

PRESS RELEASE

From fell to fjord in captivating Southern Norway

TREKKING IN SOUTHERN NORWAY

Front cover

The 10 best multi-day trekking routes
by Ute Koninx

To hike in Southern Norway is to enter another world: a beautiful but unforgiving landscape of narrow ridges, wide glacial valleys, shimmering fjords and striking alpine peaks. This guide presents 10 shorter treks of 3–8 days showcasing Norway's wild natural beauty. The hut-to-hut routes cover Jotunheimen, Rondane, Dovrefjell, Trollheimen and Ryfylke and are suitable for experienced hikers with a good level of fitness.

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.

Take in breathtaking mountain vistas from the summit of Galdhøpiggen – Norway's highest peak at 2469m. Test your head for heights on the vertigo-inducing Besseggen ridge, Pulpit Rock and Kjeragbolten. Marvel at the elusive Norwegian wildlife as you traverse isolated valleys. Then, at the end of the day, a warm welcome awaits in the Norwegian Trekking Association's fantastic mountain huts. The shorter treks of Southern Norway promise challenge, adventure and a whole host of unforgettable experiences.

What's inside?

- 10 waymarked hut-to-hut treks of 3–8 days, presented in graded stages
- comprehensive notes on public transport and accommodation options
- tips on hiking in Norway, including equipment and safety

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.

Key information

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- covers popular national parks and some of Norway's most iconic hiking destinations
- the trekking season runs from mid-July to the end of September
- need a feature? let Hannah know

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