



# SJUNKHATTEN

A NATIONAL PARK FOR CHILDREN





## FROM THE FJORDS TO THE MOUNTAINS IN SALTEN

Sjunkhatten National Park is within cycling distance of the city of Bodø. Sjunkfjord and Mistfjord are in the park, and the many characteristic pointed peaks, rounded mountains, rivers and lakes, and peaceful valleys characterise the varied landscape, which is both wild and, at the same time, close and accessible.

Sjunkhatten National Park is a park for children. It is in the midst of the most densely populated part of the county of Nordland, with many children and young people in its vicinity. The park is easily accessible and has many gateways of varied nature that are easy to get to. There are numerous choices of hiking and boating trips, winter and summer alike. People with different levels of mobility will be able to find activities and goals to suit them. In the children's national park, thrills are lined up for children of all ages all the year round!

The archipelago west of Sjunkhatten has two large nature reserves, Bliksvær and Karlsøyvær. A little east of Sjunkhatten is Rago National Park, which borders up to three large Swedish parks, Padjelanta, Sarek and Stora Sjöfallet. Sjunkhatten National Park is therefore part of an almost continuous belt of protected countryside stretching from Vestfjord in the west over the main Scandinavian watershed far into Sweden.



Setting up a tent in Bogvassbotn (TEK)



Climbing Breitind (SR)

## ENJOY THE SCENERY

Sjunkhatten is ideal for enjoyable, day-long hikes, but there are also goals for those wanting more extreme challenges. Climbing Korsviktind is a fantastic experience. If you are really fit, you could hike from Valnesfjord to Kjerringøy, but you will need to be good at reading a map and the terrain, and have strong legs and lungs. Popular skiing trips are to Erlingbu in Bødømarka, or from Fridalen to Sætervatnet at the head of the valley north-east of Valnesfjord.

Most paths and local walks are marked with signs and arrows. A rambling map, “Sjunkhatten National Park – the children’s national park”, shows potential routes, marked paths and ski trails all over the park. From the head of the valley north-east of Valnesfjord, prepared ski trails go to Sætervatnet and across to Røsvik, and another goes from Hopen to the hut at Erlingbu. Some tracks in the valley north-east of Valnesfjord have been made suitable for the disabled.



Children in the boat at Sjunkfjorden (HT)



Skiing up Krybbllia with Korsviktind behind (IS)



Sjunghatten seen from the south (TEK)



Sørfjorden and Langnesbu (TEK)



## LANDSCAPE AND GEOLOGY

The area is notable for great variations in the landscape and the many rivers. There are narrow fjords, numerous lakes and wetlands, mountains and alpine peaks, corries and moraines. The eastern part has several belts of marble trending north-south, and many caves and other karstic features typical of limestone areas and formed by weathering, wind and water eroding and dissolving

the rock over thousands of years, creating the strangest of formations. You can follow a stream that suddenly vanishes underground only to reappear mysteriously a little further on. Or you can find odd shapes in the rock, and small and large caves. You can even explore some of the caves.



Caving in Singelhåla (IS)



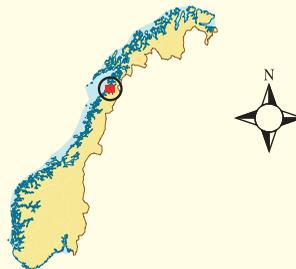
Fishing boat on the fjord (HT)



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## KEY

-  National park
-  Accommodation
-  Cafe or cafeteria
-  Tourist information
-  Camp site
-  Bodø JFF cabin



0 km 2 4 6 8 10 km

M = 1:310.000



*Calluna vulgaris* (TEK)



#### PLANT LIFE

The vegetation in the park is relatively poor, but varies a great deal. Lime-loving alpine plants like mountain avens and alpine fleabane are found on the marble in the east. The woods here are lush, tall-herb birch woodland with rich lichen communities. The Sjunghatten National Park is situated in a wet area and has oceanic plants like bog asphodel and hard-fern. Rannock-rush and lousewort are easterly plants that grow here. Rannock-rush is often difficult to see, but a trained eye will spot it on the bogs north-east of Valnesfjord.



*Drosera longifolia* (TEK)



Tagging a reindeer calf (IS)



#### ANIMAL LIFE



Black-throated Loon (GR)

The mammals living here are representative for many areas of mountains, woodlands and sea in northern Norway.

The lynx is the only large predator occurring here regularly. Many otters live long the fjords and some move inland along the rivers. There is a good stock of elk, some roe deer roam into the area, and red deer are occasional visitors.

The wetlands north-east of Valnesfjord, around Fauske and on Vassvikheian in Sørfold have a rich bird life, including many divers. Both black-throated and red-throated divers nest here every year. Whooper swans have bred in the park and several have permanent nesting sites in wetlands bordering onto the park.

Birds-of-prey like white-tailed eagles, golden eagles, goshawks and rough-legged buzzards occur regularly in the park, but only here and there.

## HISTORY AND CULTURAL HERITAGE RELICS

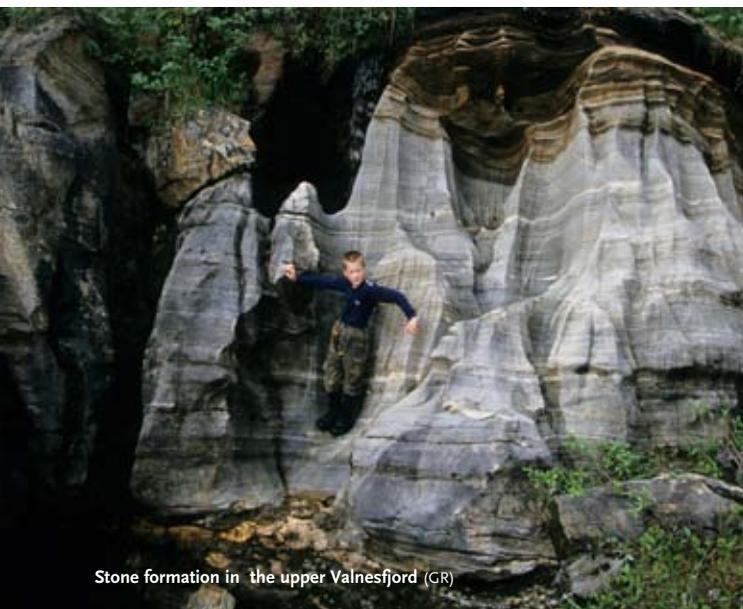
The park contains relics from the Stone Age, and many left by the Sámi and ethnic Norwegian settlers in more recent times. The oldest relics are as much as 8-9000 years old. Some date from a Sámi hunting and gathering culture prior to their present semi-domesticated reindeer husbandry period.

Norwegian expansion took place in the 15th and 16th centuries, and farms were cleared along the fjords and the larger valleys. These people made their living as farmers and fishermen. There is now little sign of their homes, but the vegetation and foundation walls reveal that people once lived here.

Three groups of Sámi now use the area for reindeer grazing. This is the only place in Nordland where Lule Sámi still carry on reindeer husbandry. Reindeer dislike being disturbed, particularly in late winter and the calving time in spring. Enjoy the sight of reindeer, but show them respect and keep your distance.



Fishing on Halsvatnet (IS)



Stone formation in the upper Valnesfjord (GR)



The Mistfjord seen from Dyrlihumpan (TEK)



River from Hømmervatnet, in Fridalen (TEK)

## 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, but 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. Take care when you gather firewood. Dead pine trees must not be damaged or destroyed.
- 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.
- Take the opportunity to hunt and fish, but remember to buy hunting and fishing licences. Hunting is forbidden in parts of the park. 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.
- Show consideration for grazing reindeer, especially in the calving season in May and June.

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**Front cover:** On a day tour in Sjunkhatten National Park (IS) and black/white: Canoeing on Kristvatnet (TEK)

**Back cover:** Kristvatnet, Aurnestindan, Ånsvikfjellet, Småtindan, Breiviktinden and Heggmotinden (TEK)



Trykk: GRØSET™



## Sjunkhatten National Park in brief

### Where:

The boroughs of Bodø, Fauske and Sørfold in Nordland.

### How to reach the Sjunkhatten National Park:

Take the Nordland Line (train) to Fauske or Bodø, fly to Bodø, drive on E 6 to Fauske and Rv 80 to Bodø, or take the Coastal Express Steamer to Bodø. The national park has three main gateways, Røsvik (Sørfold), Fridalen (Fauske) and Vatnvatnet (Bodø), and several others. If you are in your own boat, it is natural to go to the park from Bodø itself, from Festvåg, Kjerringøy or Tårnvik in the outskirts of Bodø, or from Røsvik in Sørfold. The western boundary of the park is within cycling distance of the centre of Bodø.

### Information on overnight accommodation and other services:

NordNorsk Reiseliv AS: [www.visitnordland.no](http://www.visitnordland.no)

Visit Bodø: [www.visitbodø.com](http://www.visitbodø.com)

### Cabins and huts:

The national park has no unlocked or Norwegian Trekking Association cabins. The Bodø Association of Hunters and Fishermen (JFF) owns two cabins in the park that may be rented, at the head of Sørfjord and in Heggvassbotten.

### Tips:

Why not get a special experience by hiking from the inland part of the park to the coast, fishing cod or saithe, and then walking back.

### Maps:

Norge 1:50 000 2029-I, 2029-IV, 2030-II, 2129-IV and 2130-III  
 Rambling map: Sjunkhatten National Park – the children's national park (1:50 000)

### Designated: 2010

**Area:** 417,5 km<sup>2</sup>

### Management:

Central Nordland National Park Board, phone +47 75 53 15 00, [fmnopost@fylkesmannen.no](mailto:fmnopost@fylkesmannen.no)

### Supervision:

Norwegian Nature Inspectorate, phone +47 90 06 10 33

### National park centre:

Nordland National Park Centre, Storjord, phone +47 75 69 24 00  
[www.nordlandnasjonalparksenter.no](http://www.nordlandnasjonalparksenter.no)

### More information:

[www.norgesnasjonalparker.no](http://www.norgesnasjonalparker.no)  
[www.nasjonalparkstyre.no](http://www.nasjonalparkstyre.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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