammals in Denmark

In Denmark we do not take in injured or sick sea mammals with a view to releasing them back into the wild. This is because **the seal population in Denmark is very healthy and steady.**

Animals which have been rescued and released back into the wild, can **infect other healthy seals with diseases** they may have picked up in sanctuaries. Additionally, during their time in captivity seals can get **dangerously used to human interaction.** Finally, when seal pups are rescued and reared by humans it negates the effects of natural selection, leaving the population **less robust and healthy.**

If you find a sick or injured seal or sea bird or beached whale **please contact one of the following:**

Fisheries and Maritime Museum:
76 12 20 00

The Nature Agency – Wadden sea:
72 54 33 31

The Nature Agency – Blåvandshuk:
72 54 35 11

Habitats in the National Park



Photo: Ditte Dyrbo Hviid

CULTURAL LANDSCAPES

Most of the Wadden Sea is flat, open and low. It is therefore easy to spot small hillocks and other manmade earthworks in the marshlands and meadows. These were constructed in the time before the great seawalls to protect homes from flooding. Like most of the dykes in the area it is not permitted to walk on them, unless otherwise signposted.



Photo: Anna Overholt

SALTMARSHES

The saltmarshes of the Wadden Sea is home to a great number of species. Skallingen in the northern end of the park is not only the most biodiverse in the Danish Wadden Sea, but the entire Wadden Sea. The plants here are nutrient rich and very high in protein, and therefore vitally important for the survival of the millions of birds that live or visit here. The saltmarshes are also important resting areas for birds during high tides.



Photo: Carsten Pedersen

DUNES

There are different types of dunes: white, or flying, dunes, which have very few plants, and green dunes, which are home to some rare plants and an abundance of life. The grey dunes, which you will find furthest to the east, are the oldest dunes and the poorest in nutrients. Dunes are important habitats for insects and natterjack toads.



Photo: John Frikke

RIVERS

Most of southern Jutland and northern Schleswig Holstein drains into the many rivers that flow into the Wadden Sea. For this reason, and the fact that the rivers are important habitats for rare or endangered plants, fishes and birds, the water quality of the rivers is immensely important.



Photo: Ditte Dyrbo Hviid

LAKES

While there are very few natural lakes in the National Park, there are a number of manmade ones. Most of the manmade lakes have been established in connection with the excavation of clay for the building of dykes. All of them are important resting grounds for birds and are home to rare and endangered fishes.



Photo: Ditte Dyrbo Hviid

PLANTATIONS

There are no natural forests in the National Park, but there are a number of pine and fir plantations established around 1900. They are home to roebuck, red deer and a number of rare birds.



Photo: John Frikke

SANDBANKS

These dunes in the middle of the ocean, exposed during low tide, are the deserts of the Wadden Sea. Life is tough here, but they are some of the most important resting grounds for seals, wading birds and gulls.



Photo: John Frikke

CLAY PITS

Clay pits are created during the excavation of clay for the strengthening of the seawalls. They are important resting and foraging areas for birds. The water in the clay pits is highly saline, which reflects the fish species you find here.



Photo: Ditte Dyrbo Hviid

DUNE HEATHS

These heaths are naturally occurring and are found mostly on the largest islands, Skallingen and Marbæk. The hilly landscape means there is a great variation of habitats and are therefore home to both rare birds and mosses.



Photo: John Frikke

BEACHES

The beaches are poor in nutrients and therefore have few permanent residents. They are, however, important breeding grounds for gulls and wading birds. The whole year they are vital resting and foraging areas for birds, but especially so during the frozen winters.



Photo: Lars Maitia Rasmussen

MUDFLATS AND TIDAL CREEKS

The mudflats are the areas between the islands and the mainland, exposed twice a day by the tides. This exposure means there are at times large differences in temperatures, resulting in the survival of only the hardiest of species.

Walking our dogs



Photo: Thomas Højrup Christensen, Frame & Work

The fantastic landscapes of the National Park offers many opportunities for lovely walks and hikes. Both for us humans, as well as our four legged friends.

In order for us to best protect the habitats and inhabitants of the park when we enjoy it with our dogs we have created a list of top tips that are easy to follow:

- Man's best friend should in principle always be on a lead. Both in nature, as well as in towns. There are many wonderful dog parks, which we use when we want to let them off the lead.
- We are aware that leads in principle ought to be no longer than 1.5 metres. The colour, however, is up to you.
- In the winter months, we know that dogs are allowed off their leads on the large western beaches. In the summer, they can stay in the water, up to the daily level of low tide, for as long as they wish.
- We keep dogs off Blue Flag beaches (200 metres from the flags). We are obviously allowed to pass through – though as far from the water's edge as possible.
- We always take the plastic bag with us when we have picked up after our dog.
- In fact, we take away any and all rubbish we find, even if it is not our own.
- We don't let our dogs chase birds into flight. This causes them great distress and uses unnecessary essential energy.

- We respect that not everyone loves four paws and a cold snout – even though our dog wants to be best friends with everyone.
- We ask permission from landowners if our dogs are to run free on private land.
- We follow the Danish law regarding dogs – even in the dog parks. If our dog not come when called, it must be kept on a lead.

WHO MIGHT YOU MEET?

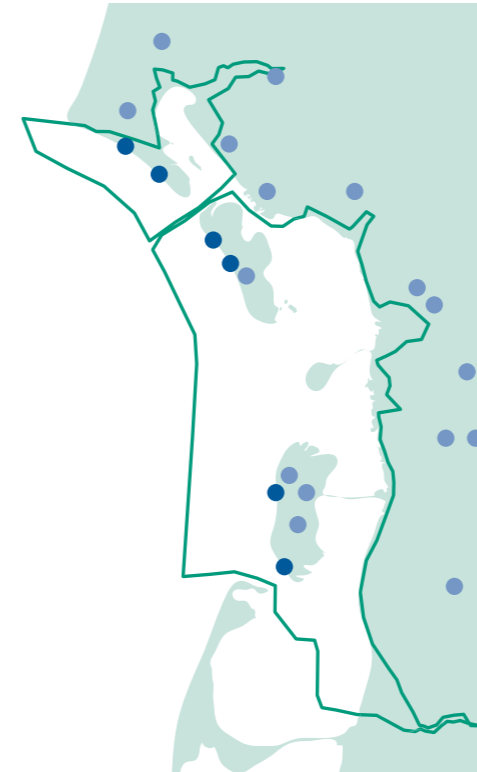
On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

In the dunes: rare Spanish catchfly and broad-leaved helleborine, as well as mosses and lichens, heather, crowberry, jasiones. Oystercatchers, sanderlings, terns and loads of insects, adders, natterjack toads and sand lizards. On Fanø there are also wild rabbits.

On the dune heaths: beach grasses, many species of lichen, ling, bog heather, crowberry, bog bilberry and marsh gentian and its Phengaris alcon, as well as sundew. Rare birds such as the short-eared owl, Montagu's harrier, as well as whinchats and Eurasian bitterns. Roebuck and red deer in the northern parts of the park including Fanø.

In the plantations: mountain and Scots pine, birch and oak trees, as well as the marsh orchid. European nightjar, red-backed shrike and ravens, in addition to roebuck and badgers. In the northern end of the park, including Fanø there are red deer.

In the saltmarshes: ungrazed: sea purslane, sea asters, sea lavender. Common reeds as well as saltmarsh bulrushes. Grazed: common saltmarsh



Blue Flag beach Dogparks

Ways to access the park

On hundeskove.dk you will find a handy map of all the dog parks in Denmark, along with a description of the facilities. The Danish Outdoor Agency (Friluftsrådet) is responsible for the Blue Flag beach designations, which you can read about on friluftsradet.dk/blaa-flag-strande.

The Nature Agency (Naturstyrelsen) has put together the most fantastic website with an overview of recreational facilities and trails on all state owned land. You can find a map here: udinaturen.dk. Don't forget: not all parts of the National Park are state owned! Friluftsrådet have, however, created a superb oversight of the rights of way on all privately owned lands here: oplevelmere.dk

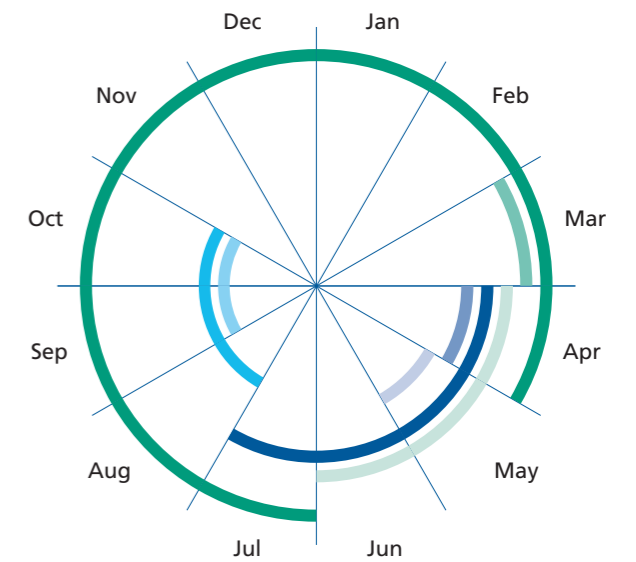
APPS
Hundeskove
DMI/YR

grass, seepweeds and sea plantain, while in the dry areas there are yarrows, sea thrift, and white clover. Over 1500 species of invertebrates (such as spiders), avocets, oystercatchers, redshanks, brant geese and Eurasian widgeons.

Varde River delta: the rare hen harrier, corn rake and bluethroats. Migratory birds and waterfowl, northern lapwings, Eurasian bittern, bartailed godwits and western yellow wagtails. In the river: endangered plant and fish species such as snæbel, salmon and various lampreys. Sometimes otters.

In the lakes: in the Tønder Marsh: black terns. In Ruddøl lake: many species of fish. Lakolk lake: waterfowl such as red-necked grebes and bearded reedlings, and waders such as knots, redshanks and common greenshank.

In the cultural landscapes: on the dykes, there are sheep and geese. In the marshes northern lapwings, bartailed godwits, geese and blue-throats. In the ditches rare plants such as the flowering rush.



Resting birds Start of the migration from the south Breeding bird colonies
Breeding birds on the beaches Continuation of migration from the south
Roedeer mating season Bird migration Red deer rutting season

On two wheels



▲ Photo: Thomas Heyrup Christensen, Frame & Work

One of the best ways to get around, while also getting close to both the sea and the marsh, is on two wheels. The Wadden Sea is nearly devoid of hills, and therefore accessible to all levels of proficiency. We do, however, have a fair amount of wind.

Below you will find a list of tips we have put together to help everyone protect the natural environment while we enjoy our rides.

- We follow the highway code – even in the woods.
- When cycling in plantations and woods we give other users plenty of space by sticking to the cycle paths and avoiding hiking and bridle paths and avoiding the forest floor when mountain biking.
- We become acquainted with the breeding seasons for birds and mammals, as well as the time of day they are most active. For example, we avoid cycling in wooded areas during dusk as it can cause disturbance to those who live here.
- When we cycle along fields and in privately owned woods, we stick to the trails.
- We avoid cycling on historic earthworks, burial mounds, dykes and in the dunes on the beaches, just as we make a detour around fields, bogs and saltmarshes.
- We ride together when we mountain bike, and always use a helmet and carry a phone and identity papers.
- When it is very wet we stick to the roads in the woods.
- We show consideration for other users by slowing our speed and using the bell in good time.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.

Ways to access the park

The National Park recently produced a map with cycling routes through the transnational NAKUWA project, which shows all the routes in the Danish and North Schleswig parts of the Wadden Sea. The printed maps are free and available through our partners or directly from the National Park Secretariat by writing to vadehavet@danmarksnationalparker.dk

The Danish Highways Agency has a detailed map of all official cycle paths in Denmark on their website here: trafikkort.vejdirektoratet.dk/index.html?usertype=3

The Nature Agency (Naturstyrelsen) has put together the most fantastic website with an overview of recreational facilities and trails on all state owned land. You can find a map here: udinaturen.dk. Don't forget: not all parts of the National Park are state owned! Friluftsrådet have, however, created a superb oversight of the rights of way on all privately owned lands here: www.oplevelmere.dk. The guidelines concerning bicycles can be found here: www.oplevelmere.nu/hvor-ma-jeg-pa-cykel

MOUNTAIN BIKING

On the Nature Agency's website there is more detailed information about the use of mountain bikes in Denmark, including the Mountain Bike Code: naturstyrelsen.dk/naturoplevelser/aktiviteter/mountainbike/ while rideon.dk has an up to date overview of all mountain biking trails in Denmark.

- APPS**
- Alltrails
 - Endomondo
 - Singletracker
 - DMI/YR
 - St Johns Ambulance first aid for cyclists (appen er kun på engelsk)

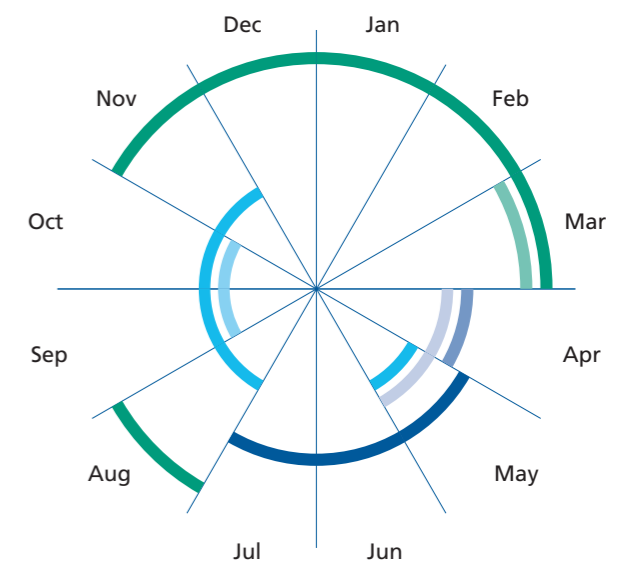
WHO MIGHT YOU MEET?

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

In the plantations: mountain and Scots pine, birch and oak trees, as well as the marsh orchid. European nightjar, red-backed shrike and ravens, in addition to roebuck and badgers. In the northern end of the park, including Fanø there are red deer.

Varde River delta: the rare hen harrier, corn rake and bluethroats. Migratory birds and waterfowl, northern lapwings, Eurasian bittern, bartailed godwits and western yellow wagtails. In the river: endangered plant and fish species such as snæbel, salmon and various lampreys. Sometimes otters.

In the cultural landscapes: on the dykes, there are sheep and geese. In the marshes northern lapwings, bartailed godwits, geese and bluethroats. In the ditches rare plants such as the flowering rush.



- Resting birds
- Breeding birds on the beaches
- Roedeer mating season
- Start of the migration from the south
- Continuation of migration from the south
- Bird migration
- Red deer rutting season



Photo: Torsten Köhler

Seeing the Park on *horseback*

In the Wadden Sea, you have a great number of opportunities for experiencing the park on horseback. We have many kilometres of bridle paths and the widest beaches in northern Europe.

In order to help you have the most amazing experience of the park, while still helping us protect it, we have made a list of helpful tips for you to follow:

- We adjust our riding style to the surface on which we find ourselves. A lot of rain can cause roads, gravel and bridle paths to become soft and easily damaged.
- We avoid riding on the same part of the road as cyclists, and stick the verges.
- We show consideration for other users, so that everyone can have the best experience possible.
- We are especially aware of enclosures with farm animals, and walk past them if we are unsure of their reaction.
- We avoid riding on historic earthworks, burial mounds, dykes and in the dunes on the beaches.
- We park our horse trailers where they pose the least inconvenience to other recreational users.

- We only ride on beaches and protected dunes where it is permitted and we have legal access. We stay at least 100 metres from the water's edge.
- We avoid riding on the parts of the beaches that have been designated for the use of other activities such as blow carts, as they can scare the horses and disturb those who are engaging in other activities.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.

WHO MIGHT YOU MEET?

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

In the plantations: mountain and Scots pine, birch and oak trees, as well as the marsh orchid.



Photo: Bente Bjerrum

Ways to access the park

There are a lot of wonderful places to ride horses in the National Park, either on the beaches or one of the many marked trails. Trails can be found on ride-spor.dk or udinaturen.dk, where you will also find a lot of other great information about all the other things you can enjoy on state owned property.

And Friluftsrådet have created a superb oversight of the rights of way on all privately owned lands here: oplevelvmer.dk.

APPS
DMI/YR
Alltrails

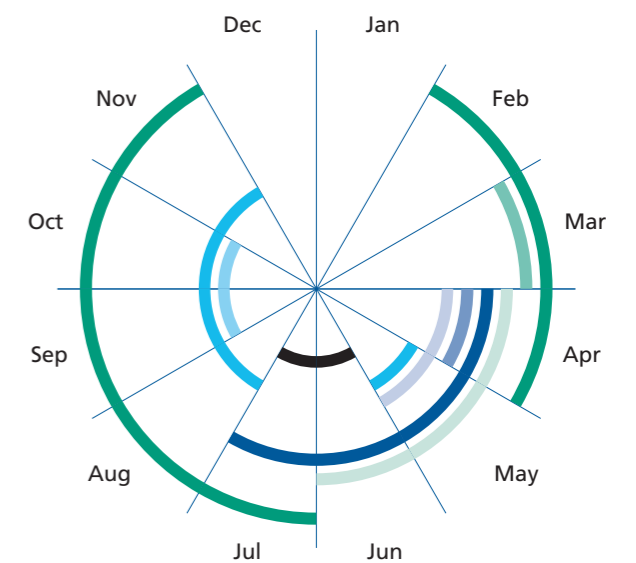
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In the lakes: in the Tønder Marsh: black terns. In Ruddøl lake: many species of fish. Lakolk lake: waterfowl such as red-necked grebes and bearded reedlings, and waders such as knots, redshanks and common greenshank.

In clay pits: geese, ducks and wading birds, and salt-water fish species such as eels, gobies and sticklebacks.

In the cultural landscapes: on the dykes, there are sheep and geese. In the marshes northern lapwings, bartailed godwits, geese and blue-throats. In the ditches rare plants such as the flowering rush.



- Resting birds
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- Harbour seal breeding
- Start of the migration from the south
- Continuation of migration from the south
- Bird migration
- Red deer rutting season
- Breeding bird colonies

Hiking in the National Park



▲ Photo: Thomas Høyrup Christensen, Frame & Work

When you are hiking, you can really get up close and personal with our unique and wild nature. Happily, we have a great variety of hiking trails offering quiet, reflection and huge amounts of sky.

We have put together a list of tips to help you have the most fantastic hike, while helping us protect our incredible nature.

- We stick to using the many wonderful and sign posted hiking trails. This ensures we have the best chances of observing wildlife and locals, all while not getting lost!
- We respect that some areas may be closed to access during breeding season.
- We avoid walking on dykes, unless there are sign posted trails.
- We can forage for mushrooms and edible plants, but leave wild flowers and protected plants for others to enjoy as well.
- We avoid lighting open fires in areas with vegetation or places where fires have been banned – and enjoy our bonfire coffee at one of the many designated rest posts.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore

always ensure we have checked the weather conditions before setting out.

WHO MIGHT YOU MEET?

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

In the dunes: rare Spanish catchfly and broad-leaved helleborine, as well as mosses and lichens, heather, crowberry, jasiones. Oystercatchers, sandlings, terns and loads of insects, adders, natterjack toads and sand lizards. On Fanø there are also wild rabbits.

On the dune heaths: beach grasses, many species of lichen, ling, bog heather, crowberry, bog bilberry and marsh gentian and its Phengaris alcon, as well as sundew. Rare birds such as the short-eared owl, Montagu’s harrier, as well as whinchats and Eurasian bitterns. Roebeek and red deer in the northern parts of the park including Fanø.

In the plantations: mountain and Scots pine, birch and oak trees, as well as the marsh orchid. European nightjar, red-backed shrike and ravens, in addition to roebeek and badgers. In the northern end of the park, including Fanø there are red deer.

In the saltmarshes: ungrazed: sea purslane, sea asters, sea lavender. Common reeds as well as saltmarsh bulrushes. Grazed: common saltmarsh grass, seepweeds and sea plantain, while in the dry areas there are yarrows, sea thrift, and white clover. Over 1500 species of invertebrates (such as spiders), avocets, oystercatchers, redshanks, brant geese and Eurasian widgeons.

Varde River delta: the rare hen harrier, corn rake and bluethroats. Migratory birds and waterfowl, northern lapwings, Eurasian bittern, bartailed



▲ Photo: Thomas Høyrup Christensen, Frame & Work

godwits and western yellow wagtails. In the river: endangered plant and fish species such as snæbel, salmon and various lampreys. Sometimes otters.

In the lakes in the Tønder Marsh: black terns. In Rudbøl lake: many species of fish. Lakolk lake: waterfowl such as red-necked grebes and bearded reedlings, and waders such as knots, redshanks and common greenshank.

In the cultural landscapes: on the dykes, there are sheep and geese. In the marshes northern lapwings, bartailed godwits, geese and blue-throats. In the ditches rare plants such as the flowering rush.

Mudflats and tidal creeks: at low tide: nereididae (worms), shellfish and snails. Wading birds, ducks, gulls and geese. Endangered plants like the common eelgrass.

High tide: fish larvae of flatfish, mullets, herring and brown shrimp. Salmon, trout, lampreys and of course seals.

In clay pits: geese, ducks and wading birds, and salt-water fish species such as eels, gobies and sticklebacks.

Ways to access the park

The National Park recently produced a map with hiking trails through the transnational NAKUWA project, which shows all the trails in the Danish and North Schleswig parts of the Wadden Sea. The trails and accompanying information are available on the [Wadden Sea Explorer](#) app.

On the Nature Agency’s website you can find an overview of all the hiking trails on state property: [naturstyrelsen.dk/naturoplevelser/aktiviteter/vandreruter](#).

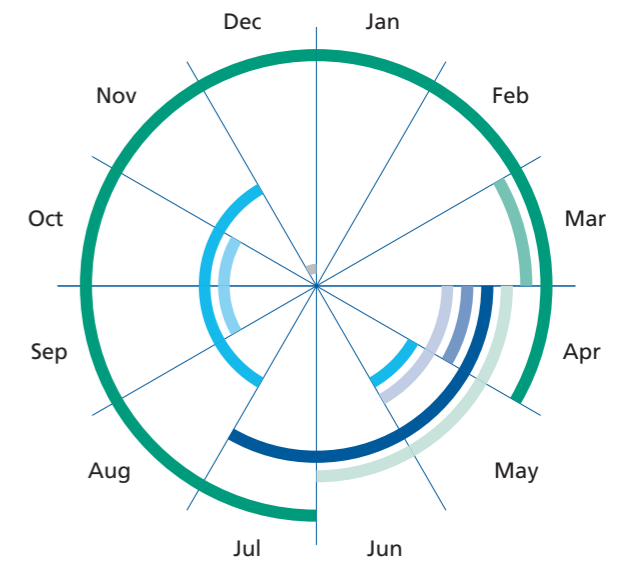
The 54 km hiking trail in the Tønder Marsh opened in 2019, to great acclaim – you can find the guide here: [toendermarsken.dk/marskstien/kort](#).

The best hiking trip is carefully planned and you can do that with the help of [udinaturen.dk](#), [IFORM](#) or Dansk Vandrelag (the Danish Hiking Association) [dvl.dk/vandring/danmark](#).

The Nature Agency (Naturstyrelsen) has put together the most fantastic website with an overview of recreational facilities and trails on all state owned land. You can find a map here: [udinaturen.dk](#). Don’t forget: not all parts of the National Park are state owned! Friluftsrådet have, however, created a superb oversight of the rights of way on all privately owned lands here: [oplevelmere.dk](#).

APPS

- Wadden Sea Explorer
- Viewranger
- Alltrails
- Endomondo
- DMI/YR



- Resting birds
- Start of the migration from the south
- Breeding bird colonies
- Breeding birds on the beaches
- Continuation of migration from the south
- Roedeer mating season
- Bird migration
- Red deer rutting season
- Over-wintering birds

When we hunt



Photo: Peter Lassen

Hunting is an important part of nature conservation in Denmark, where hunters can help ensure the survival of breeding birds through the regulation of predators such as rooks and racoon dogs, which invade new areas thereby threatening the endemic species.

Below are a few tips on how we engage in hunting in a sustainable way.

- We always follow regulations set out in national law, as well as the ethical guidelines set out by the Environment Agency (see below). And we always avoid hunting when it is an obvious inconvenience for other recreational users.
- We avoid hunting during periods or in areas where animals are under stress such as during frozen winters, during moulting season or in fenced in areas.
- We show consideration for everything we meet in nature; this part of Denmark is, after all, one of the most special.
- We respect and understand that we are not the only people who enjoy spending time in nature. We are polite and helpful and offer information about our hunting activities to avoid conflicts and misunderstandings.
- We use signposts to inform other users when we hunt in plantations and other recreational areas.
- On beach and sea hunts we ensure a safe distance between us and other users and hunters. We use safety equipment and follow the guidelines set forth by the Recreational Craft Safety Board (Søsportens Sikkerhedsråd).
- We use clothing with high visibility.
- We pick up any rubbish we find, even if it is not our own.

- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.

Read more detailed information about hunting seasons on mst.dk/friluftsliv/jagt/om-at-gaa-paa-jagt/jagtetiske-regler.

WHO MIGHT YOU MEET?

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

In the dunes: rare Spanish catchfly and broad-leaved helleborine, as well as mosses and lichens, heather, crowberry, jasiones. Oystercatchers, sanderlings, terns and loads of insects, adders, natterjack toads and sand lizards. On Fanø there are also wild rabbits.

On the dune heaths: beach grasses, many species of lichen, ling, bog heather, crowberry, bog bilberry and marsh gentian and its Phengaris alcon, as well as sundew. Rare birds such as the short-eared owl, Montagu's harrier, as well as whinchats and Eurasian bitterns. Roebuck and red deer in the northern parts of the park including Fanø.

In the plantations: mountain and Scots pine, birch and oak trees, as well as the marsh orchid. European nightjar, red-backed shrike and ravens, in addition to roebuck and badgers. In the northern end of the park, including Fanø there are red deer.

In the saltmarshes: ungrazed: sea purslane, sea asters, sea lavender. Common reeds as well as saltmarsh bulrushes. Grazed: common saltmarsh grass, seepweeds and sea plantain, while in the dry areas there are yarrows, sea thrift, and white clover. Over 1500 species of invertebrates (such as spiders), avocets, oystercatchers, redshanks, brant geese and Eurasian widgeons.

GOOD TO KNOW

Hunting season

Roebuck 16. may – 15. july

Roedeer 01. october – 31. january

Red deer stag (Fanø) second Saturday and Sunday in December

Red deer stag (Varde) 01.09-15.09 og 16.10-15.12

Red deer 1.10 - 31.01

Red deer calves 01.09-29.02

Geese and ducks From 01. 09 until 31.01

Wading birds 01.09-31.01

It is legal to regulate invasive species all year.

Read more detailed information about hunting seasons on www.jaegerforbundet.dk/jagt/regler-og-sikkerhed/jagttider

Ways to access the park

Hunting is permitted in certain parts of the Wadden Sea and an overview of the regulations for the local area can be found in chapter 3 of the The Statutory Order for the Danish Nature and Wildlife Reserve: retsinformation.dk/eli/lta/2007/867.

The Danish Hunters' Association (Danmarks Jægerforbund) is represented as a permanent member of the National Park's board of trustees. You can read more about the board of trustees here: nationalparkvadehavet.dk/om-nationalpark-vadehavet/organisation. The National Park works together with the Hunters' Association and local hunters to regulate predators in order to help the survival of endangered bird species in the park. This project is carried out in collaboration with the Danish Ornithological Society, the Danish Society for Nature Conservation, the four local councils and the Nature Agency.

The Hunters' Association and the Danish Anglers' association have worked together to create education materials about hunting and fishing for school-aged children, which you can find here: blivnaturligvis.dk.

APPS

Wehunt

Jagt og Jæger

DMI/YR

TIDES

Varde River delta: the rare hen harrier, corn rake and bluethroats. Migratory birds and waterfowl, northern lapwings, Eurasian bittern, bartailed godwits and western yellow wagtails. In the river: endangered plant and fish species such as snæbel, salmon and various lampreys. Sometimes otters.

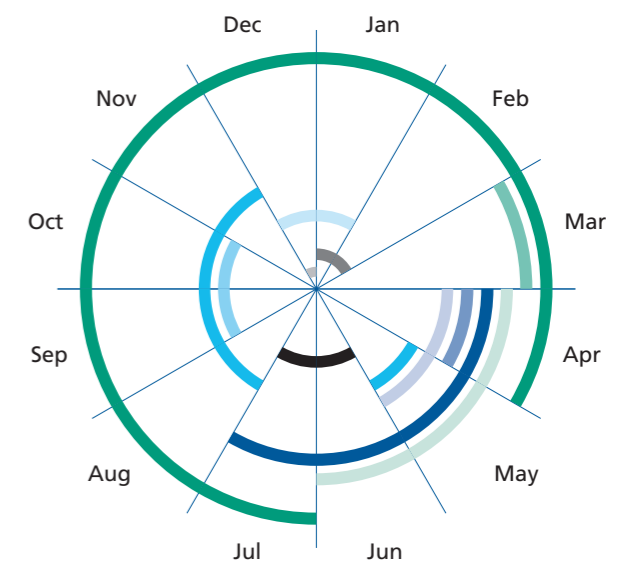
In the lakes: in the Tønder Marsh: black terns. In Ruddøl lake: many species of fish. Lakolk lake: waterfowl such as red-necked grebes and bearded reedlings, and waders such as knots, redshanks and common greenshank.

In the cultural landscapes: on the dykes, there are sheep and geese. In the marshes northern lapwings, bartailed godwits, geese and bluethroats. In the ditches rare plants such as the flowering rush.

Mudflats and tidal creeks: at low tide: nereididae (worms), shellfish and snails. Wading birds, ducks, gulls and geese. Endangered plants like the common eelgrass.

High tide: fish larvae of flatfish, mullets, herring and brown shrimp. Salmon, trout, lampreys and of course seals.

In clay pits: geese, ducks and wading birds, and salt-water fish species such as eels, gobies and sticklebacks.



- Resting birds
- Breeding birds on the beaches
- Roedeer mating season
- Breeding - Spotted seals
- Start of the migration from the south
- Continuation of migration from the south
- Bird migration
- Over-wintering white tailed eagles
- Breeding bird colonies
- Red deer rutting season
- Over-wintering birds

When we go birdwatching



▲ Photo: Thomas Høyrup Christensen, Frame & Work

The Wadden Sea is home, respite and larder for millions of birds and one of the best places to observe birds in Denmark.

We have put together a list of tips for enjoying birdwatching in the Wadden Sea responsibly.

- We stay on the paths, trails and roads, to avoid disturbing the natural environment.
- We move slowly and with patience, and avoid making a lot of noise.
- We respect that some areas are temporarily closed for access during breeding season.
- We pay special attention to signs of distress, restlessness and alarm calls, moving away slowly if we observe them.
- We use the existing birdwatching facilities.
- We avoid the use of acoustics to lure birds – and especially during mating season.
- We avoid the use of flash when we photograph or film birds, and use only hides or tents with the agreement of the landowner.
- We only use drones with the permission of the Danish Transport, Building and Housing Authority.
- When we birdwatch in groups, we take extra care not to disturb our surroundings and stay together.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.

WHO MIGHT YOU MEET?

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

In the dunes: rare Spanish catchfly and broad-leaved helleborine, as well as mosses and lichens, heather, crowberry, jasioness. Oystercatchers, sand-lings, terns and loads of insects, adders, natterjack toads and sand lizards. On Fanø there are also wild rabbits.

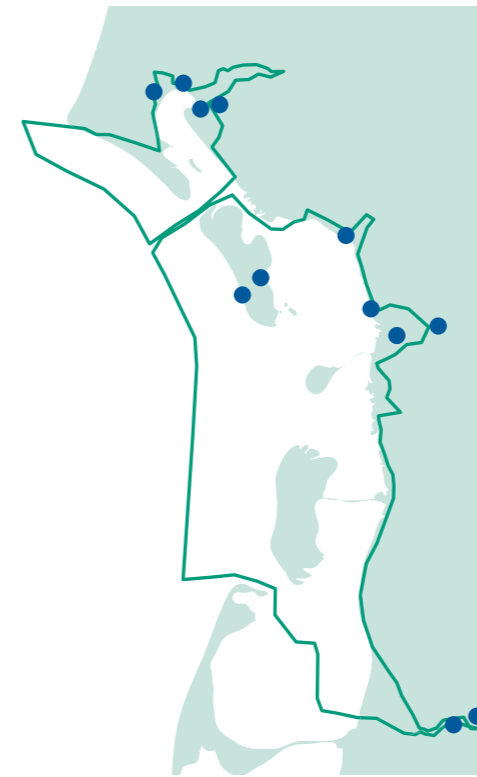
On the dune heaths: beach grasses, many species of lichen, ling, bog heather, crowberry, bog bilberry and marsh gentian and its Phengaris alcon, as well as sundew. Rare birds such as the short-eared owl, Montagu's harrier, as well as whinchats and Eurasian bitterns. Roebeek and red deer in the northern parts of the park including Fanø.

In the plantations: mountain and Scots pine, birch and oak trees, as well as the marsh orchid. European nightjar, red-backed shrike and ravens, in addition to roebeek and badgers. In the northern end of the park, including Fanø, there are red deer.

In the saltmarshes: ungrazed: sea purslane, sea asters, sea lavender. Common reeds as well as salt-marsh bulrushes. Grazed: common saltmarsh grass, seepweeds and sea plantain, while in the dry areas there are yarrows, sea thrift, and white clover. Over 1500 species of invertebrates (such as spiders), avocets, oystercatchers, redshanks, brant geese and Eurasian widgeons.

Varde River delta: the rare hen harrier, corn rake and bluethroats. Migratory birds and waterfowl, northern lapwings, Eurasian bittern, bartailed godwits and western yellow wagtails. In the river: endangered plant and fish species such as snæbel, salmon and various lampreys. Sometimes otters.

In the lakes: in the Tønder Marsh: black terns. In Rudbøl lake: many species of fish. Lakolk lake: waterfowl such as red-necked grebes and bearded



● Birdhouses

Ways to access the park

There are a number of hides and prime observation spots that give you the best opportunity for experiencing the fantastic bird life of the Wadden Sea. It is of course also possible to enjoy birdwatching on beaches, from laybys and parking areas, but remember to show consideration to locals and other drivers when you park.

The Nature Agency (Naturstyrelsen) has put together the most fantastic website with an overview of recreational facilities and trails on all state owned land. You can find a map here: udinaturen.dk. Don't forget: not all parts of the National Park are state owned! Friluftsrådet have, however, created a superb oversight of the rights of way on all privately owned lands here: oplevmere.dk.

- APPS**
- DOF Fuglebog
 - Collins Bird Guide

reedlings, and waders such as knots, redshanks and common greenshank.

In the cultural landscapes: on the dykes, there are sheep and geese. In the marshes northern lapwings, bartailed godwits, geese and blue-throats. In the ditches rare plants such as the flowering rush.

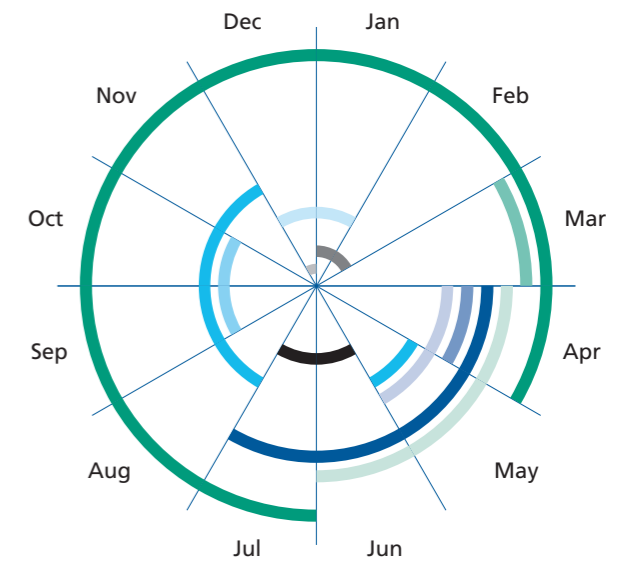
Mudflats and tidal creeks: at low tide: nerididae (worms), shellfish and snails. Wading birds, ducks, gulls and geese. Endangered plants like the common eelgrass.

High tide: fish larvae of flatfish, mullets, herring and brown shrimp. Salmon, trout, lampreys and of course seals.

The sandbanks are important for seals, gulls and wading birds.

In clay pits: geese, ducks and wading birds, and salt-water fish species such as eels, gobies and sticklebacks.

In the sea: seals, harbour porpoises and sometimes bottle-nosed dolphins. Waterfowl and ducks such as eiders and common scooters.



- Resting birds
- Start of the migration from the south
- Breeding bird colonies
- Breeding birds on the beaches
- Continuation of migration from the south
- Roedeer mating season
- Bird migration
- Red deer rutting season
- Breeding – Grey seals
- Breeding – Spotted seals
- Over-wintering white tailed eagles
- Over-wintering birds

When we go wild camping

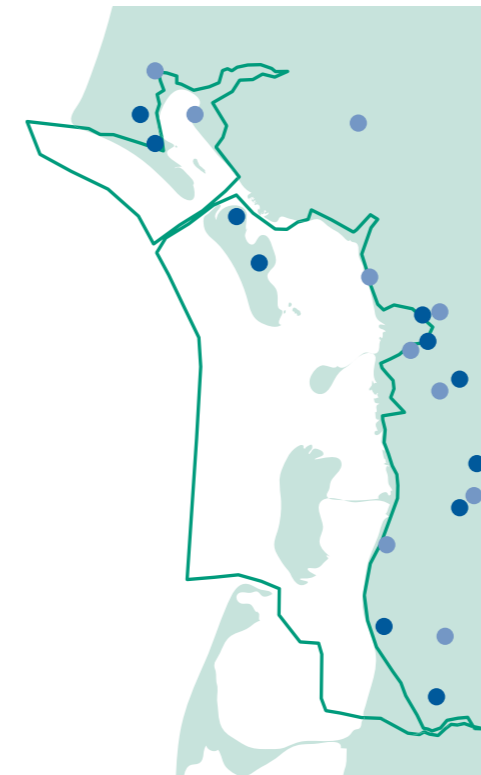


Photo: Thomas Højrup Christensen, Frame & Work

Is there anything more perfect than sleeping under the stars in the summer? There are plenty of places you can throw down your sleeping bag in and around the National Park and enjoy a good night's sleep.

We have put together a list of tips to follow to make the experience the best possible, while still helping to protect the natural environment.

- On the shelter or camping grounds where booking is required, we make sure to do that in advance.
- We use the Nature Agency's website to find the best spots for putting up a tent in the wild. And follow the 1-2-3 rule of thumb: a maximum of one night, two tents and only three-person tents.
- We acknowledge that wild camping is not allowed on local council or private land, or those beaches, dunes, meadows, bogs or fields that make up part of the state owned land.
- When we sleep on the beach it is without the use of a tent, and we limit our stay to a maximum of 24 hours.
- We seek permission from the landowner if we wish to put up our tent on their land.
- We only use open fires in the fire pits provided for that specific purpose, otherwise we use an enclosed container such as a Trangia, where the fire is easily contained, and place it upon a non-flammable material.
- If we are kayaking or canoeing, we use signposted landing spots.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.



• Free tenting • Shelters

Ways to access the park

The Nature Agency (Naturstyrelsen) has put together the most fantastic website with an overview of recreational facilities and trails on all state owned land. You can find a map of the over 270 forests and plantations where you may go wild camping here: udinaturen.dk. Don't forget: not all parts of the National Park are state owned! Fri-luftsrådet have, however, created a superb oversight of the rights of way on all privately owned lands here: oplevmere.dk.

- APPS
- Alltrails
- Shelter

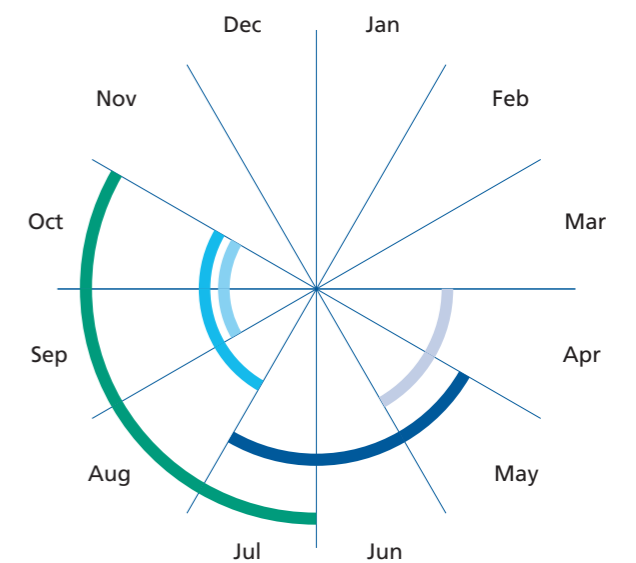
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.

WHO MIGHT YOU MEET

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

In the dunes: rare Spanish catchfly and broad-leaved helleborine, as well as mosses and lichens, heather, crowberry, jasiones. Oystercatchers, sand-lings, terns and loads of insects, adders, natterjack toads and sand lizards. On Fanø there are also wild rabbits.

In the plantations: mountain and Scots pine, birch and oak trees, as well as the marsh orchid. European nightjar, red-backed shrike and ravens, in addition to roebuck and badgers. In the northern end of the park, including Fanø, there are red deer.



● Resting birds
 ● Breeding birds on the beaches ● Roedeer mating season
 ● Bird migration ● Red deer rutting season

When we go foraging



Photo: Thomas Højrup Christensen, Frame & Work

It is possible to forage for food year round in the Wadden Sea National Park. If you have never tried foraging before there are plenty of opportunities to find a local guide, who can show you the best spots and the safest plants, berries and other edible delights.

You can start with these simple tips and advice, which we have put together to ensure that all experiences in our park are done with respect for the natural environment.

- We forage in those places where we are already allowed to be, and avoid picking berries and the like from bushes and trees planted on private property.
- We stick to filling a carrier bag or a small bucket when we forage on a beach.
- We only forage enough for our own consumption, ensuring there is enough for others to also enjoy.
- We may cut small sticks and twigs from deciduous trees that are over 10 metres in height, and collect pinecones from the forest floor, though not from trees. We may of course cut branches from trees that have fallen.
- When picking mushrooms we join a tour with a professional or at the very least use a book or app to identify the mushrooms. And only ever eat those we are absolutely certain of.
- When we pick oysters, we use the guidelines provided by the National Park, or even better, join an organised tour.
- We make sure to check the tide tables when hunting for amber on the beaches after winter storms.
- We pick up any rubbish we find, even if it is not our own.

- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
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WHO MIGHT YOU MEET?

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Varde River delta: the rare hen harrier, corn rake and bluethroats. Migratory birds and waterfowl, northern lapwings, Eurasian bittern, bartailed godwits and western yellow wagtails. In the river:

GOOD TO KNOW

Best time of year for foraging:

Spring

Ramson, ground elder, beach peas, sea sandwort, garlic mustard, scurvygrass, sea arrowgrass, sea kale, nettles, dandelions

Summer

Burnet rose, sea plantain, elderflower, yellow bedstraw, samphire, berries, chanterelles, brown shrimp, porcini mushrooms, field mushrooms, beach wormwood, wild thyme

Autumn

Sea asters, bladder wrack, horn of plenty, crowberry, hazel, tormentill, sea buckthorn, nuts

Vinter

Oysters, oyster mushrooms, chickweed, enoki/velvet shank, mussels, toothed wrack, bladder wrack

foedevarestyrelsen.dk/Foedevarer/planteliste/Sider/default.aspx

Ways to access the park

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The Environment Agency has out together a comprehensive guide to foraging here: mst.dk/friluftsliv/hvad-maa-jeg-i-naturen/hvadmaa-jeg-samle.

Many of the National Park's partners organise foraging tours and excursions all year round. Among those are Naturcenter Tønninggård, NaturKulturVarde, Sort Safari, Vadehavscenret, Viden & Vaden, Strandskaden, Vadehavsmidjen and more. You can find the complete list of partners on the National Parks website: nationalparkvadehavet.dk/udvikling-og-samarbejde/partnerprogram/nationalparkpartnere/formidling.

APPS

- Vild Mad
- Byhøst
- DMI/YR
- Inaturalist
- Shroomi
- Danmarks Svampeatlas

endangered plant and fish species such as snæbel, salmon and various lampreys. Sometimes otters.

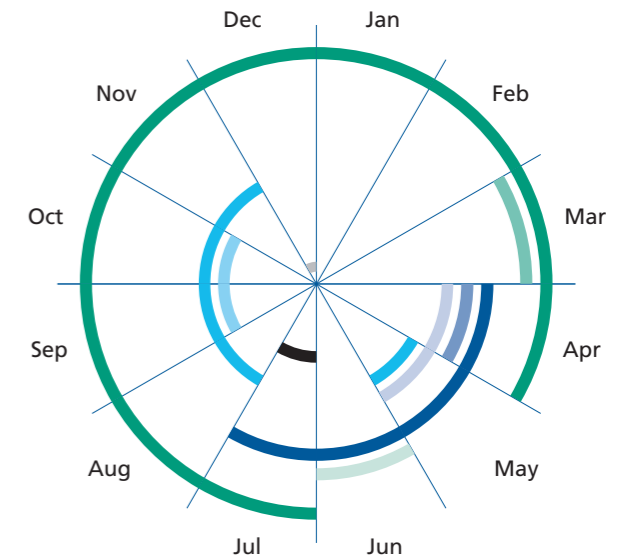
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In the cultural landscapes: on the dykes, there are sheep and geese. In the marshes northern lapwings, bartailed godwits, geese and blue-throats. In the ditches rare plants such as the flowering rush.

Mudflats and tidal creeks: at low tide: nereididae (worms), shellfish and snails. Wading birds, ducks, gulls and geese. Endangered plants like the common eelgrass.

High tide: fish larvae of flatfish, mullets, herring and brown shrimp. Salmon, trout, lampreys and of course seals. The sandbanks are important for seals, gulls and wading birds.

In clay pits: geese, ducks and wading birds, and salt-water fish species such as eels, gobies and sticklebacks.



- Resting birds
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Photo: Thomas Højrup Christensen, Frame & Work

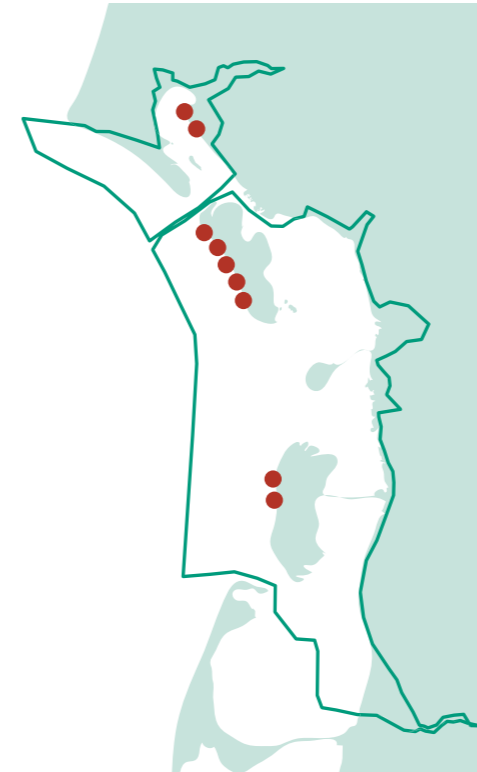
When we are off to the beach

Whether it is a swim in the ocean on a summer's day, or a brisk walk on a windy day in November, the many kilometres of beach in the National Park is a popular destination for everyone. In fact, the widest beach in northern Europe is Sønderstrand on Rømø. The beaches here are famous for their cleanliness and safe, clean waters for swimming in. There are however, a few things to remember when spending the day on the beach:

- If we drive on the beach, we stick to the 30 km/h speed limit, and pay special attention when driving on sand as it can be uneven or very loose.
- We show consideration for other users on the beach.
- We respect that Blue Flag beaches are dog free, and that our four-legged friends stay on a lead from April 1st through September 30th.
- We pay special attention when we spend time on the large beaches on the islands, as the tide can flood them without warning, which can cause confusion about which direction the sea is in, especially during fog or at night.
- When collecting shells and other interesting things we only pick enough to fill a small bucket.

- We are aware that fishing from the beach requires a permit. Find more information in our guidelines for anglers.
- We know that horseback riding and driving ATVs in the dunes is not permitted.
- When we spend the night on the beach it is without tents, and we avoid building fires in places with vegetation.
- Rowing boats without motors can be beached, while boats with motors stay in the water.
- Unless it is specifically signposted, nude bathing is permitted everywhere.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.

You can learn more about safety in or near water on respektforvand.dk/english.



● Vulnerable birds and seals

Ways to access the park

There is excellent advice for those spending time near or on water through the Respect for Water campaign from Trygfonden, on their website: respektforvand.dk/english

We have a number of Blue Flag beaches in the Park. The Danish Outdoor Agency (Friluftsrådet) is responsible for the Blue Flag beach designations, which you can read about on friluftsradet.dk/blaa-flag-strande.

All beaches in Denmark are numbered. You will find the number on a green sign central on the beach. Should you need help from emergency services this number will help them find you more quickly.

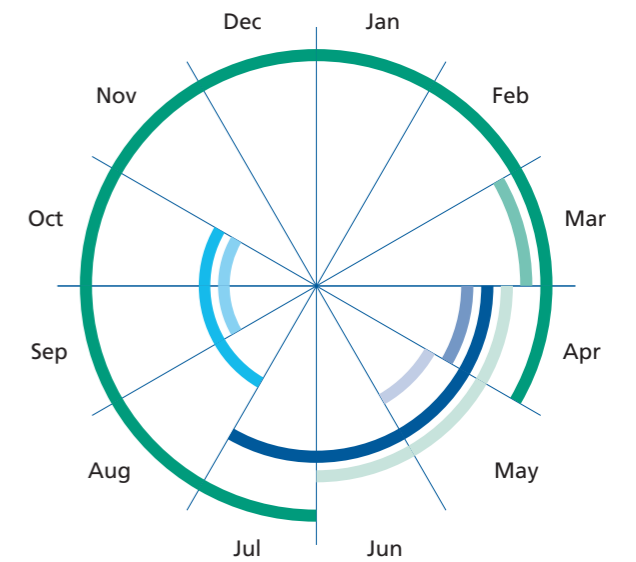
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APPS
DMI/YR

WHO MIGHT YOU MEET

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

In the dunes: rare Spanish catchfly and broad-leaved helleborine, as well as mosses and lichens, heather, crowberry, jasiones. Oystercatchers, sand lings, terns and loads of insects, adders, natterjack toads and sand lizards. On Fanø there are also wild rabbits.



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Beach activities

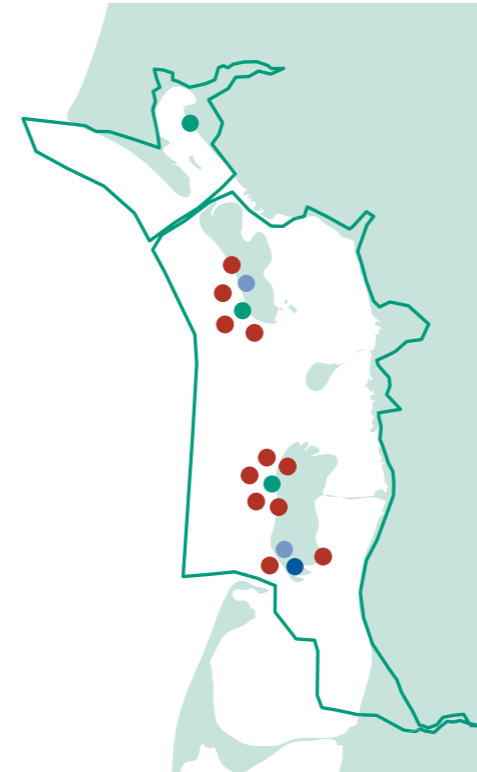


Photo: Thomas Høyrup Christensen, Frame & Work

The large, broad beaches on the western edge of the National Park are perfect trying out new forms of land based wind-driven activities.

- We avoid flying kites near the breeding grounds of birds, or even better avoid flying kites until breeding season is over in July. Birds perceive kites as birds of prey and can cause a nest or young to be abandoned.
- We follow the highway code the parts of the beach where driving is permitted, and respect the 30 km/h speed limit.
- We are aware that the beach can change from one day to the next, so keep an eye on holes and loose sand.
- We try to stay off the most obvious areas for cars to pass, as they can struggle to drive on the parts of the beach others can still use.

- When we beach sail or use blokarts, we ensure we are doing it in the areas of the beach reserved for this type of activity.
- We are considerate towards other recreational users who may be unaware that they are passing through an area reserved for our activity.
- We only drive ATVs in the same areas as cars, and never in the dunes.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.



● Beach Sailing Area ● Kitebuggy Area
● Surfing Area ● Vulnerable birds and seals

Ways to access the park

The enormous beaches along the west coast are excellent playgrounds for all ages. There is plenty of space, wind and gorgeous, flat beaches, which makes them perfect for a number of fun activities. There are designated areas on the beaches for the enjoyment of these activities that should be used out of consideration for the other guests, as well as wildlife. The zones are indicated on the map here – but you can find detailed information on the Nature Agency’s website.

The Nature Agency (Naturstyrelsen) has put together the most fantastic website with an overview of recreational facilities and trails on all state owned land. You can find a map here: udinaturen.dk. Don’t forget: not all parts of the National Park are state owned! Friluftsrådet have, however, created a superb oversight of the rights of way on all privately owned lands here: oplevmere.dk.

There are plenty of companies offering instruction and rental of equipment, which you will find on the beaches, usually only in high season. Please note that the beaches tend to flood during the winter making it impossible to enjoy these activities in those periods.

- APPS**
DMI/YR
Windfinder
Windguru

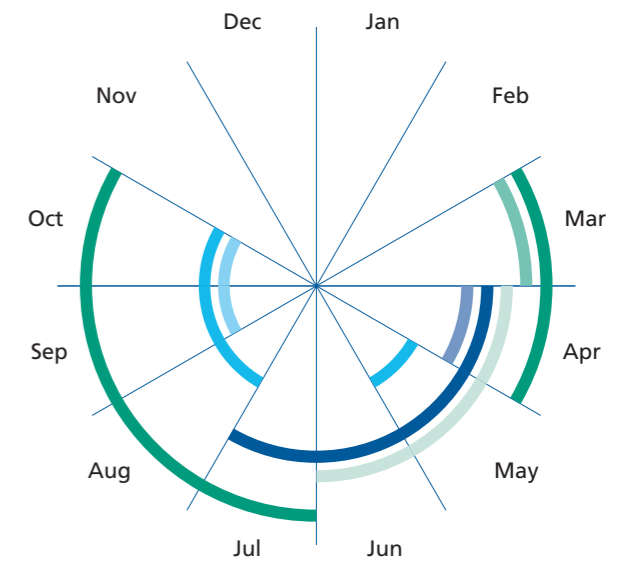
You can learn more about safety in or near water on respektforvand.dk/english.

WHO MIGHT YOU MEET?

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

In the dunes: rare Spanish catchfly and broad-leaved helleborine, as well as mosses and lichens, heather, crowberry, jasiones. Oystercatchers, sanderlings, terns and loads of insects, adders, natterjack toads and sand lizards. On Fanø there are also wild rabbits.

In the sea: seals, harbour porpoises and sometimes bottle-nosed dolphins. Waterfowl and ducks such as eiders and common scoters.



● Resting birds ● Start of the migration from the south ● Breeding bird colonies
● Breeding birds on the beaches ● Continuation of migration from the south
● Bird migration ● Red deer rutting season

When we're surfing



Photo: Torsten Köhler

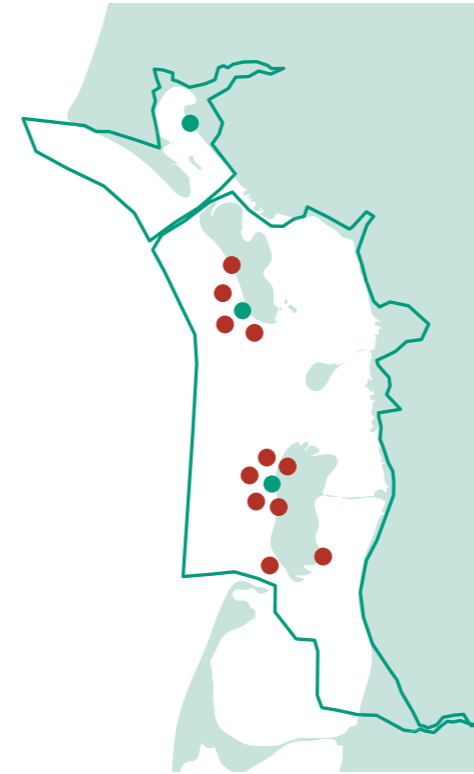
You can (nearly) always count on windy conditions when you visit the Wadden Sea, making it an excellent spot for water sports of all kinds.

We have put together a list of tips for enjoying your time on the water, while still taking care not to unnecessarily disturb wildlife and other users.

- We respect other guests and use only those areas along the coast designated for our sport.
- We pack up our equipment when it is on the beach, so we minimise risk of it being blown away.
- We avoid unpacking our gear in the dunes or on sandbanks, as these are where many birds, plants and insects live.
- If we go out in storm conditions, we pay extra attention to the tides, as the beaches very quickly can become flooded. For that reason, we also make sure to park our cars a safe distance from the water's edge.

- We take extra care if going out in offshore winds.
- We are aware that hypothermia also can occur in the summer.
- We always wear a buoyancy aid or lifejacket.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.

You can learn more about safety in or near water on respektforvand.dk/english.



● Surfing Area ● Vulnerable birds and seals

Ways to access the park

There are designated surfing spots around the park that must be adhered to, as the Wadden Sea is a marine environment protected by several national and international nature and wildlife protections. You can learn more about these activity areas on the Nature Agency's website or in their leaflet "Sailing in the Wadden Sea" (Sejlads I Vadehavet): naturstyrelsen.dk/media/nst/67612/vadehavet_A4.pdf

There is excellent advice for those spending time near or on water through the Respect for Water campaign from Trygfonden, on their website: respektforvand.dk/english

The Nature Agency (Naturstyrelsen) has put together the most fantastic website with an overview of recreational facilities and trails on all state owned land. You can find a map here: udinaturen.dk. Don't forget: not all parts of the National Park are state owned! Friluftsrådet have, however, created a superb oversight of the rights of way on all privately owned lands here: oplevelvmere.dk.

- APPS
- Windfinder
- TIDES
- Sejlsikkert

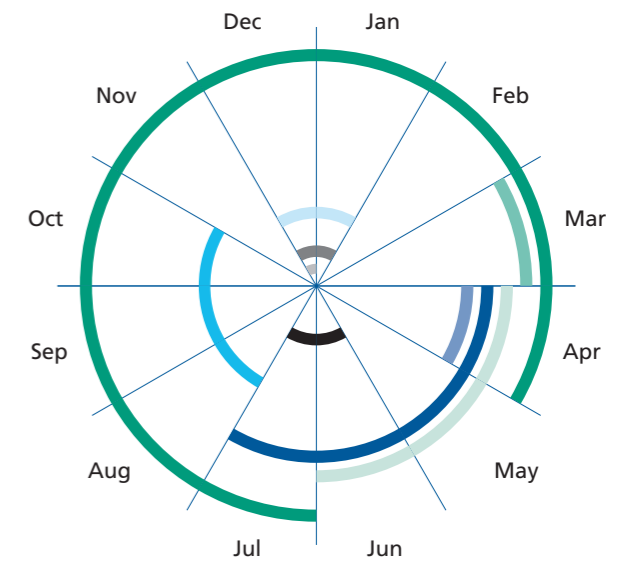
WHO MIGHT YOU MEET?

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

Mudflats and tidal creeks: at low tide: nereididae (worms), shellfish and snails. Wading birds, ducks, gulls and geese. Endangered plants like the common eelgrass.

High tide: fish larvae of flatfish, mullets, herring and brown shrimp. Salmon, trout, lampreys and of course seals. The sandbanks are important for seals, gulls and wading birds.

In the sea: seals, harbour porpoises and sometimes bottle-nosed dolphins. Waterfowl and ducks such as eiders and common scooters.



- Resting birds
- Start of the migration from the south
- Breeding bird colonies
- Breeding birds on the beaches
- Continuation of migration from the south
- Bird migration
- Red deer rutting season
- Breeding – Spotted seals
- Over-wintering white tailed eagles
- Over-wintering birds

When we *row* and *paddle*



When the sun is high and the sea is completely calm it is a world class experience to row here. However, as with every other aspect of life here, it is the wind and the tides that are in charge. For that reason, we have compiled a list of tips to help you have the best trip, whilst still ensuring that you help protect this unique landscape.

- We always row with others and never alone.
- We pay special attention to the tides, which in combination with the wind can be exhausting and dangerous. That is why we always check the tide tables and predictions when planning our trip.
- The weather at the coast can be very unpredictable, with sudden changes in wind direction, incoming fog and general worsening weather. Therefore, we always plan according to the weather.
- When we meet seals or birds on our trip, we slow down and continue past without sudden movements. We stay calm, avoid eye contact with the seals and enjoy the experience of being so close to nature.
- We never land on sandbanks with resting seals as we risk seal pups being trampled or abandoned as the adults haul out to sea, just we risk being attacked by the largest predator in Denmark.
- We always use designated landing spots when setting off as it minimises the disturbance of local wildlife.

- We stay realistic about our own abilities, and don't go out to sea if we are in doubt or unfamiliar with the area.
- We always use a buoyancy aid and wear season appropriate clothing to avoid hypothermia and dehydration.
- We wear colourful clothing when rowing – reds, yellows and oranges are easier to spot at sea.
- We double-check our equipment before setting out. A fully charged mobile phone is a must, as are lights in the evening/at night.
- We avoid sandbanks altogether, unless we are in distress.
- When we need a short break, we can haul our boat onto the beach.
- We only use designated landing spots if we are planning an overnight trip.
- We clean our boat and equipment after use to avoid transplanting species to other places we row.
- We pick up any rubbish we find, even if it is not our own.

You can learn more about safety in or near water on respektforvand.dk/english.



● Vulnerable birds and seals

Ways to access the park

There is excellent advice for those spending time near or on water through the Respect for Water campaign from Trygfonden, on their website: respektforvand.dk/english

You can learn more rowing in the Wadden Sea on the Nature Agency's website or in their leaflet "Sailing in the Wadden Sea" (Sejlads I Vadehavet): naturstyrelsen.dk/media/nst/67612/vadehavet_A4.pdf

Here issuu.com/svuf/docs/havkajak/22 you can find a guide to suggesting kayaking routes in the Wadden Sea area, including a description of difficulty levels, as well as what you can expect to observe on your trip. Please note that there are parts of the Wadden Sea that are closed for all public access, due to nature protection regulations.

The Nature Agency (Naturstyrelsen) has put together the most fantastic website with an overview of recreational facilities and trails on all state owned land. You can find a map here: udinaturen.dk. Don't forget: not all parts of the National Park are state owned! Friluftsrådet have, however, created a superb oversight of the rights of way on all privately owned lands here: oplevelsmere.dk.

It can be a great idea to have a bird app on your phone, so you can identify some of the birds you may come across while rowing.

- APPS
- Windfinder
- TIDES
- Sejlsikkert
- DMI/YR
- Politikkens Fugle i farver

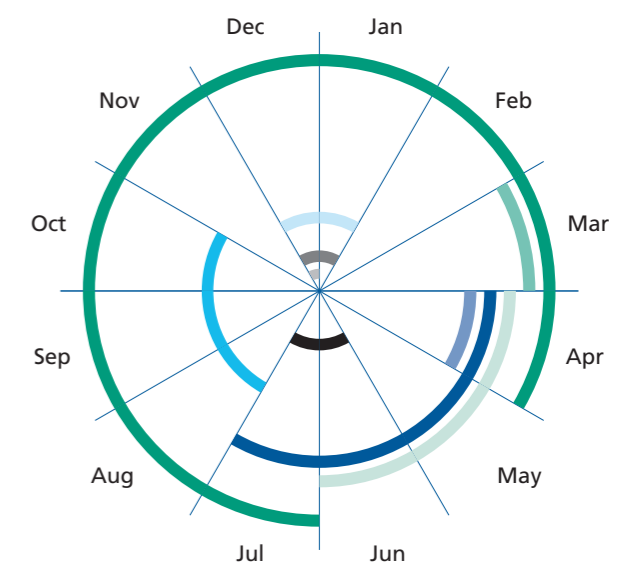
WHO MIGHT YOU MEET?

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

Mudflats and tidal creeks: at low tide: nereididae (worms), shellfish and snails. Wading birds, ducks, gulls and geese. Endangered plants like the common eelgrass.

High tide: fish larvae of flatfish, mullets, herring and brown shrimp. Salmon, trout, lampreys and of course seals. The sandbanks are important for seals, gulls and wading birds.

In the sea: seals, harbour porpoises and sometimes bottle-nosed dolphins. Waterfowl and ducks such as eiders and common scooters.



- Resting birds
- Start of the migration from the south
- Breeding bird colonies
- Breeding birds on the beaches
- Continuation of migration from the south
- Bird migration
- Breeding – Grey seals
- Breeding – Spotted seals
- Over-wintering white tailed eagles
- Over-wintering birds

When we photograph wildlife



▲ Photo: Thomas Høyup Christensen, Frame & Work

The Wadden Sea has an absolute abundance of wildlife, birds and plants, as well as incredible landscapes, all of which are obvious motifs for photographing.

We have compiled a list of tips to ensure that photographing nature does not interfere with it.

- We avoid the use of flash at all times.
- We never attempt to get birds to fly or animals to move in order to photograph them, as it causes them to pointlessly expend energy they rely on to survive.
- We are aware of any local regulations regarding access and always seek permission to be in restricted areas as necessary.
- We research the species we intend to photograph in order to understand what its signs of stress look like.
- We avoid using food to lure wildlife.
- We avoid using acoustic equipment to lure birds, especially in mating season.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.

WHO MIGHT YOU MEET?

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

In the dunes: rare Spanish catchfly and broad-leaved helleborine, as well as mosses and lichens, heather, crowberry, jasiones. Oystercatchers, sanderlings, terns and loads of insects, adders, natterjack toads and sand lizards. On Fanø there are also wild rabbits.

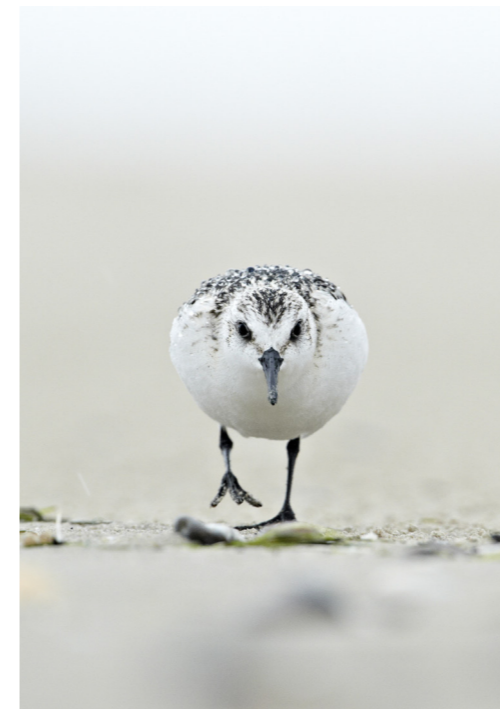
In the dune heaths: beach grasses, many species of lichen, ling, bog heather, crowberry, bog bilberry and marsh gentian and its Phengaris alcon, as well as sundew. Rare birds such as the short-eared owl, Montagu's harrier, as well as whinchats and Eurasian bitterns. Roebeek and red deer in the northern parts of the park including Fanø.

In the plantations: mountain and Scots pine, birch and oak trees, as well as the marsh orchid. European nightjar, red-backed shrike and ravens, in addition to roebeek and badgers. In the northern end of the park, including Fanø there are red deer.

In the saltmarshes: ungrazed: sea purslane, sea asters, sea lavender. Common reeds as well as saltmarsh bulrushes. Grazed: common saltmarsh grass, seepweeds and sea plantain, while in the dry areas there are yarrows, sea thrift, and white clover. Over 1500 species of invertebrates (such as spiders), avocets, oystercatchers, redshanks, brant geese and Eurasian widgeons.

Varde River delta: the rare hen harrier, corn rake and bluethroats. Migratory birds and waterfowl, northern lapwings, Eurasian bittern, bartailed godwits and western yellow wagtails. In the river: endangered plant and fish species such as snæbel, salmon and various lampreys. Sometimes otters.

In the lakes: in the Tønder Marsh: black terns. In Rudbøl lake: many species of fish. Lakolk lake:



▲ Photo: Lars Geil

Ways to access the park

Most of the National Park has severe restrictions with regards to the use of drones – you can find out everything you need to know before you apply for permission to fly your drone at droneregler.dk. The Danish Transport, Building and Housing Authority is the government authority that grants licences and permission.

Droneluftrum.dk shows a real time map of the airspace above Denmark – and details where in the country it is permissible to fly drones.

The Nature Agency (Naturstyrelsen) has put together the most fantastic website with an overview of recreational facilities and trails on all state owned land. You can find a map here: udinaturen.dk. Don't forget: not all parts of the National Park are state owned! Friluftsrådet have, however, created a superb oversight of the rights of way on all privately owned lands here: oplevmere.dk.

- APPS**
- Alltrails
 - DMI/YR
 - Droneluftrum

waterfowl such as red-necked grebes and bearded reedlings, and waders such as knots, redshanks and common greenshank.

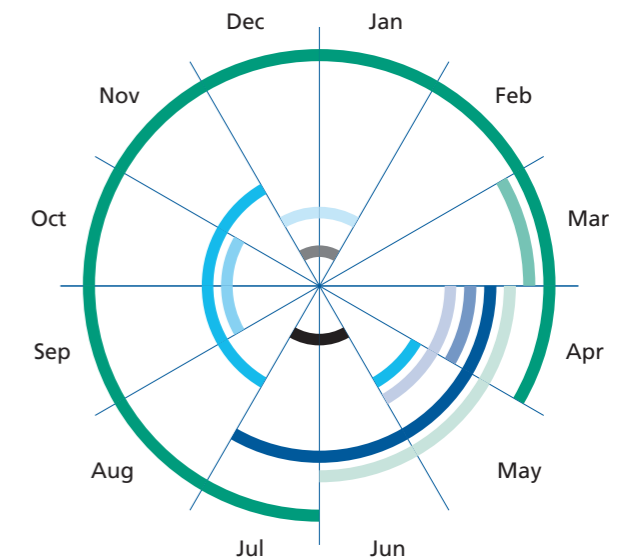
In the cultural landscapes: on the dykes, there are sheep and geese. In the marshes northern lapwings, bartailed godwits, geese and blue-throats. In the ditches rare plants such as the flowering rush.

Mudflats and tidal creeks: at low tide: nerididae (worms), shellfish and snails. Wading birds, ducks, gulls and geese. Endangered plants like the common eelgrass.

High tide: fish larvae of flatfish, mullets, herring and brown shrimp. Salmon, trout, lampreys and of course seals. The high sands are important for seals, gulls and wading birds.

In clay pits: geese, ducks and wading birds, and salt-water fish species such as eels, gobies and sticklebacks.

In the sea: seals, harbour porpoises and sometimes bottle-nosed dolphins. Waterfowl and ducks such as eiders and common scooters.



- Resting birds
- Start of the migration from the south
- Breeding bird colonies
- Breeding birds on the beaches
- Continuation of migration from the south
- Roe deer mating season
- Bird migration
- Red deer rutting season
- Breeding – Grey seals
- Breeding – Spotted seals
- Over-wintering white tailed eagles

When we go sailing



Photo: Torsten Troelsen

One of the most fantastic ways to experience the wildlife, scenery and enormous horizons of the Wadden Sea is by boat.

In order to ensure the best possible experience for us as well as for local wildlife, we have compiled a list of tips for having the best possible sailing trip in Denmark's only national marine park.

- We avoid sailing in the wildlife and bird reserves, and stick to the sailing channels.
- We always ensure our equipment is intact and clean.
- We plan our trip carefully. As the seabed in the Wadden Sea can change significantly over a very short period of time, it is rarely sufficient to rely solely on nautical charts. If in doubt, we contact local sailing clubs before going sailing.
- We always use a lifejacket.

- We use the app "Sejlsikkert Alarm", which can send our vessel's details and exact location to local search and rescue crews in case of emergencies.
- We avoid sailing too close to sandbanks with resting seals or birds.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.

You can learn more about safety in or near water on respektforvand.dk/english.



Photo: Thomas Høyrup Christensen, Frame & Work

Ways to access the park

The International Maritime Organisation has designated the entire Danish, German and Dutch Wadden Sea as a Particularly Sensitive Sea Area. Only eight other marine sites in the world have had the same classification. The Wadden Seas unique and very dynamic ecosystem is particularly sensitive to the high levels of traffic in the North Sea. You can read more about the PSSA designation, and what it means for the Wadden Sea here: waddensea-worldheritage.org/sites/default/files/2003_PSSA%20leaflet%20DK.pdf.

In the Nature Agency's leaflet about sailing in the Wadden Sea you can find more detailed information about local conditions naturstyrelsen.dk/media/nst/67612/vadehavet_A4.pdf

You can also read more about the Statutory Order for the Danish Nature and Wildlife Reserve here: retsinformation.dk/eli/lta/2007/867.

- APPS**
- Windfinder
 - Windguru
- TIDES**
- Sejlsikkert
 - DMI/YR

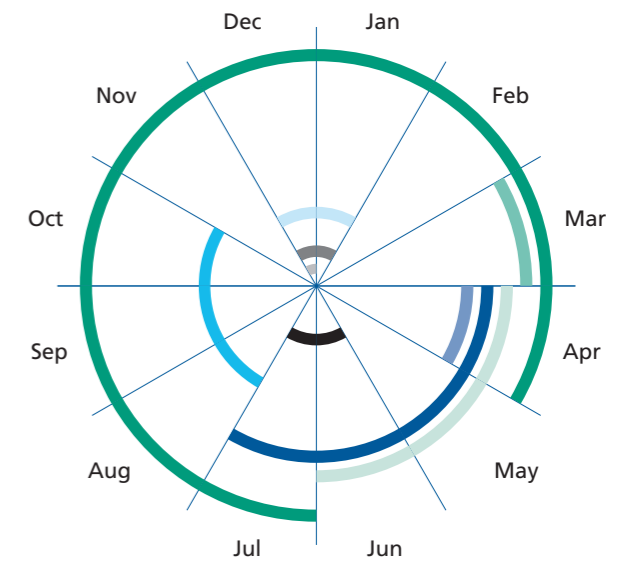
WHO MIGHT YOU MEET?

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

Mudflats and tidal creeks: at low tide: nereididae (worms), shellfish and snails. Wading birds, ducks, gulls and geese. Endangered plants like the common eelgrass.

High tide: fish larvae of flatfish, mullets, herring and brown shrimp. Salmon, trout, lampreys and of course seals. The sandbanks are important for seals, gulls and wading birds.

In the sea: seals, harbour porpoises and sometimes bottle-nosed dolphins. Waterfowl and ducks such as eiders and common scoters.



- Resting birds
- Breeding birds on the beaches
- Bird migration
- Over-wintering white tailed eagles
- Start of the migration from the south
- Continuation of migration from the south
- Breeding - Grey seals
- Breeding - Spotted seals
- Breeding bird colonies
- Over-wintering birds



Photo: Thomas Høyrup Christensen, Frame & Work

Angling in the National Park

Fishing has been a part of everyday life in the Wadden Sea since the last ice age, and a fishing trip is a wonderful way to experience our incredible nature.

We have compiled a list of tips to ensure that your fishing trip is as enjoyable for local wildlife and other guests as it is for you.

- We make sure that we are in possession of the correct fishing licence. All persons aged between 18 and 65 must carry a valid fishing licence, regardless of whether they are fishing in fresh or salt water.
- We follow Danish fishing regulations, and avoid fishing in protected areas.
- We always use designated footpaths when accessing our favourite fishing spots, and avoid walking on newly sown fields.
- We take other guests into consideration and make sure to stand at least 20 metres from the nearest angler.
- We take all hooks and bits of lines with us, to ensure that birds and other wildlife, as well as other guests don't suffer harm from them.
- We never catch more than we ourselves can consume or fit in our freezer.

- If we release the fish we have caught, we make sure that it doesn't suffer while we handle it.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.

Order your fishing license fisketegn.dk.

WHO MIGHT YOU MEET?

On the beaches: Wild rye and beach grasses, resting seal pups, gulls, wading birds, terns, oystercatchers and natterjack toads.

Varde River delta: the rare hen harrier, corn rake and bluethroats. Migratory birds and waterfowl, northern lapwings, Eurasian bittern, bar-tailed godwits and western yellow wagtails. In the river: endangered plant and fish species such as snæbel, salmon and various lampreys. Sometimes otters.

In the lakes: in the Tønder Marsh: black terns. In Rudbøl lake: many species of fish. Lakolk lake:



Photo: Thomas Høyrup Christensen, Frame & Work

Ways to access the park

As the Wadden Sea is a very special natural site, there are regulations regarding fishing and hunting, which you can read about in the Statutory Order for the Danish Nature and Wildlife Reserve here: retsinformation.dk/eli/1ta/2007/867.

You can also contact one of the many local angling clubs, for example through the Danish Anglers Association: sportsfiskeren.dk/lystfiskeri

The Hunters' Association and the Danish Anglers' association have worked together to create education materials about hunting and fishing for school-aged children, which you can find here: blivnaturligvis.dk

- APPS**
- Fangstjournalen
 - Deeper
 - FCOO.dk

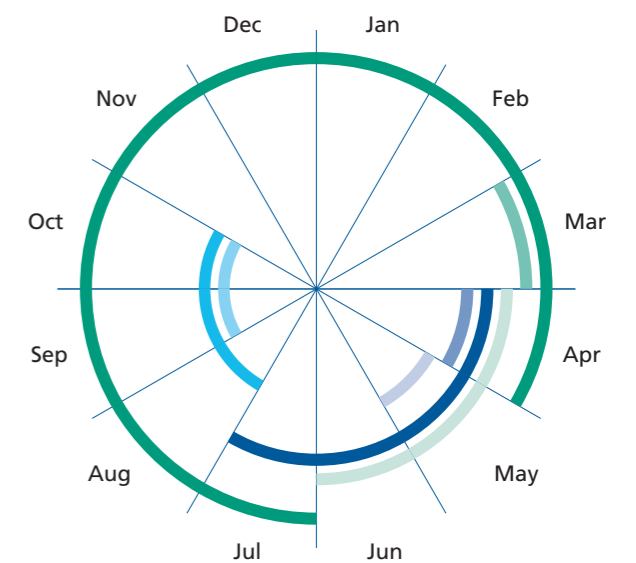
waterfowl such as red-necked grebes and bearded reedlings, and waders such as knots, redshanks and common greenshank.

Mudflats and tidal creeks: at low tide: nereididae (worms), shellfish and snails. Wading birds, ducks, gulls and geese. Endangered plants like the common eelgrass.

High tide: fish larvae of flatfish, mullets, herring and brown shrimp. Salmon, trout, lampreys and of course seals. The high sands are important for seals, gulls and wading birds.

In clay pits: geese, ducks and wading birds, and salt-water fish species such as eels, gobies and sticklebacks.

In the sea: seals, harbour porpoises and sometimes bottle-nosed dolphins. Waterfowl and ducks such as eiders and common scooters.



- Resting birds
- Start of the migration from the south
- Breeding bird colonies
- Breeding birds on the beaches
- Continuation of migration from the south
- Bird migration
- Breeding - Spotted seals

Mudflat walks and oyster-picking



Photo: WASABI Film

A mudflat walk is the absolute best way to experience the incredible amount of life that lives here. The Wadden Sea is a veritable larder – with thousands of tons of oysters, mussels, clams and other benthic animals. During low tide the sea bed is exposed, making it possible to, among other things, pick oysters, a favourite pastime for locals and guests alike from October until April.

The best oyster picking or mudflat trip you can have is with one of the many fantastic local guides. Not only do they know the best spots, they are also fully informed about health and safety measures, ensuring your trip is safe and fun.

- We only start our trip on the ebbing tide, and stay only until just after the tide turns. If we are uncertain about when is best to go, we go with a local guide.
- We are always dressed according to the weather conditions. The wind can be exhausting and cold, and oysters are sharp enough to cut holes in bags, clothing and welly boots.
- We always carry a fully charged mobile phone on our trips. And always call someone on land when we leave and upon our return.
- We never go out alone, and never further out than we can comfortably return from.
- We only pick as many oysters as we ourselves can eat, and only enough to fill a carrier bag.

- We store oysters in a cool environment and never in water (especially freshwater). We always smell the oysters when we open it and if it does not smell of fresh seawater, we throw it away.
- We never go out in foggy weather or after dark, and always carry a compass and a mobile phone in case the weather turns unexpectedly. It is very easy to lose your bearing on the mudflats.
- If we have joined a tour that is quite long and need a rest stop, we avoid peeing on the oysters. Oysters are wonderful filtration machines, and will filter any liquid that lands on them.
- We avoid walking on dykes, unless it is specifically permitted. Walking on the dyke damages the construction, if it is not reinforced, which can cause catastrophic flooding during storms.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.

Experiencing the starling murmurations – Black Sun



Photo: Lars Krucov Deiter

Black Sun is the name given to the murmurations of starlings in the Wadden Sea area, which are at their greatest in spring and autumn. The name describes how, when the starlings arrive in the reed beds in the marshes before sundown and perform their ballet in the sky, sometimes blacking out the sun.

The best way to experience the beautiful phenomenon is with a local guide. They are up to date with the location of the largest flocks and possess a great amount of knowledge about the starlings and the birds of prey who hunt them.

- We avoid using flash photography when photographing the birds.
- We never chase birds into flight. Expending additional energy in that manner can mean the difference between life and death.
- We enjoy the experience whether is a grand performance or simply a quiet good night, and ensure we keep noise to a minimum.
- We stick to footpaths and avoid planted fields altogether.
- We respect private property and the locals that need to get about, so always park in the least obtrusive way. We always move our car if we are asked to do so.
- We avoid walking on dykes, unless it is specifically permitted. Walking on the dyke damages

the construction, if it is not reinforced, which can cause catastrophic flooding during storms.

- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.



Photo: John Frikke

When going on seal safari

The Wadden Sea is not only a larder for seals, but also where they rest and give birth to their young. The seals constant presence makes the National Park a great place to experience Denmark's largest predators.

The best way to experience our seals is with a local guide. They know where and when the best times for observing seals is, know the Wadden Sea well and ensure that wildlife is not disturbed during your trip.

- Seals and porpoises are best admired from a distance - 50 metres away if on a boat and 150 metres on foot.
- We avoid all interaction with the seals. Feeding wildlife is not permitted in Denmark.
- If the seals show signs of disturbance, we leave the area immediately and quietly. If a seal is stressed its behaviour can become unpredictable and aggressive.
- We restrict the amount of time we spend with the seals, and never longer than 30 minutes. If there is more than one boat in the same location this period of time should be further reduced.
- We leave seal pups in peace. Mother seals will leave their pups on beaches and sandbanks while they hunt for food. We always leave the area where the pup is quietly and calmly so as to not frighten away the mother.

- We never take selfies with seals. Even though seals are adorable, they are the largest predators here and have extremely strong jaws and a healthy set of teeth!
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.



1. Hauling seals

If seals lift their heads in unison or haul into the sea when you approach you are too close. Move away slowly.



2. Aggressive seals

Seals can be very aggressive - if you see signs of aggression move away immediately. If you get too close they can and will bite.



Photo: Lars Roed

When going Stargazing

When was the last time you saw the Milky Way? To stargaze requires a very dark sky with very little light pollution, and in Dark Sky Park Mandø they have just such a night sky. The island of Mandø is one of the least light polluted in Denmark, and the Dark Sky designation ensures that light pollution is kept to a minimum. This not only means you get to experience the beautiful starry sky, but it actually also benefits local wildlife and plants!

These simple tips will help ensure you have the best possible time watching the night sky, while also ensuring that local wildlife is not disturbed.

- We plan our trip with maps, guides and other relevant information.
- When we are in the dark we only use red lights, such as a bicycle light, and make sure to turn off our mobiles. It takes 40 minutes for your eyes to fully adjust to the dark, every time you turn on your screen.
- We stay on roads and footpaths, in order to avoid stumbling.
- We dress according to the conditions and bring a hot drink.
- There are many wonderful sounds in nature, so we keep our own noise levels to a minimum.
- We pay attention to areas that may be restricted during breeding season.

- We try to always join a guided tour; it is more enjoyable and safer.
- We pick up any rubbish we find, even if it is not our own.
- We are guests in nature and strive to avoid disturbing birds and seals, who use up essential energy when taking flight or hauling out.
- We understand and respect that the Wadden Sea is ruled by wind and water, and therefore always ensure we have checked the weather conditions before setting out.

mitvadehav

Do you want to know more?

If you want to learn more about the Wadden Sea, culture, landscape and wildlife you can explore the national park's education portal www.mitvadhav.dk and find a lot of exciting assignments, fact sheets, posters, etc. Here, you will also find beautiful charts of the most frequent birds, benthic animals and plants in the Wadden Sea – free of charge.



Friluftsrådet

Støttet med udlodningsmidler til friluftsliv

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