







25 great hikes

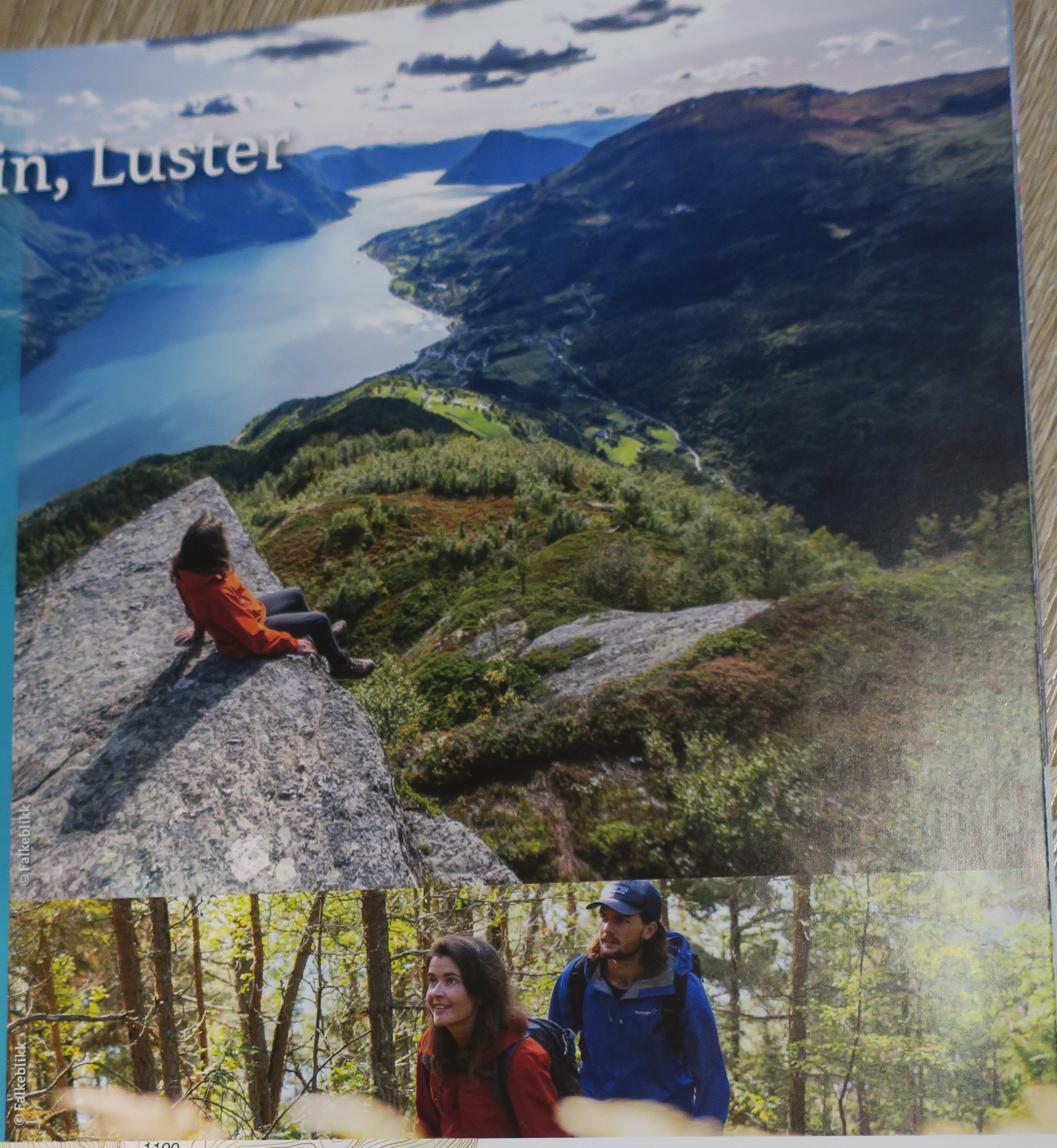
in the Sognefjord area

I am

SOGNEFJORD



Børestein, Luster



© Falkeblikk

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ut.no
sognefjord.no

To the starting point:
Follow Road 55 Lustravegen to Luster and park at Luster Care Cente

Transportation:
entur.no

Accommodation:



Starting point:
Carpark at Luster Care Center on both sides of the river

Getting there:
Road 55
Lustravegen to Luster

Total walking time: 4 hrs turn/return
Km: 4,2 km one way
Ascent: 0 – 1077 masl
Season: May – October

Trip from Luster center and up to Børestein. One of the most beautiful viewpoints over the Lustrafjord and the village of Luster.

The trip goes via the old road up to the mountain farm Berge and continues on a path up to almost 1000 masl. Demanding trip, with a continuous uphill all the way. It is a bit windy on the top, so children should be supervised. There may be snow left on the east-facing slopes until the end of June. Normal walking time is approx. 4h turn/return.

Molden, Luster


© Vegard Aasen

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sognefjord.no

To the starting point:
Road 55 towards Gaupne
and turn off to Mollandsmarki

Parking:
Krossen car park at
starting point

Accommodation:


© Vegard Aasen



Starting point:
Mollandsmarki
(Krossen car park)

Walking time: 2 hrs (going up)
Km: 8 (total)
Ascent: 500–1116m
Season: May–October (depending on snow conditions)
Map: Sogndal–Leikanger

Molden is often called the finest viewpoint in all of Luster. You start from Mollandsmarki, Krossen Car Park. You turn off to the left just past the cattle grid and follow the forest track for about 300m. Then you head to the 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.

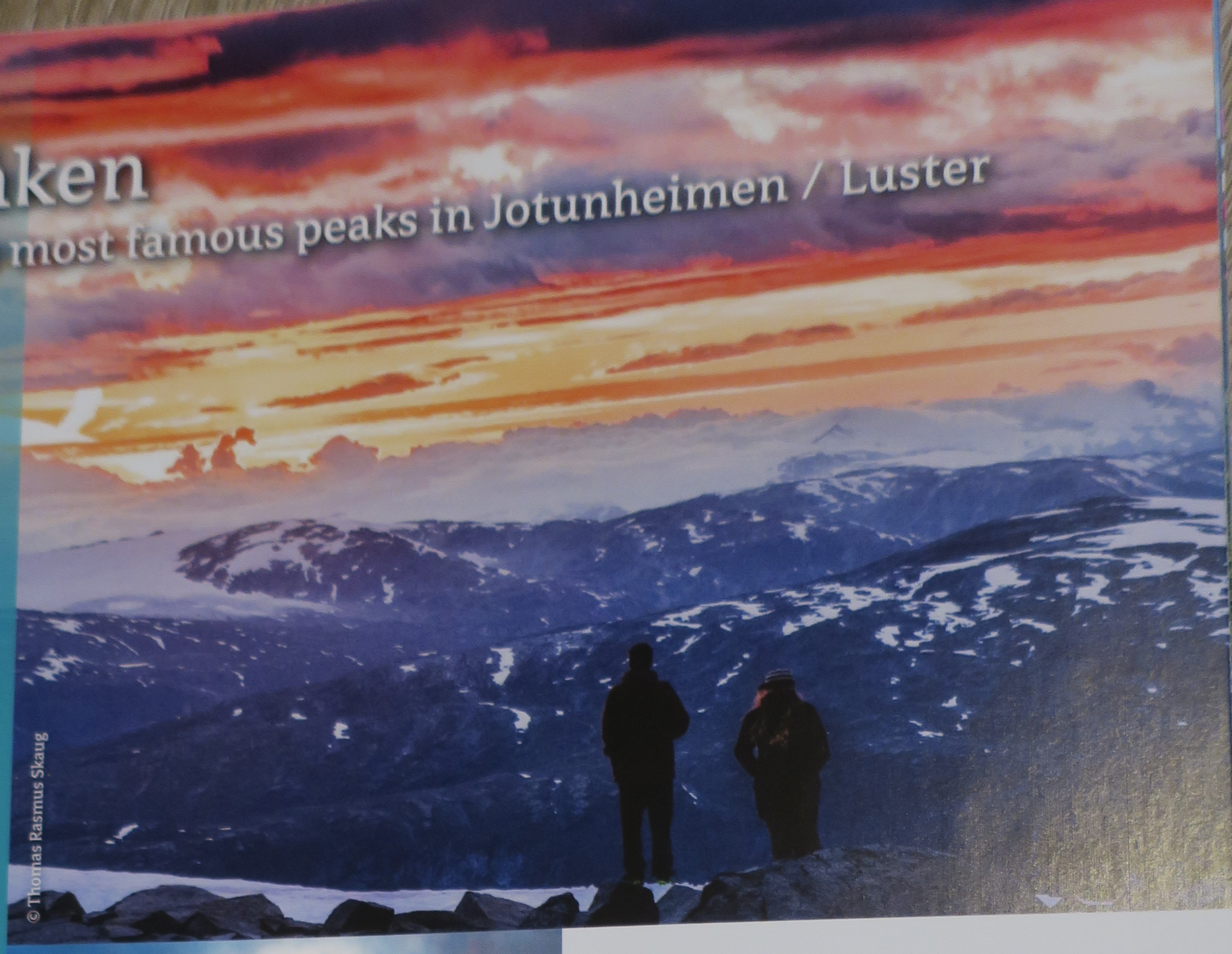
The path now turns ninety degrees and winds its way past steep crags. The ground then levels out and the path all the way up to Molden is reasonably good.

From beginning to end there are several spots that have been improved with sherpa stairs.

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

Fannaråken

one of the most famous peaks in Jotunheimen / Luster


© Thomas Rasmus Skaug


© Thomas Rasmus Skaug

skjolden.com
ut.no
sognefjord.no

To the starting point:
Follow Road 55 direction Lom, park at Turtagrø Hotel

Accommodation:

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

Walking time:
3-4 hrs going up
(2,5 hrs 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 Keiserpasset – 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.

Hiking in Sognefjord

– Norway's most beautiful hiking areas



© Håvard Nesbø

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

The mountainous areas surrounding the innermost half of the Sognefjord are revered as some of Norway's most popular walking and hiking locales. Jotunheimen National Park, with its towering peaks and glacier-carved landscapes, invites hikers to explore its pristine beauty. Meanwhile, Jostedalsbreen National Park boasts the largest glacier in mainland Europe, offering a unique and challenging backdrop for the intrepid explorer. Breheimen and the Aurlandsdalen, Utladalen valleys provide diverse terrain, ensuring that hikers of all levels can find a trail that suits their preferences.

Topograhic 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 in shops in the fjord villages.

Level of difficulty:
The trips vary in length and level of difficulty. From the simple, which children can 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.

Stay safe in the mountains:
Things you should know before you go hiking. The weather can change quickly in the Norwegian mountains.

The mountain safety code:

1. Plan your trip and inform others about the route you have selected
2. Adapt your planned route according to your abilities and the conditions
3. Check the weather forecast at Yr.no and avalanche warnings at Varsom.no
4. Be prepared for bad weather and frost, even on short trips
5. Bring the necessary equipment, so you can assist yourself and others
6. Choose safe routes. Recognise avalanche terrain and unsafe ice
7. Use a map and a compass. Always know where you are
8. Don't be ashamed to stop and go back
9. Conserve your energy and seek shelter if necessary

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

Accommodation:

Hiking Sognefjord:

Level of difficulty

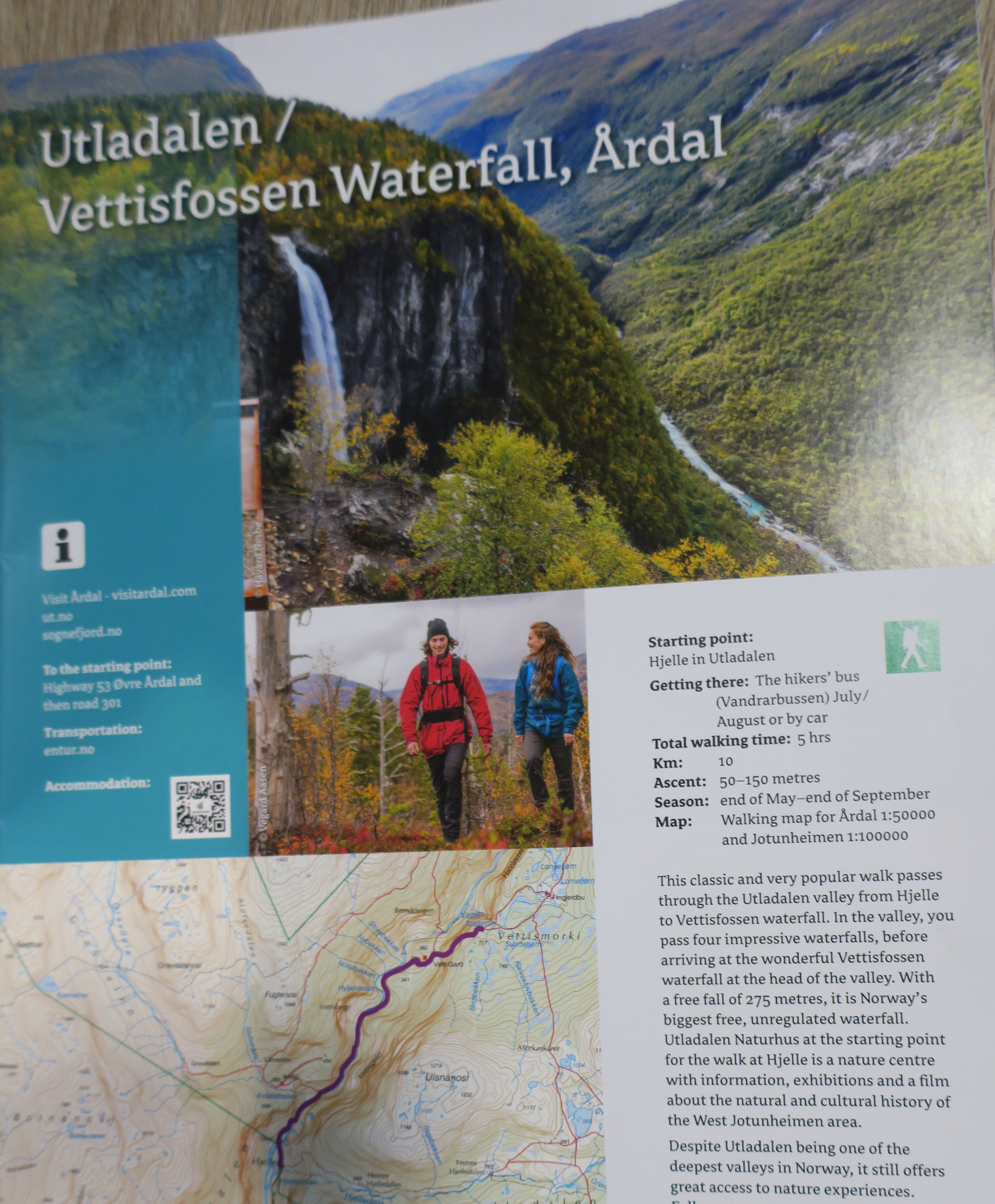
Green = easy
No previous experience required. Can be done by anyone. Mainly short hikes. No steep or difficult parts. Asphalt, gravel and good footpaths.

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

Red = challenging
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 = expert
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 / Vettisfossen Waterfall, Årdal



© Håvard Nesbø

Visit Årdal - visitardal.com
ut.no
sognefjord.no

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

Transportation:
entur.no

Accommodation:

© Vegard Aasen

Starting point:
Hjelle in Utladalen

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

Total walking time: 5 hrs

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.

Bøttejuv, Årdal

Visit Årdal - visitardal.com
ut.no
sognefjord.no

To the starting point: Drive to Seimsdalen in Årdalstangen

Transportation:
entur.no

Accommodation:





Starting point:
Seimsdalen

Getting there: Drive from Årdalstangen to Seimsdalen where the road changes from asphalt to gravel road and park at Strupesvingen

Total walking time: 4 hrs
Km: 7,2 km
Ascent: 600-1322 masl
Season: June - September
Map: Walking map for Årdal 1:50000 and Jotunheimen 1:100 000

Drive from Årdalstangen up Seimsdalen to Strupesvingen. A good path starts here in hilly terrain to the Bøttejuv sign. Keep right towards Bøttejuv. The path up to mountain farm Skår takes you through forest terrain up the mountainside. The path flattens out above Skår, and you follow the path towards Bøttejuv. From Bøttejuv you get a fantastic view over Øvre Årdal and Årdalsvatnet, and inwards towards the high peaks of Hurrungane in Jotunheimen.

Årdal
– the thousand metre viewpoint



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sognefjord.no

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

Transportation:
entur.no

Accommodation:



© 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 hrs
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).



Nigardsbreen Glacier Viewpoint

jostedal.com
ut.no
sognefjord.no

Breheimsenteret Jostedal
Book a guided hike to the viewpoint at the Breheimsenteret or scan QR code and book ticket. If you want a guided hike on the glacier, scan QR code and book ticket.

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

Transportation: The Glacier bus goes every day during summer from Sogndal.
Bus: entur.no

Accommodation:







Starting point:
Nigardsbreen Car Park

Season: May–September
Duration: 3 hrs
Map: Jostedalen

Nigardsbreen Glacier is the most easily accessible glacier arm in the Jostedalsbreen National Park. A hike to the Nigardsbreen Glacier Viewpoint can be done on your own or you can join in on a guided trip to the viewpoint. On a guided tour done by the Breheimsenteret you can learn more about the Nigardsbreen Glacier and how it has impacted the landscape and the people and ecosystems there.

From the Nigardsbreen car park you will take the local boat for a round trip on the green glacial lake. The boat ticket is included in the guided hike. Then you will proceed to the recently ice-free landscape in front of the glacier. Estimated time from the boat to the viewpoint is 45-60 minutes. The path crosses rocks, rivers and brookes, but offers good steps and bridges.

Mørkridsdalen/Bølifossen, Luster


© Håvard Nesbø

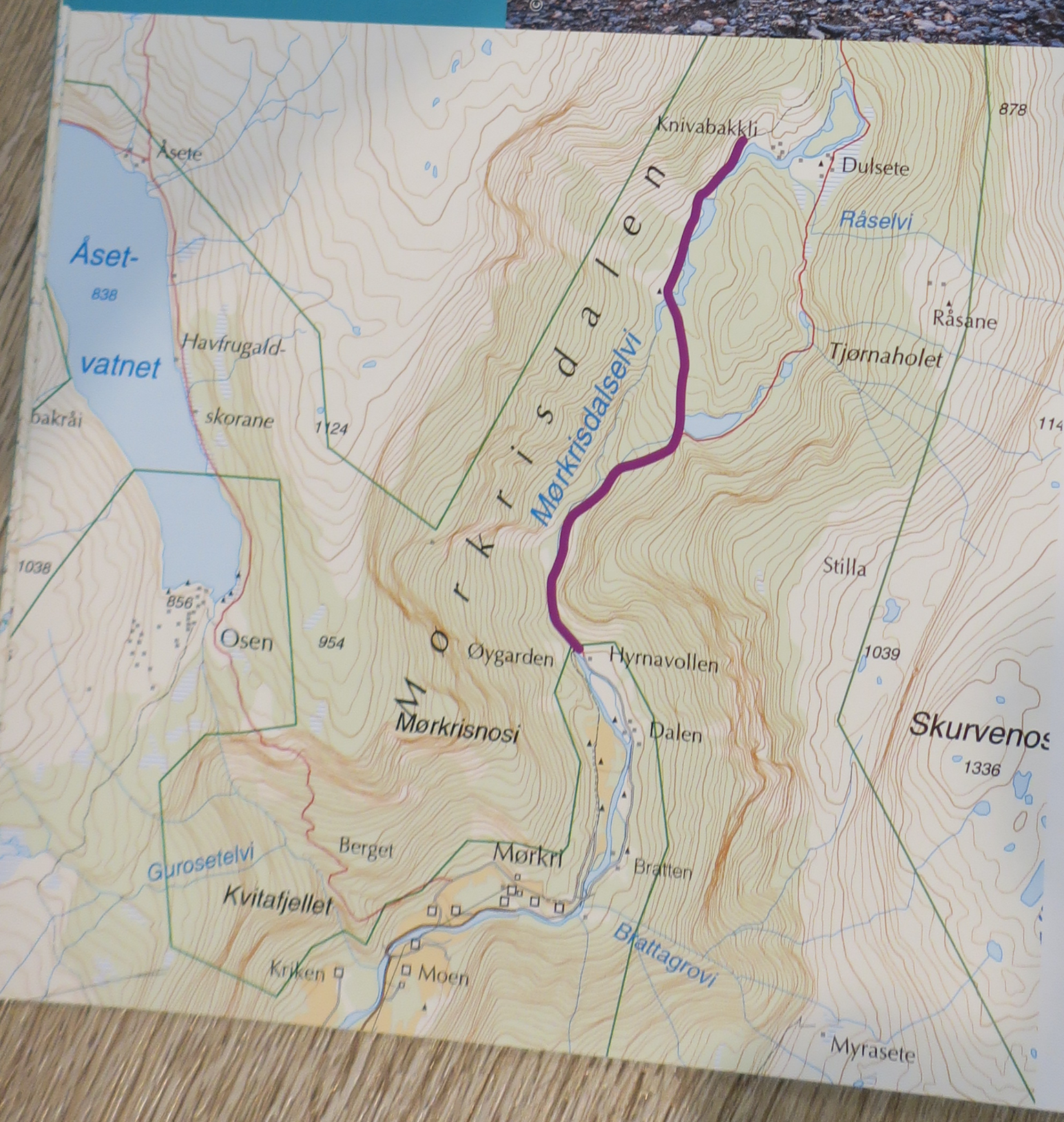
skjolden.com
ut.no
sognefjord.no

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

Parking:
At starting point

Accommodation:


© Morten Wanvik



Starting point:
Hyrnavollen, Mørkridsdalen

Walking time: 5 hrs
Km: 7 km (10 km)
Ascent: 100–500 m (900 m)
Season: May–October
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 tour with the richest flora in Norway. Drive FV55 to Skjolden and then FV333 toward Mørkrid. Park at Hyrnavollen, 5 km from Skjolden.

The path follows the river up to the remarkable Storatjørni. Keep to the left at the first lake. Follow the path to the left over rough terrain with stones before you reach the top of the hill and descend again towards the mighty Mørkridselven river.

Follow the path along the river until you meet a small bridge. When you get to the bridge, you will see Bølifossen waterfall. You can choose whether you want to continue past the waterfall on the left, and up to Knivabakkli farm. At Knivabakkli you can see over to Dulsete, but there is no bridge here. Then you must go to Dalen to cross the river and go back down to via Dulsete.

Aurlandsdalen Valley

Østerbø – Vassbygdi

aurlandsdalen.com
ut.no
sognefjord.no
Aurlandsdalen Turisthytte:
dnt.no

To the starting point:
Follow road 50 from Aurland to Østerbø

Parking: Østerbø Fjellstove

Transportation:
Daily departures during summer/autumn.
Book ticket at norwaysbest.com or aurlandsdalen.com

Local bus timetables
at entur.no

Accommodation:



© Sverre Hjørnevik Fjord Norge AS



© Sverre Hjørnevik Fjord Norge AS

Starting point:
Østerbø Fjellstove

Total walking time: 6–8 hrs
Km: 19 km
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.

Prest/Høgåsen, Aurland



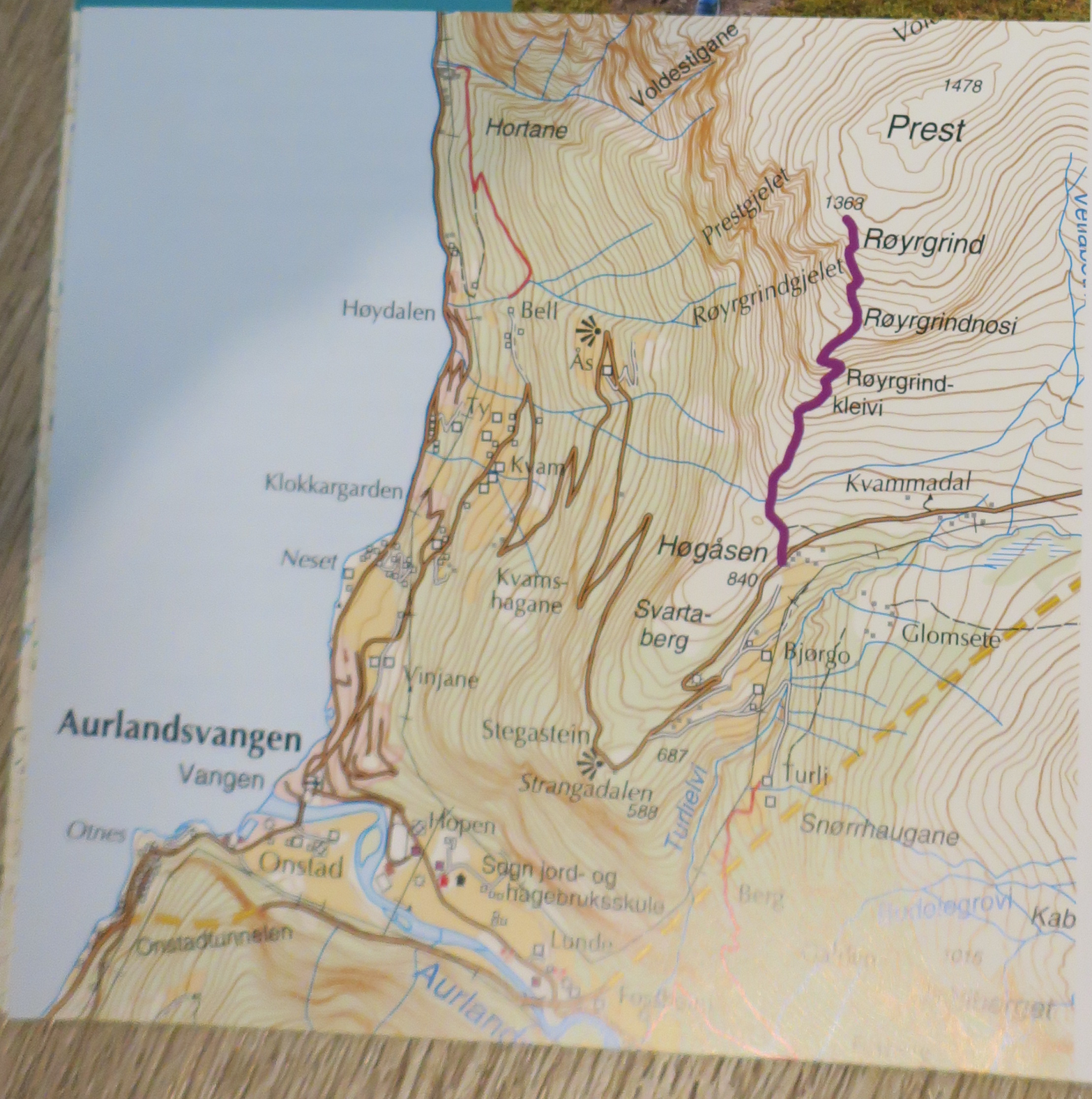


ut.no
sognefjord.no

To the starting point:
Drive from Aurland and drive past Stegastein Viewpoint

Parking:
Car park above Stegastein Viewpoint

Accommodation:



Starting point:
Car park above Stegastein Viewpoint

Total walking time: 3 hrs
Km: 5 km total
Ascent: 840–1363 masl
Season: May – October (depending on snow conditions)

It's not a very long hike, but parts of the path are steep and there are sheer drops off the sides at times. To get to the starting point, you drive past the Stegastein viewing platform above Aurland. There's a car park just after the Bjørgo farm.

There's a good, marked path all the way. The first part, towards Hovden, is gentle but gets steeper further up. If you want a shorter hike, you can go left and stop at Høgåsen. Follow the path to the right towards Prest. There's a sheer drop at Røyrgrindgjelet, where the path runs steeply down towards the farms below Prest.

The best views across the fjord landscape, Aurland and Flåm are from the beacon at 1,363 metres above sea level. The actual peak itself is just over 100 metres further up – in altitude, that is. If a longer trip is more your thing, you can carry on to Blåskavlen (1,809 metres above sea level), which is the highest peak in the municipality of Aurland.

Kongevegen, The King's Road



© Statens Vegvesen

visitkongevegen.com
sognefjord.no
ut.no

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
entur.no

Accommodation:



© Statens Vegvesen

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.

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

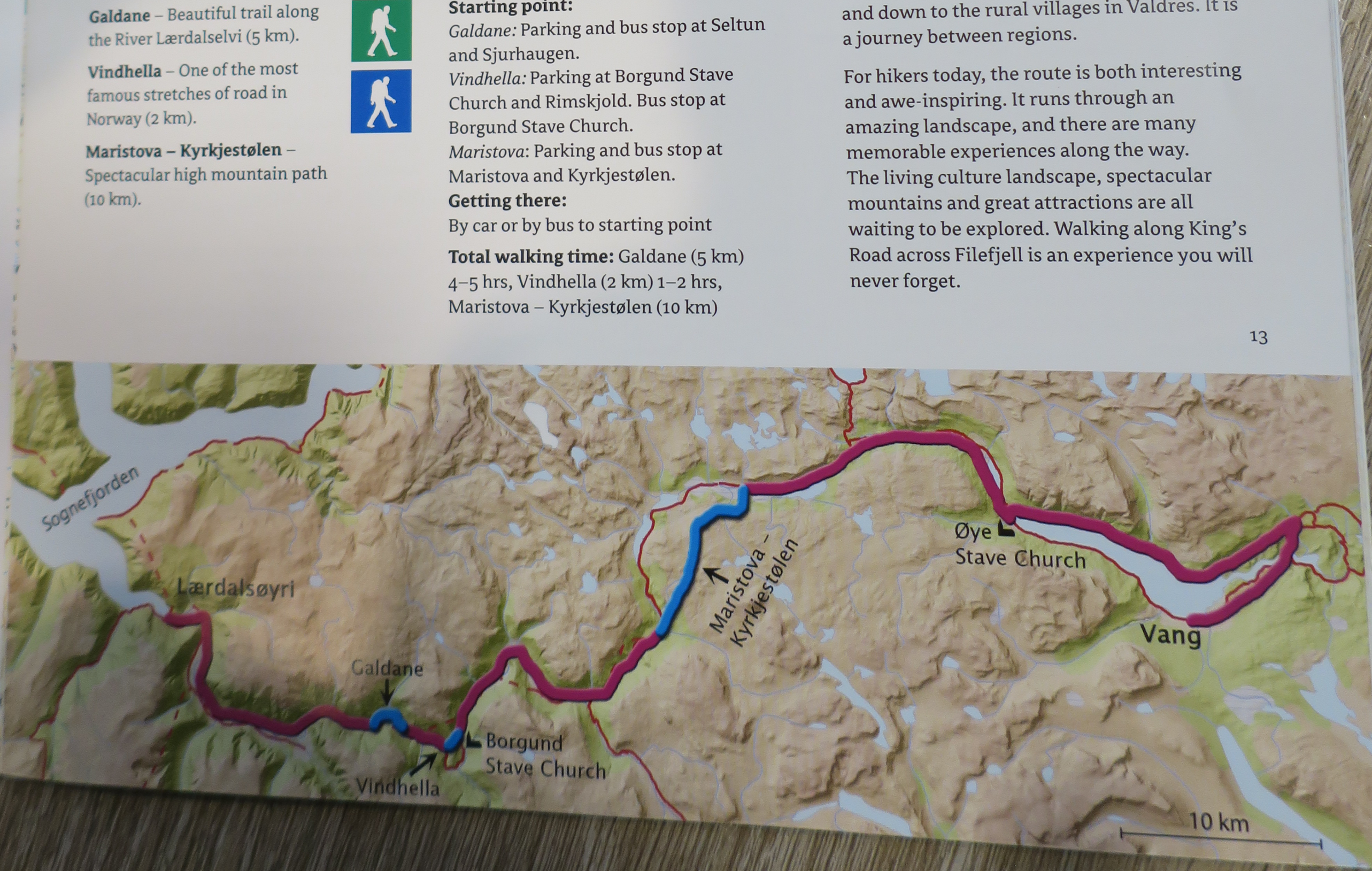
Vindhella – One of the most famous stretches of road in Norway (2 km).

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 hrs, Vindhella (2 km) 1–2 hrs, Maristova – Kyrkjestølen (10 km)



Torsteinen, Lærdal

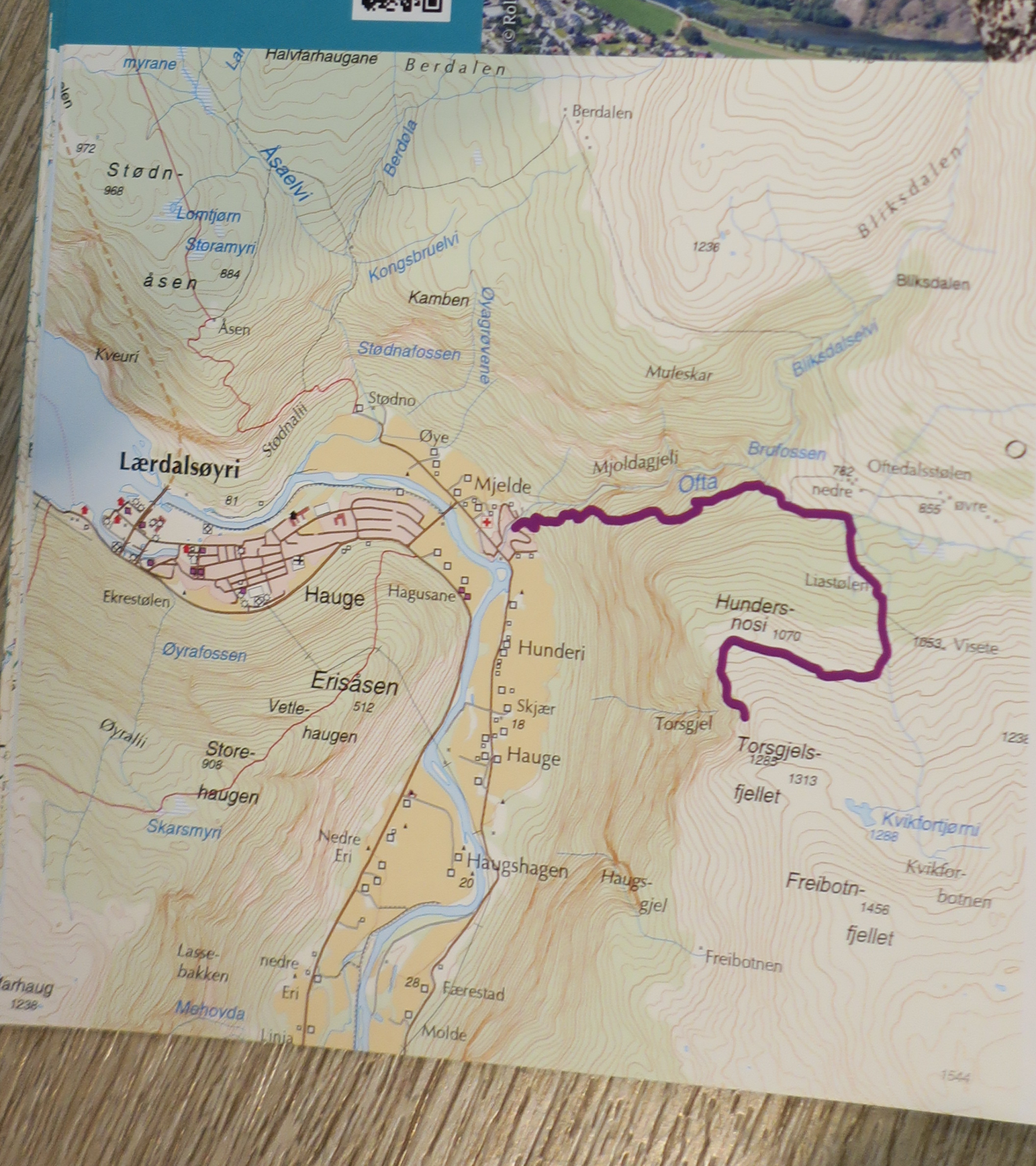
ut.no
sognefjord.no

To the starting point:
Drive Road 5 from Lærdal to Lærdal Hospital

Parking:
At Ofta, close to Lærdal Hospital

Accommodation:





Starting point:
Ofta, Lærdal Hospital

Total walking time: 5 hrs
Km: 6,2 km
Ascent: 0–1329 masl
Season: April–October

The hike starts from the car park in Ofta, close to Lærdal Hospital.

You follow the right side of the stream (crossing a bridge from the left side in front of the houses) up Oftedalen. The path to Oftedalen is steep, and after a while it eventually flatterns out and you turn right towards Liastølen. You then continue uphill along the stream, before turning to the right and out again towards Lærdal. When you start to get a view of Lærdal, you follow the mountain side upwards to the left again until you reach the rock.

From the Torstein Rock you will have a panoramic view of the Lærdalsfjord and the mighty mountains in the Sognefjord area.

Keipen, Balestrand



© Falkeblikk AS



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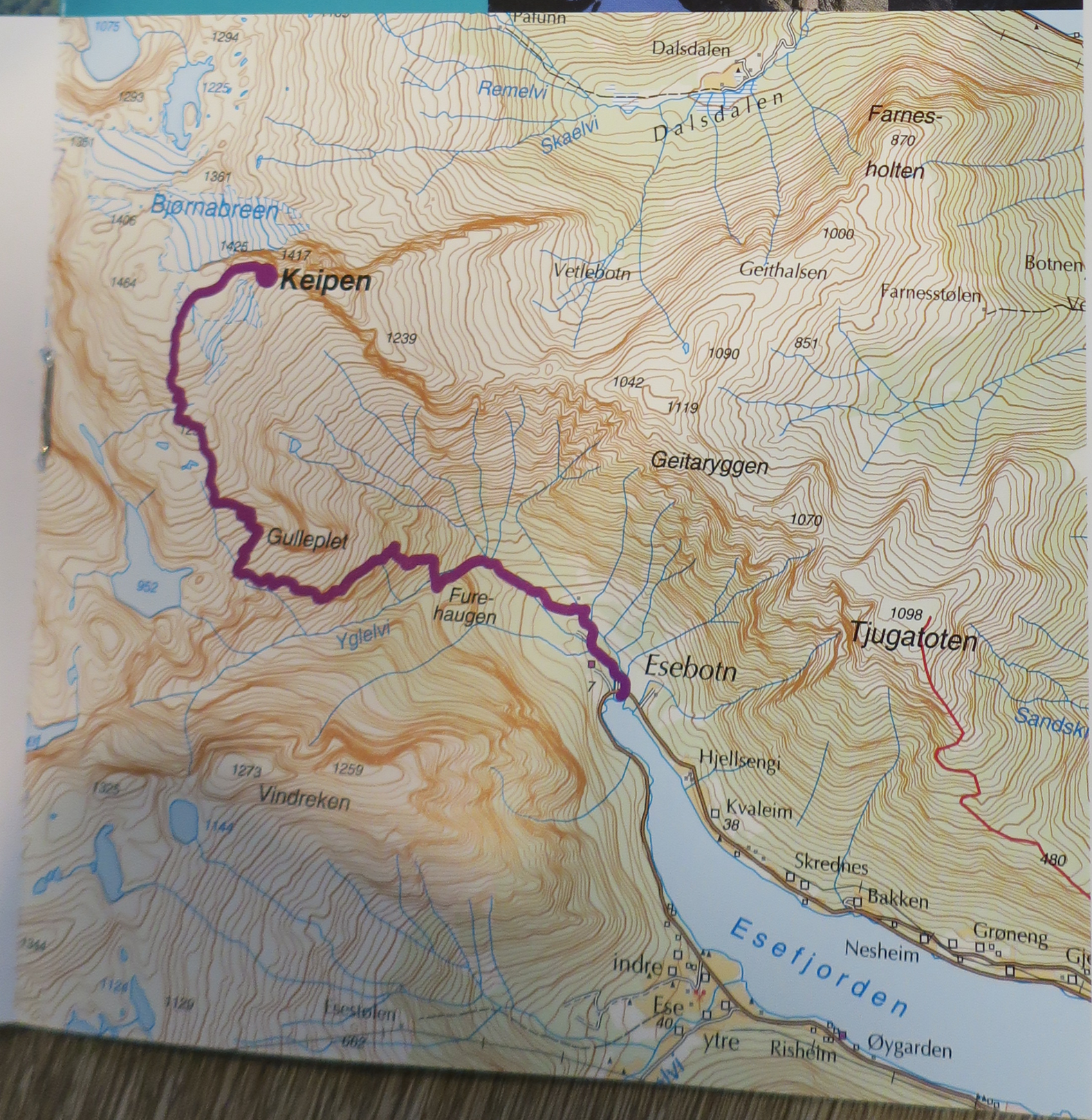
Balestrand Adventure:
balestrandadventure.com
ut.no
sognefjord.no

To the starting point:
Road 55 close to Balestrand, stop at Esebotnen

Parking:
Car park in Esebotnen

Transportation:
Local bus schedules at entur.no

Accommodation:



Starting point:
Esebotnen, Esefjorden
Total walking time: 8-10 hrs
Km: 12-14 km
Ascent: 0-1410 m
Season: June – September

Experience spectacular Keipen in Balestrand. The trip goes from the fjord to the high mountains, and gives a spectacular view of the Sognefjord with the fjord arms Vetlefjorden and Fjærlandsfjorden and the beautiful Fjærland mountains.

The trip starts at the information board in Esebotnen. Follow the tractor road on the west side of the field. Then the path continues up towards Yglebotn. Just over a kilometer into the valley, you have to cross the river. This is difficult before the snow has melted. Be prepared to wade. After the river crossing, the path continues into the magnificent Yglebotn, on the old path to the mountain ridge in Langedalen.

When you pass the stone with the year "1885" engraved, take the path to the right that goes steeply up towards Gulleplestølen. The trail continues on the east side of Gulleple, and further up southwest of Bjønnabreen Glacier (1400).

From Bjønnabreen Glacier you get a good view west from the highest point. Follow the distinctive ridge to the east to Keipen, where you get a panoramic view straight down to Sværefjorden and Esefjorden.

Raudmelen, Balestrand


© Håvard Nesbø

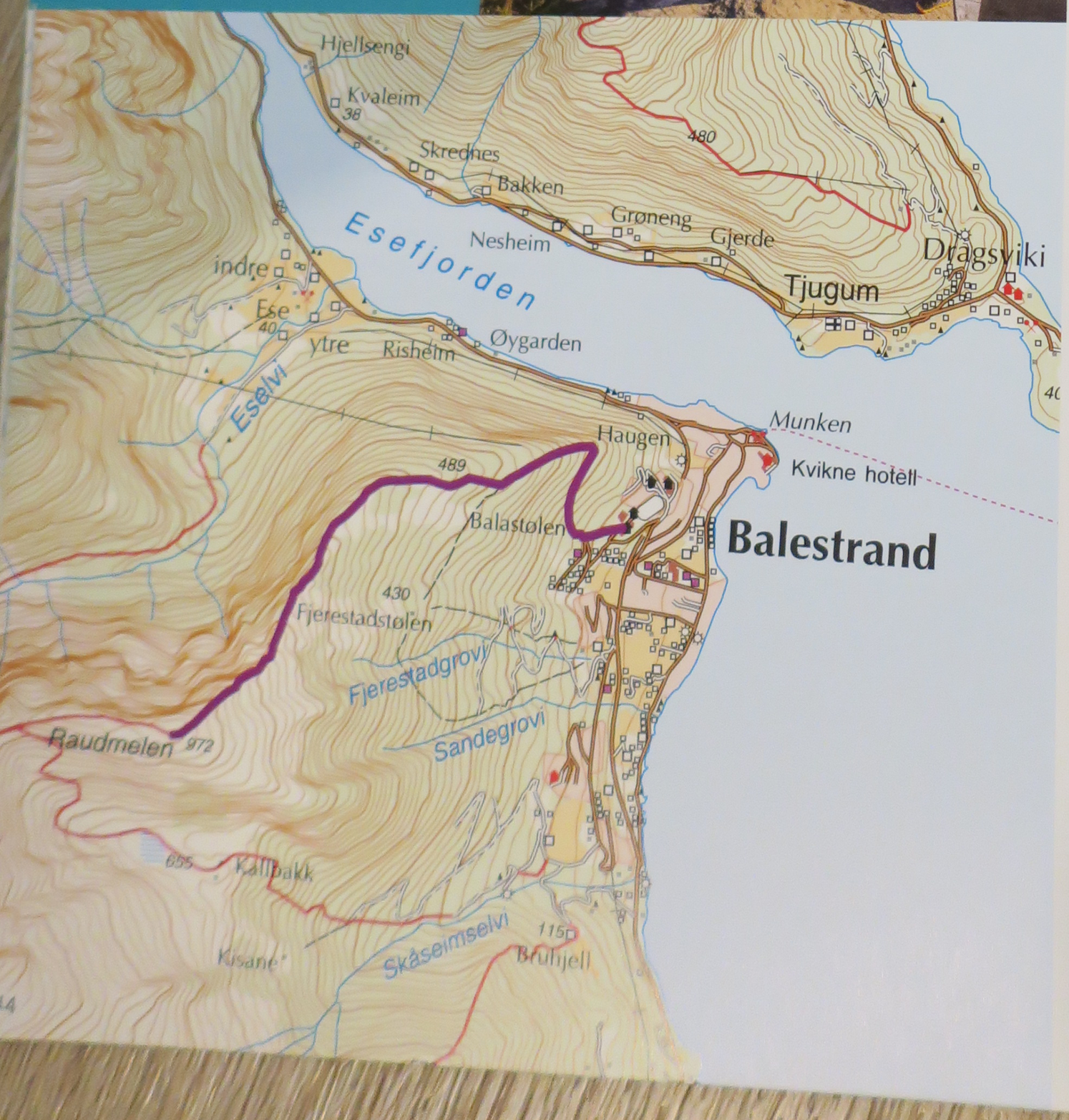
Balestrand Adventure:
balestrandadventure.com
ut.no
sognefjord.no

To the starting point:
Balestrand Primary School,
1,5 km from centre of Balestrand

Parking:
Balestrand Primary School

Accommodation:


© Håvard Nesbø



Starting point:
Balestrand Primary School,
1,5 km from centre of Balestrand

Total walking time: 6 hrs
Km: 4 kms up + 4 kms down
Ascent: 100m–978 m
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 chruch". 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.

Ovriseggi, Vik



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sylvringen.no
ut.no
sognefjord.no

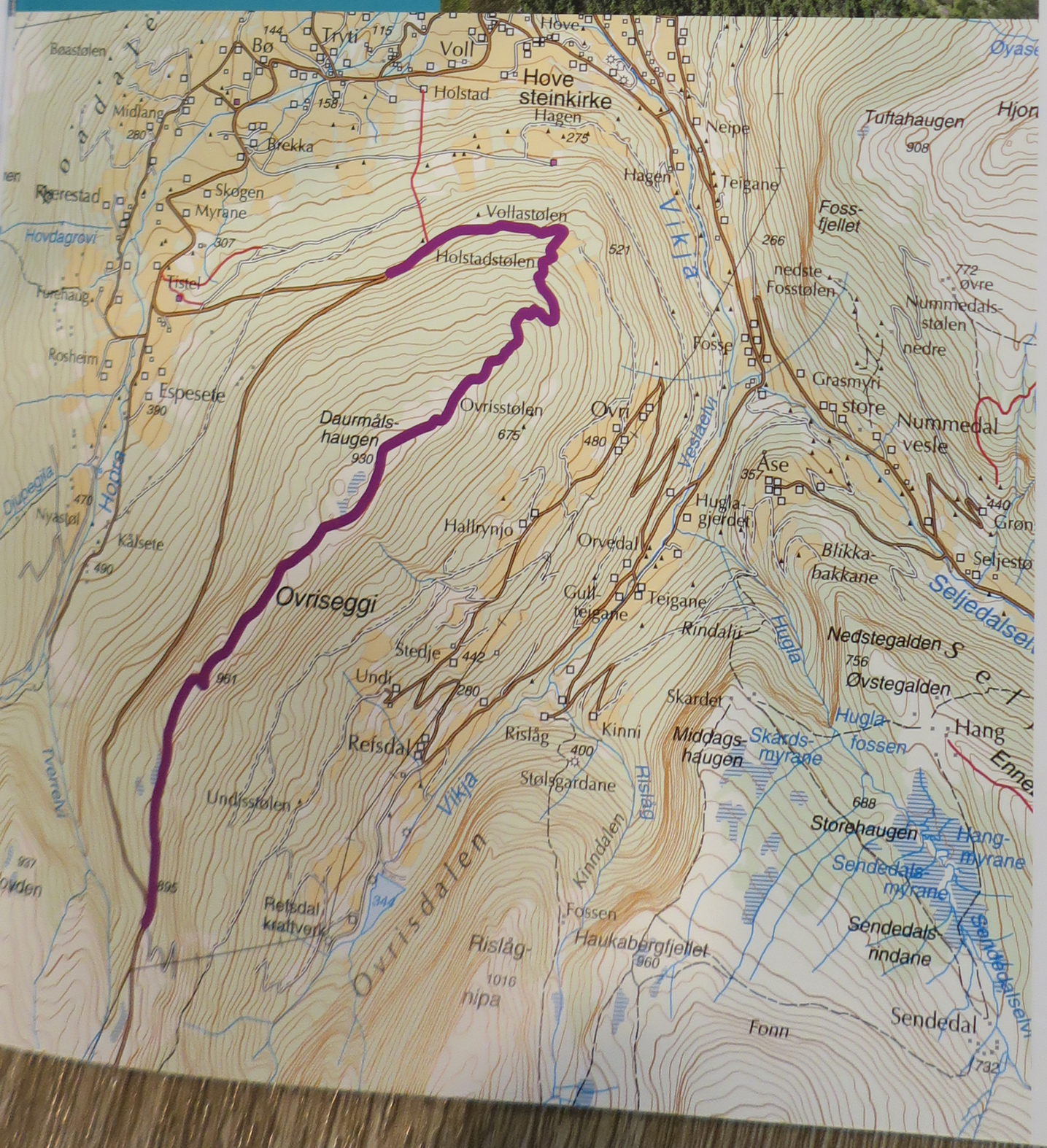
To the starting point:
Drive Road 13 to Vik and further on to the tunnel opening at Vikafjellet Mountain

Parking:
Car park at the tunnel opening at Vikafjellet Mountain

Accommodation:



© Håvard Nesbø



Starting point:
The car park from the tunnel opening on the north side of Vikafjellet Mountain

Total walking time: 2,5 hrs
Km: 7,4 km in total
Ascent: Total 243 masl
Season: April – November

Hike to Ovriseggi on Vikafjellet Mountain with a view of the village Vik

The tour starts at the car park from the tunnel opening on the north side of Vikafjellet Mountain. A small detour up from Riksvegen, up to a spacious car park, 895 m above sea level.

As of today, the path is only sporadically marked, but is mostly easy to find. The trip goes north along the path. In a couple of places, one should be careful about going out onto the slope on the east side. You have a good view of Bødalen on the west side and Ovrisdalen on the east side. From the highest point, Daurmålshaugen 935 m above sea level, you will have an amazing view down to the fjord and Vik Centre.

Get out, bring the whole family and enjoy this beautiful trip with views over the whole of Vik and the mighty Sognefjord.

Åsen - Nuken, Sogndal


© Maria L. Sæmundsen


© Visit Sognefjord

ut.no
sognefjord.no

Getting there:
By car to Lauvhaug,
Sogndalsdalen Valley

Parking:
At starting point Åsen,
Lauvhaug, Sogndalsdalen valley

Accommodation:

Starting point:
Åsen

Total walking time: 1 hrs
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

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.

Amlaholten, Kaupanger


© Morten Hagen

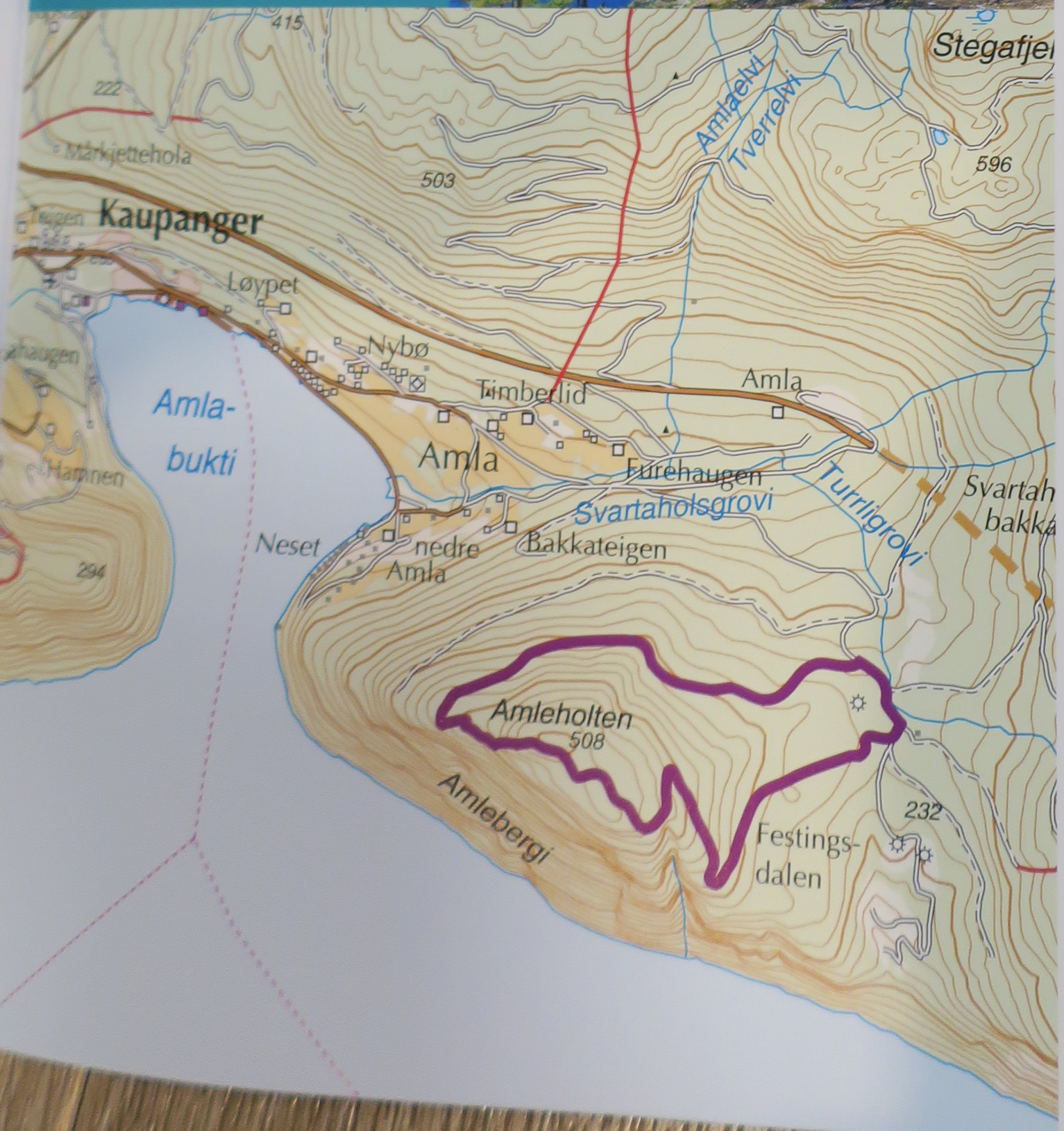
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To the starting point:
Drive towards the ferry quay Mannheller, but before the tunnel you turn off the road to the Festingedalen waste station (SIMAS). Follow the Road about 3 km before you reach the car park

Parking:
Car park at Festingedalen

Accommodation:


© Visit Sognefjord



Starting point:
Festingedalen, Kaupanger

Total walking time: 2 hrs
Km: 4,8 km
Ascent: Total 297 masl
Season: April – November

The round trip to Amlaholten is one of the hiking trails in Kaupanger which you must experience. This is a very popular trip starting from Festingadalen (SIMAS) where you can take the round trip on a good forest road.

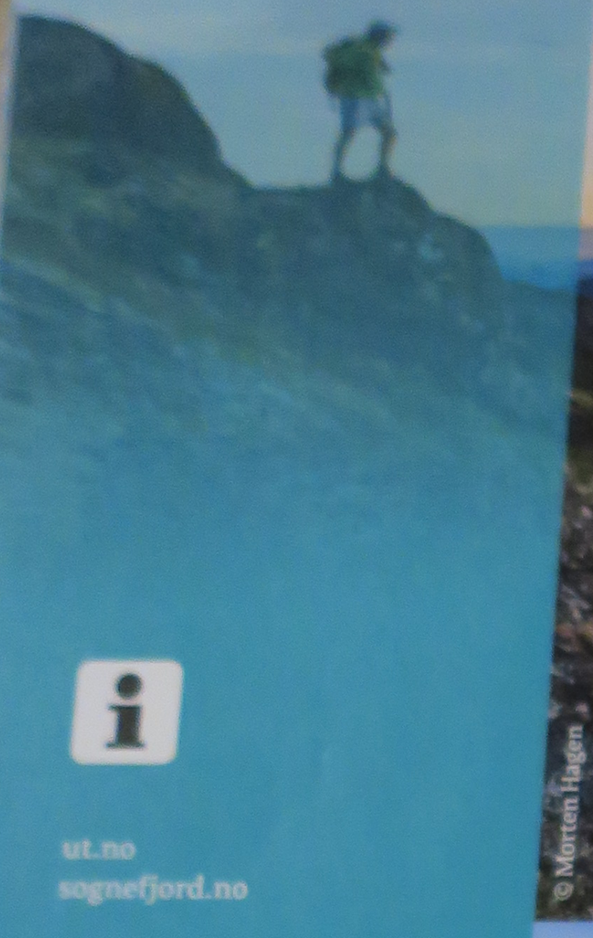
From the car park you follow the marked path along the mountain on the north side. NB! Do not go up steeply to the left at the rock with the red cross.

The path then turns around the mountain and up more from the west-northwest towards the end. Before you reach the top there is a viewpoint where you will have an amazing fjord view. From the viewpoint the path continuous on steep terrain towards the top. Most of the stretch is on a nice tractor road, but it transitions to a path towards the top.

From the top you follow the red-marked path down to the starting point at Festingedalen. Altogether, this makes a great tour of approx. 5 km. The path is of good quality.

Due to the overgrown forest at the top, it is recommended to go a little south where a magical view opens up. The path is marked with red dots. In some places it is a bit steep, but otherwise a nice trip.

Storehaugen, Kaupanger





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To the starting point:
Drive towards Kaupanger on Road 5 and follow the sign to Sogndal Airport Haukåsen and stop at Storemyri

Parking:
Car park at Storemyri

Accommodation:



Starting point:
Storemyri, Kaupanger

Total walking time: 4 hrs
Km: Total 12 km
Ascent: Total 790 masl
Season: April – november

From the car park at Storamyri in Kaupanger, you follow the marked path across the marsh and continue on a nice walking path to the trail junction at Hatleggi. The tour continues on a soft forest path steeply upwards in a westerly direction, in a lovely mixed forest with pine and birch, up to the tree line approx. 100 meters above Veslehaugen. The view up the steep ridge gets better and better down towards Eidsfjorden, Kjørnes and Sogndal.

Pass an idyllic small mountain lake, before you are up on Veslehaugen 1018 masl, and from there you continue on stone and gravel, but the path is still as clear. From Veslehaugen there is a last steep road and snowdrift, before you are up at the top of Storehaugen 1169 masl. Return the same way.

At the top, the view is magnificent in all directions; Lærdalsfjorden, Kaupanger, Bleia, Sogndalsfjorden and Hurrungane in Jotunheimen.

Flatbrehytta, Fjærland



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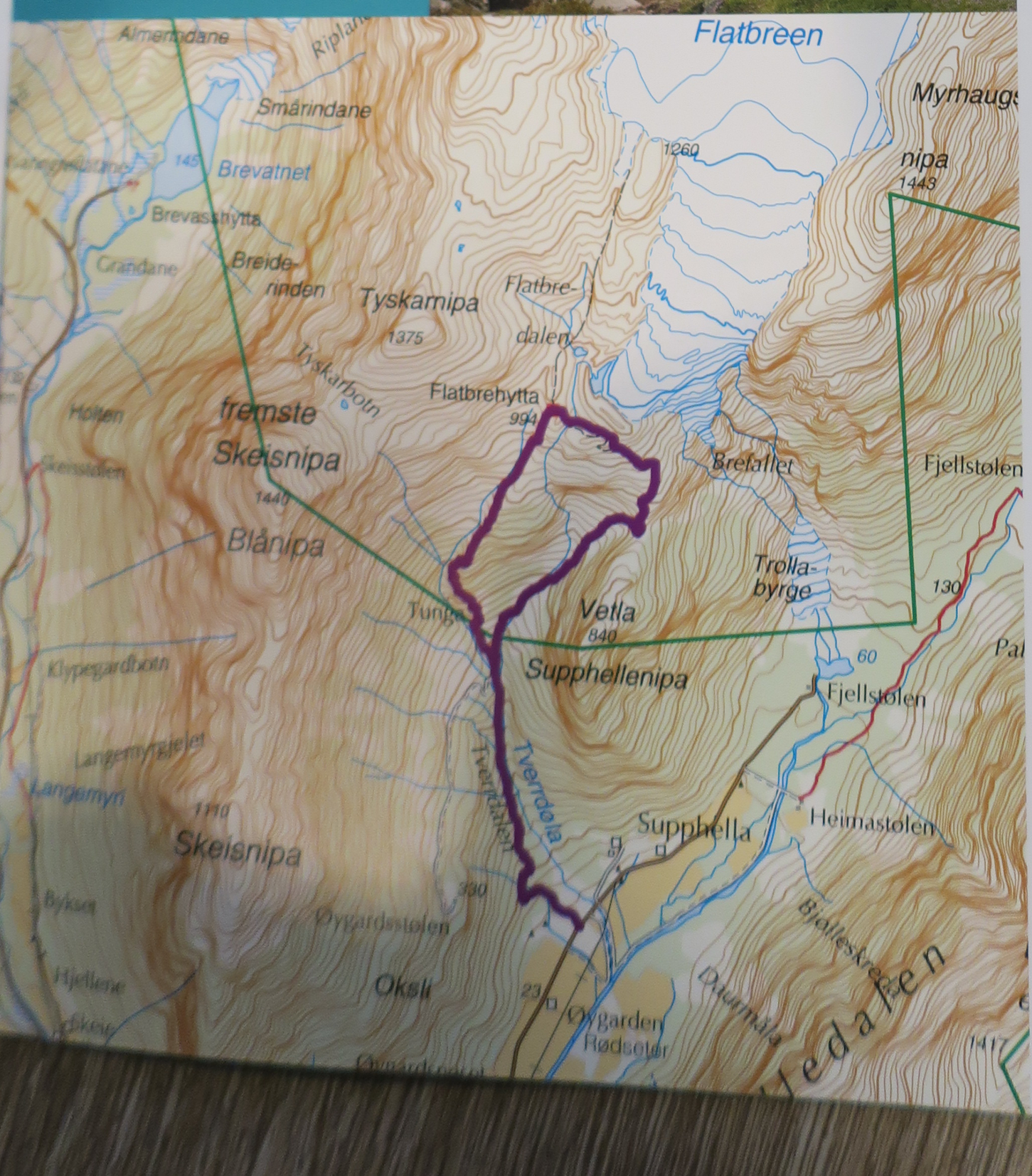
To the starting point:
Follow Road 5 to Fjærland and take off to Supphellebreen

Parking:
Øygarden, Supphelledalen

Accommodation:



© Eef De Boeck



Starting point:
Supphelledalen

Total walking time: 6–7 hours
Km: 7–8 km
Ascent: 30-994m
Season: June – September

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". 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 Vetle 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.

Hesteggi, Sogndal



© Morten Hagen



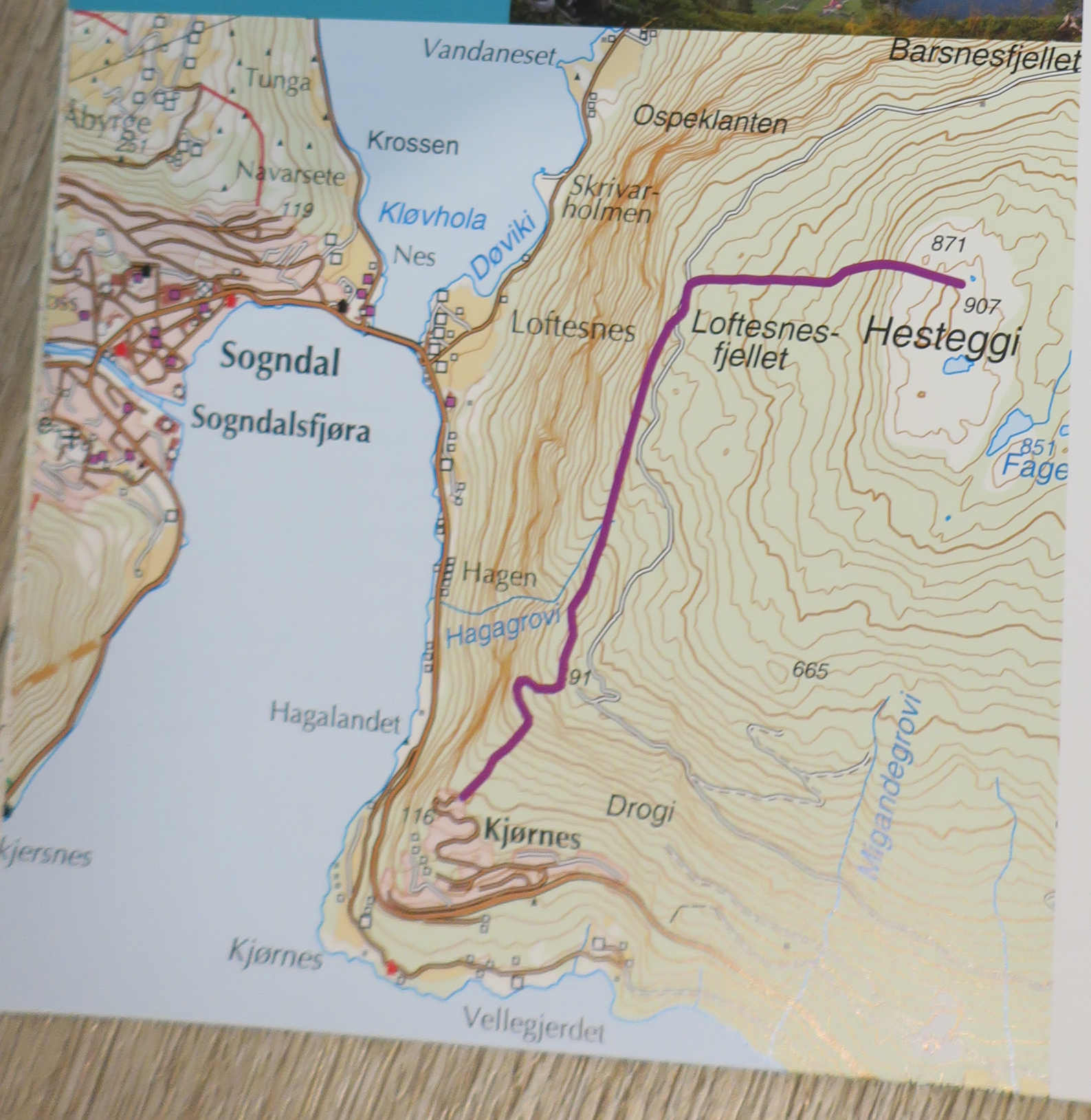
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To the starting point:
Drive Road 5 from the center of Sogndal and follow sign to Kjørnes

Parking:
Top of Kjørnes residential area

Accommodation:



Starting point:
Kjørnes

Total walking time: 2,5 hrs one way
Km: 3,8 km one way
Ascent: 198 – 903 masl
Season: April – September

Wonderful view from the viewpoint on Loftesnesfjellet mountain towards Sogndal, Sogndalsfjorden, Sogndalsdalen and Barsnesfjorden.

From Tjødnali, Kjørnes car park, the tour goes steeply uphill on red-marked trail towards Jeiskedalen and Hesteggi. The forest path is clear and soft and goes through a lovely pine forest. Already after about 100 meters in height, you will meet one of the many beautiful viewpoints on the tour and here you will get a magnificent view of Sogndal, Sogndalsfjorden and Storehaugen mountain.

After approx. 45-60 minutes you are up to the old stølen Jeiskedalen 525 masl, and here there are clear traces of lush seat embankments and large stone fences. Follow the marked path towards Hesteggi and after a couple of hundred meters you cross Hagagrovi, and a few hundred meters later, you are up at several beautiful viewpoints with great views down to Sogndal, Sogndalsdalen and the surrounding mountains.

After a stop at the viewpoint, return to the marked path towards Loftesnesfjellet and Hesteggi, and continue upwards until you meet the tractor road from the Sogn Folk Museum. Follow the tractor road for the last hundred meters up to the Loftesnesfjellet viewpoint and Hesteggi, and then continue for about a hundred meters out to the viewpoint itself.

From Loftesnesfjellet to the top of Hesteggi takes about 30-45 minutes.

Laviksåta, Lavik



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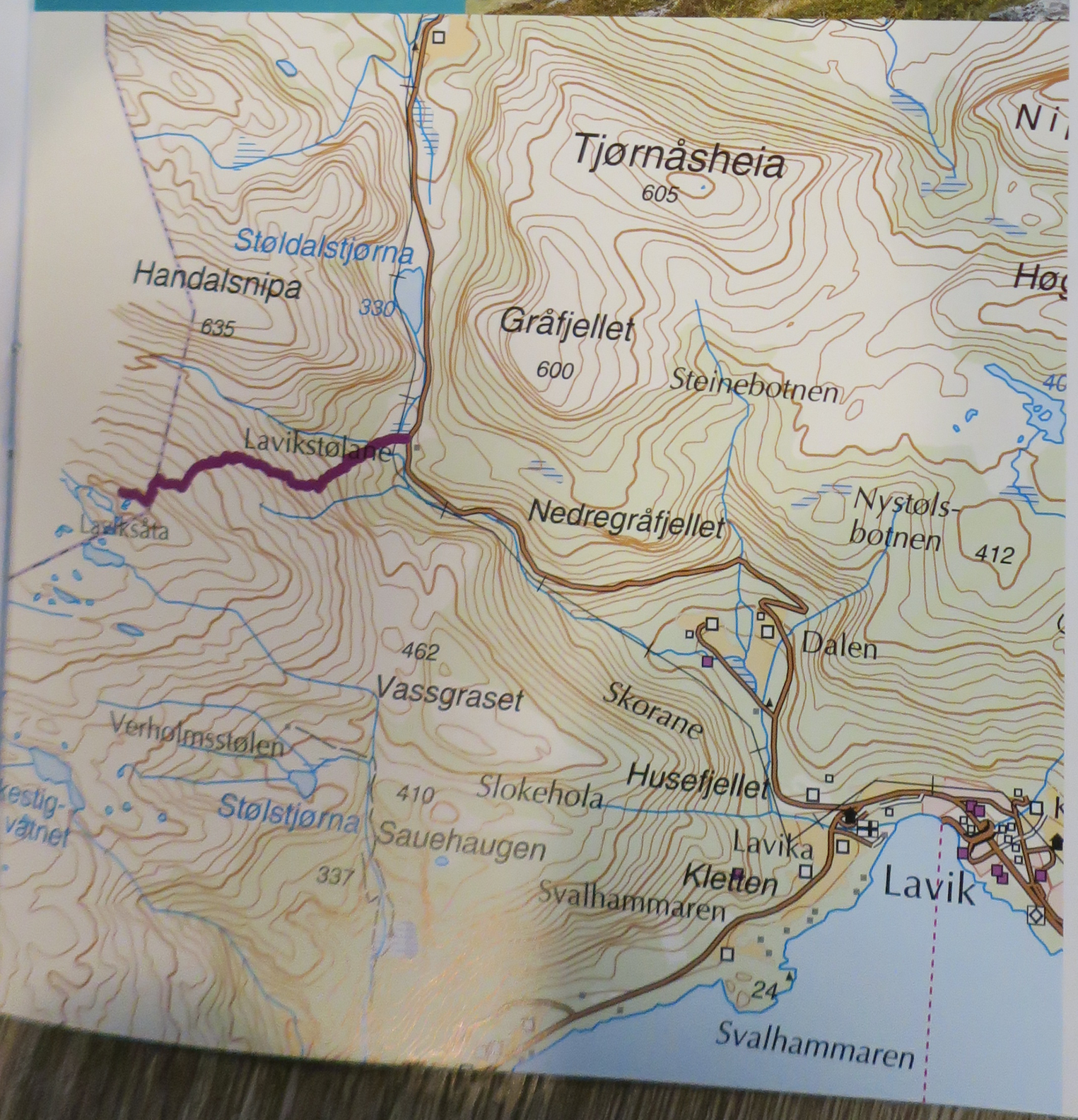
To the starting point:
From Lavik, drive
Lavikdalsvegen (Fv 5653) 3.2 km

Parking:
Park on the left side of the road
at a sharp bend

Accommodation:



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Starting point:
Lavikstølane

Total walking time: 2,5 hrs
Km: 4,7 km
Ascent: 635 m in total
Season: April – December

Laviksåta - Panoramic fjord view

The tour starts from the car park at Lavikstølane. Lavik IL has marked and guarded the trail. It is a red-marked trail all the way. There may be some wet sections from the start to about halfway to Laviksåta. The path is steep, but not a challenging section. The first half of the way to the top is rather difficult. The slopes are steep, and the ground loses strength.

After 10-20 minutes of walking, you can already see the valley deep below you. Halfway up, the terrain changes. It flattens out; it opens up in front of you, and you have a view into the Sognefjord and westward across the Åfjord towards Lifjellet, Alden and the archipelago beyond.

You cross the municipal border between Høyanger municipality and Hyllestad municipality before the final climb to the top.

Hålandsnipa, Høyanger



© Marianne Taule



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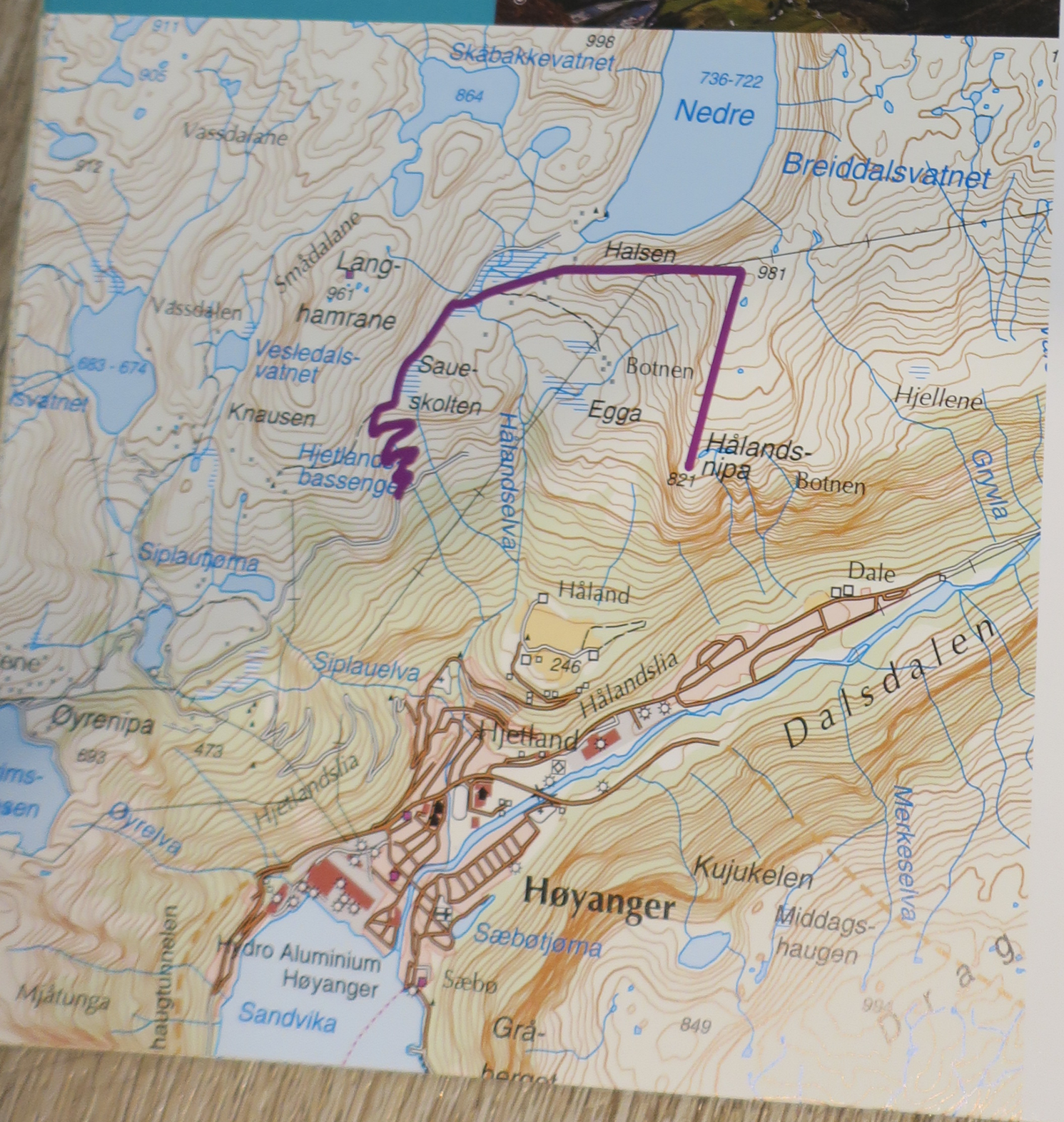
To the starting point:
Drive up the mountain road to Siplo and turn off at Falkenhytta towards Strupen and park at the barrier

Parking:
At the starting point, Strupen

Accommodation:

Starting point:
Strupen, Høyanger

Total walking time: 3 hours
Km: 4,3 km one way
Ascent: 454 m in total
Season: All year



The trip starts from the barrier at Strupen. Further on, you follow the winding road up into the hill, already here there is a great view of Høyanger. Follow the gravel road further into Breidalen until you find a sign marked *Hålandsnipa* at the bottom of the valley. You turn to the left in the terrain and follow the red markings towards the cabins in the valley, after which the climb starts up towards the ridge. The path is winding and you have two alternatives, it can also be steep in some places.

Up on the crest, you just have to follow the path beyond and further up. You pass the masts and follow a new climb up to the top itself, here there is also a small cairn and you have a good view of the surrounding mountains, e.g. towards Eriksdalen and Skardfjell.

Take the trip down to the viewpoint and then feel the terrain downwards until the view finally reveals itself. Here it is great to take a break and enjoy the food and the view. Return is the same way back.

Mælen, Leikanger


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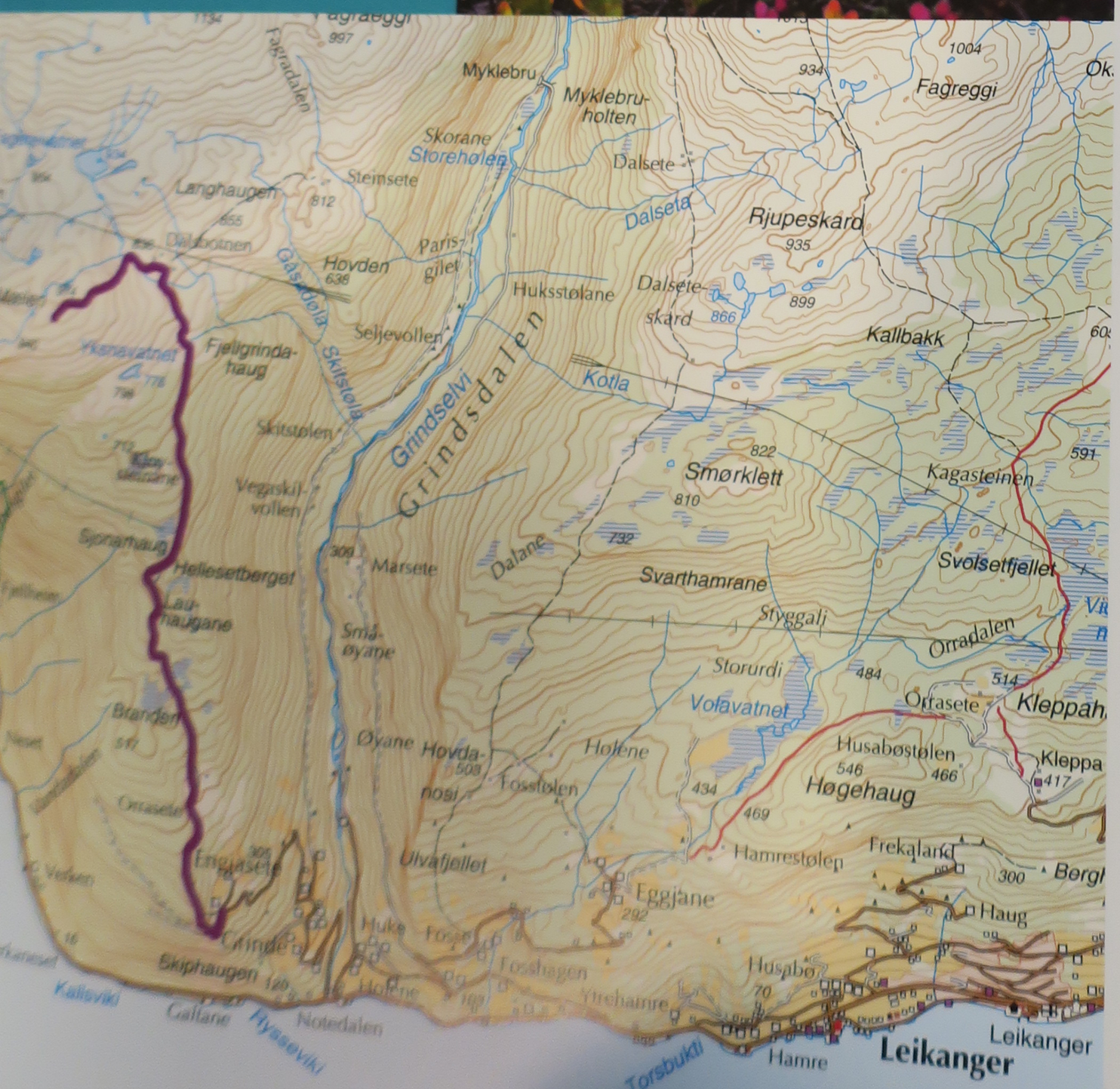
To the starting point:
Follow the road up to Grinde, about 6 km west of Hermansverk, Leikanger. Drive up to the last bend on the road before you come up to Engjasete

Parking:
60 m after the last turn up towards Engjasete.
Avoid parking on the bend

Accommodation:

Starting point:
Grinde/Engjasete, Leikanger

Total walking time: 2 hrs to the top
Km: 5,3 km
Ascent: Total 695 masl
Season: May – September/October



From Engjasete on a well-visible path past Orrasete, past Hedlesete, which is a nice vantage point, and towards Dalsbotten. Turn off to the Southwest just before the cairn area and follow the path upwards and outwards towards the viewpoint and cairn.

At the edge of Mt. Mælen, you can enjoy the view down to Supham and the road out to Hella Ferry Pier, as well as across the fjord to Borlaug, Feios, Vangsnes, Vik, Balestrand and Hella.

Up from Hella you see Eitorn, Rud, the Skarde and Daurmålhaug. Below Mælen you can see the mountain farm Skopasete and the direction of the path out to Eitorn. In a north-westerly direction, over the valley where Kvinnafossen waterfall flows and over Daurmålhaug, you will see towards Storholten, Vassvarden and the ascent to Trodalseggi.

In the northern direction, the mountain Hest towers majestically and calls to you. The next time you start from Engjasete, you are ready for that trip.

Synshovden, Vik



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To the starting point:
Drive Road 13 to Vik and further on to Hopperstadmarki

Parking:
Park either in the center of Vik or at Hopperstadmarki

Accommodation:



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Starting point:
Øvste Hopperstadmarki

Total walking time: 3 hrs
Km: 3,9 km
Ascent: Total 666 masl
Season: March – November



The trip to Synshovden at 790 m.a.s.l. can start directly from the center of Vik.

You can park at the Vik stadium and walk up to Upper Hopperstadmarki, where you continue on the forest road. You can also drive up to Hopperstadmarki, park at the bend to the forest road and start the trip from there.

The first stage goes on a forest road and path to the small farm Gunnarsete (approx. 475 masl). Along the path to Gunnarsete there is a nature trail with 10 information boards about plants and animals along the path. The path, which is also signposted, mostly goes through deciduous forest. Nice viewpoint along the road.

The last stage goes from Gunnarsete up to Bøeggi, and then up to Synshovden, where in good weather there is a great view of the Sognefjord!

You can either go back the same way, or continue a short distance along Bøeggi and go down via the forest paths Eggjavegen and Bødalslivegen. If you follow Bødalslivegen in a northerly direction, you will come back to Gunnarsete. If you go south, you will come out at Rosheim, at Tistel Camping.

SOGNEFJORD

Planning your hike

Before embarking on any hike, it's essential to check current trail conditions, weather forecasts, and ensure you have the necessary equipment, especially for challenging hikes.

The overview maps and information about the trip in this brochure is only for inspiration. Do not use this map for the hike. Buy a proper map or contact a guiding company in the Sognefjord.

Hiking Etiquette:

Respecting the environment and fellow hikers is paramount in maintaining the pristine beauty of the Sognefjord region. Abide by these guidelines to ensure a harmonious coexistence with nature and fellow explorers:

Dispose of Garbage Responsibly: Carry out all waste and dispose of it properly.

Considerate Camping: If camping in open country, maintain a minimum distance of 150 meters from houses or cottages. Longer stays require owner consent.

Visit the toilet before your hike. There are no toilets along the trail. Do not poop in nature. Use a bag if you have to, and throw it in the nearest trash can.

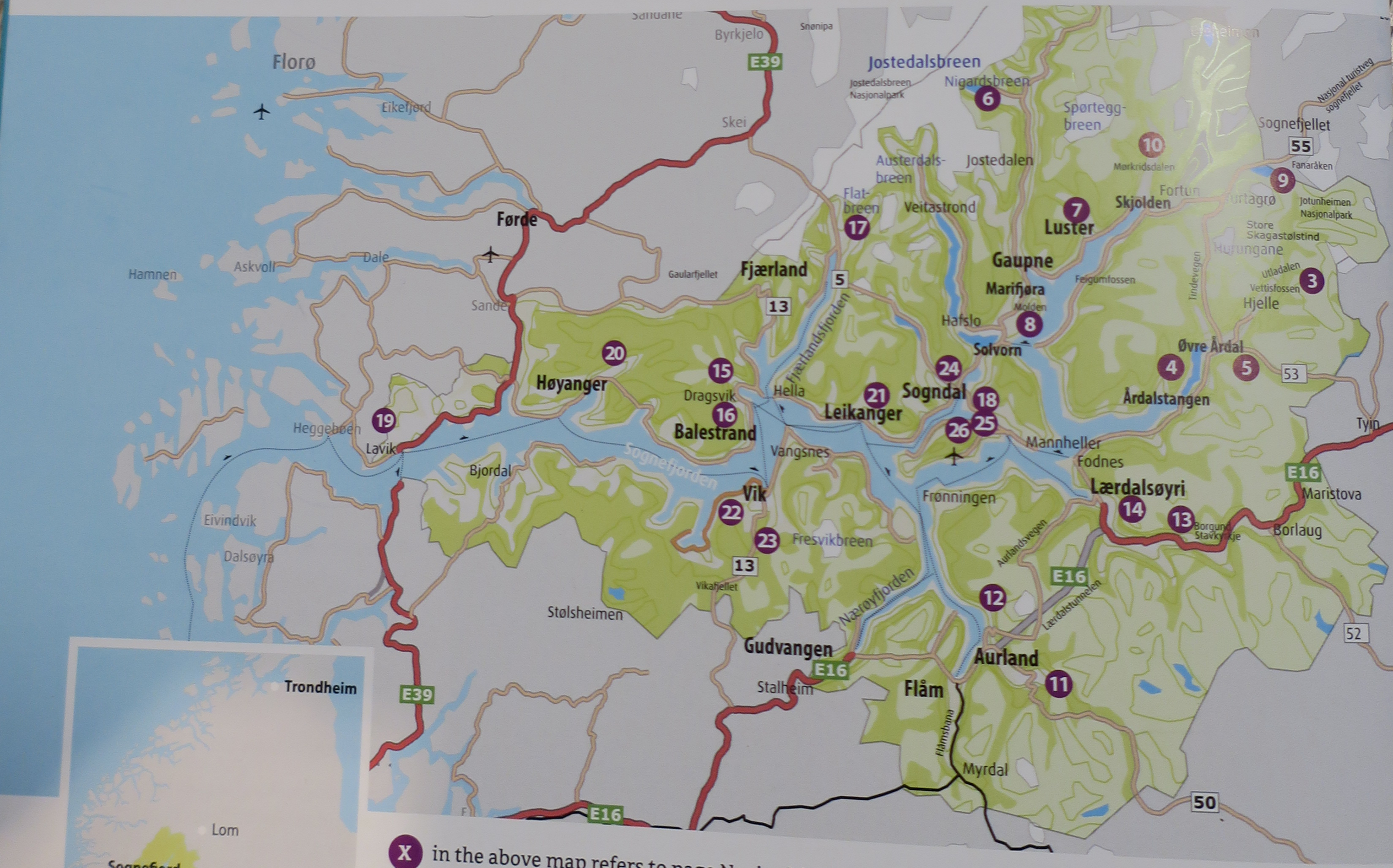
Fire Safety: The campfires in nature are prohibited from April 15 to September 15. Exercise caution when lighting a campfire and extinguish it completely before departure.

Wildlife Respect: Avoid disrupting birds and animals, particularly during breeding and nesting seasons. Respect grazing livestock and close all gates behind you.

Solitude and Silence: Acknowledge and respect others' desire for solitude and silence.

Preserve Vegetation: Do not harm vegetation, especially endangered and vulnerable species.

Leads are mandatory between April 1 and November 1. Your dog must not run loose, but must be secured. There are some exemptions, such as service dogs.



X in the above map refers to page No. in this brochure

Emergency:
Fire: 110 | Police: 112 | Ambulance: 113

For more information:
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Exploring the Cultural Walks and Heritage Trails of Sognefjord


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The Sognefjord, Norway's longest and deepest fjord, offers visitors an unforgettable journey through history, culture, and nature. This remarkable region is rich in heritage trails and cultural walks that connect travellers with its storied past and breathtaking landscapes. Here are some highlights.

Find more information at Sognefjord.no/fjord-villages

Old Lærdalsøyri in Lærdal

Nestled along the Sognefjord, the charming Old Lærdalsøyri in Lærdal boasts over 150 well-preserved wooden buildings, some dating back to the 18th century.

Balestrand: A Haven for Artists

The village of Balestrand has captivated artists since 1819 with its stunning Nordic light and dramatic scenery. Artists and writers built elegant villas here, blending traditional Norwegian designs with international architectural styles.


© Vegard Aasen


© Rainer Kleive

Solvorn: A Historic Trading Hub

Solvorn, a tranquil fjord village, was a bustling trading hub in the early 1800s. Its location made it a natural connection point for goods and people.

Vikøyri in Vik: Life by the Shore

The historic Vikøyri in Vik tells the tale of the fjord's shore dwellers—fishermen, craftsmen, and tradespeople who settled on common land in centuries past.

Historic Walks Beyond the Villages

For those seeking longer journeys, the Aurlandsdalen Valley, often called "Norway's Grand Canyon," is a must-see for its dramatic scenery and historical significance. Other unmissable trails include the King's Road over Filefjell, a historic route dating back to medieval times, and the Rallarvegen (Navvies' Road), built during the construction of the Bergen Railway.