New Marine National Park: Sweden's East Coast Unveils Nämdöskärgården – A Baltic Sea Gem

Sweden is set to welcome a groundbreaking addition to its protected natural landscapes with the designation of Nämdöskärgården as the country's first east coast national park, to protect the marine environment in the Stockholm Archipelago. This significant new refuge in the Baltic Sea, located approximately one hour by boat southeast of Stockholm, receives the country's highest protection status.

A Unique Marine Wilderness

Comprising an impressive 25,000 hectares, with a remarkable 97 per cent of its area covered by water, Nämdöskärgården is a truly unique destination. It encompasses more than 1,000 islands, skerries, and reefs, forming one of the largest continuous archipelago landscapes in the Baltic Sea, shaped by the forces of wind and waves. While Sweden established Kosterhavet, a marine national park on its West Coast in 2009, Nämdöskärgården is the first of its kind on the East Coast. It's almost entirely composed of water, which also makes it unique among protected areas elsewhere in the Baltic Sea.

Biodiversity and Cultural Heritage

The primary aim of this new national park is to preserve and make accessible the exceptional biodiversity found within its archipelagos, kelp forests, and underwater ecosystems. A wealth of natural wonders, including:

- **Remarkable ecological diversity underwater**, featuring shimmering seagrass meadows, extensive bladder wrack belts, and vast mussel banks.
- **Shallow bays and complex seabed structures**that provide ideal breeding grounds for young fish.
- **Abundant birdlife above the water**, alongside sparse rock outcrops on the central skerries and birch and alder forests further out.

Beyond its natural beauty, Nämdöskärgården also boasts a rich cultural history, reflecting a long-standing human coexistence with nature. Visitors can explore **historic fishing huts and former artist refuges**, including the island of **Bullerö**, home to the hunting lodge of renowned painter **Bruno Liljefors**.

Experience and Accessibility

Nämdöskärgården offers an unparalleled sense of freedom, inviting visitors to experience the archipelago as if they were island owners, whether exploring by kayak or camping. It encapsulates the essence of "Original Sweden"—quiet, vast, and accessible.

This new park represents Sweden's 31st protected natural jewel and the **third national park in the Stockholm area**, joining Ängsö and Tyresta. Its establishment is the result of a **broad and sustained political process**, involving years of preparation by environmental authorities, scientists, and regional stakeholders. The Swedish Parliament approved its creation in **June 2025**, under the leadership of Minister for Climate and Environment, Romina Pourmokhtari.

The new national park is easily accessible **from Stockholm by boat**. During the **summer months (June to September)**, the Båttaxi shipping company provides direct service to the Nämdöskärgården island world from Stavsnäs.

Grand Opening and Events

The official opening of Nämdöskärgården National Park is scheduled for 5 September 2025. To mark this occasion, a dedicated week of events, nature experiences, and maritime discoveries will take place from 30 August to 7 September 2025.

For more information and detailed press assets, please visit:https://www.sverigesnationalparker.se/park/namdoskargardens-nationalpark/

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