

NATURE AND CULTURE

Three Peaks – the perfect family hike



Photo: Yngve Ask.

JØNNBU IS SURROUNDED by three small peaks, each about 900 metres above sea level: Anebunatten, Krintofjellet and Bøkstulnatten. From the car park to the peaks is an easy ascent of 175 metres, and the walk between the peaks takes you through varied but undemanding terrain. This is the perfect hike for families and others looking for a short and easy walk offering wonderful views and invigorating mountain air. The local hiking club, Bø Turlag, has created picnic areas and campfire sites along the trail, where little feet can take a rest. As a bonus, we suggest taking a shortcut to the summit of Krintofjellet through the Grostulbekken gorge, where children can have fun jumping from stone to stone beside the roaring stream. Race you to the top!

Layout: Nina Akearsveen / Trykkt: Erik Tancher Nilsen as

WHAT YOU MIGHT SEE ON YOUR HIKE?

EVERYONE LOVES

the blueberry meadows.

Photo: Live Andrea Sulheim, Faun Naturforvaltning.



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Three Peaks – how many can you bag?



Photo: Yngve Ask.

HIKING CAN BE GREAT

fun for all ages. The important thing is not to cover a huge distance, but to let the kids – and their imagination – run wild. Competitions can be a fun way of encouraging children to keep moving. Why not use the map in this brochure for a treasure hunt, and give the kids a surprise reward each time they pass a point marked

by a star? Each black star indicates a summit, and you can bag no fewer than three summits on this one hike. You can also gather leaves along the way and watch as they are borne aloft on the southerly wind at the top of Krintofjellet. Don't forget to pack a picnic for the kids – maybe try cooking something new and exciting on the campfire at the Bestemorssløyfa picnic area below the summit of Bøkstulnatten. Happy hiking!



www.hikingtelemark.com
www.visitbo.no



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SHORTCUT

 through the Grostulbekken gorge.

Photo: Lill S. Vale.



THE TRAIL

 is easy to find and is signposted "Tretopper'n".

Photo: Yngve Ask.



5,5 KM CIRCUIT / 2 HOURS
MEDIUM HIKE / FAMILY TOUR
175 METERS ASCENT →



Lifjell – Bø in Telemark

HIKE Three peaks

THEME A hike for all the family

Photo: Yngve Ask.



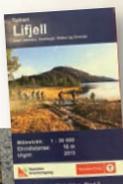
THE LIFJELL PLATEAU is fabulous hillwalking country for all the family, with more than 20 summits at least 1,000 metres above sea level. "A miniature Jotunheimen", according to the legendary mountain guide Claus Hellberg.



Photo: Yngve Ask.

Description of the hike

THE THREE PEAKS TRAIL follows a circular route indicated by blue trail markers and signposted "Tretopper'n". Maps showing your location are posted at every trail junction. From the west side of the car park at Jønnbu, follow the main trail up to the Lifjell plateau. At the first junction, turn off and head west towards Anebunatten. When you reach the stream, Grostulbekken, you can either continue on the path towards Anebunatten or take an exciting but more challenging shortcut through the gorge to the summit of Krintofjellet. At the head of the Anebudalen valley, turn left and follow the path to the summit of Anebunatten (878 m). Then return to the trail junction and carry on to the viewpoint at the top of Krintofjellet (923 m). From here, the trail leads down to the top of a steep slope, Krintokleiva. Keep straight on as the path climbs sharply back up to the highest of the three peaks, Bøkstulnatten (928 m). From the summit, head down the steep hillside to the Bestemorssløyfa picnic area, from where the trail continues on down and brings you back to the car park at Jønnbu. You can of course follow the Three Peaks circular route in either direction. For families with young children, we suggest you keep straight on at the first trail junction and make for the Bestemorssløyfa picnic area, before continuing up the trail to Krintofjellet. You can also opt for a shorter hike covering only one or two of the peaks and still enjoy a fabulous hillwalking experience.



Map:
Lifjell
1:30 000

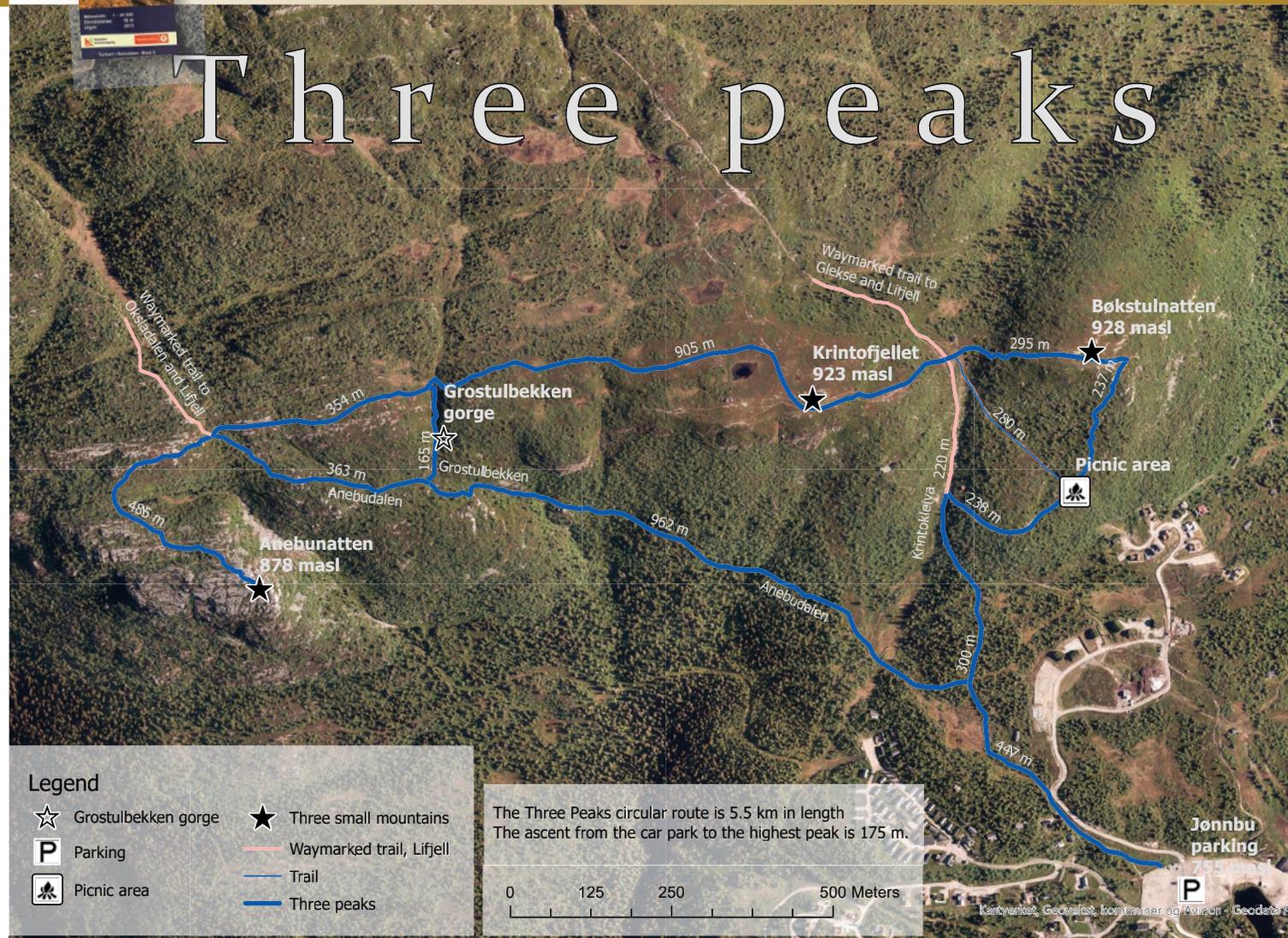


Bø Turlag, the local trekking association, have waymarked and signposted the trail.



Access: May-October.
Highest point: Bøkstulnatten 933 m above sea level.

Three peaks



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 homewith you. Enjoy the trip!

Driving directions:

From Bø: Take Folkestadveien in the direction of Bø Sommarland/Notodden and turn left onto Lifjellvegen. Continue past Bø Camping and the Høyt & Lavt climbing park. After about 10 minutes you will pass Lifjell ski centre. Continue for a couple of hundred metres, passing Lifjell Vinterland and the Lifjellstua Lodge, until you reach the large parking area at Jønnbu. Car park charges apply. The various hiking trails are well signposted from the car park.

From Notodden: Take Reshjermvegen in the direction of Bø. After about 20 minutes, turn right onto Lifjellvegen, and then follow the directions from Bø.

P Parking at Jønnbu. Car park charges apply.



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