

Hallingskarvet National Park

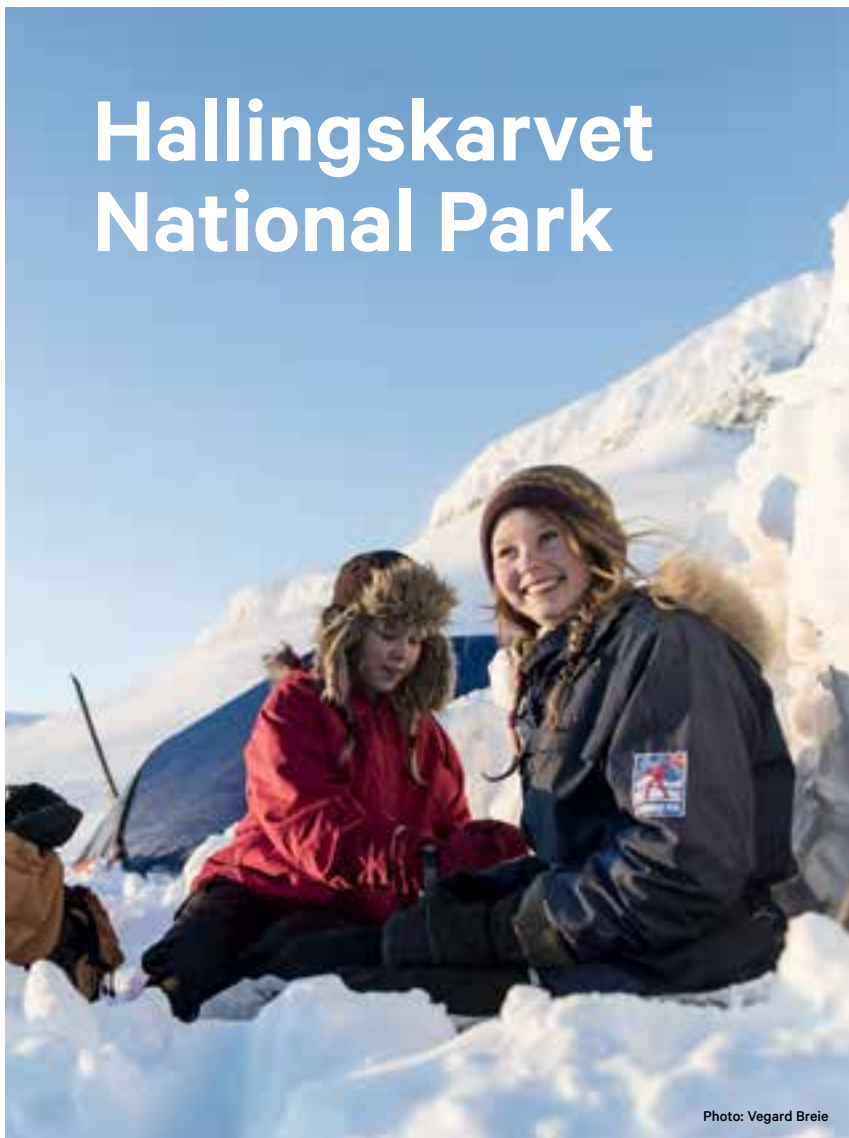


Photo: Vegard Breie



**Hallingskarvet
National Park**

Map and information
Welcome inside
Norway's National Parks

Welcome to Hallingskarvet

The mountain massif Hallingskarvet rises from the surrounding moorland, with steep cliffs towards the north and south and Folarskardnuten towering on top at 1,933 metres above sea level. Between the barren high mountain plateau and the fertile area around lies the characteristic steep cliff edge, which has given it the name Hallingskarvet. Skarv means bare mountain or rock.

If you visit Hallingskarvet you can find jumping hares or follow the sound of the wind whistling down from the bare mountain. You can follow paths others have walked before you, or you can wander around without anyone showing the way. In wintertime you can follow miles of marked or prepared ski trails keeping you on the right path, or you can make your own tracks in the snow. In the summertime the marked paths take you from cabin to cabin through mountain passes and fertile hillsides.

The cliffs, several hundred metres high, that characterise Hallingskarvet are almost inaccessible, but the high mountain plateau shows the signs of some harsh years. The deep hollows cutting in from the north reveal the wear and tear of time. The erosion has left the hard gneiss of Hallingskarvet on its own, towering above the surrounding plains.

It's a hard life in the mountains. Some have learned to tackle the conditions however. The wild reindeer wander around the mountain all year round, looking for pastures, and the glacier buttercup turns her face towards the sun to gather light and warmth.

A marked path from Prestholtseter leads you upwards, up to the plateau with views across Hallingdal and Hardangervidda.

Hallingskarvet is also easily accessible for families with children. Use an environmentally friendly mode of transport when you visit Hallingskarvet: The Bergen Line railway almost brushes the boundary of the National park.



Photo: Vegard Breie

Hallingskarvet towering above the plains.



Photo: Vegard Breie

Experience nature on your own.

Activities

There is a lot to choose from in Hallingskarvet. It is easy to gain access to the great moorland, where fish are biting and the marked tracks lead you through the landscape of the high mountain plateau in both summer and winter. When you finally stand up there on the high Hallingskarvet, the reward is the wide view – in clear weather you can see for miles and miles.

Walking

From the road, the railway or the cycle path you can take to your feet and let miles of marked tracks lead you through the National Park. The view of the high mountain plateau will be with you all the way.

Winter trips

Miles of marked ski tracks lead you through Hallingskarvet during the winter, if you want untouched mother nature as a companion. Outside the National Park a large network of prepared ski trails keeps you on track around Myrland, Haugastøl, Ustaoset and Geilo.

Fishing

Most lakes and waterways are well stocked with trout. No need to leave the fishing rod at home. Fishing permits can be purchased at *inatur.no*.

Skarverennet

During the public festival of the Skarverennet race, more than 12,000 people have a start number on their back. Join in – whether you are just exercising or have a well-developed competitive nature.

Glacier walking

Even though some parts of Hallingskarvet are covered by ice and snow all the year round, it is Hardangerjøkulen south west of Hallingskarvet that you need to go to if you want to get closer to the glacier.

Prestholtrunden walk

From Prestholt you can take a 6.5 kilometre long track that leads you to the viewpoint 1,705 metres above sea level. Sherpas from Nepal have laid the stones on part of the track and seeing the stonework is an experience in itself.

Finse

Finse is a springboard for activities and walks in the National Park. This is Norway's highest railway station. Take the train to Finse.

Rallarvegen

This road was made around the end of the 19th century as a service road when building the Bergen line. Bring your own bike or rent one and cycle the 80 kilometres between Haugastøl and Flåm, from the high mountain down to the fjord. The trip along Rallarvegen is well suited for families.



Photo: Vegard Breie

Discover the National Park in winter.



Photo: Emile Holba

Stone covered track at Prestholtrunden.








Photo: Magne Ove Furuseth

Cycling along Rallarvegen.

Facts & information

Hallingskarvet National Park was established in 2006 and is 450 km².

	Where is Hallingskarvet?	Hol in the county of Buskerud, Ulvik in the county of Hordaland and Aurland in the county of Sogn og Fjordane.
	How do I get there?	Train: Take the Bergen Line to Geilo, Ustaoset, Haugastøl, Finse or Hallingskeid. Bus: Oslo-Drammen-Gol-Geilo.
	National Tourist Route	Rv 7 Hardangervidda <i>nasjonaleturistveger.no</i>
	National Park village	Geilo
	Viewpoint	Prestholt
	Plan the trip	<i>inatur.no</i> <i>ut.no</i> <i>outtt.com/geilo</i>
	Conservation areas nearby	Hardangerjøkulen glacier landscape conservation area Hardangervidda National Park
	Management and supervision	Hallingskarvet National Park Board <i>nasjonalparkstyre.no/hallingskarvet</i> Norwegian Nature Inspectorate Phone (SMS) + 47 950 01 881, <i>naturoppsyn.no</i>
	Tourist Information	<i>geilo.com</i>

Wildlife and plants

Hallingskarvet needs to be taken seriously. When the wind really blows over the Hallingskarv plateau, it sometimes gets up to hurricane force. So not everything is able to survive here.

Arctic fox

The Arctic fox does not make much of itself, as it is very small, but it is extremely good at tackling the hard conditions of the mountains. The Arctic fox was also the first to inhabit Scandinavia after the last ice age. Following years of hunting to near extinction, it became a protected species in Norway in 1930. Despite this there are very few Arctic foxes left in Norway and the species is currently critically threatened. Changes to the life cycle of the lemming and the arrival of the red fox in the high mountains have made conditions for survival hard for the Arctic fox. Several research projects are attempting to strengthen the species in Norway.

Wild reindeer

Wild reindeer, the wanderer. Large herds need large amounts of food and the reindeer wander across large areas throughout the year looking for grazing. The wild reindeer that live in Hallingskarvet mostly use the moorland below the plateau. In the autumn herds of male reindeer mix with the herds of calves, females and young reindeer. The male reindeer have developed large antlers, providing status when the mating season starts in the autumn. The male reindeer lose their antlers when the mating season is over. The calves are born early in the springtime and grow up amongst the snow and bare fields.

Birds of the mountains

The large moorland areas around Hallingskarvet are teeming with bird life in the summer. The wader; Eurasian dotterel is a fearless master of camouflage. It lies on the nest in such a protective manner that there is a risk of stepping on the bird before you see it. There are three mustard coloured eggs with dark brown flecks lying in the nest. The Arctic species snow bunting has settled well in Hallingskarvet. It is easy to spot the male bird in the spring with its black and white plumage. A plumage of contrasts and lots of singing make the male attractive to the females.

Plants

Hallingskarvet is not just a barren plateau. Mineral rich soil with lime and phyllite provides good growing conditions for lush vegetation. The twin leaf saxifrage is hardy and withstands the wind and the weather. The twin leaf saxifrage flowers just a few days after the snow has melted. The twin leaf saxifrage thrives best in lime soil, and grows in both running water and dry wind-blown places. The moss campion or cushion pink grows in cushions and is found on moist rocky ground and in short grass. It flowers first on southerly slopes and can therefore be used to find the cardinal points.



Photo: Bjørn Furuseth

The Arctic fox is returning to Hallingskarvet.



Photo: Bjørn Furuseth

The Eurasian dotterel builds its nest on dry, bare scrapes of ground.



Photo: Bjørn Furuseth

The twin leaf saxifrage grows in cushions.



Photo: Bjørn Furuseth

You can hear the bluethroat singing at dusk.

History and culture

Used for a long time

The reindeer has been important to people for a long time - as far back as the time when the ice retreated from the south towards the north. The reindeer followed when the ice disappeared and man also followed. Hunter's pits, stone age dwelling sites and names like Simlenutane (female reindeer) and Bukkehallin (male reindeer) are signs of dwellings and hunting areas in the terrain that are closely connected to the reindeer.

Between east and west

Slepene, the old trading routes in the mountains, carried people from east to west, to markets where goods and animals were exchanged. The trade in cattle became big business in the 17th to 19th centuries. Cattle from western Norway were brought up into the mountain pastures throughout the summer, before they were taken to markets in the east of the country in late summer. Drover's tracks are found on both the eastern and western sides of Hallingskarvet. During the journey they spent the night in shelters: simple dwellings like huts, an overhanging

rock or an alleyway. Bjødnabulægret (Bjødnabu shelter) and Lengjedalslægret (Lengjedals shelter) are names still shown on the map.

Lordehytta (The cabin for lords)

From the middle of the 1800s foreigners started visiting the Norwegian mountains. In Folarskardet, Lars Lein built what is now called Lordehytta in 1880 for Lord Garvagh jr. The cabin bears witness to the time when the English came on a journey of discovery to the Norwegian mountains. Today this is a lovely hiking destination. The Lordehytta can also be used for emergency shelter.

The land of Arne Næss

The philosopher and climber Arne Næss (1912-2009) enjoyed a strong relationship with Hallingskarvet. He spent long periods of time in the cabin Tvergastein, where he wrote the book *The good long life's father: Hallingskarvet as seen from Tvergastein* about the mountain as a dwelling place and home, but also about Hallingskarvet as stones and scree, weather systems, plants and animals.



Lars Lein in front of Lordehytta.

Welcome, please look after our nature

Welcome to a trip in the National Park! There is room for many if we show consideration for the people and animals around us. The National Parks are the best of Norwegian nature. The conservation order contributes to taking good care of the landscape and the diversity of animals and plants. So we can still add to our memories of this place in the future.

Common right of access. You can go wherever you wish on foot or on skis. Feel free to follow a marked footpath or marked trail in the National Park. Put up a tent wherever you wish as long as it is more than 150 metres from any house or a cabin where people are living. In Hallingskarvet you are free to pick berries, mushrooms and common plants for your own use. Showing consideration for the vegetation and animal life is important, especially during the nesting and breeding season.

Cultural heritage sites such as old homesteads and hunting pits are protected, so stones from old stone walls must be left in place.

Rubbish. Remember to tidy up after you and take your rubbish home.

You can light a fire between the 15th of September and the 15th of April and the rest of the year where it is obvious that it will not lead to a fire. Take note of local prohibitions. Show consideration for nature when gathering firewood.

Hunting and fishing. You can hunt and fish in the National Park as in other mountain areas as long as you have a

hunting licence and/or fishing permit. You are not allowed to use live bait. You must not take live fish or wet fishing equipment from one waterway to another.

Dogs in the National Park. Dogs are welcome along for the trip. From 1st April to 1st November (20th August in Hordaland) all dogs must be kept on a leash. You are obliged to show consideration for wild animals, grazing animals and people all the year round. The reindeer especially is vulnerable during the winter.

As a general rule, motorised vehicles are prohibited in the National Park.

Clothes and equipment. The weather in the mountains can change very quickly, in both summer and winter.

You must evaluate the weather and conditions based on your fitness and skills and prepare yourself with suitable clothes and equipment. Taking a trip with a mountain guide provides safety and useful tips.

Good planning makes for good experiences!



Hallingskarvet
National Park

Map information Hallingskarvet National Park

Welcome to nature

This is a map developed for the brand Norway's National Parks. All Norwegian conservation areas, regardless of any protection category, form part of this brand. These maps are developed based on knowledge of how the conservation area is used,

what areas are vulnerable in terms of visitors – the basis for visitor management. This map is not a hiking map, but provides an overview of the selections available in specified conservation areas and the surrounding area.



National Park Village
Geilo

Geilo National Park Village contains attractions and cultural experiences that are worth seeing. Experience Geilojordet, a yard surrounded by old timber houses, where the children can see kid goats and hens and sour cream porridge is served in the summer café. A lovely walkway goes round the Ustedals fjord. You can take a bike or walk and feel free to bring a fishing rod and beach wear. In the winter there is a skiing track here.



Viewpoint
Prestholt

Experience the National Park up close from Prestholt. The cultural landscape and the traditional mountain farms here make an experience in itself. Taste the goat cheese! From Prestholt you can walk Prestholtrunden. This walk is 6 kilometres in length and fairly demanding, including some steep slopes. The highest point of the walk is up at Hallingskarvet. During the walk you will see a hunting pit where there is a notice with information about trapping and hunting.



Tourist Information
The travel centre at Geilo

If you need an overview of what happens in the village and the mountains, you should visit the travel centre at Geilo. Here you will find information about what to do and experience, where to stay overnight and where you can find something to eat. Tourist Information is also found at Finse, Haugastøl and Hol. visitgeilo.no/ visitgeilo.com



Information point
National Park

For more information about Hallingskarvet, see the information points. These are good starting points for trips in the National Park and the surrounding mountains.



Parking National Park



Food service



Recommended photo opportunity



Public transport junction



Public transport junction



Cycle path



Serviced tourist cabin



Self-service tourist cabin



Overnight accommodation



Camping facilities



Summer tracks



Winter ski tracks

