

NATURE AND CULTURE

Spectacular views



Photo: Hamish Moore

SKUGGENATTEN OFFERS stunning views of the valley, both north towards Vrådal and south towards Tjørull, Haugsjåsund and Åmli. Nestling between Treungen and Vrådal, the forty-kilometre-long Lake Nisser was once an important traffic artery. Ancient rock paintings and burial mounds can be found along its banks, proof that people have been living in the valley since the Bronze or Iron Age. More than a century ago boats would sail from as far as Vråliosen, fifty kilometres away, south towards Vrådal, Nissedal and Treungen. The Treungbanen railway was completed in 1913, providing onward transport to Arendal for goods such as timber and ore. Today Lake Nisser is a popular spot for recreation, attracting boating enthusiasts and bathers alike.

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Skuggenatten opp



Photo: Tone Reinholt

MOUNT SKUGGENATTEN and the trail leading to its peak began to gain more widespread attention after the local sports club organised the first Skuggenatten Opp mountain run in 2010. The race is well publicised and attracts top athletes from all across Norway. On the first weekend of June there is a buzz of activity on the mountain. As well as the numerous volunteers helping to organise the race, the locals turn out in force to contest the race in the amateur category and to cheer on the elite runners on their half-hour dash for the summit.

Layout: Nina Akerstveit / Trykke: Erik Tanché Nilsen as



www.vandretelemark.no www.visitnissedal.com

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4,3 KM / 3 HOURS ROUND TRIP
SUMMIT TRIP, CHALLENGING →



Treungen – Telemark

DESTINATION Skuggenatten

THEME Panoramic summit trip

Photo: Hamish Moore



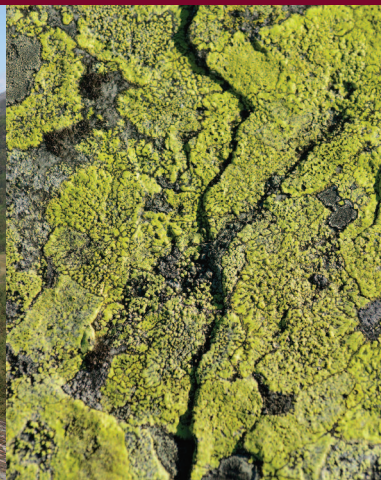
WHAT WILL YOU SEE ON THE TRIP?

SVABERG Nissedal is one of only a few inland regions in Norway to boast svaberg, the characteristic polished rocks more commonly seen on the coast.



Photo: Tone Reinholt

MAP LICHEN A species of green crustose lichen growing on rocks, often acid rocks in areas with clean air. Photo: Nancy Bundt.



BLUEBERRIES In July and August you can find juicy blueberries growing alongside the footpath. The berries are rich in vitalising antioxidants.



Photo: Tone Reinholt

JUST AS THE CHRISTMAS LIGHTS are switched on in the centre of Treungen the first weekend of December, another tree-like structure lights up the night sky above Mount Skuggenatten: a telecom mast decorated with hundreds of light bulbs.



Photo: Simona's Photostudio

Description of the walk

SUMMIT TRIP with a climb of 456 vertical metres. Most of the route runs across polished svaberg rocks. The remainder is on dirt roads and forest trails. There are clearly visible blue markings along the route. Great views for the duration of the trip. At the starting point you have two options: take the dirt road, which follows the old railway line, or cross the sports ground and take the trail through the forest. Both routes are clearly waymarked.

Driving directions

The trail starts from route RV41 (Telemarksvegen) in the centre of Treungen between the petrol stations and the old stone bridge. Look for the sign saying "Skuggenatten" near the car park by the sports ground.



Photo: Hamish Moore.

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



Map:
Turguide
Nissedal

Footwear: Sturdy trainers.
In dry weather the svaberg rocks are dry and easy to walk on.



Access: May-October.
NB! After rainy periods many of the rocks on the route may be very slippery.



Photo: Hamish Moore.



At walktelemark.com you will find an overview of accommodation for hikers.