

BESSEGGEN

HIKES | ACCOMMODATION | FOOD | GUIDE | TRAVEL TIPS



REINENS RIKE
— SIDALEN —



Nasjonalparkriket



Places to stay and eat

1 GJENDEBU TURISTHYTTE

119 beds, relatively modern facilities. DNT* cabin.
www.gjendebu.dnt.no | gjendebu@dntoslo.no
Tel: 915 74 965 | 61 23 89 44
GPS: 61°27'04"N, 8°29'15"E

2 MEMURUBU TURISTHYTTE

150 beds, situated in 2-person or 4-person rooms. Modern standard.
www.memurubu.no | post@memurubu.no
Tel: 460 16 100 | 61 23 89 99
GPS: 61°49'09.889", 8°63'10.6668"

3 GJENDEBÅTEN

The boat at Gjende. Daily service.
www.gjende.no | harald@gjende.no
Tlf: 913 06 744
GPS: 61°49'52"N, 8°80'92"E

4 GJENDEGUIDEN

We offer great adventures in Jotunheimen. Join us on hiking, biking, on skis or in a kayak. We make memories for life!
www.gjendeguiden.no | gjendeguiden@gmail.com
GPS: 61°49'52"N, 8°80'92"E

5 GJENDESHEIM TURISTHYTTE

180 beds, situated in 2-person or 4-person rooms. Dormitory and some individual single rooms. DNT* cabin.
www.gjendesheim.no | gjendesheim@dnt.no
Tel: 61 23 89 10
GPS: 61°29'38"N, 8°48'45"E

6 BESSEGGEN FJELLPARK MAURVANGEN

26 cabins, 19 of which w/ shower/WC. Campsite w/restroom facilities. Shop and cafeteria serving dinner.
www.maurvangen.no | post@maurvangen.no
Tel: 61 23 89 22
GPS: 61°29'12"N, 8°50'33"E

7 BESSHEIM FJELLSTUE OG HYTTER

150 beds, 65 of which in guest rooms. 19 cabins of high standard. Cafeteria w/ dinner.
www.bessheim.no | post@bessheim.no
Tel: 61 23 89 13
GPS: 61°30'47"N, 8°51'13"E

8 HINDSÆTER HOTEL

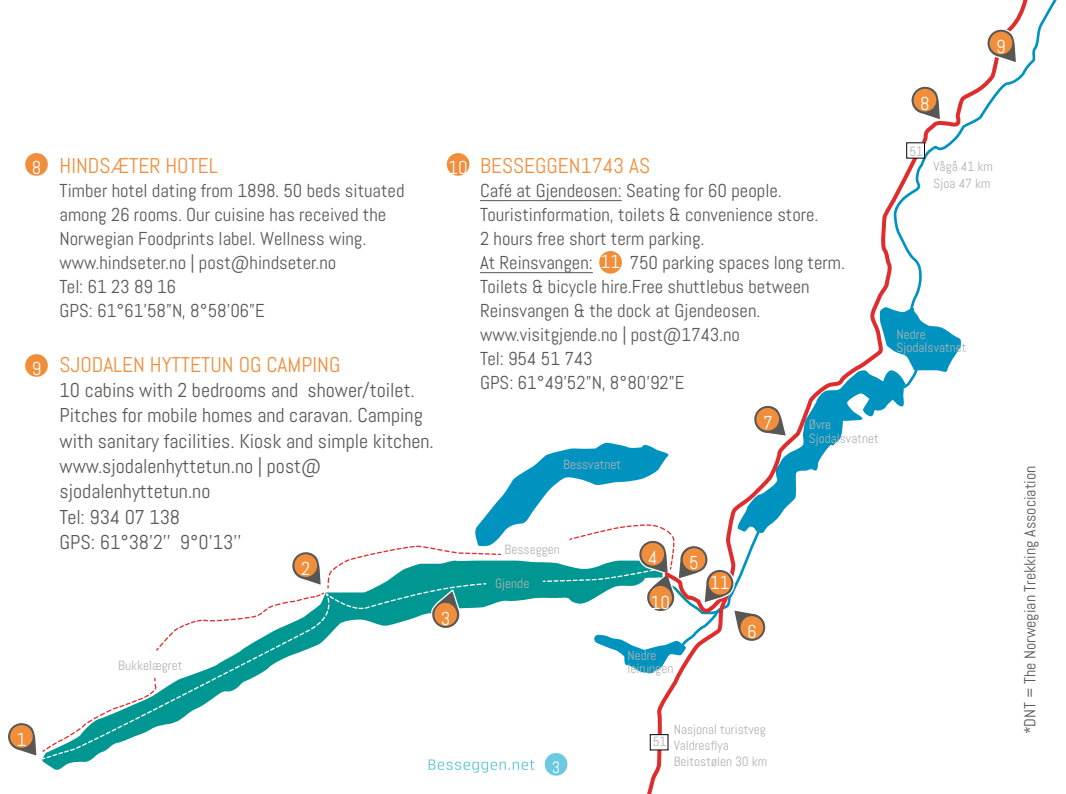
Timber hotel dating from 1898. 50 beds situated among 26 rooms. Our cuisine has received the Norwegian Foodprints label. Wellness wing.
www.hindseter.no | post@hindseter.no
Tel: 61 23 89 16
GPS: 61°61'58"N, 8°58'06"E

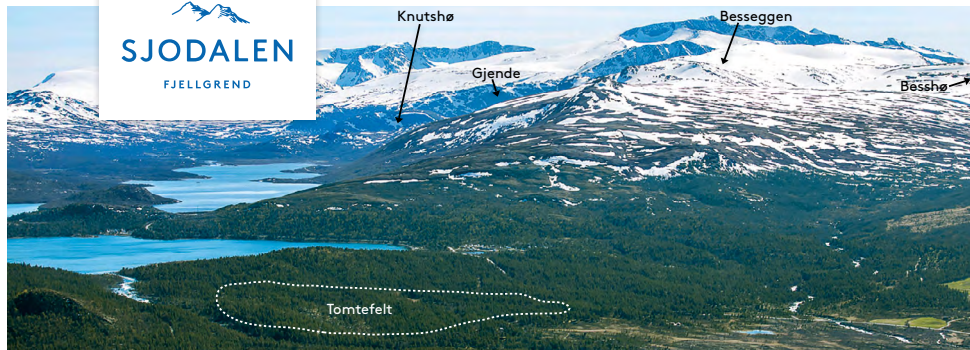
9 SJODALEN HYTTETUN OG CAMPING

10 cabins with 2 bedrooms and shower/toilet. Pitches for mobile homes and caravan. Camping with sanitary facilities. Kiosk and simple kitchen.
www.sjodalenhyttetun.no | post@sjodalenhyttetun.no
Tel: 934 07 138
GPS: 61°38'2" 9°0'13"

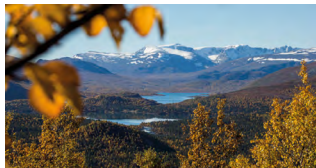
10 BESSEGGEN1743 AS

Café at Gjendeosen: Seating for 60 people.
Tourist information, toilets & convenience store.
2 hours free short term parking.
At Reinsvangen: 11 750 parking spaces long term.
Toilets & bicycle hire. Free shuttlebus between Reinsvangen & the dock at Gjendeosen.
www.visitgjende.no | post@1743.no
Tel: 954 51 743
GPS: 61°49'52"N, 8°80'92"E





I HJERTET AV JOTUNHEIMEN,
tilbyr vi nøkkelferdige hytter fra 1.975.000,-



sjodalen.no

Gå dagsturer fra hytta til flere av Norges
mest kjente 2000-meters topper!

*Fikk du ikke
tid til å gå
Høgruta i vinter?*



Den tiden kan du ta tilbake

*Det kommer ny snø og
nye muligheter neste år*

Planlegg eventyret nå

Vi gleder oss til å ta imot deg!



Velkommen til fjells!



SPITERSTULEN
JOTUNHEIMEN

*Sommer som vinter ønsker vi
velkommen til oss. Her er mange
fine turer som passer for alle!*

Spiterstulen

gir hverdagen et pusterom!



E-post: post@spiterstulen.no

Telefon: +4761219400

Sail

*Skip the
queue -
book ferry
tickets at
gjende.no!*





& hike

THE BESSEGGEN RIDGE

Most visitors embark on the popular ferries Gjende in order to access the world famous Besseggen hike.

The Gjende ferries leave from the harbour next to Gjendesheim in the morning and take you directly to Memurubu and Gjendebu. This is where the full day hike back to Gjendesheim scaling the Besseggen ridge starts.

It is also fully possible to do your hike the other way round: Start walking uphill directly from Gjendesheim or and Bessheim, scramble down the Besseggen ridge and end up at Memurubu, where you board the Gjende ferry and return back to Gjendesheim. Online booking on www.gjende.no.

Turn to see a graphic illustration of the Besseggen hike with entry and exit points.



THE BESSEGGEN RIDGE



Rated Top 20 Best Hikes in the
World by National Geographic

THE «STRIP»

Narrow ridge that prevents Bessvatnet Lake (1374 metres above sea level) from draining into Gjeende 400 vertical meters below. Bessvatnet Lake is said to be Norway's cleanest lake with visibility down to 30 metres! Many hikers choose to stop here to eat and fill up drinkable water.

STREAM 200 M PAST BJØRNBØL POND

Feel free to fill up
drinkable water.

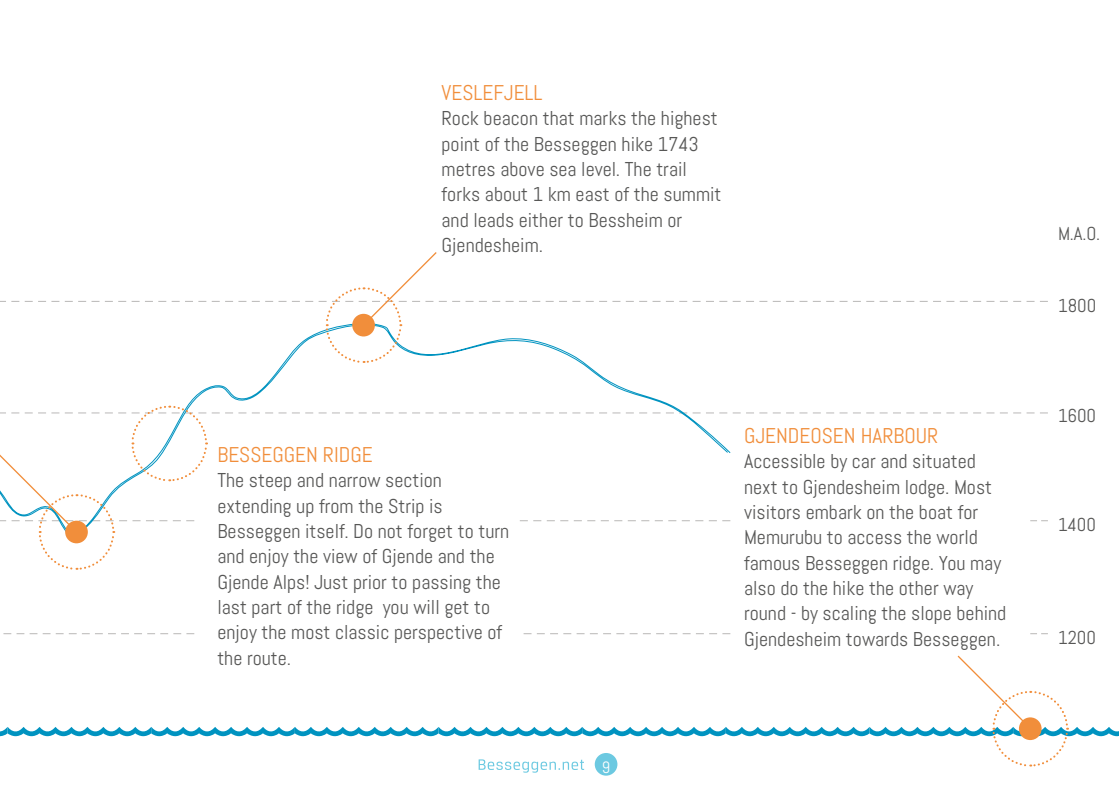
MEMURUBU HARBOUR

The slope behind Memurubu cabin is steep, with a nice view down towards the glacial river Muru. The river fills Gjeende with sand particles that create the special green colour at Gjeende.

GJENDEBU HARBOUR

GJENDE BOAT

Time table at
www.gjeende.no



Gjende & Bessvatnet lakes

Gjende

Bessekken

Bessvatnet

Lake Gjende is approximately 20 km long with an average width of about 1 km. The mountain walls climb to nearly 1,300 metres above the lake surface at their highest point. With a maximum depth of 150 metres, Gjende is the deepest lake in Jotunheimen National Park.

The lake was carved by glacial ice. The high, resilient mountain masses to the north and south caused the huge ice masses to be pressed together into a smaller area and the considerable thickness caused the ice to dig so deeply.

The blue green colour occurs due to the washing of many fine glacial particles into Lake Gjende which reflect the daylight. The colour is further accentuated by the fact that Gjende is closely encircled by dark mountainsides and lush green vegetation.

Gjende is a good fishing lake and particularly the outflow at the Gjendeosen river mouth is a popular and sought after fishing spot for many anglers.

Lake Bessvatn is situated at an elevation of 1374 metres above sea level and stands in stark contrast to Lake Gjende due to its blue colour. From Bessheim it is about a 3 km walk up to the river mouth, and there is a nice trail all the way. The lake itself is 7 km long and 120 m deep. It has been designated as Norway's cleanest lake and you can see the bottom even at a depth of 30 metres.

Walks and activities

Photo: Tore Rell



HULDERSTIGEN

The Hulderstigen Nature and Cultural Heritage trail is situated a bit further north in Sjødalen. A nice, easy route through a mountain forest area with birch trees and spruce that takes along marchland, becks and small forest ponds. There are information signs posted along this route that takes between 1 and 2 hours to walk.



LOWER SJODALEN

You will find many short and long walking routes among varied mountain and pastoral landscapes.

Foto: Gjendeguiden



MOUNTAIN BIKING

Nice trips on trails around Nedre Sjødalsvatnet Lake and into Griningsdalen Valley. More info: www.trailguide.net



RAFTING IN SJOA

Sjoa is one of the most famous rafting rivers in Norway

Foto Terje Rakke/Nordic Life AS/www.visitnorway.com



TROUT FISHING

You may purchase a permit for trout fishing in the entire Sjødalen/Gjende area. There are also nice fishing spots all along the Sjøa River!

ANNONSE:

Møt skogens konge – og dronning!

Eventyrlige Glittersjå fjellgård, 30 min kjøring med bil fra Gjendesheim. Åpent hver dag kl. 11-17, fra 17.06 til 01.09.

www.glittersja.no

The advertisement features a collage of images: a woman smiling next to a reindeer, a reindeer being kissed, and a woman feeding a reindeer. A logo for "GLITTERSJÅ FJELLGÅRD" is also visible.

Ridges & Peaks

Photo: Hans Kristian Krogh Hanssen



GJENDEHØ

The hike to Gjendehø is like hiking a small version of Besseggen. Start walking from FV 51 to lower Leirungen and follow the trail upward to the top. The trail is not marked, but the entire area is very walkable. Just as with Besseggen, you look down upon a green lake (Gjende) and a blue lake (Leirungen). You can descend down towards Gjende and walk along the shore towards Gjendeosen. Here you will walk past Jo Gjende's cabin before opting for DNT's route back to your car at Fv 51.

ALONG THE GJENDE LAKE

Easier alternative to hiking along the mountain route across Besseggen is to walk along the sandy shore of Lake Gjende between Memurubu and Gjendesheim. Extremely rich mountain flora!

Photo: Cathrine Dokken



Photo: Kristoffer Mæle Thuestad



KNUTSHØ RIDGE

Knutshø has an incredible view along the entire ridge and extremely varied landscape. The trail is not marked, but there are signs directing you. Make sure to hike Knutshø in nice weather. The starting point is Vargebakken along highway FV 51. Following a few hundred metres of trail, you reach the ridge itself after a bit of scrambling (which may be challenging under wet conditions or strong winds). At the summit of Knutshø you have Besseggen in view on the other side. Continue further north along the ridge until you get down to Leirungsåi. Head left towards lake Øvre Leirungen, where you will eventually pass a nice, small sandy beach. The round-trip takes 5 to 6 hours.



BUKKELÆGERET TRAIL

Bukkelægeret is the route between Gjendebu and Memurubu, west of Bessegeen. From Gjendebu, you will access a steep ascent from Gjende. Once up on Memurutunga, Jotunheimen widens into a magnificent panorama. From Memurutunga trip continues over Sjugurdtind where you will be greeted by yet another picturesque panorama before the descent to Memurubu. The hike can be done in both directions and take 5 to 6 hours.

SYNSHORN VIA FERRATA

Ready for a breathtaking adventure 400 meters above the ground - at the top of Norway? Synshorn Via Ferrata is a short ride from Bessegeen and let's you safely scale new heights in company with trained guides. No prior experience necessary.



Photo: Kristoffer Mæle Thuestad



MEET MR AND MRS MOOSE

At picturesque Glittersjø Mountain Farm you may feed and befriend charming farm animals in spectacular surroundings. Overlooking magnificent Jotunheimen National Park, Glittersjø is also home to an Elk family accustomed to daily feeding frenzies in close encounter with visitors of all ages. Get to experience the largest mammals in Norway in their favourite territory. A memory for life!

Photo: Siri von Klingenberg @Polaris



Besseggen mountain run

Join a wonderful adventure, as exerciser or competitive runner. The fastest recorded time so far was achieved by Reidar Andreassen in 1963, when the Besseggløpet (Bessegg Run) was arranged for the 3rd time with the official record being 1 hour and 16 minutes. In 2011 the run was held once again and it will now be arranged annually along the classic route from Memurubu to Gjendesheim. The record to beat is 1.15.40, set by Thomas Bereket in 2014. Distance: 14 km. Elevation: 1100 m. The womens record is 1.35.31, set by Tuva Toftdal Staver. For registration and information: www.besseggløpet.no

Jo Gjende

HAD HIS OWN TRAIL UP TO THE RIDGE OF BESSEGGEN

Jo Tjøstolvsson Kleppe was born in 1794 in Vågå, Norway. His parents died when he was a child and he grew up with relatives at Heringstad in Heidal. Jo eventually developed into a great hunter. He was more at home among the mountains of the free-roaming reindeer than among villagers. He lived most of his adult life on his own in the mountains, initially as a «travelling vagabond», summer and winter alike, then later in his cottage at Gjendeosen which he built around 1840.

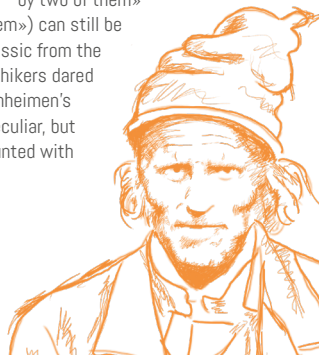
Jo Gjende, the name Jo eventually became known under, became a legendary reindeer marksman. It was said that he shot more than 500 reindeer, mostly large bucks. In the summer of 1855, an Englishman named Blackwell came to Gjende along with one of his countrymen (Rathbone) and a servant. The men spent a good deal of time together during that summer and autumn, and they shared Jo's passion for

hunting and the mountains. Jo Gjende was in many ways the first guide in Jotunheimen, and was contacted by many of the people who wanted to hunt, fish and explore in this area. Jo had a limited acquaintance with the three Englishmen who later wrote the classic «Three in Norway – by two of them» («Tre i Norge – ved to av dem»). During the summer of 1880, which is referenced in the book, Jo spent time with their guide, Jens Tronhus, at the Fearnley Cabin at Rusvatnet Lake. Jo died in 1884 at his farm, Brurusten, which he had bought around 1850.

The book «Three in Norway – by two of them» («Tre i Norge – ved to av dem») can still be purchased: An immortal classic from the pioneer days when English hikers dared ever farther in among Jotunheimen's untamed mountains and peculiar, but well-meaning locals. Recounted with distinctly English humour!

“ I am as you well know, a mountain man, and that is why I went to the mountains every chance I get

Source: Ivar Kleiven: Gamledågå



Gjendine slålien

Kaia Gjendine Slålien was born in the summer of 1871 in the stone cottage at Gjendebu. A priest who was passing through the area christened her «Gjendine» on 24 July, 1871 in Gjende.

During her childhood years, Gjendine spent every summer at Gjendebu. she would often be alone with the livestock for up to 3 or 4 weeks. Gjendine later worked as milkmaid at various pastures during the summers and as a servant on farms in the valley.

It was during one of the summers when she was a milkmaid at Skogadalsbøen that she met Edvard Grieg, who was so fascinated by her song that he wrote it down and used it in his pieces of music.

In the beginning of the 1900s, Queen Wilhelmina of the Netherlands spent a number of years in Jotunheimen together with her daughter, and Gjendine was offered and accepted a position as a sort of lady of the royal court during outings in the mountains.

Gjendine lived to be over 100 years old and was pretty much alert and remarkably healthy almost right up until the end.



Peer Gynt

«Have you ever chanced to see the Gendin-Edge? Nigh on four miles long it stretches sharp before you like a scythe. Down o'er glaciers, landslips, scaurs, down the toppling grey moraines, you can see, both right and left, straight into the tarns that slumber, black and sluggish, more than seven hundred fathoms deep below you. Right along the Edge we two clove our passage through the air. Never rode I such a colt! Straight before us as we rushed 'twas as though there littered suns. Brown-backed eagles that were sailing in the wide and dizzy void half-way 'twixt us and the tarns, dropped behind, like motes in air. Ice-floes on the shores broke crashing, but no murmur reached my ears. Only sprites of dizziness sprang, dancing, round; they sang, they swung, circle-wise, past sight and hearing!»

Besseggen («Peer Gynt»: Gjendineggen), skarp fjeldryg, der adskiller Bessvand fra Gjende i Jotunheimen; mod Gjende, der ligger ca. 400 m. lavere, er fjeldsiden stupende



Bessvand.

Besseggen.

Gjende.

brat. Langs efter eggen fører en gangsti, som ikke bør benyttes af svimle folk.

From the classic norwegian encyclopaedia

Mountain flowers

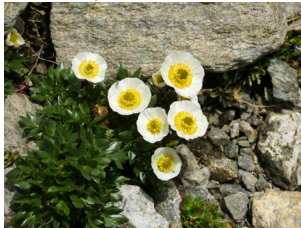
You will find along the trail

Photo: © with CC license by Michael Haferkamp



MOUNTAIN AVENS
(Rosaceae family)

Photo: © with CC license by Hans Hillewaert



GLACIER BUTTERCUP
(Ranunculaceae family)

Photo: Harald Taagvold



SPRING PASQUE FLOWER
(Ranunculaceae family)

Photo: © with CC license by Banangraut



PYRAMIDAL SAXIFRAGE
(Saxifragaceae family)

Photo: © with CC license by Michael Haferkamp



PURPLE SAXIFRAGE
(Saxifragaceae family)

Photo: © with CC license by Opiola Jerzy

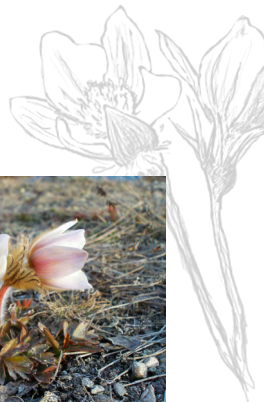


GOLDEN ROOT
(Crassulaceae family)

Photo: © with CC license by Tigervernte



MOSS CAMPION
(Caryophyllaceae family)





www.sportenbeitostolen.no

Nettbutikken av fjellfolk for fjellfolk.

Vårt vareutvalg er fokusert mot turer i fjellet, korte eller lange. Vi er viden kjent for vårt kvalitetsutvalg av sko, fjellstøyer, ryggsekker og annet friluftsutstyr.



DEVOLD



Velkommen innom for en hyggelig handel.

Foto: Bjørn Gundersen/NRK



REINENS RIKE
- SJODALEN -

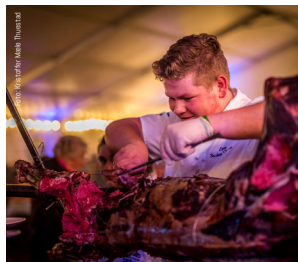
Autumn in Sjødalen

Beautiful Sjødalen in Jotunheimen is a distinctive mountain valley filled with unique raw materials, food traditions, cultural stories and activities that are closely linked to fish and animals

We have active mountain farms with various grazing animals in the area, which you can meet up close. Reindeer, sheep, goats and cows graze freely and maintain the cultural landscape so you have great experiences!

LOCAL FOOD

The lodges in Sjødalen proudly serves tasteful food based on long traditions, made from local produce. Enjoy a lovely meal after a day filled with activities in Jotunheimen.



FOOD COURSE: FROM NATURE TO PLATE

Join the chef on a food course and get an introduction to the delights of chef art. You will definitely make better food when you get home.



HUNTING AND

Autumn is hunting time in Sjødalen. Combined with accommodation at one of the companies in the area, you will definitely get a nice experience regardless of the dividend from the hunt. You can find information about rules and hunting license cards at

www.vaga-fjellstyre.no

FISHING

Sjødalen can offer lots of freshwater fishing activities. Find info about rules and fishing license cards at:

www.vaga-fjellstyre.no

VÅGÅ FJELLSTYRE

Vågå Fjellstyre manages a big part of the area of Sjødalen. Here you can find good fishing lakes and fine hunting areas. Would you like to try fishing or hunting? You can book hunting and fishing license cards at:

www.vaga-fjellstyre.no

JOTUNHEIMEN for dine fotter

«A komme
hit er så gjeitt bort,
og likevel
komme heime»

Grønsløfjellgard

FJELLSIDE OG -TILLEGGET

Brødrene Grønsløf har lagt opp til et turprogram der du får med deg alt fra de høyeste tinder til juvvandring og rømmegrot på familiens gamle seter ved Vinstervatn. Les mer på gronolen.no og facebook.com/gronolenfjell

Utsikt inn i Svartdalen



Nasjonalparkriket.no

RIK PÅ OPPLEVELSER

Jotunheimen - Rondane - Dovrefjell - Dovre - Reinheimen - Breheimen



Lokalbanken

SpareBank 1 Lom og Skjåk
er aktivt til stades med avdelingar i
heile Norddalen – og er jælma
begeistra over alle drivande dyktige
folk, solide føretak og nyskapande
initiativ i bygdene våre.



#vibankarforNorddalen
#fjellbanken

www.sb1ls.no

SpareBank
LOM OG SKJÅK **1**



Lyst til å gjøre noe gøy?

Bestill rafting i Sjoa hos Go Rafting Sjoa!

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Facebook: /gorafting.no

Besseggen wintertime

GJENDEGUIDEN can guide you safely through the iconic hike of Besseggen. Find more info at: www.gjendeguiden.no
Company groups? Do teambuilding in the most spectacular meeting room! Please contact us: gjendeguiden@gmail.com

GJENDEGUIDEN

We arrange courses and mountain tours all year round. Looking for a new adventure? We can offer:

- » Intro avalanche and randonee course
- » Avalanche courses
- » Ski touring in Jotunheimen
- » Snowshoeing tours
- » Jotunheimen Haute Route
- » SKI Jotunheimen- SKI Festival

www.gjendeguiden.no

JOTUNHEIMEN HAUTE ROUTE

5 to 6 days ski mountaineering tour in the heart of Jotunheimen.

The route scales several peaks above 2000 meter, including Glittertind and Galdhøpiggen. Stay in mountain cabins and lodge. Appr. 15 km and. 1000–1500 of elevation meters per day. For more information:

www.høgrutajotunheimen.no





Foto: Hvaldare Hotel

ICE CANYONING

Explore snow-covered frozen waterfalls in the magical surroundings of the river Sjøa in Jotunheimen. We follow a route into ice caves, behind frozen waterfalls and along ice formations in all colours and forms. Let our guides show you the beauty of ice.



Foto: Ole Hestvold

REINDEER SLEDDING

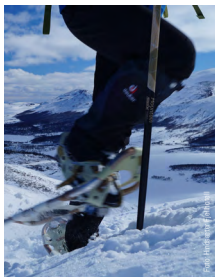
Go on a ride with Rudolph in the middle of Norway's authentic Winter Wonderland. Exotic tour with local reindeer herders from Vågå Tamreinlag!



Foto: Erik Rørhaugen/gjendesheim

BIKE AND SKI

If you don't have the equipment, you can rent all you need to explore the mountains. We offer: E-bike, fatbike, ski, beacon, probe, shovel, snow shoes etc. Please contact us at: gjendesheim@turistforeningen.no



SNOWSHOEING AROUND BESSEGGEN

Snowshoeing is an easy way to get outdoors and enjoy the winter landscape around Besseggen. Feel free to join us for an exotic evening trip with headlamp and bonfire. Several companies offer snowshoe rental.

CROSS COUNTRY SKIING

Twig marked ski tracks around Gjende. Groomed track for classic and skating around Hindsæter or Lemonsjøen. Early and late season ski tracks on Valdresflya in October and May.

www.skisporet.no/oppland/sjodalen



DOG SLEDDING IN JOTUNHEIMEN

Get close to nature on a dog sledding trip in Sjødalen. Try dog sledding on wheels using our new wagons. We are driving every weekend and some weekdays. Order the day before. Have a waterproof pants and shoes with you. A great activity for the whole family. This is an ecotourism adventure you never will forget! More information:

www.sjodalenhyttetun.no

Safety at Besseggen

EQUIPMENT

As Gjendeguiden patrol the Besseggen hike several times a week, they know what to bring to facilitate a safe hike. We remind you that this is a demanding trip that takes between 6–8 hours to complete. It is highly recommended to follow the list below when packing for this mountain trip.

- » Wind- and waterproof jacket and pants
 - » Wool underwear
 - » Gloves
 - » Wool cap
 - » Hiking boots
 - » Backpack min 35 l
 - » Map and compass / GPS
 - » First Aid Kit
 - » Sunglasses
 - » Bottle to refill water during the trip.
 - » Lunch pack for 8–10 hours trip.
 - » Camera for photographic evidence.
- #besseggen #utno #jotunheimen #sjodalen
#visitjotunheimen #nasjonalparkriket

APPROXIMATE DURATIONS

Most people use between 6 and 8 hours, included time for rest stops, when traversing the Besseggen route. With 14 km and an elevation increase of nearly 1100 metres (over 3000 feet), Besseggen is a long hike.

ACROPHOBIA

What if you realise that you have acrophobia (fear of heights)? This has happened to many people in the past... One option is to turn back and perhaps have an extra overnight stay at Memurubu. Otherwise, you might find someone who can help you to focus on the trail and not on the elevation. There are no exposed stretches once you have passed the ridge!



USE OF MODEL AIRCRAFT

Did you know that you need permission to use model aircraft at Besseggen, because it is a National park? More information:

www.luftfartstilsynet.no/droner

EMERGENCY MEDICAL ASSISTANCE

In the event of an accident or serious incident where you need emergency medical assistance, you should call 113.

If you call 113 you need to inform:

- » Who you are?
- » What is the situation?
- » Where are you? (Correctly position)

If you get assistance, you must be prepared to help yourself at least 4 hours before the help arrives. Be aware of this when you pack your backpack.

NB. The cell phone coverage in the mountains is variable. You normally have connection if you can see Gjendesheim.

GARBAGE AND TOILETPAPER

Please help us to make Besseggen the cleanest destination in Norway! Do not throw garbage in the nature!

1. Bring your garbage to a litterbox.
2. Burn toilet paper after use.
3. Take a photo and post it and use tag:
#RYDDEPATRULJEN



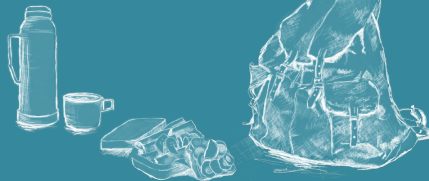
CAIRNS

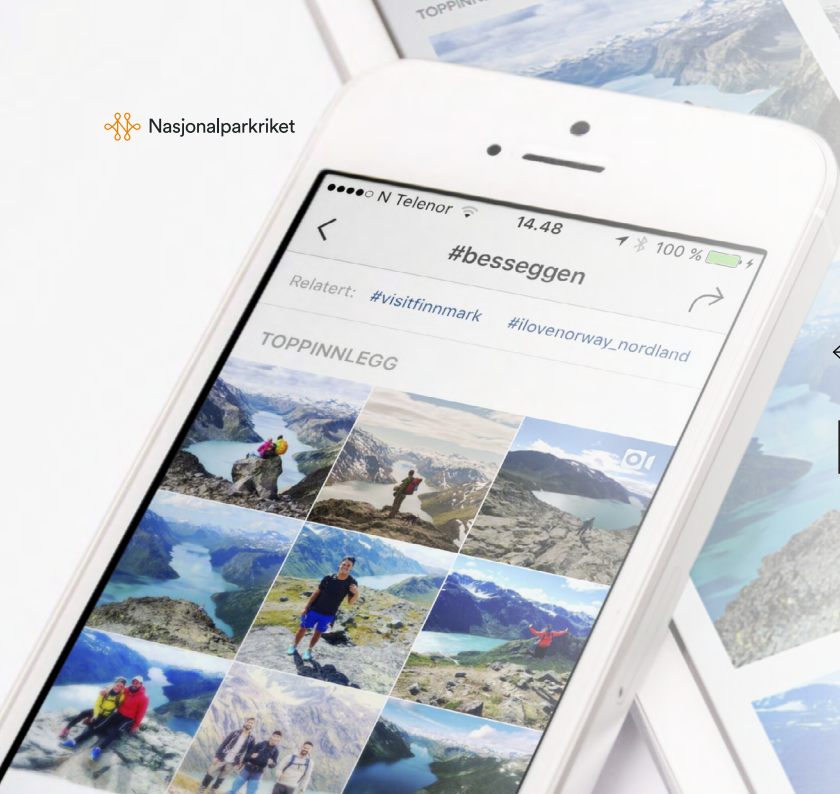
Do you know why cairns are built? Cairns are used for trail markers, due to bad weather and fog. During this conditions the cairns will show you where to go, and could save life and prevent unnecessary rescue operations. It is therefore forbidden to build your own cairns in the mountains!

BESSEGGENPATROL

The Besseggen patrol started in 2017, and the reason for this is to:

- » Prevent unnecessary rescue operations.
- » Be a tourist information.
- » Control the trail and marking.





Book your
Besseggen
ferry ticket at
gjende.no
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