

ÅRDAL

WALKS

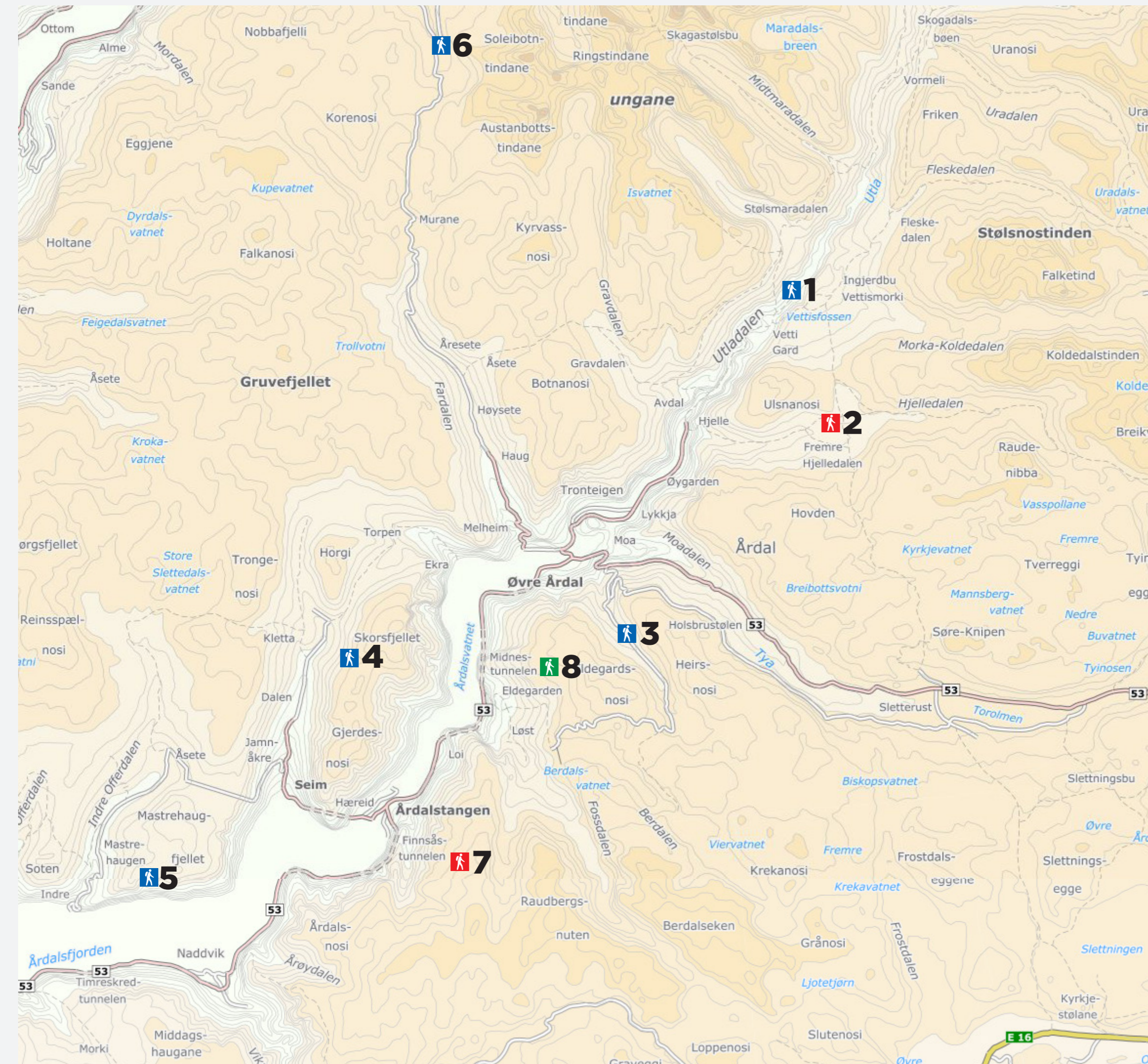


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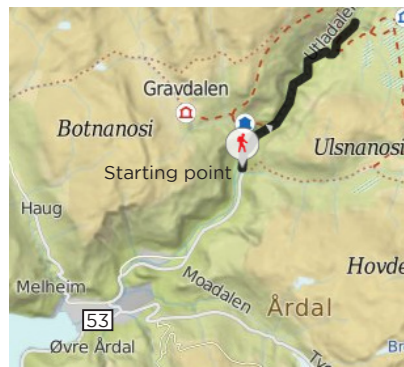
1 Vettisfossen



Starting point: Hjelle in Utladalen
Total walking time: 4 hours
Km: 10
Ascent: 75-360 masl
Season: June - September

Drive to Øvre Årdal. Parking by Hjelle waterfall in Utladalen.

Follow the Folkevegen road from Hjelle to Vetti farm that takes you past several beautiful waterfalls. After bridge no. 3, you can take a detour to Avdal Farm. From Vetti farm you can continue on to Vettisfossen waterfall (275 metres) in hilly terrain. The path to the summit (Vettismorki) is steep and takes an hour.

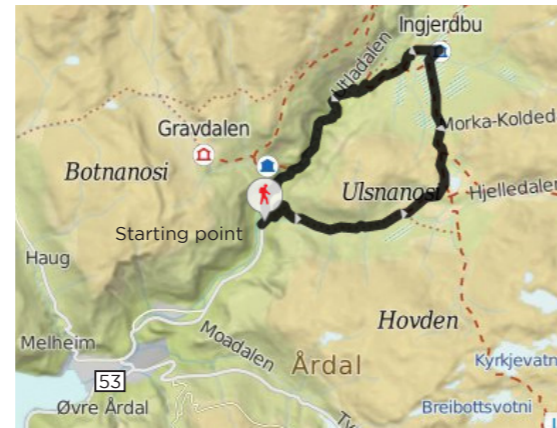


2 Hjelledalen



Starting point: Hjelle in Utladalen
Total walking time: 6-8 hours
Km: 15
Ascent: 76-1018 masl
Season: June - September

Drive to Øvre Årdal. Parking by Hjelle waterfall in Utladalen. Quite steep ascent to the look-out for a nice overview of the valley. From here, walk through the Hjelledalen valley via Øytjørni and Morkaskardet and enjoy a great view of the Hurrungane peaks before walking down to Vettismork. The path continues steeply down to Vetti farm and through the Utladalen valley to Hjelle.



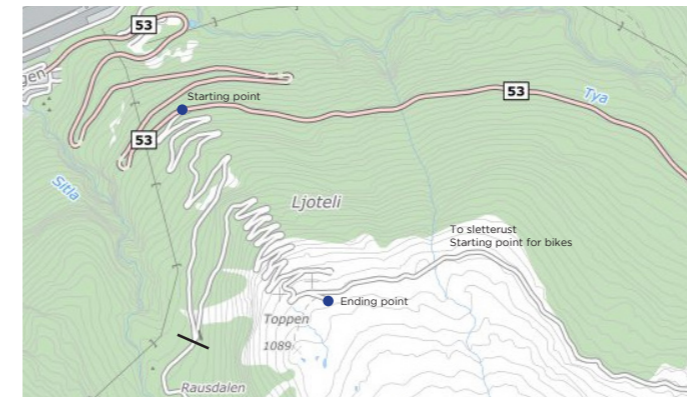
3 1000-Meteren



Starting point: Sletterust, Damvokterhuset
Total walking time: 6 hours
Km: 16
Ascent: 400 - 1000 masl
Season: June - September

Drive to Øvre Årdal, FV 53 road, and park at the 400 metre mark (for walks) or at Sletterust.

The path follows the old FV 53 road. When you reach the 1000 metre viewpoint there is a panoramic view of the Hurrungane peaks with mount Storen (Store Skagastølstind) in the foreground. From here, you also get a great view of Bøttejuv and Utladalen.



4 Bøttejuv



Starting point: Seimsdalen
Total walking time: 4 hours
Km: 7,2
Ascent: 600-1322 masl
Season: June - September

Drive to Årdalstangen and Seimsdalen. Follow a narrow road from Strupesvingen, then continue on a good path in hilly terrain, to the road sign. Turn right towards Bøttejuv. The path up to Skår takes you through wooded and some steep terrain, and then continues up on the left. The path flattens out above Skår. After walking a little while on this path, turn off to the right and follow some small cairns towards the summit. From Bøttejuv, there is a fantastic view of Øvre Årdal and among other things, the Hurrungane peaks.

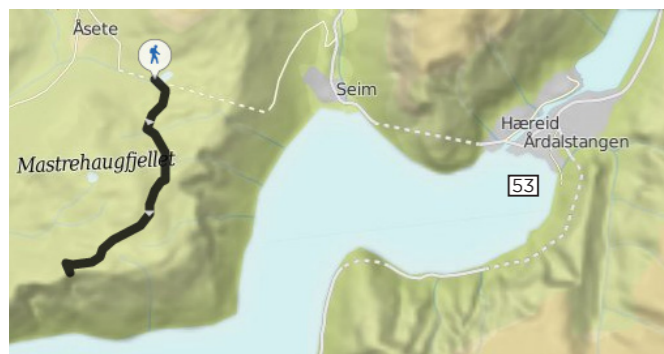


5 Paradisjuvet (Brendefjell)



Starting point: Ski cabin at Seimsåsen, Årdalstangen
Total walking time: 4 hours
Km: 7,7
Ascent: 760 - 920 masl
Season: May - October

Drive to Seimsåsen, Årdalstangen Rv 26. From the old Ski Cabin at Seimsåsen, head south on a well-marked path. The path follows easy terrain to the cabin at Brenderei. From the cabin, you can walk to Paradisjuvet and a nice overview of the Sognefjord.



6 Store Soleibotntind



Starting point: Tverrelvi river by Tindevegen Rv53
Total walking time: 6 hours
Km: 8
Ascent: 1240 - 2083 masl
Season: June - September

From Øvre Årdal. Drive to Tindevegen and stop where the road crosses Tverrelvi, parking lot. The hike to the summit on Store Soleibotntind does not require any climbing. Follow the trail on the right side of the river. The trail starts slightly up hill and gets steeper. Remember to keep to the right as you work your way up the ridge and steeper parts of the mountain.



7 Middagshaugen



Starting point: Fv 53 road, Haugane, Årdalstangen
Total walking time: 5 hours
Km: 10,4
Ascent: 80 - 1122 masl
Season: May - September

Drive Fv 53 road to Årdalstangen/Naddvik, and stop at Haugane. The path will take you through a forest and beautiful landscape scenery. You follow the path to Geisdalen over to Geisdalsbekken and up to Finnsåsen and Middagshaugen. From here you have a nice view to Årdalstangen. This trip can be combined by going over to Årdalsnosi 1092 meter, and back down to Nosabøen by the Kolnos-tunellen, tunnel.



8 Eldegard



Starting point: Fv 53 road, Brennborg, Årdalstangen
Total walking time: 2 hours
Km: 2,8
Ascent: 50 - 360 masl
Season: May - September

Drive Fv 53 road to Årdalstangen, and stop at Brennborg. The path ascends along the right side of the waterfall. At the top, there is a fantastic view over Årdalsvatnet lake. From Eldegard farm, you can take the same route back or continue up to Skåltråkle and then down again to Brennborg.

