

Three-day walking tour through Aurlandsdalen

Each section is also suitable as a single day tour.

1. Finse – Geiterygghytta, 5 hours – From July

Cross the railway at the station, continue along the western side of Jomfrunet and over the Finseåni river bridge. A short detour to St. Paul (named by Lord Garvagh) is a must. Spectacular views over Gausta, Hardangerjøkulen and parts of Jotunheimen. The route continues towards Bakkahellaren. On the way you pass an old animal hunting pit. Continue along the south bank of the river to Geiterygghytta – Mountain lodge.

2. Geiterygghytta – Stemmerdalen – (Steinbergdalen) 3 hours

Follow the path up from the construction road north of the lodge and ascend the west side of Sundhellerskarvet. Here the path forks off to Kongshelleren and Lungsdalen. The path to Steinbergdalshytta continues northwards and cross Rausdalen. Another climb west of Bolhovd to Breibakka. Magnificent view over Stemmerdalen. The path descends diagonally along the mountainside to Steinbergdalshytta – Mountain lodge. Steinbergdalen Tourist cabin is closed. It is possible to take the local bus to Østerbø if you want to end the trip here. See www.ruteinfo.net

3. Stemmerdalen (Steinbergdalen) – Østerbø, 4 hours

Rejoin the path up the slope north of the lodge and continue the ascent. Fine view over Stemmerdalen. The path joins an old route by Grøna dam. Continue over the Grøna river bridge, up past Grønsetølen and down to Østerbø Fjellstove and Østerbø Turisthytte – Mountain lodges.

4. Østerbø – Vassbygdi, 7 Hours – From end of May (depending on the winter conditions)

This section of the valley is famous. Past the old cemetery and over the Langedøla bridge; continue past Viki to the once notorious Nesbøgalden (this was a system of ramshackle vertical and horizontal ladders fastened to cracks in the rock). Now a wide pathway has been blasted into the cliff face along the Nesbø-vatnet. The path continues past picturesque Nesbø to a fork at Tirtesva. The original route is now restored, and it provides much better views than the path along the river. Handrails and steps assist the steep descent from Bjørnstigvarden. The walk continues past Svartatjødn. We recommend a visit to the «Vetlahelvete» cave to the west of the path. Descend once again to the river, and walk to the bridge over the Veiverdalselvi river. Ascend to Sinjarheim farm. On the way, you pass the tiny Almen farm situated beneath a towering rock overhang. Continue along the river to Belle in Vassbygdi. Road/ bus connection to Aurland/Flåm/Bergen and eastwards via Østerbø to Steinbergdalen (Stemmerdalen), Geiteryggen.

Information

For more information about accommodation, timetables and activities in the area:

Aurland Tourist Information

Tel: +47 917 94 164
info@sognefjord.no • www.sognefjord.no

Accommodation in Aurlandsdalen

Østerbø Fjellstove Tel: +47 57 63 11 77
post@aurlandsdalen.com • www.aurlandsdalen.com

Aurlandsdalen Turisthytte Østerbø Tel: +47 48 38 82 87
aurlandsdalen@turistforeningen.no • <https://aurlandsdalen.dnt.no/>

Geiterygghytta

geiteryggen@turistforeningen.no • <https://www.ut.no/hytte/3.2076/>
DNT Cabin, offering accommodation and food service.
Services upon request

www.aurlandsdalen.no

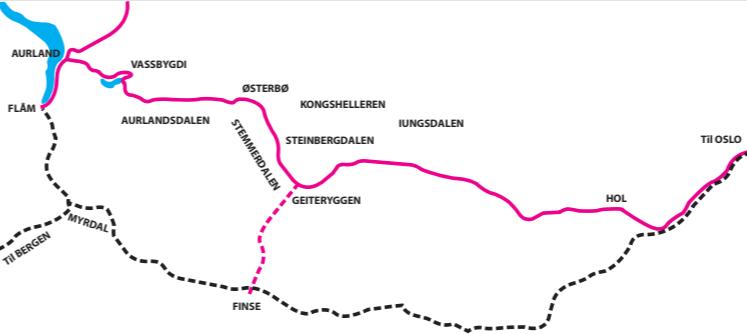
Aurlandsdalen – Animal life • Flora • Mountain hiking • Fishing

Transport

The Mountain Lodges is situated at FV 50 – Hol – Aurland.
Bus Flåm – Aurland – Hallingdal at the end of June.

www.kringom.no

Map for Aurlandsdalen for sale at the tourist information in Aurland and Mountain Lodges.



www.sognefjord.no

The Aurland Valley (Aurlandsdalen) – Animal Life • Flora • Mountain hiking • Fishing

The famed and fabled Aurlandsdalen Valley, stretches from Vassbygdi (50 m.a.s.l) and takes a southwesterly course to Geiteryggen (1218 m.a.s.l) and the watershed of Hallingdal Valley. This uniquely beautiful and wild valley with its high mountains has been valuable land since time immemorial. As late as 1850 there were 10 farms and crofts in the Aurlandsdalen Valley – Almen, Sinjarheim, Teigen, Berekvam, Skorgarden, Nesbø, Vikaneset, Aurviki and two farms in Aurdalen (Østerbø). The latter farm lies higher (820 m.a.s.l) and further into the valley. All the farms are deserted today. The Aurland Valley and its tributary valleys contain the best grazing areas of Vestlandet, Western Norway. In the high mountains around the valley, there is valuable hunting terrain for wild reindeer and there is trout fishing in the watercourses.

The road through the Aurlandsdalen Valley from Hol to Aurland is one of the old thoroughfares from Eastern Norway, Austlandet, and Vestlandet. Nature lovers of all kinds have depicted this road and valley down through the ages. The first known representations were the drawings and paintings of the artist Johannes Flintoe which he completed after a journey through the valley in 1819. One can read depictions in old magazines and book about friendliness and wilderness in nature and landscape, about people and cattle, magic and superstition, killers and outlaws, English lords hunting reindeer, the flora and fauna, extremely arduous funeral processions, tragic events and humorous stories too.

If you start a hike through the Aurlandsdalen Valley from Geiteryggen, it takes about three hours to the Stemmerdalen Valley. Throughout the hike, you have a view of high mountain peaks, snow glaciers, sparkling mountain lakes and rivers down in the valley floors. In the Stemmerdalen Valley, you will find Steinbergdalen Trekking Cabin, opened by the Norwegian Trekking Association in 1895, which is now closed. Stemmerdalen was throughout the ages the domain of cattle drovers and their summer dwellings. On both sides of the valley, there are large fells with grazing areas. Stemmerdalen was common land where everybody could let their cattle graze.

There are still several stone huts or wooden cabins where the drovers stayed in the summer months. At Stemmerdalen (Steinbergdalen) there is a bus stop where you can get the bus to Østerbø. The next stage on the return trip to the Aurlandsdalen Valley is a 4-hour hike from Stemmerdalen to Østerbø. On this trip you will enjoy the best view over the mountains and fells. Signs along the road as well as the explanations in this brochure

will provide you with information about particularly beautiful viewing points, about abandoned mountain pasture cabins and the names of rivers and lakes. The view towards Aurdalen from Grønnestalskleiv is well worth a mention. Østerbø is the area around Aurdalsvatnet. There were two farms there, and the last was abandoned as late as 1907. Visitors to the area should see the little graveyard. The fact that the mountain people had to have their own graveyard bears witness to the long and difficult way home to the village and the church. Østerbø is a beautiful pearl of nature. On the flat, green-clad embankments around Aurdalsvatnet Lake, you will find trekking cabins built on the sites of the old farms.

The last stage of the hike stretches from Østerbø to Vassbygdi. It is considered to be a day's hike of 6-7 hours. Here you will find an Aurlandsdalen Valley untouched by power project developments or other modern interventions in nature and landscapes. The path takes you past canyons and gorges, down steep slopes, surrounded by high and ragged mountain formations and it is an unforgettable experience for walkers. One should stop at the sites of the old farms of Nesbø, Sinjarheim and Almen. Many of the old houses are still there and pay witness to times past. There are many sayings and stories connected to the more unusual names of places one meets on the road. Worth mentioning is the strange rock cauldron with a tarn, named Vetlahelvete – little hell. Right beside it stood what used to be Likbjørki, a tree where they hung up bodies at night to prevent animals from taking them, on the road back to the graveyard in Aurland. When we see a living room in Almen placed under a huge stone to stay safe from rock slides, one can imagine all the difficulties people endured.

Animal life (fauna)

Wild reindeer dominate animal life in the high mountains around Aurland. Deer are found below in the forest-clad hillsides. Other wild animals are wolverine, fox, pine marten, cairn cat, mink and otter. The golden eagle is among the numerous bird types that nest in the Aurlandsdalen Valley and is not an unusual sight circling high above the valley and mountains.

Plant life (flora)

Thanks to the major variation in the landscape, the geological structure and the climate, plant life in the Aurlandsdalen Valley is rich and varied. Flower-lovers can enjoy many colourful blooms and botanists can revel in more rare plants. Early in spring the purple saxifrage raudsildra (*saxifraga oppositifolia*) blooms and later the splendid mountain lily (*saxifrage coteledon*) can be found in large amounts. Indeed, in certain years whole mountainsides can be

covered in these beautiful flowers. One of the rarer plants is angelica (*angelica archangelica*) and wild rhubarb (*rheum undulata*).

Walking trips

The accommodation in the Aurlandsdalen Valley is a good starting point for shorter or longer walking trips in the mountains. The map in this brochure can be used for shorter trips. If you want to go further into the mountains, a map with a larger scale is necessary. Walking trips may also be combined with bus trips up or down into the valley.

Fishing

Leisure fishermen that visit the Aurlandsdalen Valley will find many good places for trout fishing both in lakes and rivers. Both places of accommodation at Østerbø sell fishing permits that entitle you to fish both in the main river and in the many fishing lakes in the mountains.



1 Aurland – Volda – Bell – Aurland



Aurland – Volda – Bell – Aurland

Fra sentrum mot Lærdal finn du ei lett turløype med fin utsikt. Ta av til Skjerdal og gå på bilvegen langs fjorden til elva Volda. Fra Volda går stien gjennom skogen til garden Bell. Derifra på bilveg tilbake til sentrum. Turen tek ca. 2,5 time. Dersom du ønsker en litt lengre tur, gå langs fjorden til Skjerdal og evt. på traktorveg innover dalen så langt du har lyst. Ta stien ved Volda til Bell på tilbaketurten. (Kart nr. 2565 Aurlandsdalen.)

Aurland – Volda – Bell – Aurland

There is an easy walk from the Aurland center towards Lærdal offering good views. Turn off towards Skjerdal and walk on the road by the fjord to the river Volda. The path continues through the forest to Bell farm. Return along the car-road to Aurland center. The walk takes about 2–3 hours. If you want a longer tour, walk along the fjord to Skjerdal. From there you can take the farm track into the valley as far as you like. Walk the path from Volda to Bell farm on the way back. (Map no. 2565 Aurlandsdalen.)



Zentrum – Volda – Bell – Zentrum

Vom Ort Aurland aus in Richtung Lærdal gibt es einen leichten Wanderweg mit schöner Aussicht. Biegen Sie Richtung Skjerdal ab und folgen Sie der Straße am Fjord entlang bis zum Fluss Volda. Von dort führt der Weg durch den Wald zum Hof Bell. Von dort auf der Straße zurück in den Ort. Die Tour dauert ca. 2,5 Stunden. Wenn Sie ein bisschen länger laufen möchten, wandern Sie am Fjord entlang nach Skjerdal und auf dem Wirtschaftsweg in das Tal hinein, soweit Sie mögen. Nehmen Sie auf dem Rückweg bei Volda den Weg Richtung Bell. (Karte Nr. 2565 Aurlandsdalen.)

5 Flåm – Otternes – Aurland



Flåm – Otternes – Aurland

Gå 4 km langs fjorden til en 500 m lang veg som leier opp til Otternes Bygdetun. Her finst det mange gamle gardshus og ein nydeleg utsikt over fjorden. Vidare langs ein sti til Li. Følg vegen ned til fjorden og vidare til Aurland sentrum. (Flåm – Otternes – Aurland: Omlag 12 km – ca. 3 timer gange). (Kart nr. 2565 Aurlandsdalen).

Flåm – Otternes – Aurland

Walk 4 km along the fjord to a 500 m long road leading to the mountain farm Otternes. Here there are many old farmhouses, and a spectacular view of the fjord. Continue along a path to Li. Follow the road down to the fjord, and end up in Aurland. (Flåm – Otternes – Aurland: Approx. 12 km. – approx. 3 hrs. Walking). (Map No. 2565 Aurlandsdalen.)



Flåm – Otternes – Aurland

Gehen Sie 4 km am Fjord entlang, bis zu einem 500 m langen Weg, der Sie zu dem Hof Otternes (Otternes Bygdetun) führt. Hier finden Sie viele alte Holzhäuser und Sie haben eine fantastische Aussicht über den Fjord. Setzen Sie Ihren Ausflug auf einem Pfad nach Li fort. Fölgen Sie der Straße runter zum Fjord und bis nach Aurland. Dauer: ca. 12 km – 3 Stunden Fußweg. (Karte Nr. 2565 Aurlandsdalen.)



2 Aurland – Vikesland – Hovdungo – Sele – Li (Vikesland) – Aurland



Aurland – Vikesland – Hovdungo – Sele – Li (Vikesland) – Aurland

Ei lett turløype med utsikt som tek 3–4 timer. Fra sentrum over bruhaugen til bensinstasjonen og vidare til vegkrysset. Gå til Vikesland på skogsvegen og til Hovdungo. Nedover til Sele og vidare til garden Li eller Vikesland og sentrum. Du kan også ta eigen bil til Vikesland – og tur/retur Hovdungo, 2–3 timer. (Kart nr. 2565 Aurlandsdalen.)

Aurland – Vikesland – Hovdungo – Sele – Li (Vikesland) – Aurland

An easy 3–4 hour walk with many fine views. Cross the bridge to the petrol station and continue to the Flåm junction. Take the farm track to Vikesland. From Vikesland by forest track and path to Hovdungo. Down again to Sele and on to either Li farm or Vikesland and Aurland center. You may even drive to Vikesland – the return journey to Hovdungo would then be 2–3 hours. (Map no. 2565 Aurlandsdalen.)

Aurland – Vikesland – Hovdungo – Sele – Li (Vikesland) – Aurland

Leichter Wanderweg mit schöner Aussicht, der ca. 3–4 Stunden dauert. Vom Ort aus über die Brücke zur Tankstelle und weiter zur Abzweigung nach Flåm. Weg links Richtung Vikesland. Von Vikesland auf einem Waldweg und einem Pfad nach Hovdungo. Weiter hinunter nach Sele und weiter zum Hof Li oder nach Vikesland und in den Ort zurück. Sie können auch mit dem eigenen Wagen nach Vikesland fahren. Für die Strecke nach Hovdungo und zurück benötigen Sie dann 2 bis 3 Stunden. (Karte Nr. 2565 Aurlandsdalen.)



3 Aurland – Turlidfossen – Aurland



Aurland – Turlidfossen – Aurland

Gå til Sogn Jord- og Hagebrukskule. Herifrå går det ein sti langs rota av fjellet til Fossheim. Langs vegen ser ein økologisk gardsdrift og nydeleg natur. Kryss bruhaugen. Nyt utsikta til Turlidfossen. Folg elva ned til neste bru. Kryss denne og følg vegen til rundkøyringa (ved Lærdals tunnelen), og gå bilvegen attende til Aurland. Gåtid ca. 1,5 t.

Aurland – Turlidfossen – Aurland

Walk along the road until you reach the agricultural school. (Sogn Jord- og Hagebrukskule). From here there is a path going along the side of the mountain to Fossheim. On the way, you see organic farming, and beautiful nature. Cross the bridge. View to Turlidfossen waterfall. Follow the river down to the next bridge. Cross this one as well. Follow the road to the roundabout, (Lærdals tunnel) and walk back to Aurland. Duration: Approx. 1,5 – 2 hrs. (Map no. 2565 Aurlandsdalen.)

Aurland – Turlidfossen – Aurland

Folgen Sie der Straße bis zur Landwirtschaftsschule (Sogn Jord- und hagebrukskule). Von hier führt ein Pfad an der Bergseite entlang bis Fossheim. Unterwegs passieren Sie die Felder der ökologischen Landwirtschaftsschule und Sie können viel schöne Natur genießen. Gehen Sie über die Brücke. Aussicht auf den Turlidfossen – Wasserfall. Folgen Sie dem Fluss bis zur nächsten Brücke. Diese auch überqueren. Folgen Sie der Straße bis zum Kreisverkehr beim Lærdals tunnel und gehen Sie von dort zurück nach Aurland. Dauer: ca. 1,5 Stunden. (Karte Nr. 2565 Aurlandsdalen.)

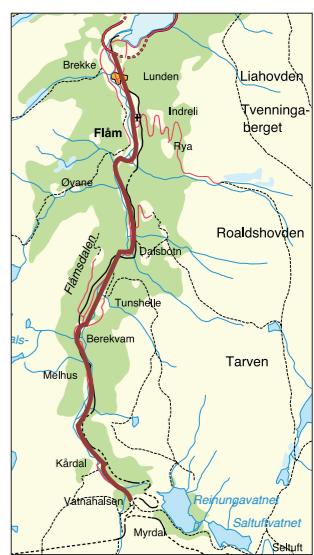


4 Flåmsdalen



Flåmsdalen

Ta tog til Vatnahalsen eller Myrdal. Gå langs den gamle anleggsvegen «Rallarvegen» attende til Flåm. Heile turen tek 4–5 timer. Flåmsbana har 7 stop mellom Flåm og Myrdal. Vil du ha ein kortare tur t.d. 2–2,5 times tur, kan du stiga på toget på Berekvam stasjon. Fra Vatnahalsen går det anleggsveg til Finse. DNT-rute til Stondalen. Frå Hallingskeid er det merka DNT-ruter til Geiterygghytta, Ulvik og Upsete. (Kart nr. 2565 Aurlandsdalen.)



6 Rimstigen



Rimstigen

Merka sti frå bilvegen Gudvangen – Bakka like før Tufto. Bratt sti opp fjellsida til Rimstigbotn. Panorama utsikt til Nærøyfjorden. Same rute tilbake. 4 timer fram og tilbake. (Kart nr. 2667.)

Rimstigen

A steep path from the car road Gudvangen – Bakka approx. 500 meters after the church at Bakka. Panoramic view to the Nærøyfjord. Same course back, 4 hours, back and forth. (Map Nr. 2667.)

Rimstigen

Folgen Sie von Gudvangen aus der Straße nach Bakka. Etwa 500 m hinter der Kirche beginnt ein steiler Wanderweg mit beeindruckenden Panoramablick über den Nærøyfjord. Dauer hin und zurück etwa 4 Stunden. (Karte Nr. 2667.)



7 Aurland – Nyheim – Turlid – Bjørgo – Aurland/evt. Fjelltoppen Prest



Aurland – Nyheim – Turlid – Bjørgo – Aurland/evt. Fjelltoppen Prest

Dette er ein middels lett tur som tek 4–6 timer. Undervegs er det nok omtrentlig 400 hundre meter. Ta av fra sentrum mot Hol/Oslo (Rv. 50) forbi Lunde Camping på hovedvegen nokre hundre meter. Ta av på sti til Turlid forbi Turlidfossen til hovedvegen fra Lærdal (Fv. 243). Same veg tilbake evt. bilvegen som passerer utsiktspunktet Stegastein. Til fjelltoppen Prest går du på hovedvegen forbi garden Bjørgo. Parkeringssplass. Bratt sti opp til Prestevarden (1.363 m.o.h.) – panoramautsikt – tur/retur 2,5 time. Også med eigen bil langs Aurlandsvegen til merka sti – 10 km fra Aurland sentrum. (Kart nr. 2565 Aurlandsdalen.)

Aurland – Nyheim – Turlid – Bjørgo – Aurland/Mountain Prest

This 4–6 hours walk is classed as fairly easy; some hills, good views. Take the Hol/Oslo (RV. 50) road to Lunde Camping. Pass the roundabout and continue for a few hundred meters, then take the path to Turlid past Turlidfossen to the main road to Lærdal (Fv. 243). Return by the same route, or the car-road passing view point Stegastein. To get to the Prest summit, take the main road past Bjørgo farm. Parking. Steep path up to Prestevarden (1.363 m) – panorama – 2–3 hours round trip. You may also drive along «Aurlandsvegen» to the marked path 10 km from Aurland centre. (Road 243) (Map No. 2565 Aurlandsdalen.)

Aurland – Nyheim – Turlid – Bjørgo – Aurland/evt. auf den Gipfel des Prest

Eine mittelschwere Tour (4–6 Std.). Leichte Steigung und schöne Aussicht. Vom Ort aus halten Sie sich Richtung Hol/Oslo (Str. 50). Auf der Hauptstraße geht es einige hundert Meter weit, vorbei am Lunde Camping. Dann biegen Sie auf dem Weg Richtung Turlid ab, vorbei am Turlidfossen, bis zur Hauptstraße nach Lærdal (Bezirksstr. 243). Sie können den gleichen Weg zurückgehen – natürlich auch die Landstraße vorbei Sicht Stegastein. Den Gipfel des Prest erreichen Sie, wenn Sie auf der Hauptstraße am Hof Bjørgo, Parkplatz, steiler Weg auf den Prestevarden (1.363 m) – Panoramaaussicht – hin und zurück ca. 2,5 Stunden. Bis zum markierten Weg kann man auch mit dem eigenen Wagen hinfahren Aurlandsvegen – FV243 – 10 km von Zentrum Aurland. (Karte Nr. 2565.)



Panorama Aurlandsfjord
«Aurlandsvegen» entlang, 10 km von Zentrum Aurland. Parkplatz. (Das selbe Ausgangspunkt wie die Wanderung nach Prest). Nach etwa 20 Minuten zu Fuß ist Panoramaaussicht über den Aurlandsfjord. Mehrere Wege (nicht markierte) nach links Richtung Radiomast. Wandern Sie von hier aus zurück zum Ausgangspunkt. Dauer: 30–45 Minuten.

