

HIKING



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PHOTO: SVERRE HJØRNEVIK



PHOTO: STATENS VEGVESEN KONGEVEGEN
– EIER KONGEVEGEN OVER FILEFJELL

25 great hikes in the Sognefjord area



The Norwegian Fjords was recently rated the best destination in the world by National Geographic Traveler.





PHOTO: TERJE RAKKE - NORDIC LIFE FJORD NORWAY

Hiking in Sognefjord

We welcome you to endless nature experiences in the Sognefjord region. The region can offer a variety of experiences, whether you prefer an easy hike through beautiful nature and landscape, or are seeking the thrill of the most demanding tours to mountain peaks.

This brochure presents a choice of 25 hikes in Sognefjord, with various degree of difficulty. If you need more information on the hikes or other information such as on travel and accommodation, click on Sognefjord.no and Sognefjord.no/hiking. During your stay you can also visit the local tourist offices listed on the back of this brochure.

The mountain areas surrounding the Sognefjord are among Norway's most popular walking and hiking areas. The most famous are the Jotunheimen National Park, the Jostedalsgreen National Park, Breheimen and the Aurlandsdalen and Utladalen valley.

Topographic maps for sale:

The overview maps in this brochure just show the areas where the walks start and end. We recommend a proper map for the longer trips. Detailed maps can be bought at the tourist offices in the villages.

Level of difficulty:

The trips vary in length and level of difficulty. From the simple, which children can easily join, to steep day trips. Please take a closer look at the levels of difficulty codes, marked green, blue, red or black, in line with international standards.

For hiking and mountain trips:

When you ramble in the wild you must not damage the natural environment and you must respect farming and other local employment. Remember you are responsible for cleaning up after you. You are not allowed to make open fires between 15 April to 15 September, except on bare rock. The right to travel, sleep and stay in the wilderness is free and is essential in providing the opportunities to enjoy Norwegian nature. With these rights also comes the responsibility to uphold these precious laws on Norwegian nature.

For mountain trips you need to wear mountain trousers and jackets and mountain boots. For longer trips you need an extra change of clothing and it is also a good idea to listen to experienced locals. For glacier hikes you will need special equipment and a guide.

Remember to check the weather forecast before you go!

And always take a good food pack and drinks. The trip might take more time than estimated.

Welcome to Sognefjord – where the fjords meet the mountains and where you can have your own unique experience of nature!



Level of difficulty



Green = very easy

No previous experience required. Can be done by anyone. Mainly short hikes. No steep or difficult parts. Asphalt, gravel and good footpaths.



Blue = easy

Moderately trained hikers. Some basic experience. Most ascents are moderate, but may contain some short, steep parts.



Red = more demanding

Suitable for experienced, well trained hikers. Good hiking equipment required. Footpaths, open terrain, rockstrewn slopes. Crossing of brookes, mashes and steep hills. May offer technical challenges.



Black = demanding day trip

Suitable for experienced, well trained mountain people. Good hiking equipment required. Knowledge of maps and compass required. Mainly longer peak tours with steep mountain sides, exposed terrain and rockstrewn slopes. Some technical challenges.

Utladalen / Årdal

- the great waterfall walk



ALL PHOTOS: GABOR IGARI

Starting point:
Hjelle in Utladalen

Getting there: The hikers' bus
(Vandrarbussen) July/August or by car

Total walking time: 5 hours

Km: 10

Ascent: 50–150 metres

Season: end of May–end of September

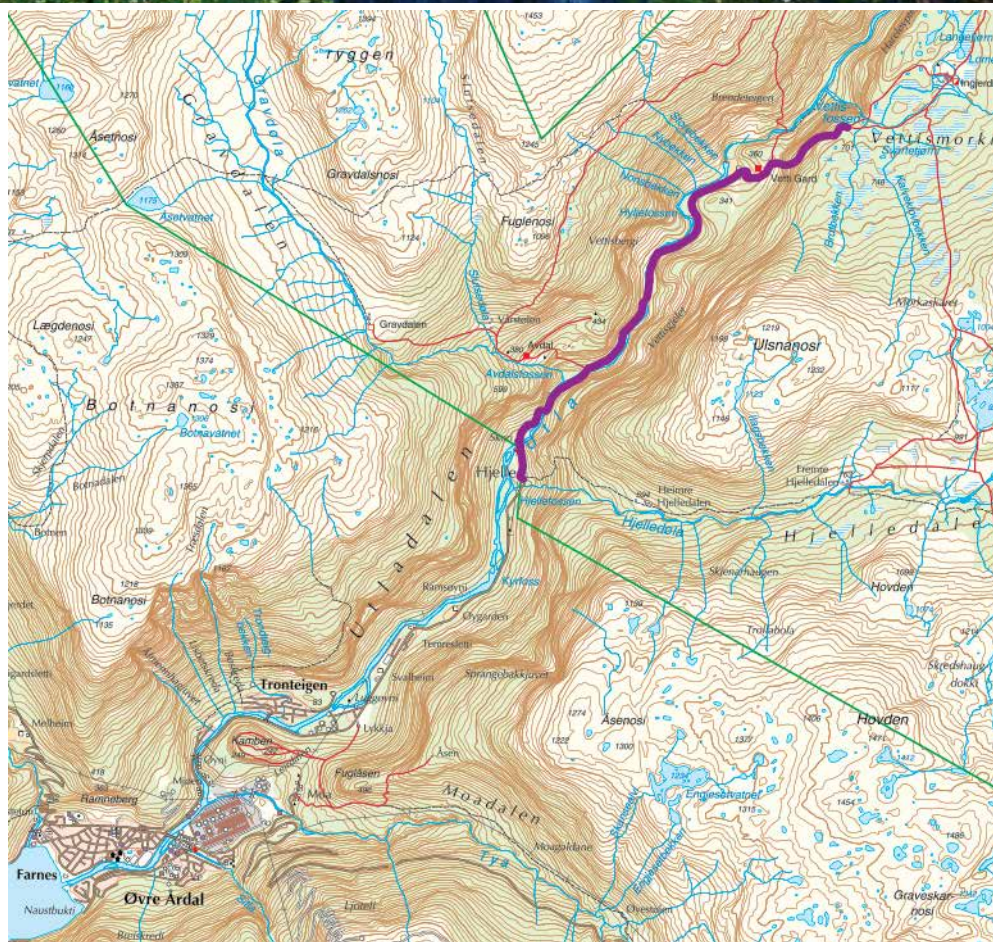
Map: Walking map for Årdal 1:50000
and Jotunheimen 1:100000



This classic and very popular walk passes through the Utladalen valley from Hjelle to Vettisfossen waterfall. In the valley, you pass four impressive waterfalls, before arriving at the wonderful Vettisfossen waterfall at the head of the valley. With a free fall of 275 metres, it is Norway's biggest free, unregulated waterfall. Utladalen Naturhus at the starting point for the walk at Hjelle is a nature centre with information, exhibitions and a film about the natural and cultural history of the West Jotunheimen area.

Despite Utladalen being one of the deepest valleys in Norway, it still offers great access to nature experiences. Folkevegen, a narrow gravel road from Hjelle to Vetti farm, is the classic choice of route. There is a path from Vetti farm to the foot of Vettisfossen waterfall.

This route is also one of the gateways into the Jotunheimen mountains, and walkers in the Utladalen area can choose between many different routes into Jotunheimen National Park, one of the most popular areas in Norway for hill walking.



Nearest Tourist information:

Årdal Tourist Information

Phone +47 94 15 96 99 | post@vettisriket.no

To the starting point: Highway 53 Øvre Årdal and then road 301

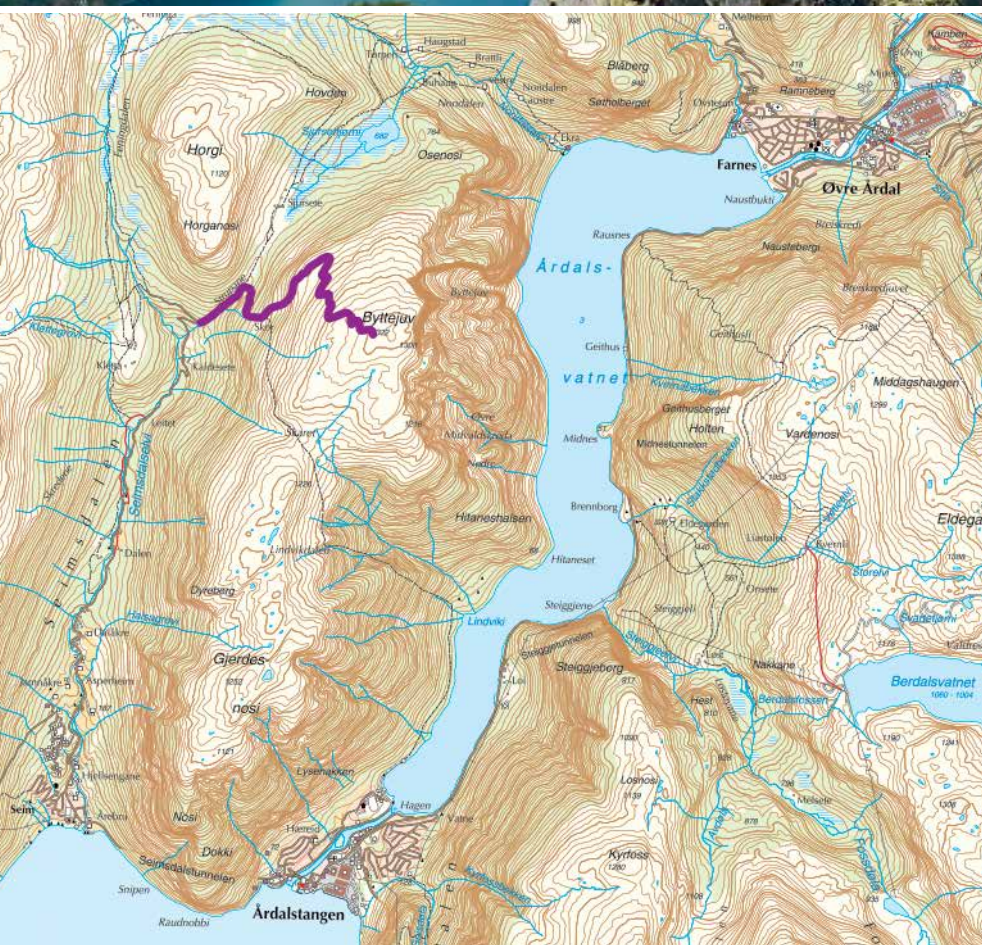
Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Bøttejuv / Årdal



Photo: Rigmor Øygarden



Starting point:

Seimsdalen

Getting there: Drive 3 km from Årdalstangen on Road FV303 to Seimsdalen

Total walking time:

4 hours

Km: 7,2 km

Ascent: 600-1322 masl

Season: June - September

Map: Walking map for Årdal 1:50000 and Jotunheimen 1:100 000

Drive 3 KM from Årdalstangen on Road FV303 to 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.



Nearest Tourist information:

Årdal Tourist Information in Klingenberg Hotel
Phone +47 57 66 58 00 | post@vettisriket.no

To the starting point: Drive 3 km from Årdalstangen on Road FV303 to Seimsdalen
Transportation: www.kringom.no

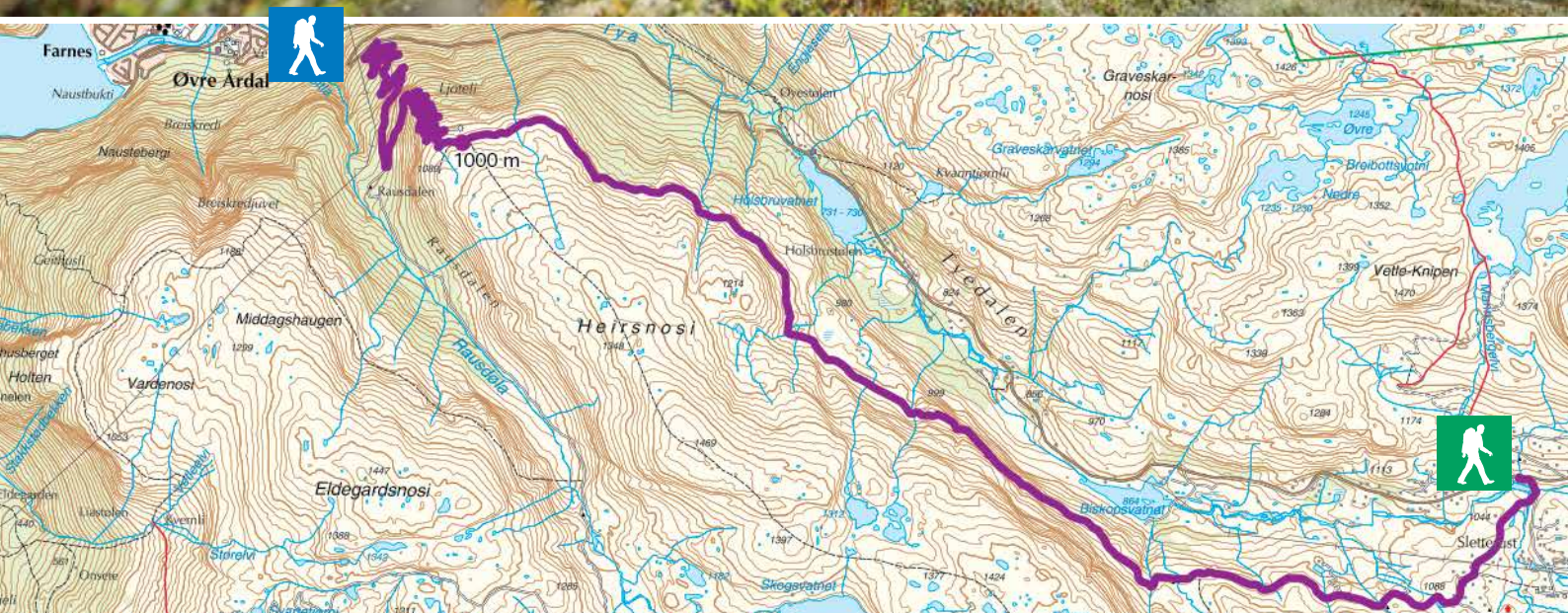
Accommodation: <https://en.sognefjord.no/accommodation>

Årdal

- the thousand metre viewpoint



ALL PHOTOS: ERIC RYAN – VERI MEDIA



Starting point:

Sletterust, Damvokterhuset (the dam keeper's house)

Getting there:

Drive to Øvre Årdal, on road FV53, and park at the 400 metre mark (for walks) or at Sletterust

Total walking time:

6 hours

Km:

16

Ascent:

1080–1020 metres

(circular walk 50–900 m)

Season:

early June–end of September

Map:

Walking map for

Årdal 1:50000 and

Jotunheimen 1:100000

An ideal walk for lovers of panoramic views, and best in fine weather.

Many people do this route by bike as it is very gentle and flat. You can book a bicycle in advance.

The route runs on an old country road. You will see evidence of some impressive engineering that made this road one of the most unusual in Europe in its day. It winds its way round

mountainsides and offers some magnificent views.

The sun does not shine on the south-facing mountainside until late on, which means a late start to the season.

The route includes panoramic views of the Jotunheimen peaks, Øvre Årdal and Årdalsvatnet lake (an offshoot of the Sognefjord).



Nearest Tourist information:

Årdal Tourist Information

Phone +47 94 15 96 99 | ardal@sognefjord.no

To the starting point: Highway 53 Øvre Årdal

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Nigardsbreen / Luster

- guided glacier walk



PHOTO: VEGARD AASEN



Starting point:

Breheimsenteret, Jostedal

Season:

May–September
(depending on snow
conditions)

Map:

Jostedal



Nigardsbreen is the most easily accessible glacier arm in the Jostedalsbreen National Park. The Jostedal Glacier Guides offer both easy family tours across the blue ice, and more demanding climbs. Hikes can be booked at the Breheimsenteret information centre at the starting point of the hike. The centre also offers cafeteria, souvenir shop and museum, and booking of kayaking and rafting.

From the Breheimsenteret, you can go by car for approx 3,5 kms (toll road) and park by the lake Nigardsbrevatnet. From there, follow a good footpath to the glacier, or you can go by boat. If you wish to park at the Breheimsenteret, you follow a footpath through interesting moraine landscape.

Meeting point for most of the guided glacier hikes is the parking lot by the lake (boat transportation is included). However, if you prefer the easiest glacier hike – the family hike – you could also walk from your car to the ice edge.

The path from the parking lot by the lake to the glacier is approx 1 km. Estimated walking time 60 minutes to the ice edge. The path crosses rocks, rivers and brookes, but offers good steps and bridges.



Nearest Tourist information:

Breheimsenteret Jostedal

Phone +47 57 68 32 50 | jostedal@jostedal.com

To the starting point: Highway 55 Gaupne and then road 604 to Jostedal

Transportation: The glacier bus goes every day from Sogndal to Nigardsbreen Glacier with correspondence with Balestrand, Vik, Flåm, Årdal and Lærdal. www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

The mountain peaks of Jotunheimen National Park - Årdal/Luster

ALL PHOTOS: SVERRE HJØRNEVIK FJORD NORWAY



Starting point:

Sognefjellshytta cabin, Fv 55 road

Getting there: The hikers' bus (Vandrarbussen) from Årdal or by car

Total walking time: 2 days, 5 + 7 hours

Km: 9 + 12 km

Ascent: Start 1400 a.s.l-finish 50 a.s.l.

Season: May-October (depending on snow conditions)

Map: Walking map for Årdal 1:50000 and Jotunheimen 1:100 000

A very popular walk, including an over-night stay at Skogadalsbøen cabin (Mountain Trekking Association).

Start from the Sognefjellshytta cabin in Jotunheimen heading in among the peaks, then continue down to the well-known Skogadalsbøen cabin to rest and recharge your batteries.

Day 2 takes you over Mt. Friken, offering views of the magnificent Hurrungane peaks. You then continue down to the summer pasture farms at Vettismorki, passing impressive waterfalls and the idyllic tourist farms in the Utladalen valley.

This walk can be started from both ends. The direction described here is a fairly gentle climb and it is the most popular direction for this route. If you start at Hjelle in Utladalen, you should reckon on taking a bit longer.



Nearest Tourist information:

Årdal Tourist Information | Phone +47 94 15 96 99 | ardal@sognefjord.no
Skjolden/Skjolden Hotel | Phone +47 41 69 08 27 | info@sognefjord.no

To the starting point:

Follow Highway 55, via Turtagrø then to Sognefjellshytta Cabin

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Molden / Luster

- the ultimate fjord view



PHOTO: TERJE RAKKE - NORDIC LIFE



Starting point:
Mollandsmarki
(Krossen car park)

Walking time:
2 hours (going up)

Km: 8 (total)

Ascent: 500-1116m

Season: May-October (depending on snow conditions)

Map: Sogndal-Leikanger

Molden is often called the finest view-point in all of Luster. You start from the Mollandsmarki road just where it levels out after rising steeply from the R55 junction. You turn off to the left just past the cattle grid and follow the forest track for some 300m. Then you bear right along a path marked with red spots.

After about one kilometer you take a new forest track for about 600m. You are now at the point where the track turns sharply to the right. From here the path rises steeply until you reach Svarthiller with its fine view towards Ornes on the other side of the fjord.

The path now turns ninety degrees and winds its way past steep crags. The ground then levels out and the going is reasonably good to the cairn on the top of Molden, 1116 m above sea level.

The best view is surely to the east, over the innermost parts of Lustrafjorden with Nes and Høyheimsvik in the foreground.



Nearest Tourist information:

Lustrabadet

Phone +47 57 68 56 80 | info@sognefjord.no

To the starting point: Highway 55 near Gaupne and turn off to Mollandsmarki

Parking: Krossen car park at starting point

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Fannaråken

- one of the most famous peaks in Jotunheimen / Luster



Photo: VERI Media

Starting point:

2nd bend from Turtagrø Hotel
direction Lom (rv 55)

Walking time:

3-4 h going up
(2,5 h coming back)

Km: 15 km (total)

Ascent: 900-2068 m

Season: May-September (depending
on snow conditions)

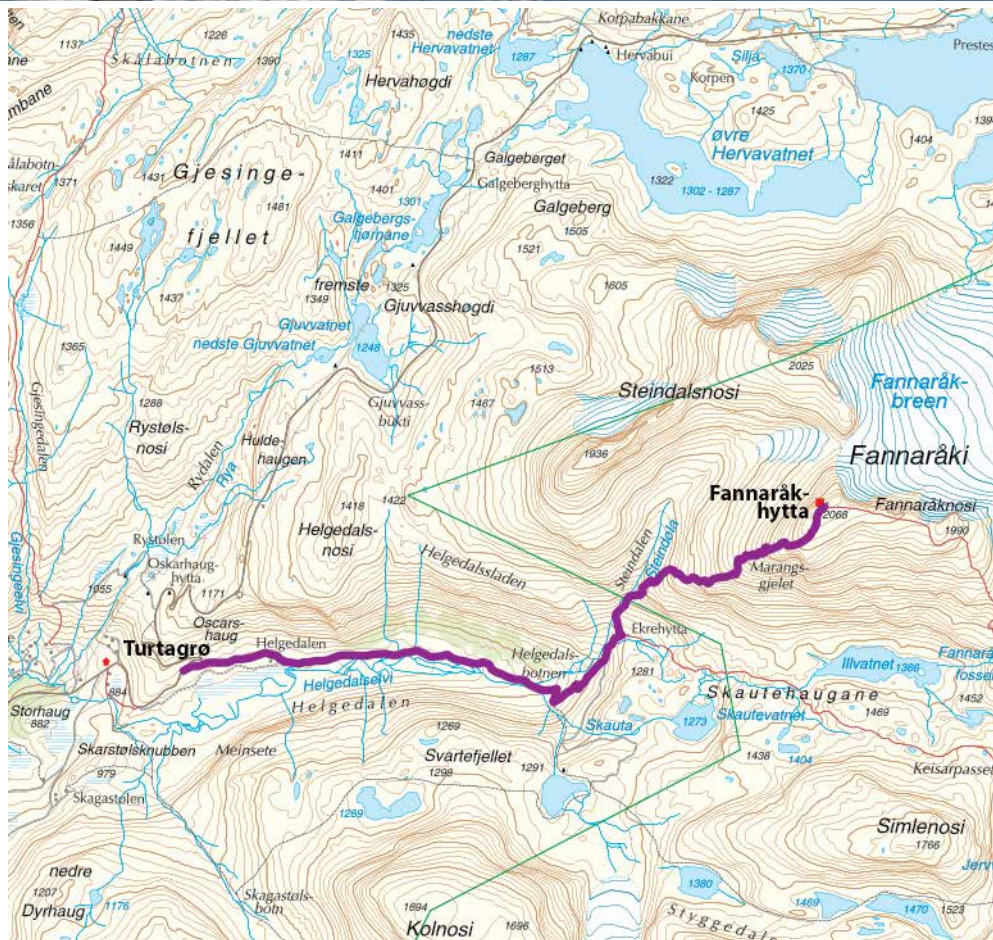
Map: Jotunheimen Vest



This is one of the "classic" Norwegian hikes. Of all the 2000 m peaks in Norway this is the easiest to reach and a nice family hike. Fannaråkhytta is the highest mountain hut in Norway (2068 m a.s.l.) and is manned during the summer.

The walk follows the main road from Turtagrø as far as the second bend and then goes by a road up Helgedalen. High up in Helgedalen you pass the intake to a tunnel feeding water to the Fortun hydro-electric power station.

The walk then swings steeply up to the Keisarpasset - Skogadalsbøen road fork. From here a good path twists and turns up to Fannaråken. The view from Fannaråken is fantastic with the whole panorama of the West-Jotunheimen range. Many come to Fannaråken to experience the sunrise.



Nearest Tourist information:

Skjolden Hotel

Phone +47 41 69 08 27 | info@sognefjord.no

To the starting point: Follow highway 55 direction Lom, park at Turtagrø Hotel
Transportation: www.kringom.no

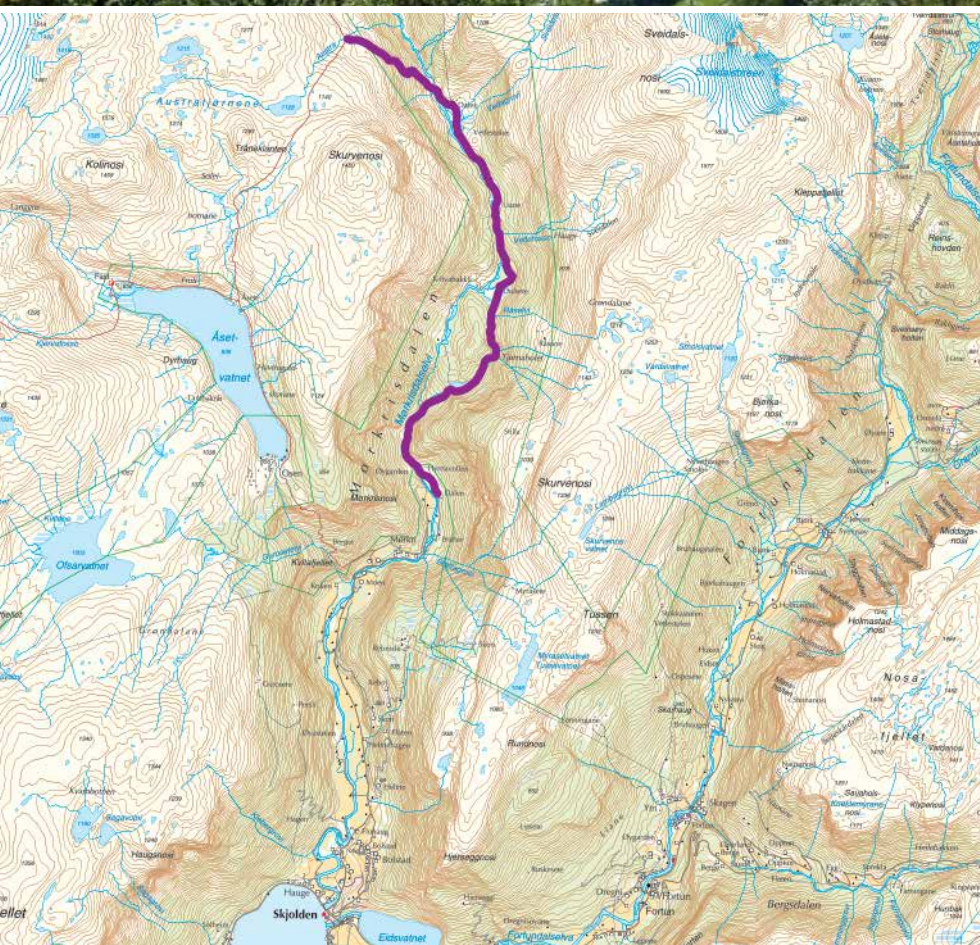
Accommodation: <https://en.sognefjord.no/accommodation>

Mørkridsdalen

- the flora trail - Skjolden/Luster



Photo: Adventure Tours



Starting point:
Hyrnavollen, Mørkridsdalen

Walking time:
2 hrs to Dalen
(plus 1,5 hrs to Austrå)

Km: 7 km (10 km)

Ascent: 100-500 m (950 m)

Season: May-October (depending on snow conditions)

Map: Breheimen

A romantic walk through lush landscape. The path up Mørkridsdalen is part of the Norwegian Trekking Association's (DNT) net in Luster and is therefore very well maintained and marked. DNT has voted this the tour with the richest flora in Norway. It follows the river up to the remarkable Tjørnahelet, to the right of the first lake and then to the left.

After a steep little climb the path goes through park like landscape until the summer farm buildings at Dulsete come into view. From there it is fairly level going to Dalen, which is a wide river plain between the high mountains with the summer farm at the rear end.

For many the walk will end here, but the fittest can also attempt the climb up to Austrå. From Austrå the path is well marked to Fjellsli and Arentzbu, and across the mountain to Åsete by Åsetevatnet.



Nearest Tourist information:

Skjolden Hotel

Phone +47 41 69 08 27 | info@sognefjord.no

To the starting point: Highway 55 to Skjolden and then road 333 to Hyrnavollen

Parking: At starting point

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Aurlandsdalen / Aurland Østerbø – Vassbyggdi



PHOTO: SVERRE HJØRNEVIK – FJORD NORGE AS FJORD NORWAY

Starting point:
Østerbø Fjellstove

Total walking time: 7 hours

Ascent: 820–70 m.a.s.l.

Season: End of May–October (depending on snow conditions)

Map: Aurlandsdalen



This hike starts at Østerbø Fjellstove, a modern mountain hostel with a history dating back to the 17th century. The hike is one of the well-known Norwegian classics. Along the path, you will experience untouched, wild, beautiful nature combined with Norwegian history and culture.

The Aurlandsdalen valley is often referred to as the “Grand Canyon of Norway”. You will easily see why when you follow the trail cut into the steep mountain side along the Nesbøvatnet lake.

At Tirtesva, you can choose the upper route, giving an even more breathtaking view than the route following the river. For your aid, handrail and steps have been constructed in the steep descent from the Bjønnstigvarden.

Along the hike, we recommend a detour to the cave “Vetlehelvete” (“Little Hell”) to the west of the path. From there, you return to the river and follow the marked footpath alongside it.



Nearest Tourist information:

Aurland Tourist Information

Phone +47 91 79 41 64 | aurland@sognefjord.no

To the starting point: From Aurland – follow highway 50 to Aurlandsdalen

Parking: Østerbø Fjellstove

Transportation: Daily departures from Aurland to Aurlandsdalen.
www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Prest – panorama Aurlandsfjord – Aurland



Photo: Adventure Tours



Starting point:

Centre of Aurland, or parking along Aurlandsvegen

Total walking time: 5–6 hours

Ascent: 10–1363 m.a.s.l.

Season: June–September

Map: 2565 Aurlandsdalen

A steep path along waterfall Turlifossen, mountain farm Turli, and after some distance on a carroad the path to the Prest summit. From Prest you have a panoramic view to the surrounding mountains and the Aurlandsfjord 1363 metres below.

Starting from centre of Aurland or small parking along road 50. Also possible to start from parking Kvammdal along Aurlandsvegen 8 km from Aurland.

The West Norwegian Fjords – UNESCO World Heritage Site since 2005. Fjords are among the most dramatic landscapes on the planet. The World Heritage Area embraces some of the longest, deepest, narrowest and most beautiful fjords in the world. From Prest one of the best possible views to the Fjords.



Nearest Tourist information:

Aurland Tourist Information | Phone +47 91 79 41 64 | aurland@sognefjord.no

To the starting point:

Highway 50 Aurland and road 243 to Stegastein/Kvammdal 8 km

Parking: Free parking at Stegastein Viewpoint

Transportation: Daily busses from Flåm and Aurland.
www.kringom.no and www.visitflam.com

Accommodation: <https://en.sognefjord.no/accommodation>



Kongevegen / Lærdal

– The King's Road – across Filefjell



PHOTO: SVERRE HJØRNEVÅG



Galdane – Beautiful trail along the River Lærdalselvi (5 km).

Vindhella – One of the most famous stretches of road in Norway (2 km).

Maristova – Kyrkjestølen – Spectacular high mountain path (10 km).

Starting point:

Galdane: Parking and bus stop at Seltun and Sjurhaugen.

Vindhella: Parking at Borgund Stave Church and Rimskjold. Bus stop at Borgund Stave Church.

Maristova: Parking and bus stop at Maristova and Kyrkjestølen.

Getting there:

By car or by bus to starting point

Total walking time: Galdane (5 km) 4–5 hours, Vindhella (2 km) 1–2 hours, Maristova – Kyrkjestølen (10 km)

Total length of Kongevegen is 100 km.



Ascent: 90-250 m
Season: May–September
Map: 2529 Lærdal

The King's Road across Filefjell is one of Norway's finest pieces of civil engineering heritage, built by hand on the 1790s using simple tools at a time when dynamite had not yet been invented. The route runs from the narrow, dramatic fjord landscape at the head of Sognefjorden over the Filefjell

Mountains and down to the rural villages in Valdres. It is a journey between regions.

For hikers today, the route is both interesting and awe-inspiring. It runs through an amazing landscape, and there are many memorable experiences along the way. The living culture landscape, spectacular mountains and great attractions are all waiting to be explored. Walking along King's Road across Filefjell is an experience you will never forget.



Nearest Tourist information:

Lærdal Tourist Information | Phone +47 48 27 75 26 | laerdal@sognefjord.no
Tyn-Filefjell Tourist Information | Phone +47 61 35 94 30 | filefjell@valdres.no
Kongevegen tourapp: www.turapp.no/kongevegen

To the starting point: E16 Lærdal and then road 630 to Borgund Stave Church

Parking: Borgund Stave Church

Transportation: Daily King's Road bus from Lærdalsøyri from 22. June to 19. August
www.visitkongevegen.no and www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Saurdal

- family walks

Balestrand



Photo: Erik Hoel



Starting point:

Saurdal parking area, 14 km from the centre of Balestrand

Total walking time:

Saurdal-Storavarden-Saurdal approx 5.5 hours

Km: 4 kms up and 4 kms down

Ascent: 620m-900m

Season: May-October

Map: Balestrand

Turn off highway 55 westbound approx 7 km from Balestrand. Follow the narrow forest road which winds approx 7 km up the mountain and finishes at a parking area at around 620m. Saurdal is an easy and accessible area with various walking routes. Water proof boots recommended.

The Saurdal-Storavarden route is well marked with white markings on the stones. First follow route 5 and walk past the sign to Hanevikselvi. Go further to the sign to Hanevikstølen where you take the old pathway into Saurdal. There is a good view over the river. At the outlet of Målsnesvatnet (a small lake) you have to cross a bridge in order to reach Hanevikstølen. The whole water course is well suited to angling and in the last few years Oddmundsvatn (lake) has had a good trout population. The route follows the mountain plateau between Storavarden (to the south) and Bukkaberget (to the north) as far as Fagravassdalen where you meet route 9.

Moderately easy route with fine views in the varied scenery of valleys, mountain plateau, river, and lakes.



Nearest Tourist information:

Balestrand Tourist Information

Phone +47 94 87 75 01 | balestrand@sognefjord.no

Parking: Saurdal parking area, 14 km from the centre of Balestrand

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Keipen / Balestrand

- Sognefjord panorama view



Photo: Faltreblukk AS

Starting point: At the information board at parking place in Esebotn

Getting there: From centre of Balestrand: Drive approx 5 minutes / 4 km on RV55 in the direction of Dragsvik Ferry Pier.

Total walking time: 1 day

Km: 12 km one way

Ascent: 10m-1426 m

Season: End of June to end of September

Map: Walking map of Balestrand



The route starts at the information board in Esebotn where you follow a tractor road on the west side of the open ground. When you come up the valley you must cross the river. This is difficult to do before the snow has gone. After wading the river continue into the impressive Yglebotn, where the track has been laid. When you have passed the stone engraved with "1885", take the path to the right which goes steeply up to Gulleplestølen. The path goes further on the east side of Gulleple and further up the mountain on the south west side of the glacier, Bjønnabreen. From Bjønnabreen (1400m), you can look westwards from the highest point between you and the sea. NB! Caution! Towards late summer/autumn Bjønnabreen glacier also often has new, invisible ice. Going forward on to Keipen you get aerial views down to Sværefjord and towards Esefjord. From Keipen you follow the same path back to the glacier and continue in a north/north-westerly direction (look for the stone cairns) so that you come round on the north side of Øvre Trollabotnvatn. By Dalsdalsvatni there is a little cabin, Erlingsbu, which is open and you can use for shelter. Here you meet route 19 and follow this down to Dalsdalen. If you want a simpler route to Keipen Dalsdalen is also a good starting point.

Alternative route: drive Road RV13 National Tourist Route, pass Dragsvik and to Dalsdalen and park there.



Nearest Tourist information:

Balestrand Tourist Information

Phone +47 94 87 75 01 | balestrand@sognefjord.no

Parking: Parking place in Esebotn – 4 km from Balestrand or at Dalsdalen

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Raudmelen / Balestrand

- idyllic panorama walk



PHOTO: ANNE R. FARNES



Starting point:

Balestrand, 1.5 km from centre by the Belehalli sports hall.



Total walking time: 6 hours

Km: 4 kms up + 4 kms down

Ascent: 100m-978m

Season: May-October

Map: Balestrand

The walk starts in the centre of Balestrand, and takes you along the fjord, Kvikne Hotel and the dragon style "English church". Continue to the Viking grave monument, and follow signs to the school, sportshall and nature trails. The walk to the sports hall takes appr. 30 minutes.

The sports hall is starting point for various marked walking trails. The Raudmelen route follows a nature trail marked with information about flora and fauna. Soon after we follow the red route up the hill. The first lovely view of the Sognefjord and Balestrand after a steep climb at Orrabenken (370 m).

Continue on the red route, and at Buråsi (575 m) a fantastic panorama is your next reward. From here you can walk along the ridge and have wonderful views on both sides.

Return the same way, and remember to bring plenty of water, there is no drinking water along this route.



Nearest Tourist information:

Balestrand Tourist Information

Phone +47 94 87 75 01 | balestrand@sognefjord.no

Parking: In the centre of Balestrand

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Flatbrehytta

- the gateway to Jostedalsglacier - Fjærland



Photo: Eef De Bock

Starting point:

Parking 500 m north of Øygarden

GPS: UTM 32 382750E - 6815200N

Total walking time: 5-6 hours

Km: 7,5 km

Ascent: 30-994m

Season: July-September, but start of season depends on snow conditions

Map:

Hiking map 1:50000 Fjærland

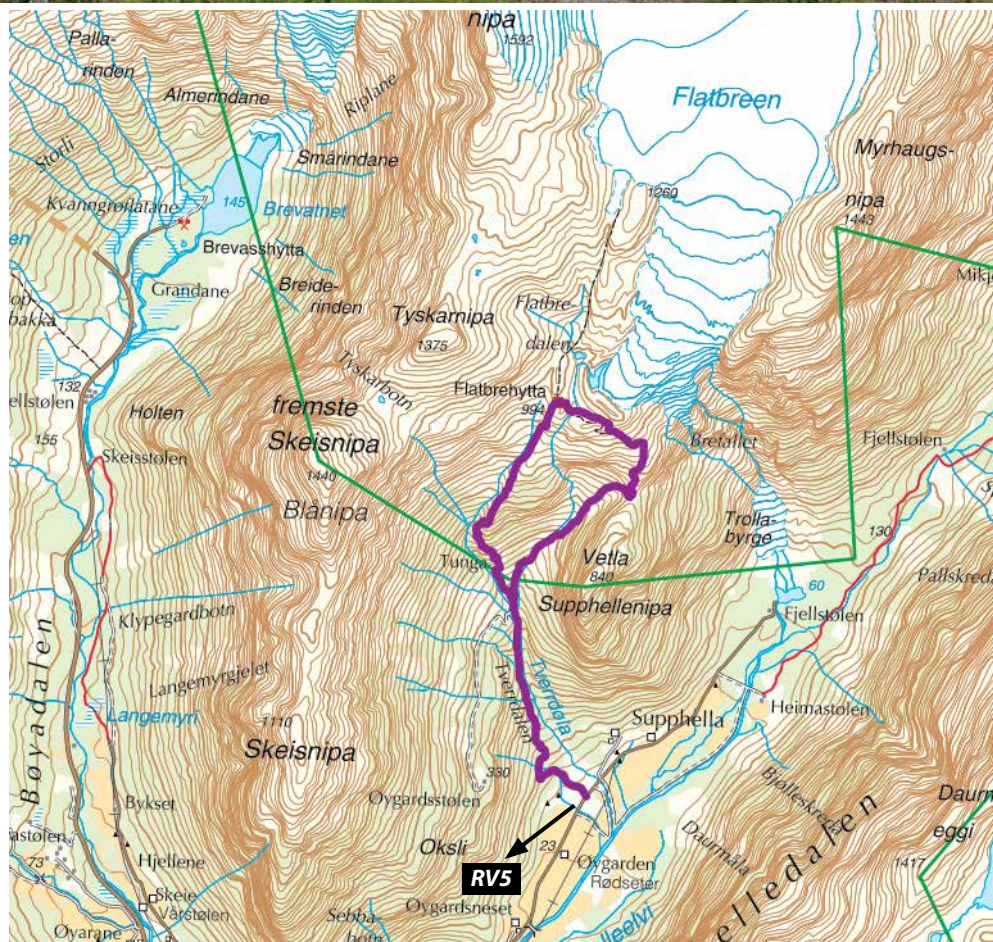
Hiking map 1:100000 Jostedalsglacier

Hiking map 1:50000 Sogndal - Leikanger



Popular route followed by many hikers who are going to the glacier, or just making a daytrip to Flatbrehytta and/or peaks nearby.

The hike starts at the parking north of Øygarden and is marked "Flatbrehytta". In 2004 a huge landslide occurred here due to a "jökulhlaup". Read about it on the information board at the parking. At 360 m asl. 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 m asl. 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 - a self-service cabin with 18 beds. The hut is open. Descend directly from the hut into the western valley. The path is steep, but well marked.



Nearest Tourist information:

Fjærland Tourist Information

Phone +47 94 79 80 36 | fjaerland@sognefjord.no

To the starting point:

Follow highway 5 to Fjærland and take off to Supphellebreen.

Parking: Parking 500 m north of Øygarden, 8 km from centre of Fjærland

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Hesteggi / Sogndal

- amazing view over Sogndal



Photo: ERIC JAMES RYAN – VERI MEDIA



Starting point:

Kjørnes

Total walking time: 2 hours one way

Km: 3,5 km one way

Ascent: 198 – 903 masl

Season: April – September

Map:

Sogndal - Leikanger

Getting there:

By car or bus to the top of Kjørnes and park there.

RV5 from the centre of Sogndal 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.



Nearest Tourist information:

Sogndal Tourist Information

Phone +47 41 78 13 00 | info@sognefjord.no

To the starting point: Drive Road RV5 from the centre of Sogndal to Kjørnes

Parking: The top of Kjørnes there is a car park

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Torsteinen - Lærdal



Photo: Rolf Engdøkk

Starting point: Ofta

Total walking time:

3 hours (going up)

Km: 13 km (total)

Ascent: 50-1170 m masl

Season: May – October (depending on snow conditions)

Map: Lærdal

Getting there:

By car or bus to Lærdal Hospital, and park there



Torsteinen has amazing view to the Lærdal fjord and Lærdal centre. The viewpoint itself is a large stone one can climb on; this has become a very popular scene for photography. The most nearby start is at the top of the housing estate «Ofta Aust», just by Lærdal hospital. There are limited numbers of parking spots in the area. To hike or bike to «Ofta Aust» from Lærdal centre or parking spots in the border zone of the centre is an alternative.

The path from the top of «Ofta Aust» is markedly, and it curls like a snake up the steep hills in the start. After a bit of a rough start, the path flattens out a bit from Løberg, 360 metres above sea.

When the terrain opens up in the front and on your left at about 650 metres above sea, you should not turn left to the bridge over the river. Instead you follow on slightly to the right, further on in the forest. Then you will reach an area with some huts, «Liastølen». The path keeps on up a steeper hill before it turns markedly right in the zone where open terrain takes over for forest.

Now one goes almost flat for about a km heading against the Lærdal valley again, before the path turns left and gets a bit more steep the last 300 metres to the destination.



Nearest Tourist information:

Lærdal Tourist Information

Phone +47 48 27 75 26 | laerdal@sognefjord.no

To the starting point: Drive road RV5 from the centre of Lærdal and road Fv271 to Sjukehusvegen to Lærdal Hospital.

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Bergefjellet - Toppenhytta Høyanger



PHOTO: LARS JONAS PEDERSEN WWW.GANG.NO



Starting point:

The dam at Bergevatnet
(600 m.a.s.l.)

GPS coordinates: N 6791000, E 0341120

Total walking time: 2 hours

Km: 6 km

Ascent: 280 height difference

Getting there:

short drive from Høyanger by car, just take the mountain road up to Siplo Skisenter.

It is also possible to take a taxi from Høyanger downtown (Taxi Franken +47-95 98 60 00)

The trail is marked from the start (600 m.a.s) by the dam. The first leg to the first cairn is demanding, but after that it is a breeze.

Dry, pleasant terrain and joggers are ideal for this hike. The distance one way is just on 5 km. From the summit you can gaze down on the township of Høyanger, the Høyangerfjord and out over the Sognefjord. Marked trails lead further on from the summit across the mountain, in relatively light terrain.



Nearest Tourist information:

Høyanger Tourist Information

Phone +47 57 71 15 90 | bibliotek@hoyanger.kommune.no

Parking: At starting point The dam at Bergevatnet

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Bjørgahaug / Leikanger

- a typical Norwegian stroll



PHOTO: ROAR WERNER VANGSNES

Starting point:

Øvre Njøs, Leikanger

Getting there:

Drive Road 55 to Leikanger, then Road 185 to Njøs. Park by the old transformer kiosk.

Total walking time:

Approx. 70 min

Km:

1165 m

from start to top

Ascent:

141-537 m a.s.l.

Season:

April-November



This is the most popular walk in Leikanger. Frequently used as an afternoon hike, or as a short week-end trip.

Panoramic view of Hermansverk and Leikanger. More than 3000 people take this hike every year.

The shortest, but steepest path start at Øvre Njøs. If you prefer an easier hike, start at Sanden, by the parking lot 1 km east of Sognefjord Hotel.



PHOTO: ROAR WERNER VANGSNES



Nearest Tourist information:

Sogndal Tourist Information

Phone +47 91 13 64 03 | post@sognefjord.no

To the starting point: Drive Road 55 to Leikanger, then Road 185 to Njøs

Parking: Park by the old transformer kiosk at Njøs

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

World of mountain pastures / Vik - Stølsheimen nature preserve



PHOTO: TORILL REISDAL AASE - BERGEN TURLAG



PHOTO: SEBASTIAN EITER



Starting point:

Car park at Bjergane

GPS: UTM 32 357642E - 6760335N

Total walking time: 2-3 days

Km: 36 km

Ascent: 885-1060 m a.s.l.

Season: Medio July-medio September

Map:

Hiking Map 1:50000 Vik

Hiking Map 1:100000 Stølsheimen

TM 1:50000 1316 IV Myrkdalen

TM 1:50000 1216 I Eksingadalen

This beautiful 2-days hike is a must for visitors of the Stølsheimen nature preserve! The gentle slopes, stunning lake sceneries and the various mountain summer farms in their lovely surroundings makes Stølsheimen a perfect hiking area for families and others.

The hike can be recommended with two overnight stays in the tourist lodges Selshamar and Åsedalen.

From Bjergane the track follow the valley to the cultural monument Gryteberget, where people in former times carved their bowls of soap stone directly out of the bedrock – not far from the provisioned tourist lodge Selshamar. Next day along lakes and mountains to the lodge Åsedalen at 800 m asl.

From Åsedalen up the valley to 1060 meter, and high or lower route to the summer farm Rappen. From Rappen marked trail back to Bjergane.

Be aware that fishing permission is required for the lakes.



Nearest Tourist information:

Vik Tourist Information Blix Hotel | Phone +47 91 51 72 86 | vik@sognefjord.no

Parking: By car from Vik or Voss (Rv 13) to Vikafjellet, take off westbound towards lake Kvilesteinsvatnet. Or bus from Vik or Voss to Skjelingen and walk on the dirt road to Bjergane.

Transportation: www.kringom.no

Accommodation: www.bergenhordalandturlag.no/stolsheimen/

Fuglesteg / Skjolden / Luster



PHOTO: STEIN NÆSS

Starting point:

Fortun/Luster

Total walking time: 3 hours total

Km: 5 km

Ascent: 60-630 masl

Season: May – October

Map: Luster



From Gaupne drive road FV55, pass Skjolden towards Fortun. There is a small parking lot by the shop in Fortun. The trail head is a gate to your right, situated a 500 m walk along the road FV55 (towards Sognefjellet and Lom) from the shop. An old farm road takes you up to the tractor road and then to Vettleåsen. From there the road veers left, and you start the steep path towards Fuglesteg.

The word Fuglesteg means bird path – you will find a restored mountain farm with the buildings built in stone from the area.

From Fuglesteg, you have a magnificent view down to Skjolden. Fuglesteg is a part of DNT's network of cabins all over Norway, and in the summer season there will be a chance to purchase waffles, coffee and lemonade there.

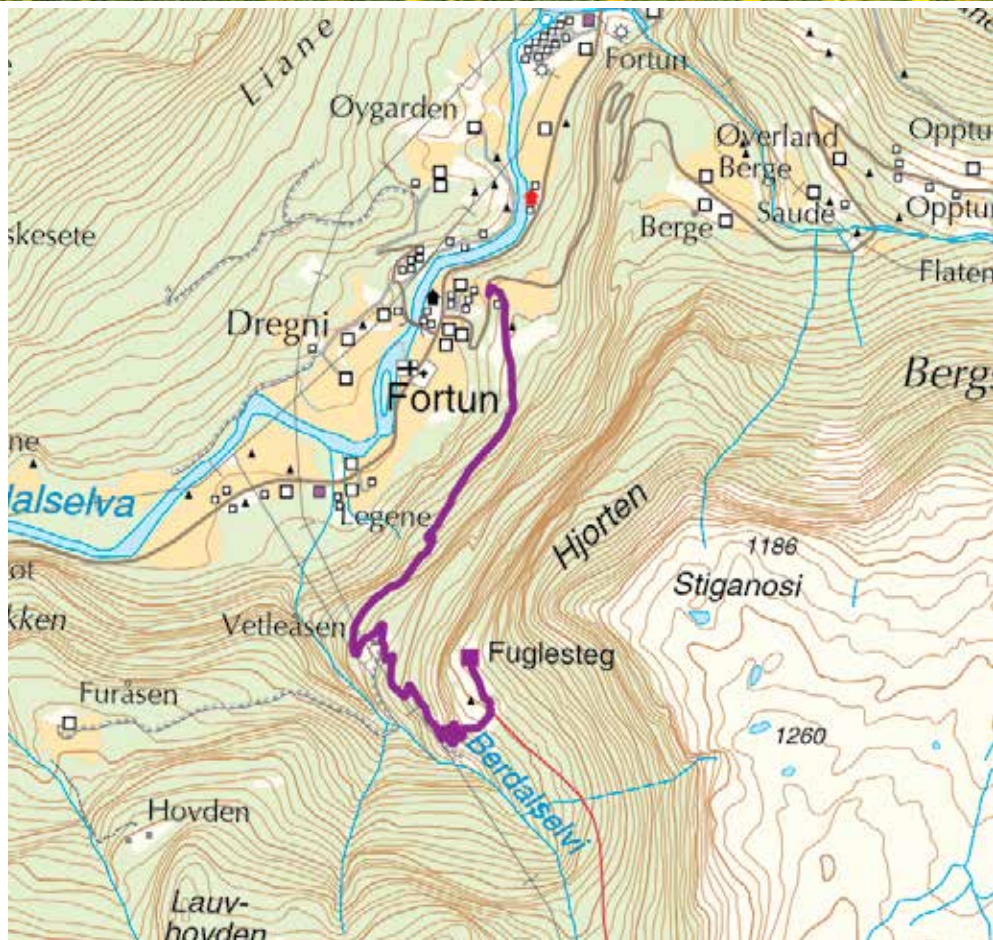


PHOTO: STEIN NÆSS



Nearest Tourist information:

Skjolden Hotel

Phone +47 41 69 08 27 | info@sognefjord.no

To the starting point: By bus or car – road FV55 to Fortun in Skjolden, Luster

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Åsen / Nuken

- view to fjords and Sogndal

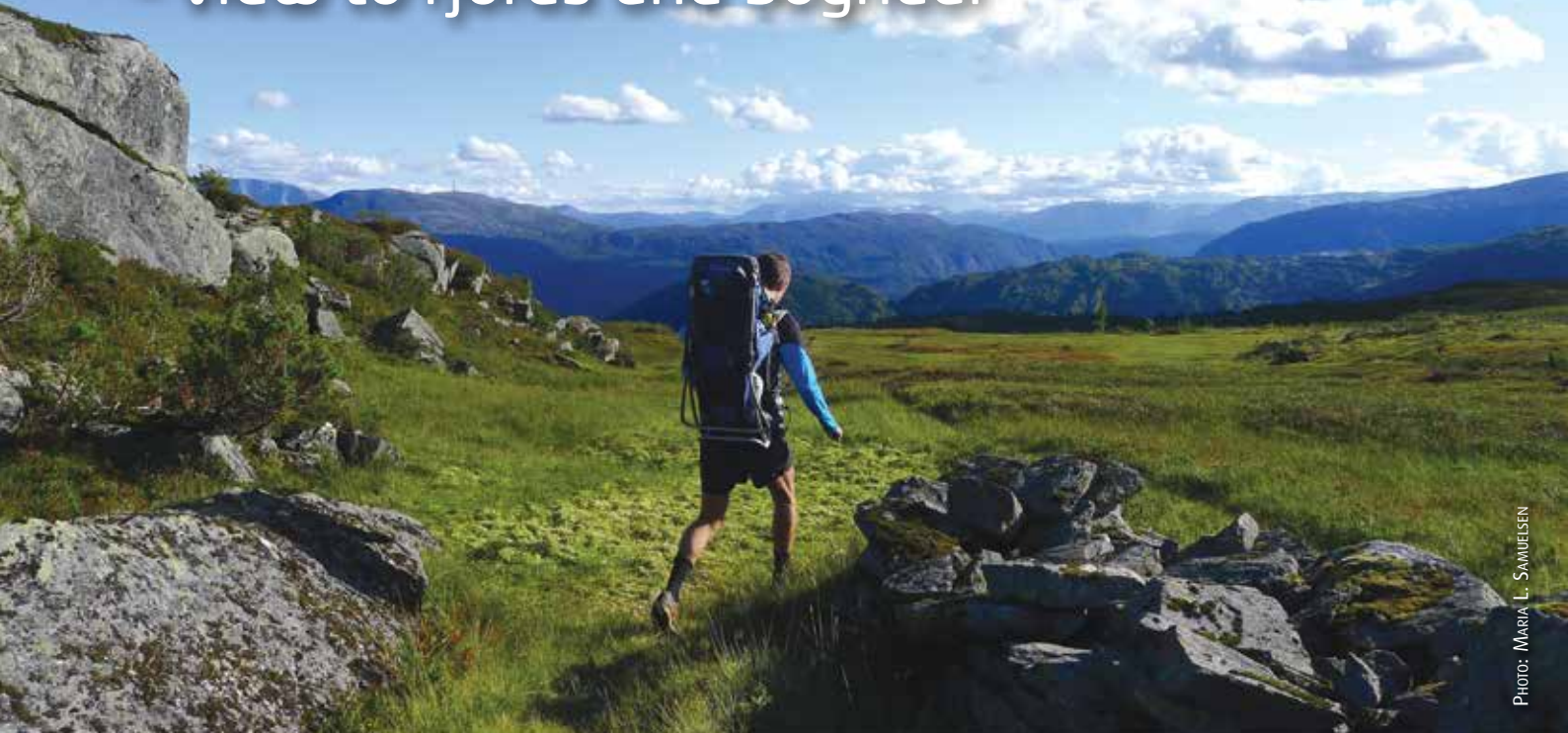
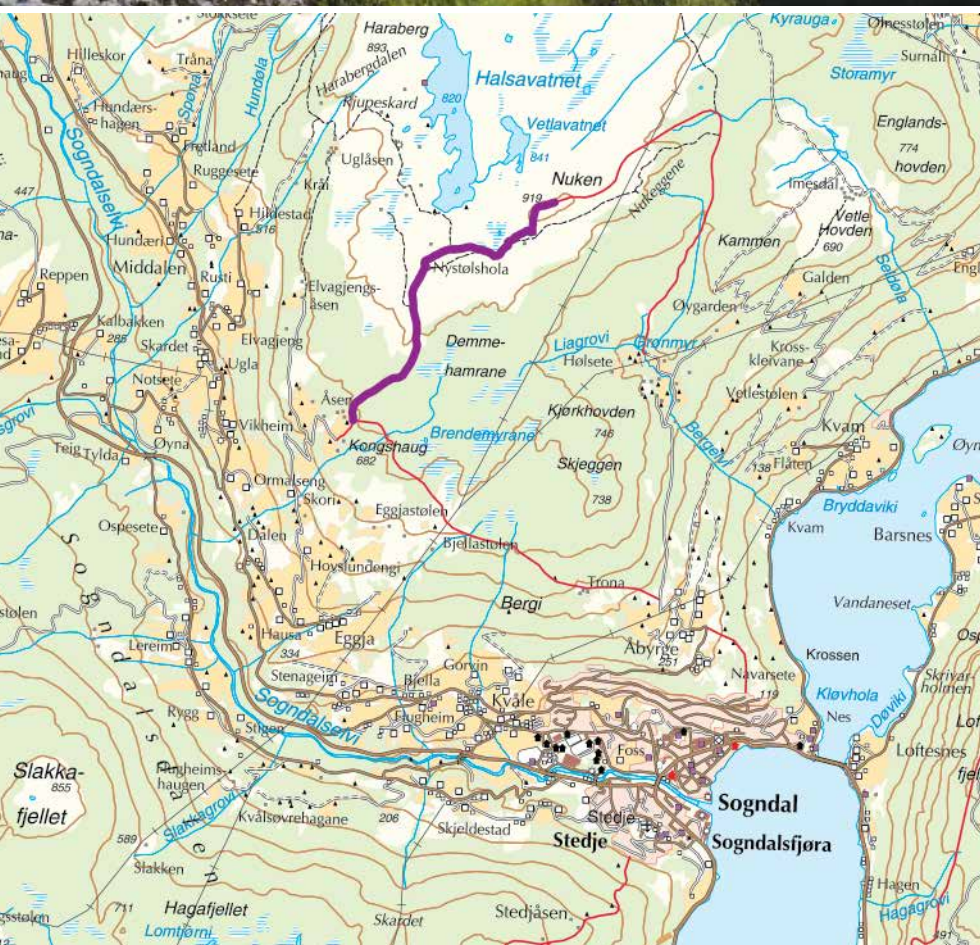


Photo: MARIA L. SAMUELSEN



Starting point:

Åsen

Total walking time: 1 h

Km: 2,5 km one way

Ascent: 660-919 metres

Season: End of May-end of October

Getting there:

By car to Lauvhaug, Sogndalsdalen valley

Map: Sogndal – Leikanger

Turn off the RV 5 road of Sogndal Skysstasjon terminal and follow the Dalavegen road to Lauvhaug in the Sogndalsdalen valley (approx. 4 km), then take a right in the direction of Eggum.

Continue for approx. 500 m, and then turn off to the left onto the gravel road that becomes the Åsavegen toll road.

Parking available at the end of the road.

The path starts at the perimeter of the summer pasture farm of Åsen, and you begin by walking through woodland before terrain opens up.

The path climbs gently until you reach a point from which you have a view of the Halsavatnet Lake to the north.

At the summit, you can enjoy views of the Lustrafjord, Hafslo and large parts of Sogndal municipality. To the northeast you can see the Hurrungane mountains, part of the Jotunheimen mountain range.



Nearest Tourist information:

Sogndal Tourist Information / Mix Kiosk

Phone +47 41 78 13 00 | post@sognefjord.no

Parking: At starting point Åsen, Lauvhaug, Sogndalsdalen valley

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Bjørgåsen – Aurland

– fjord view walk



PHOTO: TERJE RAKKE NORDIC LIFE FJORD NORWAY

Starting point:

Stegastein



Total walking time: 45 minutes

Km: 0,5 km one way

Ascent: 800 metres

Season:

All year, snowshoes in winter time

Getting there:

By car or bus to Stegastein viewpoint

Map:

2565 Aurlandsdalen

Along “Aurlandsvegen” about 10 km from the centre of Aurland. Parking at Stegastein viewpoint. After about 20 min walk is panorama view overlooking the Aurlandsfjord. Unmarked path to the left in direction the radio antenna – follow the path back to the starting point.



Nearest Tourist information:

Aurland Tourist Information | Phone +47 91 79 41 64 | aurland@sognefjord.no

To the starting point: Highway 50 Aurland and road 243 to Stegastein 8 km

Parking: Free parking at Stegastein Viewpoint

Transportation: Daily busses from Flåm and Aurland.

www.kringom.no and www.visitflam.com

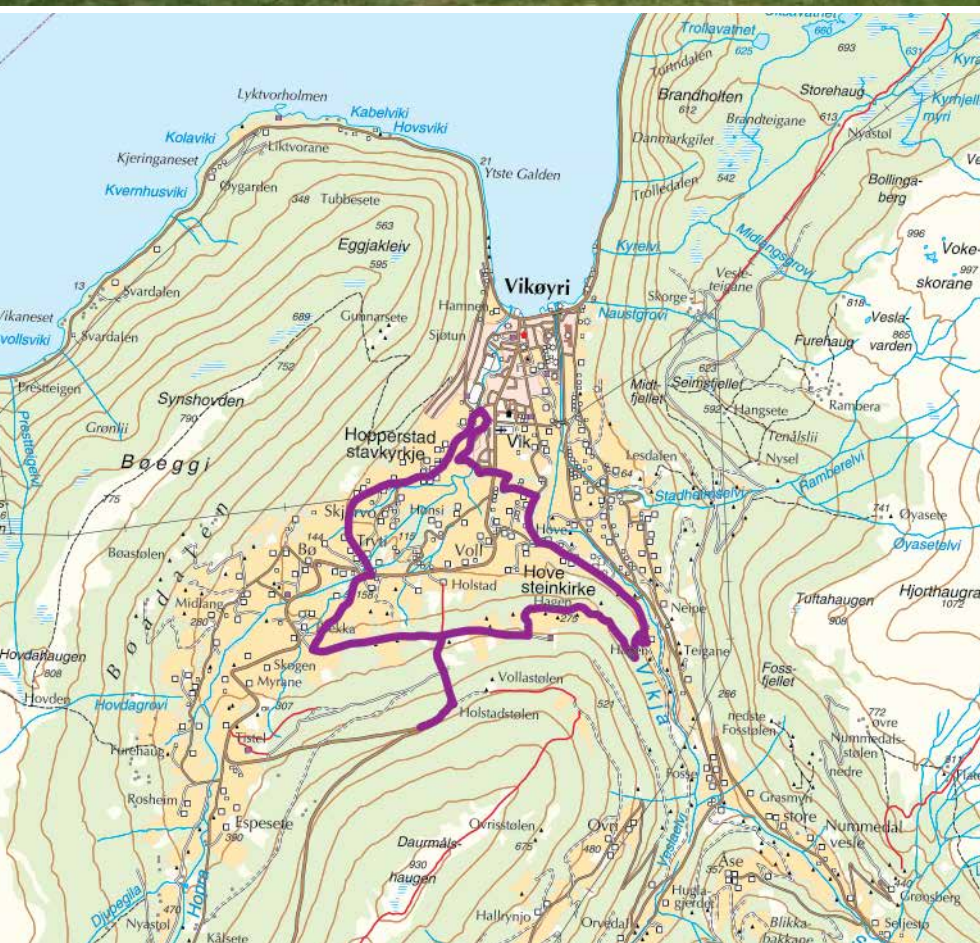
Accommodation: <https://en.sognefjord.no/accommodation>

Hovsåsen

- panorama Vik



PHOTO: REIDUNN BOLSTAD



Starting point:

By the river Hopra, close to the sport-field in Vik



Total walking time: 2-3 hours

Km: 9 km

Ascent: 20-500 metres (circular walk)

Season: Early May - end of September

Getting there:

A 5 min walk from Vik center village, on the same way as to Hopperstad stave church

Map: Hiking Map 1:50000 Vik

Hovsåsen round trip is approximately 9 km long and includes several fine views and cultural attractions along its route.

First you follow the Silver Ring route along the river Hopra and through historic natural landscapes. The burial mounds, Moahaugane from 300-400 A.D. lie along this route. From Hove church you walk up the asphalt road to Hagen and then along a tractor track up to the highest point on Hovsåsen, at 300 m. The route passes through pasture land, so please close all gates behind you.

Hovsåsen is at a plateau at 200-300 m and lies in the hills south of the large old farm at Hove. Historically this was an important area of land for pasture, haymaking and cutting browse for animal feed. It is also an important agricultural area today. The route goes further along Hovsåsen road with fine views over Vik centre. Approximately halfway to Brekka a footpath goes up to Holstadstølen and the viewpoint Storesvingen (480 m a s l) by highway 13 at Tryti and follows the asphalt village road past Hopperstad stave church and the Hopperstad farm buildings to the starting point, Vik sports arena.



Nearest Tourist information:

Vik Tourist Information Blix Hotel
Phone +47 91 51 72 86 | vik@sognefjord.no

Transportation: www.kringom.no

Accommodation: <https://en.sognefjord.no/accommodation>

Culture walks and heritage trails

In the following places there are heritage trails which you can walk by yourself to discover more about the areas you are visiting. You can obtain maps and information on what you can see on these walks at the local tourist information offices and also on <https://en.sognefjord.no/fjord-villages>

Lærdal

Old Lærdalsøyri is unique for its architecture. It has 161 protected wooden buildings from the 1700's and 1800's and is one of the largest collections remaining in Norway. These buildings are reminders of the time when Lærdalsøyri was a national connecting point for trade and transport.



PHOTO: LÆRDDAL KOMMUNE

At Lærdalsøyri people from eastern Norway would meet people from the fjord and coast to exchange wares. Especially at the Lærdal market, which is today Norway's oldest outdoor market, first mentioned in the 1500's. Today old Lærdalsøyri is full of antique shops, studios, cafés and pensions. Some of the old houses are now holiday homes, others are permanent residences.

Balestrand

The landscape of Balestrand and its special nordic light has long inspired artists who as early as 1819 discovered the area. These early artists, together with the translation in 1825 of the famous Icelandic saga of Fritjof the Warrior, contributed to attracting other visitors to Balestrand. Some of the artists settled in Balestrand and built themselves beautiful villas in the architectural style of the day, many of which you can see along the Heritage Trail.



PHOTO: BALESTRAND KOMMUNE O ANDERSEN

The Heritage Trail starts at the Norwegian Museum of Travel and Tourism (Reiselivsmuseet), goes via Kviknes Hotel and the English Church and passes the Viking grave mounds and the artists villas. Afterwards you can continue on to the Ciderhuset, which is situated in an orchard containing many varieties of fruit trees, apples, plums, pears and even cider apples from Normandy.

Solvorn

In the 1800's Solvorn was a connecting point between the farming areas around Hafslo and the fjord, a gateway to the rest of the world. This meant Solvorn was a natural trading place. Farmers would bring their wares here so they could be sent on fjord cargo boats along the fjord as far as Bergen. Poor people who worked as bonded workers to local farmers lived along the shore areas. The increasing wealth and through traffic in the area created a market for craftsmen and a lively small town life developed here. Merchants came to Solvorn and built houses in the Swiss-style. Today Solvorn is one of the most well preserved shore dweller sites from the early 1800's and is a protected area. Solvorn is an idyllic pearl beside the Lusterfjord. It also has Norway's oldest hotel dating from 1640 and many walks and paths.



PHOTO: C H - VISITNORWAY.COM INNOVASJON NORGE

Vik

Vikøyri is a historic shore dweller site, an area of common land where poor people settled as fishermen, craftsmen and tradesmen. Vik was one of a number of shore dwelling sites found in several places in Sogn and is one of the most well preserved in the region. It contains around 60 small buildings, some of which are used as residences or boathouses today.



PHOTO: KAREN WEICHERT

Starting from the tourist office and Kristianhus boat and motor museum you can walk 'The silver ring' heritage trail and see the old shore dwellers houses as well as visiting the Cheese Bar, which serves traditional 'Gamalost' cheese, and the Hopperstad stave church and Hove Stone church.

Høyanger

In the early 1900s, the expansion of the remote village of Høyanger due to the opening of an aluminum factory turned the village into a bustling, modern town, known for its well-planned layout and wooden houses in the style of an English garden town. Experience a melting pot of culture and industry by exploring the small streets of Høyanger wedged between steep mountains and the fjord. Starting at the town square by the red town gate from the 1930s, hosting the local industrial town museum, the walk takes you see the important buildings and sites from the rise of a strongwilled workers community and through to "the park", a cultural heritage site once hosting the factory administration housing, and to the old gates of the factory, located scenically by the fjord.



PHOTO: VERI MEDIA

Undredal

Undredal is a tiny fjord-village in the middle of the World Heritage area in Aurland famous for its white and brown goat cheese, "Undredalsosten", the Undredal Cheese, architecture and breathtaking scenery. Undredal is also famous for the small Stave Church that was built in 1147 which is the smallest in Scandinavia in regular use. Have a cultural walk and discover the small village where the houses lies close together, and make a stop at the museum "Eldhuset" where you can experience displays centred in the art of cheese making and the process of maturing the cheese. Close to "Eldhuset" you will find the local shop "Undredalsbui" where you can purchase the goat cheese, cured goat sausage, souvenirs and more.



PHOTO: VISIT FLÅM JONNY AKSELEN

