



DOVREFJELL- SUNNDALSFJELLA

UNITED AND LOYAL
UNTIL THE MOUNTAINS
OF DOVRE CRUMBLE





NORWAY'S ROOF

The Dovrefjell-Sunndalsfjella National Park and surrounding protected areas cover approximately 4367 km², making this one of the largest continuous protected areas in mainland Norway. Here, you can experience a varied landscape with geological, botanical, zoological and cultural historical gems. The park contains an almost intact ecosystem that includes wild reindeer, wolverines, arctic foxes, ravens and golden eagles, and the only Norwegian population of musk oxen also lives on Dovrefjell.



Which way is best? (KSK)



The view along Veslsvartdalen (PJ)



ENJOY THE SCENERY

The Dovrefjell-Sunndalsfjella National Park offers many opportunities for outdoor recreation. You can walk, ski and spend the night wherever you want. The east has rounded landscape forms. If you enter the park from the west, you will experience the typical landscape of western Norway with its steep, sharp peaks and deep valleys. Climbing Snøhetta is the real highlight. You can start at Kongsvold and walk to Reinheim, or take the path from Hjerkin to Snøheim; both are fine starting points for a day-long ascent of Snøhetta. On the way, you have

a good chance of seeing musk oxen. Alternatively, you can get a fine view of Snøhetta from the Norwegian Wild Reindeer Centre Pavilion at Tverrfjellet, near Hjerkin.

The Norwegian Ramblers Association has marked some paths and ski trails between its cabins. If you walk or ski there, you must consider the welfare of the wild reindeer, particularly in winter and spring. The inner part of the park has few marked paths and ski trails.



The pavilion at Tverrfjellet (HY/SNO)



The Snøhetta viewing point (NVN)



Snøhetta at dawn (PJ)



LANDSCAPE AND GEOLOGY

Diversity and character

The contrasts are great in the Dovrefjell-Sunndalsfjella National Park. Its geographical location makes the area a meeting place of oceanic and continental climates, where terrain forms, the geology and the vegetation vary a great deal from east to west.

Habitats vary from upland plateaus and towering peaks to rich wetlands, lush heaths and dramatic watercourses in the lower parts. Verdant valleys with transhumance dairy farms wind into the marginal parts of the mountainous area.

In the north-west, dramatic, almost alpine, scenery stretches out towards the valleys of Sunndalen and Romsdalen. Notable peaks include Storkalken (1880 m a.s.l.) in the west, the majestic Storskrymtan (1985 m a.s.l.) and the famous Snøhetta (2286 m a.s.l.).

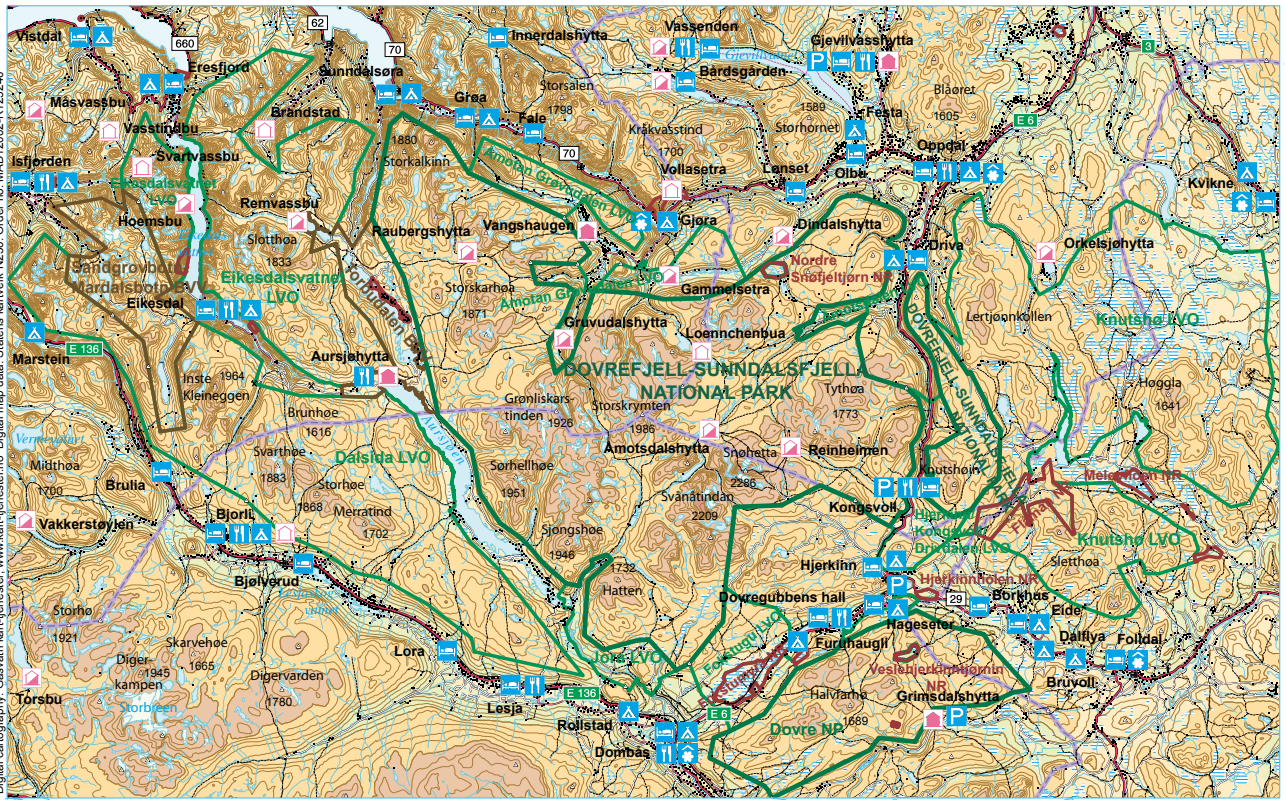
The bedrock in the west is ancient basement composed of hard, acid rock types, while areas north and east of Snøhetta have younger rocks that weather to produce nutrient-rich soils. Knutshøene and the other mountainous areas in the east are famed for their rich alpine flora.
















Skrymtan (PJ)

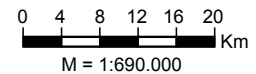
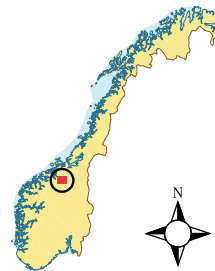


The Sørhell waterfall (PJ)



LEGEND

-  County border
-  National Park
-  Protected Landscape
-  Nature Reserve
-  Wildlife Conservation Area
-  Parking
-  Accommodation
-  Café/restaurant
-  National Park Information Center
-  Camping
-  Tourist Cabin, staffed
-  Tourist Cabin, self service
-  Tourist Cabin, unstaffed





Shore lark (BB)



Dotterel (KA)



Reindeer buck (PJ)



Arctic fox (BB)



ANIMAL AND BIRD LIFE

Birds of prey, wolverines and arctic foxes

The varied plant cover gives good conditions for diverse bird life – from ptarmigan and small birds to larger raptors like the golden eagle, gyrfalcon and rough-legged buzzard.

The Dovrefjell-Sunndalsfjella National Park is an important haunt of the wolverine in southern Norway. If you are lucky, you will catch a glimpse of this "eternal roamer", but you are probably more likely to come across its characteristic tracks in the snow. The arctic foxes that live in the park descend from foxes bred in captivity and released here in the hope that they will help to rebuild a viable population in Norway.

The musk ox – the shaggy primeval beast

Musk oxen died out in Europe during the last Ice Age. They have now made themselves at home in the park after several re-introductions between 1932 and 1953. Its compact body and robust coat admirably equip this primeval beast to withstand harsh winters in the mountains.

Musk oxen pay scant attention to people, but if they feel threatened they may just attack. To avoid hazardous confrontations, you should keep a minimum distance of 200 m. If you spot a musk ox on your route, give it a wide berth and let it have the right of way.

One of the last wild reindeer strains in Europe

The Dovrefjell-Sunndalsfjella National Park has viable strains of the original wild mountain reindeer. Wild reindeer reached Norway when the ice melted after the last Ice Age and have been a valuable resource for human beings here ever since. Thousands of years of hunting and trapping have made them very timid. They have a good sense of smell and can become aware of people close on a kilometre away. If you discover a wild reindeer before it discovers you, you should stay put until it moves away.



Spring pasque flower (BB)



PLANT LIFE

Outstanding alpine flora

An early botanist, G.C. Oeder, discovered the rich flora of the Dovrefjell-Sunndalsfjella area in the 1750s, and botanists have been flocking here ever since. Calcareous rocks go a long way towards explaining the unusual plant life which includes such rarities as the grass, *Poa lindebergii*, *alpine hairbell*, a subspecies of arctic poppy, *Papaver radicum* ssp. *ovatilobum*, a local species of dandelion, *Taraxacum dovreense*, Norwegian mugwort, tundra chickweed and a rare whitlowgrass, *Draba cacuminum*. Some of these species are thought to have survived the last Ice Age on ice-free peaks (nunataks).



Alpine azalea (PI)



A pitfall at Sørhellø (PI)



HISTORY AND CULTURAL HERITAGE RELICS

The mountains and the people

When the ice retreated after the last Ice Age, the wild reindeer migrated into what is now the Dovrefjell-Sunndalsfjella National Park. Hunters followed in their footprints. Stone Age settlements have been found that are some 9400 years old. The whole area has numerous reindeer hunting relics, including bowmen's hides, pitfalls and trapping systems. A Sámi settlement from the 10th century AD has been found at Aursjøen.

Most Stone Age finds have been made in the west, where hides predominate. Pitfalls predominate in the east. One of the world's largest known concentrations of pitfalls, numbering about 1250, is found along a 27-km-long stretch from Fokstugu to Kongsvold.

Remains of former houses show that people made a living in these upland valleys the whole year round. Following the death of King Olaf II (Saint Olaf), pilgrims journeyed over Dovrefjell to reach Nidaros Cathedral in Trondheim, where the canonised king lay buried.

Deposits of chromium, copper, zinc and sulphide ores attracted miners up above the tree line.



Old stone arrowheads (P)

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 20 August (the boroughs have slightly different by-laws regarding this).

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Layout: Guri Jermstad AS. **Photo:** Kristin S Karlsen (KSK), Bård Bredeesen/ Naturarkivet.no (BB), Per Jordhøy (PJ), Kim Abel/ Naturarkivet.no (KA), Norwegian Wild Reindeer Centre North diephotodesigner.de (NVN), Heidi Ydse (HY/SNO) and Arne Johs Mortensen (AJM/SNO).

Front cover: Musk oxen (BB) and black & white: Arctic fox cubs (BB)

Back cover: Marked paths (AJM/SNO)



Print: GRØSET™



Dovrefjell-Sunndalsfjella National Park in brief

Where:

The boroughs of Nesset and Sunndal in the county of Møre & Romsdal, Oppdal in Sør-Trøndelag, and Dovre and Lesja in Oppland.

How to reach Dovrefjell-Sunndalsfjella:

By train: the Dovre Line to Dombås, Hjerkin, Kongsvold or Oppdal, or the Rauma Line to Lesja, Bjorli or Åndalsnes.

By bus or car: E 6 over Dovrefjell; Dombås-Oppland, E 136 Dombås-Åndalsnes, Rv 660 Åndalsnes-Sunndalsøra and Rv 70 Sunndalsøra-Oppland.

Information on accommodation and other services:

Nasjonalparkriket Reiseliv AS, phone +47 61 24 14 44, www.rondane-dovrefjell.no
Bjorli-Lesja Travel Association, phone +47 61 24 56 45, www.bjorli.no

Oppdal Tourist Information Office, phone +47 72 40 04 70, www.oppdal.com

Sunndal Tourist Information Office, phone +47 71 68 99 80, www.sunndal.com

Dovre Tourist Information Office, phone +47 61 24 14 44, www.dovrenett.no

Nesset Travel Association, phone +47 71 23 11 99, www.opplevnesset.com

Cabins:

The National Park has cabins owned by the Norwegian Ramblers Association, Oslo division, and the Kristiansund and Nordmøre Ramblers Association.

Tips:

Snøhetta is a highlight of the park and offers a marvellous view. The route to the summit is well marked from Reinheim and Snøheim.

National Park Centres:

iNasjonalparker, post@nasjonalparker.org, www.nasjonalparker.org

Norwegian Wild Reindeer Centre North, post.nord@villrein.no, www.villrein.no

Maps:

Ramblers maps: Dovrefjell (1:100 000), Dovrefjell-Sunndalsfjella 1:100 000 (western part) and Dovrefjell-Knutshø 1:100 000 (eastern part), and several 1:50 000 map sheets in the N50 set.

Established: 1974, extended in 2002

Size: 1693 km² (4367 km² when adjacent protected areas are included)

Adjacent protected areas (PLA – Protected Landscape Area; NR – Nature Reserve) Dalsida PLA, Eikesdalsvatnet PLA, Fokstugu PLA, Hjerkin/Kongsvoll/Drivdalen PLA, Jora PLA, Knutshø PLA, Åmotan-Grøvdalen PLA, Åmotdalen PLA, Sandgrovbøtn-Mardalsbøtn Protected Biotope, Torbudalen Protected Biotope, Fokstumyra NR, Nordre Snøfjelltjønn NR, Flåman NR, Jutneset NR, Einunndalsranden NR, Meløyfloen NR, Bjørndalen NR, Svarthaugan NR, Hjerkinholen NR and Grimsmoen NR.

Management:

Dovrefjell National Park Board, fmppost@fylkesmannen.no, phone +47 61 26 60 00

Supervision:

Norwegian Nature Inspectorate, Dombås (phone +47 48 07 37 52)

and Sunndalsøra (phone +47 94 81 79 88)

Fjelloppsynet i Dovre (phone +47 95 96 33 14), Lesja (phone +47 95 84 82 83),

Oppdal (phone +47 48 21 26 90), Sunndal (phone +47 41 45 96 47)

and Nesset (phone +47 41 41 73 74).

More information:

www.norgesnasjonalparker.no

www.nasjonalparkstyre.no



NORWAY'S
NATIONAL PARKS



Norwegian National Parks are our common natural heritage

We set up National Parks to safeguard large areas of countryside – from the seashore to the mountaintops. For Nature's own sake, ourselves and future generations. National Parks boast magnificent scenery with varied animal and plant life, waterfalls, glaciers, lofty mountains, endless plateaus, deep forests and lush woodlands, and beautiful fjords and coasts. You will also find cultural heritage remains showing how the areas were used in the past. The National Parks offer a multitude of opportunities for thrilling encounters with natural history.

Make use of our magnificent nature – on its own terms.

Welcome to Norwegian National Parks.



www.miljodirektoratet.no