

# The legend of Hæge



Photo: Hamish Moore

**“THE OLD PEOPLE SAID** Mount Hægefjell its name after a girl called Hæge. She was a shepherdess on the moors in the north. One day a thick fog descended, so dense she could barely see the hand in front of her face. She ascended the peak of a bare mountain. There she wanted to calm the cattle so got out salt for them. The sheep and goats were pushing to get their share, with the result that they pushed Hæge so that she fell off the mountain to her death. This is the most common legend about Mount Hægefjell, but the true meaning of the name is more likely “the holy mountain”. Mount Hægefjell is unique in many ways – high, unobstructed and impressive. Fire and flames, or other means of showing respect to the gods, were easily visible from the mountain.”

*Nissedal kultursoge (author: Kjell Åsen)*

## WHAT YOU MIGHT SEE ON YOUR WALK

**BJØRNESTOGA** just below Landtakstdammen is evidence that bears used to roam the hills around Mount Hægefjell in olden times. The picture is from 1921. Photo: From Frank Lien's photo archive



# Mountains for climbing



Photo: Municipality of Nissedal

**NORWEGIAN AND GERMAN CLIMBERS** discovered the mountains of Nissedal in the late 80s. Over the last 20 years the majestic Mount Hægefjell has become one of the most popular destinations for climbers in Norway, offering around 50 different routes for climbers of all abilities. Here you can find one of Europe’s best known routes for inexperienced climbers: Via Lara. Participants in the Norwegian reality TV series “71 grader nord” attempted this route in 2010.

The first section of the trail is surrounded by a number of huge boulders. They are used for climbing – or bouldering as it is called when climbing rocks without a safety rope.



www.vandretelemark.no

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# Nissedal – Telemark

WALK Mount Hægefjell

THEME Mountain top



Photo: Hamish Moore

**“SHEEPBACK”:** Nissedals landscape is unique. Big areas by the shore and in the mountains is erodes into shap known as “sheepback” rock.



Photo: Hamish Moore

**BEAVERS:** The beaver is the engineer of the forest, creating large lodges with underwater entrances. Photo: Frode Bergan



**ALPINE AZALEA (Loiseleuria procumbens):** Microscopic tree capable of surviving in places where few other species can cope. Photo: Hamish Moore



# Description of the walk

**A GREAT HIKE FOR THOSE WHO ARE** light on their feet – the mountainside is steep. The experience begins at the Fjone ferry on Route 41. The first part of the trek follows a dirt road, before entering a mystical forest where the trail quickly starts ascending as you near the mountain. Green, moss-clad undergrowth and ancient forest reminiscent of a fairytale wood with trolls and goblins. Once you have reached higher ground you will encounter the characteristic svaberg rocks that make the Nissedal mountains so unique. Although the route is steep, the walk to the beacon at the top of the mountain is easy. PS! Take binoculars with you and put them to use at the car park next to Landtaksdammen. Aim at the rock face and see if you can spot the climbers dangling from the precipice.

## Driving direction



1) Start in the centre of Treungen. Follow Route for about 20 km towards Vrådal and Kviteseid.

Turn left towards Fjone and take the cable ferry (regular departures during the season) across Lake Nisser.



Once on the other side take a left and continue for approx. 3.2 km until you get to the school building at Fjone. Follow the signs towards Hægefjell, approx. 13 km to Landtaksdammen.

Toll road. Remember to take cash with you. Parking at Landtaksdammen. (GPS: N59°15.436' E008° 24.467')



2) You can also drive directly to Fjone from the centre of Treungen. Take the southbound road before the stone bridge in the centre of Treungen and drive along Fjonevegen (Route 354) for 21 km. From the school at Fjone take the route towards Hægefjell. Still, travelling across Lake Nisser on Norway's smallest cable ferry is a curious experience.

**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:**  
Fyresdal Aust 1 : 50 000

**NB:** Wear good footwear and bring water, food and a windbreaker!



**Season:** May – October  
1021 metres above sea level



Scale: 1 : 50 000    Vertical scale 20m    \* = viewpoint

..... = marked summer path



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