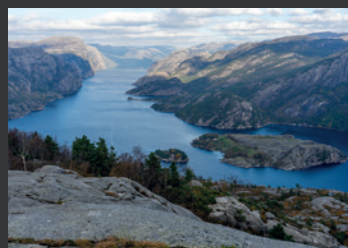


4

SOKKANUTEN*Bird's-eye view of the Lysefjord's mouth*

Difficulty – moderate
4 km circuit
2-3 hours
350m elevation gain
Year-round

Description

Steep start, offering vistas on the fjord's mouth. At the summit, enjoy views covering half the fjord, including its two only islands, the villages of Oanes and Forsand, and the Lysefjord bridge. Return through forests and along small lakes.

Parking at Lysefjorden Hyttegrend, 2 km / 4 min from Oanes.

Nearest accommodation: lysefjord-hyttegrend.no

5

FANTAPYTEN*Lysefjord's panoramic cliff trail*

Difficulty – demanding
10 km (one-way trail)
4-5 hours
600m elevation gain
May - October
Best to hike west to east

Description

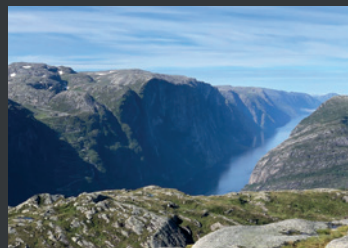
This one way trail stays very close to the Lysefjord, following edges, ledges and cliff sides, all to provide visitors with the best panoramic fjord vistas Norway has to offer. A demanding, but rewarding hike. Finish at Preikestolen Basecamp.

Parking at The Bolder Skylodges or Preikestolen Parking, both 10 km / 10 min from Jørpeland.

Nearest accommodation:

thebolder.no – preikestolenbasecamp.com

6

JENAFJELL*Hidden gem at the head of the Lysefjord*

Difficulty – demanding
8 km roundtrip
5 hours
650m elevation gain
June - October

Description

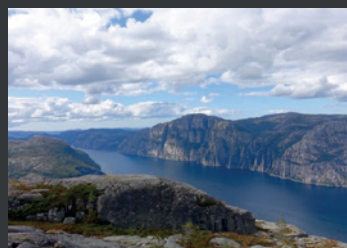
It is a steep trail up. At the summit, the fjord is at your feet. Take in the mighty Kjerag Massif, along with 75% of the Lysefjord. Or what about the view on all 27 hairpin turns along the spectacular road from Lysebotn to Øygardstøl?

Parking in Lysebotn. Take a bus shuttle or electric bike to the trail head (sbkbase.com).

Nearest accommodation:

lysegard.com – lysefjordenturisthytte.dnt.no – visitkjerag.com

7

SOLLIFJELLET*Unique front views on Preikestolen*

Difficulty – moderate
5 km roundtrip
3 hours
300m elevation gain
April - November

Description

Half of the trail is on a gravel road. The last part to the summit is on a steep trail. Sollifjellet provides great views on Preikestolen, located on the other side of the Lysefjord.

Parking at Skrøylå Parking, 16 km / 25 min from Forsand.

Nearest accommodation: lysefjorden.no – lysefjorden.com – landapark.no – fossanmoen.no – haukali333.com

8

VIKASTAKKEN TRAVERSE*Characteristic top with 360 views*

Difficulty – demanding
9 km (one way trail)
5-6 hours
900m elevation gain
May - October
Best to hike west to east

Description

Steep trail up the mountain side to the first summit – Bergefjellet, with views on Forsand and the Høgsfjord. Enjoy mountain lakes on the way to Vikastakken, overlooking the Lysefjord and Preikestolen. Steep forest descent to Dørvika.

Parking at Forsand Bedehus (west-end) or Dørvika (east-end, 9 km away). Arrange shuttle or electric bike between trailheads (lysefjorden.com).

Nearest accommodation: same as hike 7.

9

SELVIKSTAKKEN*Finest viewpoint west of the Lysefjord*

Difficulty – demanding
11 km roundtrip
5-6 hours
700m elevation gain
May - October

Description

Multiple ascents and descents in varying terrain. Splendid views on the Lysefjord's mouth, its parent fjord – the Høgsfjord, as well as sister fjord Frafjord to the south.

Parking at Bynuten/Selvikstakken Parking, along road 508, 8 km / 11 min from Lauvvik.

Nearest accommodation: kronenhoteles.no/kronen-gaard – lysefjord-hyttegrend.no

10

RAMNSTOKNUTEN*Spectacular views at Lysefjord's mother fjord*

Difficulty – moderate
4 km circuit
4-5 hours
600m elevation gain
May - October

Description

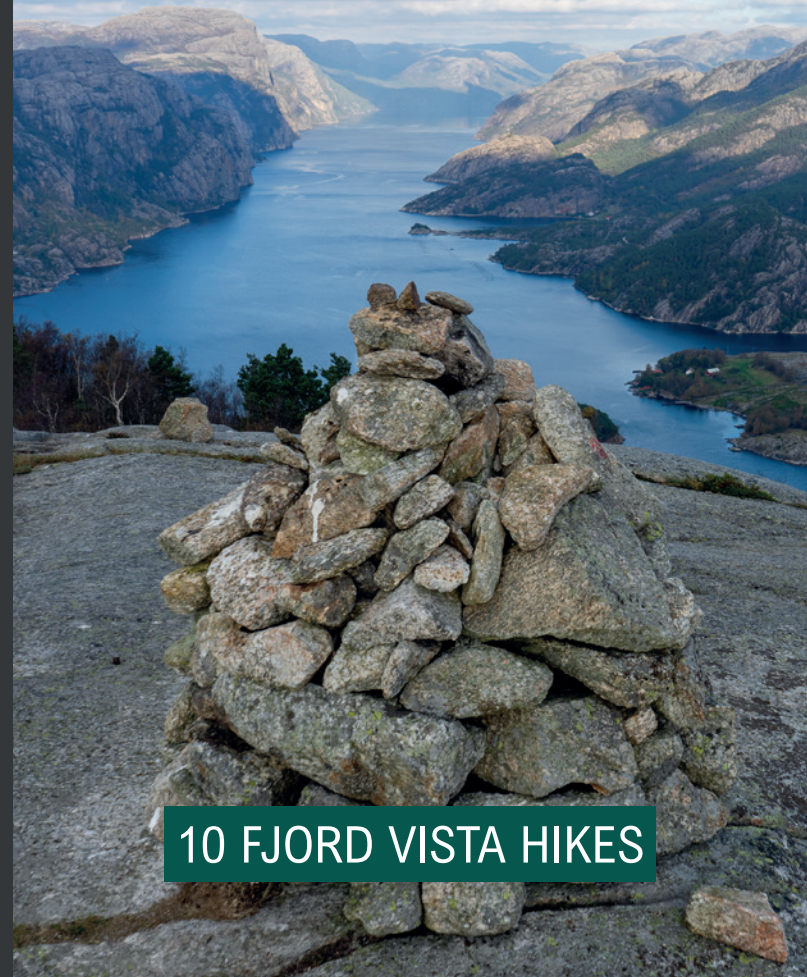
En-route between Stavanger/Sandnes and Lysebotn/Kjerag, Mount Ramnstoknuten is a rising star. The short but truly steep circuit trail is packed with amazing views on the Høgsfjord. Olufines Badestue provides after-hike sauna!

Parking in Dirdal, 39 km / 39 min from Sandnes, 24 km / 25 min from Lauvvik.

Nearest accommodation:

byrkjedalstunet.no – frafjord-spa.no – Frafjord Hytteutleie

LYSEFJORD



10 FJORD VISTA HIKES

FERRY OFFER ON THE LYSEFJORD

A boat trip through the Lysefjord is an experience that gives lasting memories. Glide through the fjord while looking at the steep mountain walls.

The year-round public local speed ferry calls at the quays in the Lysefjord. It has only limited space for vehicles. Tickets must be booked in advanced through billetter.kolumbus.no



Information about commercial car ferry services on the Lysefjord can be found at lysefjorden365.com/plan-your-stay/

OTHER TRANSPORT OPERATORS

FJORD CRUISE

rodne.no – norled.no – helgoy.no
fjordevents.no – privatcruise.no
gofjords.com – pulpitrock.no –
sbkbase.com – pellesreiser.no –
strand-taxisentral.no

BUS/SHUTTLE

LYSEFJORD CODE OF CONDUCT

Plan your trip according to your ability and current conditions. Pay attention to the weather – listen to local advice.

Be prepared and bring necessary equipment, including good footwear, rain/wind proof clothing, a torch, hat, gloves and an extra set of warm clothes. Expect the unexpected. Bring a backpack with a packed lunch, extra snacks and water.

Leave no trace. Take nothing but pictures and leave nothing but footprints. Behave responsible, taking other hikers' and nature's wellbeing into account.

Bring a map. Follow marked trails and pay attention to signs and information boards along the way. If you lose your way, be on the lookout for cairns of rocks or red T's. Please do not make your own cairns.

You hike at your own risk. **Turn around in time.**

In case of an emergency – dial 113.

VISIT NORWAY VIDEO

*A Guide For Safe
Mountain Hikes*



Produced by
Lysefjorden Utvikling AS
lysefjorden365.com

**LYSEFJORDEN 365**

WELCOME TO THE LYSEFJORD

The Lysefjord offers some of the world's most iconic hikes. The classics Preikestolen, Kjerag and Flørli are most known, but the 42 km long Lysefjord is also home to a wide range of other more off the beaten track hikes, all with great vistas. We have selected our local favorites for you!

Traditionally, June, July and August are the peak-season months for hiking, and guests from all over the world travel to our region. Around the Lysefjord, the different seasons are beautiful, and offer great contrasts. In autumn, winter and spring, visitor numbers are low. In the western part of the fjord, hiking is possible most time of the year. In the eastern part, however, the weather is harsher. Here, snow accumulates throughout the winter, and takes longer to melt. Whatever the time of year, weather and trail conditions can change daily. Therefore, check the seasonal conditions when picking a hike, and check the weather forecast before you go out. You should adapt your preparations and the equipment you bring accordingly.

Have a safe hike!



Accommodation



Activities



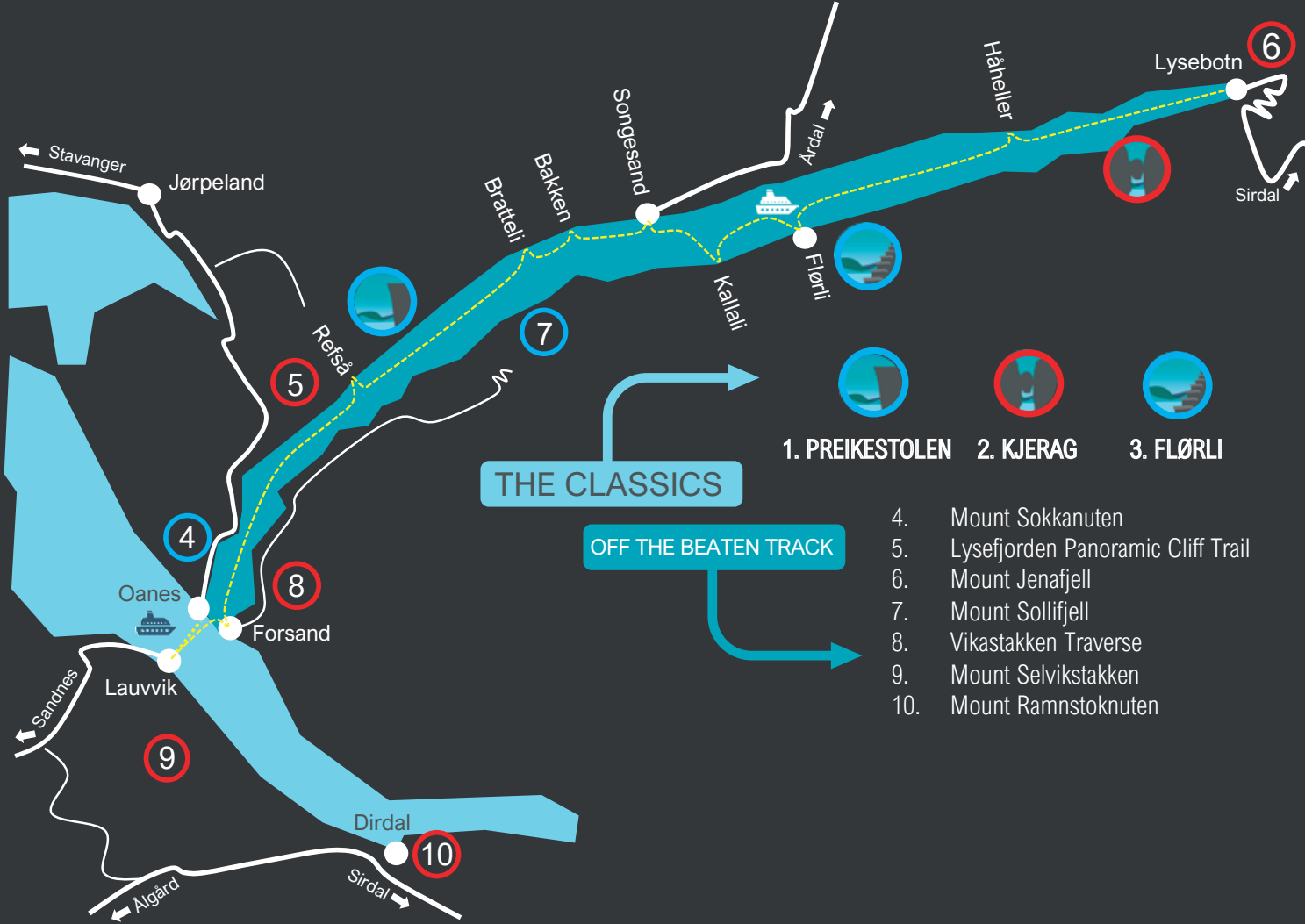
Food & Beverage



Transport

CHECK
lysefjorden365.com

or scan the QR codes in this brochure for more detailed descriptions, maps, and other information.



BASECAMPS AROUND THE LYSEFJORD

Jørpeland

The City of Ryfylke is the largest settlement around the Lysefjord, offering accommodation, restaurants, shopping and many outdoor activities. It is the perfect basecamp for day trips to Preikestolen and many other attractions in the region. More info: ryfylkebyen.no

Lauvvik / Oanes / Forsand

These 3 settlements at the mouth of the Lysefjord are connected by ferries from Lauvvik, and the Lysefjord bridge between Oanes and Forsand. Here, you will find several accommodation options, a boat marina and grocery stores. There are also (guided) hiking, biking and even horse riding options. From Lauvvik and Forsand, you can take ferries through the Lysefjord.

Songesand

Scenically located half-way the Lysefjord, Songesand is connected to the outside world by a stunning mountain pass over Lyngsheia. Songesand Camp offers accommodation. Songesand is a natural start for a variety of day hikes and the multi-day Lysefjorden Rundt trail. From Songesand, you can take ferries to Flørli, Lysebotn/Kjerag and Forsand/Preikestolen.

Flørli

A roadless hamlet serviced by ferries, deep into the spectacular Lysefjord. Flørli is popular for its 4,444 steps right up the mountain – the longest wooden stairway in the world. It is also known for its hydropower history – in the power hall you can visit the exposition and enjoy the summer-open Power Café. Flørli is a place to relax. Offering accommodation and camping, it is also a great basecamp for outdoor adventures such as hiking, trail-running, kayaking and fishing. More info: florli.no and lysefjorden365.com/florli

Lysebotn

In the heart of the Lysefjord lays the power village Lysebotn, which supplies electricity to large parts of the country. This small village has only 10 permanent inhabitants, but attracts a lot of tourists and BASE jumpers from all corners of the world. It is the perfect basecamp for hiking Kjerag and other day hikes. In Lysebotn, you will find accommodation, restaurants, a country store and tourist information. You can take a ferry to Flørli, Songesand, Forsand/Preikestolen and Lauvvik. By car, 27 hairpins take you up to the mountain to the Kjerag Trailhead and the mountain pass to Sirdal.

MORE INFO

lysefjorden365.com/plan-your-stay/



PREIKESTOLEN
Crown Jewel of the Lysefjord



Difficulty – moderate | **Season** – year-round
8 km roundtrip – 4 hours – 500m elevation gain

Description

Preikestolen is the most iconic natural landmark in Norway. Atop the 604 metres high cliff, you will find the most dramatic views Fjord Norway has to offer. The trail has significant shifts in terrain, and includes marshes, forests and stone stairways built by Nepalese Sherpas.

Parking at Preikestolen Parking, 12 km / 9 min from Jørpeland. 250 NOK /day. More info: preikestolen365.com
Nearest accommodation: preikestolenbasecamp.com – preikestolencamping.com – verkshotellet.no

KJERAG
Majesty of the Lysefjord



Difficulty – demanding | **Season** – May - October
11 km roundtrip – 6 hours – 750m elevation gain

Description

When glaciers formed the Norwegian fjords and mountains, the Kjerag Boulder was wedged into a mountain crevasse at 1,000 meter above sea level. From the boulder, you have the most amazing views. Due to its sheer high cliffs looming over the Lysefjord, the area is referred to as the Kjerag Massif.

Parking at Kjerag Parking, 8 km / 15 min from Lysebotn. 300 NOK /day. More info: lysefjorden365.com/kjerag
Nearest accommodation: lysegard.com – lysefjordenturisthytte.dnt.no – visitkjerag.com

FLØRLI
World's Longest Wooden Staircase



Difficulty – demanding | **Season** – May - September
6 km roundtrip – 4 hours – 750m elevation gain

Description

Flørli is a former power plant village, hosting the world's longest wooden staircase. Climb the 4,444 steps and enjoy spectacular views. Hike down Rallarvegen to return to Flørli. It's highly recommended to visit the former hydroelectric power plant, hosting a café and museum.

Flørli has no road connection and is only accessible by ferry. More info: lysefjorden365.com/florli
More hiking in Flørli: www.florli.no/florlihiking
Nearest accommodation: florli.no – Flørli Turiststasjon



LYSEFJORDEN 365