

Walking in Norway's Rondane

Tour Style: European walking holidays

Destination: Norway

Trip code: RDLCL

3 & 4



HOLIDAY OVERVIEW

For walkers seeking peace and tranquillity, few places can compare to Rondane National Park. This pristine Scandinavian wilderness became Norway's first national park in 1962 and it's easy to see why. In the Rondane and surrounding area, moss-covered mountain plateaus give way to deep valleys and plummeting waterfalls, while high peaks and lakes provide a scenic backdrop for hiking trails. Highlights include a walk over Venabygdsfjellet for knockout views over the park and trekking a section of the Peer Gynt Trail to take in typical Norwegian farmsteads, forests, and lakes. The walks in this region may be on terrain that is wet and soft underfoot, but we are sure you will find that each route we take will be rewarding for it's beauty.

WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Venabu
- 7 breakfasts, 6 packed lunches & 7 dinners
- All in-destination transport

HOLIDAY HIGHLIGHTS

- Exploring Norway's oldest national park, Rondane
- Walking scenic trails along Søre Vola, Venabygdsfjellet, and Svartfjellet
- Tasting typical Norwegian food
- Looking out for herds of moose
- Staying at a family-run, eco-certified 'fjellhotell' on Venabygdsfjellet

TRIP SUITABILITY

This is a level 3 and level 4 graded Activity. Easier walks: 5 ½ to 6½ miles (9 to 10 ½km) with up to 950 feet (290m) of ascent in a day. Harder walks: 8 to 9 miles (13 to 14km) with up to 1,940 feet (590m) of ascent in a day.

The terrain may be on paths which are not well defined and could be rough underfoot. On the walks in this region, the ground can often be quite wet and soft. The weather can also change quickly and our local guides will offer updates on local conditions expected during the holiday

ITINERARY

Day 1: ARRIVAL DAY

Fly to Oslo, then transfer to Venabu, which takes around three hours with a stop off at Brumunddal. Arrive at the hotel for a welcome meeting and briefing with the guides (depending on arrival times).

Day 2: SVARTFJELLET

Our routes on the scenic Svartfjell mountain trail takes in the surrounding nature of lakes and waterfalls.

Option 1 – Holtersætra loop to Lundes

Distance: 5.5 miles (9km)

Ascent: 790 feet (240m)

A short transfer by minibus takes us to the start of our walk at Holtersætra, a summer farm with an infamous past. We'll hike up over the craggy peak of Svartfjellet for extensive views over Venabygdsfjellet and beyond. Our walk is a loop which brings us along Flaksjøen, the largest lake in the area, ending at the shop at Lundes where there is the opportunity to look around or have well-deserved coffee and waffles, before we continue back to our hotel.

Option 2 – Venabu circular

Distance: 8.5 miles (14 km)

Ascent: 820 feet (250m)

Our harder walk today follows the same itinerary as the easier option, however, we continue with a longer loop around the pretty Flaksjøen lake, before heading back to our hotel. Please note: If weather conditions are too wet to go around Flaksjøen, we will take a slightly longer route from the summit, under the crags of Svartfjellet, to join the path back to Venabu – this would be ascent 890 feet (270m) / distance 9 miles (15km).

Day 3: PEER GYNT COUNTRY

The mountains of Norway's Peer Gynt region are ideal for walking the cross-country skiing trails.

Option 1 - Peer Gynt Trail

Distance: 6.5 miles (10.5 km)

Ascent: 640 feet (195m)

We'll walk along the Peer Gynt Trail through a gentle, open mountain landscape with extensive views to the Rondane, Dovrefjell, and Jotunheimen national parks. We pass the beautiful lake Storrøgna, with its idyllic fishing cabin before returning on the Peer Gynt Trail.

Option 2 - Gråkampen

Distance: 9 miles (15km)

Ascent: 720 feet (220m)

This circular route takes in the top, Gråkampen, with views south towards Kvitfjell and beyond. This circular route takes in the top, Gråkampen, with views south towards Kvitfjell and beyond - this is the highest point of 1212 metres that we reach on this programme. On our return, we'll visit the peaceful lake of Storrøgna and head along the Peer Gynt Trail. You can also add the bonus top of Dørdalsknappen, an extra 100m ascent and 2km.

Day 4: VENABU LOOP – FOREST & WATERFALLS

Walks on Venabygdsfjellet will help orientate us and provide good views of Rondane National Park.

Option 1 – Veslefjellet and Myfallet waterfall

Distance: 5.5 miles (9 km)

Ascent: 950 feet (290m)

From the hotel, we'll walk out to the impressive Myfallet waterfall, passing the summer farm of Mysætrin. Our route then takes us over the small peak of Veslefjellet, which gives us great views of the Venabygdsfjellet plateau and surrounding hills. We'll visit the DNT (Norwegian Trekking Association) cabin, Veslefjellbua, on our way back for a short transfer back to the hotel.

Option 2 – Kyrkjegardsfjellet and Myfallet waterfall

Distance: 9 miles (15km)

Ascent: 1940 feet (592m)

Setting out from the hotel, we cross the pretty river Freska before visiting the small peak of Kyrkjegardsfjellet, with stunning views all around before descending into the forest and down to the bridge at Døramota. We continue, taking in the waterfall at Myfallet, as we walk back to the hotel.

Day 5: FREE DAY

Transfers are available to Ringeby railway station (20 minutes by minibus) if you'd like to visit Lillehammer. Maihaugan Open-Air Museum is a great option to understand more of Norwegian culture and heritage.

Or Visit Ringeby Stave Church, which dates back to around 1220, and IS one of 28 remaining in Norway today. The vicarage also hosts an art gallery and new exhibitions each summer, plus its garden has been carefully

restored with heritage varieties of roses, fruits, and vegetables. Combined tickets are available (not included) and we can arrange transport here if needed.

Day 6: RONDANE NATIONAL PARK

One of the oldest National Parks in Norway.

Option 1: Søre Vola, Atnabrua, and Sohlbergplassen

Distance: 5.5 miles (9km)

Ascent: 780 feet (240m) (this walk can easily be extended to Midtvola, adding 4km and 60m ascent)

This walk takes us to Søre Vola for magnificent views of the peaks in the Rondane National Park. We'll walk through Scots pine forest, passing pretty lakes, and up onto a grassy top with fantastic views over Atnasjøen and the Rondane. From there we'll descend to Atnabrua where there are restored water-workings on Atnabrufossen. We can visit Sohlbergplassen, the classic viewpoint for the Rondane and the inspiration for Harald Sohlberg's "Winter Night in the Rondane", one of Norway's most loved paintings.

Option 2 - Bjørnhollia DNT cabin and Sohlbergplassen

Distance: 8 miles (13 km)

Ascent: 920 feet (280m)

We'll walk from Straumbu through the pine forest to the picturesque DNT cabin of Bjørnhollia where we can stop for refreshments. We'll continue along a track under Langluppdalen before plunging once more into the forest and returning to our starting point. There are a lot of moose in this area and you might be lucky enough to catch sight of one.

Day 7: VENABYGDSFJELLET

Venabygdsfjellet is a beautiful alpine plateau surrounded by dense peaks that create a special internal microclimate. On this day, we reach the highest point of our easier walk options, at 1182 metres on Svarthammaren.

Option 1 - Svarthammaren and Flaksjølia

Distance: 6.5 miles (10km)

Ascent: 790 feet (240m)

From Spidsbergseter, a steady ascent takes us past summer farms and up onto Svarthammaren where the views out towards the Rondane peaks are stunning. We'll walk past small mountain lakes to the top of Flaksjølihøgda for views over the largest lake on the plateau, Flaksjøen. From here we'll descend into rocky Kvandalen before a short climb gives us further views of Svartfjell and the Jotunheimen in the far distance. We'll return above the lake shore through more summer farms.

Option 2 - Muvatnet to Spidsbergseter via Svarthammaren and Flaksjølihøgda

Distance: 9 miles (14.5km)

Ascent: 850 feet (260m)

A short transfer takes us out to Muvatnet and the start of our hike. Walking above the lake, we'll head into a rocky pass to visit ancient reindeer traps. These prehistoric pitfalls were built by the hunters who followed animals into the mountains after the last ice age. Our walk then continues above Bølvatnet and up onto Svarthammaren where spectacular views open out. We'll then join the route taken by the day's shorter hike.

Day 8: DEPARTURE DAY

Depart Venabu via private transfer to Oslo Gardermoen and connecting international flights.

ACCOMMODATION

Venabu Fjellhotell, Venabygd

This family-run 'fjellhotell' offers a cosy stay on the Venabyggsfjellet plateau, right on the edge of Rondane National Park. Guest rooms are simple and small but are very comfortable for our stay. While rooms don't have TVs, the hotel's spacious lounge area has an open fireplace, board games to borrow, and a library, making it the perfect place to socialise. Renowned for its excellent food, you can look forward to a set menu each evening, including a traditional 'Taste of Norway' dinner. You'll also find a wide range of year-round outdoor activities available on the doorstep.

USEFUL HOLIDAY INFORMATION

Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Joining Instructions (Without Flights)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

*Subject to availability

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

Useful Information

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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