



FOROLLHOGNA

REALM OF THE
BIG STAG





FOROLLHOGNA

The Forollhogna National Park has one of the most productive strains of wild reindeer in Norway, famous for its large stags with magnificent antlers. This open, almost unspoilt, mountainous area offers good grazing for wild reindeer both summer and winter.

The park has a wide range of cultural heritage sites which show that people have been using the area for thousands of years. Long valleys dotted with transhumance summer dairy farms snake their way into the mountains from all sides. Generations of farmers have grazed their livestock and made hay on this outlying land, and these activities continue in several valleys. A number of rare species of plants favour such farmland.



Crossing the River Ya (AN)



ENJOY THE SCENERY

Come and enjoy the rich plant and animal life in the national park. There are plenty of opportunities for hunting and fishing, and also for hiking in friendly terrain.

The Forollhogna National Park is ideal for outdoor recreation all the year round, but few facilities are provided. The area is valuable for wild reindeer and small-game hunting. Both local people and visitors shoot willow grouse. The wild reindeer hunting is managed by the owners of the rights, and many of the private owners lease the hunting, with or without a guide. Good fishing, mostly for trout, is available in the many lakes and rivers.

The Pilgrim's Trail to Nidaros comes from Østerdalen in the south and cross the park from Dalsbygda to Budalen. It is cairned between Vingelen and Magnildalen (Allmannveien). Local people arrange guided walks along the trail, and they will teach you about the natural history and the history of the area.



Skiing at Forollhogna (AN)



LANDSCAPE AND GEOLOGY

The Forollhogna National Park occupies an upland plateau situated a little over 500 m a.s.l. and studded with gently sloping, rounded hills. The highest peak, Forollhogna, reaches 1332 m, and is a conspicuous landmark, visible for miles around.

The bedrock is mainly phyllite and mica schist of Caledonian age. These are easily eroded, carbonate-bearing rocks that provide plenty of plant nutrients and form the basis for an unusually rich plant and animal life. The area is lush and green, and low-growing herbs and grasses thrive almost all the way to the summit of Forollhogna.



PLANT LIFE

Most of the park is above the tree line, and dry ridges dominated by crowberry, arctic bearberry, *Cetraria nivalis* (a lichen) and purple saxifrage cover large areas. Lee slopes, where snow lies far into the summer and moisture is more evenly available, are often clad in upland downy birch, juniper and various willows. Other species found in the park include outspread snow-grass, a rare hawkweed (*Hieracium flammeum*), and various orchids and sedges.

The bedrock is particularly rich in some places and supports demanding species like two small-white orchids *Chamorchis alpina* and *Pseudorchis straminea*. Heaths profuse with mountain avens cover large areas. The area between Midtre Gauldal, Rennebu and Tynset is perhaps the most interesting hilly part of the park.

Rich fens are widespread, and their characteristic species include scorched alpine sedge, yellow lousewort, fragrant orchid and whortle-leaved willow.

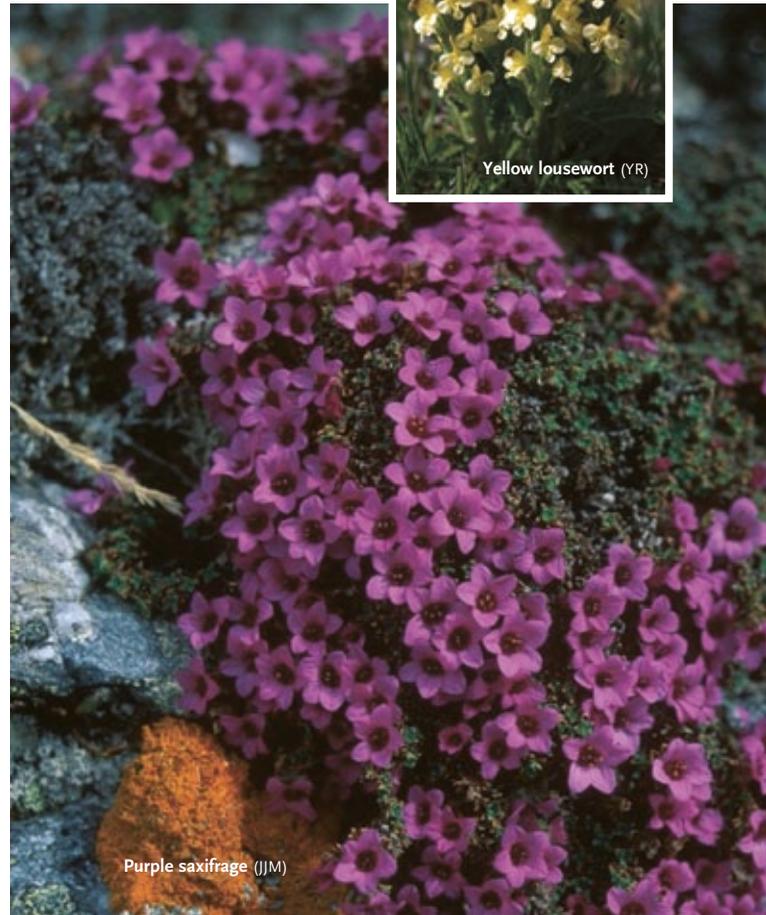
The lush tall-fern–Norway spruce woodland in Øggdalen in Holtålen locally covers large areas, and many species of fungi, lichens and bryophytes have been recorded there.

At Meiåvollen in Holtålen, calm pools along the River Fora have an unusually rich underwater flora that includes quillwort, red pondweed, white water-buttercup and common water-crowfoot. Perfoliate pondweed and awlwort are found in Dalbusjøen, a lake at Os.

The valleys surrounding the national park have many plants that are adapted to, or dependent upon, haymaking and/or grazing. Some, like common black-orchid and field gentian, are threatened by local extinction because haymaking has ceased and less outlying land is grazed.



Yellow lousewort (YR)



Purple saxifrage (JIM)





Trekking reindeer (TS)



Ptarmigan (PJ)



ANIMAL LIFE

Forollhogna is one of the few mountainous areas where wild reindeer have reasonably intact summer and winter grazing. They can roam throughout the national park and choose where to go depending on the weather and snow conditions. This is the most productive strain in the country and is famous for its large stags with magnificent antlers. Wolverines roam the area, and breed here at times. Moose pass through the park, and other common species include hares, red foxes and small rodents.



BIRD LIFE

The varied landscape with its rich vegetation, willow scrub and wetlands is ideal for many birds. All the four ducks which are common in the mountains, common scoter, velvet scoter, long-tailed duck and scaup, breed here. Common waders are Temminck's stint, ruff, great snipe and purple sandpiper. Forollhogna is the only known breeding site for the purple sandpiper in Hedmark. The shore lark and the long-tailed skua are rare species that presumably breed in drier parts of the park.

There is generally a plentiful stock of willow grouse. Gyr falcons occasionally breed here and hen harriers nest when small rodents are plentiful. Several pairs of golden eagles breed regularly in the park.



Velvet scoter (KO)



Purple sandpiper (PJ)



A peaceful scene at a summer dairy farm (AN)



A former hay barn (AN)



HISTORY AND CULTURAL HERITAGE SITES

The national park was designated to safeguard almost unspoilt upland. Cultural heritage sites nevertheless show that people have been using the area for thousands of years. Sámi and other settlers have left remains of habitation sites and sacrificial sites. Some of the numerous pitfalls and other means of trapping animals date from the Stone Age.

Medieval tracks and the Pilgrim's Trail show that ordinary traffic between the valleys crossed this hilly area. When copper mining began at Røros, packhorses carried the ore through the area from Dalsbygda in Os to Støren in Midtre Gauldal, on the way to Trondheim. It was easier to go here than in the valleys because of rivers, streams and tall vegetation.

The foundation walls of numerous ruined hay barns near meadows and fens show that people utilised every single straw to get enough fodder for their livestock.

Present-day use of the area

Large numbers of sheep graze here from June until about mid-September, depending on the quality of the grazing. Some cattle also graze in the park.

Transhumance dairy farming continues in the valleys surrounding Forollhogna, particularly in Midtre Gauldal, Os and Tolga where livestock grazing, haymaking or both still take place in summer.

The use of outlying land over many generations has created a distinctive, attractive landscape. Buildings have changed little, and many well-preserved buildings on summer dairy farms date from the early-19th century.



The view towards Forollhogna (JJM)

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

- Go wherever you want, on foot or on skis. Anything with an engine is basically banned.
- Stop wherever you want, and camp for the night if you wish. Tidy up afterwards and take your rubbish home.
- You may light a fire, but remember the general ban on fires in woodland between 15 April and 15 September. Show consideration when you gather firewood.
- You may 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 allowed, but remember to buy licences. Do not use live fish as bait. You must not take live fish from one river or lake to another.
- You may have a dog with you, but remember to keep it on a leash from 1 April to 20 August.

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Frontpage: Reindeer (TS) and black/white: Forollhogna in winter (AN)



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Forollhogna National Park in brief

Where: The municipalities of Tynset, Tolga and Os in the county of Hedmark, and Holtålen, Midtre Gauldal and Rennebu municipalities in Sør-Trøndelag.

How to reach Forollhogna National Park:

Plane to Røros, then bus, train or taxi. Train to Støren, Tynset, Tolga, Os, Røros, Ålen, Haltdalen, Singsås or Berkåk. Car or bus: E 6 between Støren and Ulsberg, Rv 3 between Ulsberg and Tynset, or Rv 30 between Tynset and Støren. Many roads follow valleys leading towards the park, and places to park can be found along most of them.

Information on accommodation and other services:

Røros Tourist Information Centre, phone +47 72 41 00 00, www.roros.no
 Rennebu Tourist Information Centre, phone +47 72 42 77 05, www.rennebu.net
 Gaula Nature Centre, phone +47 72 43 10 65, www.gaula.no
 Tynset Tourist Information Centre, phone +47 62 48 14 07
 Holtålen Business Development KF, phone +47 72 41 76 00
 Kølbuca cafe, phone +47 48 10 96 83, www.fjellfolge.no

Cabins: There are several unlocked cabins in the park (visit www.inatur.no, or contact the municipal boards that administer common land).

Tips: Enjoy a day's hike to Forollhogna (1332 m) from Vangrøftdalen, northwest of Dalsbygda on the south side of the park, or Budal on the north side.

Maps: 1619 I and IV, 1620 I - IV (1:50 000)

Designated: 2001

Area: 1061 km²

Adjacent protected areas:

Budalen Protected Landscape Area
 Vangrøftdalen-Kjurrudalen Protected Landscape Area
 Londalen-Ørvilldalen Protected Landscape Area
 Ledalen Protected Landscape Area
 Øyungen Protected Landscape Area
 Magnilldalen-Busjødalen Protected Landscape Area
 Endalen Protected Landscape Area
 Forddalen Protected Landscape Area
 Grøntjønnan Nature Reserve

Management:

National Park board for Forollhogna.
 The County Governor for Sør-Trøndelag and the County Governor for Hedmark, www.fylkesmannen.no.

Supervision:

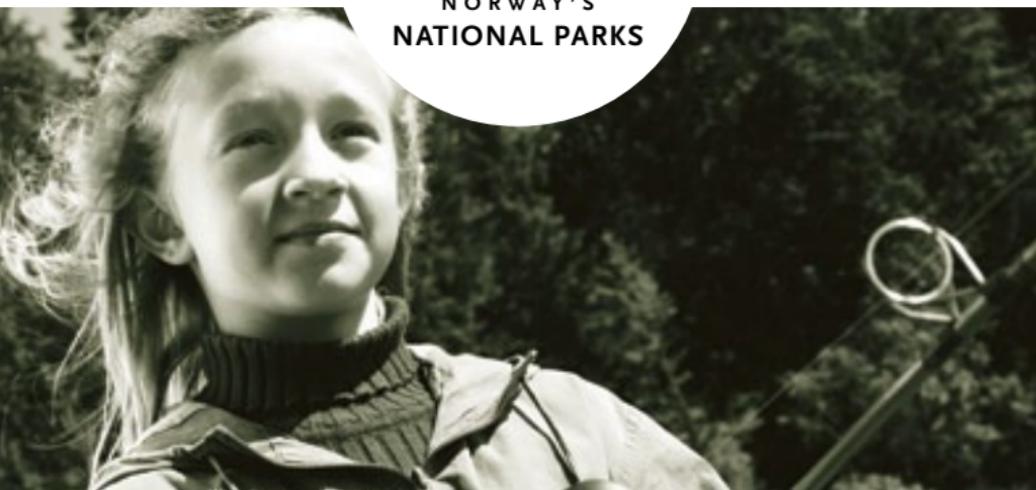
The Kvikne (phone +47 62 48 65 00) and Støren (phone +47 72 43 22 02) offices of the Norwegian Nature Inspectorate (SNO) and the municipal boards for common land in Holtålen (phone +47 90 92 09 68) and Midtre Gauldal (phone +47 99 55 48) are responsible for practical supervision.

More information:

www.nasjonalparken.hognareinen.no
www.norgesnasjonalparker.no



NORWAY'S
NATIONAL PARKS



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 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 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