

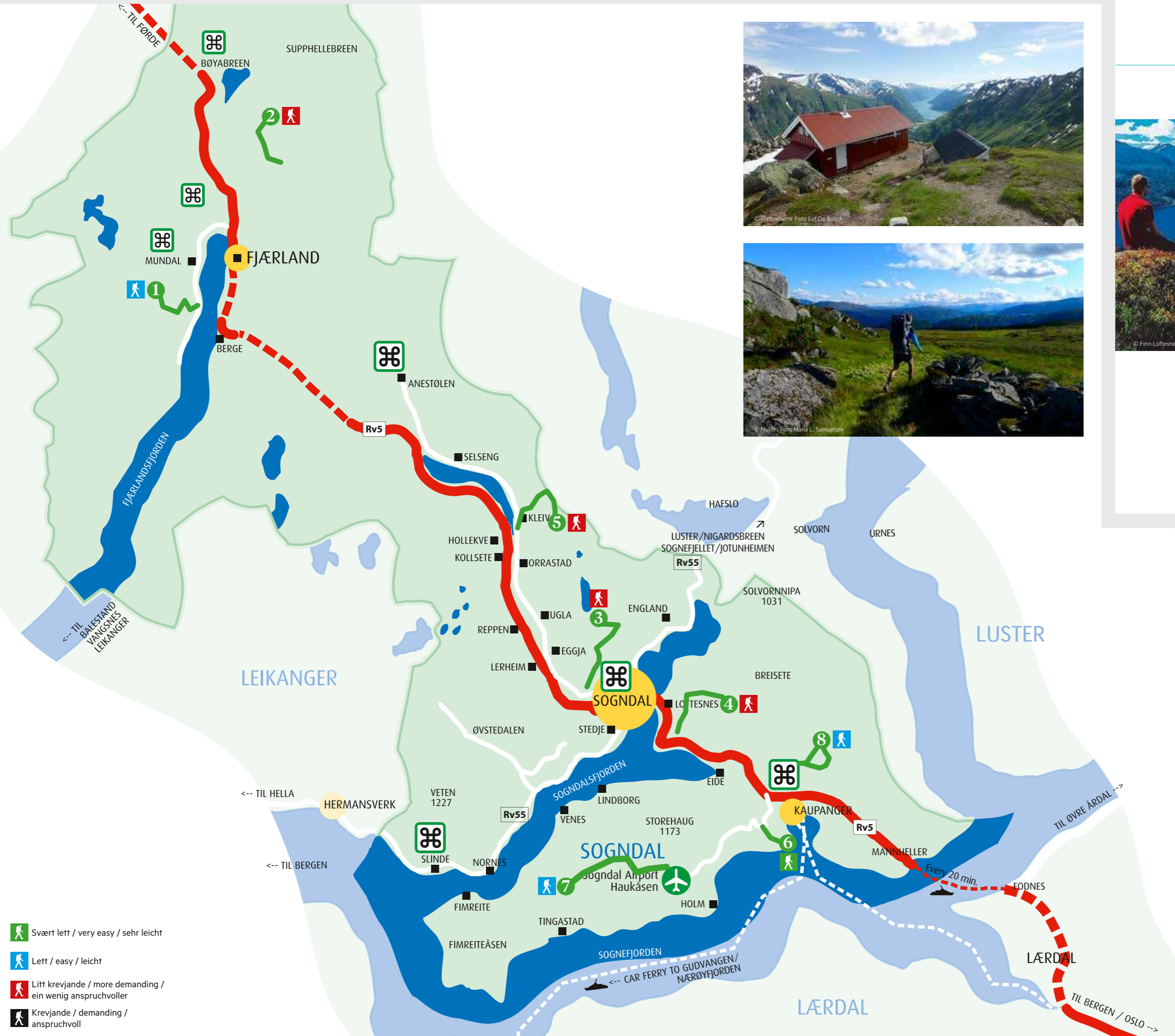
SOGNDAL

WALKS



www.sognefjord.no

Maps: www.ut.no



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

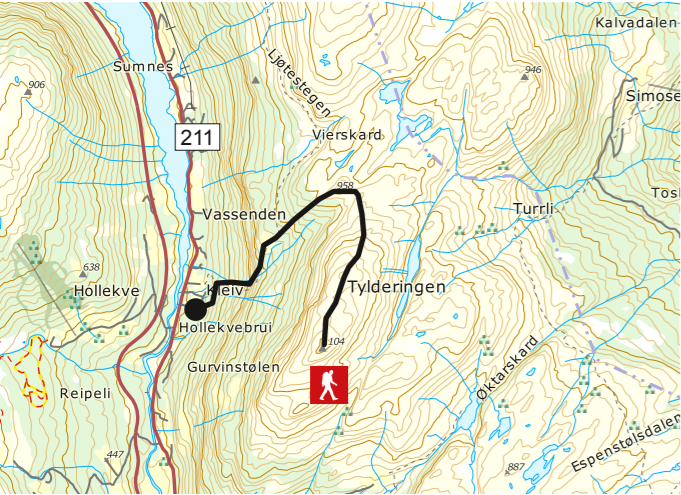
RV5 to Fjærland and then FV152. The hike starts from Homrane farm, 2 km south of Mundal, and is marked “Nesahaugen”. The first part is steep and mostly in a forest. At 420 masl. You arrive an old summerfarm, 1–1,5 h. On the other side of the river you can see base walls of other houses. Shortly after 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.



5 Sogndal, Tylderingen

Starting point	Hollekve brigde
Total walking time	2 hours one way
Km	4,5 km one way
Ascent	410 – 1104 masl
Season	Mai – September

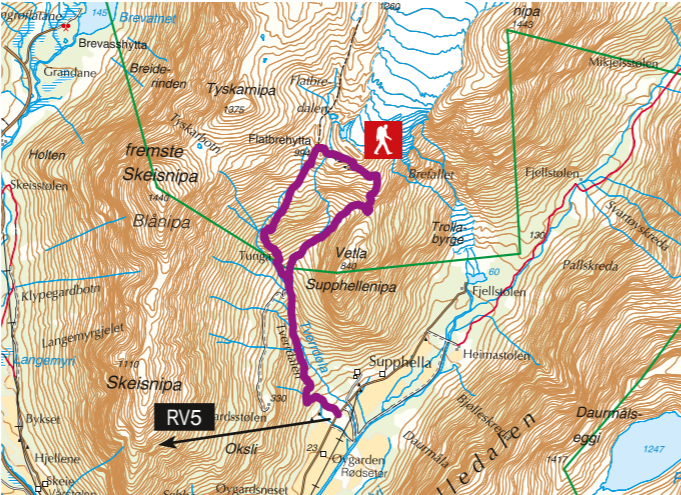
RV5 from Sogndal Centrum to Hollekve, 12 km. Starting point is at Hollekve Bridge. Walk to Kleiv along the road, follow the bit steep path to mountain cabins at Stepin. From Stepin take right where the sign is marked Tylderingen. Walk pass Kleberg in open terrain towards Tylderingen.



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

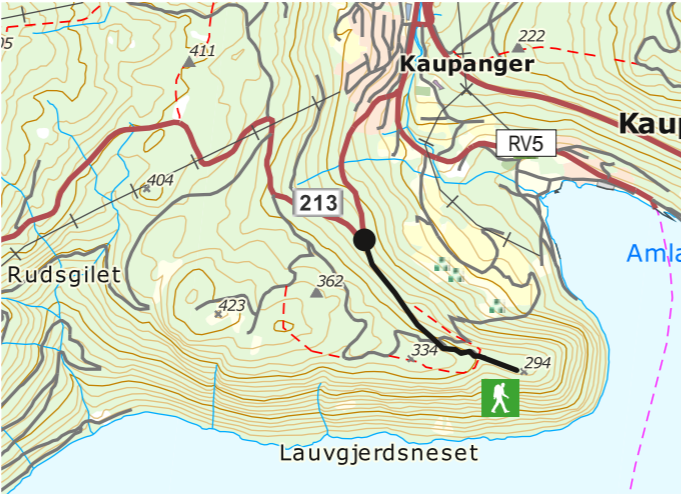
RV5 from Sogndal to Fjærland, and take a right turn towards “Supphellebreen” about 1 km after passing the exit sign to Fjærland Centrum. The hike starts at the parking north of Øygarden and is marked “Flatbrehytta”. At 360 masl. you cross a stream. Well over the stream you find two paths leading to Flatbrehytta. 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.



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

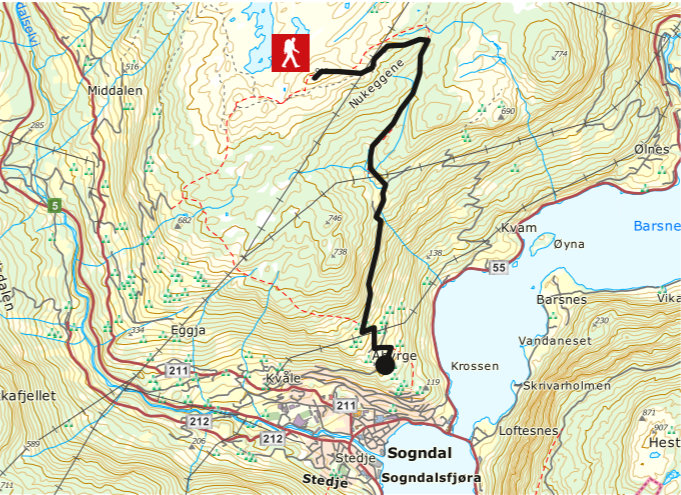
Drive RV5 to Sogndal Airport Haukåsen, Kaupanger and stop at the first hairpin on the road up to the Airport. There is a forest road a couple of hundred meters into the woods before the road goes over to a path. When you later comes out on forest road again you should follow the road which goes gently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



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

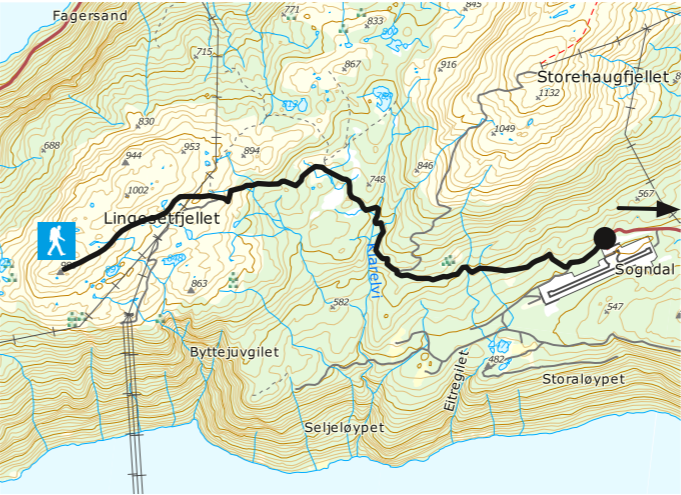
Start walking from Sogndal Centrum, pass the shopping mall and walk up towards Røvhaugane and then Åberge. Follow a bit steep road from Åberge all the way to Hølsete. Then you will have alternatives: Take the same route back down to Sogndal Centrum or you can walk to Nuken. Follow a bit steep marked 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.



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.



4 Sogndal, Hesteggi

Starting point	Kjørnes
Total walking time	2 hours one way
Km	3,5 km one way
Ascent	198 – 903 masl
Season	April – September

RV5 from Sogndal Centrum to Kjørnes. Starting point is at the top of Kjørnes car park, follow the path to Jeiskedalen, where you see the sign to Hesteggi. From the sign there is a path up to a forest road, turn left and follow the road about 500 metres. Follow a bit steep path to Hesteggi. At the top of Hesteggi you will have an amazing view over Sogndal.



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.

