

Subject: FW: Hiking in Norway

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Hiking in Norway Summer 2009 | May 2009



Skåla 1848 m.a.s - What a view!

At 1848 meters above the fjord you will find yourself at the top of the mountain Skåla in Loen, Nordfjord. In 1891, the local people built a round tower with 22 bedplaces at the very top. Skåla is the highest mountain in Northern Europe, having a foot in the fjord so to speak. Walking, or even running, up Skåla is becoming increasingly popular, and we recommend spending the night in the tower. You will wake up to a view even the locals can't get enough of!

Or why not join us for the Adidas Skåla Uphill - North Europe's toughest mountain race? Taking place on the 15th of August, this race is an arrangement during Nordfjord Walking Festival between 8 - 16 August. Choose from competition classes with individual timekeeping or fun-run classes without timekeeping.

[Click for more info about Nordfjord](#)



Experience real mountain joy!

The Skeikampen mountain towers 1123 metres above sea level, and is located in Gausdal, only 38km from the city of Lillehammer. At the foot of the mountain you will find the popular family destination - Skeikampen. Located 800 meters above sea level, it is right on the timberline where the high mountain meets the forest.

Summer in the mountains is just fun. Skeikampen offers a weekly activity program suitable for all ages. Skeikampen also offers lots of bicycle tracks, hiking tracks, tennis courts, paragliding, swimming and fishing in crystal clear mountain lakes, and an 18-holes golf course.

Have a look at our homepage and start your vacation!

[Book here!](#)



Fjærland - in the World of Ice

Fjærland is truly worth a visit if the sight of a deep blue glacier hitting an emerald green fjord is on your list this summer. For a colorful and scenic climb, start in the idyllic village of Fjærland. Starting from sea level, you'll go up to an altitude of about 1000 m. to the cabin known as 'Flatebrehytta'. It is easy walking at the start, with an easy to follow track and a slightly more straineous climb at the end. The track runs along the Flatbre glacier - a branch of the Jostedalsbre glacier, and will reward you with the most breathtaking view at the top. Well worth the 4-5 hours walk getting there!

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Listen to the silence in the Norwegian Mountains!

Høvringen in Rondane National Park is one of Norway's most spectacular walking areas. An extensive network of marked paths lead you into the mighty

mountains, with excellent possibilities for day trips or longer walks. Hotels, cabins and mountain lodges welcome you to a bit of untouched nature, quietness and fresh air. Enjoy tasty meals after a long day of walking along with the special-made "Høvringen Wine" - a Chianti Classico from Italy. Why not book your vacation in Høvringen this summer?

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Active Holiday - fixed tours in 2009

'Norske Bygdeopplevelser' is an event supplier that specialises in bicycle trips, rambling tours and cross country skiing.

BIKING TRIPS for individual bikers

We offer fixed tours in the following areas:

Northern part of Norway: Lofoten and Island Jumping along the coast of Helgeland.

Fjord Norway: Bergen, Stavanger and Hardangerfjord.

In the mountains; Rallarroad, Valdres, Lillehammer / Gudbrandsdalen and Røros/Femunden.

TREKKING with luggage-transport.

For all the hiking enthusiasts out there who want to combine mountain walks with a certain level of luxury, we offer the best of hotels and mountain inns in the region. Choose from various day-trips including guide in the magnificent national parks of Rondane, Jotunheimen and Dovre, the Lofoten Islands, Aurlandsdalen and along the Fjords.

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Spa and hiking in Trysil's rural wilderness

Trysil is one of those places where you can either just admire the stunning countryside or go for endless hikes into deep forests and mountains. With plenty of trails to choose from, you can go for designated paths, find your own route or join a guided mountain trip. Whatever you choose to do, be sure to see either elk, deer, game bird or other wildlife along your path. Why not end the day with a bit of luxury? Our brand new five-star hotel, right beside the Trysilfjellet mountain, offers spa-facilities and water park - just what you need after a day of hiking.

Trysil is located only two hours away from Norway's main airport, Oslo Gardermoen, giving you easy access to all the trails we can offer.

[Click for more info](#)



Førde Folk Music Festival

Why not combine hiking in the fjord area with a music festival? The Førde Folk Music Festival invites you to a world of music and culture. A world in which music creates understanding that spans across borders and continents. Our aim is to produce the best possible meetings of artists and audience; in the concert hall, in the galleries, at the pub or in the streets, in the church, in the big sports hall or in a small barn at a local farm. The landscape of fjords and mountains, together with the intimacy of our small town, offer the perfect setting to present the best music and the finest artists in the world. Her Royal Majesty Queen Sonja of Norway will open the festival on the 2nd of July, and it will last until the 5th of July.

[For more information click here](#)



Finnskogen Tourist & Wilderness Center

Experience the hiking routes through the deep forrests of south-eastern Norway with a rich wild-life, only 150 km north of Oslo/ 110 km from Oslo Aiport,

offering chalets, maps, information and good dining as well as pick-up on the hiking path.

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Hiking in Sunnfjord

A hike on the 20 km long Fossestien (The Waterfall-path) is one of 15 hikes described in the brochure that you may download here. This path follows the water-course Gaula, close to the river and the waterfalls. In a few years the road across the Gaularfjell will be one of Norways National Tourist roads.

Download our hiking brochure for inspirational tours!

[Click here to download brochure](#)

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