

Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- | | | |
|-------------------------------------|-------------------------------------|--|
| ☐ | ☒ | The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement |
| ☐ | ☒ | A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly |
| ☐ | ☒ | The statistical test(s) used AND whether they are one- or two-sided
<i>Only common tests should be described solely by name; describe more complex techniques in the Methods section.</i> |
| ☐ | ☒ | A description of all covariates tested |
| ☐ | ☒ | A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons |
| ☐ | ☒ | A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals) |
| ☐ | ☒ | For null hypothesis testing, the test statistic (e.g. F , t , r) with confidence intervals, effect sizes, degrees of freedom and P value noted
<i>Give P values as exact values whenever suitable.</i> |
| ☒ | ☐ | For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings |
| ☒ | ☐ | For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes |
| ☒ | ☐ | Estimates of effect sizes (e.g. Cohen's d , Pearson's r), indicating how they were calculated |

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection We compiled all bone records from the Norwegian university museums in Oslo, Bergen, Trondheim, and Tromsø. We compiled a list of mammals from all known rock-art from the counties of Troms and Finnmark.

Data analysis OBITools software package was used to analyse the sequence data. All other data analyses were done in R as described in the methods.

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

All data needed to evaluate the conclusions in the paper are presented in the paper and/or the supplementary materials. The raw sequencing data is deposited in the European Nucleotide Archive (ENA) under the accession code PRJEB100581.

Research involving human participants, their data, or biological material

Policy information about studies with [human participants or human data](#). See also policy information about [sex, gender \(identity/presentation\), and sexual orientation](#) and [race, ethnicity and racism](#).

Reporting on sex and gender	NA
Reporting on race, ethnicity, or other socially relevant groupings	NA
Population characteristics	NA
Recruitment	NA
Ethics oversight	NA

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☐ Life sciences ☐ Behavioural & social sciences ☒ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://www.nature.com/documents/nr-reporting-summary-flat.pdf)

Ecological, evolutionary & environmental sciences study design

All studies must disclose on these points even when the disclosure is negative.

Study description	Here, we develop this method by combining sedaDNA from ten lakes in northern Fennoscandia with a novel compilation of regional rock-art and bone records, as well as palaeo-topography, to reconstruct animal arrival times, changes in plant-herbivore-carnivore networks, and estimate shifts in the biotic and climatic niches for key animal species over the last 16 ka.
Research sample	10 sediment cores were samples and analysed for sedimentary ancient.
Sampling strategy	We took 32-62 samples per core and analysed for sedimentary ancient DNA.
Data collection	The data were collected by the reseach team in N Fennoscandia.
Timing and spatial scale	The core were samples in 2017 and covers up to 16 millennia.
Data exclusions	All samples analysed for animal DNA were included.
Reproducibility	Each sample was analysed 8 times to check for reproducibility. In addition. 89 contol samples were analysed 8 times.
Randomization	NA
Blinding	NA

Did the study involve field work? ☒ Yes ☐ No

Field work, collection and transport

Field conditions	The coring took place in during winter.
Location	The fieldwork took place in N Fennoscandia and coordinates + site description are provided in Supplementary Table S1.
Access & import/export	Most sites are close to roads and we walked in. Some sites were accessed by snowmobile.
Disturbance	There was no disturbance to the vegetation as it was covered by snow. There was minimal disturbance to animals as we only spent 1-2 days per site and it was winter.

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

n/a	Involved in the study
☒	☐ Antibodies
☒	☐ Eukaryotic cell lines
☒	☐ Palaeontology and archaeology
☒	☐ Animals and other organisms
☒	☐ Clinical data
☒	☐ Dual use research of concern
☒	☐ Plants

Methods

n/a	Involved in the study
☒	☐ ChIP-seq
☐	☐ Flow cytometry
☒	☐ MRI-based neuroimaging

Plants

Seed stocks	NA
Novel plant genotypes	NA
Authentication	NA

Flow Cytometry

Plots

Confirm that:

- ☐ The axis labels state the marker and fluorochrome used (e.g. CD4-FITC).
- ☐ The axis scales are clearly visible. Include numbers along axes only for bottom left plot of group (a 'group' is an analysis of identical markers).
- ☐ All plots are contour plots with outliers or pseudocolor plots.
- ☐ A numerical value for number of cells or percentage (with statistics) is provided.

Methodology

Sample preparation	NA
Instrument	NA
Software	NA
Cell population abundance	NA
Gating strategy	NA

- ☐ Tick this box to confirm that a figure exemplifying the gating strategy is provided in the Supplementary Information.