

Øverbø



photo Hamish More

THIS SMALLHOLDING was the birthplace of skiing legend Sondre Norheim. The farm has spectacular views over the village of Morgedal. Here you can see the cabin in which Sondre was born on 10 June 1825 and where he spent his early childhood years. It was in this cabin that the first Winter Olympic flame was lit for the Games in Oslo in 1952, then for the Squaw Valley Olympics in 1960 and the Lillehammer Games in 1994. Sondre would spend hours on the slopes. He said “the slopes are calling, and I must answer them”. Sondre Norheim married Rannei Aamundsdotter, and they had eight children together. From 1850 a strong “skiing culture” began to develop in Morgedal, and Sondre was a popular teacher.

Layout: Nina Akerstuen / Trykk: Erik Tøranche Nilssen as

Sondre Norheim

SONDRE NORHEIM

developed a ski type known as Telemark skis. They were light pine skis with concave sides. The skis were wide at the front, slightly narrower in the middle and wider again at the back. A simple toe binding was standard at the time. Sondre developed

a rigid heel binding made from withe. This binding and the concave skis gave him better control when racing. The Telemark skis and the heel binding meant skis could now be used for more than just transportation; they could also serve as tools of fun and leisure. Words such as slalom, Telemark landing and Telemark turn have their origins on these slopes. Sondre also participated in ski races in Kristiania (Oslo), and his skis and skiing technique became models for other skiers. Sondre Norheim became known the world over as the “father of modern skiing”.



photo Hamish More

www.walktelemark.com



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MEDIUM WALK →



Morgedal – Telemark

WALK Øverbø – the cradle of modern skiing

THEME History



foto Hamish Moore

WHAT YOU MIGHT SEE ON YOUR WALK

DANSARSLETTA: A place where young and old would meet for dancing, fun and frolics. Photo: Hamish Moore

NORWEGIAN SKI MUSEUM: At the Norwegian Ski Museum you can learn more about norwegian ski history. Photo: Arild Hansen

GRAZING ANIMALS help create this beautiful cultural landscape. Photo: Hamish Moore

STABBUR – traditional buildings for storing food. Photo: Hamish Moore



Description of the walk

FROM THE NORWEGIAN SKI MUSEUM you can take either the village road (tarmac) or the path through the forest. The village road and the path converge at Morgedal Camping. From the Norwegian Ski Museum the walk is around 1 km on the village road and about 2 km on the footpath.

After Morgedal Camping the path takes you through a wide and open cultural landscape before its final ascent before reaching Øverbø. From Øverbø you can take the same route on your return journey.

Driving direction



Turn off the E134 towards Morgedal. After the Morgedal exit follow the road past COOP Marked. You can park at the Norwegian Ski Museum or Morgedal Camping (see map).

(GPS: N59°28.789' E008° 28.577')



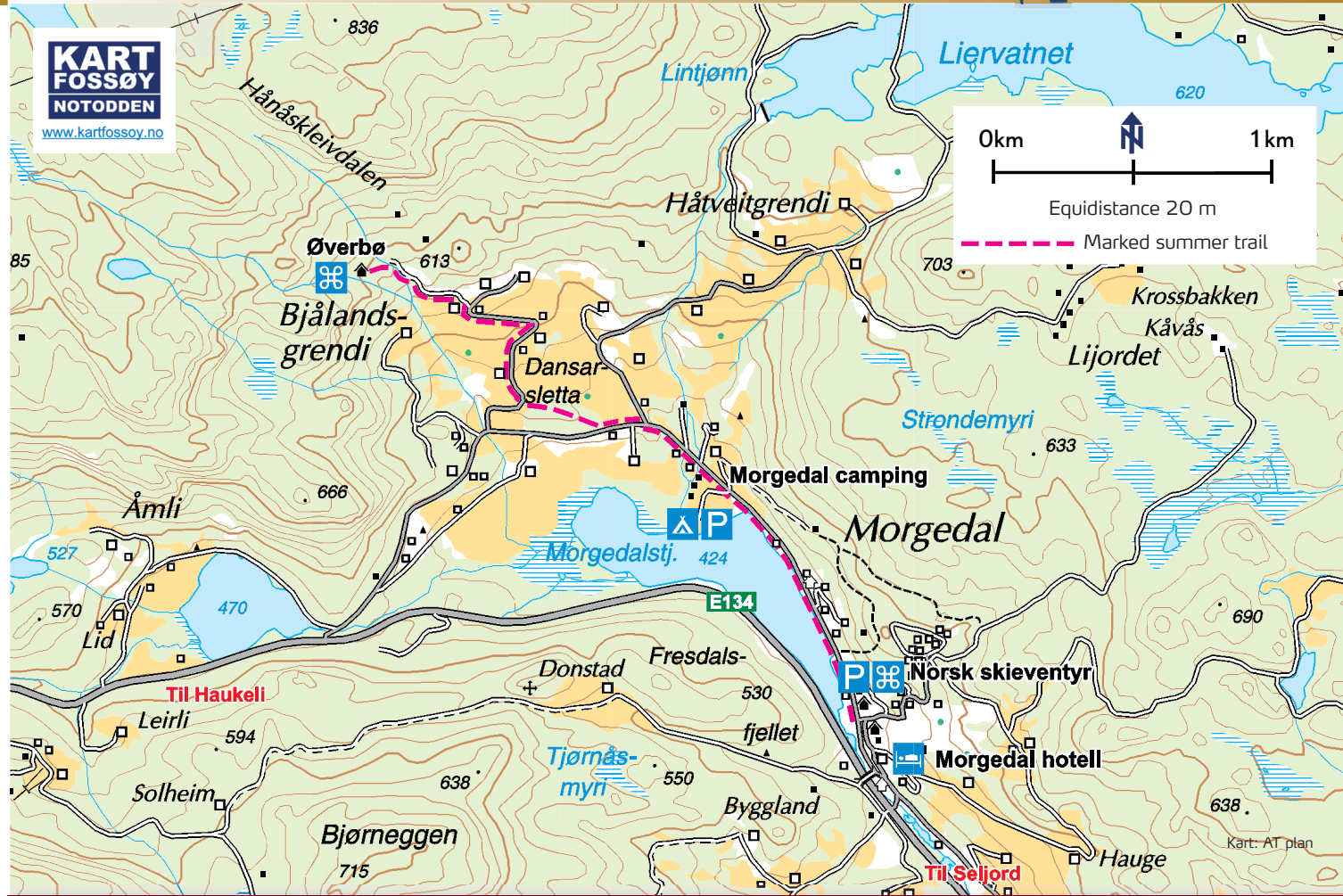
At walktelemark.com you will find an overview of accommodation for hikers.

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!

NB:
Remember to bring good footwear!



Accessibility:
This walk is suitable all year round.



Scale 1 : 25,000 Equidistance 20m ☒ = site of interest - - - - - = marked summer trail



Photo: Hamish Moore