

Top 5 hikes

- Kongevegen, The King’s Road
- Torsteinen
- Old Lærdalsøyri
- Vindhella
- Day trip Cabin, Mjølkeflathytta



Borgund Stave Church
Tlf: +47 45 73 89 72



Lærdal Hotel
lerdalahotel.no
+47 57 66 77 00



Kongevegen
Guided Old Town walk daily 11:30 am
www.visitkongevegen.com



Top 10 things to do

- Cruise the Fjords
- Flåm Railway
- Visit Stegastein Viewpoint
- Stave Churches
- Jostedalsbreen National Park
- Foodies
- Waterfalls
- Viking Village Njardarheimr
- Winter
- Valleys



Read more about of famous
top 10 things to do by
scanning the Qr-code

Emergency Numbers:

Fire: 110
Police: 112
Ambulance: 113

Doctor: 116117
Country code for Norway: +47



Laksen bakery & café
norwaysbest.com



Sanden Pensjonat
sandenpensjonat.no
+47 57 66 64 04



Jordeplegarden
jordeplegarden.com
+47 95 74 99 68



Lindstrøm Hotel
lindstromhotel.no
+47 57 66 69 00



Planning your hike

Hiking Etiquette:

Respecting the environment and fellow hikers is paramount in maintaining the pristine beauty of the Sognefjord region. Abide by these guidelines to ensure a harmonious coexistence with nature and fellow explorers:



Dispose of Garbage Responsibly:
Carry out all waste and dispose of it properly.



Considerate Camping: If camping in open country, maintain a minimum distance of 150 meters from houses or cottages. Longer stays require owner consent.



Visit the toilet before your hike. There are no toilets along the trail. Do not poop in nature. Use a bag if you have to, and throw it in the nearest trash can.



Fire Safety: The campfires in nature are prohibited from April 15 to September 15. Exercise caution when lighting a campfire and extinguish it completely before departure.



Wildlife Respect: Avoid disrupting birds and animals, particularly during breeding and nesting seasons. Respect grazing livestock and close all gates behind you.

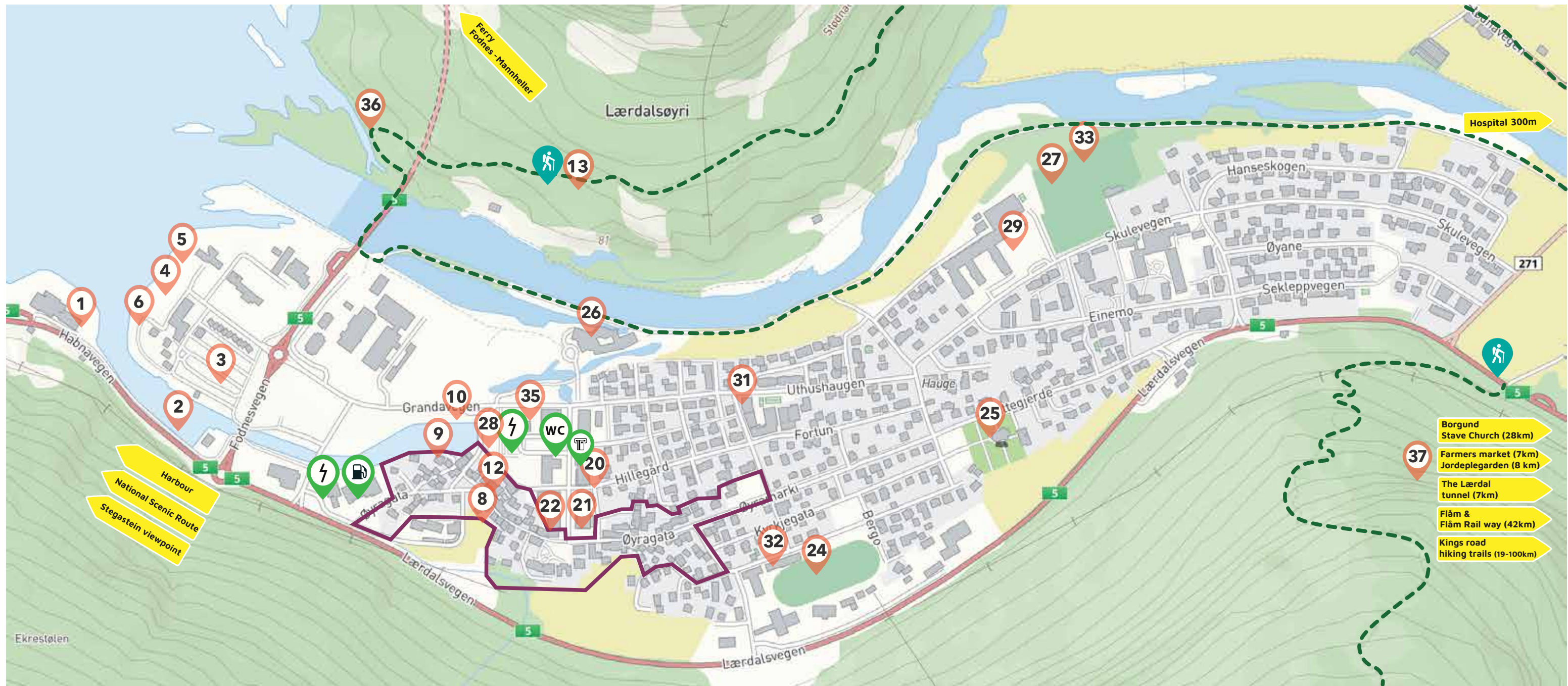


Solitude and Silence: Acknowledge and respect others’ desire for solitude and silence.



Preserve Vegetation: Do not harm vegetation, especially endangered and vulnerable species.

Leads are mandatory between April 1st and November 1st. Your dog must not run loose, but must be secured. There are some exemptions, such as service dogs.



1. Lærdal Hotel
 2. Marina
 3. Lærdal Holiday park, Motorik Park, Theatre
 4. Sauna
 5. Kayak Station
 6. Beach
 7. Guide start Old Town (pink building)
 8. Smak av Sogn (local food)
 9. The Old Port - Løytnantsbryggja (the Lieutenant's Pier)
 10. Parking, Info, Viewpoint
 11. Fredag & Fretland bakery
 12. Sanden guesthouse
 13. The day trip cabin
 14. National Wild Salmon Centre and Laksen Bakery and Restaurant
 15. Art Centre
 16. Grocery Store
 17. Pharmacy
 18. Doctor
 19. Town Hall
 20. Police Station
 21. Grocery Store
 22. Lindstrøm Hotel
 23. Postal Museum
 24. Skating Rink
 25. Church
 26. Cinema/Culture Centre
 27. Football Stadium
 28. Playground
 29. Climbing frame & ball pit, beach volleyball court
 30. Tourist info
 31. Pet Doctor
 32. Indoor Shooting Range
 33. Frisbee Golf
 34. Borgund Stave church and visitor centre
 35. Hotel Grandane
 36. Sognefjord Guiding - Rock climbing
- Old town

About Lærdalsøyri

Lærdal was always a place where farmers from the east and fishermen from the west met for trade and gatherings. The fishermen came by sea with fish and salt. The farmers rode with horse caravans over the mountains with hides and meat.

From the Middle Ages, the meeting point was Lærdalsøyri. The village grew around the renowned market, which was held every autumn. The first written record of "Lærdalsmarknaden" - the Lærdal market - is from 1596, when fixed opening times were demanded.

Danish/Norwegian king Christian Quart agreed, and thus established Lærdalsøyri as a commercial centre that still last today.

When Kongevegen across Filefjell was built, the village grew into a small town. This development continued with the later additional road, Den Bergenske Hovedvej, as well as the road across Hemsedalsfjellet and scheduled steamboat calls.