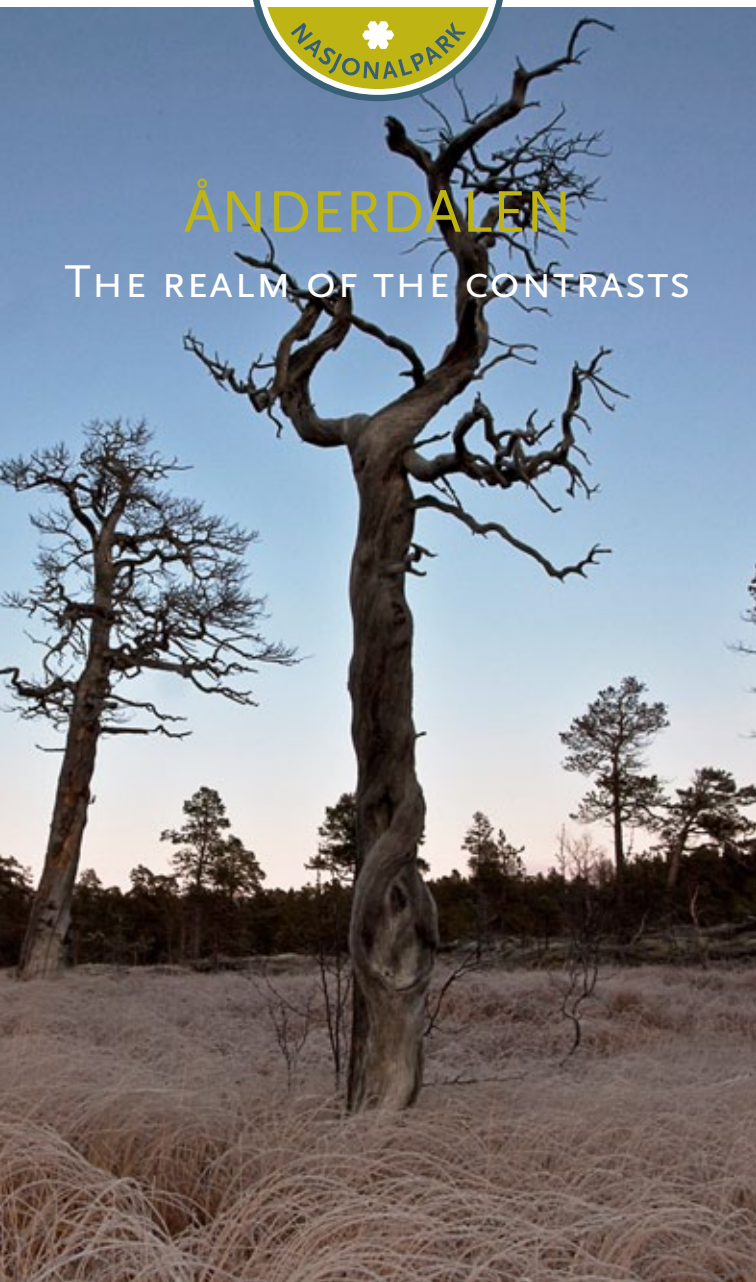




ÅNDERDALEN

THE REALM OF THE CONTRASTS





South side of Selfjord (HPP)

THE NORTH NORWEGIAN COUNTRYSIDE IN MINIATURE

Ånderdalen, on the island of Senja, has been protected to preserve an example of varied north Norwegian coastal landscape. If you start in the tranquil, sheltered pinewood on the eastern side, it will not be long before you see the high, wild mountains in the west. At the westernmost point, you almost reach the sea and get a view of the open ocean. During the walk, you will experience almost every aspect of the north Norwegian coastal landscape; barren mountains with heath and sparse birch woodland, lakes and rivers with foaming rapids and waterfalls, pines as old as 500 years and rare orchids.



View towards Åndervatn (HPP)



ENJOY THE NATURE

Primitive outdoor recreation

Ånderdalen National Park is a feast for the eyes – particularly thanks to the great variations in the scenery. You have to fend for yourself when rambling there; apart from a simple turf hut near Åndervatn, there is nowhere in the park to overnight with a roof over your head.

Plenty of excellent fishing

Several lakes in the park offer excellent fishing for trout and char, Åndervatn, Sørkapervatn and Henrikshovvatn being the largest. Ånderelva, the river draining from Åndervatn, has salmon, sea trout and sea char; please remember your fishing licence.



Heading for Sørkapervatn (HPP)



LANDSCAPE AND GEOLOGY

The national park is framed by Skoglifjellet in the east, Kaperfjellet and Istind far to the north and Kvænan in the west – at 964 m it is the highest mountain in the park. Henrikshovet and Kolkjerka, in the middle of the park, are a bit lower. The landscape is a barren expanse of heath and sparse birch woodland.

Lakes, rivers, rapids, waterfalls and ravines

Two moderately large rivers feed Åndervatn. One comes from Kaperfjellet, far to the north, along Helvetesdalen, passing through several lakes and a deep, narrow gorge. The other flows from hilly ground in the west. The slopes around Åndervatn are wooded, and many small streams drain into the lake. Ånderelva flows from the southern end of Åndervatn, at first through a narrow valley littered with mounds and large boulders before waterfalls and rapids in deep, wooded gorges take it through a more open valley to reach the sea at Tranøybotn.

In Gjeskadalen, in the northwest, a waterfall followed by foaming rapids gives a total fall of over 60 m. Further down the valley, the woodland is wet in places, giving rich ground vegetation which is very grassy in places, partly because it used to be scythed for hay.

The wildest part of the national park is Trolldalen. This narrow valley has virgin forest, and it is easy to see how it got its name.



Ånderdalen, with Henrikshovet and Kolkjerka in the background (KMN)



Wood crane's-bill (KMN)



Heath spotted-orchid (SIR)



PLANT LIFE

The bedrock in the national park consists mainly of hard, light-coloured granite that produces poor soil. The coastal climate results in a great deal of precipitation, mild winters and cool summers. Lower parts of the park have open woodland with twisted pines that are up to 500 years old. The floor is mostly covered by heaths and other species that tolerate dry conditions. Aspen, grey alder and birch grow along rivers and in other damp areas.

Nutrient-poor bogs

The bogs are mostly nutrient-poor environments with peat mosses (*Sphagnum* spp.), sedges and cotton-grasses. Their margins and stream banks have a greater variety of plants, including alpine bartsia, marsh



A dead pine (LMS)







violet, Grass-of-Parnassus, heath spotted-orchid, and even the rare ghost orchid and coralroot orchid.

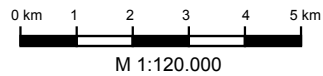
From pinewood to birch woodland

About 100 m a.s.l., the pinewood gives way to typical upland downy birch woodland. Heaths and grasses dominate the woodland floor, and damp spots have tall-herb vegetation including meadowsweet, wood crane's-bill, globeflower and alpine blue-sow-thistle. Above the treeline, from about 300 m a.s.l., is barren heathland with heather, crowberry and bilberry, while willow thickets can grow in profusion along upland rivers and streams. The coastal alpine plant, diapensia, typically grows in stony areas on higher ground.



Key

- | | | | | | |
|---|---------------|---|-------------------|---|-----------|
|  | National Park |  | Accommodation |  | Camp site |
|  | Car park |  | Cafe or cafeteria |  | Small hut |





Red fox (KMN)



White-tailed eagle (ØTA)



ANIMAL AND BIRD LIFE

The national park had no elk before 1940, but it now has a permanent population. It is also an important calving and grazing area for semi-domesticated reindeer. The most common smaller animals are red foxes, stoats, hares, small rodents and two species of shrews.

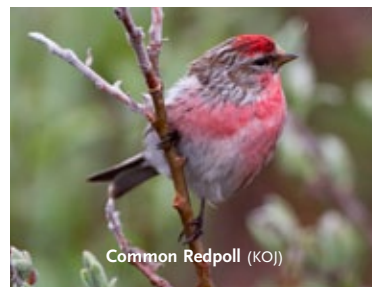
Seals occur at the heads of fjords and otters are often seen along rivers. Trout and char are common, and salmon run right up the river to Åndervatn.

The bird life is just as varied as the scenery

The national park has a rich bird life. The varied landscape means that both coastal and inland birds can be seen here. Willow grouse are found in the woods, which also have small numbers of capercaillie and black grouse. Three-toed woodpeckers, lesser spotted woodpeckers and great grey shrikes are also found there. The passerines include redpolls, bramblings, willow warblers, redstarts, dunnocks, waxwings, parrot crossbills, pied flycatchers and several thrushes and tits.

Bluethroats and reed buntings live in moist willow thickets. Whimbrels, greenshanks, common sandpipers, goldeneyes, teals, mallards, wigeons, black-throated divers and dippers nest on bogs and along rivers and lakes. Whooper swans can also be seen in the park.

The hawk owl and the short-eared owl are the most common owls, but Tengmalm's owls and pygmy owls can also be observed. In the mountains, you can see ravens, wheatears, ring ouzels, meadow pipits, snow buntings and Lapland buntings. There are also a number of birds of prey in the park, such as white-tailed eagles, golden eagles, rough-legged buzzards, goshawks and gyrfalcons.



Common Redpoll (KOJ)



Wheatears (KOJ)



Ånderdalen (KMN)



HISTORY

Coastal Sámi on Senja

There has never been any permanent settlement in what is now the national park, but both coastal Sámi and ethnic Norwegians have lived close by, at Skogli and Gjeska. Coastal Sámi have probably lived in the Gjeska area since the 1500s or 1600s. Swedish Sámi used to take their reindeer through the area to summer grazing elsewhere on Senja and their descendants still have reindeer in the park. The remains of turf huts, hearths and possible sacrificial sites connected with the Sámi are found in several parts of the park. An area southeast of Stortinden has 10-15 well-preserved bowmen's hides used when wild reindeer were hunted. Such structures are difficult to date, but some were used as early as Neolithic time (the Late Stone Age).





South of Åndervatn (TM)

In a national park, you are one of Nature's guests

- You may go wherever you like, on foot or on skis, but anything with an engine is basically prohibited.
- You can stop wherever you like and pitch a tent. Always tidy up afterwards and take your rubbish with you.
- You can light a fire, but remember the general ban on fires in woodland from 15 April to 15 September. Show consideration when collecting firewood.
- You can pick berries, mushrooms and common plants for your own use. Show consideration for cultural heritage sites, vegetation and animal life. Take extra care in the breeding season.
- Hunting and fishing are permitted. Remember to buy hunting and fishing licences. Never use live fish as bait, or transfer live fish from one river or lake to another.
- You can take your dog with you, but remember to keep it on a lead from 1 April to 1 September.

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Layout: Guri Jermstad AS. **Photo:** Øyvind Telneset Andreassen (ØTA), Hans Peder Pedersen (HPP), Knut M. Nergård (KMN), Sigve Reiso/Naturarkivet.no (SR), Karl-Otto Jacobsen (KOJ), Trond V. Johnsen (TVJ), Torbjørn Moen/Norsk bildebyrå (TM), Trude Mørkved (TMØ) og Line Miriam Sandberg (LMS). **Front cover:** Old pine (TVJ) and black and white: Kvæntindan (HPP) **Back cover:** A boat close to Åndervatn (KMN)



Ånderdalen National Park in brief

Where:

In the boroughs of Tranøy and Torsken in the county of Troms

How to reach Ånderdalen National Park:

By air to Bardufoss, bus or taxi from there to Finnsnes.

By car: Rv 860 from Finnsnes to Tranøybotn. Rv 86 from Finnsnes to Gryllefjord, and take the branch road southeastwards up Kaperdalen.

Information on accommodation and other services:

Destinasjon Senja, www.visitsenja.no

Huts:

There are no huts for renting in the park, but there is an unlocked turf hut near Åndervatn.

Tips:

Good places to set out from are the 'Hyttækroa' café at Tranøybotn, Gjeska or Kaperdalen. If you want to walk the length of Senja, it is natural to go through the park.

Maps:

Sheets 1717 III and IV in the 1:50 000 series

Size:

125 km²

Established:

1970, extended in 1975 and 2004

Management:

Ånderdalen National Park Board
County Governor of Troms, phone: +47 77 64 20 00
www.fylkesmannen.no/troms

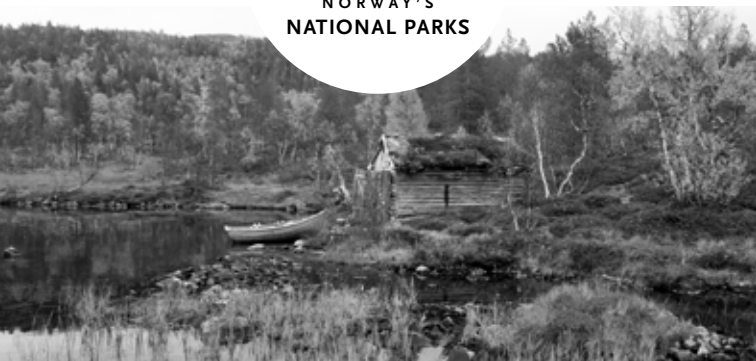
Supervision:

Statskog - Troms Mountain Service, phone: +47 77 83 67 05
www.statskog.no/fjelltjenesten

More information:

www.norgesnasjonalparker.no
www.tranoy.kommune.no
www.torsken.kommune.no





Norwegian national parks – our common natural heritage

National parks are designated to protect large areas of unspoilt countryside – from the sea to the mountaintops – for the sake of Nature herself, we ourselves and future generations.

The national parks contain a wealth of splendid scenery and varied animal and plant life, waterfalls, glaciers, towering peaks, never-ending plateaus, deep forests, and beautiful fjords and coasts. Cultural heritage sites also show how the areas were used in bygone days.

The national parks offer a vast range of thrilling and exciting natural history. Make use of the fantastic Norwegian countryside – on Nature's own terms.

Welcome to Norwegian national parks!



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www.dirnat.no/english