

# HIKING



## 25 great hikes in the Sognefjord area



The Norwegian Fjords was recently rated the best destination in the world by National Geographic Traveler.







PHOTO: TERJE RAKKE NORDIC LIFE FJORD NORWAY

# Hiking in Sognefjord

We welcome you to endless nature experiences in the Sognefjord region. The region can offer a variety of experiences, whether you prefer an easy hike through beautiful nature and landscape, or are seeking the thrill of the most demanding tours to mountain peaks.

This brochure presents a choice of 25 hikes in Sognefjord, with various degree of difficulty. If you need more information on the hikes or other information such as on travel and accommodation, click on [Sognefjord.no](http://Sognefjord.no) and [Sognefjord.no/hiking](http://Sognefjord.no/hiking). During your stay you can also visit the local tourist offices listed on the back of this brochure.

The mountain areas surrounding the Sognefjord are among Norway's most popular walking and hiking areas. The most famous are the Jotunheimen National Park, the Jostedalbreen National Park, Breheimen and the Aurlandsdalen and Utladalen valley.

## Topographic maps for sale:

The overview maps in this brochure just show the areas where the walks start and end. We recommend a proper map for the longer trips. Detailed maps can be bought at the tourist offices in the villages.

## Level of difficulty:

The trips vary in length and level of difficulty. From the simple, which children can easily join, to steep day trips. Please take a closer look at the levels of difficulty codes, marked green, blue, red or black, in line with international standards.

## For hiking and mountain trips:

When you ramble in the wild you must not damage the natural environment and you must respect farming and other local employment. Remember you are responsible for cleaning up after you. You are not allowed to make open fires between 15 April to 15 September, except on bare rock. The right to travel, sleep and stay in the wilderness is free and is essential in providing the opportunities to enjoy Norwegian nature. With these rights also comes the responsibility to uphold these precious laws on Norwegian nature.

For mountain trips you need to wear mountain trousers and jackets and mountain boots. For longer trips you need an extra change of clothing and it is also a good idea to listen to experienced locals. For glacier hikes you will need special equipment and a guide.

Remember to check the weather forecast before you go!

And always take a good food pack and drinks. The trip might take more time than estimated.

**Welcome to Sognefjord – where the fjords meet the mountains and where you can have your own unique experience of nature!**



## Level of difficulty



### Green = very easy

No previous experience required. Can be done by anyone. Mainly short hikes. No steep or difficult parts. Asphalt, gravel and good footpaths.



### Blue = easy

Moderately trained hikers. Some basic experience. Most ascents are moderate, but may contain some short, steep parts.



### Red = more demanding

Suitable for experienced, well trained hikers. Good hiking equipment required. Footpaths, open terrain, rockstrewn slopes. Crossing of brookes, marshes and steep hills. May offer technical challenges.



### Black = demanding day trip

Suitable for experienced, well trained mountain people. Good hiking equipment required. Knowledge of maps and compass required. Mainly longer peak tours with steep mountain sides, exposed terrain and rockstrewn slopes. Some technical challenges.



# Utladalen, Årdal

## - the great waterfall walk



### Starting point:

Hjelle in Utladalen



**Getting there:** The hikers' bus (Vandrarbussen) July/August or by car

**Total walking time:** 5 hours

**Km:** 10

**Ascent:** 50–150 metres

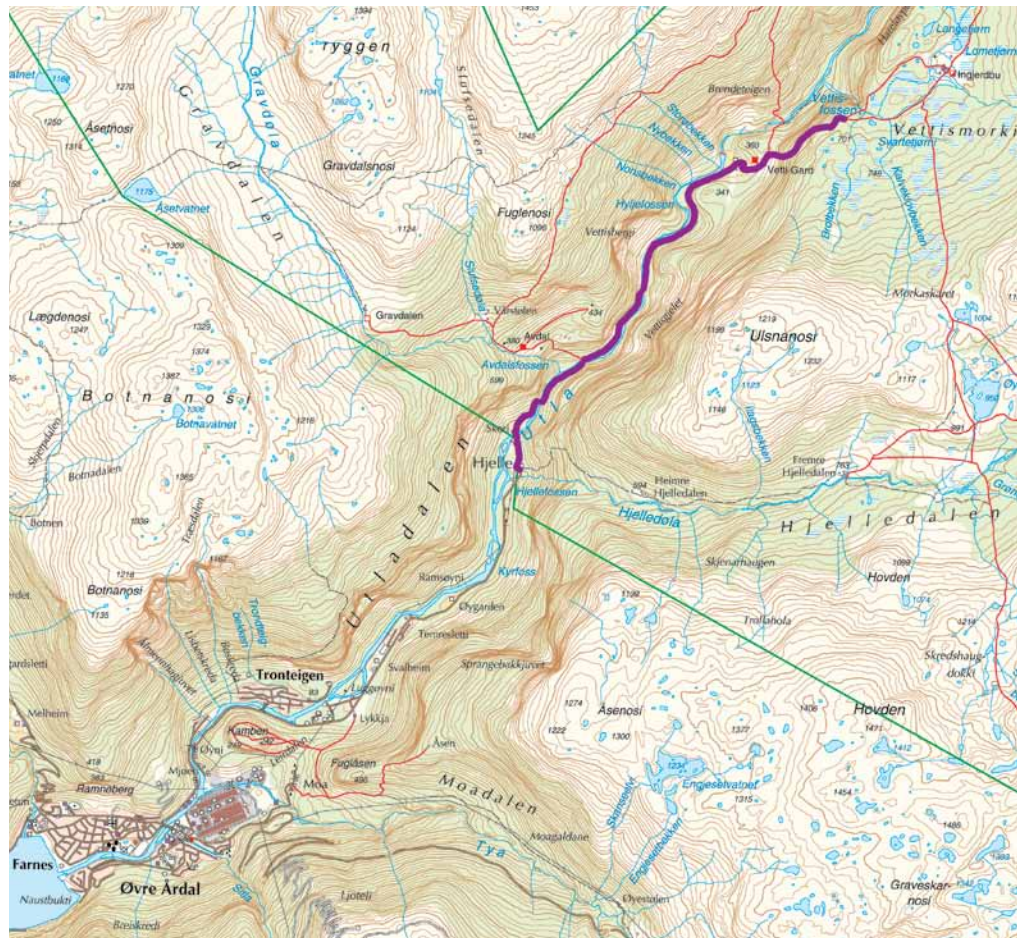
**Season:** end of May–end of September

**Map:** Walking map for Årdal 1:50000 and Jotunheimen 1:100000

This classic and very popular walk passes through the Utladalen valley from Hjelle to Vettisfossen waterfall. In the valley, you pass four impressive waterfalls, before arriving at the wonderful Vettisfossen waterfall at the head of the valley. With a free fall of 275 metres, it is Norway's biggest free, unregulated waterfall. Utladalen Naturhus at the starting point for the walk at Hjelle is a nature centre with information, exhibitions and a film about the natural and cultural history of the West Jotunheimen area.

Despite Utladalen being one of the deepest valleys in Norway, it still offers great access to nature experiences. Folkevegen, a narrow gravel road from Hjelle to Vetti farm, is the classic choice of route. There is a path from Vetti farm to the foot of Vettisfossen waterfall.

This route is also one of the gateways into the Jotunheimen mountains, and walkers in the Utladalen area can choose between many different routes into Jotunheimen National Park, one of the most popular areas in Norway for hill walking.



### Nearest Tourist information:

Årdal Tourist Information

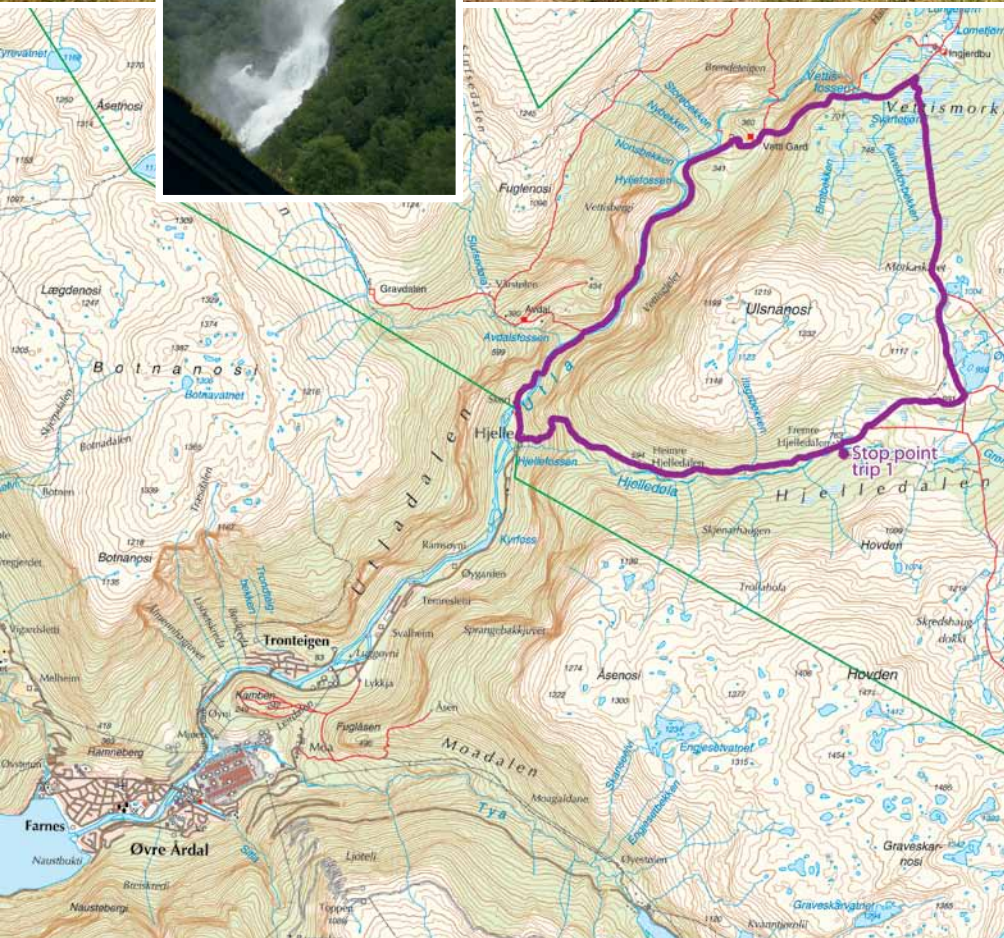
Phone +47 94 15 96 99 | [ardal@sognefjord.no](mailto:ardal@sognefjord.no)

**To the starting point:** Highway 53 Øvre Årdal and then road 301  
**Transportation:** [www.ruteinfo.net/en/](http://www.ruteinfo.net/en/)

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Among summer pasture farms and waterfalls in Hjelledalen/Utladalen



**Starting point:**  
Hjelle in Utladalen

**Getting there:** The hikers' bus (Vandrarbussen) July/August or by car

**Total walking time:**  
There and back: 4 hours /  
Circular walk via Vettismorki: 7 hours

**Km:** 6 km / 15 km

**Ascent:** 50–750 metres  
(circular walk 50–900 metres)

**Season:** end of May–end of September

**Map:** Walking map for Årdal 1:50000 and Jotunheimen 1:100 000



**There and back:** The walk goes from the foot of Hjellefossen waterfall up along the river Hjelledøla. It continues to the lovely restored summer pasture farms in the Hjelledalen valley. The route is fairly steep to begin with before flattening out somewhat. Great views looking down the valley compensate for the uphill climb. Walk up to Øytjørn tarn to enjoy the magnificent view of the whole Hjelledalen valley before heading back.

**Circular walk:** The route continues from the outer (heimre) Hjelledalen valley, via Øytjørn tarn and Morkaskardet, from where you have panoramic views of the Hurrungane mountains and Vettismorki (Vetti farm's summer pastures). Down at Vettismorki, you should see the source of the Vettisfossen waterfall before heading down to Vetti farm and out the Utladalen valley.

At Vettismorki, it is possible to stay at the Mountain Trekking Association's self-service cabin.



## Nearest Tourist information:

Årdal Tourist Information  
Phone +47 94 15 96 99 | [ardal@sognefjord.no](mailto:ardal@sognefjord.no)

**To the starting point:** Highway 53 Øvre Årdal and then road 301  
**Transportation:** [www.ruteinfo.net/en/](http://www.ruteinfo.net/en/)

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)

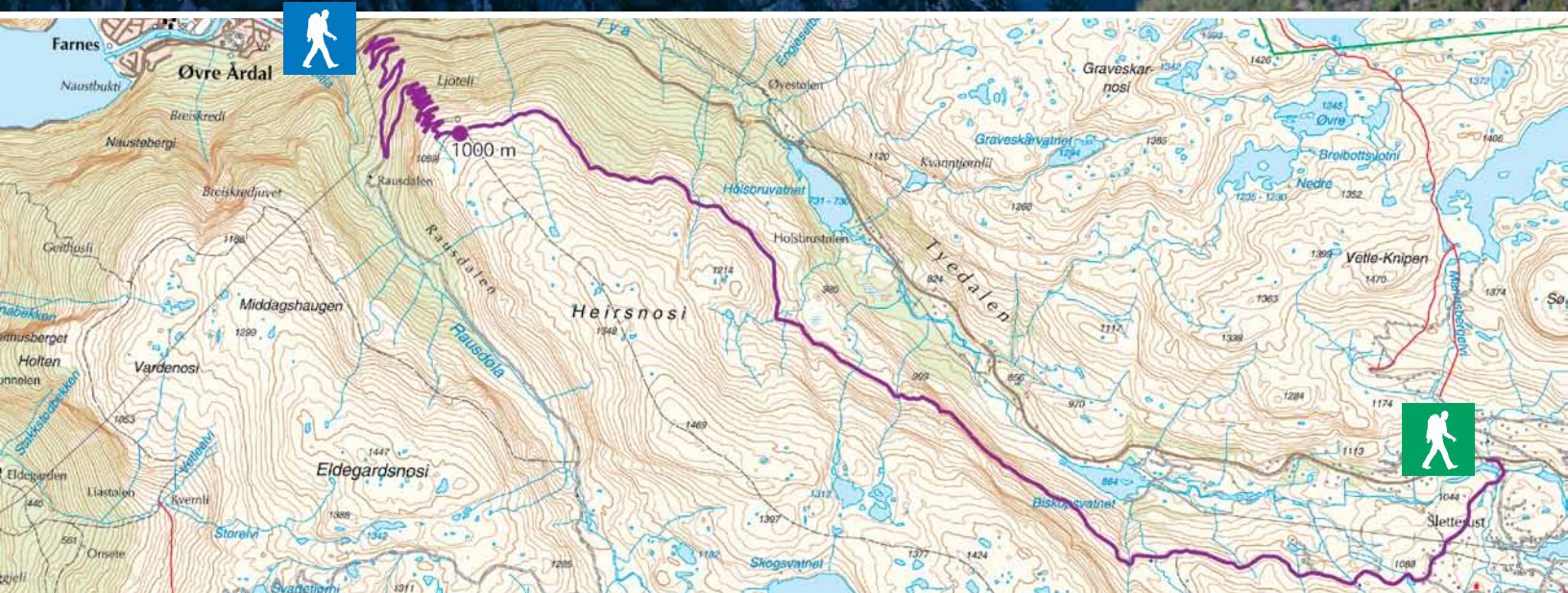


# Årdal

## - the thousand metre viewpoint



PHOTO: KJELDE AS



### Starting point:

Sletterust, Damvokterhuset (the dam keeper's house)

### Getting there:

Scheduled bus service (route 22-160), or by car

### Total walking time:

6 hours

### Km:

16

### Ascent:

1080-1020 metres

(circular walk 50-900 m)

### Season:

early June-end of September

### Map:

Walking map for

Årdal 1:50000 and

Jotunheimen 1:100000

An ideal walk for lovers of panoramic views, and best in fine weather.

Many people do this route by bike as it is very gentle and flat. You can book a bicycle in advance.

The route runs on an old country road. You will see evidence of some impressive engineering that made this road one of the most unusual in Europe in its day. It winds its way round

mountainsides and offers some magnificent views.

The sun does not shine on the south-facing mountainside until late on, which means a late start to the season.

The route includes panoramic views of the Jotunheimen peaks, Øvre Årdal and Årdalsvatnet lake (an offshoot of the Sognefjord).



### Nearest Tourist information:

Årdal Tourist Information

Phone +47 94 15 96 99 | [ardal@sognefjord.no](mailto:ardal@sognefjord.no)

**To the starting point:** Highway 53 Øvre Årdal

**Transportation:** [www.ruteinfo.net/en/](http://www.ruteinfo.net/en/)

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)





# Nigardsbreen - family glacier walk



PHOTO: FINN LOFTESNES



## Starting point:

Breheimsenteret, Jostedal

## Season:

May–September  
(depending on snow  
conditions)

## Map:

Jostedalen



Nigardsbreen is the most easily accessible glacier arm in the Jostedalbreen National Park. The Jostedal Glacier Guides offer both easy family tours across the blue ice, and more demanding climbs. Hikes can be booked at the Breheimsenteret information centre at the starting point of the hike. The centre also offers cafeteria, souvenir shop and museum, and booking of kayaking and rafting.

From the Breheimsenteret, you can go by car for approx 3,5 kms (toll road) and park by the lake Nigardsbrevatnet. From there, follow a good footpath to the glacier, or you can go by boat. If you wish to park at the Breheimsenteret, you follow a footpath through interesting moraine landscape.

Meeting point for most of the guided glacier hikes is the parking lot by the lake (boat transportation is included). However, if you prefer the easiest glacier hike – the family hike – you could also walk from your car to the ice edge.

The path from the parking lot by the lake to the glacier is approx 1 km. Estimated walking time 30-45 minutes to the ice edge. The path crosses rocks, rivers and brookes, but offers good steps and bridges.



## Nearest Tourist information:

Breheimsenteret Jostedal

Phone +47 57 68 32 50 | [jostedal@jostedal.com](mailto:jostedal@jostedal.com)

**To the starting point:** Highway 55 Gaupne and then road 604 to Jostedal

**Transportation:** The glacier bus goes every day from Sogndal to Nigardsbreen Glacier with correspondence with Balestrand, Vik, Flåm, Årdal and Lærdal.

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# The mountain peaks of Jotunheimen National Park - Årdal/Luster

ALL PHOTOS: SVERRE HJØRNEVIK FJORD NORWAY



## Starting point:

Sognefjellshytta cabin, Fv 55 road



**Getting there:** The hikers' bus (Vandrar-bussen) from Årdal or by car

**Total walking time:** 2 days, 5 + 7 hours  
**Km:** 9 + 12 km

**Ascent:** Start 1400 a.s.l.-finish 50 a.s.l.

**Season:** May-October (depending on snow conditions)

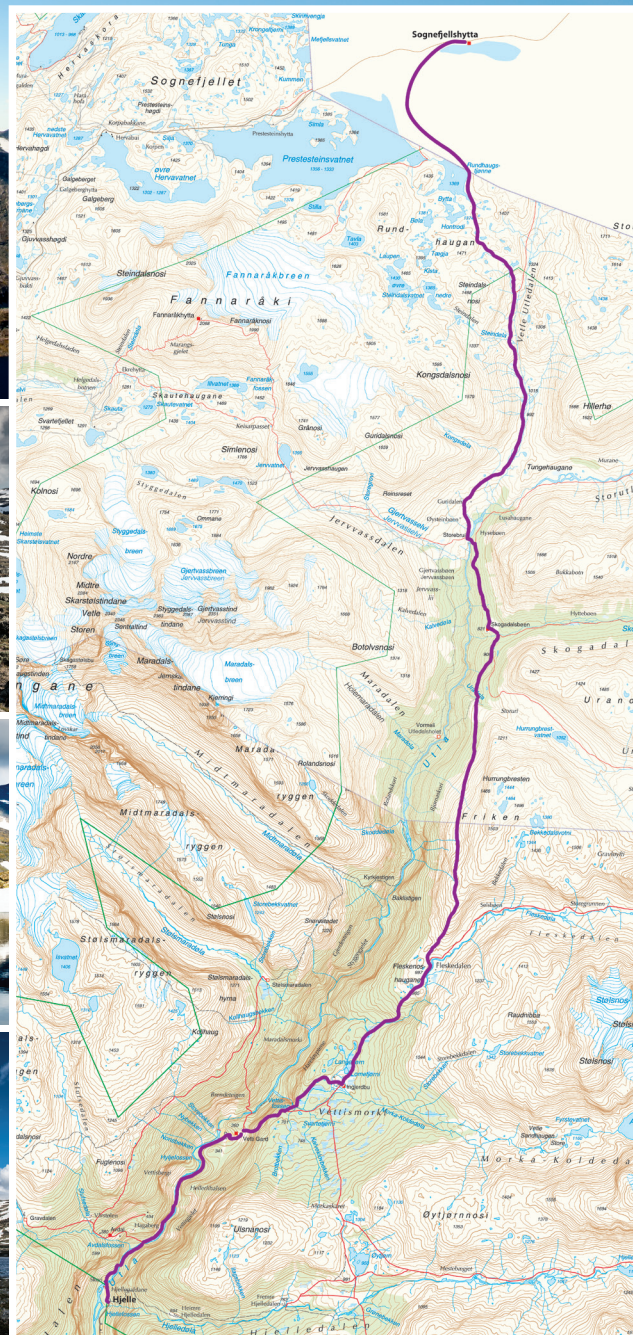
**Map:** Walking map for Årdal 1:50000 and Jotunheimen 1:100 000

A very popular walk, including an over-night stay at Skogadalsbøen cabin (Mountain Trekking Association).

Start from the Sognefjellshytta cabin in Jotunheimen heading in among the peaks, then continue down to the well-known Skogadalsbøen cabin to rest and recharge your batteries.

Day 2 takes you over Mt. Friken, offering views of the magnificent Hurrungane peaks. You then continue down to the summer pasture farms at Vettismorki, passing impressive waterfalls and the idyllic tourist farms in the Utladalen valley.

This walk can be started from both ends. The direction described here is a fairly gentle climb and it is the most popular direction for this route. If you start at Hjelle in Utladalen, you should reckon on taking a bit longer.



## Nearest Tourist information:

Årdal Tourist Information | Phone +47 94 15 96 99 | [ardal@sognefjord.no](mailto:ardal@sognefjord.no)  
Skjolden/Fjordstova | Phone +47 94 15 19 90 | [skjolden@sognefjord.no](mailto:skjolden@sognefjord.no)

## To the starting point:

Follow Highway 55, via Turtagrø then to Sognefjellshytta Cabin

**Transportation:** [www.ruteinfo.net/en/](http://www.ruteinfo.net/en/)

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Molden

## - the ultimate fjord view



PHOTO: TERJE RAKKE - NORDIC LIFE



**Starting point:**  
Mollandsmarki  
(Krossen car park)

**Walking time:**  
2 hours (going up)

**Km:** 8 (total)

**Ascent:** 500-1116m

**Season:** May-October (depending on snow conditions)

**Map:** Sogndal-Leikanger

Molden is often called the finest view-point in all of Luster. You start from the Mollandsmarki road just where it levels out after rising steeply from the R55 junction. You turn off to the left just past the cattle grid and follow the forest track for some 300m. Then you bear right along a path marked with red spots.

After about one kilometer you take a new forest track for about 600m. You are now at the point where the track turns sharply to the right. From here the path rises steeply until you reach Svarthiller with its fine view towards Ornes on the other side of the fjord.

The path now turns ninety degrees and winds its way past steep crags. The ground then levels out and the going is reasonably good to the cairn on the top of Molden, 1116 m above sea level.

The best view is surely to the east, over the innermost parts of Lustrafjorden with Nes and Høyheimsvik in the foreground.



### Nearest Tourist information:

Gaupne Tourist Information  
Phone +47 94 15 74 88 | [luster@sognefjord.no](mailto:luster@sognefjord.no)

**To the starting point:** Highway 55 near Gaupne and turn off to Mollandsmarki

**Parking:** Krossen car park at starting point

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Fannaråken

## - the family 2000 m peak



PHOTO: ANNE R. FARNES

### Starting point:

2nd bend from Turtagrø Hotel  
direction Lom (rv 55)

### Walking time:

3-4 h going up  
(2,5 h coming back)

**Km:** 15 km (total)

**Ascent:** 900-2068 m

**Season:** May-September (depending  
on snow conditions)

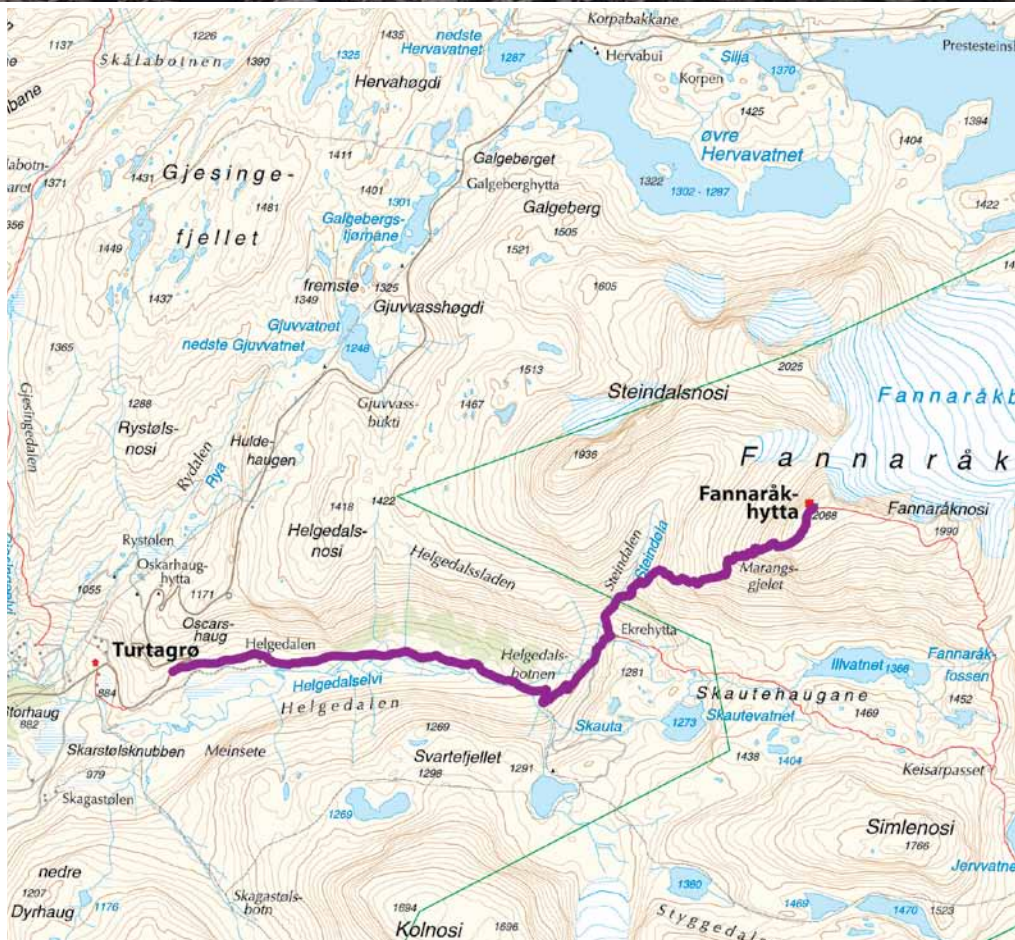
**Map:** Jotunheimen Vest



This is one of the "classic" Norwegian hikes. Of all the 2000 m peaks in Norway this is the easiest to reach and a nice family hike. Fannaråkhytta is the highest mountain hut in Norway (2068 m a.s.l.) and is manned during the summer.

The walk follows the main road from Turtagrø as far as the second bend and then goes by a road up Helgedalen. High up in Helgedalen you pass the intake to a tunnel feeding water to the Fortun hydro-electric power station.

The walk then swings steeply up to the Keiserpasset – Skogadalsbøen road fork. From here a good path twists and turns up to Fannaråken. The view from Fannaråken is fantastic with the whole panorama of the West-Jotunheimen range. Many come to Fannaråken to experience the sunrise.



### Nearest Tourist information:

Skjolden/Fjordstova

Phone +47 94 15 19 90 | [skjolden@sognefjord.no](mailto:skjolden@sognefjord.no)

**To the starting point:** Follow highway 55 direction Lom, park at Turtagrø Hotel

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)

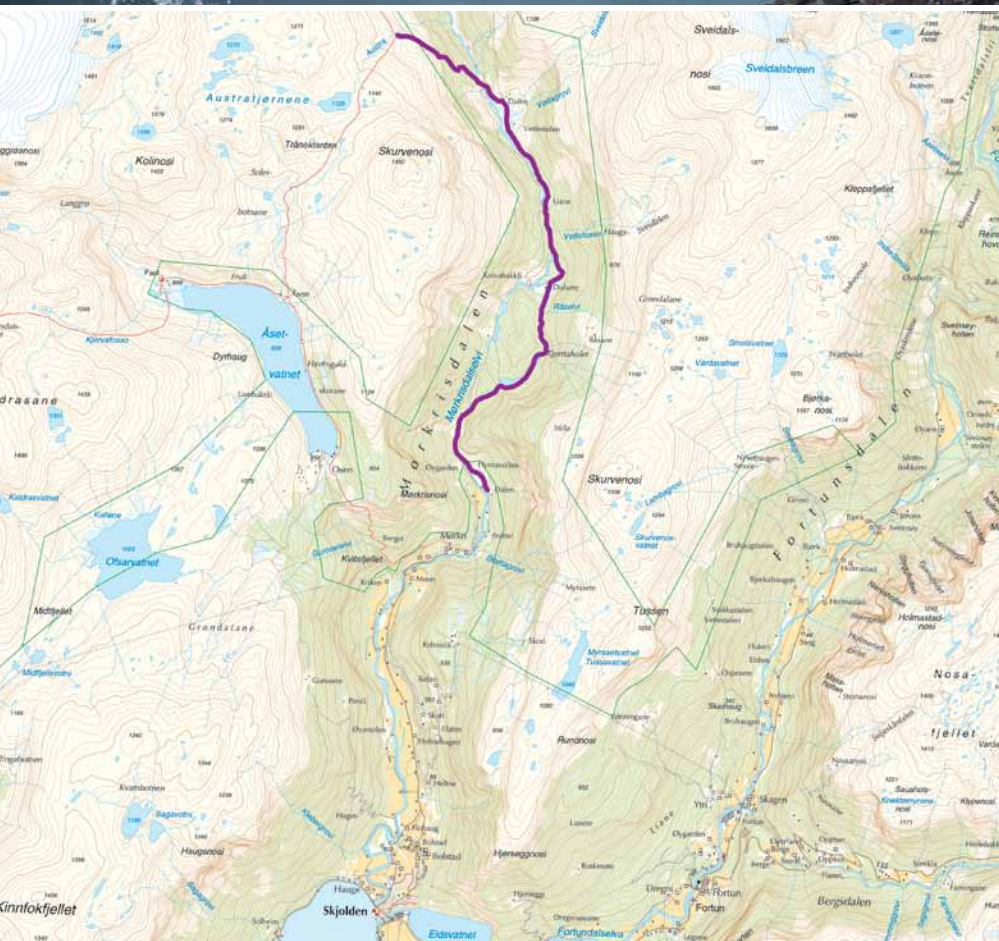


# Mørkridsdalen

## - the flora trail



PHOTO: IREN VAINÉ



**Starting point:**  
Hyrnavollen, Mørkridsdalen

**Walking time:**  
2 hrs to Dalen  
(plus 1,5 hrs to Austrå

**Km:** 7 km (10 km)

**Ascent:** 100-500 m (950 m)

**Season:** May-October (depending on  
snow conditions)

**Map:** Breheimen

A romantic walk through lush landscape. The path up Mørkridsdalen is part of the Norwegian Trekking Association's (DNT) net in Luster and is therefore very well maintained and marked. DNT has voted this the tour with the richest flora in Norway. It follows the river up to the remarkable Tjørnahelet, to the right of the first lake and then to the left.

After a steep little climb the path goes through park like landscape until the summer farm buildings at Dulsete come into view. From there it is fairly level going to Dalen, which is a wide river plain between the high mountains with the summer farm at the rear end.

For many the walk will end here, but the fittest can also attempt the climb up to Austrå. From Austrå the path is well marked to Fjellsli and Arentzbu, and across the mountain to Åsete by Åsetevatnet.



### Nearest Tourist information:

Skjolden/Fjordstova  
Phone +47 94 15 19 90 | skjolden@sognefjord.no

**To the starting point:** Highway 55 to Skjolden and then road 333 to Hyrnavollen  
**Parking:** At starting point

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Østerbø – Vassbyggdi Aurlandsdalen



PHOTO: SYKKEL HJØRNEVIK FJORD NOKRE AS FJORD NORWAY

**Starting point:**  
Østerbø Fjellstove



**Total walking time:** 6 hours

**Ascent:** 820–70 m.a.s.l.

**Season:** End of May–October (depending on snow conditions)

**Map:** Aurlandsdalen

This hike starts at Østerbø Fjellstove, a modern mountain hostel with a history dating back to the 17th century. The hike is one of the well-known Norwegian classics. Along the path, you will experience untouched, wild, beautiful nature combined with Norwegian history and culture.

The Aurlandsdalen valley is often referred to as the “Grand Canyon of Norway”. You will easily see why when you follow the trail cut into the steep mountain side along the Nesbøvatnet lake.

At Tirtesva, you can choose the upper route, giving an even more breathtaking view than the route following the river. For your aid, handrail and steps have been constructed in the steep descent from the Bjønnstigarden.

Along the hike, we recommend a detour to the cave “Vetlehelvete” (“Little Hell”) to the west of the path. From there, you return to the river and follow the marked footpath alongside it.



## Nearest Tourist information:

Aurland Tourist Information  
Phone +47 91 79 41 64 | [aurland@sognefjord.no](mailto:aurland@sognefjord.no)

**To the starting point:** Follow highway 50 to Aurlandsdalen

**Parking:** Østerbø Fjellstove

**Transportation:** Daily departures to Aurlandsdalen.

Check timetables at: [www.nettbuss.no](http://www.nettbuss.no) or [www.ruteinfo.net](http://www.ruteinfo.net)

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Prest

## - panorama Aurlandsfjord



### Starting point:

Centre of Aurland, or parking along Aurlandsvegen

**Total walking time:** 5–6 hours

**Ascent:** 10–1363 m.a.s.l.

**Season:** June–September

**Map:** 2565 Aurlandsdalen



A steep path along waterfall Turlifossen, mountain farm Turli, and after some distance on a carroad the path to the Prest summit. From Prest you have a panoramic view to the surrounding mountains and the Aurlandsfjord 1363 metres below.

Starting from centre of Aurland or small parking along road 50. Also possible to start from parking Kvammdal along Aurlandsvegen 8 km from Aurland.

The West Norwegian Fjords – UNESCO World Heritage Site since 2005. Fjords are among the most dramatic landscapes on the planet. The World Heritage Area embraces some of the longest, deepest, narrowest and most beautiful fjords in the world. From Prest one of the best possible views to the Fjords.



### Nearest Tourist information:

Aurland Tourist Information | Phone +47 91 79 41 64 | [aurland@sognefjord.no](mailto:aurland@sognefjord.no)

### To the starting point:

Highway 50 Aurland and road 243 to Stegastein/Kvammdal 8 km

**Parking:** Free parking at Stegastein Viewpoint

**Transportation:** Daily busses from Flåm and Aurland in the high season. Check timetables at [www.nettbuss.no](http://www.nettbuss.no) or [www.ruteinfo.net](http://www.ruteinfo.net)

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)





# Kongevegen

## – The King's Road – across Filefjell



PHOTO: SVERRE HJORNEVIK



**Galdane** – Beautiful trail along the River Lærdalselvi (5 km).

**Vindhella** – One of the most famous stretches of road in Norway (2 km).

**Maristova – Kyrkjestølen** – Spectacular high mountain path (10 km).

### Starting point:

**Galdane:** Parking and bus stop at Seltun and Sjurhaugen.

**Vindhella:** Parking at Borgund Stave Church and Rimskjold. Bus stop at Borgund Stave Church.

**Maristova:** Parking and bus stop at Maristova and Kyrkjestølen.

### Getting there:

By car or by bus to starting point

**Total walking time:** Galdane (5 km) 4–5 hours, Vindhella (2 km) 1–2 hours, Maristova – Kyrkjestølen (10 km)

**Total length** of Kongevegen is 100 km.



**Ascent:** 90–250 m  
**Season:** May–September  
**Map:** 2529 Lærdal

The King's Road across Filefjell is one of Norway's finest pieces of civil engineering heritage, built by hand on the 1790s using simple tools at a time when dynamite had not yet been invented. The route runs from the narrow, dramatic fjord landscape at the head of Sognefjorden over the Filefjell

Mountains and down to the rural villages in Valdres. It is a journey between regions.

For hikers today, the route is both interesting and awe-inspiring. It runs through an amazing landscape, and there are many memorable experiences along the way. The living culture landscape, spectacular mountains and great attractions are all waiting to be explored. Walking along King's Road across Filefjell is an experience you will never forget.



### Nearest Tourist information:

Lærdal Tourist Information | Phone +47 48 27 75 26 | [laerdal@sognefjord.no](mailto:laerdal@sognefjord.no)  
Tyn-Filefjell Tourist Information | Phone +47 61 35 94 30 | [filefjell@valdres.no](mailto:filefjell@valdres.no)  
Kongevegen tourapp: [www.turapp.no/kongevegen](http://www.turapp.no/kongevegen)



**To the starting point:** E16 Lærdal and then road 630 to Borgund Stave Church  
**Parking:** Borgund Stave Church

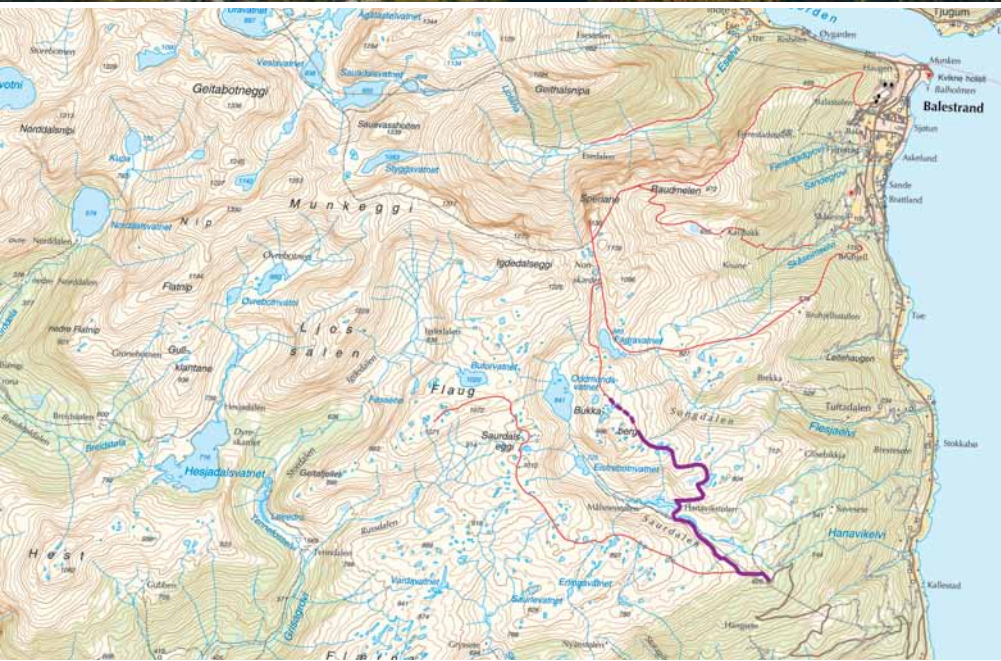
**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Saurdal

## - family walks

## Balestrand



### Starting point:

Saurdal parking area, 14 km from the centre of Balestrand

### Total walking time:

Saurdal-Storavarden-Saurdal  
approx 5.5 hours

**Km:** 4 kms up and 4 kms down

**Ascent:** 620m-900m

**Season:** May-October

**Map:** Balestrand

Turn off highway 55 westbound approx 7 km from Balestrand. Follow the narrow forest road which winds approx 7 km up the mountain and finishes at a parking area at around 620m. Saurdal is an easy and accessible area with various walking routes. Water proof boots recommended.

The Saurdal-Storavarden route is well marked with white markings on the stones. First follow route 5 and walk past the sign to Hanevikelvi. Go further to the sign to Hanevikstølen where you take the old pathway into Saurdal. There is a good view over the river. At the outlet of Målsnesvatnet (a small lake) you have to cross a bridge in order to reach Hanevikstølen. The whole water course is well suited to angling and in the last few years Oddmundsvatn (lake) has had a good trout population. The route follows the mountain plateau between Storavarden (to the south) and Bukkaberg (to the north) as far as Fagravassdalen where you meet route 9.

Moderately easy route with fine views in the varied scenery of valleys, mountain plateau, river, and lakes.



### Nearest Tourist information:

Balestrand Tourist Information  
Phone +47 94 87 75 01 | [balestrand@sognefjord.no](mailto:balestrand@sognefjord.no)

**Parking:** Saurdal parking area, 14 km from the centre of Balestrand

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Kreklingen nature trail

## - family walks



PHOTO: JØRGEN HUNDSETH

### Starting point:

Balestrand, 1.5 km from centre by the Belehalli sports hall.

**Total walking time:** 2-4 hours

**Km:** 5

**Ascent:** 90m-250m

**Season:** April-October

**Map:** Balestrand

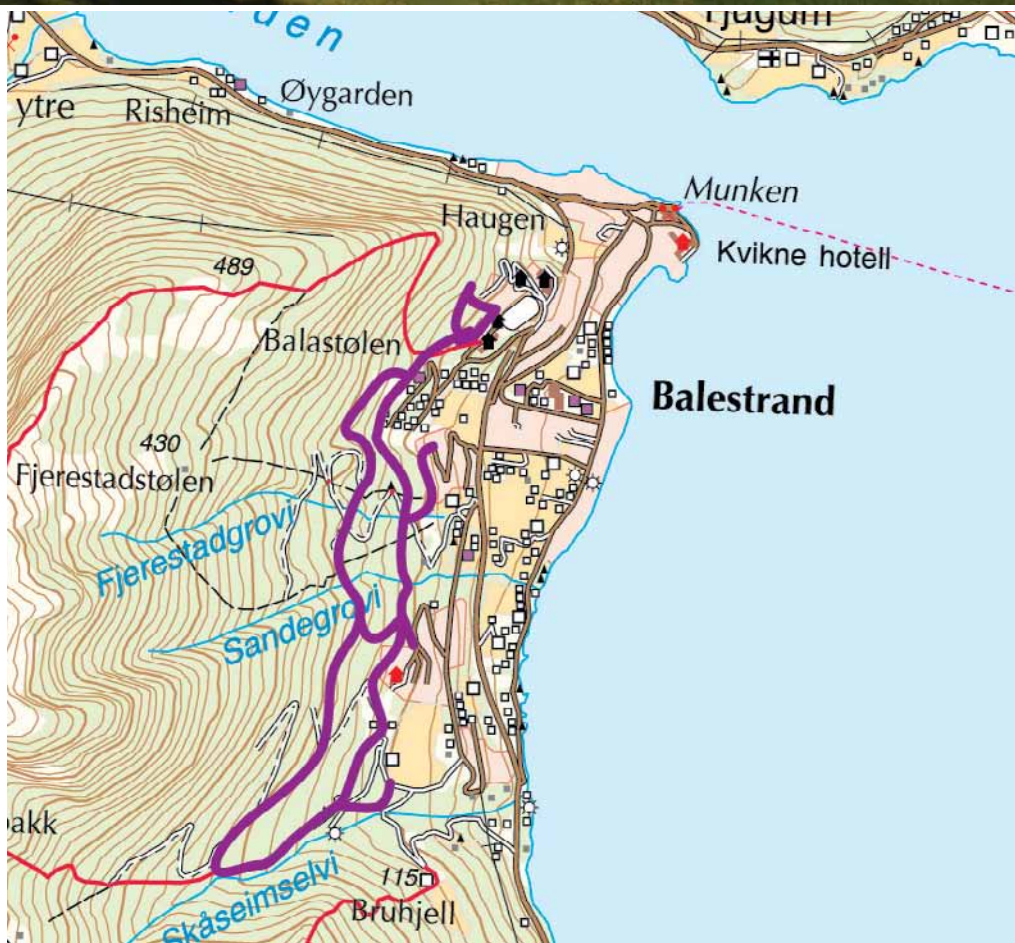


Balestrand and its surroundings have been an inspiration to local and international artists since the mid 1800's. When international artists took their paintings home others saw the pure and natural beauty of the landscape and were inspired to visit.

The walks start in the centre of Balestrand. First go approx 1.5 kms along a road through the village up to the Belehalli sports hall. The road is marked with signposts. The walk to the sports hall takes about 30 minutes.

Various marked walking trails start at the sports hall, where there is also a car parking area. The short Kreklingen nature trail starts here. Along this trail you can read signs about the flora and fauna of the area. From here you can also follow signposts and yellow markings towards Granlia/Skåsheim. From Granlia you can then either follow yellow markings to Sandstølen (short loop) or Skåsheim (longer loop).

The paths are partly gravel, stone and grass and are approx 50-60cm wide. Trainers/jogging shoes are suitable for this walk and the path can be used for off road cycling.



### Nearest Tourist information:

Balestrand Tourist Information

Phone +47 94 87 75 0 | [balestrand@sognefjord.no](mailto:balestrand@sognefjord.no)

**Parking:** In the centre of Balestrand

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Raudmelen

## - idyllic panorama walk



PHOTO: ANNE R. FARNES



### Starting point:

Balestrand, 1.5 km from centre by the Belehalli sports hall.

**Total walking time:** 6 hours

**Km:** 4 kms up + 4 kms down

**Ascent:** 100m-978m

**Season:** May-October

**Map:** Balestrand

The walk starts in the centre of Balestrand, and takes you along the fjord, Kvikne Hotel and the dragon style "English church". Continue to the Viking grave monument, and follow signs to the school, sportshall and nature trails. The walk to the sports hall takes appr. 30 minutes.

The sports hall is starting point for various marked walking trails. The Raudmelen route follows a nature trail marked with information about flora and fauna. Soon after we follow the red route up the hill. The first lovely view of the Sognefjord and Balestrand after a steep climb at Orrabenken (370 m).

Continue on the red route, and at Buråsi (575 m) a fantastic panorama is your next reward. From here you can walk along the ridge and have wonderful views on both sides.

Return the same way, and remember to bring plenty of water, there is no drinking water along this route.



### Nearest Tourist information:

Balestrand Tourist Information  
Phone +47 94 87 75 01 | [balestrand@sognefjord.no](mailto:balestrand@sognefjord.no)

**Parking:** In the centre of Balestrand

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Flatbrehytta

## - the gateway to Jostedalsbreen

Photo: Norsk Breenmuseum

### Starting point:

Parking 500 m north of Øygarden

GPS: UTM 32 382750E - 6815200N

**Total walking time:** 5-6 hours

**Km:** 7,5 km

**Ascent:** 30-994m

**Season:** July-September, but start of season depends on snow conditions

### Map:

Hiking map 1:50000 Fjærland

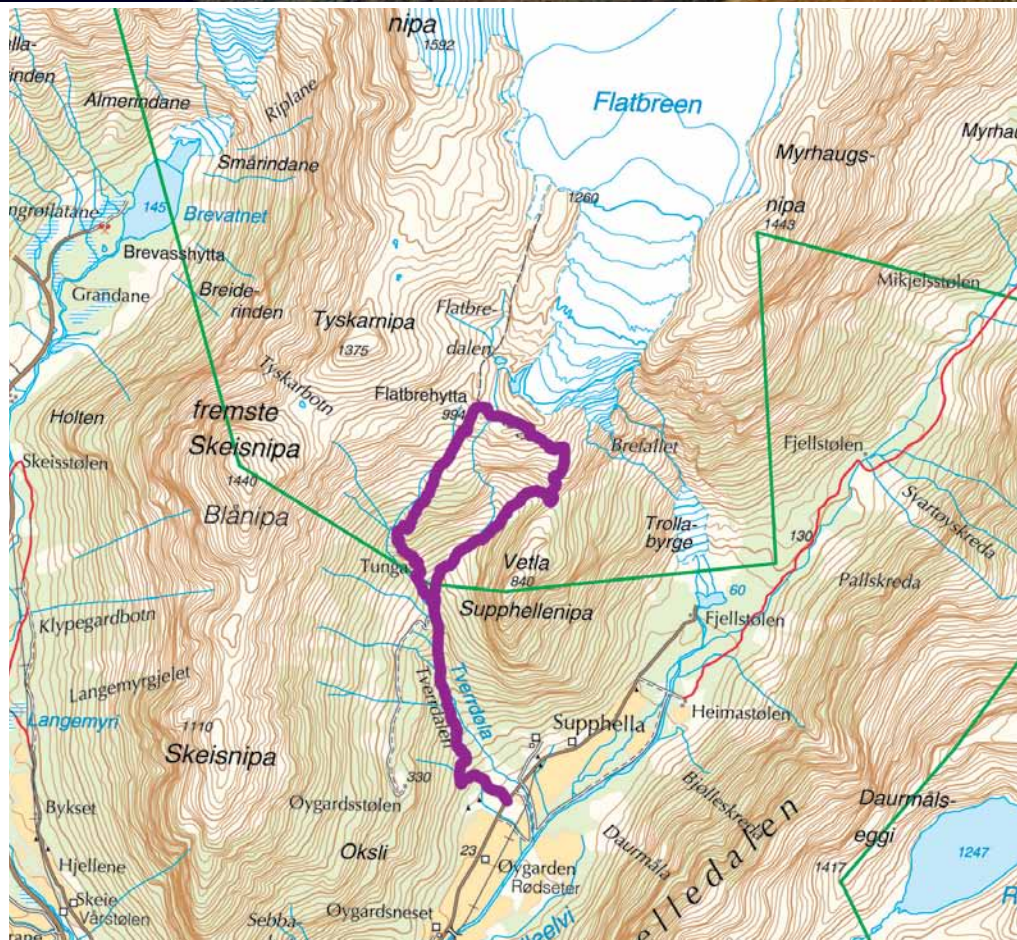
Hiking map 1:100000 Jostedalsbreen

Hiking map 1:50000 Sogndal - Leikanger



Popular route followed by many hikers who are going to the glacier, or just making a daytrip to Flatbrehytta and/or peaks nearby.

The hike starts at the parking north of Øygarden and is marked "Flatbrehytta". In 2004 a huge landslide occurred here due to a "jökulhlaup". Read about it on the information board at the parking. At 360 m asl. you cross a stream. Well over the stream you find two paths leading to Flatbrehytta. Follow the path to the bridge crossing the other river. After a while you come to a col where you can turn right and follow the path to Vette Supphellenipa, 845 m asl. If not, turn left. After 20 min walk, you reach the impressive icefall of the glacier Flatbreen. Continue to the 30 m high moraine and further on to Flatbrehytta - a self-service cabin with 18 beds. The hut is open. Descend directly from the hut into the western valley. The path is steep, but well marked.



### Nearest Tourist information:

Fjærland Tourist Information

Phone +47 94 79 80 36 | [fjaerland@sognefjord.no](mailto:fjaerland@sognefjord.no)

### To the starting point:

Follow highway 5 to Fjærland and take off to Supphellebreen.

**Parking:** Parking 500 m north of Øygarden, 8 km from centre of Fjærland

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)

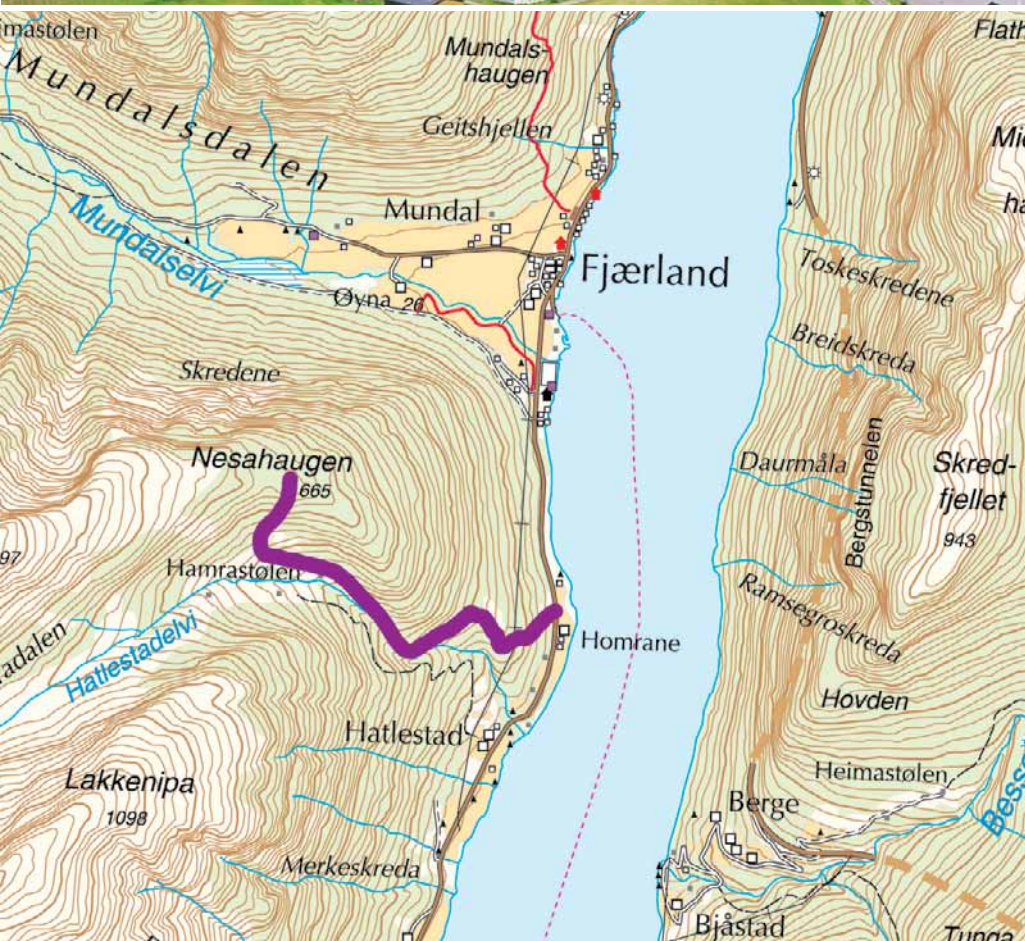


# Nesahaugen

## - splendid fjord and glacier view



PHOTO: FINN LOFTESNES



### Starting point:

Homrane, 2 km south of Mundal

GPS coordinates: UTM 32  
379300 E, 6808200 N

**Total walking time:** 3 hours

**Km:** 6 km

**Ascent:** 30-665m

**Season:** June–October

### Map:

Hiking map 1:50000 Fjærland

Hiking map 1:100000 Jostedalsbreen

Hiking map 1:50000 Sogndal - Leikanger

Topographic map 1:50000 M711 1317 I  
Fjærland

Popular route because the view you have of the fjord and the glaciers

The hike starts from Homrane farm, 2 km south of Mundal, and is marked "Nesahaugen". The hike is one of 11 marked routes set up by the local sport association. If you complete 5 hikes, you can buy a diploma at the tourist office in Mundal. The first part is steep and mostly in a forest. At 420 m asl. you arrive an old summerfarm, 1-1,5 h. Today one house is still there. On the other side of the river you can see base walls of other houses. Shortly after the old summerfarm, the path to Nesahaugen turns right. From here the path is getting steeper again. 30-45 min later you arrive Nesahaugen where you can write your name in a book lying in an empty marmelade glass. Return the same way down as you came up.



### Nearest Tourist information:

Fjærland Tourist Information

Phone +47 94 79 80 36 | [fjaerland@sognefjord.no](mailto:fjaerland@sognefjord.no)

**To the starting point:** Follow highway 5 to Fjærland, and take to Mundal

**Parking:** Parking at Homrane, 2 km from centre of Fjærland

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)





# Fuglefjellet

## Starting point:

on the gravel road at Rå  
GPS coordinates:  
N 6783090, E 0317130

**Total walking time:** 3 hours

**Km:** 5 km

**Ascent:** 534 m height difference

## Getting there:

scheduled bus service (route  
14-343 and 222-430 ) or by car



Start on the gravel road at Rå, walk along the road about 1 km until you get to a sign showing a road to the left leading into dense woods. At first a steep section, after which you have climbed above the tundra line and you are greeted with a view of the mighty Sognefjord. The last section is steep and flattens out at the summit.

Alternative return routes.

From Fuglefjellet you have a marvellous view over the Sognefjord and surrounding mountains.



## Nearest Tourist information:

Hoyanger Tourist Information  
Phone +47 57 71 15 90 | bibliotek@hoyanger.kommune.no

**To the starting point:** E39 Lavik, turn to Rå, 7 km from Lavik  
**Parking:** At starting point Rå along the E39

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Bergefjellet – Toppenhytta



PHOTO: LARS JONAS PEDERSEN WWW.GANG.NO



## Starting point:

The dam at Bergevatnet  
(600 m.a.s.l.)

GPS coordinates: N 6791000, E 0341120

**Total walking time:** 2 hours

**Km:** 6 km

**Ascent:** 280 height difference

## Getting there:

short drive from Høyanger by car, just take the mountain road up to Sipla Skisenter.

It is also possible to take a taxi from Høyanger downtown (Taxi Franken +47-95 98 60 00)

The trail is marked from the start (600 m.a.s) by the dam. The first leg to the first cairn is demanding, but after that it is a breeze.

Dry, pleasant terrain and joggers are ideal for this hike. The distance one way is just on 5 km. From the summit you can gaze down on the township of Høyanger, the Høyangerfjord and out over the Sognefjord. Marked trails lead further on from the summit across the mountain, in relatively light terrain.



## Nearest Tourist information:

Høyanger Tourist Information  
Phone +47 57 71 15 90 | bibliotek@hoyanger.kommune.no

**Parking:** At starting point The dam at Bergevatnet

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Bjørgahaug

## - a typical Norwegian stroll



PHOTO: ROAR WERNER VANGNES

### Total walking time:

Approx. 70 min

**Km:** 1165 m

from start to top

**Ascent:** 141-537 m a.s.l.

**Season:** April-November



This is the most popular walk in Leikanger. Frequently used as an afternoon hike, or as a short week-end trip.

Panoramic view of Hermansverk and Leikanger. More than 3000 people take this hike every year.

The shortest, but steepest path start at Øvre Njøs. If you prefer an easier hike, start at Sanden, by the parking lot 1 km east of Sognefjord Hotel.



### Nearest Tourist information:

Sogndal Tourist Information

Phone +47 91 13 64 03 | [sogndal@sognefjord.no](mailto:sogndal@sognefjord.no)

**To the starting point:** Highway 55 to Leikanger and stop at Sognefjord Hotel

**Parking:** Sognefjord Hotel

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# World of mountain pastures

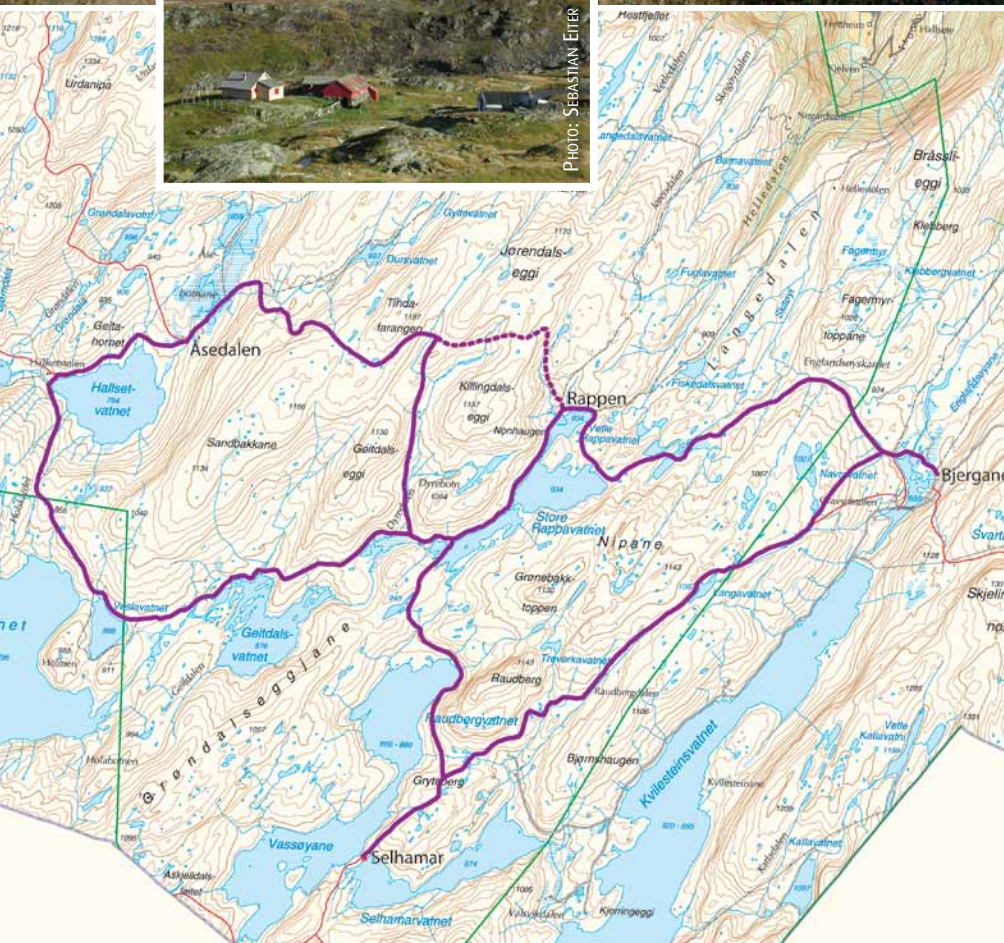
## - Stølsheimen nature preserve



PHOTO: TORIL RESDAL AAS - BERGEN TURLAG



PHOTO: SEBASTIAN EIER



### Starting point:

Car park at Bjergane

GPS: UTM 32 357642E - 6760335N

**Total walking time:** 2-3 days

**Km:** 36 km

**Ascent:** 885-1060 m a.s.l.

**Season:** Medio July-medio September

### Map:

Hiking Map 1:50000 Vik

Hiking Map 1:100000 Stølsheimen

TM 1:50000 1316 IV Myrkdalen

TM 1:50000 1216 I Eksingadalen

This beautiful 2-days hike is a must for visitors of the Stølsheimen nature preserve! The gentle slopes, stunning lake sceneries and the various mountain summer farms in their lovely surroundings makes Stølsheimen a perfect hiking area for families and others.

The hike can be recommended with two overnight stays in the tourist lodges Selshamar and Åsedalen.

From Bjergane the track follow the valley to the cultural monument Gryteberget, where people in former times carved their bowls of soap stone directly out of the bedrock – not far from the provisioned tourist lodge Selshamar. Next day along lakes and mountains to the lodge Åsedalen at 800 m asl.

From Åsedalen up the valley to 1060 meter, and high or lower route to the summer farm Rappen. From Rappen marked trail back to Bjergane.

Be aware that fishing permission is required for the lakes.



### Nearest Tourist information:

Vik Tourist Information | Phone +47 91 51 72 86 | [vik@sognefjord.no](mailto:vik@sognefjord.no)

**Parking:** By car from Vik or Voss (Rv 13) to Vikafjellet, take off westbound towards lake Kvilesteinsvatnet. Or bus from Vik or Voss to Skjelingen and walk on the dirt road to Bjergane. More info: [www.ruteinfo.net](http://www.ruteinfo.net)

**Accommodation:** [www.bergen-turlag.no](http://www.bergen-turlag.no)



# The heritage hike to Fresvik-Jordalen



PHOTO: STEIN KVATTERØD

## Starting point:

Engi, 5 km from Fresvik

GPS: UTM 32 377422E - 6762671N

**Total walking time:** 6 hours

**Km:** 17 km

**Ascent:** 280–1340 m a.s.l.

**Season:** Middle of July through Sept.

## Map:

Hiking Map 1:50000 Vik

Hiking Map 1:50000 Nærøyfjorden

TM 1:50000 1317 II Hermansverk

TM 1:50000 1316 I Gudvangen



Day trip within the UNESCO area Nærøyfjorden including a side trip to the glacier Fresvikbreen.

The hike follows the well-marked path from Engi to Tundasselbøen in the valley Tundalen. Cross the river at Klepp. At the end of the valley, the path leads up to Rjupesgard. Cross the glacier Gryteskarvbreen, look out for crevasses! For a side trip to Fresvikbreen, turn right in Northern direction. It will take about an hour to reach the glacier. The path to Fresvik-Jordalen continues along the lake Langafonnvatnet, leading downhill to the cairn Frevikvarden, which most likely was set up already before the time of the pandemic Black Death. From here, it takes another half hour down to the cabin Jashaugbu, situated at the lake Jashaugvatnet.

Jashaugbu is a provisioned tourist lodge with 6 beds run by the Norwegian Hiking Association (DNT) and can be opened with a DNT-key that among others can be borrowed at the Tourist Information in Vik. Jashaugbu can be reached by car (dirt road) from the road E16 in the valley Nærøydalen.

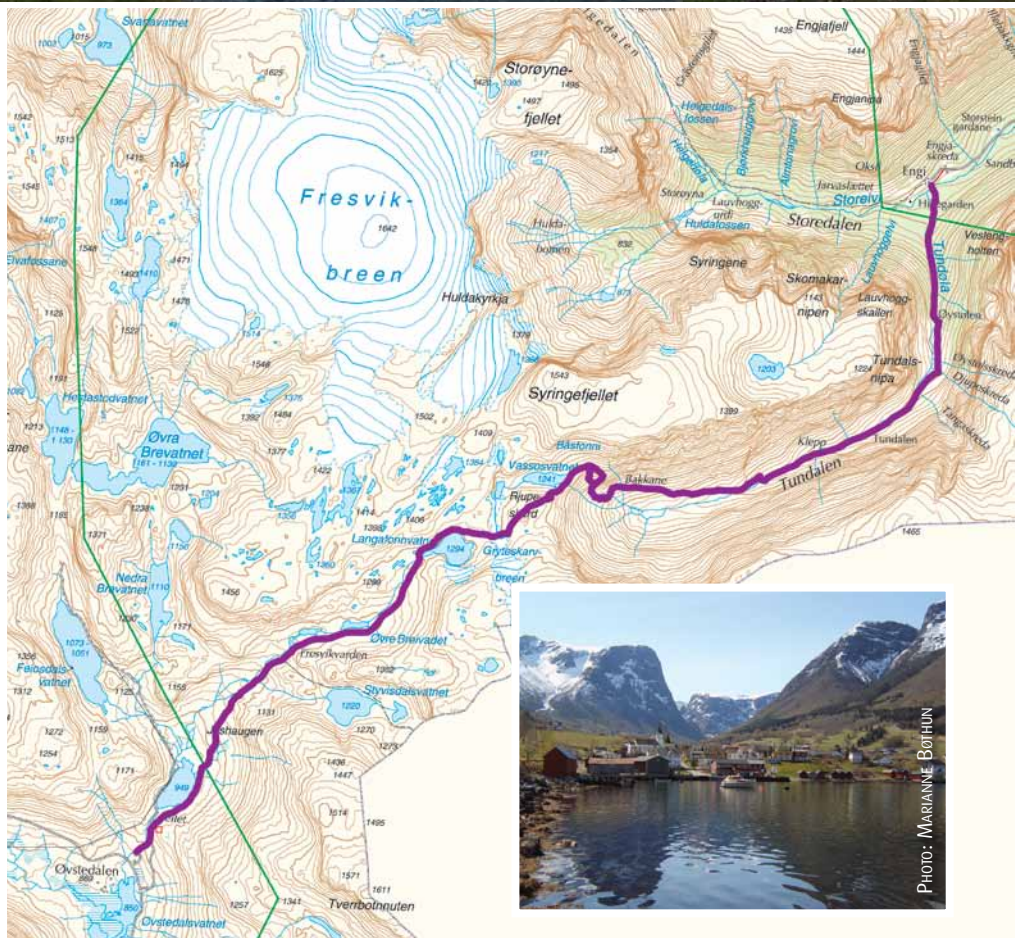


PHOTO: MARIANNE BOIHUN



## Nearest Tourist information:

Vik Tourist Information

Phone +47 91 51 72 86 | [vik@sognefjord.no](mailto:vik@sognefjord.no)

**Transportation:** *Car:* Drive via Vik to Fresvik; road 182. Private parking at Engi. *Bus:* Between Vik and Fresvik. Check timetables at [www.ruteinfo.net](http://www.ruteinfo.net)

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Åsen – Nuken

## - view to fjords and Sogndal

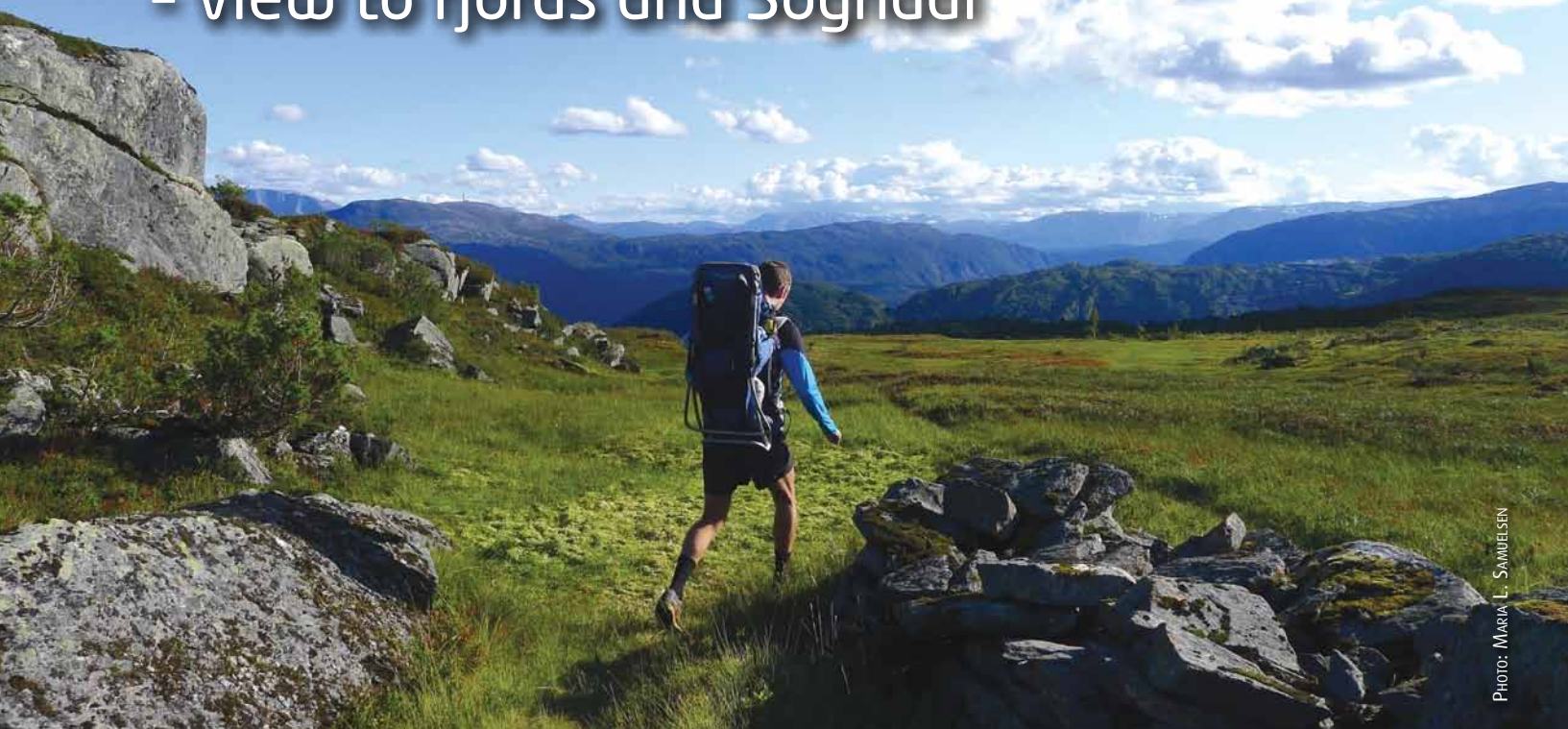


PHOTO: MARIA L. SAMUELSSEN



### Starting point:

Åsen

**Total walking time:** 1 h

**Km:** 2,5 km one way

**Ascent:** 660-919 metres

**Season:** End of May-end of October

### Getting there:

By car to Lauvhaug, Sogndalsdalen valley

**Map:** Sogndal – Leikanger

Turn off the RV 5 road of Sogndal Skysstasjon terminal and follow the Dalavegen road to Lauvhaug in the Sogndalsdalen valley (approx. 4 km), then take a right in the direction of Eggum.

Continue for approx. 500 m, and then turn off to the left onto the gravel road that becomes the Åsavegen toll road.

Parking available at the end of the road.

The path starts at the perimeter of the summer pasture farm of Åsen, and you begin by walking through woodland before terrain opens up.

The path climbs gently until you reach a point from which you have a view of the Halsavatnet Lake to the north.

At the summit, you can enjoy views of the Lustrafjord, Hafslo and large parts of Sogndal municipality. To the northeast you can see the Hurrungane mountains, part of the Jotunheimen mountain range.



### Nearest Tourist information:

Sogndal Tourist Information

Phone +47 91 13 64 03 | [sogndal@sognefjord.no](mailto:sogndal@sognefjord.no)

**Parking:** At starting point Åsen, Lauvhaug, Sogndalsdalen valley

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Bjørgåsen - Aurland

## - fjord view walk



PHOTO: TERJE RAKKE NORDIC LIFE FJORD NORWAY

### Starting point:

Stegastein



**Total walking time:** 45 minutes

**Km:** 0,5 km one way

**Ascent:** 800 metres

### Season:

All year, snowshoes in winter time

### Getting there:

By car or bus to Stegastein viewpoint

### Map:

2565 Aurlandsdalen

Along "Aurlandsvegen" about 10 km from the centre of Aurland. Parking at Stegastein viewpoint. After about 20 min walk is panorama view overlooking the Aurlandsfjord. Unmarked path to the left in direction the radio antenna – follow the path back to the starting point.



### Nearest Tourist information:

Aurland Tourist Information | Phone +47 91 79 41 64 [aurland@sognefjord.no](mailto:aurland@sognefjord.no)

**To the starting point:** Highway 50 Aurland and road 243 to Stegastein 8 km

**Parking:** Free parking at Stegastein Viewpoint

**Transportation:** Daily busses from Flåm and Aurland.

Check timetables at [www.nettbuss.no](http://www.nettbuss.no) or [www.ruteinfo.net](http://www.ruteinfo.net)

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)

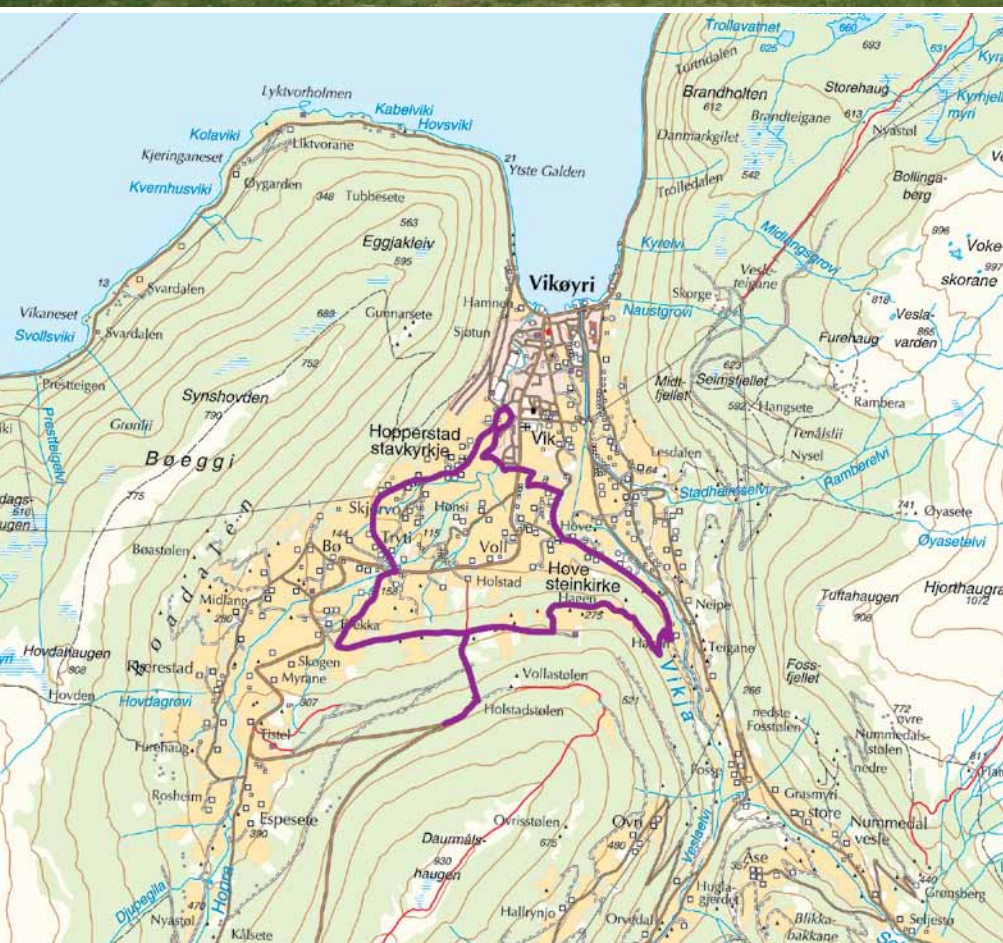


# Hovsåsen

## - panorama Vik



PHOTO: REDUNN BOLSTAD



### Starting point:

By the river Hopra, close to the sport-field in Vik



**Total walking time:** 2-3 hours

**Km:** 9 km

**Ascent:** 20-500 metres (circular walk)

**Season:** Early May – end of September

### Getting there:

A 5 min walk from Vik center village, on the same way as to Hopperstad stave church

**Map:** Hiking Map 1:50000 Vik

**Hovsåsen round trip is approximately 9 km long and includes several fine views and cultural attractions along its route.**

First you follow the Silver Ring route along the river Hopra and through historic natural landscapes. The burial mounds, Moahaugane from 300-400 A.D. lie along this route. From Hove church you walk up the asphalt road to Hagen and then along a tractor track up to the highest point on Hovsåsen, at 300 m. The route passes through pasture land, so please close all gates behind you.

Hovsåsen is at a plateau at 200-300 m and lies in the hills south of the large old farm at Hove. Historically this was an important area of land for pasture, haymaking and cutting browse for animal feed. It is also an important agricultural area today.

The route goes further along Hovsåsen road with fine views over Vik centre. Approximately halfway to Brekka a footpath goes up to Holstadstølen and the viewpoint Storesvingen (480 m a s l) by highway 13 at Tryti and follows the asphalt village road past Hopperstad stave church and the Hopperstad farm buildings to the starting point, Vik sports arena.



### Nearest Tourist information:

Vik Tourist Information  
Phone +47 91 51 72 86 | [vik@sognefjord.no](mailto:vik@sognefjord.no)

**Accommodation:** [www.sognefjord.no/en/WHERE-TO-STAY/](http://www.sognefjord.no/en/WHERE-TO-STAY/)



# Culture walks and heritage trails

**In the following places there are heritage trails which you can walk by yourself to discover more about the areas you are visiting. You can obtain maps and information on what you can see on these walks at the local tourist information offices and also on [www.sognefjord.no](http://www.sognefjord.no)**



PHOTO: LÆRDAL KOMMUNE

## Lærdal

Old Lærdalsøyri is unique for its architecture. It has 161 protected wooden buildings from the 1700's and 1800's and is one of the largest collections remaining in Norway. These buildings are reminders of the time when Lærdalsøyri was a national connecting point for trade and transport.

At Lærdalsøyri people from eastern Norway would meet people from the fjord and coast to exchange wares. Especially at the Lærdal market, which is today Norway's oldest outdoor market, first mentioned in the 1500's. Today old Lærdalsøyri is full of antique shops, studios, cafés and pensions. Some of the old houses are now holiday homes, others are permanent residences.



PHOTO: BALESTRAND KOMMUNE O ANDERSEN

## Balestrand

The landscape of Balestrand and its special nordic light has long inspired artists who as early as 1819 discovered the area. These early artists, together with the translation in 1825 of the famous Icelandic saga of Fritjof the Warrior, contributed to attracting other visitors to Balestrand. Some of the artists settled in Balestrand and built themselves beautiful villas in the architectural style of the day, many of which you can see along the Heritage Trail.

The Heritage Trail starts at the Norwegian Museum of Travel and Tourism (Reiselivsmuseet), goes via Kviknes Hotel and the English Church and passes the Viking grave mounds and the artists villas. Afterwards you can continue on to the Ciderhuset, which is situated in an orchard containing many varieties of fruit trees, apples, plums, pears and even cider apples from Normandy.



PHOTO: C H - VISITNORWAY.COM INNOVASJON NORGE

## Solvorn

In the 1800's Solvorn was a connecting point between the farming areas around Hafslo and the fjord, a gateway to the rest of the world. This meant Solvorn was a natural trading place. Farmers would bring their wares here so they could be sent on fjord cargo boats along the fjord as far as Bergen. Poor people who worked as bonded workers to local farmers lived along the shore areas. The increasing wealth and through traffic in the area created a market for craftsmen and a lively small town life developed here. Merchants came to Solvorn and built houses in the Swiss-style. Today Solvorn is one the most well preserved shore dweller sites from the early 1800's and is a protected area. Solvorn is an idyllic pearl beside the Lusterfjord. It also has Norway's oldest hotel dating from 1640 and many walks and paths.



PHOTO: KAREN WEICHERT

## Vik

Vikøyri is a historic shore dweller site, an area of common land where poor people settled as fishermen, craftsmen and tradesmen. Vik was one of a number of shore dwelling sites found in several places in Sogn and is one of the most well preserved in the region. It contains around 60 small buildings, some of which are used as residences or boathouses today. Starting from the tourist office and Kristianhus boat and motor museum you can walk 'The silver ring' heritage trail and see the old shore dwellers houses as well as visiting the Cheese Bar, which serves traditional 'Gamalost' cheese and the Hopperstad stave church and Hove Stone church.



PHOTO: S. KARLSEN VISIT FLÅM

## Flåm

Fretheim Culture Park offers a 1600 metre long circular trail in natural surroundings, facilitated with historical information, viewpoints, benches and seating areas. For children and families the culture park has an activity area with animals and a quiz trail. The park area has a height difference of 0-54 metres and has paths of various lengths and levels. Røynestien is the steepest path, Hallvarstien has the highest point with the best views of the fjord landscape and Bakkastien is adapted for disabled people.

One of the park's treasures is Bakkastova cultural café, which offers local food as well as displaying arts and crafts and is itself a restored old building.

Fretheim Culture Park welcomes everyone, whether you would just like a simple walk or to experience all the park's treasures.



**Contact us:**  
Visit Sognefjord AS  
Fosshaugane Campus  
Trolladalen 30  
NO-6856 Sogndal  
Tel. +47-99 23 15 00  
info@sognefjord.no

 /visitsognefjord

 @visitsognefjord

App: visitnorway


**Tourist information:**

Common phone	+47-99 23 15 00
Aurland	+47-91 79 41 64
Flåm	+47-95 43 04 14
Lærdal	+47-48 27 75 26
Årdal	+47-94 15 96 99
Sogndal	+47-91 13 64 03
Fjærland	+47-94 79 80 36
Gaupne/Luster	+47-94 15 74 88
Skjolden	+47-94 15 19 90
Jostedal	+47-57 68 32 50
Balestrand	+47-94 87 75 01
Vik	+47-91 51 72 86
Høyanger	+47-57 71 15 90

**Emergency:**

Fire: 110 | Police: 112 | Ambulance: 113



 in the above map refers to page No. in this brochure

For more information:

sognefjord.no/hiking  
www.ut.no  
www.turistforeningen.no  
www.visitnorway.com