

# Trollheimen Protected Landscape



Photo: Kjartan Trana



**Trollheimen  
Protected Landscape**

**Map and information**  
Welcome to  
Norway's national parks

# Welcome to Trollheimen

The alpine peaks of Trollheimen and Innerdalen's sheltered, lush valleys form a uniquely diverse setting for great wilderness experiences. Welcome to a mountain region with an abundance of contrasts and an ancient and wondrous soul.

With its unspoiled woodlands, lush mountain valleys, and an unusually rich diversity of flora and fauna, the distinctive and beautiful mountain region of Trollheimen is found in the middle of Norway. It lies in the transition area between Norway's coastal and inland climatic regions, and boasts a wide variety of different landscape formations and habitats. Innerdalen Protected Landscape forms a wedge into the Trollheimen mountain range.

Those looking to climb the heights will be well catered for in Trollheimen and Innerdalen, and many hiking enthusiasts believe that the walk up Snota (1,669 metres above sea level) is one of Norway's finest summit hikes. It's also not uncommon to feel overawed when surveying the landscape from atop Innerdalstårnet, whose characteristic shape has given it the nickname the Norwegian Matterhorn.

Trollheimen is home to several species that are difficult to find elsewhere in Norway, and some of them have survived in this region since before the last ice age. People have lived in the area since time immemorial, and

Stone Age settlements and trapping systems bear witness to a hunting and trapping culture. Summer farming and pasturelands have created a wonderful cultural landscape in more recent periods of history.

Some summer farmsteads are still operational, and here children and adults can experience the animals up close, or enjoy a waffle served at a traditional farmstead.

Trollheimen also has a good network of waymarked hiking trails, and a number of mountain cabins, some of them staffed, others not. One example is Gjevilvasshytta, the oldest preserved mountain cabin in Norway. This is one of three staffed cabins on the route of the classic triangular long-distance walk in Trollheimen.

A living summer farmstead can be found at Renndølsetra in Innerdalen, where visitors can greet the animals or just enjoy coffee and a waffle in the farmyard.

A visit to Trollheimen and Innerdalen is not just a unique wilderness experience, it is also an unforgettable cultural experience.



View from Bjøråskaret towards Innerdalen.



Gjevilvasshytta is the oldest preserved mountain cabin in Norway, and is one of the stopping points in the classic triangular long-distance walk.

# Experiences

If you are not superstitious when you arrive, you may well change your mind after a hike in Trollheimen. Place names like Trollhetta, Trollbotn and Litjhelvete (Little Hell) reflect the wondrous soul of the mountain wilds.

## Hiking

The variety of hiking routes here cater for all tastes – remote areas, magnificent summits and a network of waymarked hiking trails. The classic triangular walk from cabin to cabin between Trollheimshytta, Jøldalshytta and Gjevilvasshytta, is one of the most well-known hikes in Norway. You can also hike between staffed cabins in the west part of Trollheimen, from Storlidalen to Kårvatn and onwards to Innerdalen. You will follow an old stone-pitched road on parts of the route between Storlidalen and Kårvatn. On the path between Kårvatn lake and Innerdalen, you can enjoy Trollheimen's best vantage point at Bjøråskaret, while on the last leg of this western triangle on the way back to Storlidalen you will walk through Norway's most beautiful valley, Innerdalen. If you are short on time, a trip to Nauståfossen waterfall or Gjevillvassdalen valley is recommended. Visitors to these sites can experience mountains, forests and old traditional buildings and an agricultural landscape.

## Skiing

There are prepared ski trails at the starting points to Trollheimen in Storlidalen, at Nerskogen, and in Helgetunmarka. Here the ski season is long, and visitor enhancements are of a good standard. If you fancy following the classic triangle, the route

is branch-marked from the winter holiday in February to Easter every year. Gjevilvasshytta, Jøldalshytta and Trollheimshytta cabins are also staffed at Easter.

## Canoeing and fishing

Trollheimstunet at Helgetunmarka in Rindal is a child-friendly and accessible spot, where visitors can rent canoes. You can also easily combine this with a hike to Litj-Raudfjellet, or just do a spot of fishing in Langvatnet lake. Fishing permits for most of the lakes can be purchased at [www.inatur.no](http://www.inatur.no).

## Taking a dip

Many of the rivers in Trollheimen and Innerdalen have beautiful natural basins for swimming, with slides and tunnels – nature's own water park. If these are too daunting, the white beach at Gjevilvassdalen valley is a popular choice.

## Seasonal farmsteads

There are several operational summer dairy farms in Trollheimen and Innerdalen. Renndølsetra farmstead, which is also a staffed cabin in the summer, is especially popular with families with children who want a mountain experience. It is also possible to buy farm produce from Renndølsetra, Svartdalsetra and Gjelsetra.





Photo: Jan Håvard Kneie

Beautiful Innerdalen is home to a living summer farm, where children and adults can get up close with the animals.



Photo: Jan Håvard Kneie

Ice and water have formed natural basins and slides over millions of years. Perfect for swimming!






Photo: Eilf Solvik

Trollheimen is magnificent in all seasons and has a well-prepared network of trails for skiers. Seen here from Langvatnet lake.

# Facts & information

Trollheimen Protected Landscape was established in 1987 and covers an area of 1,250 km<sup>2</sup>

---

	<b>Where is Trollheimen?</b>	Sunndal and Surnadal municipalities in the county of Møre og Romsdal. Rindal, Orkland, Rennebu and Oppdal municipalities in the county of Trøndelag.
	<b>How do I get there?</b>	The bus between Ålesund and Trondheim passes the north and south side of Trollheimen. There is also a bus from Orkdal, which you can catch on its way to Berkåk to start your hike in Trollheimen. A good starting point when travelling by bus is Åa, from where there is a waymarked trail to Jøldalshytta cabin, or Gjøra with a waymarked trail to Vollasetra and Rindal with a marked path to Trollheimshytta cabin. Visitors can also take a train to Oppdal and Berkåk.
	<b>Tourist information</b>	<i>Visitnorthwest.no</i> <i>www.trondelag.com</i>
	<b>Protected areas nearby</b>	Innerdalen Protected Landscape Svartåmoen Nature Reserve Minilldalsmyrene Nature Reserve Gjørahaugen Nature Reserve Dovrefjell-Sunndalsfjella National Park
	<b>Management and monitoring</b>	Trollheimen Protected Landscape Council <i>nasjonalparkstyre.no/trollheimen</i> The Norwegian Nature Inspectorate <i>naturoppsyn.no</i>
	<b>More information</b>	<i>www.norgesnasjonalparker.no</i> <i>www.trollheimen.info</i>

---

# Fauna

The natural habitats of many species overlap in this location, which in combination with the area's seasonal livestock farming makes Trollheimen one of Norway's most species-rich mountain ranges.

## Wolverine

The wolverine is the largest mustelid found in Norway. It almost looks like a small bear, and people used to think that, on the rare occasion when a bear had four cubs, the fourth one would be a wolverine. If you don't catch a glimpse of the animal, it's not uncommon to stumble upon its characteristic tracks in the snow. Or you may come across its claw marks on a territorial marker tree.

## Redshank

In Trollheimen, you will probably come across the redshank, one of our most common waders. This is a loud bird that will fly right up to you if you step into his territory. With its characteristic red feet and black-tipped red beak, it is an easy wader to recognise.

## Kestrel

If you spot a bird with pointed wings that appears to be motionless in the air, it will most likely be a kestrel. When it looks static, it can easily scout for small rodents, amphibians and other prey on

the ground. Sightings of kestrels are common in Trollheimen, especially in years with large mice population. The male kestrel has a blue-grey head, with a reddish-brown back and black wing tips.

## Rock ptarmigan

It's strange to think that you can meet a hen at a height of 1,000 metres, but the rock ptarmigan is a hardy bird that is well adapted to life in the mountains. The male of the species forms territories in the spring, and the males then gather there in separate flocks. In late autumn and winter, the rock ptarmigan live in flocks, and it is not uncommon to see several hundred birds in one flock.

## Reindeer

Few things make more of an impression than a herd of majestic reindeer as they traverse the mountain ridge. And the chance of a reindeer encounter is pretty high in Trollheimen. There is a long tradition of domestic reindeer herding in these mountains, and the area is important to the local South Sami population of reindeer drovers.



Photo: Kjartan Trana

Grazing domestic reindeer in large herds are an amazing sight.



Photo: Truls Aas

Redshank



Photo: Sigve Reiso / Naturarkivet.no

Rock ptarmigan

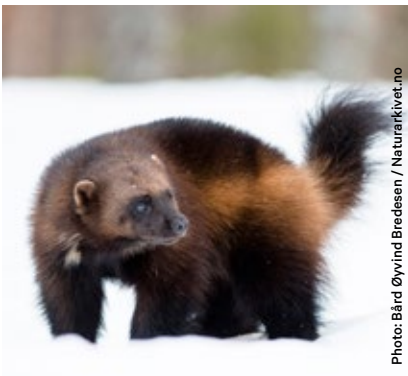


Photo: Bård Øyvind Bredeesen / Naturarkivet.no

Wolverine



# Landscape

In this varied mountain region, green, wooded and lush valleys nestle between high mountains, in the tracks of glaciers that once shaped the landscape.

## Geology

Glaciers have shaped the landscape over a period stretching millions of years. The glaciers have created gentle u-shaped valleys to the east, and rivers and rapids have carved out v-shaped valleys in the west. Trollheimen was probably where the ice first disappeared after the last ice age around 10,000 years ago. Nine thousand-year-old archaeological finds from the area tell a story of a hunter-gatherer culture dating back to the Stone Age. Special soil deposits on some of the mountain peaks supports the belief that parts of Trollheimen's mountaintops were ice-free during the last ice age. Rare flora and fauna are also found in the mountain wilds here, which have probably survived on such ice-free areas throughout the ice age.

## Rich diversity

With its great variety of habitats, flora and fauna, Trollheimen is one of Norway's most species-rich mountain regions. The area lies in the middle of Norway, where coastal and inland climates meet, and the natural habitats of many species overlap. The sheltered and lush valleys are characterised by grazing and haymaking at summer farms, and many different plant species thrive here, such as the field gentian and orchids like the marsh orchid and the

small white orchid. Both the field gentian and the small white orchid are on the red list of endangered species.

## Innerdalen Protected Landscape

In 1967, Innerdalen, known as Norway's most beautiful valley, was designated Norway's first protected landscape. Covering an area of 73 km<sup>2</sup>, Innerdalen valley forms a wedge into the Trollheimen Protected Landscape in Sunndal municipality. The landscape is dramatic, with precipitous mountainsides surrounding the settlement at the bottom of the valley. Innerdalen has a living summer farm, and is a great destination for families with children.

Meanwhile, more seasoned hillwalkers can challenge themselves with summit hikes and climbs on mighty mountains towering up to 1,850 metres above sea level. Mountains such as Skarfjellet, Trola, Renndalskammen and the majestic and characteristic Innerdalstårnet have long been an important part of the climbing tourism. There has been seasonal dairy farming at Renndølsetra farmstead for generations, and the livestock provides a great backdrop for any visitor, whether on a single-day hike or staying for several days.

# Welcome, please take care of our nature

**Right of access.** You can walk or ski where you want. In Trollheimen, you will find a large variety of waymarked trails. Along the way, you can take a break and pitch your tent anywhere, as long as it is more than 150 metres from any cabins or inhabited buildings. You can also pick berries, mushrooms and common plants for your own use and consumption.

**Show consideration** for the landscape, flora and fauna. Minimise the traces of human traffic in Trollheimen by staying on the path. Also show consideration for the wildlife, especially during the nesting and breeding season.

**Cultural heritage.** Trollheimen bears witness to the hunter-gatherer culture of times past, which you can experience along the way – trapping pits made from stone and earth, archery positions and guide walls. Help us preserve these important memories of the past by leaving them as you found them.

**Rubbish.** Remember to tidy up after yourself and take your litter home.

**Campfires** can normally be lit between 15 April and 15 September in areas where there is no fire risk. Use the old campfire sites and wood from fallen trees, or wood provided for this purpose at established campfire sites. Open fires are prohibited at Svartåmoen nature reserve due to the risk of forest fires and loss of valuable ancient coniferous forests.

**Hunting and fishing.** In Trollheimen you can hunt and fish if you have a permit. Using fish as live bait is not permitted, and live fish and wet fishing tackle must never be transferred from one river system to another.

**Dogs are welcome**, but remember to show due consideration for wildlife, grazing livestock and other people. Out of consideration to the wildlife, dogs must be kept on a leash in the period 1 April to 20 August. As there are both grazing sheep and reindeer in the area, this period has been extended to around 1 November in most parts of Trollheimen.

**Motorised vehicles** are not permitted in Trollheimen. However, you may see a tractor, snowmobile or helicopter as these vehicles have a special permit for utility purposes or rescue services.

**Clothes and equipment.** Mountain weather can change suddenly. Summer can bring sunny blue skies, but also freezing conditions and thick fog. Winter may bring sunshine and clear visibility, but also whiteouts. You are responsible for assessing the weather and conditions under foot, as well as your own skill and fitness level. Make sure you pack appropriate clothing and equipment. Mountain hikes can be demanding. Walking with a mountain guide will make you feel safer and allow you to pick up some useful tips.

**The better prepared you are, the more enjoyment you will get from your hike!**





**Trollheimen  
Protected Landscape**

## Map information



**Starting point**  
Gjevilvassdalen

Gjevilvassdalen valley is the most popular starting point to Trollheimen. The valley is sheltered and lush, which explains the rich cultural landscape that is home to summer farms and grazing livestock. A natural meeting point for hikers is Gjevilvasshytta cabin. On a warm summer's day, many also like to visit the beautiful beach at Raudøra.



**Starting point**  
Innerdalen

The easiest route to beautiful Innerdalen and its steep surrounding mountains starts at the car park in Nerdalen. After a roughly 1-hour walk of 4 km, you will arrive at Renndølsetra summer farm and Innerdalshytta, both of which are staffed mountain cabins offering accommodation and food. Here you can also find unstaffed accommodation and camping at dedicated areas with access to toilets and showers. Families with children often spend several days in Innerdalen, combining a mountain walk with farm life!



**Starting point**  
Storlidalen

Storlidalen valley in Oppdal is home to a vibrant cluster of farmsteads steeped in history and serving local food. You can spend the night at Baardsgarden or Storli Gard farms or Bortistu guest house. Visitors can go hunting and fishing here. There are waymarked trails from Storlidalen to Gjevilvassdalen and Follaldalen via Vassendsetra, to Innerdalen, Kårvatn and Vollasetra. Storlidalen is particularly attractive to winter visitors, with great summit hikes and prepared ski trails throughout the long, snowy winters.



**Starting point**  
Todalen – Kårvatn

Experience fjords, wild mountains, waterfalls and lush mountain valleys in Todalen and at Kårvatn lake. Whether it is the high mountains that beckon you or whether you want a more relaxing experience, Todalen is the place to be. Here can you stay overnight in a mountain cabin, or maybe pitch a tent or park your motorhome at the sports field in the village. To enjoy Bjøråskaret – Trollheimen's most beautiful view, start your walk here.



**Starting point**  
Helgetunmarka

Especially well adapted for families with children and people with reduced mobility, with a universally designed path, lean-to shelter and fishing pier. There are also several good waymarked trails of different lengths, which means that all ages can enjoy the outdoors in this miniature version of Trollheimen.



Parking



Bus interchange



Train station



Information



Accommodation



Self-serviced tourist cabin



Serviced tourist cabin



Café/restaurant



Viewpoint



Summer trails

