

HIKING IN NORWAY - SOUTH

The 10 best multi-day treks

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This guide describes 10 treks of 3–8 days (although many can be adapted or combined to create longer or shorter routes) in Southern Norway. The hut-to-hut routes cover Jotunheimen, Rondane, Dovrefjell, Trollheimen and Ryfylke, with highlights including Galdhøpiggen – Norway's highest peak at 2469m – and the iconic Pulpit Rock and Kjeragbolten on the Lysefjord. They are suitable for experienced hikers with a good level of fitness and can be walked from mid-July to the end of September.

Clear route description and mapping are provided for each trek. Stages are graded according to difficulty: although all of the routes follow waymarked trails, some cross remote and challenging terrain which may include exposed sections calling for a sure foot and a good head for heights. However, in many instances, alternatives are provided avoiding the most demanding sections. The guide also offers comprehensive advice on public transport access and accommodation options, and background notes on each of the featured mountain regions.

The treks showcase Norway's wild natural beauty, from narrow ridges to wide glacial valleys and from shimmering fjords to striking alpine peaks. Throw in the warmth and hospitality of the Norwegian Trekking Association's extensive hut network and you have all the ingredients of a fantastic adventure. This guide is an ideal companion to discovering some of Norway's classic shorter treks and best-loved mountain landscapes.

About the author

Ute Koninx is a practised world traveller and outdoor enthusiast, and has lived in seven countries on four continents. She developed a love for the Norwegian outdoors whilst living in the country between 2009 and 2015, and has since returned every year for her work as a tour guide as well as further explorations and research.

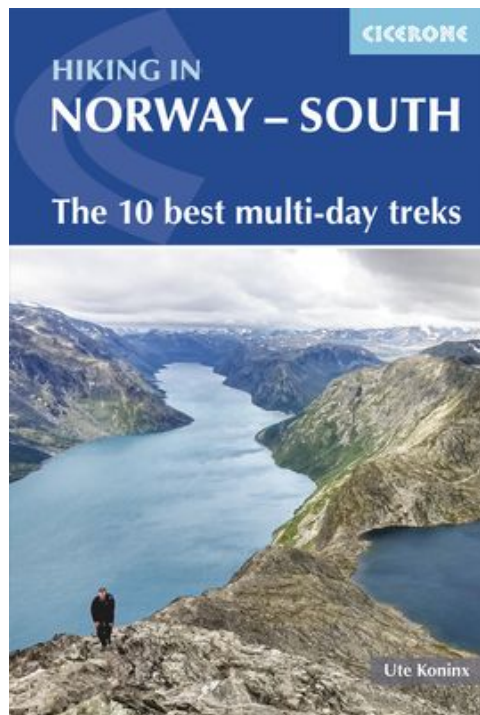
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