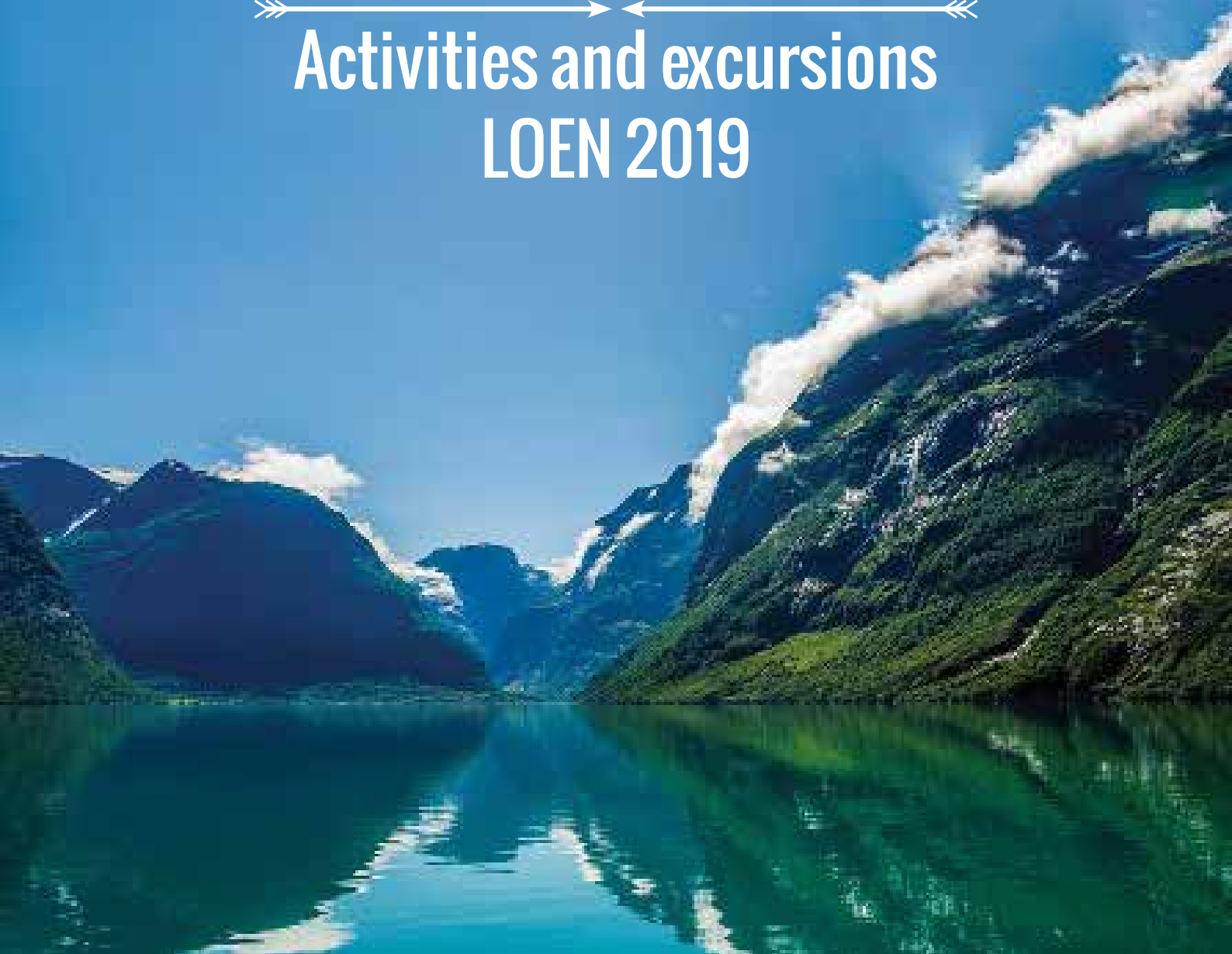


Activities and excursions LOEN 2019





VIA FERRATA LOEN

Loen Active AS, N-6789 Loen

Tel: +47 57 87 58 00 Mobile: +47 90 99 99 97

www.loenactive.no

post@loenactive.no

FACTS:

Forest road from Heggelia behind Hotel Alexandra to 170 m.a.s. Path in steep terrain from 170 to 440 m.a.s.

Gjølmunna Bridge, 120 m long, crossing a 150 m deep ravine.

Recommended age: 12-80 years

Altitude at start of Via Ferrata:	440 m
Altitude at top of Via Ferrata:	900 m
Length of wire:	850 m
Altitude at the top "Hoven"	1010 m

All traffic in the area is on one's own responsibility

PRICE:

NOK 1345,- per person (min. 5 persons) included safety equipment, guide and return trip with Loen Skylift (cable car) .

Children (12-15 years): NOK 1195,-.



ACTIVITIES IN LOEN?

Loen Active is the activity organizer in Loen, and is situated in newly built premises in central Loen. Loen Active offers Via Ferrata Loen, boat- and bicycle hire, sledges and snowshoe hire and local guiding.

See www.loenactive.no for more info.

HOVEN LOEN AND LOEN SKYLIFT

Hoven Loen AS, N-6789 LOEN, NORGE

Tel. +47 57 87 59 00

www.loenskylift.no

post@hovenloen.no



Loen Skylift opened spring 2017 - a spectacular new attraction and adventure arena in inner Nordfjord.

A Cable Car will lift you from the fjord to 1011 m. Here you can enjoy the views of the fjord landscape - from the restaurant table, or while hiking in the mountains.

From Hoven Restaurant, you have a 210 degree panoramic view towards Skaala and Loen Lake to the east, Jostedal Glacier and Olden to the south, and the Nordfjord towards Stryn to the west.

In Hoven Restaurant you get an la carte menu all day during high season and a lighter "barmenu" in the evening. Banquets can also be arranged.

The mountain offers great opportunities for hiking or skiing.



LOEN VALLEY AND KJENNDAL GLACIER (half day)

The beautiful, untamed nature and the valley's dramatic history make a visit to Lodalen an experience not to be missed. Tall mountains and blue glaciers surround the narrow valley, and the green waters of the Lovatnet Lake shimmers on the valley floor. Lodalen is also home to the most easily accessible glacier arm: Kjenndal Glacier, just 160 metres above sea level.

Boat trips on the Lovatnet Lake on the MS Kjenndal II (100 pax). The boat has lift for handicapped, kiosk and toilet, seatings indoor and outdoor. The café at the end of the lake is open from May to September. Season for M/B Kjendal is apx. from 1st of May to 1st of September.

Booking for boat trip and bus tel.: + 47 90 53 40 87 / 99 51 32 95 / 91 84 87 67 (summer) or by e-mail: post@kjenndalstova.no

BOAT EXCURSION ON LOEN LAKE (Only on special dates, at weekend)

See www.kjenndalstova.no to check which dates.

Boat trip one way per person	NOK 135,-
Boat trip returnticket	NOK 240,-
Children 6-13 years	50 % discount

CHARTER OF THE BOAT Sande - Kjendalssanden - Sande:

Same prices per person as above, but a minimum price of:

One way:	NOK 4000,-
With return:	NOK 6000,-
Guide on the boat:	NOK 1000,-



BRIKSDAL GLACIER (half day)

Briksdalsbre Fjellstove, N-6792 Briksdalsbre.

Tel: +47 57 87 68 00 Fax +47 57 87 68 01

www.briksdalsbre.no www.briksdaladventure.com www.olderdalen-skysslag.com

Guests from all over the world come to see this famous glacier arm set attractively between roaring waterfalls and high peaks. See the Briksdalen valley on foot or take an electric vehicle/car called "Troll" from the mountain inn up to the glacier. The Briksdal Glacier is available all year.

Troll car NOK 200,- per person.

Time table daily from April 23rd to December:

Bus	Departure Loen	09:55	Arrival Briksdal	10:45
Bus	Departure Briksdal	13:30	Arrival Loen	14:30 (change bus in Olden)

Price per person with bus (both ways)	NOK 166,-
Price per mini-bus (both ways)	NOK 5800,-
El-car ("Troll") per person to the glacier (both ways)	NOK 240,-



GLACIER WALKS

Briksdal Adventure AS, 6788 Olden.

Mobile: +47 901 38 308 +47 57 11 80 70 booking@briksdaladventure.com

www.briksdaladventure.com

Glacier walks on the Tystigbreen Glacier at Strynefjellet, near Stryn Summerski. Breath-taking views in all directions - Mt. Lodalskaapa (2083 m.a.s), Oppstryn Lake in the Strynedalen Valley and the plateau of the great Jostedalbreen Glacier - the largest glacier on mainland Europe. Bookings must be made in advance.

Season: July - August

Departures: Monday, Tuesday, Wednesday, Thursday, Friday

Min. age: 12 years old

Duration: appx. 5-6 hours

Price: NOK 1070,- per person incl. all equipment and chair lift (2018 price)

Difficulty level: Medium

Meeting point: By the parking place at Stryn Summerski resort at 09.30

Booking: booking@briksdaladventure.com // Tel: 90 13 83 08



RIB-RAFTING

www.briksdaladventure.com

“High-speed” trip with fastgoing RIB-boat on the fjord. All equipment included.

Min. 4 persons per departure. Max 24 persons per departure.

NOK 700,- per person. (ca 30 mins. on the water). NOK 450,- per child.



KAJAKK ON THE NORDFJORD

briksdaladventure.com

E-mail: booking@briksdaladventure.com

Phone: +47 901 38 308

Experience the magnificent green water on the Nordfjord, surrounded by steep Mountains, soaring waterfalls and glaciers. We start from Mølla Guesthouse in Olden, gear up and go over the “what to do and not to do in a kayak” before we head out on the glacial water of the Nordfjord, heading out the fjord. The guides will share information regarding the vikings, glaciers, fjords and the local town of Olden. We use double kayaks, meaning that they’re very stable, and you can enjoy conversation and sharing your experience with someone sitting right next to you. This gives the kayaking a whole new element. This activity must be booked in advance.

Price: NOK 840,- per person, included all the required equipment (2018)

Season: May – September

Minimum age: 12 years old. Participants must be able swimmers

Difficulty: Easy

Duration: 2,5 hours on the fjord (approx. 3 hours in total).

Depends on the group, the weather and the currents.

Meeting point: Mølla Guesthouse in Olden



KAJAKK I LODALEN

www.briksdaladventure.com

E-mail: booking@briksdaladventure.com

Phone: +47 901 38 308

Join us for an amazing kayaking experience in the dramatic Loen valley. As we navigate the green glacial water towards the end of the valley, the guide will tell you about the dark history of this hidden valley. The remnants of past disasters can still be seen as we pass the Raven mountain. Surrounded by green water, towering mountains and rumbling waterfalls, it’s hard not to be impressed by the mighty nature in Norway. We use double kayaks, meaning that they’re very stable, and you can enjoy conversation and sharing your experience with someone sitting right next to you. This gives the kayaking a whole new element.. This activity must be booked in advance

Season: May – September

Price: NOK 1240,- per person, included all the required equipment (2018)

Duration: 4-5 hours (depends on the group, the weather and the currents)

Difficulty: Medium

Minimum age: 14 yrs. Participants must be able swimmers

Meeting point: Loenvatn Feriesenter



HIKING

Many walks in the surrounding area for both experienced and non-experienced hikers. Ask for map in the reception at Hotel Alexandra or at Hotel Loenfjord. A guide can be arranged. Price from NOK 1600,-.

SKÅLA AND SKÅLA TOWER (1848 m.a.s.)

A spectacular summit trip with views of fjords, mountains and glaciers. It is considered to be the summit trip in Norway with the greatest difference in altitude from fjord to mountain top. You can spend the night in the tower at the summit.

The trip is suitable for people in good physical shape. Special equipment is not required for this trip. Bring warm clothes and a packed lunch for a day outdoors.

The walk starts at Tjugen one km from Loen, almost at Loenvatnet lake, where there is an information board about the walk. The walk starts on a tractor road and continues on a path further up in the forest. The path is good all the way. The path is stone-paved in some places, and when you get higher up there are stone steps. The trail is marked all the way.

The Skåla tower is a self-service cabin run by the Norwegian Trekking Association (DNT)

The Skåla Opp uphill race is organised mid-August every year. Skåla Opp is Norway and Northern Europe's toughest uphill race. Both competitive and fun-run categories.

Price guide: Summer NOK 4.500,- Winter NOK 6.000,-



LOSTØYLEN (2 hours)

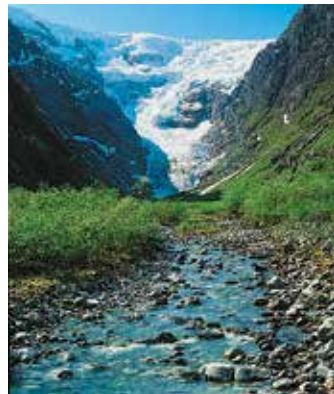
Highest point Lostøylen (300 m.). Follow the road to Loen Church and further towards Lofossen. Turn right and cross the bridge, then left. Follow signs and the forest road. Watch out for cul-de-sac symbol. Leave the forest path approx. halfway along, to go to Lostøylen (3 mins.). Marked. Go back to the forest path and follow it to Lovik.

Price guide: NOK 1.600,-

RAKSETRA / ÅRHEIM MOUNTAIN (1007 m.a.s.)

This walk starts at Oppheim, goes to Raksetra (30 mins.), 10 mins. to Oppheimsetra, then 20 min. to Nøkketjønnen at 821 m above sea level. Further take the western path marked Varden to the top of Årheim mountain.

Dry path and terrain suitable for families all the way to the top.



KJENNDALLEN / KJENNDAL GLACIER (3 hours)

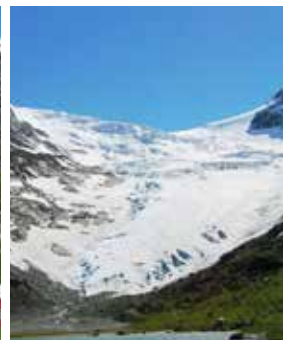
By car to Kjenndalsstova Cafe at the end of Loen Lake (or boat trip on the Loen Lake with MS Kjenndal II). The forest road and path in Kjenndal Valley takes you to Jostedalbreen National Park, and to the Kjenndal Glacier.

Rugged and wild but beautiful landscape with a strong cultural history.

The tragic Lodal landslides at the entrance to the valley is the central theme.

BØDALSSETER - BØDAL GLACIER (3 hours)

This trail leads you to beautiful Bødal Glacier. The buildings at Bødal mountain dairy are built in a special formation. Bødal valley is a starting point for glacier walks and hiking to Lodalskåpa mountain (2083 m.a.s.). Price guide: on request.



BØDALSSETER - LODALSKÅPA (2083 m.a.s.)

By car from Bødal to the end of the toll road, then 10 mins. on path to Bødal mountain dairy. Turn right towards the river, pass the bridge and follow the path to "Fessene". Follow the path to Lodalskåpa. Wet terrain. Climb the steep "Brattebakken" (1600 m.)

Glacier walking to Lodalskåpa. Guide and glacier equipment is necessary. To reach the peak, it is necessary with some easy climbing. If necessary we set up a rope for the climbing. The route is not marked.

TJUGEN SETER - SANDE (3 hours)

Starting point: Tjugen, 1 km from Loen.

Ending point: Sande Camping.

Highest point: Tjugen mountain dairy (450 m.a.s.)

Approx. 1 hour hiking to Tjugen mountain dairy, follow marked trail towards south-east. Follow path to Sande Camping. View over Loen valley and Loen Lake.

Price guide: NOK 1800,-



STONE AGE CAVE (half day)

Melkevoll Bretun, Oldedalen, N-6792 Briksdalsbre.
Tel.: +47 57 87 38 64 / +47 913 19 832 www.melkevoll.no

A replica of a Stone Age dwelling has been made below some giant boulders. The cave has tables and benches seating about 50 persons and there is an open fireplace in the middle, which can be used for barbequing. Lunches and dinners are available for groups. Individual dishes or exciting menus from Norsk Gardsmat (Norwegian farm food).

www.norsk-gardsmat.no www.trollbuonline.no



TROLLBU / AABREKK FARM:

Aabrekk Gard, N-6791 Oldedalen.
Tel.: +47 57 87 38 38 www.trollbuonline.no

The farm is beautifully situated at the Brenndal Glacier in Olden valley, surrounded by high mountains, blue glaciers and waterfalls. The farm has several houses from 1700th and 1800th century. Guide will show you round, and in the cellar in the main house you will be served coffee / tea and local food traditional prepared and produced on the farm. They also bake in old stone-ovens.

Max 80 persons. Prices on request.

SIGHTSEEING BY BOAT ON OLDEN LAKE

Olden Cruise AS, N-6788 Olden.
Tel.: +47 90 12 23 89 www.oldencruise.no

Olden Cruise uses the traditional route through beautiful wild scenery with waterfalls and glaciers. MB Olden takes 50 passengers, and is a modern and well equipped ship with a big sun deck. The boat follows the old route from Eide to Rustøen, and it is possible to make short port of calls several places on the route. MB Olden has comfortable lounges and serve local food (by arrangement), mineralwater, beer and wine.

Season: May-October. Prices on request.



YRINESET:

Magne Yri, N-6791 Oldedalen.
Tel.: +47 90 05 59 31 / +47 41 45 54 87 www.yrineset.no
Yrineset is situated in the idyllic Olden Valley by the Olden Lake. Here you can gather groups up to 150 persons for a special experience. The guests can catch their own fish (guaranteed), and have a barbeque afterwards. Large tables, roofed over. If you desire physical activities, beach-volleyball can be played nearby. Prices on request.



JOSTEDALSREEN NATIONAL PARK CENTRE (half day)

Jostedalsbreen Nasjonalparksenter, N-6799 Oppstryn.

Tel.: +47 57 87 72 00 / +47 91 58 00 78 www.jostedalsbreenadventure.com

This glacier centre is located by the Strynevatnet Lake in Oppstryn (RV 15). Here you can learn more about the glacier and the nature shaped by the glacier itself. New PANORAMA FILM about the Jostedalsbreen glacier is shown in the cinema. Museum with film, exhibitions and a unique wild-flower garden. Exhibitions of landscape models, collection of minerals, stuffed animals and photographs. Café and souvenir shop. Free entrance.

Panorama Glacier Film in 9 languages:

Adults: NOK 100,-. Children (4-16 years): NOK 50,-.

Discounts for groups.

You can go by bus or by car.



THE OLD STRYN MOUNTAIN ROAD (RV258) (whole day)

This is one of our national tourist roads, and this road, over 100 years old, winds over the mountain between Stryn and Skjåk. For many years, the gravel road was the only connection between east and west, and the Norwegian Public Roads Administration has re-erected the row of guard stones so that the tourists will feel as though they are travelling on the old road. Along the tourist road you'll also find a summer ski centre, picnic areas and information boards, which informs you about the landscape the geology and the natural surroundings.

STRYN SUMMER SKI RESORT (whole day)

Stryn Sommarskisenter, N- 6781 Stryn.

Tel.: +47 57 89 10 10 www.strynsommerski.no

Visit northern Europe's best summer ski centre, 50 minutes from Hotel Alexandra. It is located on The Old Stryn Mountain Road (RV 258). You can romp in the summer snow in an area that has been prepared for all types of skiing - cross country, alpine, Telemark and snowboarding. Cafeteria, ski hire and ski shop.

Opening hours from 10.00 – 16.00.

STRYN WINTER SKI RESORT

www.strynski.no www.strynturløyper.no

Good conditions for downhill, snowboard, "telemark" and cross country. 40 kilometers of well prepared cross country slopes from the centre.

Two lifts (1200 and 1400 meters), 6 slopes, 40 km prepared cross country slopes, two childrens' lifts, lighted slopes (downhill and cross country), large parking grounds, café.



NORDFJORD FOLK MUSEUM

Nordfjord Folkemuseum, Gota 16, N-6823 Sandane.
Tel.: +47 57 86 61 22 Contact: Aslaug Nesje Bjørlo

Nordfjord Folkemuseum in Gloppen is situated in the beautiful open air area “Jølet”, near Sandane. The museum has 42 antiquarian buildings. Many of the houses are furnished as they were when in use in the 17th and 18th century. The museum preserve old houses, items and culture-historic material from coast- and inland farming communities.

In the new main building there are exhibitions, café, shop, library and meeting facilities. At E39, by the fjord just outside Sandane, the museum exhibits the more than 100 years old Holvik boat.

ANDERS SVOR MUSEUM

Grodås, N-6763 Hornindal.
Tel.: +47 57 87 97 76 / +47 57 87 98 01 post@sfk.museum.no www.sfk.museum.no

The Anders Svor Museum was opened in Hornindal in 1953. 450 of Svor’s work, the major part of his production, are collected here. Characteristic for Anders Svor’s art is its simplicity, purity and authenticity. His works are naturalistic in form, often with a touch of romanticism. Excellent visiting exhibitions are also staged in the gallery. Anders Svor was born in 1864 on the Svor farm in Hornindal, and died in 1929. He lies buried in the churchyard in Hornindal.

Guided tours for groups, please contact Berit Hisdal Lunde, tel. +47 91313256.

NORWEGIAN GLACIER MUSEUM (whole day)

Norsk Bremuseum, N-6848 Fjærland.
Tel.: +47 57 69 32 88 www.bre.museum.no

Norwegian Glacier Museum is located in Fjærland, about 100 km from Loen. There you can learn why the ice is blue and how the fjords were formed. There are also several exhibitions. A panorama film about the Jostedalsbreen glacier is also shown in the cinema.



NEDREBERGTUNET

Amund and Torild Nedreberg, Bergsida, N-6783 Stryn
Tel.: +47 57 87 14 61 www.nedreberg.no

The farm Nedreberg is situated 3 km west of Stryn. Authentic houses from the 1700-1800 century. The farm has been in the family since the 16th century, and has been in use since the 13th century. Newly refurbished. They received an Environmental Prize in year 2000. Fantastic view of the Nordfjord. Rooms for let. Fjordhorse riding in the mountains. Open all year around.



June 20th - August 20th: Guided tour in the museum every day from 11 to 17 h (on request). Serving of food or riding on request.

LIATUNET IN INNVIK

Stiftinga Liatunet
Tel.: +47 90 56 89 52 / dag.vanberg@enivest.net

The old farm "Liatunet" is situated in Innvik, 25 km south-west of Loen. Liatunet is one of the eldest farms in Innvik, but the farm is not mentioned until early 1600 Century. In opposite to most farms from of this era, Liatunet is built in a "row". The buildings are very old, but well preserved. The farm lies high and free overlooking Innvik. There are seven buildings, all fully equipped with furniture of all kinds, left by the last farmer Brita Lien, widow after Peder A. Lien. In 1998 she bequeathed the farm to the local authorities in Stryn. Museum with lots of old horse tools and equipment for cultivation of grain.

The farm is open all year, on demand. Refreshments on request.



NORDFJORD PANORAMA (whole day)

The Panorama road at "Nordsida", from Nordfjordeid to Stryn, along the north shore of the Nordfjord. Great view ! The road goes through beautiful landscape with many historical attractions along the road.

ROUND TRIP TO GEIRANGER (whole day)

Departure in the morning, return in the afternoon. Prices on request.

ROUND TRIP TO ØYE, ØRSTA AND VOLDA (whole day)

Departure in the morning, return in the afternoon. Prices on request.



ROUND TRIPS BY CAR

Day trips to the coast, Måløy, Selje, Vestkapp and Ålesund can be arranged. For more information, please contact our reception. Prices on request.



HELICOPTER SIGHTSEEING

overlooking the glacier and the fjords. Price per person:
Please call Fjord Helikopter for booking: +47 97 48 40 40

FISHING

Trout fishing in Loen Lake (free of charge).
Salmon fishing in Loen River and in Stryn River.
Fishing permit must be obtained.

Sea fishing on the fjord, organized in a real fishing boat.
Fishing equipment is included. Please call for appointments.
Prices on request

www.skarstein-fjordcruise.com



AKTIVITETAR I NORDFJORD

- Glacier walking with guide (all year round)
- Summer skiing
- Fjord horse riding; riding lessons or day-treks in lovely West-Norwegian countryside
- Cycling
- Fishing in rivers, lakes, fjords and ocean
- Diving in caves and to old ship or plane wrecks
- Sailing along the coast
- Golf 9-hole course (children's golf - 5-12 years old)
- Countless mountain and hiking trails.
- Maps and tips
- Organised boat trips
- Canoe, kayak and boat hire
- Visits to mountain farms

DISTANCES TO NORDFJORD

<i>FROM:</i>	
OSLO via Otta	approx. 500 km
OSLO via Fagernes	approx. 470 km
BERGEN via Lavik	approx. 250 km
TRONDHEIM via Otta	approx. 450 km
ÅLESUND	approx. 135 km
MÅLØY	approx. 100 km
FØRDE	approx. 100 km

HOW TO GET TO NORDFJORD

BY BUS

3 times daily from Oslo.
Twice a day from Bergen and Ålesund. Once a day from Trondheim.

BY CAR

Please see the above table for distances from the largest cities.

BY BOAT

Fast going boat + bus from Bergen
Fast going boat + bus from Ålesund
Hurtigruta + bus from Bergen and Ålesund

BY PLANE

Ørsta-Volda Airport, Hovden (1 hour from Loen)
Sandane Airport, Anda (1 hour from Loen)
Bringeland Airport, Førde (2 hours from Loen)
Ålesund Airport, Vigra (2,5 hours from Loen)

BY TRAIN

From Oslo to Otta, to Nordfjord by bus.
From Trondheim to Otta, to Nordfjord by bus.
From Bergen - Voss - Myrdal to Flåm, to Nordfjord by bus.



All prices are recommended, dependent on number of persons. With reservations of possible changes.

