

Start off in Eidfjord

Eidfjord is the perfect starting point for hiking pleasure on and around the Hardangervidda

Few places offer more options, activities and challenges in nature. Here, you have the Hardangervidda right on your doorstep and you can relax to your heart's content. You can take long hikes in the vast wilderness or take shorter walks lasting just a few hours. The Hardangervidda has a good network of marked trails and places to stay at appropriate intervals. A large part of the Eidfjord municipality is situated on the Hardangervidda plateau. So we're geared up to arrange everything you need for fabulous hiking and amazing experiences on and around the Hardangervidda. In this leaflet you will find an overview map and suggestions for hiking tours. Of course, there are plenty of other hiking paths in our region. Eidfjord is the perfect starting point. From here, national scenic route 7 heads over the Hardangervidda, where you will find several mountain lodges which offer a good base for your hikes. If you would like to drive a little further into the plateau, then you can turn off route 7 and drive on the 11 km long toll road from Tråastølen, which is close to Dyranut (1245 m above sea level), down to Trondsbu at Lake Tinnhølen. Then you are in the national park. You also can turn off in Øvre Eidfjord and drive up the narrow 10 km long road into the Hjølmadalen valley up to 900 m above sea level (it's not suitable for vehicles longer than 6 m). From Halne, you can take the boat "Halnekongen" 13 km over the lake Halnefjorden into the Hardangervidda. On the Hardangervidda there are amazing opportunities to see birds, plants and wild animals at close hand. Please protect our vital and abundant nature so that it can be enjoyed by future generations. Come and experience harmony with nature. Re-energise yourself and take home memories that will last a lifetime.

We wish you a very warm welcome to Eidfjord – the kingdom of true mountaineers. "Join us" and enjoy hiking pleasures in Eidfjord!

DESTINASJON EIDFJORD AS

Photo: Asle Øydvin

Recommended accommodation and places to eat on and around the Hardangervidda

There are a variety of accommodation and dining options along route 7 on the Hardangervidda and mountain lodges further away from the road. Most are in private ownership and have catering, and some belong to the Norwegian Trekking Association (Den Norske Turistforening, DNT) or the Bergen Trekking Association (Bergen Turlag). Some of these are staffed and have catering during the season and some of them are self-service cabins or cabins without service. A list of these mountain lodges with their websites is below or visit www.ut.no for further information about opening hours and much more.

ON THE HARDANGERVIDDA

Garen Camping/Garen Kolonial (grocery store), +47 53665725 www.garencamping.no
Hadlaskard (self-service) www.ut.no/hadlaskard
Fossli Hotel, +47 53665777 www.fossli-hotel.com
Liseth Pensjonat & Hyttetun (private staffed), +47 53665714 www.liseth.no
Kjeldebu (self-service) www.ut.no/kjeldebu
Rembesdalseter (self-service) www.ut.no/rembesdalseter
Demmevasshytta (no service) www.ut.no/demmevasshytta
Finsehytta (staffed), +47 56526732 www.turistforeningen.no/finsehytta
Dyranut Fjellstova (private staffed), +47 53665716 www.dyranut.com
Dyranut Turisthytta (private staffed), +47 53665715 www.dyranut.no
Trondsbu Turisthytta (private staffed), +47 99475634 www.ut.no/trondsbu-turisthytta
Sandhaug Turisthytte (staffed), +47 91766225 www.ut.no/sandhaug
Stigstuv Turisthytta (private staffed), +47 90510292 www.hardangerviddanett.no/stigstuv
Rauhelleren Turisthytte (staffed), +47 41550404 www.rauhelleren.no
Halne Fjellstova (private staffed), +47 53665712 www.halne.no
Fagerheim Fjellstova (private staffed), +47 92258498 www.fagerheimfjellstugu.no
Heinseter (private staffed), +47 90665041 www.hardangerviddanett.no/hein

AROUND THE HARDANGERVIDDA

Vøringfoss Kafeteria & Souvenir, +47 53665720 fossatromme@gmail.com
Hardangerviddahallen Restaurant, +47 53674000 www.hardangerviddanatursententer.no
Sæbø Camping, +47 53665927 www.saeboecamping.com
Eidfjord Gjestgiveri, +47 53665346 www.ovre-eidfjord.com
Eidfjord Fjell & Fjord Hotel, +47 53665264 www.effh.no/www.hardangercatering.no

Further tips for accommodation and places to eat in Eidfjord can be found in our leaflet "Summer pleasures" and on www.visiteidfjord.no.



DESTINASJON EIDFJORD/
EIDFJORD TOURISTOFFICE

Visiting address:
Ostangvegen 1, N-5783 Eidfjord

Post address:
Postbox 74, N-5786 Eidfjord, Norway

turistinfo@visiteidfjord.no

OPENINGHOURS:

2.1.-30.4. and 1.9.-31.12:
Mon-Fri: 9am-4pm

1.5.-31.5.:
Mon-Fri: 9am-6pm

1.6.-14.6. and 16.8.-31.8:
Mon-Fri: 9am-6pm / Sat: 10am-6pm

15.6.-15.8.:
Mon-Fri: 9am-7pm / Sat: 10am-6pm
Sun: 11am-6pm

Brandilins360.no / fotograf: Erik Van de Perre
Mjølmeiet Trykksak 241, 699



Hiking pleasures

Join us!

for everyone...



Destinasjon Eidfjord
all year

EIDFJORD / HARDANGERVIDDA AND SURROUNDINGS



www.visiteidfjord.no

Tel. +47 53 67 34 00 / fax. +47 53 67 34 01



HIKING PLEASURES ON NORTHERN EUROPE'S
LARGEST HIGH MOUNTAIN PLATEAU

Activities and experiences on and around the Hardangervidda

Hiking tours with a mountain guide

Ask at the tourist office about hikes with a mountain guide and packhorses to the Hårteigen mountain and into the Kjeldedalen valley.

Hardangervidda Aktiv

offers genuine experiences in the mountains, e.g. hiking and fishing with a mountain guide, cooking courses for the preparation of fish and game, bring your own Icelandic horse for a riding lesson and lots more.

Tel. +47 92258498, www.hardangervidda-aktiv.no

Halnekongen

The boat has 32 seats and takes you in 30 minutes over the 13 km long mountain lake Halnefjorden, from Halne to Skaupa/Sleipa up to the borderline of the Hardangervidda national park. You can sit inside or outside the boat. Tel. +47 53665712, www.halne.no

Hardangervidda Nature Centre Eidfjord

The Hardangervidda Nature Centre in Eidfjord is an authorised national park centre for the Hardangervidda and a modern experience centre for Norwegian nature, climate and environment. 20 minutes you will never forget – a modern auditorium was built in collaboration with the Norwegian film maker Ivo Caprino and shows a 225 degrees panoramic film about the Hardangervidda, the Hardangerfjord and the waterfalls of this region. The Nature Centre is located on route 7 in Øvre Eidfjord, 7 km from the centre of Eidfjord.

Tel. +47 53674000, www.hardangerviddanaturcenter.no

Hiking at your own pace

We have 3 valleys in Eidfjord leading from the fjord to the mountains: Simadal, Hjølmadalen and Måbødalen. Our ancestors laid stone on stone to build the paths through the valleys,

so that they could use the treasures of the mountains. You can still discover traces of our ancestors today. For example animal trapping pits and old stone huts. The former transport routes are still well preserved. With great respect for our ancestors we still use these routes today. There are a variety of hiking opportunities on and around the Hardangervidda. From shorter family friendly mountain tours and hikes from mountain lodge to mountain lodge in flat terrain, to challenging summit tours, we offer something for everyone's taste. Please use this leaflet to plan a longer tour. We guarantee that you will experience the tranquility of nature. We recommend that you buy a detailed map and read about the Hardangervidda before you start your hiking tour. This will enhance your "Wanderlust" and your experience.

Biking trips close to nature

Riding bikes is very popular on the Hardangervidda. You are very close to nature. The gravel road Tinnhølvegen at Lake Tinnhølen and the path to "Byen" are altogether 15 km long. The gravel road into the Isdalen valley is a popular alternative. If you like a demanding and challenging ride then you should try the old road 7 through the Måbødal valley (5 km) or the road up to the Hjølmadalen valley (10 km). Mountain bikes are getting more and more popular. Please leave as few traces as possible in Mother Nature.

Ask at the tourist office for the condition and state of these roads before you start the tour.

Flora and Fauna

The Hardangervidda offers great diversity, good fishing in lakes and rivers, and abundant flora and fauna. The southernmost and largest herd of wild reindeer in Europe lives on the Harangervidda. It also represents the southernmost territory for the mountain fox and other arctic animal and plant species. In autumn, the cloudberry turns yellow. There are also plenty of blueberries, cranberries and black crowberries on the state-owned areas "Statsallmenningen". You are allowed to harvest as much as you want from

this richness. You can use those beautiful, tasty berries for dessert, juice and jam or for making your own "liqueur". Please don't pick more berries than you need. The flora on the Hardangervidda is versatile and glorious. As soon as the snow retreats in the spring, colourful plants appear in the most incredible places.

Bird life

The Hardangervidda is blessed with a rich bird life. The grouse is one of the mountain birds that can be seen the whole year round, even in the coldest season. In the Bjoreidalen nature reserve, many rare bird species make their nests. If you are interested in birds, then it's worth taking a tour there. Please walk carefully when you hike in nature. Thousands of lives depend on us showing responsibility. Never touch a nest or disturb the birds, especially in the breeding season (June-July).

Wilderness

Deep fjords, steep mountains, the vast plateau and a powerful glacier make Eidfjord an Eldorado of nature experiences and outdoor activities. The Hardangervidda is unique – here you can walk for days without meeting a single human being. It's only you and the open landscape. Here you can enjoy fresh air, pure water, lots of space and tranquility!

Fishing and hunting

The Hardangervidda offers good fishing and hunting opportunities for every taste. In Eidfjord alone there are more than 400 places to fish for mountain trout. The rivers Bjoreio and Veig are also popular fishing rivers for trout. Lots of places for fishing are easy to reach. To get to a more "secret" spot you have to walk a bit. You can obtain a fishing licence at the tourist office, at the mountain lodges or on www.inatur.no. Some mountain lodges provide fishing and hunting licences on behalf of private landowners.

Public rights of way – "Allemannsretten"

Members of the public are allowed to roam and camp freely in the Norwegian nature. That applies to the forest, in the mountains and by the fjord, rivers and lakes. You can pick berries, mushrooms and flowers or fish for free in the fjord. This right to roam and camp freely is subject to acting reasonably, respecting nature and being considerate towards landowners and other visitors.



Photo: Asle Øydvin



Photo: Asle Øydvin



Photo: Mahit Stadheim

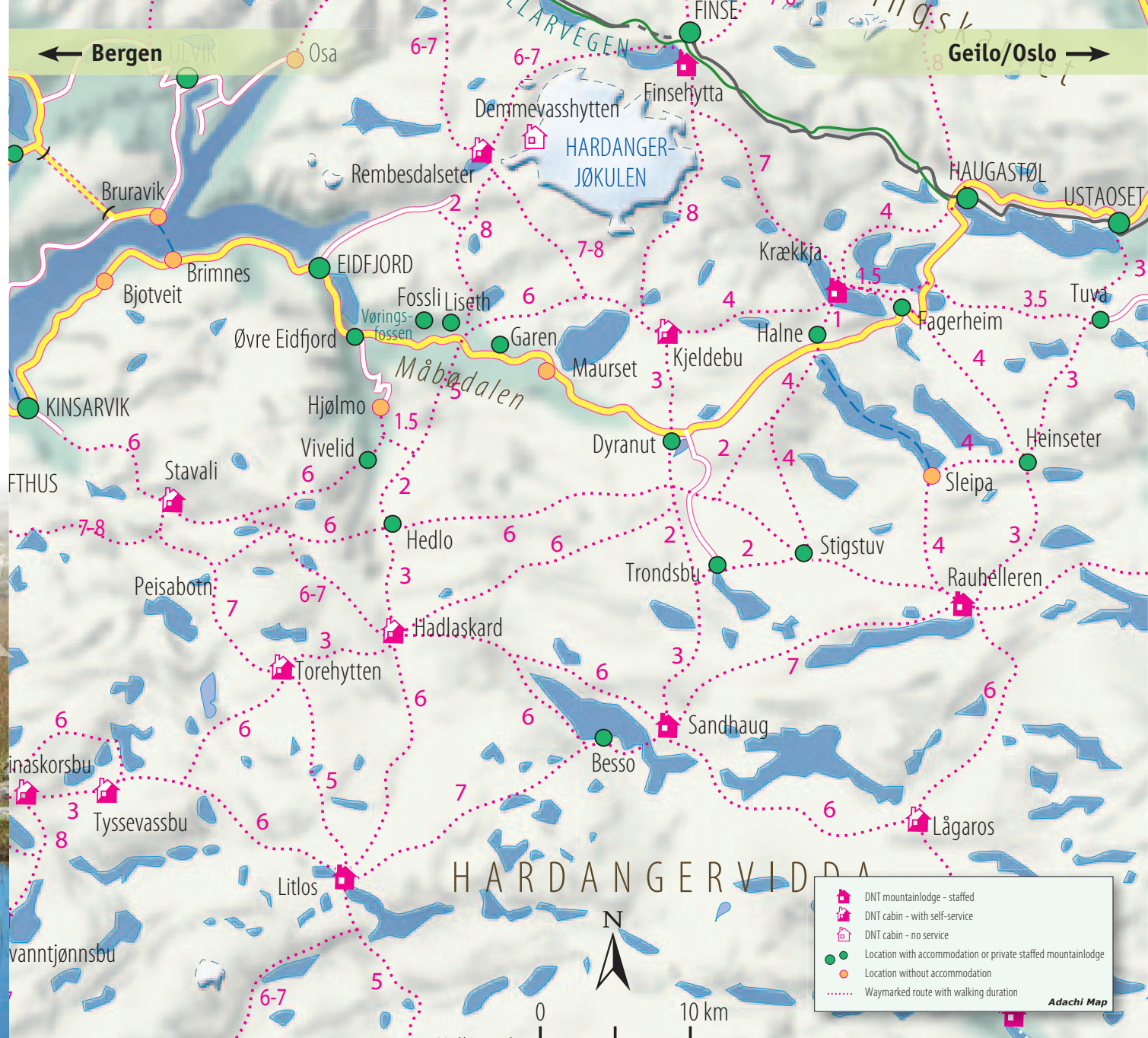
PLAN YOUR HIKE WELL IN ADVANCE

It is important to think about what to pack into your backpack. The weather can change very quickly and you can experience all seasons in the course of a few hours.

Tell someone you know where you will hike to and remember that mobile phones don't have signal everywhere in the mountains. Distances given in this leaflet are just estimates. When hiking with children we recommend adding more time. Remember that the hiking season on the Hardangervidda starts in July. Only then are the mountain lodges open, the bridges laid, the hiking paths free of snow and the roads to Tinnhølen and Hjølmaberget open to traffic.



Photo: Erik Van de Perre



At www.turistforeningen.no and www.ut.no you can find lots of useful advice with descriptions of the mountain lodges and routes.

You need a DNT-key for the self-service and unserviced cabins and you have to pay for your stay and food. This is done by means of a payment authorisation or you can deposit an envelope with cash at the cabin. You can buy membership of the DNT and a DNT-key at the tourist office.



Be careful with fire

Please note that making a camp fire is prohibited on uncultivated land between April 15th and September 15th. If you need fire for coffee and food preparation, then you must make the fire on damp sand or gravel and put stones around it. Don't make a camp fire on flat rocks; the heat can break the rock. Make sure that the fire is completely extinguished before you continue your hike.

Your dog – your companion

You can gladly take your four-legged friend with you on a hiking tour, but please remember that generally in the period between April 1st and August 21st the dog has to be held on a leash. Where cattle are grazing on uncultivated land this policy applies from April 1st to December 1st. On cultivated land this policy applies all year round. Pay attention to game and livestock. Remember that some people are afraid of, or allergic to, dogs. Most of the mountain lodges have suitable facilities for the accommodation of dogs.



VØRINGSFOSSEN

Photo: Marit Stadheim



Photo: Erik van de Perre



Photo: Asle Øydvin



Photo: Marit Stadheim



Photo: Asle Øydvin



Photo: Asle Øydvin



HIKES WE RECOMMEND ON AND AROUND THE HARDANGERVIDDA

STOREGJEL - VØRINGSFOSSEN - STOREGJEL (1h 30 min return)

This is a great hike where you can experience the view of the waterfall from below. Park your car on the sideroad by Storegjel, between the 2nd and 3rd tunnel in the Måbødalen valley (upper exit of the Måbøtunnel). Follow the footpath approx. 300 m down the old road. By the turn there is a sign to "Vøringsfossen", and there the footpath starts down to the river. Follow the path towards the waterfall and walk over a suspension bridge. Only one person at a time can cross the suspension bridge. Be aware that the surroundings are very slippery and rough by the waterfall because of splashing water. The footpath towards the waterfall goes partly over unstable rocks, so please be careful. This hike is possible from approx. May 15th until October (the path has to be free of snow).

MÅBØ MUSEUM - MÅBØBERGET - VØRINGSFOSSEN - MÅBØ MUSEUM (3-4h return)

This is one of the old paths leading up onto the Hardangervidda plateau. The hike starts at Måbø museum, where you park your car. You pass the museum, continue further into the valley and cross the river on a bridge. From here begins the zigzag climb up approx. 1300 well preserved steps towards the top. On top of the mountain follow the footpath and arrive at the Vøringsfoss Cafeteria. From here you can follow the old road back to Måbø museum (approx. 5 km). Ask at the tourist office for the condition and state of the old road before you start the hike. This hike is possible from the end of June until autumn. We recommend taking something to drink on the hike up the Måbøberget.

HJØLMABERGET - VIVELID/VALURFOSSEN - HJØLMABERGET (3h return)

This is a magnificent hike towards the popular Veigdalen valley. In Øvre Eidfjord you head for Hjølmø and follow this road (not suitable for vehicles longer than 6m) approx. 10 km through dramatic scenery, which make this drive an experience in itself. From the road you can see the waterfall Vedalsfossen on your right side. Park your car on the upper car park at Hjølmaberget (by the river Berdølo), and follow the marked footpath approx. 1h 30 min to Vivelid. You can return the same way to the car park, or you may continue from Vivelid via the waterfall Valurfossen, which drops 272 m down into the valley. This footpath is partly unmarked and it will take you a bit longer to finish your tour.

HJØLMABERGET - VIVELID - FLJODAL - SÅTEFJELL - HJØLMABERGET (4h roundtrip)

Follow the first part of the approx. 1h 30 min hike to Vivelid (look at the description of the trip Hjølmaberget - Vivelid - Hjølmaberget). From Vivelid continue 30 min, past the turning towards Hedlo. From here there is a steep walk up to the Skrubhamrane and across a temporary "summer" bridge over the creek. From here you continue past the turning towards Liseth and walk via the mountain Storåsåta (Såtefjell) where you can enjoy a fabulous view over surrounding mountains, fjords and glaciers. Walk down to the turning onto the footpath from Vivelid. Continue on that path and past another turning towards Liseth. There, you will walk further down through the wood back to the car park. This last part, from the turning to Hedlo to the car park, takes you approx. 2h.

COMBINED HIKE AND MINIBUS: DYRANUT - BJOREIDALEN - TRONDSBU - TINNHØLVEGEN - DYRANUT (3-4h roundtrip)

This is a great hike suitable for families in easy terrain. Especially for those who are interested in bird-watching, or fishing. When you walk through the bird reservation you must keep to the marked trails. It is prohibited to walk outside of the footpath. Bjoreio is well suited for angling with rod, but remember to buy a fishing licence, which allows you to fish! You park your car at the mountainlodge Dyranut, on the "roof of Norway"-the Hardangervidda. Follow a marked footpath down to the left end of the lake Vettle Skiftesjøen, then down into the valley Bjoreidalen to the bridge by Nybu, approx. 1h. From here you can follow the path called "Store Nordmannslepa" on the north side of the river Svinto up to the road and to the closed cabin Bjoreidalshytta, approx. 30 min. From here you can walk along the footpath and the gravel road Tinnhøvegen approx. 2h to the mountainlodge Trondbu Turisthytta which serves food. Check the opening hours. Take the minibus Viddabussen from Trondbu at Lake Tinnhølen back to Dyranut.

TINNHØLEN - STIGSTUV - BJOREIDALSHYTTA - TINNHØLEN (5-6h roundtrip)

This is a great hike in easy terrain. Drive with your own car on the gravel road Tinnhøvegen to the car park at Lake Tinnhølen or take the minibus Viddabussen. Follow the marked footpath to the mountainlodge Stigstuv approx. 30 min. Then follow the footpath further to the closed cabin Bjoreidalshytta approx. 2h 30 min and thereafter the footpath and gravel road Tinnhøvegen back to the mountainlodge Trondbu at Lake Tinnhølen approx. 2h. Both mountainlodges Trondbu Turisthytta and Stigstuv Turisthytta offer food. Check the opening hours. If this walk is too long, you can walk from Stigstuv back to the car park, and then you will get a three hours walk in total.

COMBINED BIKE RIDE AND HIKE: DYRANUT - TRONDSBU - STIGSTUV - TRONDSBU - DYRANUT (7-10h return)

This is a fabulous one-day hike, if you brought a bike. You park your car at the mountainlodge Dyranut on the "roof of Norway"-the Hardangervidda, ride your bike approx. 1 km on route 7, exit and take the gravel road Tinnhøvegen by Tråstølen. Ride your bike 11 km to the mountainlodge Trondbu by the lake Tinnhølen, and then 4-5 km to "Byen". From here you have to walk to the mountainlodge Stigstuv, approx. 1h. Both mountainlodges Trondbu Turisthytta and Stigstuv Turisthytta offer food. Check the opening hours. Go back the same way. Alternatively you can ride your bike from Tråstølen to the closed cabin Bjoreidalshytta approx. 5km, walk to Stigstuv (there and back approx. 2h 30 min each way), and then ride your bike back to Tråstølen.

HIKE TO SANDHAUG/BESSO WITH ANGLING IN NORMANNSLÅGEN (2-3 days)

Enjoy the Hardangervidda at its best! Drive the gravel road Tinnhøvegen and park your car at the car park by lake Tinnhølen or take the minibus Viddabussen. Walk on a marked trail from Tinnhølen to the mountainlodge Sandhaug approx. 4h, or to Besso approx. 5h 30 min. We recommend that you enjoy meals and stay overnight at the mountainlodge Sandhaug Turisthytte and spend a whole day angling in the lake Normannslågen. You can buy a fishing licence for the state-owned lands "Statsallmenningen" at the mountainlodge or at the tourist office. Return to the car park the same way.

COMBINED BOAT TRIP AND HIKE: HALNE - SLEIPA - HEINSETER (2h30 min one way + boat trip)

Take the boat "Halnekongen" from Halne to Sleipa (check the boat-schedules on www.halne.no). From the boat landing at Sleipa the footpath goes over Seltjørnnutan with a great view and down to the mountainlodge Heinseter Turisthytte, approx. 2h 30 min. At the mountainlodge Heinseter you can enjoy a nice meal, stay overnight and then return the same way the next day with the boat to Halne. Or you can continue the hike from Heinseter to the mountainlodge Rauhellern approx. 4h if you like. Another alternative is to hike to the mountainlodge Fagerheim Fjellstugu approx. 4 h, and from there you can take the bus back to the mountainlodge Halne Fjellstova, which also serves food.

HALNE - KRÆKKJA - FAGERHEIM (3h one way)

Park your car at Halne, follow a narrow pass and then the marked footpath from Stigstuv and Dyranut. Follow the footpath following the signs to Krækkja, past the turning towards Kjeldebu, and then on past the turning towards Finse. From here it is just a short walk to Krækkja. From Krækkja the walk continues approx. 1h 30 min to Fagerheim.

COMBINED BOAT TRIP AND HIKE: HALNE - SKAUPA - RAUHELLEREN (4h one way + boat trip)

Park your car at Halne Fjellstova. Take the boat "Halnekongen" from Halne to Skaupa (check the boat-schedules on www.halne.no). From Skaupa it is approx. 4h to the mountainlodge Rauhellern Turisthytte, in hilly terrain over Seltjørndalen and Skyttarbudalen, before crossing the path called "Store Nordmannslepa" just a little bit west of the Tormodsbrøt. Walk past the turning to Stigstuv and under the Rauhellernskorane (where there is a nice echo and the possibility of seeing rough-legged

buzzards). Here, there is a wide view towards the west over the lake Langesjøen with the mountain Hårteigen in the background. At the mountainlodge Rauhellern Turisthytte you can enjoy a nice meal and stay overnight before the return trip, or continue the next day.

COMBINED BOAT TRIP AND HIKE: HALNE - SKAUPA - RAUHELLEREN - STIGSTUV - HALNE (3 days roundtrip)

The first stage goes from Halne to Rauhellern, approx. 4h + boat trip (look at the hike description Halne - Skaupa - Rauhellern). The following day continue from Rauhellern to Stigstuv, approx. 4h. The last stage is from Stigstuv to Halne, approx. 4h. This is a nice family hike, where the stages are not too long. Enjoy this hike with pleasant meals and comfortable beds in the mountain lodges.

DYRANUT - KJELDEBU - LISETH (2 days, one way)

Park your car at Dyranut on the "roof of Norway"-the Hardangervidda. Follow the marked trail to the self-service cabin Kjeldebu, approx. 3h. The next day the hike continues to Liseth, approx. 6h. Perhaps you will be in time for dinner at the pension Liseth Pensjonat before you take the bus back to your car at Dyranut. If you were not in time for dinner at Liseth, you can enjoy a well-deserved dinner at the mountainlodge Dyranut.

KJELDEBU - FINSE (9h one way)

You can continue the trip from Kjeldebu (look at the trip description Dyranut - Kjeldebu - Liseth) to Finse on the eastside of the Hardangerjøkulen. This is a long and rather hard hike, and we recommend that you plan the hike well in advance. Read the trail description on www.ut.no and use proper maps. We recommend dinner and an overnight stay at the mountainlodge Finsehytta before you take the train from Finse to Haugastøl/Geilo and take the bus back to Liseth/Fossli.

LISETH/FOSSLI - REMBESDALSETER - FINSE (2 days, one way)

We recommend that you plan this hike well in advance. Read the trail description on www.ut.no and use proper maps. Park your car at Liseth or Fossli. The first day of the hike, which goes from Liseth/Fossli to Rembesdalseter, takes approx. 8h and is less exhausting than day 2, which requires good mountain skills. You will experience an impressive view over Simadal and the fjord. The self-service cabin Rembesdalseter was built in 1964 and is situated on ancient farmland by lake Rembesdalsvatnet. With the glacier Hardangerjøkulen right outside the living room window, this is a tempting hiking goal for many people, and especially those with an interest in glaciers. The terrain in the area is hard going, especially when it is wet because of areas with slippery rocks. Continue the trip the next day, from Rembesdalseter to Finse approx. 8h. Take care! Remember to follow the red T-signs. In the highest area it can be difficult to follow the trail because the landmarks may be covered with snow and the building of the temporary "summer" bridges can often be delayed because of the snow conditions. We recommend dinner and an overnight stay at the mountainlodge Finsehytta before you take the train from Finse to Haugastøl/Geilo and the bus back to Liseth/Fossli.

General information about trips on the Hardangervidda mountain plateau:

Train over the Hardangervidda Bergen-Voss-Finse-Geilo-Oslo.

Check the train schedules on www.nsb.no in advance.

Skysbuss line 991 Odda-Geilo-Odda crosses Hardangervidda throughout the summer. Check the bus schedules on www.skysbuss.no in advance.

Viddabussen is a mini-bus which drives Dyranut-Trondbu/Tinnhølen-Dyranut in the summer and connects with Skysbussline 991 Odda-Geilo-Odda (www.skysbuss.no). Ask for schedules for the Viddabussen at the tourist office.

The gravel road Tinnhøvegen is a public toll road. You leave route 7 approx. 1 km from Dyranut and pay the toll at exit Tråstølen. Then you can drive the 11 km long gravel road to Trondbu by the lake Tinnhølen (where there is a car park). The toll road is free for bikes.

