Walking in Norway's Rondane



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Norway	4 & 7	630kg CO2

HOLIDAY OVERVIEW

Discover the serene beauty of Rondane National Park, where wide-open mountain plateaus, shimmering lakes and Norway's last wild reindeer herds create a landscape made for peaceful adventure. Based on the scenic Venabygdsfjellet plateau, this walking holiday blends rewarding trails with rich Norwegian culture – from UNESCO-listed summer farms to the legendary Peer Gynt country. Breathtaking views, wildlife encounters and authentic rural heritage come together for an unforgettable escape into Norway's wild heart.

WHAT YOU'LL LOVE

- Exploring the Rondane, Norway's oldest national park
- Walking scenic trails along Søre Vola, Venabygdsfjellet, and Svartfjellet
- Looking out for herds of wild reindeer and moose
- Viewing the stunning three level Myfallet waterfall
- Staying at a family-run, eco-certified 'fjellhotell' on Venabygdsfjellet

WHAT'S INCLUDED

- A choice of two walks a day with experienced local leaders

- HF Holidays Tour Manager
- 7 nights' accommodation in Venabu
- 7 breakfasts, 6 packed lunches & 7 dinners
- All in-destination transport
- Return flights from London, including baggage and transfers

ITINERARY - ITINERARY 2026

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

Today's walks on Venabygdsfjellet will help us get our bearings and provide wonderful views across Rondane National Park.

Option 1 – Holtersœtra loop to Lundes

Distance: 6.2 miles (10km)

Ascent: 820 feet (250m)

A short transfer by minibus takes us to the start of our walk at Holtersœtra, 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: 1246 feet (380m)

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

Discover Norway's Peer Gynt country, the setting for Ibsen's best-known play. This is a landscape of mountains and traditional summer farms. UNESCO recently added Norway's traditional mountain farming culture (seterkultur) to its list of Intangible Cultural Heritage, and you'll have a glimpse of that here.

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: 8.7 miles (14km)

Ascent: 1246 feet (380m)

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

Another day exploring the local area, with both walks taking in the surrounding nature with its lakes and waterfalls.

Option 1 – Myfallet waterfall to the summer farm, Lykkjesetra

Distance: 5.5 miles (9 km)

Ascent: 1180 feet (360m)

Descent: 1500m (460m)

We start at the hotel and walk to the impressive Myfallet waterfall, passing the summer farm of Myscætrin. The path leads us on into the forest and down to the bridge at Døramota. From there, we head up to Venabu's summer farm, Lykkjesetra. Here, the "Budeia" welcomes us with a traditional lunch and shares stories about life on the summer farm and mountain folktales. UNESCO has recognized this Norwegian summer farming culture as an important intangible heritage. After lunch, we return to the hotel with a short transfer.

Option 2 – Myfallet waterfall and Kyrkjegardsfjellet

Distance: 10.5 miles (17km)

Ascent: 2230 feet (680m)

We leave the hotel and visit the Myfallet waterfall, walking down into the forest and onwards to the bridge at Døramota. Next, we climb and pass through hay meadows, to arrive at Venabu's summer farm, Lykkjesetra. The "Budeia" welcomes us with a traditional lunch and shares stories about summer farm life and mountain folktales. UNESCO has recognized this Norwegian summer farming culture as an important intangible heritage. After lunch, we hike up the small peak of Kyrkjegardsfjellet, then cross the pretty river Freska as we head back to the hotel.

Day 5 FREE DAY

Option 1 – Myfallet waterfall to the summer farm, Lykkjesetra

Distance: 5.5 miles (9 km)

Ascent: 1181 feet (360m ascent, 460m descent)

We start at the hotel and walk to the impressive Myfallet waterfall, passing the summer farm of Myscætrin. The path leads us on into the forest and down to the bridge at Døramota. From there, we head up to Venabu's summer farm, Lykkjesetra. Here, the "Budeia" welcomes us with a traditional lunch and shares stories about life on the summer farm and mountain folktales. UNESCO has recognized this Norwegian summer farming culture as an important intangible heritage. After lunch, we return to the hotel with a short transfer.

Option 2 – Myfallet waterfall and Kyrkjegardsfjellet
Distance: 10.7 miles (17.2km)

Ascent: 2230feet (680m)

We leave the hotel and visit the Myfallet waterfall, walking down into the forest and onwards to the bridge at Døramota. Next, we climb and pass through hay meadows, to arrive at Venabu's summer farm, Lykkjesetra. The "Budeia" welcomes us with a traditional lunch and shares stories about summer farm life and mountain folktales. UNESCO has recognized this Norwegian summer farming culture as an important intangible heritage. After lunch, we hike up the small peak of Kyrkjegardsfjellet, then
cross the pretty river Freska as we head back to the hotel.

Day 6 RONDANE NATIONAL PARK

One of the oldest National Parks in Norway.

Option 1: Søre Vola, Atnabrua, and Sohlbergplassen

Distance: 6 miles (9.5km)

Ascent: 950 feet (290m) (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: 9 miles (14.5 km)

Ascent: 1312 feet (400m)

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

We round off the week of walking by exploring more of the beautiful Venabygdsfjellet plateau. Both walks reveal wild, unspoilt landscapes.

Option 1 - Svarthammaren and Flaksjølia

Distance: 6.5 miles (10.5km)

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: 9.3 miles (15km)

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.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.



Moderate walking grade 7

The most active moderate grade. Longer distances and short but steep ascents and descents possible throughout the day. Hill walking experience desirable. Typically, 11-12 miles (18-19km) with around 1,800ft (560m) of ascent.

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. The hotel offers a full and varied vegetarian and vegan menu as well as being able to cater for most dietary requirements with advance notice. Next to the hotel is a lake with a small beach, perfect for a refreshing dip before unwinding in one of the hotel's saunas. There is also a fully equipped gym.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

Compared to other, more maritime mountainous regions the Rondane has relatively cool and dry weather in summer. Average highs reach up to 19 degrees Celsius. As the weather can change rapidly to include rain, wind and chilly evenings it is advisable to pack layers.

Essentials

- Walking boots
- Waterproof/windproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing – pack layers for changeable weather
- 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
- Camera
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Insect repellent

Optional extras

- Small mat for sitting on during rest breaks and picnics on walks

Guests may wish to bring an eye mask. Whilst the area does not see the midnight sun, during the summer the nights are neither long nor dark and if light disturbs guests sleeping then a mask would be advantageous.

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected 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)

Without flights

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. If you choose this option, transfers are not included in the price. Unfortunately, we are unable to offer our shared transport service in this destination. Anyone arriving on a separate flight to the HF Holidays group must arrange their own onward travel to and from the destination airport.

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 before you travel.

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

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Ticks information

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information: https://www.nhs.uk/conditions/lyme-disease/

TRIPNOTE VALIDITY

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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