

SOGNDAL

WALKS



I am



SOGNEFJORD

www.sognefjord.no Maps: www.ut.no

Planning your hike

Before embarking on any hike, it's essential to check current trail conditions, weather forecasts, and ensure you have the necessary equipment, especially for challenging hikes.

The overview maps and information about the trip in this brochure is only for inspiration. Do not use this map for the hike. Buy a proper map or contact a guiding company in the Sognefjord.

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.
-  **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.







Explore Sogndal © Håvard Nesbo



Fjærland © Falkeblikk AS



Kaupanger © Visit Sognefjord

-  Svært lett / very easy / sehr leicht
-  Lett / easy / leicht
-  Litt krevjande / more demanding / ein wenig anspruchsvoller
-  Krevjande / demanding / anspruchvoll

1 Fjærland, Nesahaugen



Starting point Homrane, 2 km south of Mundal
Total walking time 3 hours
Km 6 km
Ascent 30 – 665 masl
Season June – October

RV5 to Fjærland and then FV152. The hike starts from Homrane farm, 2 km south of Mundal, and is marked “Nesahaugen”. The first part is steep and mostly in a forest. At 420 masl. You arrive an old summerfarm, 1–1,5 h. 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, return the same way down as you came up.

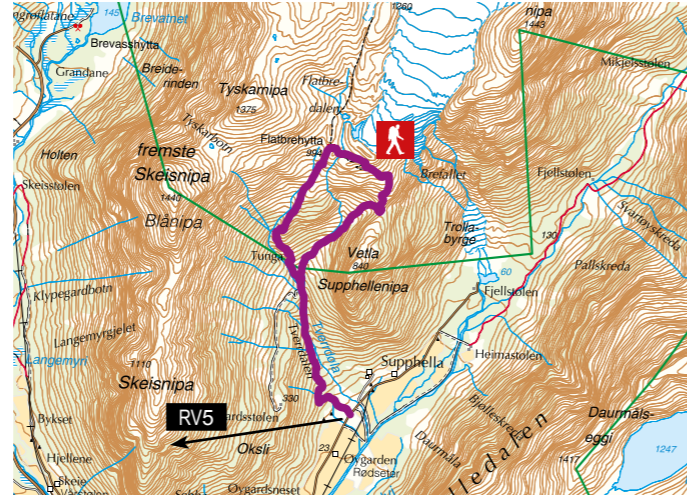


2 Fjærland, Flatbrehytta



Starting point Parking 500 m north of Øygarden
Total walking time 5 – 6 hours
Km 7,5 km
Ascent 30 – 994 masl
Season July – September

RV5 from Sogndal to Fjærland, and take a right turn towards “Supphellebreen” about 1 km after passing the exit sign to Fjærland Centrum. The hike starts at the parking north of Øygarden and is marked “Flatbrehytta”. At 360 masl. 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 masl. 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. Descend directly from the hut into the western Valley. The path is steep, but well marked.

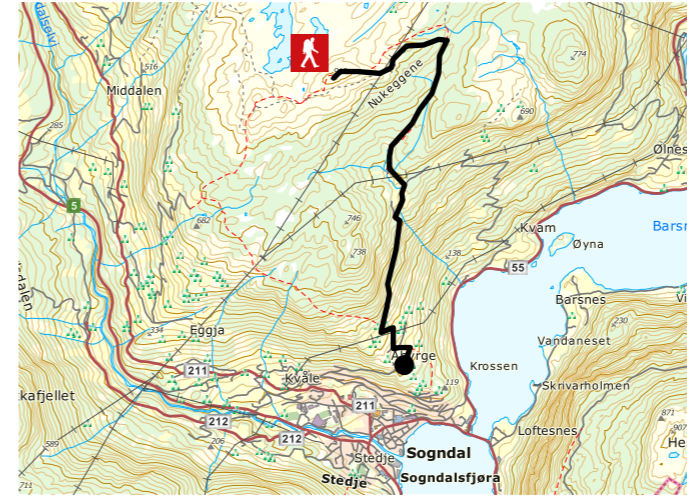


3 Sogndal, Åberge – Hølsete – Nuken



Starting point Sogndal Centrum
Total walking time 2,5 – 3 hours one way
Km 5,7 km one way
Ascent 0 – 906 masl
Season April – September

Start walking from Sogndal Centrum, pass the shopping mall and walk up towards Røvhagane and then Åberge. Follow a bit steep road from Åberge all the way to Hølsete. Then you will have alternatives: Take the same route back down to Sogndal Centrum or you can walk to Nuken. Follow a bit steep marked path up the hillside from Hølsete. There is a sign at the end of the forest road that lead you to open terrain and to Nuken. Approx. 1 hour walk from Hølsete to Nuken on marked path.



4 Sogndal, Hesteggi



Starting point Kjørnes
Total walking time 2 hours one way
Km 3,8 km one way
Ascent 198 – 903 masl
Season April – September

RV 5 from the centre of Sogndal. Starting point from the top of Kjørnes residential area. Parking by the last curve. Follow marked route “T” to Hesteggi. Viewpoint on the forest road. Close to the viewpoint continue on the marked trail to Hesteggi.

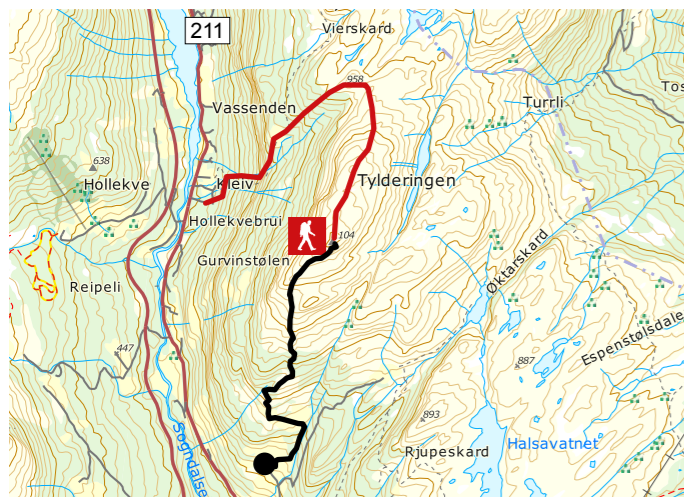


5 Sogndal, Tylderingen



Starting point Fretland
Total walking time 2 hours one way
Km 4,5 km
Ascent 410 – 1105 masl
Season May – September

Drive from Sogndal on RV5 to Fretland and park at marked parking lot. The hike starts from Fretland. The first part you follow a gravelled road before you head into the woods and follow the trail to the top of Tylderingen at 1105 masl. The walk is about 600 vertical meters, and the total walking time is approx. 2–3 hours to the top. If the weather is nice, you can see the peaks of Hurrungane to the east, the glacier of Jostedalbreen to the north and the Sognefjord in the south. You will have a splendid and diverse view from the top. Return the same way down, or you can make this as a round trip if you return over Stepin and onwards to Kleiv.



6 Kaupanger, Kaupangerholten



Starting point From the first hairpin on the road from Kaupanger to the airport
Total walking time 2 hours
Km 2,7 km
Ascent 225 – 308 masl
Season All year

Drive RV5 to Sogndal Airport Haukåsen, Kaupanger and stop at the first hairpin on the road up to the Airport. There is a forest road a couple of hundred meters into the woods before the road goes over to a path. When you later comes out on forest road again you should follow the road which goes gently down to the left. The tour will be tagged with red mark.

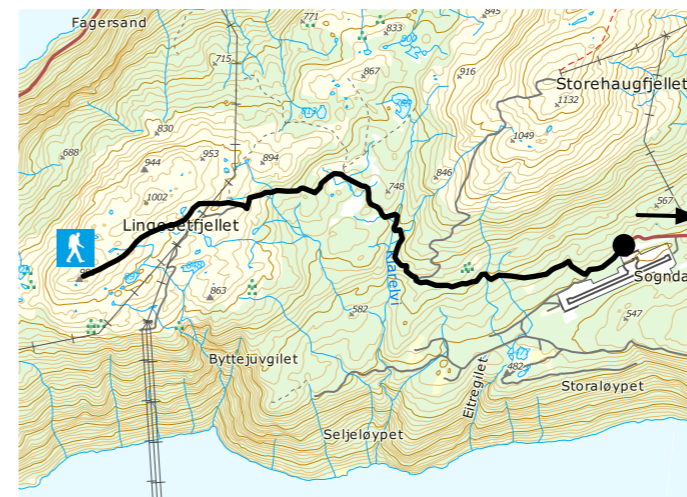


7 Kaupanger, Dueskarvarden



Starting point Sogndal Airport Haukåsen
Total walking time All day
Km 14,3 km
Ascent 494 – 980 masl
Season All year

Drive RV5 to Sogndal Airport Haukåsen, Kaupanger where the starting point is. The first part runs along the forest road to Lingesete, and then to Fimreiteåsen. Follow the red marks. Beware when the marked trail leaves the road. Could be a bit hard to find.



8 Kaupanger, Vardahei via Hungerhaug



Starting point Dalaker, Kaupanger
Total walking time 2 hours
Km 6,1 km
Ascent 419 – 877 masl
Season April – November

Take off RV5 at Kaupanger mall and head toward Dalaker. You starts at the barrier on Dalaker and follow the road up past the first hairpin bend. It is followed by a marked trail upwards. This trip is drawn straight up to Vardahei but you can also go through the Hungerhaug which is a bit longer. It's a good option to take one route up and the other back.

