

BALESTRAND

WALKS

Keipen © Falkeblikk



SOGNEFJORD



www.sognefjord.no

Maps: www.ut.no

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Raudmelen © Rainer Kleive

 Svært lett / very easy / sehr leicht

 Lett / easy / leicht

 litt krevjande / more demanding / ein wenig anspruchvoller

 krevjande / demanding / anspruchvoll

1 Keipen



Starting point:	Parking lot in Esebotn
Total walking time:	10 hours
Km:	7,4 km one way
Ascent:	0 – 1426 masl
Season:	June – September/October

Start at the parking lot in Esebotn, approx. 4 km from Balestrand and follow the old tractor road along the eastern side of the riverbank. When you come up the valley you have to cross a bridge over the river, after wading the river continue into the impressive Ygledalen valley. Just before heading up towards Keipen, you will find Tallsteinen with an engraved year "1885"; take the path to the right which goes steeply up to Gulleplesølen. The path goes further up to Bjønnabreen and further to Keipen with an amazing view over Sognefjord. Follow the same path back to parking lot in Esebotn.



2 Tjugatoten



Starting point:	Lunde Residential area/Mastene
Total walking time:	7 hours
Km:	5 km one way
Ascent:	400 m – 1098 m
Season:	June – October

To reach Mastene (also called Orraleiken) at 400 meters above sea level, you can either drive on a toll road or walk on a marked trail. The first part of the trail up to Storesteinane has moderate inclines. From there, it becomes steep up towards the top. At the cairn on the top (1096 masl), you can walk on a marked trail around the plateau and see both Solkrossen and the mighty Båtskredgjelet, which is 1000 meters down towards Esebotn. After the round on the top, you follow the same route down to Lunde/Mastene.



3 Raudmelen



Starting point:	Balestrand primary school
Total walking time:	6 hours
Km:	4,6 km one way
Ascent:	80 m – 972 m
Season:	May – October

The hike starts from Balestrand Primary School, only 5 minutes by car from Balestrand quayside. Follow the red-marked route 7 to Raudmelen. There is a resting area at Orrabenken (370 masl) and shortly after Orrabenken lies Orramyri and continue up to Klukshaug (489 masl). At Buråsi (575 masl) there is also a resting area. From here, continue up the ridge to the top of Raudmelen (972 masl). There, you'll find a wide view over the Sognefjord with its fjord arms, as well as towards the mighty Esefjelli.



4 Saurdal – Balestrand



Starting point:	Parking at information board in Saurdal
Total walking time:	8 hours
Km:	14 km
Ascent:	620 m – 1270 m – 80 m
Season:	June – September

The path up along Saurdalseggi has moderate gradients. You can take a brake at Kvilehytta (approx. 800 masl) and at Gamlelinken (approx. 1000 masl). These cabins were built by Televerket around 1970 as a shelter. The route goes over Igdedalseggi, which is easily recognizable with its two cairns at the top. For the first time you can see Munkeggi, which is a mighty ridge with three peaks, where this route goes up to the eastern peak, 1270 masl. The north side has several hundred meters of free fall and huge drifts of snow are deposited here in the winter and throughout the spring. From the valley path behind Igdedalseggi, the same path goes up and down Munkeggi. Further down towards Raudmelen, you can enjoy the mighty mountains and valleys around Esefjella. On Raudmelen (972 masl) is the cabin Baly, which is open to anyone who wishes to seek shelter. From here there is a good path down towards Balestrand.

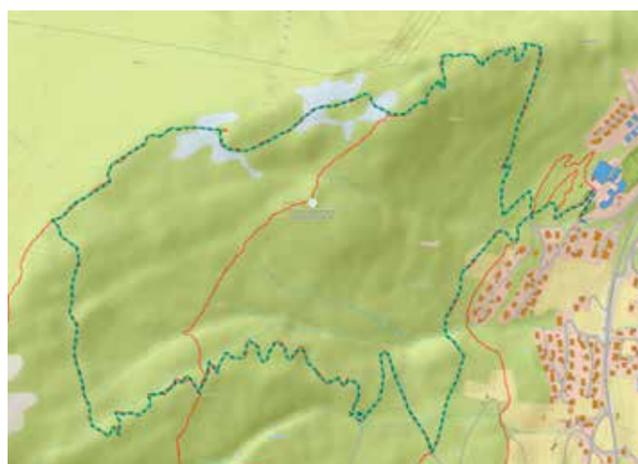


5 Buråsi Bench



Starting point:	Information board at Kreklingen
Total walking time:	4 hours roundtrip
Km:	5,4 km round trip
Ascent:	80 m – 575 m – 80 m
Season:	June – September

The route starts at the information board at Kreklingen and first follows route 7C and 7. Follow a good path to Orrabenken (370 masl) with a resting area. Walk up towards Buråsi and you will find the Buråsi Bench with panoramic view down to Esedalen. From Buråsi follow the sign towards Fjærestadstølen on route 7D. Follow the path down to Grauthaug and then to Fjærestadstølen. Follow blue route from Fjærestadstølen towards Kreklingen. Follow blue or red marked route.



6 Lunde Arboretum



Starting point:	Lunde/Dragsvik
Total walking time:	1 hour
Km:	0,9 km round trip
Ascent:	5 m – 25 m – 5 m
Season:	All year

Lunde Arboretum is approx. 9 km from Balestrand center towards Sogndal. Take a right turn off road 55 into the Lunde Arboretum parking place, the route starts here. The path goes through the Arboretum which contains approx. 150 types of tree and bushes from around the world. Down by the fjord there is a public bathing area with benches, tables and diving board. There is also a barbecue house, barbecue area and a dock for kayaks and small boats.

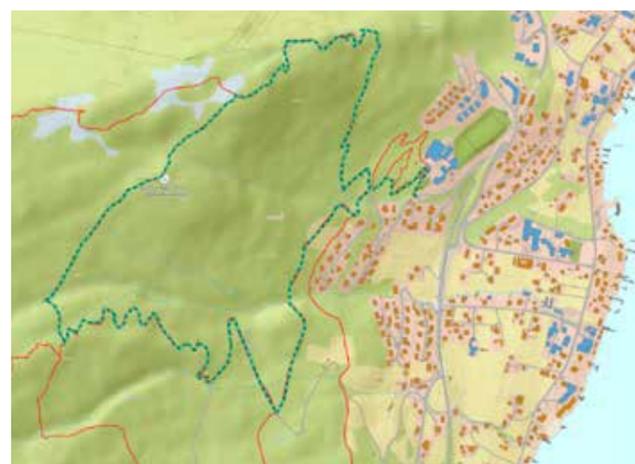


7 Balastølen



Starting point:	Information board at Kreklingen
Total walking time:	3 hours round trip
Km:	4,5 km round trip
Ascent:	80 m – 430 m – 80 m
Season:	May – November

The route starts at the information board at Kreklingen and first follows route 7C and 7. Follow a good path to Orrabenken (370masl) with a resting area. Just above Orrabenken is Orramyri and here you turn off route 7 and follow route 7B towards Balastølen. From Fjærestadstølen you can either follow the blue marked path, or the red marked route to Sandstølen. Both ways go down the route 7A which is marked yellow. When you reach the yellow marked route turn left and follow the path back towards Kreklingen.



8 Nature Trail



Starting point:	At the School sports hall
Total walking time:	1 hour round trip
Km:	1 km round trip
Ascent:	80 m – 100 m – 80 m
Season:	April – December

The route starts at the information board by the school sports hall. The route is in the Kreklingen recreational area and has orange markings. It is a loop of approx. 1 km along a good path through the forest. There are information boards along the path which describe the flora and fauna. At the "Ja steinen" there is a place for campfire, benches and running water. Ideal route for families with small children.

