

NATURE AND CULTURE

# Risen and Gygri



Photo: Jostein Hellevik

**VIEWED FROM BANDAK**, the rugged silhouettes of Risen and Gygri loom up against the sky, but Gygri has no head. There is a legend associated with these rock formations. The trolls Risen and Gygri lived at

Juvstøyl. One day, when Risen went out on an errand, Gygri stayed at home to cook porridge. When Risen came home, he found neither the porridge nor the cook, as Gygri had gone to visit someone in the Bandak mountains. Risen became angry and ran out in search of his wife. He found her at the top of the highest cliff face. They started fighting, pulling each other's hair out, and finally Risen tore Gygri's head off, but only after she had pulled off his genitals. Risen then threw her head across the fjord to Barskor. Since that day they have stood there as rock statues, and they are clearly visible both from Bandak and Lårdalstigen.

## WHAT YOU MIGHT SEE ON YOUR HIKE

### MOOSE (Alces Alces):

The largest member of the deer family.

Photo: A. Fjeldstad, affoto.com



### OSPREYS:

55-60 cm long.  
Weight:  
1100-2200 grammes.  
Wing span:  
145-170 cm.  
Protected since 1962.

Photo: Jostein Hellevik



Photo: Jørgen Kasin

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# Lårdal



Photo: Jørgen Kasin

Layout Nina Akerstveen / trykk Erik Tørche Nilssen as

**THE PRETTY VILLAGE OF LÅRDAL** occupies a peaceful location on a south-facing slope above Lake Bandak. The climate here has created a lush landscape. The village has idyllic squares and a pleasant lakeside area with the old quay for the ferries that operated on the Telemark Canal. There are also café and accommodation in Lårdal.



www.hikingtelemark.com  
www.visitdalen.com

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14 KM ONE WAY / DAY TRIP 6 – 8 HOURS  
CHALLENGING / EXPERT HIKE → →



# Dalen/Lårdal – Telemark

HIKE Lårdalstigen

THEME Along the Telemark Canal



Photo: Jørgen Kasin

**THE SCHEDULED FERRIES** that operate on The Telemark Canal have daily departures from Lårdal Harbour.

Photo: VandreTelemark



# Description of the hike

**CHALLENGING HIKE** with spectacular views from the edge of the mountain ridge above the Telemark Canal. Most people choose to start at the top of Eidsborgberget, above Dalen, and walk to Lårdal, but it is also possible to start the hike in Lårdal and go in the opposite direction. From mid-May to mid-September you can enjoy the one way from the deck of the ferry boats M/S Victoria or M/S Henrik Ibsen on the Telemark Canal. If you want a shorter circuit, you can walk from Støylsdalen via Kapteinsrenna to the highest point of the trail; Gløstøynuten (848 masl) and back via Heddedalen.

The "Heddebu" cabin is open to hikers, with two beds. Bring sleeping bag. After the cabin you get to the most dramatic and challenging part of the walk. It involves a very steep descent down towards Lake Bandak, before you head over a ridge and then down to beautiful Lårdal. Along the hike, you will pass through old cultural landscape and historic sites. You can stop and admire the rugged silhouettes of Risen and Gygri, and read about the legend associated with these rock formations. Perhaps you will also spot osprey? Enjoy the hike!

## Driving direction

If you're coming along the E-134, turn off at Høydalsmo, taking the Fv45/Fv450 towards Dalen. Around 1 km after you have passed Eidsborg, there is a road off to the left (signposted "Lårdalstigen"). From Dalen you take the Fv45/Fv450 towards Høydalsmo. At the top of the hill, after approximately 4 km, there is a road off to the right (signposted "Lårdalstigen"). Park at the end of the gravel road (not in front of the tunnel entrance). If you decide to walk from Lårdal, you can follow the signs to Lårdal from the Fv45/Fv450 between Høydalsmo and Dalen. Halfway down through the village of Lårdal there is parking on the left-hand side by Eben-Ezer.

### Useful phone numbers:

Dalen Touristinformation Office:  
(+47) 35 07 56 56  
Tokke Taxi: (+47) 909 71 909  
Book your boat ticket : (+47) 409 20 000



**You are responsible for your own safety during your walk. Treat the countryside and grazing animals with respect. Take only photos, leave only footprints. Please take your rubbish home with you. Have a great walk!**



**Map:**  
Tokke 1 : 50 000

**Highest point:**  
848 metres above sea level

Wear good footwear and bring water (at least 2-3 l), food and extra clothes.



**Accessible:**  
May – October



At [hikingtelemark.com](http://hikingtelemark.com) you will find an overview of accommodation for hikers.

Kart: AT plan.  
Kjelde: Statens kartverk, Geovekst og kommuner

Scale: 1 : 50 000

Vertical scale: 20m

= viewpoint

= marked summer path

Map: Tokke municipal



Photo: Synne Aasland. Photo taken from Gløstøynuten.