Summits on the Air

Sweden (SM)

Association Reference Manual

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Authorised	Date: 01-June-2010 obo SOTA Management Team
Association Manager	Krister Eriksson – SM5KRI
Summits-on-the-Air	**an original concept by G3WGV and developed with G3CWI**

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1 Change Control

Date	Version	Details
01-May-08	1.0	First formal issue of this document
01-Sep-08	1.2	New regions added: SM/OR and SM/OG New summits added in: SM/- NB, JL, VN, GA, VL, VD, OR, OG Deleted summits in: SM/- DA, VN reason: prominence. In some regions minor changes of names and coordinates. Altitude = Z
01-June-10	1.3	New summits added in: SM/- VL, DA Change coordinates in VL, DA to signed decimal format.
01-July-10	1.4	New summits added in: SM/- GA, JL, VN Summits deleted or moved : SM/- VN, JL reason: prominence, wrong region etc. Minor corrections of names. Change coordinates in GA, JL, VN to signed decimal format.

statistics – count of summits @ 2010-Jun-01

Region	Total	Added	Deleted
SM/NB	115	-	
SM/VB	61	-	
SM/JL	135	57	1
SM/DA	49	19	-
SM/VN	34	5	2
SM/GA	13	2	
SM/VL	23	8	
SM/VD	3	-	
SM/OR	2	-	
SM/OG	1	-	
Grand total	436	+91	-3

2 Association Reference Data

Association	Sweden (SM)
Commencement date	01 June 2008
Regions	SM/NB-xxx Norrbotten SM/VB-xxx Västerbotten SM/VN-xxx Västernorrland SM/JL-xxx Jämtland SM/DA-xxx Dalarna SM/GA-xxx Gävleborg SM/VL-xxx Värmland SM/VD-xxx Västra Götaland SM/SE-xxx Skåne SM/OR-xxx Örebro SM/OG-xxx Östergötland Region abbreviations are same as in NRAU Contests
Association parameters [1]	
Summit operation criteria	Operation must be within 25m vertically of the summit
Band 1, score 1 point	<500m ASL
Band 2, score 2 points	>=500m ASL, <1000m ASL
Band 3, score 4 points	>=1000m ASL, <1250m ASL
Band 4, score 6 points	>=1250m ASL, <1500m ASL
Band 5, score 8 points	>=1500m ASL, <1750m ASL
Band 6, score 10 points	>=1750m
Seasonal bonus	Yes
Bonus rationale	Winter period with highest probability of sub-zero temperatures and deep snow
Min. height for bonus	3 Points for activations >=1000m ASL
Bonus period dates	15 November to 15 March inclusive
Association sponsored awards	None
Association Manager	Krister Eriksson – SM5KRI sm5kri@gmail.com

[1] See General Rules for parameter definitions

2.1 Programme derivation

Swedish SOTA is an extension of similar programmes already active in other countries. Much of the initial list of summits was based on the work by SM5KRI, assisted by SM6EQO, SM6PXJ and others, not named but not forgotten. In a manner similar to the Marilyn programme of Great Britain, it considers the *relative* height of summits compared to their surroundings and defines a minimum of 150m climb from the surrounding cols in order to qualify.

Where a summit is situated on the boundary of two or more different Swedish SOTA regions, it will only be included in one. The Association Manager reserves the right to deviate from this list where it is considered that to do so would be beneficial to the programme. The summit database is likely to be incomplete because of the large number of potential summits. Activators are asked to submit details of proposed additional summits to the Association Manager SM5KRI sm5kri@gmail.com together with any supporting documentation. If the summit meets the SOTA criteria it will be added to the list. Summits cannot be counted for points until a reference number has been allocated by the Association Manager. The same address should be used for any other proposed amendments.

2.2 General information

Sweden is a oblong country and forms the eastern part of the Scandinavian Peninsula. To the west is the Scandinavian mountain chain a k a *Skanderna*, a range that separates Sweden from Norway. Sweden has 25 provinces, based on culture, geography and history. About 15% of Sweden lies north of the Arctic Circle. North of the Arctic Circle, the sun never sets for part of each summer, and in the winter, night is similarly unending. Sweden is predominantly agricultural, with increasing forest coverage northward. The highest population density is in the Öresund region in southern Sweden, and in the valley of lake Mälaren in central Sweden. Gotland and Öland are Sweden's largest islands, Vänern and Vättern are Sweden's largest lakes.

The majority of the summits in this programme are located in the Skanderna, but in the north there are many summits eastwards to the Gulf of Bothnia, especially at the High Coasts. In central Sweden the landscape is quite hilly while in the south the landscape is quite flat so summits meeting the current critera of 150 meter prominence are in south very few.

Sweden has a temperate climate despite its northern latitude, mainly because of the Gulf Stream. In the mountains of northern Sweden a sub-Arctic climate predominates. The best period for a hike in the mountains is from late June to early September. Earlier in the year, the ground is still wet after the spring snowmelt. In northern-most Sweden, there may still be snow on the ground. The wildflowers are at their most beautiful in late spring. During midsummer, the weather is warm and pleasant. It is also the time when mosquitoes and gnats are at their worst. But above the tree line, where the wind is stronger, there are relatively few insects, in the air (they are resting in the grass!). Many feel that the mountains are most beautiful in September, when the vegetation is ablaze with the colours of autumn.

2.3 Rights of way and access issues

Sweden‘s right of public access grants everyone permission to enjoy the countryside. But we must respect the privacy and property of others, and take care of the environment. The Swedish Environmental Protection Agency has summarized the basic principle with the phrase, “Do not disturb, do not destroy“. Additional information in English and German about the right of public access in Sweden is available under the heading of “Nature“ on the web site of the Swedish Environmental Protection Agency We recommend you to visit their website and learn more.

2.4 Maps and navigation

Excellent topographical maps at different scales are published by the National Land Survey of Sweden; Lantmäteriet and can be found in most bookshops in the local area or e-shops on Internet like Kartbutiken, Adlibris etc (Adlibris have sometimes lower price on maps)

Generally, navigation on many of the Swedish summits is not particularly difficult, at least if you stick to the marked paths and trails and the weather remains fine. It is, however, easy to get disoriented, especially in the more remote areas and during adverse weather conditions. ***We strongly recommend the use of maps and a compass*.** Only the foolhardy would venture there without a compass and the knowledge to use it. A GPS is not an adequate substitute. The coordinates in the list of summits uses SWEREF99 (WGS84), both DMS and signed decimal appears. In future the signed decimal coordinates will be standard when all regions have been updated. The locators are the usual Maidenhead gridsystem.

2.5 Safety considerations

Most of the context in this chapter applies specially to the mountain ranges in the north, but also for activators in other parts of Sweden it may be worth spending a few minutes to read this chapter very carefully!

Due to the special conditions of the Swedish mountain ranges, the weather may be unpredictable, with sudden changes in wind, precipitation, temperature, etc. Nowhere else in Sweden is the weather so strongly influenced by the landscape - mountains and valleys, great differences in elevation and other topographical features. The east and west flanks of the mountain ranges can have completely different kinds of weather. But the biggest difference in weather conditions is that between the treeless peaks and low-lying areas. To avoid being surprised by changing weather, it is not enough to check the local weather forecasts. One must also know something about the ways in which landforms and other natural features affect wind and temperature.

Sweden, can be extremely warm in summer, but it is worth remembering that the mountain ranges can still be inhospitable places in inclement weather at any time of year. Specially in the north, weather conditions can change very fast. In summer, you may experience things like spending a night in a tent, and wake up in the next morning and find 20 cm of snow just outside. Or an hot sunny day can change to cold just in one hour.

You **should never** venture into Sweden's mountain ranges without proper equipment; walking boots, warm clothing, tent and sleepingbag, lighting matches, knife, food, maps and compass, and common sense in mind. In summer always ensure that you have an adequate supply of drinking water and some protection from the sun. Water can be hard to find on peaks, but at lower level you will find plenty of it -check the map.

Additionally, during the long hot summers, there is a considerable risk of fire as the natural vegetation dries out. **Take care not to start fires**, and always be aware of the dangers involved, especially at times of heightened risk. - You may get injured, even a very small accident may lead to a serious risk to your health and life. Trying to ascend a summit with a broken foot would be **very dangerous!** O*nly if you can*, get to the nearest trail, raise your tent and wait for help by somebody finally passing by. Always seek local advice on the safety aspects. Please have a travel companion with you especially when you climb the higher peaks for your own safety.

2.5.1 Emergency telephones

In overnighting cabins and at rest huts there are telephones for use in emergencies. They can even be used to leave messages, e.g. to reassure relatives or to prevent needless rescue operations in case of a delayed return. The mountain maps indicate where emergency telephones are located.

2.5.2 Do not rely on mobile telephones!

In the best of circumstances, mobile telephones function in the mountains. But often they do not. Signal coverage varies, different operators exist and battery capacity in cellphones may be reduced by cold. Before departing on a lengthy expedition, inform relatives that it may be difficult to reach you due to poor signal coverage. Arrange to contact them instead. If you have a two-metre HT it is worth taking it with you, there are VHF amateur radio repeaters that have quite good coverage in the ranges and many of them are also linked to other repeaters. Mind that batteries are a limited power source so use them with care.

2.5.3 112 is the public special emergency call number in Sweden

For getting help from all the emergency services and the police. The SOS Alarm centres are accessible 24 hours every day and co-ordinate the dispatching of the emergency services. But you should only call 112 if you are in an emergency situation and immediate help is required. Your call may otherwise delay necessary vital help to people involved in accidents or other distress situations. If your call is not urgent, then call the service numbers which you will find on the inside of the cover page of the local telephone directory. Webpage for further reading: http://www.112.se

2.5.4 Do not rely only on GPS!

GPS (Global Positioning System) is a satellite-based system that facilitates navigation. One can, for example, program all excursion objectives into a GPS receiver and let it show the way. The system indicates, within 30 metres or so, where you are located in relation to map co-ordinates. It is valuable information if mountain rescue is required. But one can not rely entirely on a GPS. Receivers draw a lot of power and cannot function without fresh batteries. GPS is a fantastic invention, but it cannot replace map and compass in the winter mountains, only supplement them!

2.5.5 Trail safety

There are hundreds of kilometres of marked trails in the mountains. It is safest, and often most convenient, to use a marked trail. The most popular summer trails are well-worn and easy to follow. Summer trails in low-lying terrain are usually marked with a band of orange colour around trees or on the tips of trailposts. Above the tree line, summer trails are generally marked with mounds of stone, often with orange colouring on top. Other mountain trails are marked with red crosses on trailposts. Some of them are intended only for winter use by skiers and snowmobiles; they may lead over waterlogged areas that are very difficult to cross on foot in summertime. There are also combined winter-summer trails. Sometimes beneath the crosses, there are small signs with a symbol that indicates what kind of trail it is. Where trails cross each other, there are usually signs that indicate recommended uses. Otherwise, you will have to look at the mountain map to find out if a trail is intended for use in summer, winter or both. In many areas is terrain vehicles strictly forbidden, this is well indicated on the mountain maps.

2.5.6 You can rely on map and compass

Map and compass still provide the most reliable means for navigation in the mountains. Even if you follow the marked trails, you should trace your route on the map in order to be certain of your position. It can be difficult to navigate in mountain terrain, especially during the winter when reference features in the terrain may be buried under snow. If visibility is poor, as well, the map and compass may be the only things you can rely upon. Keep the scale of the map in mind! What looks like a short distance on the map can turn out to be very long on the ground. By removing the last two zeroes of the scale index you can see how many metres on the ground correspond to one centimetre on the map. Most Swedish mountain maps have a scale of 1:100,000, which means that one centimetre corresponds to 1000 metres (one kilometre) on the ground. The contour lines of the map indicate the shape of the terrain: The closer the lines are to each other, the steeper the terrain. Maps are frequently revised, so use the latest version as possible. Trails can be dismantled or added.

2.5.7 Be careful on glaciers!

A glacier is a massive body of snow and ice that melts slowly or not at all. Due to the flow of a glacier, tension develops in the ice which causes it to fracture. The crevasses that result can be several dozen metres deep. Meltwater works its way downward to form deep pools. If the glacier is covered by fresh snow, the pools and crevasses may be hidden. During summer, the snow cover becomes unstable and may collapse if weight is applied. For these reasons, avoid crossing glaciers. Walking on them requires special knowledge and equipment, and should never be done alone. If possible hire a guide who knows the glaciers, it is worth the extra cost.

2.5.8 Leave word of your whereabouts

The mountain ranges cover a vast area and, outside of the most popular trails, can be extremely desolate. Inform friends or relatives of your planned route, and notify them when you return. **Always leave an itinerary** at a mountain station or with a camp neighbour, for example, -before going off on a longer excursion. Do not forget to retrieve and destroy the itinerary upon return otherwise, someone might go off on a needless search for you.
The following information should be included on your itinerary:

- Date of departure
- Destination
- Planned route
- How many in the party including any children and their ages
- Contact person at home and phone number
- Planned date and time of return

2.5.9 For more information

SWEDEN'S MOUNTAIN SAFETY COUNCIL - FJÄLLSÄKERHETSRÅDET

Postal address: Fjällsäkerhetsrådet
Swedish Environmental Protection Agency
SE-106 48 Stockholm, Sweden

Street address: Forskarens väg, 831 40 Östersund

Phone: +46/8-698 10 00 Fax: +46/8-698 11 82 E-mail: fjallsaker@naturvardsverket.se

Homepage: http://swenviro.naturvardsverket.se/fjallsaker/eng/index.html

2.5.10 A very good starting point

For acessing the summits the **Swedish Tourist Association** - Svenska Turistföreningen or STF is one of Sweden's largest voluntary organisations, with about 330 000 members. It operates 315 youth hostels, *eight mountain stations, and about 40 mountain huts* in remote countryside. For more information please check their Website:
http://www.svenskaturistforeningen.se

Also we recommend **SVIF**, **Swedish youth hostels in cooperation** This is an association of free-standing and independent youth hostels in Sweden. Webpage: http://www.svif.se

Many summits do often have skiing resorts and hostels nearby where also it is possible to find accomodation. Also mobile homes and caravans can be used at camping sites.

2.5.11 Abbreviations used in list of summits in this ARM

Z (m)	Altitude, height above sea line (ASL) in meters
Z (ft)	Altitude, height above sea line (ASL) in feet
P (m)	Prominence in meter, but remember that climbing may be much higher!
Long E	Longitude Deg, Mins, Seconds East or signed decimal
Lat N	Latitude Deg, Mins, Seconds North or signed decimal
Date	yyyymmdd (year month day)

2.6 Disclaimer

Hiking, hill-walking and rock-climbing are potentially dangerous activities. The SOTA Management Team and their associates assume no responsibility for accidents. Each participant does so at his or her own risk, and must decide, on the basis of their own ability, whether an objective is achievable. The listing of a summit in the reference does not mean that it is easy to reach, and it is always worth seeking local advice for all but the simplest of expeditions.

3 Summit Reference Data

3.1 Region Reference – Norrbotten

Association	Sweden (SM)
Region	Norrbotten (SM/NB-xxx)
Region manager	Refer to Association Manager

3.1.1 Regional notes

Norrbotten County is in the extreme north of Sweden. It borders Västerbotten County and the Gulf of Bothnia. It also borders the counties of Nordland and Troms in Norway, and Lapland Province in Finland. The name Norrbotten is also used for a province of the same name. That province covers only the eastern part of Norrbotten County - the inland mostly belongs to 2/3 of the Swedish Lapland (Lappland) province. Norrbotten County covers almost 1/4 of Sweden's surface, but is sparsely inhabited. This is especially true for inland part of Lappland.

The climate is generally harsh, which is not surprising considering its northern location. The county have 14 municipalities, largest is Kiruna and smallest is Haparanda.

The Norrbotten County is also the county of contrasts, here you will find the highest summit Kebnekaise (2104 metres) and Swedens deepest sea, Hornavan (232 metres). While it is permafrost in the mountains, tourists invade the beaches in the outer archipelago on the Gulf of Bothnia during the summertime.

3.1.2 Table of summits

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
NB-001	2111	6926	400	Kebnekaise Sydtoppen	18 31 00	67 54 00	JP97GV	20080601		10	
NB-002	2076	6811	230	Kaskasatjåkka	18 34 48	67 56 30	JP97GW	20080601		10	
NB-003	1946	6385	280	Ryggåsberget	17 23 46	67 14 58	JP87QF	20080601		10	
NB-004	1944	6378	380	Ridátjåhkkå	17 29 01	67 17 29	JP87RG	20080601		10	
NB-005	1937	6355	330	Kanalberget	17 32 54	67 18 37	JP87SH	20080601		10	
NB-006	1922	6306	620	Niják	17 29 10	67 29 41	JP87RL	20080601		10	
NB-007	1906	6253	200	Ceakcahjälmen	18 22 32	67 57 43	JP97EX	20080601		10	
NB-008	1900	6234	400	Pyramiden	18 29 35	67 58 15	JP97FX	20080601		10	
NB-009	1875	6152	290	Luohttottjåhkko	17 26 37	67 15 23	JP87RG	20080601		10	
NB-010	1868	6129	220	Suohasjtjåhkkå	17 39 49	67 28 59	JP87TL	20080601		10	
NB-011	1857	6093	150	Kantberget	17 32 07	67 28 12	JP87SL	20080601		10	
NB-012	1852	6076	450	Vaktposten	18 23 33	67 58 48	JP97EX	20080601		10	
NB-013	1840	6037	200	Lanjektjåhkkå	17 39 49	67 21 47	JP87TI	20080601		10	
NB-014	1805	5922	200	Alep Stuollo	17 40 15	67 12 55	JP87UF	20080601		10	
NB-015	1805	5922	200	Boarektjåhkkå	17 44 13	67 08 38	JP87UD	20080601		10	
NB-016	1794	5886	190	Staika	17 03 48	66 59 53	JP86MX	20080601		10	
NB-017	1792	5879	190	Duolbanjunecohkka	18 20 58	67 56 49	JP97EW	20080601		10	
NB-018	1789	5869	220	Bieribakte	17 53 07	67 20 50	JP87WI	20080601		10	
NB-019	1767	5797	260	Skanátjåhkkå	17 55 54	67 27 21	JP87XK	20080601		10	
NB-020	1738	5702	160	Nison Corru	18 56 36	68 15 18	JP98LG	20080601		8	
NB-021	1737	5699	260	Pallentjåkka	18 48 53	68 15 54	JP98JG	20080601		8	
NB-022	1735	5692	330	Vassjabakte	17 15 46	67 13 08	JP87PF	20080601		8	
NB-023	1724	5656	260	Måskásjgájsse	17 14 49	67 02 28	JP87OA	20080601		8	
NB-024	1715	5627	280	Årjep Savllo	16 07 52	66 53 27	JP86BV	20080601		8	

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
NB-025	1686	5531	340	Guohper	17 23 41	67 23 15	JP87GJ	20080601		8	
NB-026	1680	5512	280	Vassatjåhkkå	17 15 06	67 12 30	JP87PF	20080601		8	
NB-027	1662	5453	200	Duolbagorni	18 30 53	67 52 24	JP97GU	20080601		8	
NB-028	1620	5315	340	Nåite Noajdde	17 34 10	67 14 38	JP87SF	20080601		8	
NB-029	1605	5266	300	N Fierras	15 56 09	66 31 33	JP76XM	20080601		8	
NB-030	1601	5253	180	Alkavare	17 17 59	67 20 18	JP87PI	20080601		8	
NB-031	1578	5177	210	Niehter	18 07 23	67 13 03	JP97BF	20080601		8	
NB-032	1573	5161	170	Bielattjåhkkå	17 49 05	67 19 14	JP87VH	20080601		8	
NB-033	1572	5157	230	Álátjåhkkå	16 59 40	67 21 30	JP87LI	20080601		8	
NB-034	1564	5131	260	Tsähkkok	16 47 49	67 05 05	JP87JC	20080601		8	
NB-035	1560	5118	180	Suorre-Gaise	18 25 41	67 42 41	JP97FR	20080601		8	
NB-036	1554	5098	210	Tjuonatjåkka (Lapporten)	19 02 21	68 16 07	JP98MH	20080601		8	
NB-037	1551	5089	270	Giron	18 39 17	68 16 12	JP98HG	20080601		8	
NB-038	1543	5062	440	Stuor-Jiertá	19 02 21	67 48 17	JP97MT	20080601		8	
NB-039	1537	5043	470	Låddebákte	17 45 44	67 17 27	JP87VG	20080601		8	
NB-040	1528	5013	620	Alip Vealevarri	18 59 07	68 08 50	JP98LD	20080601		8	
NB-041	1480	4856	180	Skuogetjåhkkå	16 59 10	67 58 15	JP87LX	20080601		6	
NB-042	1472	4829	190	Lulip Suorddaćohkka	19 01 35	68 05 05	JP98MC	20080601		6	
NB-043	1442	4731	220	Pältsan	20 13 15	69 00 31	KP09CA	20080601		6	
NB-044	1430	4692	190	Svajppa	16 15 08	66 18 13	JP86DH	20080601		6	
NB-045	1405	4610	400	Rájvotjåhkkå	17 43 21	67 41 15	JP87UQ	20080601		6	
NB-046	1404	4606	160	Loktacohkka	18 27 34	68 24 22	JP98FJ	20080601		6	
NB-047	1394	4573	150	Lulep Stuollo	17 42 46	67 14 47	JP87UF	20080601		6	
NB-048	1385	4544	180	Ceabetcohkka	18 54 10	67 45 47	JP97KS	20080601		6	
NB-049	1358	4455	150	Olmácohkka	19 26 41	68 23 20	JP98RJ	20080601		6	
NB-050	1354	4442	250	Stuor arrvikk	18 15 57	67 48 59	JP97DT	20080601		6	
NB-051	1354	4442	230	Guorgucohkka	18 06 09	67 50 18	JP97BU	20080601		6	
NB-052	1320	4331	160	Gábsjetjåhkkå	16 14 19	66 52 03	JP86CU	20080601		6	
NB-053	1307	4288	280	Vájggántjåhkkå	18 00 08	67 08 56	JP97AD	20080601		6	
NB-054	1305	4281	220	Ståddátjåhkkå	16 28 58	67 12 43	JP87FF	20080601		6	
NB-055	1290	4232	230	Bonjincohkka	19 16 18	68 14 44	JP88DF	20080601		6	
NB-056	1279	4196	220	Sluggá	18 12 38	67 25 24	JP97CK	20080601		6	
NB-057	1248	4094	260	Vuogá	17 27 43	66 54 39	JP86RV	20080601		4	
NB-058	1208	3963	150	Labba	16 30 23	67 04 58	JP87GB	20080601		4	
NB-059	1187	3894	160	Lulep Gálddo	17 05 37	66 38 16	JP86NP	20080601		4	
NB-060	1178	3865	210	Vaimooaivi	19 01 08	68 17 51	JP98MH	20080601		4	
NB-061	1163	3816	180	Ruonas	17 19 36	67 05 12	JP87PC	20080601		4	
NB-062	1154	3786	330	Gárddenvárri	18 34 23	68 14 45	JP98GF	20080601		4	
NB-063	1139	3737	230	Lulep Gierkav	18 25 31	67 24 17	JP97FJ	20080601		4	
NB-064	1125	3691	160	Gállakvárre	17 53 11	67 05 03	JP87WC	20080601		4	
NB-065	1121	3678	260	Skajdevárre	16 42 25	67 50 14	JP87IU	20080601		4	
NB-066	1119	3671	370	Tsåktso	20 26 09	68 28 44	KP08FL	20080601		4	
NB-067	1057	3468	250	Svartitjåhkkå	16 53 43	67 56 42	JP87KW	20080601		4	
NB-068	1041	3415	220	Spietjav	17 11 11	67 31 52	JP87OM	20080601		4	
NB-069	1008	3307	160	Vuoktanj	17 19 44	66 32 32	JP86PN	20080601		4	
NB-070	980	3215	200	Gamssacohkka	20 21 08	68 14 36	KPO8EF	20080601		2	
NB-071	966	3169	160	Tjallasvarddo	16 32 02	66 22 25	JP86GI	20080601		2	
NB-072	900	2953	200	Gahppoaivi	20 18 07	69 02 48	KP09DB	20080601		2	
NB-073	896	2940	150	Áras	16 50 17	67 22 47	JP87KJ	20080601		2	
NB-074	856	2808	330	Bårggå	18 16 29	66 17 04	JP96DG	20080601		2	

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
NB-075	853	2799	250	Galdesvarre	19 06 49	67 10 55	JP97NE	20080601		2	
NB-076	821	2694	370	Dundret (Stora toppen)	20 34 02	67 05 26	KP07GC	20080601		2	
NB-077	801	2628	300	Brännberget (Lulep Iksják)	17 45 03	66 12 29	JP86VE	20080601		2	
NB-078	800	2625	350	Galtispuoda	17 56 08	66 07 11	JP86XC	20080601		2	
NB-079	786	2579	230	Båhttsábuovdda	18 14 19	66 14 31	JP96CF	20080601		2	
NB-080	780	2559	160	Taavinunnanen	20 59 54	68 00 46	KP08LA	20080601		2	
NB-081	775	2543	250	Hássávárre	17 57 11	66 17 19	JP86XG	20080601		2	
NB-082	758	2487	230	Appovare	19 18 05	67 14 05	JP97PF	20080601		2	
NB-083	720	2362	220	Ájlesvárre	18 04 07	66 19 15	JP96AH	20080601		2	
NB-084	714	2343	160	Rävaberget	18 39 26	65 38 12	JP96HP	20080601		2	
NB-085	670	2198	170	Guoivil	20 39 16	68 06 33	KP08HC	20080601		2	
NB-086	649	2129	250	Korttovaara	20 10 05	68 12 51	KP08CF	20080601		2	
NB-087	649	2129	290	Råsakcohkka	19 39 08	68 16 41	JP98HG	20080601		2	
NB-088	645	2116	240	Teletöisentunturi	21 40 31	67 18 37	KP07UH	20080601		2	
NB-089	594	1949	290	Vitberget	20 19 38	65 58 44	KP05DX	20080601		2	
NB-090	556	1824	150	Cavilkas	20 04 15	68 14 22	KP08AF	20080601		2	
NB-091	555	1821	150	Narkaustunturi	21 50 43	67 16 14	KP07WG	20080601		2	
NB-092	469	1539	170	Storkaxen	20 06 50	65 20 46	KP05BI	20080601		1	
NB-093	355	1165	180	Björnberget	21 08 14	66 10 09	KP06NE	20080601		1	
NB-094	268	879	160	Brändberget	21 31 21	66 11 12	KP06NE	20080601		1	
NB-095	247	810	170	Dragbergen	22 52 28	66 11 21	KP16KE	20080601		1	
NB-096	1664	5459	420	Gisuris (Kisuris)	17 18 27	67 30 27	JP87PM	20081001		8	
NB-097	1386	4547	190	Jegnaffo	16 41 51	67 11 48	JP87IE	20081001		6	
NB-098	1329	4360	180	Gásak	16 33 40	67 08 20	JP87GD	20081001		6	
NB-099	1244	4081	280	Sibok (Stipok)	16 47 11	67 39 54	JP87JP	20081001		4	
NB-100	784	2572	200	Luleb Stårbatjvare	18 16 10	65 51 15	JP95DU	20081001		2	
NB-101	662	2172	160	Stuor-Tapmuk (Stuor Dábmuk)	19 35 07	66 51 19	JP96TU	20081001		2	
NB-102	617	2024	160	Åkås (Ågås)	19 33 58	66 53 38	JP96SV	20081001		2	
NB-103	603	1978	170	Luottåive	19 56 55	66 21 13	JP96XI	20081001		2	
NB-104	570	1870	170	Erik-Larsberget	19 30 33	65 55 50	JP95SW	20081001		2	
NB-105	569	1867	190	Jutsávárre	19 58 51	66 29 14	JP96XL	20081001		2	
NB-106	550	1804	150	Subbatáive	19 52 58	66 29 11	JP96XL	20081001		2	
NB-107	526	1726	150	Rissavaara	22 02 43	67 07 51	KP17AD	20081001		2	
NB-108	525	1722	150	Nuort-Skiddoajvve	20 51 26	66 48 33	KP06KT	20081001		2	
NB-109	506	1660	200	Guohtsakoajvve	19 56 01	66 37 44	JP96XP	20081001		2	
NB-110	481	1578	180	Roavoajvve	19 10 18	66 46 39	JP96OS	20081001		1	
NB-111	426	1398	150	Särkivaara	21 52 40	66 48 37	KP06WT	20081001		1	
NB-112	396	1299	170	Laxforsberget	22 38 40	66 34 58	KP16HN	20081001		1	
NB-113	376	1234	170	Puolamarova	22 41 13	66 50 37	KP16IU	20081001		1	
NB-114	335	1099	160	Pulliniki	23 46 54	66 38 47	KP16VP	20081001		1	
NB-115	286	938	180	Storhuvudet	21 30 18	65 56 39	KP05SW	20081001		1	

3.2 Region Reference – Västerbotten

Association	Sweden (SM)
Region	Västerbotten (SM/VB-xxx)
Region manager	Refer to Association Manager

3.2.1 Regional notes

Västerbotten is the second largest county in the country and covers more than one eighth of the total area of Sweden. The natural resources are one of the countys largest assets. A journey through Västerbotten takes you from the flat country by the northern part of the Gulf of Bothnia, through the vast coniferous forests and bogs in the inland to the magnificent mountains in the west.

It borders the counties of Västernorrland, Jämtland, and Norrbotten, as well as the Norwegian county of Nordland and the Gulf of Bothnia. Västerbotten County covers the province of Västerbotten and parts of the provinces Lapland and Ångermanland. Climate are almost the same as in Norrbotten County.

3.2.2 Table of summits

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
VB-001	1768	5801	180	N Sytertoppen	15 16 11	65 53 31	JP75PV	20080601		10	
VB-002	1590	5217	210	Marsfjället	15 22 47	65 06 23	JP75QC	20080601		8	
VB-003	1488	4882	220	Tjårká	15 47 13	66 06 27	JP67VC	20080601		6	
VB-004	1477	4846	210	Jiengejehtseme	15 07 28	64 53 45	JP74NV	20080601		6	
VB-005	1444	4738	200	Villagájssie (Viagaise)	15 48 31	66 02 22	JP76VA	20080601		6	
VB-006	1440	4724	180	Jengejetneme	15 06 03	64 54 33	JP74NV	20080601		6	
VB-007	1427	4682	360	Kruanahke (Gruoneke)	14 57 19	64 56 09	JP74LW	20080601		6	
VB-008	1420	4659	240	Tjuhkale (Tjåkkele)	14 35 56	65 10 51	JP75HE	20080601		6	
VB-009	1413	4636	230	Ryjvegaejsie	15 36 16	65 38 03	JP65HP	20080601		6	
VB-010	1413	4636	150	Murtsertoppen	15 13 55	65 48 44	JP75OT	20080601		6	
VB-011	1392	4567	230	Snjåhka	14 43 04	65 56 31	JP75IW	20080601		6	
VB-012	1385	4544	380	Risfjället	15 26 33	65 08 58	JP75RD	20080601		6	
VB-013	1352	4436	150	Suvåjvvie	15 55 38	66 01 01	JP76XA	20080601		6	
VB-014	1316	4318	150	Borkafjället	15 25 41	65 13 05	JP75RF	20080601		6	
VB-015	1308	4291	160	Fjerrás	15 40 58	66 03 13	JP76UB	20080601		6	
VB-016	1303	4275	280	Klöverfjället (Tjuolen)	15 03 58	64 52 47	JP74MV	20080601		6	
VB-017	1299	4262	390	Girifjället	15 33 59	65 10 08	JP75SE	20080601		6	
VB-018	1294	4245	150	Jillie Skaarjehke	15 37 40	65 19 07	JP75TH	20080601		6	
VB-019	1291	4236	370	Daevnienthakkke	15 14 37	65 16 34	JP75OG	20080601		6	
VB-020	1248	4094	280	Ljusfjället	14 48 31	65 15 47	JP75JG	20080601		4	
VB-021	1246	4088	240	Aajnantjahkke (Ainantjakke)	15 19 24	64 04 01	JP74PB	20080601		4	
VB-022	1211	3973	210	Svaaktjåhke (Svalogåbre)	14 41 58	65 59 33	JP75IX	20080601		4	
VB-023	1206	3957	200	Sjnjurtjuoke (Sjnjurtjuk)	15 52 52	66 07 19	JP76WC	20080601		4	
VB-024	1187	3894	220	Stoere Tjåhke (Stuore Tjåhke)	15 04 15	65 26 29	JP75MK	20080601		4	
VB-025	1181	3875	180	Bäverfjället	15 18 14	65 12 01	JP75PE	20080601		4	
VB-026	1144	3753	220	Rovpentjahke	15 19 57	65 02 40	JP75PB	20080601		4	
VB-027	1105	3625	200	Satsfjället	15 14 40	64 56 17	JP74OW	20080601		4	
VB-028	1103	3619	160	Faarrohktjahke	15 33 28	65 25 09	JP75SK	20080601		4	
VB-029	1069	3507	160	Gaajsartjahkke (Gaisare)	14 41 52	65 20 24	JP75II	20080601		4	
VB-030	1065	3494	240	Såttan	15 29 30	65 03 05	JP75RB	20080601		4	
VB-031	1062	3484	160	Aahkantjahke	15 35 57	65 41 46	JP75TQ	20080601		4	

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
VB-032	1059	3474	180	Bårjuonåjvvie (Bångonåive)	15 31 43	65 49 17	JP74ST	20080601		4	
VB-033	1059	3474	160	Råafoettjårre	15 35 32	64 49 29	JP74TT	20080601		4	
VB-034	1055	3461	150	Tjirriemtjåhke	14 34 22	66 02 12	JP76GA	20080601		4	
VB-035	1052	3451	210	Gebnafjället	15 19 17	65 26 10	JP75PK	20080601		4	
VB-036	1050	3445	190	Murfjället	15 08 40	65 10 32	JP75NE	20080601		4	
VB-037	1039	3409	190	Fågelfjället	15 28 13	65 18 44	JP75RH	20080601		4	
VB-038	1028	3373	200	Guhkiestjåhkka	15 53 06	65 47 37	JP75WT	20080601		4	
VB-039	1026	3366	160	Vuomatjåhkka (Vuomentjåkke)	15 52 54	65 56 41	JP75WW	20080601		4	
VB-040	1020	3346	220	Tjirrietjåhke (Tjirratjåkke)	14 58 45	66 07 29	JP76LC	20080601		4	
VB-041	1012	3320	190	Bealloevaerie	14 33 36	65 06 40	JP75GC	20080601		4	
VB-042	995	3264	190	Lill-Stalofjället	15 42 19	65 31 49	JP75UM	20080601		2	
VB-043	987	3238	180	Stuortjåhka (Stuortjåkke)	15 46 17	65 48 49	JP75VT	20080601		2	
VB-044	972	3189	190	Vijnievaartoe (Vinevardo)	15 23 23	64 54 58	JP74QV	20080601		2	
VB-045	970	3182	230	Luspievaartoe (Luspevardo)	15 03 01	65 32 15	JP75MM	20080601		2	
VB-046	956	3136	150	Rigkervaartoe (Rikkevardo)	14 45 55	65 33 55	JP75JN	20080601		2	
VB-047	950	3117	150	Valfjället	15 20 32	65 18 16	JP75QH	20080601		2	
VB-048	946	3104	170	Gubbsjöklumpen	15 12 33	64 49 50	JP74OT	20080601		2	
VB-049	921	3022	260	Stöken (Sjnåhttjoevaerie)	15 14 42	65 02 01	JP75OA	20080601		2	
VB-050	829	2720	320	Laxfjället	15 16 19	65 43 40	JP75PR	20080601		2	
VB-051	809	2654	170	Bojtiken	14 58 40	65 25 06	JP75LK	20080601		2	
VB-052	788	2585	180	Stor-Nassjo	15 08 57	65 02 39	JP75NB	20080601		2	
VB-053	783	2569	160	Fjällripfjället	14 34 08	65 05 39	JP75GC	20080601		2	
VB-054	776	2546	210	Mångmanberget	15 26 31	64 43 04	JP74RR	20080601		2	
VB-055	769	2523	190	Björnberget	16 39 04	64 48 46	JP84HT	20080601		2	
VB-056	744	2441	200	Vaerie Plaaike (Bliekevare)	15 34 03	64 38 35	JP74SP	20080601		2	
VB-057	668	2192	210	Abmoberget	17 39 05	65 23 54	JP85TJ	20080601		2	
VB-058	587	1926	160	Fäbokullen	17 42 03	63 58 55	JP83UX	20080601		2	
VB-059	551	1808	150	Sandberget	17 44 43	65 14 32	JP85UF	20080601		2	
VB-060	550	1804	150	Västra Terjesten	17 34 54	64 56 28	JP84SW	20080601		2	
VB-061	538	1765	160	Storberget	17 59 42	64 11 43	JP84XE	20080601		2	

3.3 Region Reference – Jämtland

Association	Sweden (SM)
Region	Jämtland (SM/JL-xxx)
Region manager	Refer to Association Manager

3.3.1 Regional notes

Jämtland County is in the middle of Sweden. It borders the counties of Dalarna, Gävleborg, Västernorrland, and Västerbotten. It also shares a border with the Norwegian counties of Nord-Trøndelag and Sør-Trøndelag. Jämtland County consists of primarily the provinces of Jämtland and Härjedalen, though minor parts of Hälsingland and Ångermanland are also included, along with small uninhabited areas in Lappland and Dalarna. The County has about 127,000 inhabitants. The majority of them, 58,000, live in Östersund Muncipality. The county covers 12 per cent of the Swedish territory and is home to only 1.5 per cent of the Swedish population.

Here we also have a Visitor´s Amateur Radio Station in Sweden, SI9AM.
http://www.si9am.se

3.3.2 Table of summits

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
JL-001	1796	5892	290	Helagsglaciären	12.4531	62.9040	JP62FV	20080601		10	
JL-002	1682	5518	420	Predikstolen	12.4108	62.8913	JP62EV	20080601		8	
JL-003	1626	5335	160	Stora Härjångsstöten	12.5931	63.0193	JP63HA	20080601		8	
JL-004	1594	5230	270	Skarsfjället (Rååsengealta)	12.2281	62.7873	JP62CS	20080601		8	
JL-005	1526	5007	320	Nörder-Storådörrfjället	13.0161	62.9665	JP62MX	20080601		8	
JL-006	1518	4980	150	Sylskalsstöten	12.2720	63.0053	JP63DA	20080601		8	
JL-007	1463	4800	160	Storsnasen	12.3433	63.2285	JP63EF	20080601		6	
JL-008	1455	4774	310	Vålåsjöfjället	12.8299	62.9501	JP62JW	20080601		6	
JL-009	1443	4734	240	Lievkiesåajja	12.6680	63.0578	JP63IB	20080601		6	
JL-010	1426	4678	220	Gåsen	13.5322	63.0639	JP63SB	20080601		6	
JL-011	1423	4669	220	Stor-Ana högen	13.2263	63.0877	JP63OC	20080601		6	
JL-012	1420	4659	180	Åreskutan	13.0932	63.4313	JP63MK	20080601		6	
JL-013	1413	4636	310	Lill-Stendalsfjället	12.7280	63.1031	JP63IC	20080601		6	
JL-014	1409	4623	240	Tvåråklumparna	12.3117	63.1983	JP63DE	20080601		6	
JL-015	1400	4593	200	Synder-Storådörrfjället	12.9731	62.9623	JP62LX	20080601		6	
JL-016	1382	4534	240	Getryggen	12.3086	63.1820	JP63DE	20080601		6	
JL-017	1372	4501	170	Hundshögen (Vinhtseåelkie)	13.7235	62.9617	JP62UX	20080601		6	
JL-018	1332	4370	170	Blå Stöten	12.7967	62.6103	JP62JO	20080601		6	
JL-019	1322	4337	220	Stor-Axhögen (Heav Kåelkie)	12.5392	62.7625	JP62GS	20080601		6	
JL-020	1301	4268	200	Ånnfjället	12.7003	62.6003	JP62IO	20080601		6	
JL-021	1280	4199	200	Dörrpiken (Sjtiedtje)	13.1132	62.9830	JP63NX	20080601		6	
JL-022	1276	4186	230	Brattriet	12.3779	62.4262	JP62EK	20080601		6	
JL-023	1260	4134	180	Storskarven	12.3589	62.5957	JP62EO	20080601		6	
JL-024	1254	4114	190	Tjallingklumpen	12.5113	63.0910	JP63GC	20080601		6	
JL-025	1242	4075	240	Bielnie	13.5804	64.0338	JP64SI	20080601		4	
JL-026	1235	4052	230	Buarkantjahke	14.9655	64.7970	JP74LT	20080601		4	
JL-027	1212	3976	170	Stor-Mittåkläppen (Kliephie)	12.4494	62.7337	JP62FR	20080601		4	
JL-028	1202	3944	280	Sockertoppen	12.6994	63.7907	JP63IS	20080601		4	
JL-029	1193	3914	190	Fiskåfjället	14.6577	64.5020	JP74BN	20080601		4	

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
JL-030	1173	3848	150	Lövhögen (Vaelie)	13.3189	62.9773	JP62PX	20080601		4	
JL-031	1163	3816	160	Bastunäsklumpen	15.0262	64.6800	JP74MQ	20080601		4	
JL-032	1154	3786	150	Bliereketjakke (Guoengere)	14.8963	64.8031	JP74KT	20080601		4	
JL-033	1153	3783	150	Gråvålen	12.1842	62.8852	JP62CV	20080601		4	
JL-034	1148	3766	240	Skedbrofjället (Sjeabpore)	12.2443	62.4008	JP62CJ	20080601		4	
JL-035	1125	3691	160	Hovärken	13.3182	62.1306	JP62PD	20080601		4	
JL-036	1123	3684	180	Storvålen (Våala)	12.4778	62.4385	JP62JK	20080601		4	
JL-037	1117	3665	190	Lillfjället	12.8567	62.5514	JP62KO	20080601		4	
JL-038	1109	3638	200	Rödsjövålen	12.7738	62.5298	JP62JM	20080601		4	
JL-039	1106	3629	300	Hottögsfjället (Hijhtege)	13.3484	63.1778	JP62QE	20080601		4	
JL-040	1096	3596	150	Storknulen	13.0397	64.0104	JP54MA	20080601		4	
JL-041	1096	3596	170	Stråti (Strååhte)	13.3859	64.0518	JP64QB	20080601		4	
JL-042	1096	3596	170	Lill-Ulvåfjället	12.3580	63.1264	JP63ED	20080601		4	
JL-043	1070	3510	180	Orrnäsfjället (Lievkiesoja)	14.7637	64.8325	JP74JU	20080601		4	
JL-044	1036	3399	170	Värjakliephie	14.2666	64.2668	JP74DG	20080601		4	
JL-045	1031	3383	190	Tjelmehtskliephie	14.2330	64.2850	JP74CG	20080601		4	
JL-046	1024	3360	200	Bustvålen	12.2849	62.3605	JP62DI	20080601		4	
JL-047	1015	3330	190	Grucksfjället	14.1470	64.9756	JP74BX	20080601		4	
JL-048	1003	3291	200	Duvviegaejsie	13.5640	63.8047	JP63ST	20080601		4	
JL-049	999	3278	160	Handskinnvålen	12.4143	62.3788	JP62EJ	20080601		2	
JL-050	991	3251	170	Baltjoe (Rieksvardo)	14.6015	64.6321	JP74HP	20080601		2	
JL-051	980	3215	170	Bredåvalarna	12.2988	62.2996	JP62DH	20080601		2	
JL-052	977	3205	150	Funäsdalsberget	12.5399	62.5576	JP62GN	20080601		2	
JL-053	971	3186	190	Plaassagaejsie	13.3109	63.8136	JP63PT	20080601		2	
JL-054	955	3133	150	Högvålen	12.9278	62.2676	JP62LG	20080601		2	
JL-055	946	3104	160	Gubbsjöklumpen	15.2093	64.8307	JP74OT	20080601	20100701	2	SM/VB
JL-056	924	3031	170	Messklumpen	14.1387	64.8546	JP74BU	20080601		2	
JL-057	920	3018	180	Fangvalen (vålådalen)	13.2630	63.1545	JP63MD	20080601		2	
JL-058	910	2986	150	Stor-Stoåsen	13.0124	62.3218	JP62MH	20080601		2	
JL-059	878	2881	270	Dueljienaesie (Duoljanese)	12.6102	63.8615	JP63HU	20080601		2	
JL-060	860	2822	160	Middagsvalen (Vålådalen)	13.0464	63.1420	JP63MD	20080601		2	
JL-061	859	2818	150	Flanderstöten (Biegkestahke)	12.7130	63.5966	JP63IO	20080601		2	
JL-062	658	2159	150	Frostberget	14.6652	64.3958	JP74HJ	20080601		2	
JL-063	574	1883	150	Junsterklumpen	14.0841	64.5613	JP74BN	20080601		2	
JL-064	548	1798	220	Hoverberget	14.4330	62.8292	JP72FT	20080601		2	
JL-065	490	1608	150	Hallberget	15.2242	62.8569	JP72OU	20080601		1	
JL-066	1278	4193	230	Högfjället (Sånfjället)	13.5391	62.2849	JP62SG	20081001		6	
JL-067	1193	3914	200	Gråsidan	13.4836	62.2800	JP62RG	20081001		4	
JL-068	1175	3855	180	Korpflyet	13.5349	62.2510	JP62SG	20081001		4	
JL-069	1010	3314	290	Glötesvålen	13.5701	62.1407	JP62SD	20081001		4	
JL-070	926	3038	150	Tvillingvålen	13.7314	62.1719	JP62UE	20081001		2	
JL-071	902	2959	150	Hovden	13.4279	62.2353	JP62RF	20081001		2	
JL-072	870	2854	240	Glötesåen	13.4841	62.0800	JP62RB	20081001		2	
JL-073	750	2461	150	Morsberget	13.8977	62.2683	JP62WG	20081001		2	
JL-074	750	2461	150	Dyckesberget	13.4806	62.1258	JP62RD	20081001		2	
JL-075	714	2343	150	Öjberget	14.2064	61.6669	JP71CQ	20081001		2	
JL-076	695	2280	170	Tornskalet	13.8699	62.0252	JP62WA	20081001		2	
JL-077	641	2103	160	Kvistberget	14.2017	62.6433	JP72CP	20081001		2	
JL-078	640	2100	150	Sålnberget	14.4546	61.9379	JP71CW	20081001		2	
JL-079	630	2067	180	Ängersjökölet	14.8887	61.9455	JP71KW	20081001		2	
JL-080	623	2044	150	Norderåsen	13.9894	62.1924	JP62XE	20081001		2	
JL-081	570	1870	150	Messukölen	15.0904	61.9963	JP71NX	20081001		2	
JL-082	470	1542	150	Esbjörberget	14.9794	62.2186	JP72LF	20081001		1	

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
JL-083	1728	5669	200	Templet	12.2280	63.0015		20100701	JP63CA	8	
JL-084	1704	5591	160	Helagsfjället (Maajåelkie)	12.4052	62.9226		20100701	JP62EW	8	
JL-085	1545	5069	150	V Bunnerstöten (Vuolmelålkentj)	12.5291	63.1265		20100701	JP63GD	8	
JL-086	1500	4921	190	Lunndörrsfjället / Staineke	13.0474	63.0006		20100701	JP63MA	8	
JL-087	1488	4882	160	Skarsfjället	12.1984	62.7778		20100701	JP62CS	6	
JL-088	1480	4856	200	Synder-Storådörrfjället	12.9756	62.9619		20100701	JP62LX	6	
JL-089	1415	4642	150	Stor-Stensdalsfjället	12.6845	63.1529		20100701	JP63ID	6	
JL-090	1410	4626	150	Gråsjöfjället (Råfatjuolentjakke)	12.8690	62.9878		20100701	JP62KX	6	
JL-091	1310	4298	160	Mossalassfjället (Salpeke)	12.8974	62.9255		20100701	JP62KW	6	
JL-092	1260	4134	160	Flinhtegietiie (Oviksfjällen)	13.8204	62.9929		20100701	JP62Vx	6	
JL-093	1260	4134	150	Gaagka (Gakka)	13.2191	63.0124		20100701	JP63OA	6	
JL-094	1260	4134	170	Giettetjakke (Giedtietjahke)	13.1104	63.0022		20100701	JP63NA	6	
JL-095	1248	4094	170	Mjölkvattsfjället	13.2952	63.8705		20100701	JP63PU	4	
JL-096	1216	3990	150	Stoere Tjovre (Stuore Tjåure)	13.1929	63.9796		20100701	JP63OX	4	
JL-097	1211	3973	250	Himmelsraften	13.4106	63.8893		20100701	JP63QV	4	
JL-098	1205	3953	150	Mehkentjahke	12.7178	63.7704		20100701	JP63IS	4	
JL-099	1201	3940	200	Anjeskutan (Stuore Tjukkele)	12.6508	63.7665		20100701	JP63HS	4	
JL-100	1200	3937	180	Österfjället (Baantetjahke)	13.8572	63.0340		20100701	JP63WA	4	
JL-101	1199	3934	260	Opmedstjahke (Opmotstjakke)	12.7192	63.8095		20100701	JP63IT	4	
JL-102	1195	3921	200	Sömlingshågna	13.2165	62.0412		20100701	JP62OB	4	
JL-103	1191	3907	190	Sjkeavratjahke (Skeuratjahkke)	12.6651	63.8117		20100701	JP63IT	4	
JL-104	1190	3904	170	Skildake (Sjkijlehtahke)	12.6999	63.8825		20100701	JP63IV	4	
JL-105	1174	3852	150	Skenörsfjället (Skåavmantjahke)	12.2903	62.6231		20100701	JP62DO	4	
JL-106	1152	3780	150	Lill-Anjeskutan (Unne Tjukkele)	12.6684	63.7454		20100701	JP63IR	4	
JL-107	1150	3773	230	Haftorsstöten (Gihpergaeisie)	12.1382	62.7488		20100701	JP62BS	4	
JL-108	1142	3747	170	Slätnatjahke	13.0647	63.9900		20100701	JP63MX	4	
JL-109	1067	3501	170	Vålåvalen (Tjajne)	12.8627	63.0503		20100701	JP63KB	4	
JL-110	1058	3471	150	Lappluvan (Goeptelssjienie)	13.5688	63.8216		20100701	JP63ST	4	
JL-111	1048	3438	150	Finnsjöfallet	13.4040	62.9864		20100701	JP62QX	4	
JL-112	1047	3435	200	Buviretjahke (Burestjakke)	12.7302	63.8623		20100701	JP63IU	4	
JL-113	1035	3396	180	Tjelmiebyölehke	13.7428	63.9065		20100701	JP63UV	4	
JL-114	1023	3356	150	Grönfjället (Faavrehke)	13.0824	63.9032		20100701	JP63NV	4	
JL-115	1007	3304	150	Fjätsjöriet (Baektievaarta)	12.8341	62.9169		20100701	JP62KW	4	
JL-116	1003	3291	160	Kappruet	12.7729	62.6524		20100701	JP62JP	4	
JL-117	1002	3287	180	Våndsjögusten	12.3003	62.2695		20100701	JP62DG	4	
JL-118	924	3031	150	Näskilsvålen	12.9057	62.1423		20100701	JP62BV	2	
JL-119	920	3018	180	Klockansjuklumpen	13.7915	63.8890		20100701	JP63VV	2	
JL-120	918	3012	200	Stor-Erfjället	14.6336	63.9575		20100701	JP73HX	2	
JL-121	914	2999	160	Sundsvalen (Baktevardo)	12.7592	63.6458		20100701	JP63JP	2	
JL-122	900	2953	160	Hållfjället	12.9720	63.2531		20100701	JP63LG	2	
JL-123	879	2884	150	Saxvallsklumpen (Vajkese)	12.4284	63.5949		20100701	JP63FO	2	
JL-124	858	2815	150	Edefjället (Arravatra)	12.1418	63.8455		20100701	JP63BU	2	
JL-125	850	2789	180	Skårrvålen	12.8791	63.2755		20100701	JP63KG	2	
JL-126	845	2772	150	Suljätten	13.1570	63.5864		20100701	JP63NO	2	
JL-127	749	2457	170	Hobergsvalen	12.9088	63.8521		20100701	JP63KU	2	
JL-128	728	2388	150	Förberget	13.1855	63.3867		20100701	JP63OJ	2	
JL-129	717	2352	210	Finningsvalen	13.2164	63.6817		20100701	JP63OQ	2	
JL-130	625	2051	150	Kälapannklumpen	13.4689	63.6843		20100701	JP63RQ	2	
JL-131	525	1722	150	Höjden	14.3371	63.9091		20100701	JP73EV	2	
JL-132	515	1690	160	Bleka	16.1508	63.8706		20100701	JP83BU	2	
JL-133	440	1444	170	Vättaberget	16.3020	63.1296		20100701	JP83DD	2	
JL-134	380	1247	160	Forsberget	16.0627	63.1401		20100701	JP83AD	1	
JL-135	360	1181	200	Siljemyrberget (Raskberget)	16.4312	63.0763		20100701	JP83FB	1	

3.4 Region Reference – Dalarna

Association	Sweden (SM)
Region	Dalarna (SM/DA-xxx)
Region manager	Refer to Association Manager

3.4.1 Regional notes

Dalarna County (Dalarnas län) is a county middle of Sweden. It borders the counties of Jämtland, Gävleborg, Västmanland, Örebro and Värmland. It is also bounded by the Norwegian counties of Hedmark and Sør-Trøndelag in the west. The capital is Falun.

Dalarna County virtually encompasses the historical province Dalarna, that influences the history and culture of the area. Dalarna County was known as Kopparberg County, or Kopparbergs län, until 1997. Kopparberg literally means Copper Mountain. You may have heard the words about the famous copper mine of Falun.

Dalarna has a wonderful and varied nature. The landscape ranges from rugged mountains in the north - also part of the Scandinavian mountain range, to forests of oak and other deciduous trees along the banks of the Dalälven River which, in Gagnef, is divided into an east and west river and runs through the landscape from the north to the south east. There are over 6,000 lakes in the county, including the largest Siljan.

3.4.2 Table of summits

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
DA-001	1204	3950	280	Storvättneshågna	12.4305	62.1114	JP62FC	20080601		4	
DA-002	1191	3907	250	Nipfjället (Mulen)	12.8524	61.9824	JP61KX	20080601		4	
DA-003	1131	3711	190	Städjan	12.8783	61.9187	JP61KW	20080601		4	
DA-004	1129	3704	280	Slagufjället	12.4099	62.2360	JP62EF	20080601		4	
DA-005											
DA-006	1096	3596	270	Fonnfjället	13.1860	62.0110	JP62OA	20080601		4	
DA-007	1082	3550	180	Stor-Uckuvålen	13.1608	61.9514	JP61NW	20080601		4	
DA-008	1080	3543	160	Häggingfjället	13.2523	62.0109	JP62OA	20080601		4	
DA-009	1061	3481	160	Näsfjället	12.6070	62.2149	JP62HF	20080601		4	
DA-010	1002	3287	160	Fjätervålen	12.9557	61.9347	JP61LW	20080601		4	
DA-011	925	3035	280	Hundfjället	12.9977	61.1494	JP61LD	20080601		2	
DA-012	903	2963	160	Källfjället	13.1009	61.2012	JP61NE	20080601		2	
DA-013	902	2959	200	Östra Kalven	13.0644	61.1573	JP61MD	20080601		2	
DA-014	891	2923	170	Gänjösvålen	12.8584	61.8878	JP61KV	20080601		2	
DA-015	869	2851	150	Hemmeråsen	12.7800	61.9084	JP61JV	20080601		2	
DA-016	860	2822	200	Västra Kalven	13.0256	61.1690	JP61ME	20080601		2	
DA-017	850	2789	150	Frönberget	12.4484	61.9714	JP61FX	20080601		2	
DA-018	791	2595	170	Siksjöberget	12.8777	61.7263	JP61LR	20080601		2	
DA-019	716	2349	190	St moberget	12.8256	61.2229	JP61JF	20080601		2	
DA-020	704	2310	150	Kyrkberget	13.6073	60.8716	JP60TU	20080601		2	
DA-021	697	2287	150	Fenningberget	13.4228	60.9808	JP60RX	20080601		2	
DA-022	681	2234	180	Rönnkleven	13.0938	60.9695	JP60NX	20080601		2	
DA-023	596	1955	160	Säliträdberget	14.4022	60.7921	JP70ET	20080601		2	
DA-024	560	1837	180	Markusberget	13.7282	605252	JP60UM	20080601		2	
DA-025	524	1719	170	Flenberg	14.5768	60.7969	JP70GT	20080601		2	
DA-026	520	1706	160	Björnbergshällen	14.6444	60.5841	JP70HO	20080601		2	
DA-027	514	1686	160	Gesundaberget	14.5213	60.8687	JP70GU	20080601		2	

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
DA-028	509	1670	150	Hunnflen	14.0288	60.5065	JP70AM	20080601		2	
DA-029	468	1535	160	Ärteråsberget	15.0971	61.2540	JP71NG	20080601		1	
DA-030	420	1378	170	Grejsarberget	15.7306	61.0382	JP71UA	20080601		1	
DA-031	385	1263	150	Hökberget	14.3228	61.0636	JP71DB	20080601		1	
DA-032	948	3110	160	Ö Granfjället	12.9678	61.2474	JP61LF	20100601		2	
DA-033	924	3031	150	Storfjället	13.1384	61.1387	JP61ND	20100601		2	
DA-034	905	2969	260	Näsfjället	12.9178	61.3598	JP61LI	20100601		2	
DA-035	775	2543	225	Tandövarden	13.1749	60.8368	JP60OU	20100601		2	
DA-036	687	2254	150	Storhön (Hormundbgt)	13.3778	61.0078	JP61QA	20100601		2	
DA-037	607	1991	150	N Garberget	14.2053	61.0261	JP71CA	20100601		2	
DA-038	573	1880	170	Klacken	13.9490	60.6355	JP60XP	20100601		2	
DA-039	561	1841	150	Korpfjället	13.9490	60.3425	JP60XI	20100601		2	
DA-040	558	1831	150	Stabergsklacken	13.6655	60.6090	JP60UO	20100601		2	
DA-041	552	1811	150	St. Kullerberget	14.3010	60.1914	JP70DE	20100601		2	
DA-042	534	1752	150	Stora Kullsberget	14.0522	60.3613	JP70AI	20100601		2	
DA-043	531	1742	150	Högerisåsen	14.2586	60.6651	JP70DP	20100601		2	
DA-044	519	1703	150	Vakerskogsberget	14.1563	60.3397	JP70BI	20100601		2	
DA-045	505	1657	150	Fänriksberget	15.4579	60.8389	JP70RU	20100601		2	
DA-046	466	1529	150	Fjällberget	14.9159	60.0955	JP70LC	20100601		1	
DA-047	461	1512	150	Knytberget	15.1439	60.7870	JP70NS	20100601		1	
DA-048	399	1309	150	Asaklitt	15.0203	60.6706	JP70MQ	20100601		1	
DA-049	380	1247	150	Åsberg	14.6421	60.8170	JP70HT	20100601		1	
DA-050	345	1132	150	Björkberget	14.8531	60.7901	JP70KS	20100601		1	

3.5 Region Reference – Västernorrland

Association	Sweden (SM)
Region	Västernorrland (SM/VN-xxx)
Region manager	Refer to Association Manager

3.5.1 Regional notes

The county Västernorrland has a long coastline with a mainland shoreline ten per cent of the country's coast, exclusive of islands. The High Coast; http://www.highcoast.net is one-of-a-kind; since the last Ice Age, its land elevation has been without parallel anywhere else in the world. Here you will find nice summits, even on islands which also count for the IOTA programme!

The county is easily accessible, with its three airports and high-speed train service from the south. The E4 and E14 highways provide the county with good connections to the north, south and west. Västernorrland county comprises the Province of Medelpad and the Province of Ångermanland.

3.5.2 Table of summits

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
VN-001	560	1837	150	Stormörtsjökullen	16.1247	62.3186	JP82BH	20080601		2	
VN-002	507	1663	150	Fanbyklacken	16.5443	62.3042	JP82GH	20080601		2	
VN-003	479	1572	150	Björnberget	16.7739	62.9676	JP82JX	20080601	20100701	1	SM/JL
VN-004	471	1545	150	Hammarshöjden	17.3322	62.9744	JP82PX	20080601		1	
VN-005	461	1512	160	Pellesvedåsen	16.5350	62.4974	JP82GL	20080601		1	
VN-006	459	1506	150	Jerikoberget	16.8866	62.6835	JP82KQ	20080601		1	
VN-007	438	1437	150	Sundsjöåsen	16.8580	62.6333	JP82KP	20080601		1	
VN-008	404	1325	150	Vildberget	16.7757	62.7693	JP82JS	20080601		1	
VN-009	400	1312	150	Idsjöhöjden	17.9512	63.0655	JP83XB	20080601	20100701	1	P=140
VN-010	347	1138	150	Höghällorna	17.4882	62.6944	JP82RQ	20080601		1	
VN-011	333	1093	180	Dalsberget	18.1911	62.9502	JP92CW	20080601		1	
VN-012	316	1037	150	Väster-Högåsen	17.4650	62.6124	JP82RO	20080601		1	
VN-013	313	1027	160	Högkälstoppen	18.0527	63.0209	JP93AA	20080601		1	
VN-014	313	1027	150	Butjärnsberget	17.9289	62.9759	JP82XX	20080601		1	
VN-015	281	922	230	Folkjansberget	17.9848	62.8783	JP82XV	20080601		1	
VN-016	285	935	170	Långtoberget	17.9510	62.9414	JP82XW	20080601		1	
VN-017	273	896	270	Ringkallen	18.3174	62.8824	JP92DV	20080601		1	
VN-018	265	869	210	Vårdkallberget	18.3863	63.0338	JP93EA	20080601		1	
VN-019	256	840	220	Stor-Gällingberget	18.0470	62.9408	JP92AW	20080601		1	
VN-020	240	787	200	Rödåsen	18.2009	62.8097	JP92CT	20080601		1	
VN-021	245	804	230	Fröksberget	18.1364	62.8562	JP92BU	20080601		1	
VN-022	241	791	210	Valkallen	18.1010	62.7932	JP92BT	20080601		1	
VN-023	236	774	230	Bastutoberget (Mjältön)	18.5144	63.0512	JP93GB	20080601		1	
VN-024	208	682	200	Hemsö hatt (Hemsön)	18.0790	62.6989	JP92AQ	20080601		1	
VN-025	191	627	180	Dalsberget (Rävsön)	18.4725	62.9227	JP92FW	20080601		1	
VN-026	215	705	150	Själandsklinten	18.3683	62.9138	JP92EV	20080601		1	
VN-027	175	574	170	Vårdkasen	17.9602	62.6101	JP82XO	20080601		1	
VN-028	466	1529	160	Malungsfluggen	16.8915	62.1769	JP82KE	20081001		1	
VN-029	420	1378	160	Tivsjöberget	16.2262	62.6848	JP82CQ	20081001		1	
VN-030	380	1247	150	Storberget	16.7514	62.7137	JP82JR	20081001		1	
VN-031											
VN-032	279	915	160	Rösåsberget	17.1876	62.5218	JP82OM	20081001		1	

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
VN-033	281	922	150	Högklinten	18.3924	62.9861	JP92EX	20100701		1	
VN-034	380	1247	150	Rönåsen	17.1145	63.2991	JP83NH	20100701		1	
VN-035	330	1083	150	Storråberget	16.8601	63.2676	JP83KG	20100701		1	
VN-036	260	853	150	Ringråberget	18.2173	62.9751	JP92CX	20100701		1	
VN-037	200	656	150	Oxberget	17.8777	62.9499	JP82WW	20100701		1	

3.6 Region Reference – Gävleborg

Association	Sweden (SM)
Region	Gävleborg (SM/GA-xxx)
Region manager	Refer to Association Manager

3.6.1 Regional notes

Gävleborg County (Gävleborgs län) is a county or län on the Baltic Sea coast of Sweden. It borders to the counties of Uppsala, Västmanland, Dalarna, Jämtland and Västernorrland. Gävleborg County is divided upon the provinces of Gästrikland, Hälsingland.

Most of the county is both low and high and flat, hence the reason why there are so few summits here meeting the current SOTA criteria.

3.6.2 Table of summits

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
GA-001	457	1499	210	Blacksås	16.7493	61.6479	JP81IP	20080601		1	
GA-002	317	1040	160	Digerberget	16.7062	61.2001	JP81IE	20080601		1	
GA-003	254	833	150	Gullberg	16.8215	61.2152	JP81JF	20080601		1	
GA-004	390	1280	170	Järvsö Klack	16.2544	61.7356	JP81DR	20081001		1	
GA-005	367	1204	150	Vallåsen	15.8415	61.8184	JP71WT	20081001		1	
GA-006	322	1056	170	St Torrberget	16.5110	61.3700	JP81GI	20081001		1	
GA-007	320	1050	160	Storåsen	16.8618	61.5151	JP81KM	20081001		1	
GA-008	312	1024	160	Sjögråberget	16.4738	61.4267	JP81FK	20081001		1	
GA-009	287	942	170	Tjännåsen	16.9197	61.5701	JP81LN	20081001		1	
GA-010	275	902	160	Slavattenberget	16.8581	62.0013	JP82KA	20081001		1	
GA-011	211	692	150	Hårgaberget	16.5877	61.2623	JP81HG	20081001		1	
GA-012	426	1398	150	Sörnjupen	16.3735	62.0147	JP82EA	20100701		1	
GA-013	309	1014	150	Skogberget	16.6729	61.3264	JP81IH	20100701		1	

3.7 Region Reference – Värmland

Association	Sweden (SM)
Region	Värmland (SM/VL-xxx)
Region manager	Refer to Association Manager

3.7.1 Regional notes

Värmland county borders the counties of Dalarna, Örebro and Västra Götaland and in west to Hedmark, Akershus, and Østfold counties in Norway. The largest lake is Vänern, also largest in Scandinavia. The county is also rich in small lakes, ponds and streams. The scenic nature with mountains and lakes is usually regarded among the most picturesque in Sweden. There are several mountain plateaus in the western part of Värmland, which is in the Scandinavian mountain range. The highest elevations are found in the northern parts, with plateaus of 500-700 meters.

The eastern part of Värmland is counted into the Bergslagen. Its terrain is rather hilly, but a few high-altitude hills are present.

3.7.2 Table of summits

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
VL-001	701	2300	150	Granberget	12.7420	60.8975	JP60IV	20080601		2	
VL-002	677	2221	150	Röknölen	12.5984	60.9978	JP60HX	20080601		2	
VL-003	638	2093	150	Fjärhanaberget	12.4119	60.8575	JP60LU	20080601		2	
VL-004	542	1778	150	Hovfjället	12.9675	60.2926	JP60LG	20080601		2	
VL-005	520	1706	150	Rännberget	12.6620	60.3280	JP60HH	20080601		2	
VL-006	513	1683	160	Bograngsberget	12.6396	60.6981	JP60HQ	20080601		2	
VL-007	405	1329	150	Skallberg	13.7109	59.9673	JO69UX	20080601		1	
VL-008	543	1781	150	Hultberget	12.7378	60.4006	JP60IJ	20081001		2	
VL-009	474	1555	150	Vålberget	14.0070	60.0263	JP70AA	20081001		1	
VL-010	443	1453	150	Fagerberget	13.0048	60.3735	JP60MI	20081001		1	
VL-011	426	1398	190	Värmullsåsen	13.7311	60.0219	JP60UA	20081001		1	
VL-012	413	1355	170	Gåsklinten	14.3260	59.8648	JO79DU	20081001		1	
VL-013	359	1178	160	Runnberget	13.5931	59.7664	JO69TS	20081001		1	
VL-014	303	994	160	Grötklätten	12.3867	59.7098	JO69ER	20081001		1	
VL-015	268	879	160	Blanka Pannan	12.5830	59.7350	JO69GR	20081001		1	
VL-016	659	2162	150	Persby-Gillesbergen	13.0836	60.7500	JP60BR	20100601		2	
VL-017	652	2139	200	Soskonmägg	12.6136	60.6004	JP60HO	20100601		2	
VL-018	610	2001	150	Ö Klätten	12.8700	60.6341	JP60KP	20100601		2	
VL-019	584	1916	180	Brännberget	12.6709	60.4506	JP60IK	20100601		2	
VL-020	570	1870	170	Skråckarberget	12.5578	60.6743	JP60GQ	20100601		2	
VL-021	514	1686	150	Varsamägg	12.4518	60.7120	JP60FR	20100601		2	
VL-022	497	1631	150	Spjutberget	12.9618	60.5150	JP60LM	20100601		1	
VL023	436	1453	150	Slättermyrberget	13.3472	60.1527	JP60QD	20100601		1	

3.8 Region Reference – Västra Götaland

Association	**Sweden (SM)**
Region	Västra Götaland (SM/VD-xxx)
Region manager	Refer to Association Manager

3.8.1 Regional notes

Västra Götaland County (Västra Götalands län) is on the western coast of Sweden.
It borders the counties of Värmland, Örebro, Östergötland, Jönköping and Halland. It is also bounded by the Norwegian county of Østfold, lakes Vättern and Vänern, as well as the strait of Skagerrak.

3.8.2 Table of summits

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Points	Remarks
VD-001	306	1004	200	Kinnekulle	13 24 42	58 36 00	JO68QO	20080601		1	
VD-002	302	991	150	Baljåsen	12 28 22	59 05 05	JO69FC	20081001		1	
VD-003	222	728	150	Bjönerödspiggen	11 24 11	59 00 47	JO59QA	20081001		1	

3.9 Region Reference – Skåne

Association	Sweden (SM)
Region	Skåne (SM/SE-xxx)
Region manager	Refer to Association Manager

3.9.1 Regional notes

Skåne County (Skåne län) is the southernmost county of Sweden, basically corresponding to the historical province Scania. It borders the counties of Halland, Kronoberg and Blekinge. Skåne County covers around 3% of Sweden's total area, but its population of 1,200,000 comprises 13% of Sweden's total population.

In Höganäs Municipality, located at the Kullen peninsula, You will find the only summit, which is known as the nature reserve Kullaberg hill. Also here we have the famous Kullen Lighthouse, the most powerful lighthouse in Scandinavia, located on the western point of Kullaberg. Well known among the “lighthouses on the air” activity in August each year.

3.9.2 Table of summits

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
SE-001	187	614	160	Kullaberg	12 31 31 E	56 17 14 N	JO66GG	20080601		1	

3.10 Region reference Örebro

Association	Sweden (SM)
Region	Örebro (SM/OR-xxx)
Region manager	Refer to Association Manager

3.10.1 Regional notes

Örebro County is a county or län in central Sweden. It borders the counties of Vätra Göaland, Vämland, Dalarna, Vätmanland, Söermanland and Östergötland.

The County has twelve municipality, Ljusnarsberg is smallest with 5.800 inhabitants and Örebro largest with 130. 400. The largest lakes is Vättern and Hjälmaren. Highest summit is Kindlahöjden, 425 masl. The county have two national parks, Tivedens national park och Garphyttans national park. The quantity of nature reserves is about 120. The county is mostly flat, but quite hilly in the north along the borders of Vämland and Dalarna.

3.10.2 Table of summits

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
OR-001	425	1394	150	Kindlahöjden	14 53 58	59 45 48	JO79KS	20081001		1	
OR-002	387	1270	150	Sandsjöhöjden	14 38 00	59 54 45	JO79HV	20081001		1	

3.11 Region reference Östergötland

Association	Sweden (SM)
Region	Östergötland (SM/OG-xxx)
Region manager	Refer to Association Manager

3.11.1 Regional notes

Östergötland County (Östergötlands län) is a county in the south east of Sweden. It borders the counties of Kalmar, Jönköping, Västra Götaland, Örebro, Södermanland and to the Baltic Sea. Parts of the provinces of Södermanland, Närke and Småland is also included in the county. The capital is Linköping, known for its university and its high-technology industry.

3.11.2 Table of summits

Ref	Z (m)	Z (ft)	P (m)	Name	Long E	Lat N	Locator	Valid from	Valid to	Pts	Remarks
OG-001	263	863	150	Omberg	14 38 52	58 18 24	JO78HH	20081001		1	