



# 16 HIKES AND BIKE RIDES IN GOL

## 1. Skiheistoppen (skilift top)

**The starting point of the hike is Gol ski centre.**

**By car:** West from the tourist information. Drive Rv (highway) 52 direction Hemsedal. Follow the signs to *Gol Skisenter*.

**On foot:** West from the tourist information. Turn right after Hesla Bridge. Walk up *Møllebakken* and cross Rv 52. Walk up past Gol church, and onwards to the ski centre.

The hike takes two hours. At Gol ski centre you walk up the slalom piste. At the top of the ski lift there is a beautiful view of the Gol area. Follow the old trail from *Skaraåsen* (marked) back down to *Farset*. You can take a small detour out on the *Farsetberget*, but walk below the property on the cliff's edge.

Further down there are several alternatives. Either go back and down the marked trail in the woods along the steep cliff side. At the base of *Farsetberget* there is a cave, *Tjuvkjellaren*, the Thief's Cellar, which is possible to crawl into. There is some local history attached to this cave.

A bit further down you will find the trail again, and follow this past the Gol folk museum.

## 2. Grov

**The starting point of the hike is Rotneim.**

**By car:** West from the tourist information. Drive Rv 7 towards Geilo. After about 5 km you will come to Rotneim. Park here. This is not a round trip, so you will have to come back for your car later.

**On foot/ by bike:** West from the tourist information. Foot – path along Rv 7 direction Geilo.

The hike takes three hours, including a break for lunch. The trail runs up from Rv 7, 50 metres west of the crossroads. At first it is on a private gravel road. Up from Rotneim there is a well marked trail. It is steep, but the trail is safe. The hike goes past the abandoned farm *Ursdalen*, and onwards past *Breidekko*. At the top there is a lovely view of Rotneim and Gol. The way down goes past the farm *Gjøta* and on down towards *Tuppeskogen*. Here there is a wide, well-used trail (not marked). Follow this to a dirt road. Follow this to the first turn, and then go onto another dirt road. At the end of this there is a narrow trail a couple of hundred metres until the next dirt road. Then you will come on to the *Skaraåsvegen*, the Skaraås road, before you leave this and follow the marked trail past Gol Folk Museum. From here you can follow the marked trail down to the town centre.

### 3. Bike ride through Gol along Vermefoss – Svenkerud

**The starting point of the bike ride is Gol tourist information. Go west from the tourist information and follow Rv 7 direction Geilo.**

This is a bike ride of approximately 30 km in easy terrain, partly on tarmac, partly on dirt and gravel roads.

***There is no bike path for a few kilometres along the highway.*** Go west along Rv 7. After *Rotneim*, cross the river and go back towards Gol. Go past the farms *Moen* and *Slåtten*. The road becomes quite rough a few hundred metres after *Slåtten*. This part is also downhill. Continue past *Gol Motor & Fritidspark* (Gol Motor and Leisure Park) and Gol railway station. Follow the road southeast through *Herad* and *Engene*. At Svenkerud you will come back onto the highway. From here there is a steady but light climb back to Gol. The trip can be made shorter; the river is bridged at several places.

### 4. Dugurdsnatten

**The starting point of the hike is Gol railway station.**

**By car: East from the tourist information. Drive *Sentrumsvegen* down past *Hallingglass*, make a right turn, and cross the bridge. Park here.**

**On foot: As by car.**

The hike up is quite long in relatively unexciting wood terrain. Go past *Gol Motor & Fritidspark* west of the station. At first follow a gravel road, after that there is a trail marked *Dugurdsnatten*. There is a steady climb all the way up, but no real view until you reach the top. Then the view is great.

If you want the hike to last longer, you can follow the marked trail onwards behind the hills and west towards *Mjelhovd*. If you still want more, you can go further west towards *Benketjern* and *Benkejuvet*. Here there is a marked trail down to *Mobrua*, Moen Bridge. Then follow the dirt road to the station (as in trip no. 3).

### 5. Veikulnatten

**The starting point of the hike is *Gol Hyttegrend***

**By car: go east from the tourist information. Take Rv 7 direction Oslo. After app. 4 km, just past the church, go left towards *Bagn*. The road is quite steep. Follow the signs to *Gol Hyttegrend*. Park there.**

The hike takes three hours including a break for lunch. Take the gravel road southeast from Gol Hyttegrend and follow this road app. 1.2 km (0.75 miles). Then turn left by the small farm *Viddi*, and follow the well-marked trail. The view from Veikulnatten is spectacular. Back down, go back a bit, and then take the trail down towards *Grangard*. A bit further down there is a road to *Skardet*. This dirt road is marked with a sign, but otherwise unmarked. When down on the road, go back app. 500 m to Gol Hyttegrend.

## 6. Bike ride to Grov

**The starting point of the ride is Gol tourist information. Go west from the tourist information.**

The ride takes three hours including a break for lunch. The road is part tarmac, part gravel road of varying standard. The terrain is hilly, so make sure your brakes are reliable! Follow the footpath along Rv 52. The footpath ends at a crossroads. Go right and follow the signs towards *Hallingdal Folkehøgskule*. Take the first road to the left and up the *Skaraåsvegen*. The road is steep uphill! On the way it is possible to make a detour to the viewpoint on *Farsetberget* (see hike no. 1) and the top of the ski lift. When you reach the top of *Skaradn* the view of Gol is beautiful. Ride west along the hills and you will reach *Flatagrov*, and then *Grov*. Just before Flatagrov you should make a detour on the marked trail to *Rotneim*. Out on the hill's edge there is a great view of Gol (see hike 2). Grov is a community which is now mostly abandoned. Some of the houses still stand, such as the old school house. Once in the area, you can ride over and see the *Finnesgården*, still a big farm. The road down is very steep. At Bråten at Rotneim you will find the highway again, and the ride back to Gol is easy.

## 7. Skaraåsen

**The starting point of the hike is the top of the ski lift.**

**By car:** west from the tourist information. Go straight ahead after the bridge, and left at the next crossroads. Follow the signs towards *Hallingdal Folkehøgskule*. After app. 1 km, make a right turn towards *Hallingdal Folkehøgskule*. Then take the first road to the left and go up the *Skaraåsvegen* (toll bar, bring cash). Just before you reach the top, there is a parking area.

**On foot:** west from the tourist information. Footpath along Rv 52. Go straight at the first crossroads and follow the signs towards *Hallingdal Folkehøgskule*. After app. 500 m, turn right to *Golbergsgutu*. After another 500 m, follow the marked trail up and past *Hallingdal Folkehøgskule*. From here, the trail is marked *Skaraåsen*.

The hike takes just over three hours including a break for lunch. Follow the marked trail towards *Habbeset*. Follow the trail past the top of the ski lift and further in on *Skaraåsen*. The trail is well marked, and the terrain is easy. You will pass the summer farm *Feten*. At *Habbeset* there is a great view of *Hemsedal*. Return to *Feten*. Here you can follow a different trail past *Fagerdalen*. After a while this trail links up with the first one. Follow this back down. The hike can easily be made longer by making a detour to *Syningen*, a little hill further west. There is a well marked trail here too.

## 8. Lisbetnuten

**The starting point of the hike is Gol Bakery.**

**By car:** east from the tourist information. Follow *Sentrumsvegen* down to Gol Bakery in the eastern part of the town centre. Park here.

**On foot:** As by car.

The hike takes two and a half hours including a break for lunch. Walk up the street *Røbølvegen*, just west of the bakery, until you reach the marked trail to *Vindfallet* on the right.

At first there is a trail past the E-CO Vannkraft outdoor power plant, then a dirt road, then a trail again. The climb is relatively easy in woodland terrain. Towards the top the climb gets

somewhat harder. When you reach the top, you get a great view of the town. Back down the trail is quite steep at first. You will come down at the end of Robølvegen. Follow this back to the starting point.

## 9. Buksebrune Bridge

**The starting point of the hike is Gol Samfunnshus (Gol Community House).**

**By car: west from the tourist information, first road to the right. Follow the sign to Gol Samfunnshus. Park here.**

**On foot: Same as by car.**

The hike takes just over three hours including a break for lunch. Follow the street *Svøovegen* to the first turn. Then follow the marked trail to *Renslo*. Follow the old trail to *Åsgardane School*, and on further up. Then follow the farm road to *Berg*, and the unmarked trail further north. A bit into the woods there are dirt roads that run down to a broader gravel/dirt road. Follow this a bit further north. Then you can get down to *Gjethus* along *Kolbekken* creek. Here you will find the Buksebrune Bridge, well worth a look, crossing the Hemsila River. The bridge is an exact copy of the old Buksebrune. Now you can walk down along the road and on to Rv 51, or you can cross the bridge and go up to *Øygdane*. By following the highway a few hundred metres north, you can find the *Søre Øygardsveg* road to Gol church. From the church there is a marked road down to the town centre (see hike no. 1).

## 10. Roskaret

**The starting point of the hike is the grocery store on Robru.**

**By car: west from the tourist information. Drive Rv 52 direction Hemsedal. Drive to Robru. Park here.**

**By bike: west from the tourist information. Rv 51 direction Fagernes. Leave the highway and follow the bike path towards Hemsedal. Follow this towards Robru. The hike starts app. 500 m before Robru.**

The hike up to Roskaret takes about two hours. The hike is easy in woodland terrain. Walk over the old bridge and follow the gravel road towards Gol app. 500 m. Leave the road and follow a farm road which goes up by the farm *Bakken*. This road turns into a lumber road, which turns into a trail winding its way up the hill side. Cross the county road and follow the trail marked *Tunnetjern*. At first follow a tractor path, then an ordinary trail. Roskaret is an idyllic small farm, far from the nearest neighbour. The farm is abandoned.

A couple of hundred metres further in you will find *Vesle Jørsna*, a little lake.

A round trip can easily be made. If so, walk along *Vesle Jørsna*, then along some marshland until you find a trail. This is not marked. This trail connects with a tractor road, which you can follow back down to the county road.

If you want a shorter trip, make the county road between Robru and *Rustbrenna* your starting point. Drive from Robru direction *Golsfjellet* west. Make a right turn at the first crossroads, direction *Rustbrenna*, and drive app. 1 km to where the trail crosses the county road.

## 11. Robru – Magnetunberget

**The starting point of the hike is the grocery store on Robru.**

**By car: as hike no. 10**

**By bike: as hike no. 10, but ride all the way to Robru**

The trip takes app. 1 ½ hours. Walk a short bit, direction Gol. Cross the highway and walk on to a gravel road to the right. Follow this road through a farm yard. Then follow the old *Kongevegen*, The King's Road, towards Hemsedal. Make a left turn and follow the sign towards *Magnetunberget*. The trail comes up to *Rohaugen* and runs along a field. By the houses the trail turns right. **The trail may be difficult to find here.** This part of the hike is quite steep in woodland terrain. Past *Magnetun* the trail may also be difficult to find, but go left past the rock. The view to Gol and Hemsedal is great. Go back the same way. If you wish a round trip, follow the marked trail towards *Grønlio*. Then follow the old King's road back to Robru.

## 12. Bike ride from Garnås through Flatdalen

**The starting point of the hike is *Garnås*.**

**By car: east from the tourist information, follow Rv. 7 to *Dokken* and make a right turn to *Garnås*. Go straight ahead when the road forks, and drive to the end of the paved road. Park here. This is not a round trip, so you must come back for your car later.**

**By bike: east from the tourist information to Gol train station. Further route as in trip no. 3 to *Svenkerud*. Cross the Hallingdal River on Rv. 7, make a right turn to the county road to Nes east. After 2-3 km, go to the south and cross the river on the narrow suspension bridge at *Tyribakken*. There is a big climb to *Garnås*, app. 500m.**

The ride is app. 30 km. If the starting point is Gol Tourist information, the ride will be 42 km. In *Garnås* you will find the *Garnås* meteorite crater, well worth a closer look. After you pass the last farm, follow the road to the left. This is blocked by a bar, but this is only to stop cars. The road levels out, and runs in through *Flatdalen*, idyllic with several tarns and small lakes. The road deteriorates somewhat, but not too much for bike riding. There is one steep hill on the road, but otherwise the ride is easy. The road runs alongside the E-CO Waterpower power lines for a while, slightly downhill. The forest is thinned out, so you get a nice view both to the north and to the west. The road gets steeper downhill to *Ridalen*. Once down in the valley, you can follow the dirt road along the railroad back to Gol, and follow the footpath along Rv. 7 by crossing the river at *Vermeffoss*.

### **13. Nystølsvarden from the north. Gol's highest point at 1296 metres**

The starting point of the hike is *Brenn* on Golsfjellet.

**By car: west from the tourist information. Rv. 51 direction Fagernes, app. 22 km. Make a right turn towards Brenn. Toll bar. Drive to the locked bar, app. 4 km. Park here.**

The trip takes app. 3 ½ hours. Walk the gravel road towards *Vardhaug*. Here you will find a marked trail. After a while you will pass the tree limit and be out on the bare mountain. The climb is light. Once up on the summit, the view is spectacular. On clear days you can see the Gaustadtoppen by Rjukan to the south. To the west you can see Hallingskarvet, and to the north the Hemsedal mountains and even Jotunheimen.

### **14. Nystølsvarden from the south**

The starting point of the hike is *Nordre Frøysokstølan*.

**By car: east from the tourist information. Take the Rv. 7 direction Oslo. After app. 4 km, just after Herad church, go left towards *Bagn*. The road is quite steep. Toll bar. Go left by *Frøysokstølan*. Another toll bar. Park at the locked bar app. 21 km from Gol.**

The hike takes just over two hours. Follow the gravel road to *Nystølen*. From Nystølen there is a trail up to Nystølsvarden. Also see hike no. 13.

### **15. Golsfjellet (Gol Mountain) east – Ørterhovda**

The starting point of the hike is *Ørterstølen Sportell*.

**By car: west from the tourist information. Take the Rv. 51 direction Fagernes. Leave the highway by *Fjellheim*. Park at Ørterstølen Sportell.**

There are lots of trails on Golsfjellet, and many map boards and signs. We have chosen a hike leading to a view point, but there are several other possibilities. This is a short and easy hike. Start by the road app. 500 m north of Ørterstølen Sportell. Follow the marked path along the tractor road through the birch forest. You will reach the top of a ski slope. From here there is a trail on the bare mountain to the top of *Ørterhovda*. Here the view is great to all sides. Back down you can follow the marked trail to *Guriset*, and back along the road, or you can take the marked trail to *Storefjelltoppen*, down to *Kamben* and back to the starting point.

## 16. Round trip of Golsfjellet by bike

The starting point of the ride is *Fjellheim*.

**By car: west from the tourist information. Take Rv. 51 direction Fagernes. Leave the Highway by Fjellheim. Park here.**

This is an easy ride on gravel roads through mountain terrain, app. 36 km. Cross the Rv. 51 and go towards *Oset*. Make a left turn by the stave church. The view along *Tisleiffjorden*, the Tislei fjord, is great, and it is possible to go swimming several places here if the weather is warm. Go past *Glomsrud* and *Golsfjellet Fjellstue*. Go left by *Lauvset* and keep going towards *Skutuset*. The view of the mountains in the west is beautiful here. From Skutuset you go back down to Fjellheim.

### Allemannsretten

**Allemannsretten**, the “all men’s right” is a special Norwegian law. It means that you are allowed to travel freely on foot or by ski or bike, ride on trails and roads, swim, row or sail, pick berries, mushrooms and flowers on all **outmark**, whether it is private property or not. **Outmark** is uncultured land, and covers most of all waters, beaches, marshes, forests and mountains in Norway. **Inmark** is all farmed or cultured land; fields, pastures, gardens, yards, young plant fields, industrial areas and other similar areas. Naturally, inmark is restricted. You are, however, allowed to travel across some inmark, such as fields and pastures when the ground is frozen or covered with snow during the period 15. Oct.-30. Apr. You must always, whether you travel through inmark or outmark, close gates behind you and be considerate of pasturing animals. If you have a dog, respect the leash laws.

In Gol municipality, dogs must be on leash from 1. April – 15. October. Also, be careful with fire. It is not allowed to make fires in or around wooded areas between 15. April and 15. September.