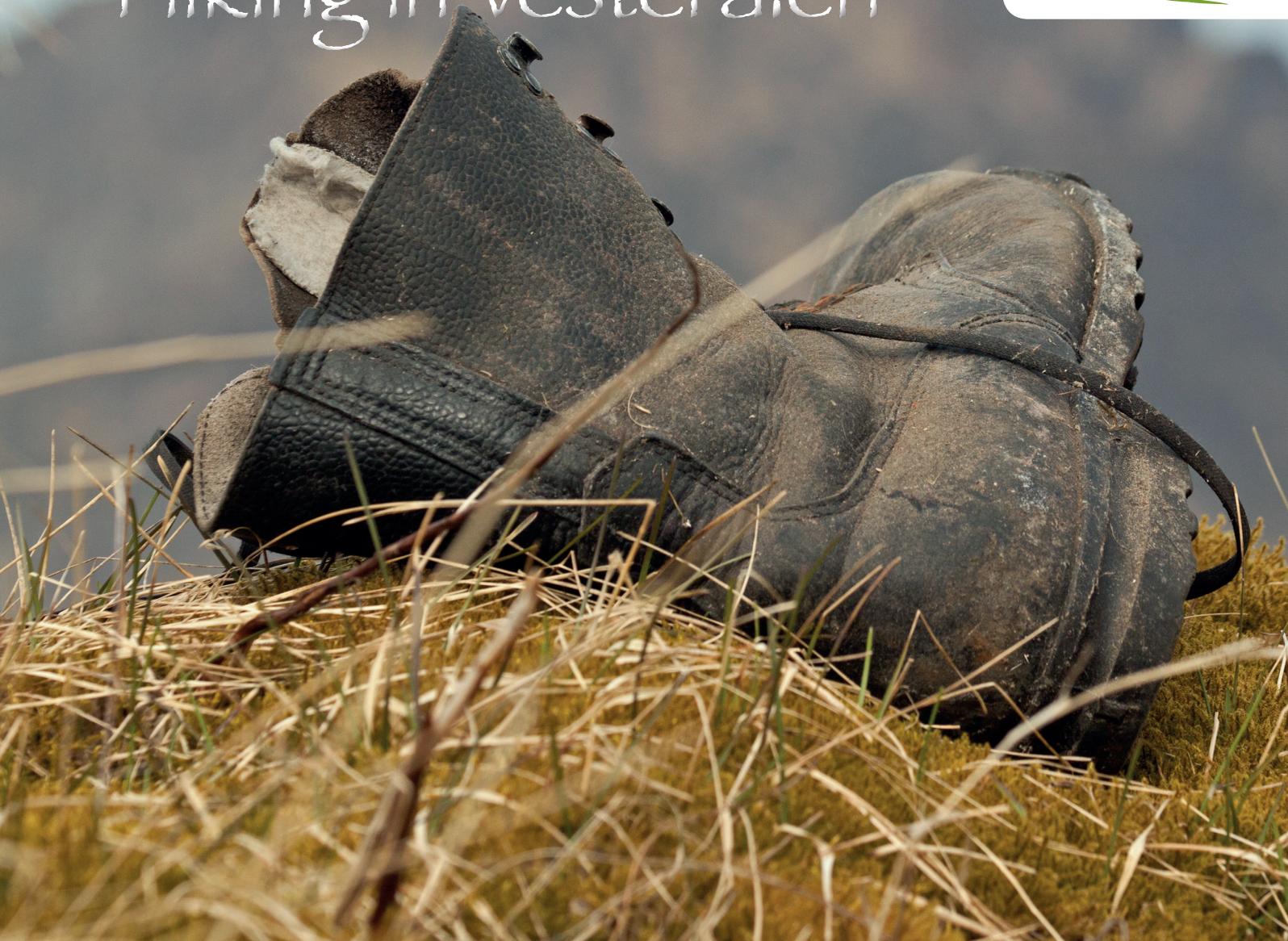


# Hiking in Vesterålen



## Explanation of symbols



Open fire area



Wheelchair user friendly



Rest area / lean-to shelter



Cabin



Parking



350  
moh

Summit point / Height in metres



Recommended route

## Route descriptions / Map



Tour & Bike-map  
Vesterålen  
1:100 000

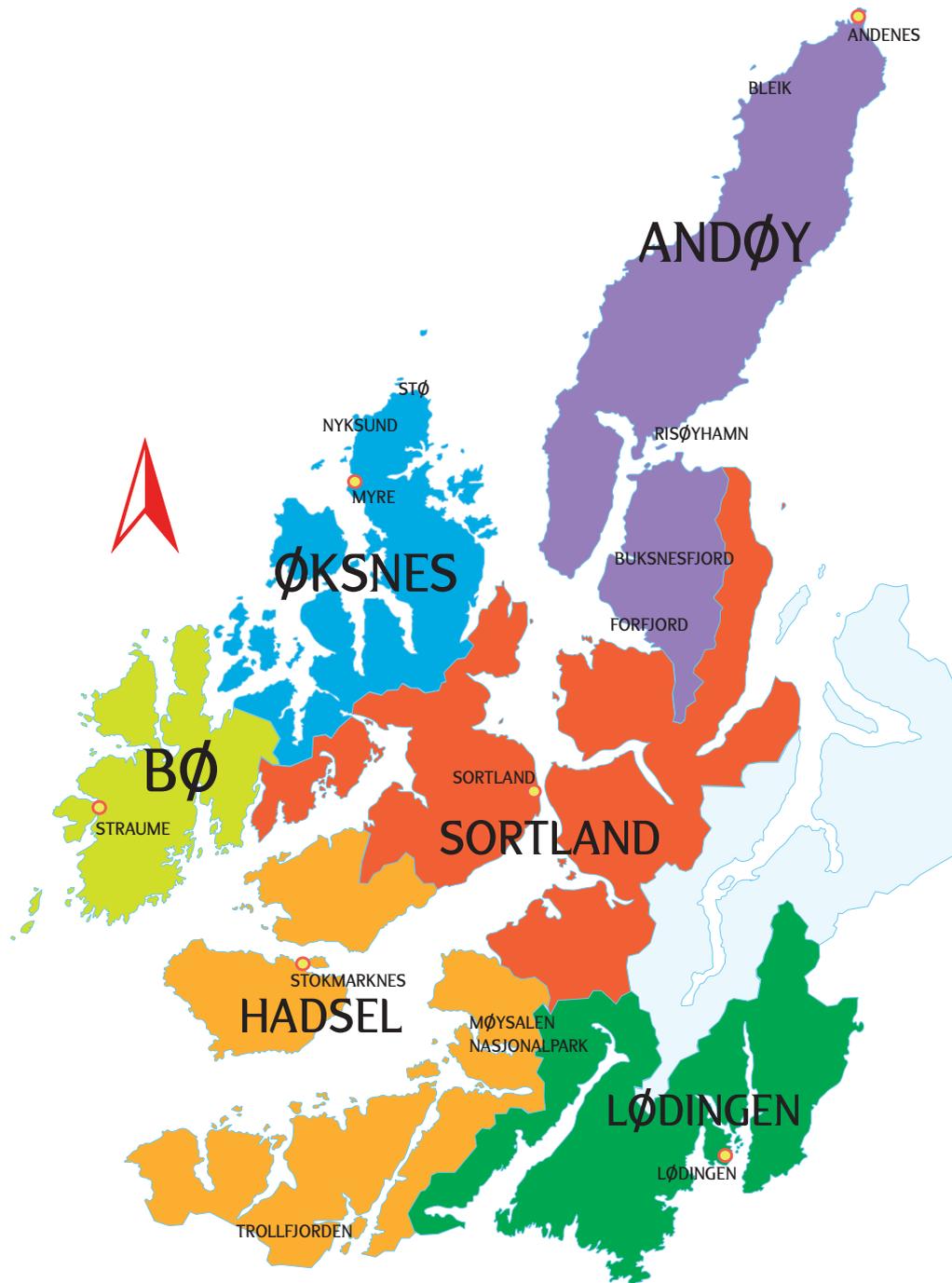


Vesterålen Hiking Association's «På tur i Vesterålen» - only in norwegian (2011)

## Hiking Association's cabins:

- Ingemannhytta
- Guvåghytta
- Trollfjordhytta
- Snytindhytta

[www.turistforeningen.no/vesteralen](http://www.turistforeningen.no/vesteralen)



Created in collaboration between Destination Vesterålen and Vesterålen Outdoor Recreational Council.

**This brochure is intended to give you an idea of some of the fine hiking experiences we have in Vesterålen. We have selected a few suggested routes in each of the municipalities. For more detailed information and several other routes, see: [www.visitvesteralen.com/hiking](http://www.visitvesteralen.com/hiking)**

There are marked hiking trails throughout the entire Vesterålen area, and they may be used during both summer and winter. The routes are easily accessible and are found almost anywhere one wants to explore. There are three marked coastal trails. One is located in Bø (Straum-sjøen – Spjelkvågen), one in Andøya (Stave – Bleik) and the third in Øksnes (Langenes – Klo).

Dronningruta is a marked hiking trail about 15 km long between Stø and Nyksund. This is the route that Queen

Sonja enjoyed so much in 1994, and which was thereafter called the «Queen's Route».

Møysalen National Park is one of the country's smallest national preserves, only 51.2 km<sup>2</sup> in area on Hinnøya, Norway's largest island. Towering in the centre of the national park is Møysalen, a 1262-metre-tall mountain. Guided tours are arranged to the summit, starting at Hennes.

There is a touring map with several suggested trip itineraries. The map is also very suitable for use as a road map. There are also marked trails to the Norwegian Trekking Association's cabins in Vesterålen.

It is recommended to have good footwear when hiking in Vesterålen due to the varied terrains.



*Strøna. Photo: Bjørn Eide*

# ANDØYA

Farthest north in Vesterålen is Andøya island with its moors and jagged mountain peaks. Contrasts are great between the northwest side of the island, where barren mountains plunge almost vertically into the open ocean, and the moorlands that cover half of the island's ground surface. On the average, the moor areas rise only some ten metres above sea level.

The varied natural surroundings with abundant beaches, moors, mountaintops, rivers and fishing lakes make Andøya a fantastic area in which to hike.

Bleiksøya with its characteristic peak just off the shores of Bleik village is a favourite destination for bird-watchers. Be aware that Bleiksøya is protected and that it is illegal to go ashore during June and the first half of July.



## KVASSTINDEN

Rising 705 mas, Kvasstinden is the highest point on Andøya. The summit can be reached from several sides; we recommend a simple route from Norddalen on the outer side of Andøya. From the main road at the entrance to Norddalen, set your course towards the south-southeast heading towards Bulltinden. This is a fast and dry route in elevated terrain. From Bulltinden, you follow the ridge in a southeasterly direction in good, easy terrain up to the summit.

An alternative route is to follow the trail a distance

into Norddalen and then shift course southward towards the ridge of Kvasstinden. From here, you follow the ridge directly to the top. This is a more gradual route with a softer hiking surface – a good alternative for people with weak knees.

From the summit there is a good view out towards Øksnes and most of Andøya.

### GPS starting point:

X – coordinate 0517731 / Y - coordinate: 7648327 (UTM zone 33W)

### GPS summit point:

X - coordinate: 0519370 / Y - coordinate: 7646645 (UTM zone 33W)

**Marked trail:** Not marked, good trail

**Level of difficulty:** Medium

**OBS/NOTE:** *The three kilometres long stretch of road between Åknes and Norddalen may be in a very poor condition, and it is not recommended to drive if you are afraid of damaging your car. It takes approximately half an hour to walk from the barrier in Åknes to Norddalen, where the route starts.*



*Toppen av Andøya - Kvasstinden. Photo: Ivar Steiro*



Kvasstinden  
705 mas

Kvasstindheia

Bulitinden (371)

Norrdalen

Norrdalselva

Åknes / Risøyhamn



Svindalen  
(foot path)



ANDØY



# KYSTSTIEN

Stave – Bleik i Andøy



## KYSTSTIEN STAVE - BLEIK

This is a trip with varying degrees of difficulty. The trail stretches over a distance of 9 km through a landscape of beaches, rocky shorelines, hills and mountains. The highest point is Måtind (408 mas), offering a fantastic view out towards picturesque Bleiksøya.

The trip from Stave to

Bleik, including a detour to Måtinden, takes 5-6 hrs. It is most common, however, to get on the trail at mid-point from the roadway and do half the route, hiking either north towards Bleik or south towards Stave.

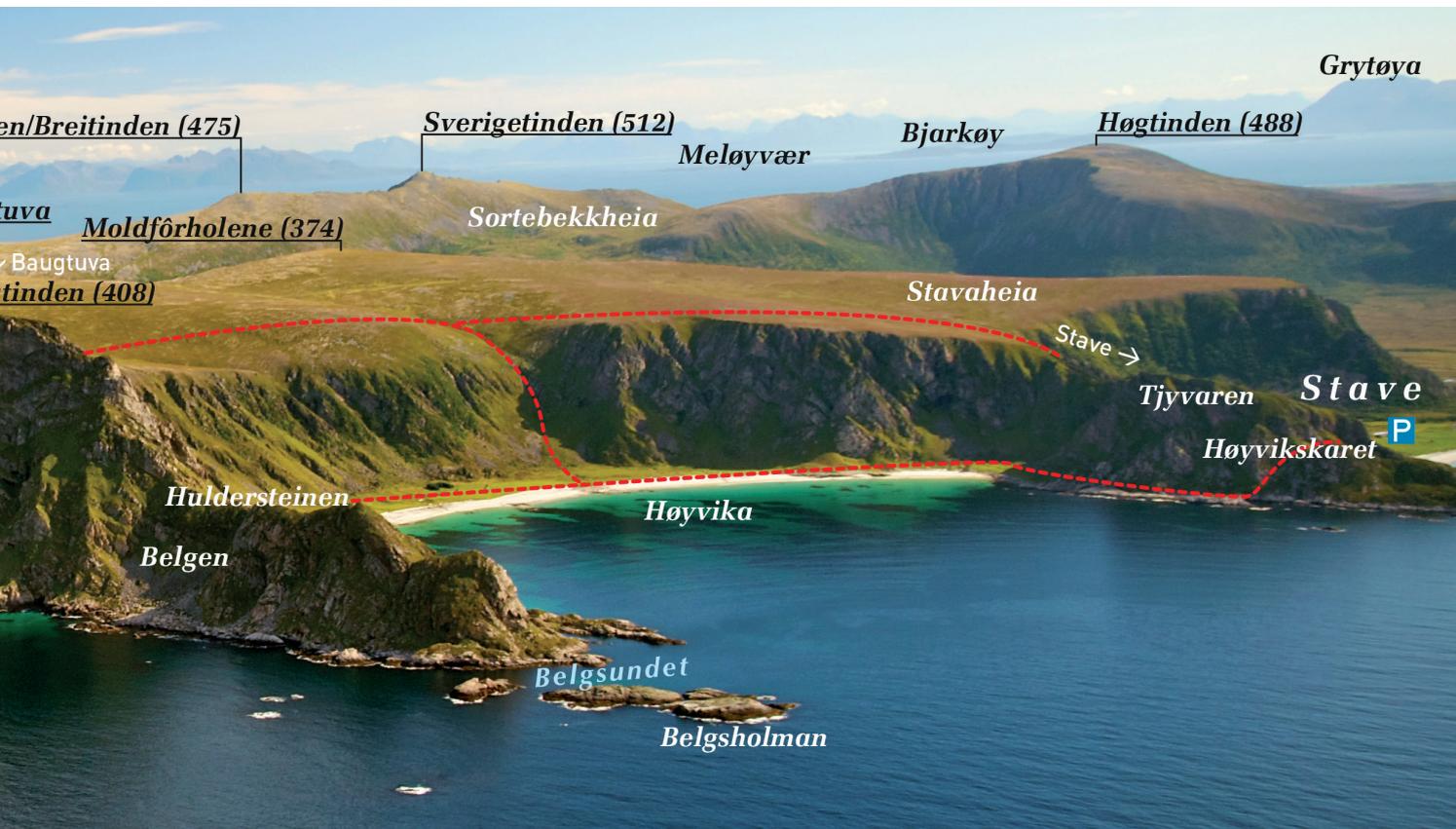
### **Description of the route:**

The starting point is the car park at Baugtua, Stavedalen, 4 km from Bleik in the di-

rection of Stave. From the car park, hike west through forest grove up to height 340 m. Continue over the ridge between Staveheia and Breidalen. Here you will pass by five hunting pits dating from the Stone Age. From the junction due south of Nonstind (379 m) you have several possibilities. You can continue west towards Måtind, you can

head south towards Høyvika and Stave, or you can go north towards Bleik and the Bleik Beach. Whatever your choice, you will enjoy a light trek with a fantastic view in an area where the steep Vesterålen mountainsides plunge directly down into the ocean below.

At the starting point at Baugtua there are information boards with a map and



an overview of sights. The trail is marked with Ts. The trail is a sheep trail with sections of rocky ground and is not always clear to the eye; in these sections the trail is marked with cairns. The trail is also indistinct along the shoreline, but the direction is obvious. The hiking terrain is varied, from mountain rock to moors and grassland.

Along the entire coastal trail you will encounter cultural monuments that bear witness to human settlement as far back as the Stone Age. From Måtinden there is a good panorama out towards Bleiksøya, which has one of Vesterålen's largest colonies of puffins. Shags, kittiwakes and guillemots also nest here. Remember to bring along your binoculars!



**GPS starting point:**

X -coordinate 537513 / Y - coordinate:  
7680932 (UTM zone 33W)

**GPS summit point - Måtinden:**

X - coordinate: 534229/ Y - coordinate:  
7681651 (UTM zone 33W)

**Marked trail:** Marked

**Level of difficulty:** Medium





## BUKSNESFJORDEN

### «SÆTERVEIEN»

The Sæterveien hiking route/trail between Buksnesfjord and Langvassdalen in Forfjord snakes through moors, forests, hills and between mountains of up to 700 m in height. Along the route there are several look-out points with wonderful panoramas of fishing lakes, salmon rivers, the Eikeland natural preserve, and far-off places such as Andfjord and the Senja mountains.

The physically challenged can also enjoy parts of the hiking trail, provided you start in the north, at Buksnesfjord. A couple hundred metres from the main road, there is a detour off the main trail running about 400 m up towards the little fishing lake of Manndalsvatnet, adapted for wheelchair users with a road, pier and open campfire area. This attraction is also an experience of nature that is accessible to everyone.

If you follow the route towards Langvassdalen for about 4.7 km, you will come to a large lean-to shelter at the southern end of Kringelvatnet – a perfect stop where you can light a fire in the fireplace and steep a pot of coffee. After another 2.5 km, you can turn off the trail and take a detour up to Skavdalsvatnet at about 160 mas.

The extensive valley between Buksnesfjord and Forfjord is the result of ice

erosion of the terrain when the ice receded some ten thousand years ago; it is characterised by a quaternary geologist as a glacial valley.

**Length:** 8 km, with certain sections rising up to 100 m above sea level.

Sæterveien is designated as a medium easy hiking trail.

*Photo: Andøy Friluftssenter*





## LYNGHAUGTINDEN / VETTEN

The trip we describe here is only one of many possibilities taking Fjærvoll as your point of departure. In the area east of Fjærvollfjellet, you will find a number of well marked trails and forest roads where you can start your trek into the mountains or remain on the lowlands between the villages of Straume – Fjærvoll – Steine.

Towards Lynghaugtinden: From the car park at Fjærvoll kindergarten, you follow the path on the northern side of Fjærvoll-

fjellet and on to the forest/tractor road leading to Soppåsen. After Soppåselva, you follow the ridge south of Trolldalsvatnet – up to the summit of Vetten (467 mas).

From Vetten, take the trail northward to the flat Spikarheia and on to Lynghaugtinden (504 mas). The return trip runs along Revelten and across the moor to Fjærvoll. At Nøkkjtønna – a small detour north of the main route – the villagers of Fjærvoll have built a cabin for day outings.

However, it should be pointed out that most residents of Bø who hike to Vetten begin from



the shooting range or the electrical power shed at Steine. But Straume can also be used as a point of departure to get to Vetten. The length of the trip varies according to the choice of route, from 3 to 7 km – depending on your starting point.



### GPS starting point:

X - coordinate: 0477775 / Y - coordinate: 7615355 (UTM zone 33W)

### GPS summit point: (Vetten)

X - coordinate 0481395 / Y - coordinate: 7614207 (UTM zone 33W)

### GPS summit point: (Lynghaugtinden)

X - coordinate 0481226 / Y - coordinate: 7616915 (UTM zone 33W)

**Marked trail:** Marked

**Level of difficulty:** Medium



The photo to the left shows the summit of Vetten, with a view out towards Gaukværøya. Photo: Alf Oxem

## SKREDTINDEN / VEGGFJELLET

Starting from the ski cabin at Øyjorda near Straume, your trip can run across Rundtuva and Øyjordheia to Veggfjellet and Skredtinden (442 mas). The return trip runs along the ridge towards the southwest, via Hundsdalen and Nilsåsen and back to your starting point. There is a view of most of the Bø settlements and also of large areas of the Vesterålen islands.

Bø municipality has been active in the project Ringelihorn and has signposted and marked several attractive routes in the

municipality. The trips include Gaukværøy, Litløy, the birdwatching trail at Straume, Sinahula and the route from Ringstad to Klakksjord – all well worth a visit. See further info on Bø municipality's home page.

### GPS starting point:

X - coordinate: 0479993 / Y - coordinate: 7619549 (UTM zone 33W)

### GPS summit point: (Veggfjellet)

X - coordinate 0481845 / Y - coordinate: 7620358 (UTM zone 33W)

### GPS summit point: (Skredtinden)

X - coordinate 0481622 / Y - coordinate: 7621263 (UTM zone 33W)

**Marked trail:** Not marked. Good trail

**Level of difficulty:** Medium

# KYSTSTIEN

Straumsjøen – Spjelkvågen i Bø



*You find the Åsand Beach along the coastal trail. Each year, Arctic Sea Kajak Race has one night camp at this beautiful place. Photo: [www.askr.no](http://www.askr.no)*

## THE COASTAL TRAIL STRAUMSJØEN - SPIJELKVÅGEN

A trail between steep 6–700 metre (2–2300 ft) high mountains and the open ocean – the coastal trail in Bø passes through a raw and untamed landscape. But despite this, the walking is surprisingly easy.

### Alongside the open ocean

The coastal trail in Bø lies along the outer edge of Vesterålen, exposed to the open Atlantic Ocean. The route runs for 8 km (5 miles) from the village of Straumsjøen

along an uninhabited stretch of coastline to the abandoned village of Spjelkvågen. It runs alongside open ocean, past lighthouses and beneath the steep Vesterålen mountains.

### Winding but not difficult

At the start, you follow an old migrant trail that is so good that you could even manage it with a pram, but from Vikan onward there are marshes, peat, grassy slopes, smooth rock slopes and rocks – then lots of rocks. In one place, the Norwegian Coastal Admin-

istration has erected a metal railing that you can hold onto while climbing up a smooth rocky slope. You don't need to be all that fit, but you do need to be quite steady on your feet.

### Traces of old settlements

The coastal trail in Bø is a hike through an old cultural landscape against the backdrop of the open ocean. Since their boats used to be small and could be dragged ashore during big storms, it was convenient for people to live as close to the sea as possible.

### Hiking the coastal trail

Most people can manage the Coastal Trail in Bø, as it isn't particularly hard. However, you should be pretty steady on your feet, as it can be rugged in places. Particularly when it's rainy, frosty or when there's snow on the ground, you should have good shoes, and spikes might even be a good idea. There are no longer any settlements along the route, so there are no facilities in the form of toilets or cafés. If you park your car in Straumsjøen, you will need a lift back from

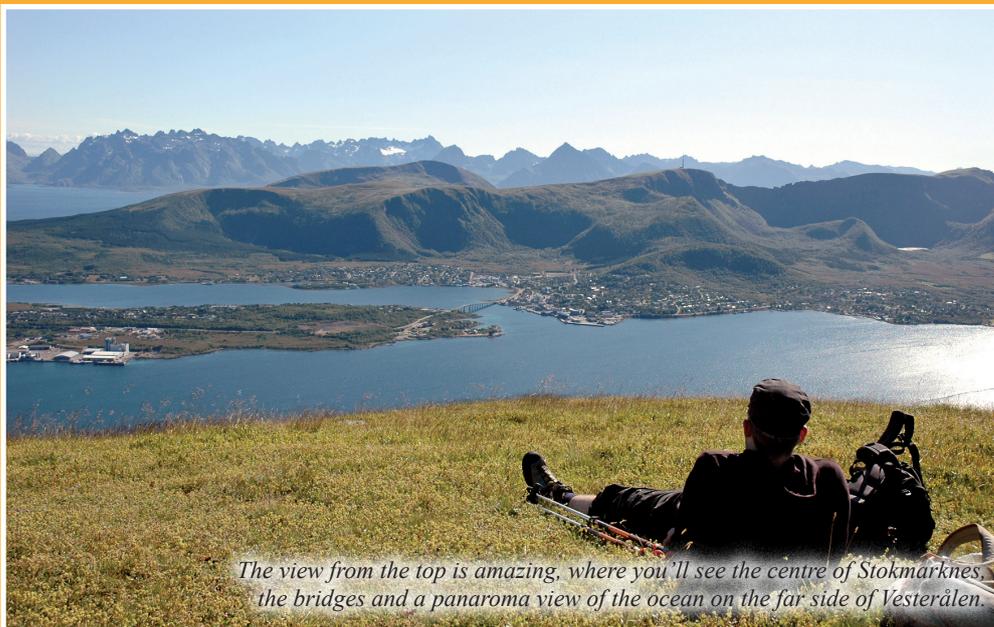


Spjelkvågen – the Tourist Information Office can help you order one. There are limited opportunities to get drinking water along the route, so take a water bottle in your backpack.

**GPS starting point:**  
 X - coordinate: 478360 / Y -coordinate:  
 7620432 (UTM zone 33W)  
**Marked trail:** Marked  
**Level of difficulty:** Medium



Vikan. Photo: Marten Brill



*The view from the top is amazing, where you'll see the centre of Stokmarknes, the bridges and a panorama view of the ocean on the far side of Vesterålen.*



*The trip is also suitable at winter time.  
Photo: Iyar Steiro*

## HALLARTINDEN

At the southernmost tip of Langøya is Hallartinden (530 mas). Despite its modest height, the summit provides an excellent view towards Hadseløya, the northern part of Austvågøy and the western side of Eidsfjord.

Start from the car park on the upper side of the road at the Råvoll Plant Nursery, about 2 km from the turnoff on the Hadsel bridge breakwater. Follow the road up to the left. Approximately two hundred metres after the fence, you will come to an old forest road going to the left.

Follow this road a couple hundred metres and then bear right on a trail marked with yellow reflector ribbon.

Your first destination is Mat-skapkollen (299 mas), located just above the forest line. The trail upward is well packed, with an even incline all the way. The view is excellent all the way.

This is one of the Top Ten Trips in Hadsel, and it is suitable for the whole family. Bring along liquids to drink, since there are no streams found along this route.



*1. A few hundred meters after the fence, take a left turn on to an old forest road.*



*2. Follow the forest road for a couple of hundred meters, and then take a right turn on the path.*



### GPS starting point:

X – coordinate 0499018 / Y - coordinate: 7608386 (UTM zone 33W)

### GPS summit point:

X - coordinate: 0497717 / Y - coordinate: 7609851 (UTM zone 33W)

**Marked trail:** Not marked, good trail

**Level of difficulty:** Easy to medium



Hallartinden



530 mas

Matskapkollen

Sandnes





*Photo: Christer Gundersen*

## MØYSALEN

The 1262 m high summit provides a glorious panoramic view of the area stretching from Sweden across to the Atlantic and from Bodø up to Senja. Such a prize doesn't come cheap, Møysalen demands a lot, but the rewards are plentiful.

### Vesterålen's highest point

Møysalen, on the island of Hinnøya, is Vesterålen's highest point and the 2nd highest mountain, situated on an island, in Norway. It is visible throughout the region, towering above the straits of Sort-

land and Raftsund and flanked by the two supporting columns known as the 'Møyene'. The way up to the summit is a challenge, but nothing extreme and offers a view over most of Nordkalotten.

### A beautiful nautical approach

Møysalen lies in the middle of Møysalen National Park and the organized trips start out from Hennes, on the Hinnøy side of Hadsel in Vesterålen. The first part of the trip is a boat ride into Lonkanfjord where Møysalen, flanked by the 'Møyene' on either side, towers highest amongst the wild, pointed, dark mountain tops.

### Mountain valley

To begin with, there's a walk along Lonkanfjord and up into a relatively flat, forest covered valley. Here, we follow the old tracks of a narrow gauge railway which was built to assist the transport of iron ore in the region. At the end of the valley, we begin the ascent; sharp scree, loose gravel and steep slopes make for a challenging climb. 400 metres further up, we come to a more gentle terrain with moss covered ground, a beautiful blue lake and the intense colours of the mountain flora. At 600 metres above sea level we have the chance to fill our water bottles

for the last time before reaching the summit.

### Two glaciers

It is necessary to cross two glaciers to reach the summit. The first, at 700 metres above sea level, looks like a balcony on the side of the mountain. Walking up the gentle slope, along the edge of the glacier, is not difficult and no safeguards are required. However, near the top there is a steep drift of frozen snow where a fall would more than possibly result in a fatal outcome. Here, ropes are used for everyone's security, but it is only for a distance of a few hundred metres.



*Photo: Knut Hansvold, Kristina Bieada*

### Towards the top

It is a steady climb between the two glaciers with a very varied terrain. Now and again it is necessary to climb using both your arms and legs and with the help of the security chains permanently fixed on the mountain side. In other places there are wide paths with fantastic views over the whole of Vesterålen.

### The world at your feet

From the top of Møysalen you can spot if the weather is good - as far as to Kebnekaise, Sweden's highest mountain. Much closer lies Stetind, Norway's National Mountain.

The mountain peaks of Lofoten line up like a serrated edge towards the south west.

### Things to consider before a trip to Møysalen

The mountain is not for everyone. There is a lot of climbing on the way up and it is necessary to hold on to rocks and protrusions. The terrain is made up mainly of scree, cliffs and loose gravel but there is a small part, out on a ledge, that those afraid of heights etc. can avoid. So long as you are in good shape, used to mountain walks with over 1000m difference in altitude, not afraid to use both arms and legs and

have good quality mountain boots, then Møysalen is a challenge you should overcome.

### Join an organized trip

For your own safety, you should join an organized trip. This is because you need to use ropes on the highest glacier. Only those who have taken a glacier climbing course and have the necessary safety equipment should venture out without a guide. In addition, there are no mobile signals under 800 metres, so if something should happen, you're on your own. The guides have their own short wave radio contact with the National Park

Centre and can call for help if necessary.

Trips are organized from the Centre every day in the summer season. Good mountain boots, a wind resistant jacket, woolen underwear in the backpack, woolly hat, gloves and three packed lunches are the order of the day.

#### GPS starting point:

X - coordinate 509346 / Y -coordinate: 7602104 (UTM zone 33W)

#### GPS summit point:

X -coordinate: 518456 / Y - coordinate: 7601595 (UTM zone 33W)

**Marked trail:** Partly marked

**Level of difficulty:** Hard



## THE SKIING NETWORK IN HADSEL

Hadseløya has some 40 km. of prepared ski trails to offer. Beginning from Stokmarknes, Lekang or Melbu, there are some amazing skiing opportunities through grandiose and varied natural surroundings. The trail network is prepared by Stokmarknes Sports Association, starting at Stokmarknes and running via Lekangmarka to Sorgenfri and further on to Båtvatnet. Melbu Sports Association's ski group prepares the trails from Melbu via Gullstadmarka to Båtvatnet. In addition, seasonal skiing trails from Melbu via Grønntuva and up to Melbumoan are prepared – conditions permitting. The trail

from Sorgenfri via Ørnheia and further on up to Storheia is sporadically prepared. For information on the status of trails, see [www.skisporet.no](http://www.skisporet.no) Stokmarknes, Lekang and Melbu all have good, well functioning ski trails. The lights are turned on at 5 p.m. and are turned off again at 11 p.m.

### How do I find the starting points?

**Stokmarknes:** Turn off of Rv 82 at the hospital and follow the sign to the camping site; as an alternative, you can park at Hadsel Sports Hall.

**Lekang:** Turn off the main road at either Hadsel Church or at Steilo and drive to Lekang. At Lekang, directions to the car park by the lighted trail are signposted.

**Melbu:** Follow the signs from downtown Melbu to the Vesterålen Sports Hall and continue about 500 metres to the ski facility at Brekka, or follow the road approx. 200 m up from the Community Centre/Melbo Manor. An alternative is to follow the signs towards Hadsel Upper Secondary School and Fjellveien all the way to Lundepporten – or you can start from Gullstad.

### Suggested trips:

#### Stokmarknes – Lekang – Ørnheia – Storheia.

Start from the skiing facility (by Hadsel Sports Hall) at the end of Idrettsveien. Follow the prepared ski trail via Trollaldalen to the Scouts' Cabin. From here you continue via Hadselåsen,

Lekangmarka and on through Lekangdalen until the trail crosses the road at Husbydalen. At the crossroad 50 m before Sorgenfri, you bear to the right up to Ørnhei Cabin – The Red Cross cabin with good facilities. The cabin is attended during weekends throughout the winter. Follow the marked ski trail up to Storheia. Return the same way, or via Ørnheia and down to the Scouts' Cabin. This alternative does not have prepared trails.

**Length:** about 20 km round trip  
**Time:** about 2.5 hours up and one hour down

The trip from Stokmarknes via Lekang, up Herhalsen, past Sorgenfri and Båtvatnet and down to Melbu is the route of the annual Ulvøyrennet ski run.



### Melbu – Båtvatnet

Start at the skiing facility and follow the lighted trail to Vann-damsbakken. From here you continue straight ahead towards Gullstad. Follow the trail along the foot of the mountain and inward to Finnsteinen. At the intersection just after Finnsteinelva, you continue straight ahead and continue west of Flatåsmyra; you will pass «the king's stone», cross Urvasselva and continue up to Båtvatnet. The return trip runs down from Båtvatnet and westward past Lomstjønna. At the first intersection, bear left and continue straight ahead down to Finnsteinelva. Here you continue southward to Vakdalen and down to Kvaaldammen. Follow the lighted trail back to your starting point at Skileikan-

legget in Brekka.

**Length:** about 10 km.

**Time:** 2 hours

### Melbu – Melbumoan

Start at Skileikanlegget and follow the lighted trail to Kvaaldammen and then on up to the intersection just north of the waterworks. Follow the trail to the left up the hill to Stengmyra and continue along the west side of Stengvatnet. At this point the trail curves off toward the west and then goes northward, past Grønntua, Appelsinholla and up to Barheia. From here the trail makes a loop across Melbumoan (375 mas) and continues to the foot of Motinden (625 mas). Return the same way – or you can extend your trip a little by bearing right just below Grønntuva

and taking the ski loop around Kvantolimyra.

**Length:** about 10 km.

**Time:** about 2 hours

### Vatndalen – Melbu, Lekang or Stokmarknes

**(unprepared trail in sections)**

Start at the car park at the end of the road in Vatndalen. From here take the trail in through Breivikdalen, up to Fagervollheia and continue past Mannshausen and down to Setervatnet/Vasshaugvatnet. The trip continues to Nakkvatnet and up via Gotadalen to Barheia. From here there are prepared trails down to Stenvatnet. At this point, you turn off the trail if your destination is Melbu. If you continue, you will take the trail south of Stengvatnet down towards Finnsteinelva,

Båtvatnet and up to Sorgenfri. From here the trail leads down to Lekang, where you will continue via Hadselåsen, the Scouts' Cabin and down to Stokmarknes. A fantastic trip!

**Length:** Vatndalen – Stokmarknes about 30 km

**Time:** Vatndalen – Stokmarknes about 4 hours



*The ski tracks can be followed on the net and are regularly updated. Here is an illustration from this website. See the link below.*



## LAMÅSEN

A fine day trip experience for young and old alike, about 45-60 min up to the summit – 251 mas. Begin from Fv 691, about 500 metres west of the Annfinnslett Coop Market. Park by the Coop, since there are few parking spaces at the starting point.

From the main road, the forest road runs northward through forest terrain into Burvassdalen. From here, the forest road rises towards the northwest/northeast up to Lamåsen, where there are Vestbygd granite tables and benches. A little shelter has been built here, with a grill site beside it. The guest book is inside the shelter. Wonderful view towards the southwest – toward

Annfinnslett, Saltvatnet, Øksfjorden and out across Vestfjord, Svellingen and Hamarøya. Here you will discover new natural gems in wild and breathtaking Vestbygda. From Lamåsen you may extend your trip by taking several marked hiking trails, towards Hustandtinden or Langjellkruna.

**Length:** about 2.5 km to Lamåsen, clearly marked forest trail. An easy trip for the family.

### GPS starting point:

X - coordinate: 0517670 / Y - coordinate: 7582980 (UTM zone 33W)

### GPS summit point:

X - coordinate: 0518979 / Y - coordinate: 7584945 (UTM zone 33W)

**Marked trail:** Not marked, good trail

**Level of difficulty:** Easy

## YTTERSTADFJELLET

A fine day trip, about 1.5 – 2 hours up to the summit – 446 mas. Start at Fv 691, about 500 m west of the Ytterstad Farm (sign-posted on the road). From the car park alongside the national road, the marked trail runs through forested area, underbrush and rocky scree up to the first hill-top, Nattmålsteinen. From here it continues northeast, past Småvatnene and up to the summit. From Ytterstadtinden there is a marvellous view toward Narvik in the east, Stetinden in the south-east, Hamarøya in the south and Lofoten in the west. Below the mountain, the settlements of Hesten, Rinøy, Ytterstad, Kjeøy and Offersøy glisten like precious gems in Vestbygda. The guest

book is placed under the cairn at the summit.

**Length:** about 3.5 km, somewhat challenging.



### GPS starting point:

X - coordinate: 0526714 / Y - coordinate: 7580442 (UTM zone 33W)

### GPS summit point:

X - coordinate: 0527053 / Y - coordinate: 7582943 (UTM zone 33W)

**Marked trail:** Small cairns mark the trails from the treeline to the summit



## TORALFSBU

Our trail starts from E10 in Kanstadbotnen. Make your starting point the car park between Kobbedalsbekken and the high tension line that crosses the road. Set course and go about 350 m northwest; follow the power line until the terrain flattens out, and then go due north towards Svartvatnet. The winter route crosses the lake (when the ice is safe), while the summer route follows the west bank (western side) of the lake. Follow the river until you come to the second Kvitelvvatn, which can be crossed – or passed on either side. Once again, follow the riverbed due west, and Toralfsbu will come into view.

The trail is about ten kilometres long and is neither difficult nor

challenging under good snow conditions. The worst portion is actually at the beginning of the trail, which runs through underbrush and slightly steep terrain. After you cross the forest line, the route is easy going.

The summer trail is marked by the Norwegian Trekking Association and is calculated to take four hours to do. The winter trail follows this route in the beginning and at the end. It should be able to be done in under three hours.

Toralfsbu comprises a main cabin with eight beds and an ancillary cabin with four beds. The main cabin has a woodstove, while the ancillary cabin has a coal stove for warmth and a gas oven for preparing food. The cabin is locked with DNT's standard key.



*Photo: Odd-Eirik Einarsen*



*Photo: Bente Iren Myhre*

## RISDALEN

If you don't want to go to any of the summits in the area, Risdalen itself is suitable as a hiking alternative. Here you will find well developed hiking trails and forest roads in the valley, as well as benches and open fire areas. If you enjoy fishing, Risvatnet is available with readily accessible fishing spots.

## SKATA

Skata is a chieftain among the Vesterålen mountains; with its three-edged formation, it has an identical appearance from all sides. It takes one long day to climb 736-metre-tall Skata, but you will be rewarded with a beautiful view of the mountains and fjords of Vesterålen.

Start from the car park sign on Rv 82 south of Rishøgda. Park your car at the gate and follow the trail up through Risdalen to the right of Risvatnet

and further on to the summit of Risskaret. Continue westward up the incline to Lemtinden and Vesterliskaret. Then head south to a height of 451 m and along the ridge to the top of Skata.

Follow the same route back, or you can go south along the ridge to Forsvasstinden. From there down to the ridge toward the southeast and then southward out to the uplands east of Fors Lake. Further south, follow the ridge east of Forsvassbeken to a height of 226 m and

then eastward via Sydalen and back to Rise.

### Alternative route via Gluntvatnet

From the car park, follow the good trail to the left and eventually the tractor road to the right on the southern side of Rishatten up towards Gluntvatnet, which you will pass on your right side. Check your compass at height 380 northeast of the lake, and then proceed to height 451. Follow the good trail along

the ridge and up to the summit. Return the same way.

**Length:** Skata via Gluntvatnet is approx. 10 km; via Lemtinden approx. 12 km.

**Time:** 4-8 hours, depending on your choice of route and hiking tempo

#### GPS starting point:

X - coordinate: 0508895 / Y - coordinate: 7613840 (UTM zone 33W)

#### GPS summit point:

X - coordinate: 0505370 / Y - coordinate: 7616066 (UTM zone 33W)

**Marked trail:** Not marked, good trail



SORTLAND

Skata 736 mas



Forsvassstinden

Mikkeltinden(594)

Storrinden (609)

Forsvassvatnet

Lemtinden (452)

Rishatten (403)

Sydalen



Risvatnet

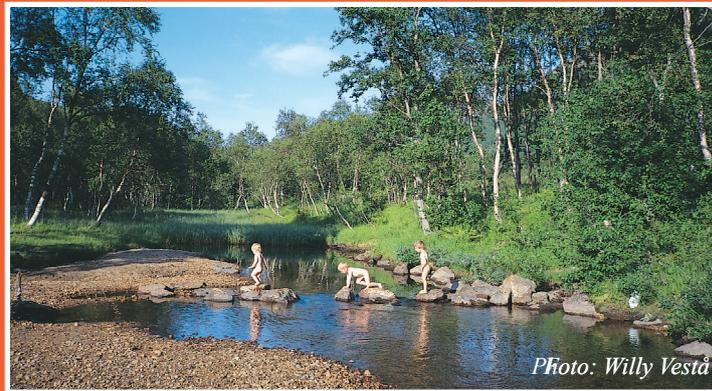
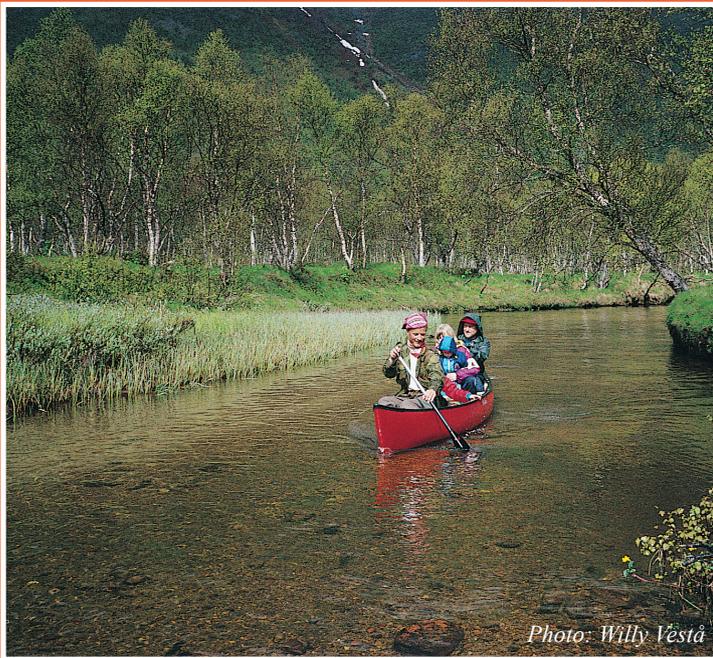
Risdalen



←  
Stokmarknes

→  
Sortland

# Strandheia / Kvalsaukan / Osvolldalen



Farther inside Osvolldalen, there is a fine bathing area in the inner section of Osvollvatnet. Here you will find a car park, toilet, changing room and fishing pier for wheelchair users. Along Osvollelva there are many idyllic spots. One of the finest of these is Stornesan, where the river reverses and runs inward

through the valley several hundred metres. There is a fine camping site on the tip of the promontory where the river curves and begins to run northward. When the water flows high, the river can be paddled from this point and almost down to the national road.

## STRANDHEIA

Turn off from Rv 85 at the cross-road to Osvolldalen (signposted), about 5 km south of the Sortland bridge. Follow the gravel road to the lay-by on the left side a short distance before the power station. You may park in this lay-by, signposted Strandheia at the beginning of the forest road. Then follow the forest road to 260 mas, cross the stream and then follow the good, visible trail all the way to the summit. The trail is signposted at various points along the ascent. From the summit (647 mas), you can enjoy a wonderful view in three directions out towards the ocean and mountains

and the settlement. Return the same way.

**Distances:** Strandheia approx. 8 km. Strandheia and Kvalsauktinden in a single round-trip: about 313 km.

**Time:** Strandheia 3-5 hours. Strandheia and Kvalsauktinden together 5-8 timer.

### GPS startpt X – coordinate (parkpl):

0520042/ Y - coordinate: 7619017  
(UTM zone 33W)

### GPS summit point: (Strandheia):

X - coordinate: 0520910 / Y - coordinate: 7621223 (UTM zone 33W)

### GPS summit point: Kvalsauktinden):

X - coordinate: 0522475 / Y - coordinate: 7622408 (UTM zone 33W)

**Marked trail:** Not marked, good trail

**Level of difficulty:** Medium

## KVALSAUKTINDEN

From Strandheia, you can continue towards Kvalsauktinden, a breezy and vigorous trip. Follow the trail eastward from Strandheia along the ridge and down towards the valley floor until you reach height 500. Here you will pass a couple of small gullies before the route becomes steeper towards the northeast; the trail is well developed all the way to the top of Kvalsauktinden (767 mas).

Return the same way, or choose this alternative: hike eastward along Kvalsauktinden's windy ridge and descend to a height of 580 and on down along Storelvdalen. This alternative is

somewhat difficult and steep but offers the possibility to enjoy Osvolldalen, with one of Vesterålen's best fishing and bathing lakes, adapted for wheelchair users and prams. There is also a bathing house on the sandy beach at the point where the tributary flows into the lake. You can purchase a fishing licence at the Esso station in Sigerfjord. Osvolldalen also boasts an interesting history of settlement dating from the 1800s – described in more detail in the series «Encounter with Vesterålen».



Strandheia

647 mas

Kvalsauktinden

767 mas

Bjørndalen

Bjørnlia

Reppstrenglia

Litjheia

Hola

Storlia



Osvollvatnet



Osvolldalen



Osvoll

←  
Sortland



**DRONNINGRUTA** is a marked hiking trail 15 km in length – a round-trip along the shoreline and over the mountain between Nyksund and Stø. The starting point and ending point can be to or from either destination; it is up to you whether you want to hike the beach or the mountain route first. This is a trip for hikers in relatively good physical condition. Certain parts may seem challenging in terms of heights. This is the route that Queen Sonja enjoyed so much in 1994, and which was thereafter called the «Dronningru-

ta». The route is rated as quite challenging. Normal walking time is around 5-8 hours, depending on your physical condition and the length of breaks you take – in other words, a rather strenuous trip.

#### **Description of the route**

The highest point is Finngamheia (448 mas), where there was a Sami settlement in the 1600s. The trail is marked with the hiking association's Ts. There are no streams in the mountains, so be sure to take along enough liquids to drink.

#### **Terrain**

The trip along the shoreline runs partially through bogs and grassy areas and can be wet. There is a well trodden sheep path up the mountain-side; at the summit the terrain is stony, with heather and hard walking surface. There are steep sections from both sides up the mountain. Some sections are made secure with ropes.

#### **Attractions**

There are many fine experiences to be had. Not only is the panorama excellent, but the

varied terrain makes this an exciting hike. In addition, both the starting and ending points are special sights. Nyksund is an old, abandoned fishing village that has been resurrected and is full of life after artists and tour operators have moved in and restored the village. Stø is a charming, working fishing village with bustling activity year round.





**NYKSUND** was one of the largest fishing villages in Vesterålen around the turn of the previous century. In 1900, the place had 127 permanent residents, but during the winter fishing season, the population increased by several hundred. During one year there were some 750 visiting fishermen using Nyksund as a port for their open Nordland boats. However, the advent of larger fishing boats made the harbour unsuitably narrow, and the village was gradually depopulated. In 1973, the school was closed, and two years later, the last permanent residents moved away. Almost all of the residents of Nyksund moved to Myre,

helped by government relocation subsidies.

Nyksund is distinguished from other fishing villages by its special architecture. During the 1980s, the ghost town by the open ocean awakened with new life, first through an international youth project, and later as a result of active culture and tourism development. Today the village has many permanent residents who operate art galleries, overnight facilities, restaurants and cafés, as well as ocean-based activities.

The last portion of the road before Nyksund is an experience in itself, it winds alongside vertical mountain walls on the one side, and the open ocean far below on

the other. We might also mention that the old gravel road represents a timeline, including preserved traces of human settlement dating all the way back to the Iron Age. Along the 9-km-long road, you can enjoy the view of fish-

drying racks by the Hulderstein, Sami gravesites in Kråknesura, the monument raised to the memory of local sea rescue hero Torstein Reinholdsen, and Sami dwelling features and graves at Skåltofta and Rødneset.



Photo: Alf Oxem



**SNYKOLLA** (763 mas) is Langøya's tallest mountain, but it is accessible for trekkers wanting a challenge. From the car park at the old gravel road on the fjord side of the main road, you continue about 50 metres along the national road towards Steinland. Proceed east up through a small hollow towards the closest ridge of Snykolla. Follow the ridge to the summit; use the same route to come back down.

**Note:** Before you reach the main ridge, there are a few areas with steep inclines. You won't need mountain-climbing gear, but good footwear is a must.

If you want to make a longer round-trip out of your day, we recommend doing the descent in the southerly direction towards

Åsen at the bottom of the fjord. From the summit, you follow the steep, grassy slope directly east of the summit. At the lower edge of the slope you will encounter a challenging area with large stone boulders and rocky surface. Continue along, passing between some small lakes, in a southerly direction. Follow the «gully» down to the village. From Åsen, you then follow the main road back to your starting point, about 4 km. A moderately challenging trip to the summit.

**GPS starting point:**

X - coordinate: 0505852 / Y - coordinate: 7636678 (UTM zone 33W)

**GPS summit point:**

X - coordinate: 0507772 / Y - coordinate: 7636535 (UTM zone 33W)

**Marked trail:** Small cairns mark the trails from the treeline to the top

**Level of difficulty:** Medium

**GOSSEN / GOSSESANDEN**

A much used hiking area on Sommarøya is Gossen. Park at the large car park on Heimsommarøyveien, just before you drive down to Bak-sommarøya. Follow the road in the direction of Myre to the crossroad between Heimsommarøyveien and Gossenveien. Follow the trail up between Lillegossen and Gossen (with the mast). In the «valley»

you can choose whether you want to continue down to Gossesanden, a lovely sandy beach on the open ocean, or whether you want to take the trip up to the summit of Gossen. Another possibility is to follow the path westward to Sjøneset and walk the shoreline back via Gossesanden. The terrain is easy and well suited for families with young children.





## MYRTINDEN / BJØRKESKOGEN

Myrtinden is centrally located between the town «Myre» and the open ocean. And also because of its very striking appearance.

Begin the trip at the car park 400 m after you turn off towards Nyksund. Follow a well beaten trail leading west. After a short time you will meet the developed tourist trail which takes you to Bjørkeskogen – an outdoor recreation area with a natural playground, lean-to shelters, an open fire site and information boards describing plants, birds and animals. The area was developed by parents, pupils and staff members of Myre School and is frequently used by school pupils and kindergarteners in the area.

Bjørkeskogen is partially adapted for wheelchair users. The way into the area is from the car park at the upper end of Svartbakken.

After passing through Bjørkeskogen, you will climb up the sledding hill. At the top of this hill, you can set your course for Kammen, the lower part of the ridge leading to the summit. From the lower part of the forested area, follow the distinct trail up to Kammen and continue north up the ridge to Myrtinden (350 mas).

### GPS starting point:

X - coordinate: 0503625 / Y - coordinate: 7646261 (UTM zone 33W)

### GPS summit point:

X - coordinate: 0502599 / Y - coordinate: 7645907 (UTM zone 33W)

**Marked trail:** Not marked, good trail

**Level of difficulty:** Easy

## HØYDALSHEIA / SKIPET

The most spectacular trip near the centre of the town is up to the top of Skipet via Høydalsheia. Parts of this route are challenging and windy, with a fantastic view out towards the open ocean on one side and a panorama of the municipality on the other.

Begin the trip at the car park 400 m after you turn off towards Nyksund. Cross the road and follow the gravel trail east; bear north at the upper edge of the quarry and follow a welltravelled trail through the forest and up to Høydalsheia. From here, a good trail leads you along the entire crest until you arrive at the summit. This stretch of the trip is windy, and you will have some steep sections to climb. Just be-

fore the summit, you will pass the characteristic rock overhang that has given the mountain its name – Skipet (612 mas).

If you want a shorter trip, there is a trim box at the waterworks. Many hikers combine this route with a trip up to Trenndals Lake. Both can be reached by following the gravel path from the car park at Høydalsveien.

### GPS starting point:

X - coordinate: 0503625 / Y - coordinate: 7646261 (UTM zone 33W)

### GPS summit point:

X - coordinate: 0501969 / Y - coordinate: 7648631 (UTM zone 33W)

**Marked trail:** Not marked, good trail

**Level of difficulty:** Medium

# KYSTSTIEN

Langenes – Klo i Øksnes



*Photo: Trym Ivar Bergsmo*

## THE FLOUR LEGACY

Mikkelsdatter must have been knowledgeable about fishermen's families struggle for daily existence. On her deathbed in 1621, she bequeathed 500 riksdaler to the Cathedral in Bergen in return for the church's help: each year «for all eternity», the church was to see to it that 500 kg of flour was sent to the poor families in Vesterålen. The Bergen authorities have several times tried to rescind the flour legacy, which is the oldest of its kind. However, the Norwegian Supreme Court, in 1849, upheld the legacy and ruled that the flour must be delivered as long as there are poor people in Øksnes.

### ØKSNES COASTAL TRAIL LANGENES – KLO

Coastal Trails was implemented based on an idea initiated by Vesterålen Outdoor Recreational Council.

The coastal trail between Langenes and Klo is 4.2 km long and runs from Langenes Church to Steinvatn Lake at Klo. The trail is easily hike-able and features some small knolls, but they represent a challenge that most people can manage.

The trail was completed and marked in spring 2014, and parts of it encompass sections of the old road that connected the villages. People have lived and worked here for centuries, and fishing has always been, and is still today, the primary industry in the area. The trail is also hike-able in the winter, since snow rarely accumulates very close to seawater. Chances are good that you may spot a sea eagle along the trail.

The Coastal Trail links with the Queen's Route

Be aware that a round trip including the side trail into Klodalen may take as long as a full day's hiking (10 hours) and that parts of this trail are unmarked. In addition, there are no natural water sources across the mountain, so you need to bring along liquids.



#### GPS starting point:

X - coordinate: 506232 / Y - coordinate:  
7656411 (UTM zone 33W)

**Marked trail:** Marked





Photo: Vetten, Bø i Vesterålen. Øystein Lunde Ingvaldsen\_www.nordnorge.com

Contributed for the brochure:



**Nordland**  
FYLKESKOMMUNE

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