

ØSTENSJØ



A PRESENTATION OF THE AREA

Østensjø Lake - in a nutshell

Location and area:

- 5 km from downtown Oslo
- Total area only 1.8 square kilometers and surrounded by suburbs with ~120,000 inhabitants
- On an important migratory route for birds going north/south
- Easily accessible by car, bus, underground for all inhabitants of Oslo



Use:

- Recreation/exercise - also for elderly and handicapped
- Teaching at all levels from kindergarden to university
- Research area for biology, entomology, water studies and more, including historical research

Historical points of interest

Found in the area are: 13 viking grave mounds, 4 stone age axes and 2 ancient roads
Abildsø farm north is on the National Antiquarian's protection list. Main building from the 1700's. Norway's 2nd school of agriculture started on the farm in 1845 by the Wetlesen family. Europe's 1st school of home economics started on the farm in 1865 by Minna Wetlesen. Today, the International Water Academy and Cesar have been established on the farm. These organisations promote conciliation and prevention of conflicts over international resources and environmental issues.

Østensjø farm north and south are on the National Antiquarian's protection list. All buildings from the 1800's. Today, these buildings are still being maintained carefully and with respect for the historical values they represent.



Biology

Birds

Extremely important resting and nesting area for migratory birds.

Over 200 species of birds observed in the area. 117 of these species are totally protected according to treaties Norway has signed. 40-50 species nest by the lake every year

Mammals

Deer, badger, squirrel, hedgehogs, fox, water vole and 5 species of bats are regularly seen in the area.

Plants

At least 442 plant species are registered in the area - whereof 3 red list species. Many rare mushroom species. Very varied vegetation for such a small area.

Entomological finds

At least 1700 species of insects and spiders registered. The largest known colony of *Orthonevra erythroga* (rare hoverfly) in the world.

Amphibians

Toads, frogs, the totally protected (Bern treaty) Moor frog (*Rana arvalis*) and crested newts have been registered in the area.

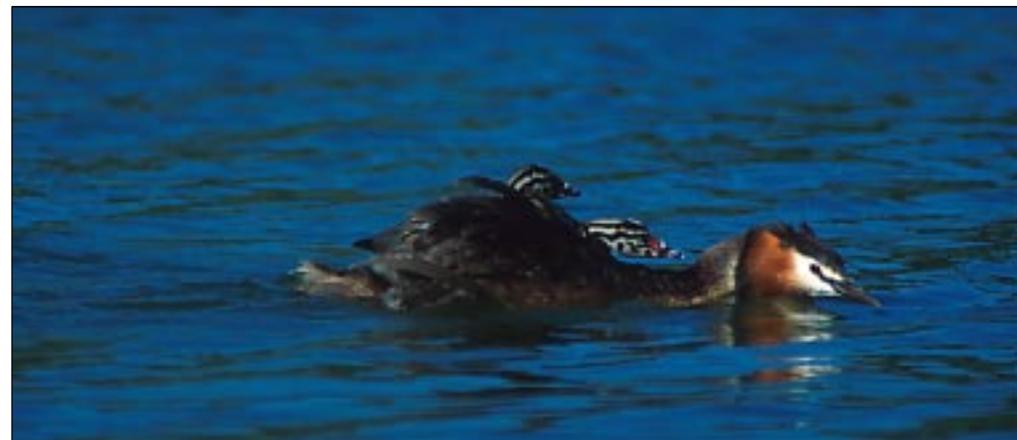


Fish

Northern pike (max 27 kg in the lake), Crucian carp (max 40 cm in the lake), perch and roach are all larger than average in the lake.

Bottom-dwelling animals

This is the lake in Norway with the highest concentration of bottom-living animals (abt. 40,000 per sq.m.).



Firsts in Norway and in the world

The beetle *Amalium Münsteri* and 3 more species of insect found here are firsts for the world. So far, 39 new insect species for Norway have been identified. White-winged black tern was also first observed in Norway at Østensjø Lake.

Research

As can be seen by the preceding, the lake is a treasure-trove of species for researchers of all levels.

All photos
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Omrre

Østensjøvannets Venner (The Friends of Østensjø Lake)

The association has been working at all levels to ensure the continued survival of the lake's natural and cultural heritage.

Østensjø Lake - a little lake of international proportions

Oslo, capital of Norway, has in the middle of its southern suburbs (and only 5 kilometers from downtown, the national assembly and the royal palace) a small, internationally significant lake surrounded by building zones on all sides.

As the ice receded from Norway's land mass, it passed through the Østensjø district, going south and helped form the landscape around the lake. The ocean, at its highest, was 220 meters higher than today's sea level. The soil in



task. For years, now, the Friends of Østensjø Lake (Østensjøvannets Venner) and their supporters (individuals, public services and companies) have worked together to preserve the area's unique qualities, while at the same time ensuring that the public is allowed the access it craves. In order to achieve and maintain this balance, there is a need for both financing of projects both ongoing and planned.



the area is thus old, calcium-rich marine clay, full in nutrients.

From the stone age onwards, people have lived, hunted, farmed and fished by Østensjø Lake. The historical finds made in the area prove there has been farming here - continuously - for 1500 years. The run-off from the farms has contributed to the nutrients of the lake.

In this green lung, you will find plants, animals and insects seldom seen in Norway - or in the world, for that matter - all together in an area of 1.8 square kilometers. Needless to say, with over 100.000 people living within walking distance of the area, there is great pressure on the area's natural resources. On the other hand, this is a priceless recreational area for the people of Oslo.

The lake and it's environs is used for recreation, teaching and research throughout the year by people of all ages and physical abilities. The lake is, in fact - the most heavily used recreational area in the country!

Weighing up the considerations for the natural qualities of the area and the needs of the population is no easy

