

# Höga Kusten



# Destination Höga Kusten

## HIGH COAST SWEDEN

### Short history about the High Coast world heritage area, Sweden

In the year of 2000 the “High Coast” area in the landscape of Ångermanland in northeastern part of Sweden was pointed out as a world heritage area by UNESCO thanks to the unic geological processes deriving from the last ice-age. The ice, mostly 800 meter thick, melted in this area about 9500 years ago, and after that the land started to rise. During this time the nowadays “High Coast” was mostly an island-landscape where groups of hunters and gatherers lived.

Nowhere else in the world the land rises faster than here, today almost 1 centimeter per year which makes 1 meter/hundred year. On top of the extremely steep and well-known mountain of “Skuleberget” in the middle of the area you can today find the highest former shore on earth, 286 meter over today’s sea level. In the forest right beneath the Skule mountain runs today the swedish coastal main road, the E4. Due to the changing of nature you can, for example, today see great stonefields right up on the top of the hills where once the seashore existed. Special plants, historical and cultural remains and seabays turning into lakes are other examples.

In the area there is a national park closed to the sea called “Skuleskogen” with hilly landscape, very old forest and special plants and animals, and through the whole High Coast area runs the “High Coast Trail”, in total 130 Kilometers from the start by the very southern border by the High Coast bridge by river Ångermanälven to the city of Örnsköldsvik in the northernmost part of the world heritage.

Since the year of 2006 the High Coast area is a joint heritage area together with the nearby finnish archipelago area of “Kvarken” by the city of Vasa. In “Kvarken” the landrising phenomenon is the same as in the High Coast since the two areas have been buried under the same ice. The landscape in Kvarken is, on the contrary, totally different to that of the High Coast: Here the land is flat with no mountains and hills due to the different surface of earth, and thousands of small, long islands along the coast by Vaasa reminds us of the time when the ice melted and left stones and sands behind.

The joint heritage area is now called “The High Coast-Kvarken world heritage site”.

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