

Discover Tøndermarsken, Denmark’s largest marsh. If you follow the 54km-long hiking trail, comprising the marsh trail and eight shorter trails, you will cover Tøndermarsken in its entirety.

Explore Tøndermarsken

Tøndermarsken is Denmark’s largest area of marshland – a flat, distinctive landscape created by the sea and shaped by people. There is a rich architecture heritage to explore in this magnificent cultural landscape, which is designated an Important Bird and Biodiversity Area (IBA). Tøndermarsken is part of the Wadden Sea National Park. The western part of the marsh is also a UNESCO World Heritage Site.

You will find a wide variety of wild herbs in Tøndermarsken. There is glasswort, sea plantain, hastate-leaved orache, water mint and much more. You can go birdwatching all year round. During the migration period, there are huge flocks of waders, ducks, and geese in the marshes. Several rare and endangered species come to the marsh to breed.

Water is central to the history of Tøndermarsken. Nowadays, dykes and sluices protect the marsh from flooding. A system of river dykes, canals and pumping stations channel river and rainwater across the marsh.

The oldest dike in Tønder Marsh was built in 1554-56. Over the years, new land was created and lost land reclaimed. Many dykes were built. The most recent dyke, “Det fremskudte Dige”, was completed in 1981.

For more information, visit [www.toendermarsken.com](http://www.toendermarsken.com)

PRACTICAL INFORMATION

The marsh trail is a hiking route. On parts of the trail, you hike on dykes in the Wadden Sea National Park, which is a UNESCO World Heritage site. You can explore several protected nature reserves. It is therefore important that hikers observe the signs. The route follows different pathways depending on the time of year, e.g. to avoid disturbing the birds during the mating season. In conservation areas, straying from the marked route is prohibited. Dog must always be kept on a leash. Riding and cycling are not permitted on the hiking routes. Try instead the National Cycle Route N1: The West Coast Route or the Panorama Route 401: The Royal Marshland.

REMEMBER

- LITTER - Always take your litter with you. Much of the Tøndermarsk trail traverses a conservation area and litterbins are not always provided.
- WATER BOTTLE - There are standpipes along the trail where you can fill your water bottle.
- PACKED LUNCH - Eateries on the trail are few and far between. We recommend that you bring a packed lunch.

GLOSSARY

MARSH: Low-lying land on the Wadden Sea coast formed by the sea.  
THE GEEST: Higher ground, above sea level. People settled here to be safe from the sea.  
TIDE: The ebb and flow of the sea twice every day. The difference between low and high tide is 180 cm.  
SEA DYKE: An embankment that protects low-lying land from high tide and storm surges.  
RIVER DYKE: An embankment that prevents river water from flooding Tøndermarsken.  
SLUICE: Ensures that water flows back into the sea at low tide. The sluice protects Tøndermarsken from floods at high tide and storm surges.  
PUMPING STATION: Pumping stations pump surplus water from smaller canals into the streams.  
KOG: A kog or polder is a low-lying tract of land that forms an artificial hydrological entity, enclosed by dykes.  
FIELD DRAINAGE FURROWS: Furrows across the fields. They are remnants from earlier land reclamation.  
DWELLING MOUNDS: Man-made plateaus. A level area of land above the flat marsh. Farms were built on a plateau to protect them from floods.  
FILTER: Historical fishing huts.

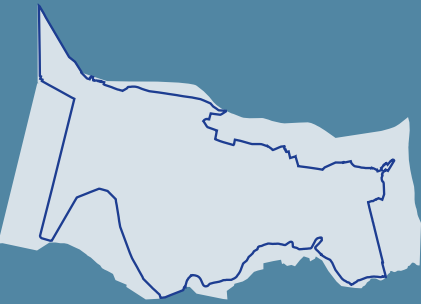
TØNDERMARSKEN  
THE MARSH TRAIL





MARSH TRAIL

START: Anywhere you wish  
DISTANCE: 54 km



SHORTER HIKING TRAILS

HØJER, HØJER SLUICE, PUMPING STATION



START: Højer Møller  
DISTANCE 4.5 km  
ATTRACTIONS: Højer, Kiers Gaard cultural centre, Højer Pumping station, Højer Harbour, marsh boats, huts.



HØJER, EMMERLEV KLEV, VIDÅ SLUICE



START: Højer Møller  
DISTANCE: 9.4 km  
ATTRACTIONS: The Wadden Sea, Det fremskudte Dige, Vidå Sluice, Margrethe Kog, the dyke and sluice at Højer built in 1861, Højer, Kiers Gaard cultural centre.



HØJER, KLÆGGRAVENE, VIDÅ



START: Højer Møller  
DISTANCE 12 km  
ATTRACTIONS: Højer, Kiers Gaard cultural centre, Ny Frederiks Kog, Margrethe Kog, birds, canals, Højer dyke and sluice built in 1861.



RUDBØL, RUDBØLSØ LAKE



START: Rudbøl  
DISTANCE 2,7 km  
ATTRACTIONS: Rudbøl, ‘Black Sun’ starling murmurations.



RUDBØL, VIDÅ



START: Rudbøl  
DISTANCE 4.2 km  
ATTRACTIONS: Rudbøl Border stones, Gammel Frederiks kog, the Vidå creek.



RUDBØL BORDER, GAMMEL FREDERIKS KOG



START: Rudbøl  
DISTANCE 11,4 km  
ATTRACTIONS: Border stones, Nørremølle, the Gendarme Path along the Danish/German border.



TØNDER, LAKE NØRRESØ



START: Tønder  
DISTANCE 10 km  
ATTRACTIONS: Tønder Church, The gable houses Digegrevens hus and Drøshes Hus, Lake Nørresø, Lægan pumpingstation



TØNDER, MØGELTØNDER



START: Tønder Torvet - the town square  
DISTANCE: 11.2 km  
ATTRACTIONS: Gesten, Møgeltønder, Røj ladegården, Schackenborg Castle, Slotsgaden, the Slotfelt barn, Tønder, Tønder Church, the gable houses Digegrevens hus and Drøshes Hus



Download a digital map from [www.toendermarsken.com](http://www.toendermarsken.com)

If you follow the 54km-long hiking trail, you will cover Tøndermarsken in its entirety and you will see the villages and towns in this enchanting, unique marshland. This wild and unspoiled landscape is deceptive. It was actually carefully designed and shaped by the people who lived near the water. They worked hard to protect their land from flooding. As you follow the marsh trail, you will feel the wind. Look out across the flat landscape. There are dykes and birds as far as the eye can see. Your experience of the marsh will depend on the weather, which changes from day to day.

“The sky is our most important attraction.”

A Tønder Marsh local

**Understanding the Tøndermarsk.** On this trail, you pass everything that makes Tøndermarsken so special. You will see dykes, sluices, irrigation and drainage canals, a harbour and marsh farms.

The tour starts at Højer Mølle and takes you past Højer Pumping Station, Højer Sluice and Kiers Gaard cultural centre.

**Wadden Sea Coast.** This trail takes you to a new and an old sea dyke. You discover Gesten and the steep hillside at Emmerlev Klev with a glorious view across the Wadden Sea.

The trail starts at Højer Mølle. This trail is suitable for wheel-chair users.

**Geese, Waders and White-tailed Eagles.** This trail takes you along an old sea dyke, built in 1861. It has Margrethe Kog on one side and Frederiks Kog on the other. Margrethe Kog is one of Europe’s most important bird habitats.

The tour starts at Højer Mølle and takes you past Højer sluice and dyke and Kiers Gaard cultural centre.

**Black Sun Tøndermarsken** is one of the best places to experience the so-called Black Sun. The murmuration (swooping) of huge flocks of starlings fills the sky in the autumn and spring. The massive flocks gather before roosting in the reed beds. On this trail, there is a view across Rudbølsø Lake, where the starlings are sometimes seen.

The tour starts in Rudbøl and passes Lyst, an abandoned village. From Lyst, you walk on the dyke back to Rudbøl.

**Rudbøl, Village of the Dykes.** Nørremølle and Rudbøl are the only Danish villages built on dykes. Rudbøl is located on Tøndermarsken’s oldest sea dyke from 1556. The village was built on man-made plateaus leading down to Rudbølsø Lake and the Danish-German border.

The trail starts in Rudbøl and passes along the Danish-German border. You pass Gammel Frederiks Kog and Rudbøl Kog and walk on the river dyke (built in 1930) and along Vidå creek back to Rudbøl.

**The Historic Gendarme Path.** On this path, you discover Gammel Frederiks Kog, trenches and many sheep. You pass Nørremølle and Rudbøl – the only Danish villages built on a dyke. In Rudbøl, stones in the middle of the road mark the Danish-German border.

The tour starts in Rudbøl and crosses to Nørremølle. Returning on the dyke, this trail then takes you up onto the dyke and back to Rudbøl.

**Around Lake Nørresø.** Lake Nørresø is a breeding ground for houting, one of the world’s most endangered species of fish. There is also a plethora of bird life here. You may even be lucky enough to see a white-tailed eagle. It is possible to take a detour to Ubjerg, which is the only village in Tøndermarsken built on a man-made plateau. The tour starts in Tønder and takes you out into the open marshland, all around Lake Nørresø, past Lægan pumpingstation and along the dyke north of Ubjerg

**Discover Tønder and Møgeltønder.** Tønder is a low-lying town, almost below sea level, which helps to explain why people have built dykes here since the 16th century. In Tønder, you pass Tønder Church and the gable front houses along the pedestrian street. In Møgeltønder, you walk along Slotsgade, a picturesque street, passing Schackenborg Castle and the Slotfelt barn with its unique thatched roof.

The tour starts in Tønder and takes you out into the open marshland towards Møgeltønder.

