



# AURLANDSDALEN

## Three-day walking tour through Aurlandsdalen

Each section is also suitable as a single day tour.



### 1. Finse – Geiterygghytta, 5 hours – From July

Cross the railway at the station, continue along the western side of Jomfrunet and over the Finseåni river bridge. A short detour to St. Paul (named by Lord Garvagh) is a must. Spectacular views over Gausta, Hårdangerjøkulen and parts of Jotunheimen. The route continues towards Bakkahellaren. On the way you pass an old animal hunting pit. Continue along the south bank of the river to Geiterygghytta – Mountain lodge.



### 2. Geiterygghytta – Stemmerdalen – (Steinbergdalen) 3 hours

Follow the path up from the construction road north of the lodge and ascend the west side of Sundhellerskarvet. Here the path forks off to Kongshelleren and Lungsdalen. The path to Steinbergdalshytta continues northwards and cross Rausdalen. Another climb west of Bolhovd to Breibakka. Magnificent view over Stemmerdalen. The path descends diagonally along the mountainside to Steinbergdalshytta – Mountain lodge. Steinbergdalen Tourist cabin is closed. It is possible to take the local bus to Østerbø if you want to end the trip here. See [www.ruteinfo.net](http://www.ruteinfo.net)



### 3. Stemmerdalen (Steinbergdalen) – Østerbø, 4 hours

Rejoin the path up the slope north of the lodge and continue the ascent. Fine view over Stemmerdalen. The path joins an old route by Grøna dam. Continue over the Grøna river bridge, up past Grønestølen and down to Østerbø Fjellstove and Østerbø Turisthytte – Mountain lodges.



### 4. Østerbø – Vassbygdi, 6 Hours – From end of May

This section of the valley is famous. Past the old cemetery and over the Langedøla bridge; continue past Viki to the once notorious Nesbøgalden (this was a system of ramshackle vertical and horizontal ladders fastened to cracks in the rock). Now a wide pathway has been blasted into the cliff face along the Nesbø-vatnet. The path continues past picturesque Nesbø to a fork at Tirtesva. The original route is now restored, and it provides much better views than the path along the river. Handrails and steps assist the steep descent from Bjønnstigvarden. The walk continues past Svartatjødn. We recommend a visit to the «Vetlahelvete» cave to the west of the path. Descend once again to the river, and walk to the bridge over the Veiverdalselvi river. Ascend to Sinjarheim farm. On the way, you pass the tiny Almen farm situated beneath a towering rock overhang. Continue along the river to Belle in Vassbygdi. Road/ bus connection to Aurland/Flåm/Bergen and eastwards via Østerbø to Steinbergdalen (Stemmerdalen), Geiteryggen.

## Information

For more information about accommodation, timetables and activities in the area:

### Flåm Turistinformasjon

Tel: +47 95 43 04 14  
info@sognefjord.no • [www.sognefjord.no](http://www.sognefjord.no)

## Accommodation in Aurlandsdalen

Østerbø Fjellstove Tel: +47 57 63 11 77  
post@aurlandsdalen.com • [www.aurlandsdalen.com](http://www.aurlandsdalen.com)

Østerbø Turisthytte Tel: +47 57 63 11 41  
ingeos@online.no • [www.osterbo-turisthytte.no](http://www.osterbo-turisthytte.no)

Both cabins are private, but they give discount to DNT members.

[www.aurlandsdalen.no](http://www.aurlandsdalen.no)

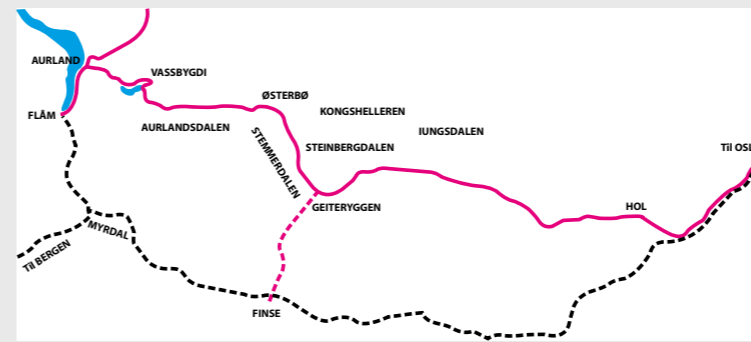
Aurlandsdalen – Animal life • Flora • Mountain hiking • Fishing

## Transport

The Mountain Lodges is situated at FV 50 – Hol – Aurland.  
Bus Flåm – Aurland – Hallingdal in Summer Season.

[www.ruteinfo.net](http://www.ruteinfo.net)

Map for Aurlandsdalen for sale at the tourist information and Mountain Lodges.



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[www.sognefjord.no](http://www.sognefjord.no)

## The Aurland Valley (Aurlandsdalen) – Animal Life • Flora • Mountain hiking • Fishing

The famed and fabled Aurlandsdalen Valley, stretches from Vassbygdi (50 m.a.s.l.) and takes a southwesterly course to Geiteryggen (1218 m.a.s.l.) and the watershed of Hallingdal Valley. This uniquely beautiful and wild valley with its high mountains has been valuable land since time immemorial. As late as 1850 there were 10 farms and crofts in the Aurlandsdalen Valley – Almen, Sinjarheim, Teigen, Berekvam, Skorsgarden, Nesbø, Vikaneset, Aurviki and two farms in Aurdalen (Østerbø). The latter farm lies higher (820 m.a.s.l.) and further into the valley. All the farms are deserted today. The Aurland Valley and its tributary valleys contain the best grazing areas of Vestlandet, Western Norway. In the high mountains around the valley, there is valuable hunting terrain for wild reindeer and there is trout fishing in the watercourses.

The road through the Aurlandsdalen Valley from Hol to Aurland is one of the old thoroughfares from Eastern Norway, Austlandet, and Vestlandet. Nature lovers of all kinds have depicted this road and valley down through the ages. The first known representations were the drawings and paintings of the artist Johannes Flintoe which he completed after a journey through the valley in 1819. One can read depictions in old magazines and book about friendliness and wildness in nature and landscape, about people and cattle, magic and superstition, killers and outlaws, English lords hunting reindeer, the flora and fauna, extremely arduous funeral processions, tragic events and humorous stories too.

If you start a hike through the Aurlandsdalen Valley from Geiteryggen, it takes about three hours to the Stemmerdalen Valley. Throughout the hike, you have a view of high mountain peaks, snow glaciers, sparkling mountain lakes and rivers down in the valley floors. In the Stemmerdalen Valley, you will find Steinbergdalen Trekking Cabin, opened by the Norwegian Trekking Association in 1895, which is now closed. Stemmerdalen was throughout the ages the domain of cattle drovers and their summer dwellings. On both side of the valley, there are large fells with grazing areas. Stemmerdalen was common land where everybody could let their cattle graze.

There are still several stone huts or wooden cabins where the drovers stayed in the summer months. At Stemmerdalen (Steinbergdalen) there is a bus stop where you can get the bus to Østerbø. The next stage on the return trip to the Aurlandsdalen Valley is a 4-hour hike from Stemmerdalen to Østerbø. On this trip you will enjoy the best view over the mountains and fells. Signs along the road as well as the explanations in this brochure

will provide you with information about particularly beautiful viewing points, about abandoned mountain pasture cabins and the names of rivers and lakes. The view towards Aurdalen from Grønnestølskleivi is well worth a mention. Østerbø is the area around Aurdalsvatnet. There were two farms there, and the last was abandoned as late as 1907. Visitors to the area should see the little graveyard. The fact that the mountain people had to have their own graveyard bears witness to the long and difficult way home to the village and the church. Østerbø is a beautiful pearl of nature. On the flat, green-clad embankments around Aurdalsvatnet Lake, you will find trekking cabins built on the sites of the old farms.

The last stage of the hike stretches from Østerbø to Vassbygdi. It is considered to be a day's hike of 6-7 hours. Here you will find an Aurlandsdalen Valley untouched by power project developments or other modern interventions in nature and landscapes. The path takes you past canyons and gorges, down steep slopes, surrounded by high and ragged mountain formations and it is an unforgettable experience for walkers. One should stop at the sites of the old farms of Nesbø, Sinjarheim and Almen. Many of the old houses are still there and pay witness to times past. There are many sayings and stories connected to the more unusual names of places one meets on the road. Worth mentioning is the strange rock cauldron with a tarn, named Vetlahelvete – little hell. Right beside it stood what used to be Libbjørki, a tree where they hung up bodies at night to prevent animals from taking them, on the road back to the graveyard in Aurland. When we see a living room in Almen placed under a huge stone to stay safe from rock slides, one can imagine all the difficulties people endured.

### Animal life (fauna)

Wild reindeer dominate animal life in the high mountains around Aurland. Deer are found below in the forest-clad hillsides. Other wild animals are wolverine, fox, pine marten, cairn cat, mink and otter. The golden eagle is among the numerous bird types that nest in the Aurlandsdalen Valley and is not an unusual sight circling high above the valley and mountains.

### Plant life (flora)

Thanks to the major variation in the landscape, the geological structure and the climate, plant life in the Aurlandsdalen Valley is rich and varied. Flower-lovers can enjoy many colourful blooms and botanists can revel in more rare plants. Early in spring the purple saxifrage raudsilda (saxifraga oppositifolia) blooms and later the splendid mountain lily (saxifraga cotedon) can be found in large amounts. Indeed, in certain years whole mountainsides can be

covered in these beautiful flowers. One of the rarer plants is angelica (angelica archangelica) and wild rhubarb (rheum undulata).

### Walking trips

The accommodation in the Aurlandsdalen Valley is a good starting point for shorter or longer walking trips in the mountains. The map in this brochure can be used for shorter trips. If you want to go further into the mountains, a map with a larger scale is necessary. Walking trips may also be combined with bus trips up or down into the valley.

### Fishing

Leisure fishermen that visit the Aurlandsdalen Valley will find many good places for trout fishing both in lakes and rivers. Both places of accommodation at Østerbø sell fishing permits that entitle you to fish both in the main river and in the many fishing lakes in the mountains.



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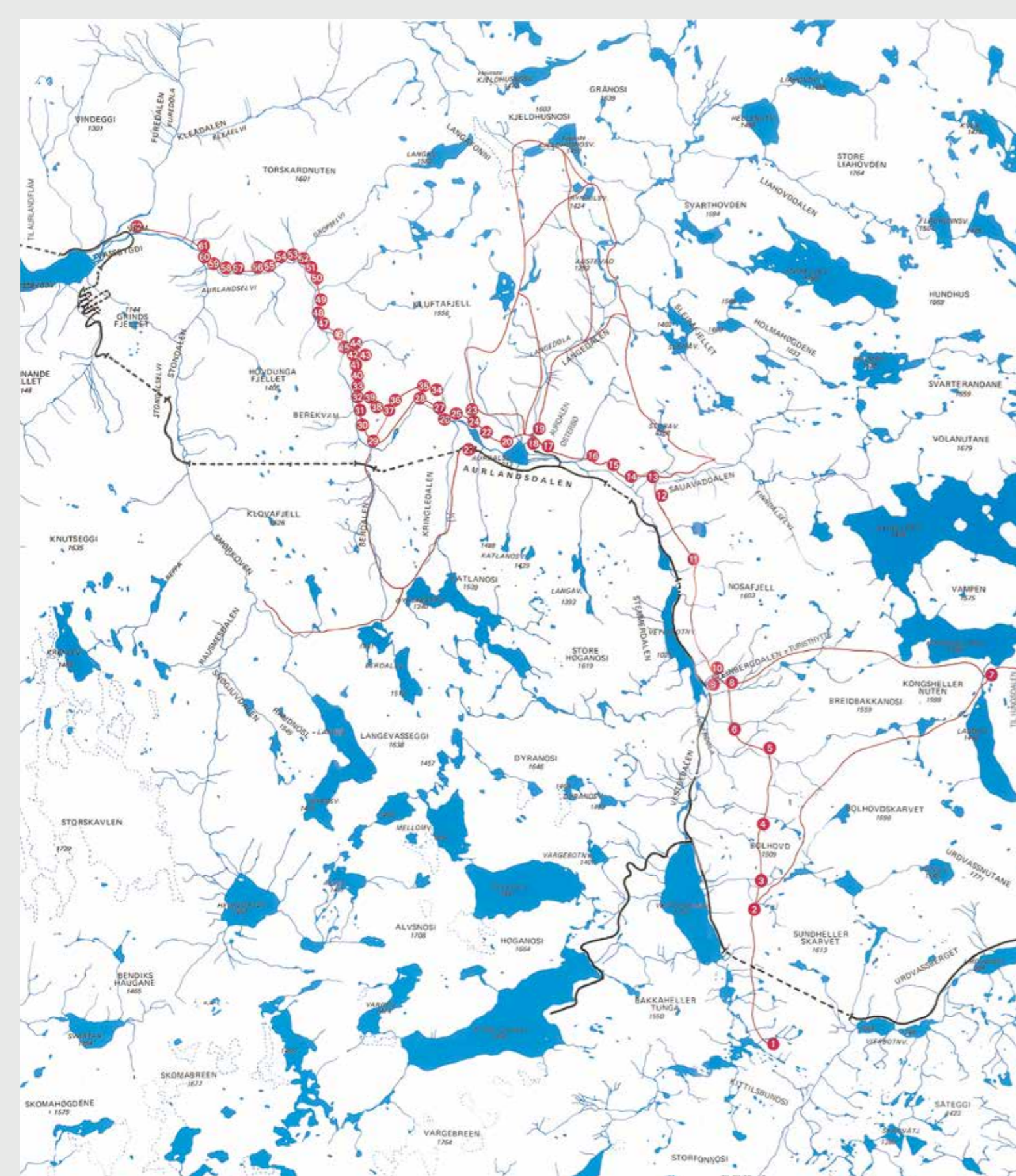
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## Legend

1. Geiteryggen Turisthytte (mountain Chalet). Cairned paths to Aurlandsdalen, Finse Raggsteindalen and Lungsdalen via Kongshelleren
2. Vasshedlerbrotet. High area on your road to Aurlandsdalen. A crossroads and path via Bolhovdtoppen to Kongshellerhytta.
3. Rosdølao – river.
4. The mountain peak Bolhovd (1508 meters a.s.l.) with Bolhovdskaret in the background.
5. Breibakkao – river.
6. Driftaskard – view towards Stemmerdalen.
7. Kongshelleren –DNT- self-service hut, which opened in 1981.
8. Kleivadn – view over Stemmerdalen, on the road to Kongshelleren.
9. Stemmerdalen – cattle camp.
10. Steinbergdalen Turisthytte. Closed
11. Skoradn – view towards the lake Øyestølsvatnet and Øyestølen.
12. Nosi – old summer farm.
13. Grønno – river.
14. Grønnestølen – Uninhabited summer farm.
15. Grønnestølskleivi – view towards Aurlandsdalen.
16. Liaskori – view towards Aurlandsdalen. The uninhabited Li summer farm below.
17. Østerbø – by the local called Aurdalen, with several uninhabited farms. Today Østerbø Turisthytte and Østerbø Fjellstove.
18. The churchyard at Østerbø.
19. Langedølao – the river through Langedalen.
20. Viki – old farm called Aurviki with cotter's farm Vikaneset.
21. Cairned route via Kringledalen to Stondalen.
22. Nesbøgalden – step cliffs surmounted by ladders of wood and wire, erected in the late 19th century. The part was blasted out in 1936.
23. Gravadalen – cattle track used before Nesbøgalden was made.
24. Nesbø – uninhabited farm.
25. Tirtesva – crossroads. Two roads lead from here to Bjønnstigsletti no. 33. The old road went through Nesbøteigane, via Holmen summer farm, down Bjønnstigen to Bjønnstigsletti. The road along the river to Heimrebø (29) was made in 1952 to lighten the pack transport.
26. Buflåten – where people used to wade across in the autumn.
27. Grimevodlen – with Dalarteigsgroi.
28. Søndreli – pasture for cattle from Holmen summer farm.
29. Heimrebø – old farm, used as resting place for cattle. Sheltered area with good pasture.
30. Skogaskori
31. Berekvamsbrui – Bridge across the river to the uninhabited Berekvam farm, and further on to «Vestfjelli» past the summer farm Berdalen. The cattle drovers from Stemmerdalen used this road.
32. Berekvamsbrennevinet – a spring that maintains a constant temperature of +2°C (4,2°) throughout the year. The local's call such springs Tivesje.
33. Bjønnstigsletti – the touring path along the watercourse and the path via the summer farm Holmen – Bjønnstigen meet here.
34. From Tirtesva via Holmen – Bjønnstigen to 33.
35. Skrubbadn.
36. Dalasteigen – a dollar was paid for haymaking this strip of field.
37. The Holmen summer farm, belonging to the Winjum farm in Aurland.
38. The viewpoint above Bjønnstigvarden. Today as earlier a piece of wood is placed here so people can carve their name in it. To read these names has been of great interest for later mountain hikers.
39. Bjønnstigvarden – the artist Johannes Flintoe made this cairn famous when he was on journey through Aurlandsdalen in the year 1819 painted the «view from Bjønnstigvarden». This painting you will find in The National Gallery in Oslo.
40. Bjønnstigen – the steep descent from Bjønnstigvarden, down Bjønnstigbakken to Bjønnstigsletti.
41. Grunnlaushedleren – earlier you could find «the corps birch» just beside this peculiar table rock.
42. Vetlahelvete – pothole.
43. Eugendhedleren – an old story tells that in autumn nights, heavy with rain, you could meet a man here carrying his head under his arm.
44. Søvatvatnet – a spring that maintains a constant temperature of +2°C (4,2°F) throughout the year (Tivesje).
45. Crossroad in the Skori summer farm. The old road went via the Skori summer farm.
46. Skorsgarden with bakkagro. Here you can find sites of old houses.
47. Storemuren – this wall, together with the blasting of the mountain above, made a new road along the river.
48. Crossroad to Bridebrui – the crossroad to Bridebrui leads to the uninhabited farm Teigen. The house at Teigen is still there. This road is a cairned route via the summer farms Frivolden and Hovdungo to Stondalen.
49. Svinasletti – resting place. Tivesje, temperature +2°C (4,2°F).
50. Crossroad to the summer farm Skori. Just below you cross the river Veiverdalselvi.
51. Sinjarheim – a farm that was settled until 1922 and now restored.
52. Sinjarheimsgaldane – road along the mountain made in 1863
53. Grovselvi – the river has got his name from some bogs in the mountain called Grov.
54. Alma-uradn with Kaldaholet. A mountain cave maintaining refrigerator temperature throughout the year. Just below you will cross Kraokegroi, running from Kraokegjelet.
55. Almen with its houses – an uninhabited farm
56. Almamulen – a big bend in the river.
57. Kjerring-Urdi – a legend tells that one of the farmers at Almen got rid of one of his wives in this scree. Flathedlao.
58. Konnschedleren – peculiar table rock. Sometimes used for storing corn.
59. Raudskredao – throughout the past there has been several rockslides here.
60. Vetlehagen – the two rivers Aurlandselvi and Stondalselvi meets here.
61. Kalvasvelgurdi – enormous amount of rocks from the rockslide in 1905.
62. Vassbyggi.



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