

The beautiful mountain

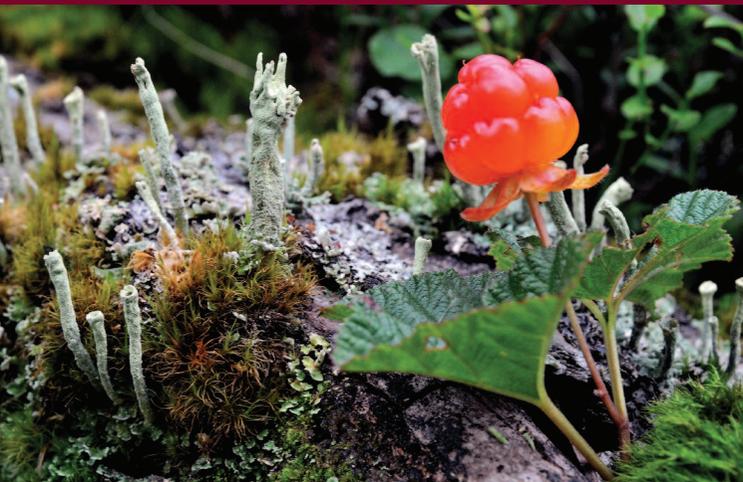


Venelistøylen. Photo: Johan S. Straand

VENELIFJELLET – literally “the beautiful mountain” – carries its name well and is a popular hiking destination in Vrådal. The mountain was given its name by a milkmaid who thought it looked beautiful. Every summer she would tend her livestock at the mountain farm Venelistøylen. Every farm would have one or more mountain farms for use during the summer. The steep and barren landscape meant that the mountain farms had to be spread out over a large area to make the most of the grazing land. Life on the mountain farms was therefore quite nomadic. Until the 1930s Venelistøylen played a central role in agriculture in Vrådal. The mountain farm has now been preserved for posterity, and the Venelistøylen cottage is an example of how these buildings looked when they were still in use. The cottage was built in 1894 and renovated 100 years later to allow future generations to get an idea of life on the mountain.

WHAT YOU MIGHT SEE ON YOUR WALK?

CLOUDBERRIES can be found in a number of locations on Mount Venelifjellet, the first site being only 100 metres from the car park! Photo: Leif Jamtveit.



Distinct vegetation zones



YOU WILL NOTICE a distinct change in vegetation during the trip from forest (boreal zone) to mountain (alpine zone). Along the way you can stop for a rest in the gapahuk by Lake Veneliltjørni. There you can try your luck at fishing in the lake or go for a refreshing swim. It is a great place for children to wait if they do not want to walk all the way to the summit. Growing by the lake are large swathes of cottongrass – a mystical and beautiful flower reminiscent of real cotton. The flower has inspired Norwegian folk literature, and you will find references to it in the fairytale *The Twelve Wild Ducks* by Asbjørnsen and Moe. The princess in the fairytale has to collect cottongrass in order to make clothes. Cottongrass has served a variety of purposes through the ages and was at one point known as “poor man’s pillow”. Today cottongrass is an important feedstuff for animals and birds.

It is a great place for children to wait if they do not want to walk all the way to the summit. Growing by the lake are large swathes of cottongrass – a mystical and beautiful flower reminiscent of real cotton. The flower has inspired Norwegian folk literature, and you will find references to it in the fairytale *The Twelve Wild Ducks* by Asbjørnsen and Moe. The princess in the fairytale has to collect cottongrass in order to make clothes. Cottongrass has served a variety of purposes through the ages and was at one point known as “poor man’s pillow”. Today cottongrass is an important feedstuff for animals and birds.

Picture: *The Twelve Wild Ducks* (1897) – painted by Theodor Kittelsen.

Layout: Nina Akerstveit / Trykk: Erik Tøranche Nilsen as

www.vraadal.com www.walktelemark.com

Published by VTNU AS and Kviteseid municipality with support from Telemark County Council



4,1 KM ROUND TRIP / 2.5 HOURS
MEDIUM WALK →



Vrådal – Telemark

WALK **Mount Venelifjellet**

THEME **Mountain top**

Photo: Asle Fjeldstad



MOUNT VENELIFJELLET was the first recreation area in Vrådal to be waymarked with red Ts. Photo: Lill Susan R. Vale



COTTONGRASS grows like clouds on a stem. Photo: Hamish Moore



WHEN YOU HAVE reached the top of the mountain you may extend the trip. All trails are clearly signposted and marked with red Ts. Photo: Asle Fjeldstad



Description of the walk

THIS IS A GREAT FAMILY-FRIENDLY SUMMIT TRIP

904 m above sea level through relatively easy terrain and with magnificent views! Start the trip at the car park in Bendiksmyr. The footpath follows footbridges across the marshes and then on to rocky ground until you reach Lake Veneliftjørni. There you can have a picnic in the gapahuk, take a bath or try your luck at fishing. From Lake Veneliftjørni follow the trail to the top of the mountain. On a clear day you can see all the way to the ocean and Kragerø, the Hardangervidda mountains and Mount Gaustatoppen.

The map shows how you can extend the trip across Mount Venelifjellet (3) to take in Tjønnsstøl – a trek of 7.2 km / 5 hours. Another option is to do a round trip of Mount Venelifjellet (4) – 6.9 km / 4.5 hours.

All the trails are clearly signposted and marked with red Ts.

Driving directions

Venelifjell 4,5



On route RV41 in Flaten (2.3 km south of Straand), turn left at the sign for "Venelifjell".

TOLL ROAD



Then follow the private road for 1.5 km until you reach the toll box. From there carry on straight ahead for 3 km to the car park in Bendiksmyr. (GPS: N59°18'29" E008°33'24")



At www.vandretelemark.no you will find an overview of accommodation for hikers.

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!

Local tour map:

Vrådal
1 : 30 000



Accessibility: 15 May - 1 November

Elevation: 640-905 m above sea level

Scale 1 : 30 000

Equidistance 10m

..... = signposted summertrail

