



PREIKESTOLEN

PHOTO: TETJE HANKE



HIMAKÅNÅ



LANGFOSS



TROLLTUNGA

PHOTO: HELGE SUNDE

DIFFERENT
SPECTACULAR
UNIQUE



ICONIC HIKES

IN FJORD
NORWAY



KJERAG



TROLLPIKKEN



ICONIC HIKES IN FJORD NORWAY



TROLLPIKKEN

- A POTENT ROCK FORMATION

- 🕒 2 HOURS RETURN
- 🚶 4,2 KILOMETERS RETURN/ ALTITUDE 160 METERS
- DIFFICULTY LEVEL BLUE (MEDIUM)

Forget grand waterfalls and fjords - let yourself be amused by Trollpikken, a phallus-shaped rock formation that has become the most light-hearted symbol for the potency of Norwegian nature.

In June 2017, somebody destroyed Trollpikken by cutting it off with heavy tools. The people of its home municipality Egersund worked hard to put it back in place with lifts, steel rods and epoxy.

The landscape that surrounds Trollpikken resembles a scene from a Tolkien book with rolling hills, small mountains, rocks and shifting cloud cover. The Vikings also strode through the heather and granite of this area, where the last ice age carved out Trollpikken 10,000 years ago.



PHOTO: KJETIL BENTSEN

LANGFOSS

- A THRILLING WATERFALL

- 🕒 3 HOURS RETURN
- 🚶 3,5 KILOMETERS / ALTITUDE 640 METERS
- DIFFICULTY LEVEL RED (DEMANDING)

The sheer force of the 612-metre-high Langfossen waterfall in Åkrafjorden is spellbinding. No wonder that the CNN has listed this quintessential Norwegian waterfall as one of the ten most beautiful in the world.

The best way to experience Langfossen is to follow the hiking trail on smooth granite, surrounded by thick pines and crooked birch trees. Calling the trail anything but steep would be pure fabrication, but the reward is an even more stunning view with every step. You will glance over the treetops at the fjord and the mountains while the waterfall roars in the distance. Sore and stiff calves will pass in a few days, but the memories of the magical views from Langfossen will last a lifetime.



PHOTO: OUTDOORLIFE.NORWAY.COM



PHOTO: ESPEN MILLS

TROLLTUNGA

- A TOUGH CHALLENGE

- 🕒 10-12 HOURS RETURN
- 🚶 28 KILOMETERS (14 KM ONE WAY) / 1,200 METER ASCENT
- DIFFICULTY LEVEL BLACK (EXPERT)

Trolltunga is one of the most spectacular scenic cliffs in Norway. It is situated in the high mountains, hovering 700 metres above lake Ringedalsvatnet. The hike and the views are breathtaking. The hike is usually possible to do from mid-June until mid-September. It is a long and demanding hike. Consider carefully whether you are in good enough shape and have the right equipment before setting out. Prepare well and be a responsible and safe hiker. If you are inexperienced with challenging mountain hikes, you should consider to join a guided tour to Trolltunga. **WARNING** - do not try to hike to Trolltunga in wintertime by your own.

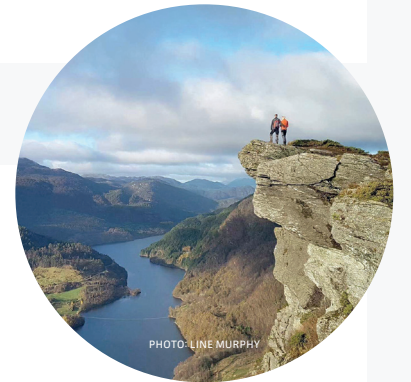


PHOTO: LINE MURPHY

HIMAKÅNÅ

- TROLLTUNGA'S LITTLE SISTER

- 🕒 2 HOURS RETURN
- 🚶 4 KILOMETERS RETURN / ALTITUDE 317 METERS
- DIFFICULTY LEVEL BLUE (MEDIUM)

Situated a relatively modest 357 metres above sea level, the Himakånå rock formation has become known as "Little Trolltunga". Whilst it is easier to get to than Trolltunga, the views are equally impressive. Compared to Trolltunga, the trek to Himakånå is faster, more accessible, and family friendly. The surrounding landscape flourishes with oak, beech and birch. The trail runs through mountain pastures, small forests and fields. From the top, Himakånå offers panoramic views of Lysevatnet lake, Nedstrandsfjord and farms surrounded by lush forests.

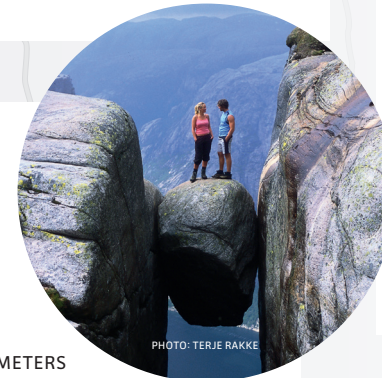


PHOTO: TERJE RAKKE

KJERAG

- THE BIG BROTHER OF ATTRACTIONS

- 🕒 6 HOURS RETURN
- 🚶 10 KILOMETERS / ALTITUDE 550 METERS
- DIFFICULTY LEVEL RED (DEMANDING)

It is not just higher than Preikestolen, it also has a grand finale in Kjerag-bolten: the large, round boulder stuck high up in the air in between two mountain sides. Nature must have been feeling playful when it wedged the boulder into the crack.

Kjerag attracts the daring. Even though you can't see the edge when you first arrive, you sense the abyss that awaits you. On a trek like this, it is OK to have butterflies in your stomach. Perhaps it's the way it towers over the fjord? 1,000 meters of vertical granite does something to us humans. Kjerag is a demanding trip, with an unbelievable view offering memories for a lifetime. Do a bit of preparation in advance and make sure you have a safe hike to Kjerag.

PREIKESTOLEN

- THE MOST ICONIC OF ALL

- 🕒 4 HOURS RETURN
- 🚶 8 KILOMETERS / ALTITUDE 330 METERS
- DIFFICULTY LEVEL RED (DEMANDING)

If Norway had been designed by landscape architects, Preikestolen would have been an award-winning work of genius. No other mountain better sum up the thrilling beauty that is the hallmark of Norwegian nature. Such a famous trek creates high expectations. Is Preikestolen really that good? It might be sunny or rainy, windy or foggy - but that is part of the charm. You know when you approach the end of the steep trail through the birch forest: The landscape opens up and you sense the depth around Preikestolen's surprisingly small plateau.



PHOTO: OUTDOORLIFE.NORWAY.COM



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regionstavanger-ryfylke.com



hardangerfjord.com



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- **Use** sturdy hiking boots when hiking in the mountains, and bring warm and waterproof clothes.
 - **Bring** plenty to eat and drink for the long hikes.
 - **Check** the weather forecast before you start.
 - **Listen** to advice from the locals.
 - **Do not** hike these trails in strong wind, heavy rain or in foggy weather.

With these hikes, you can't go wrong – chosen for their fascinating diversity, they offer something different, spectacular and unique. Pick the hikes that suit your level and set off to the spectacular fjord landscape. The memories you create will last a lifetime.



Stavanger
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