

NATURE AND CULTURE

Risen and Gygri



Photo: J. Kasin

VIEWED FROM BANDAK, the rugged silhouettes of Risen and Gygri loom up against the sky, but Gygri has no head . . . There is a legend associated with these rock formations. The trolls Risen and Gygri lived at Juvstøyl. One day, when Risen went out on an errand, Gygri stayed at home to cook porridge. When Risen came home, he found neither the porridge nor the cook, as Gygri had gone to visit someone in the Bandak mountains. Risen became angry and ran out in

search of his wife. He found her at the top of the highest cliff face. They started fighting, pulling each other's hair out, and finally Risen tore Gygri's head off, but only after she had pulled off his genitals. Risen then threw her head across the fjord to Barskor. Since that day they have stood there as rock statues, and they are clearly visible both from Bandak and Lårdalstigen.

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Lårdal



Photo: J. Kasin

THE PRETTY VILLAGE OF LÅRDAL occupies a peaceful location on a south-facing slope above Lake Bandak. The climate here has created a lush landscape where grapes and walnuts grow. The village has idyllic squares and a pleasant lakeside area with the old quay for the ferries that operated on the Telemark Canal. There are also cafés and accommodation in Lårdal.

Layout: Nina Akerstvein / trykk Erik Tamche Nilssen as



Vandreregionen
www.vandretelemark.no www.visitdalen.com

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14 KM ONE WAY / DAY TRIP 6 – 8 HOURS
CHALLENGING WALK → →



Dalen/Lårdal – Telemark

WALK **Lårdalstigen**
"More dramatic than Besseggen"

THEME **Along the Telemark Canal**



Photo: J. Kasin

WHAT YOU MIGHT SEE ON YOUR WALK

CONGLOMERAT: The rock, which is 1250 million years old, consists of rounded fragments cemented together by clay. Photo: J. Kasin

PYRAMIDAL SAXIFRAGE (Saxifraga cotyledon L.): Voted Norway's national flower at an international botanical congress in Amsterdam in 1935. Photo: L. Jarnveit

ELK (Alces Alces): The largest member of the deer family. Photo: A. Fjeldstad, affoto.com

THE TELEMARK CANAL: Two scheduled ferries, "MS Henrik Ibsen" and "MS Victoria", operate on Lake Bandak. Photo: J. Kasin

OSPREYS:
55-60 cm long.
Weight:
1100-2200
grammes.
Wing span:
145-170 cm.
Threatened
with extinction.

Photo: Døli



Description of the walk

CHALLENGING WALK WITH FANTASTIC VIEWS from the edge of the mountain ridge above the Telemark Canal.

MOST PEOPLE CHOOSE TO START AT THE TOP OF EIDSBORGBERGET, above Dalen, and to walk to Lårdal, but it is also possible to start down in Dalen, or to start at Lårdal and go in the opposite direction. During the summer it is possible to take a ferry one way. You must book the ferry in advance if you want it to stop at Lårdal.

You will need to be in good physical shape for the walk, and you shouldn't be too scared of heights. Obviously it is possible to do just the first part of the walk and go back to where you started. You will still get to some great viewpoints. You can also turn off to the Støylsdalen valley, and then continue down to Lårdal along the local road (partly surfaced). By doing so, you leave the main trail before you get to Heddebu, a small cabin that is open to hikers. After the cabin you get to the most dramatic and challenging part of the walk. It involves a very steep descent down towards Lake Bandak, before you head up over a ridge and then down to Lårdal.

Driving direction

If you're coming along the E-134, turn off at Høydalsmo, taking the Fv 45 towards Dalen. Around 1 km after you have passed Eidsborg, there is a road off to the left (signposted "Lårdalstigen"). From Dalen you take the Fv 45 towards Høydalsmo. At the top of the hill, after approximately 4 km, there is a road off to the right (signposted "Lårdalstigen"). Park at the end of the gravel road (not in front of the tunnel entrance).

If you decide to walk from Lårdal, you can follow the signs to Lårdal from the Fv 45 between Høydalsmo and Dalen. Halfway down through the village of Lårdal there is parking on the left-hand side by Eben-Ezer.

For more information:
Small booklet at the tourist office – or go to www.visitdalen.com

You are responsible for your own safety during your walk. Treat the countryside and grazing animals with respect. Take only photos, leave only footprints. Please take your rubbish home with you. Have a great walk!



Map:
Tokke 1 : 50 000

Highest point:
848 metres above sea level

Wear good footwear and bring water (at least 2-3 l), food and extra clothes.



Accessible:
May – October



Scale: 1 : 50 000

Vertical scale: 20m

= viewpoint

= marked summer path

Map: Tokke municipal



Foto: J. Kasin

Lauvik