



Høyanger. Foto: Veri Media



Larvik. Foto: Veri Media



The Shams. Foto: Veri Media

Walking tour of Høyanger

Starting point	Høyanger Town Square
Total walking time	1 hour one way
Km	2 km one way
Ascent	2 ~ 22 MASL
Season	All year

A town tour in central Høyanger is an exploration through both time and space. With several cultural-historical and architectural features dating back to when the industrial town was established in the early 1900s, the stroll offers many experiences and great sights.

1 The Town Gates with Høyanger Industrial Museum and the Gunnar S. Gallery
The Town Gates were built in 1933 and originally included eight worker's apartments. The Høyanger Industrial Museum opened in 1997 and displays the industrial and worker history through exhibitions, text and pictures. The Gunnar S. Gallery in the other part of the Town Gates opened in 2016 and includes, among other things, Høyanger Municipality's collection of original artworks by Gunnar S. Gundersen, who grew up in Høyanger.

2 Høyanger Community Centre and Library
This was previously the site of Folkets Hus ("the People's Hall"). The assembly hall was built in 1917 and was later demolished to make way for the new community centre, which was completed in 1971. The community centre is designed by architect Olav Skjerve and in many ways represented the modern Høyanger. The Town Square was rehabilitated in 2001 and features the eye-catching worker's monument "Him, Her and Water" in granite by Kristian Blyttad.



3 Hagegata/Tingsurda

The "Own Homes" movement developed with the objective of providing workers with their own homes and gardens. The ulterior motive of the "big wigs" at the plant was to provide workers with good living conditions to prevent them from becoming rebellious. The area round Hagegata, Hans Hygens Gate and Tingsurdgata were developed between 1925-1927 by NACo. They bought lots, provided financial support and architectural drawings. NACo also brought in landscape gardeners to arrange stunning gardens, and for a period people competed to have the nicest garden.

4 Høyanger School

Høyanger School consists of two school buildings. The oldest, the current primary school, is from 1923, and was designed by Architect Klomann. The current lower secondary school, the construction of which began in 1932, was designed by architect Einar Alvsaker. NACo was also here involved with financial contributions.

5 Valhall

Høyanger ungdomslag's ("youth association") plans for a separate house were realised in 1922. In accordance with the traditions at the time, the building was given an authentic Norwegian name. The assembly hall was also decorated with murals containing national motifs, including from the Norwegian Viking era, painted by Rudolf Krogh. Valhall is still in use as an assembly hall in connection with concerts, weddings and other private events.

6 Nedre Sæbø (Lower Sæbø)

In Sæbø, private housing construction began at the end of the 20s. NACo's own zoning plans also encompassed this area, but with less influence. Here, both workers and salaried employees

were provided with housing, and it was also possible for others who were not employed by NACo to build. Several other houses were built further up Øvre Sæbø (Upper Sæbø) and up towards Håland and at Dale.

7 Roseparken ("the Rose Garden")

NACo spearheaded the efforts to make central Høyanger beautiful, and they had their own gardeners in charge of maintaining the community. Høyanger was therefore known as the Garden City. The plant owners have since focused on plant operations, and it is now Høyanger municipality that operates several of the smaller gardens and park facilities. Roseparken was established in the 1990s, following a desire to create an aesthetic oasis in the urban landscape. In Roseparken you will find the sculpture "Danserinne" ("Dancer") by Per Hurum.

8 Høyanger Church

The arrival of a church came late to Høyanger (the church at Kyrkjebø was the first church in Høyanger), but as the town grew, so did the need for its own church. For a period, there was disagreement about where the church should be placed, but in 1938 the foundation work began where the current church is located. The plan was to build an octagon-shaped stone church, but the war put a halt to the work. The church was therefore not ready until 1960. It is a gift from NACo, designed by architect Arnstein Arneberg and has stained-glass paintings by Borgar Hauglid.

9 Sæbøtangen

Gamle Sæbøtangen (Old Sæbøtangen) was the most distinct working-class district in Høyanger. Old photographs give an impression of an idyllic life down by the fjord, but Sæbøtangen was by many perceived as a "slum". Here there was housing for rent for workers at

HØYANGER

WALKS



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NACo, and it was the haunt for many single men. Here were buildings such as "Murgården" ("the Brick House"), "Slottet" ("the Castle") and "Folkekjøkkenet" ("the Peoples Kitchen"). Sæbøtangen was a mix of dwellings established by NACo, but also included private dwellings and businesses. This was a distinctive little quarter, and those who grew up in old Sæbøtangen tell of a lively local community. Some remained here all their lives, but for most it was a temporary solution. In the 1970s and 80s, most of old Sæbøtangen was demolished.

10 Parken ("the Park")

The area Parken was developed between 1916-1928 by NACo and was designed by architect Nicolai Beer. At the bottom of Kloumanns Allé is the Director's House. He had all of his closest workers and the local management living in the surrounding houses. Throughout the street there are wooden houses for workers, where up to four families could live in each house. The area is largely unchanged since then and is listed as a protected site. The Sogn and Fjordane Bustadbyggelag ("building co-operative") has taken over all the dwellings, with the exception of those facing the sea, which are still owned by the plant. Parken is currently a housing co-operative and employees of Hydro have priority in the allocation of dwellings.

11 Storgata

Storgata stretches from the docks all the way to the school. This was also part of the original country road before 1916. Alongside the road were important community services such as the post office, telegraph and shops. The docks, with the old gates into the plant, was for a long time a meeting spot in the town. Here, workers entered the gates to the plant, the boat to Bergen docked every day, buses departed from here and the administration building for the plant, "Gulebygget" ("the Yellow Building"), is still here today. Since the new factory gates were opened at Leira, and the new main road arrived in the 80s, much of the activity in central Høyanger has moved up to the Town Gates and the Town Square.

12 "Gamle Sjukehuset" ("the Old Hospital")

The hospital, with space for 40 patients, was completed in 1934, with funding from NACo. The architect was Rolf Sande. The hospital was closed in 1982 following a long battle. The building has since been completely rehabilitated and currently includes a nursing home and a doctor's office.

13 Town Hall and business quarter

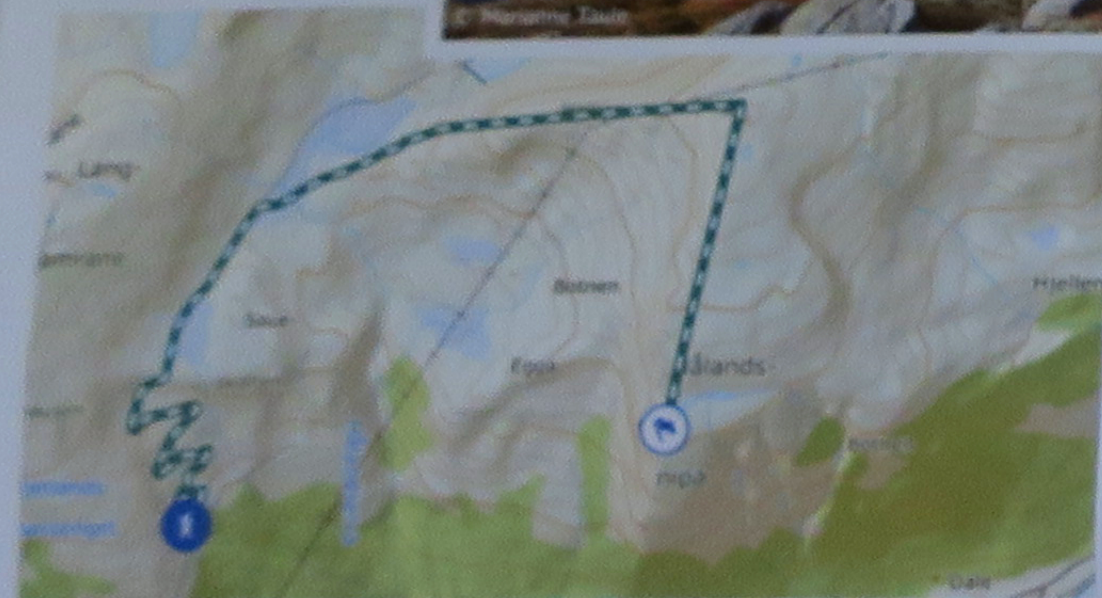
The Town Hall in Høyanger is originally from 1956 and was designed by architect Johan Lindstrøm. Over time, the Town Hall became outdated and the building was rehabilitated and equipped with new brick exterior and new floor. The rehabilitated Town Hall was ready for use in 2005 and is located in the main business area in the town of Høyanger. The old Høyanger was long an important centre for trade for the surrounding area. The old business quarter from around 1930 had to give way in the 70s, 80s and 90s to more contemporary and modern buildings.

1 Summit to Hålandsnipa Mountain



Starting point	Parking lot at Sjøipå
Total walking time	3 hours one way
Km	4.3 km one way
Ascent	602 – 981 MASL
Season	All year

The starting point for the route is the parking lot at Sjøipå, but during the summer you can drive all the way to Strupen. Follow the gravel road and turn right just before Faldenhytta and continue until you reach a barrier, Strupen. Then you will follow the winding gravel road uphill. Continue following the route. Then turn left into the terrain and follow the red markings toward the cabins in the valley. After this, the climb towards the ridge begins. The trail is winding and has two alternatives, and some parts may be steep. Up to the ridge you simply follow the trail onward and upward. Pass the masts and follow a new incline towards the actual peak. Many follow the route down to the lookout point and then follow the terrain down until the view finally opens up. Return the same way.

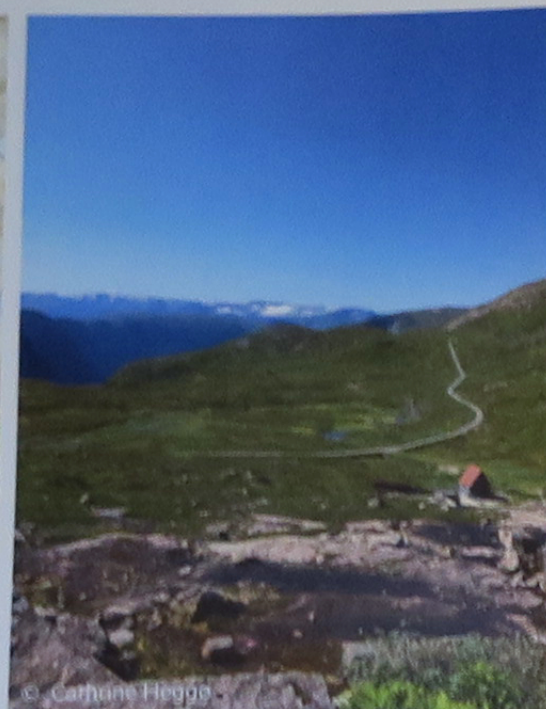
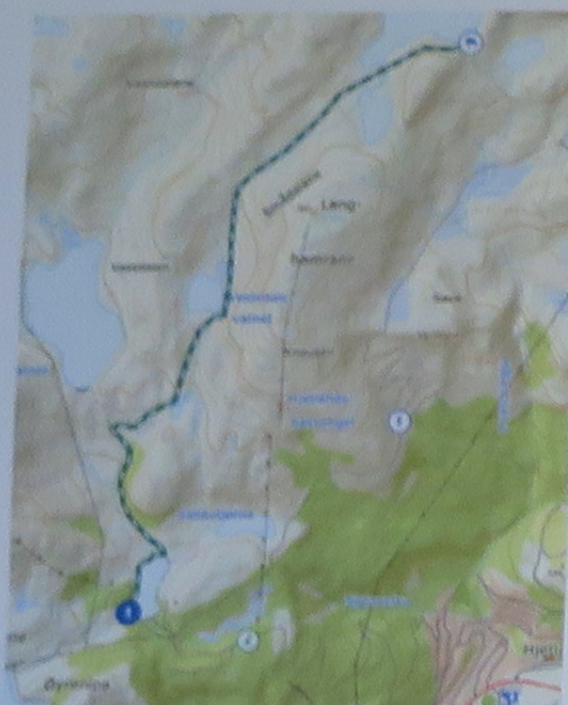


2 Smådalane Valley



Starting point	Sjøipvatnet Lake
Total walking time	2 hours one way
Km	3.9 km one way
Ascent	527 – 865 MASL
Season	All year

The route starts at Sjøipvatnet Lake on a nice gravel road passing Sjøipå Skiing Centre, before starting the climb. Follow this road for a while before taking a right on the well-marked trail. This trail is marked in red all the way. Then enter Smådalane valley and follow the marked trail onward to the cabins. The trail may be somewhat waterlogged in some parts. You will then arrive at Velsedalsvatnet Lake on your left. Here you will have to walk around the lake before following the valley upwards along the river until you arrive at the edge of Skåbakken slope. Skåbakken slope reveals itself with its two lakes, and the trail goes down between these and you will follow a dry path over and to the right of Store Skåbakkvatn Lake. Follow the trail onward to a small dam where you will have a great view of Breidalen Valley. If you wish, you can walk down in Breidalen Valley and follow the gravel road down again to your car. An alternative is to walk up to the left, up Holten Mountain and onward to Storholshaia Mountain.



3 Summit to Fløyen Mountain



Starting point	Myrekrok
Total walking time	1.5–2 hours one way
Km	3 km one way
Ascent	20 – 764 MASL
Season	May–October

Parking at Myrekrok. The trail starts to the right of a double garage on the farm. The first part of the route is steep and partly in dense forest. At Stølshaugen you will pass the tree line and get a great view of the fjord. The climb continues, but the incline is gradual. The trail continues past Mjelkeplassen and up to the cairn on Fløyen Mountain. Here you have a 360-degree view and a fantastic view both inward and out of the Sognefjord. To get a view down into the village Vadheim you will need go onto a cliff with a steep drop, so tread carefully.

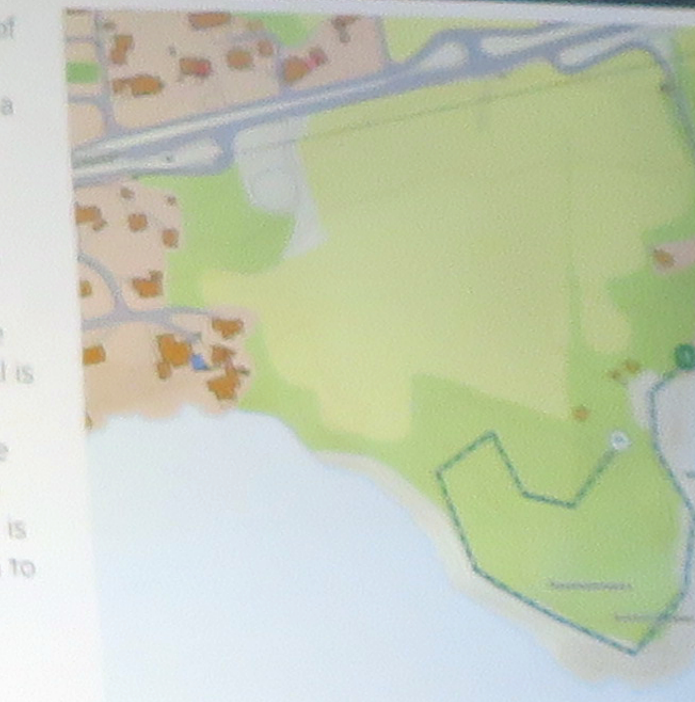


4 Stroll around Austreimsneset



Starting point	Austreim
Total walking time	1 hour one way
Km	0.6 km one way
Ascent	3 – 16 MASL
Season	All year

Exit from Fjellvegen mountain road 35 and continue down to the market bathing spot at Austreim. At Austreimsneset there is a nice, short gravel trail. The trail takes you through the forest and out to the smooth rock slopes on the other side. This is a nice place for pram walks and bicycling. Occasionally, you may also encounter horses taking walks here. There are many nice trees to climb and two swings have been installed. There are also some benches to sit on, where you can enjoy the view of the Sognefjord. At the start of the trail is the municipal bathing spot, which has a nice rock beach with a diving board and a floating dock in the summer. There is also a gapahuk (lean-to) near the trail with a campfire site for grilling. The trail is hilly and takes various twists both through the forest and down to the sea. On the backside it is somewhat steep down to the sea, so please be aware of this.

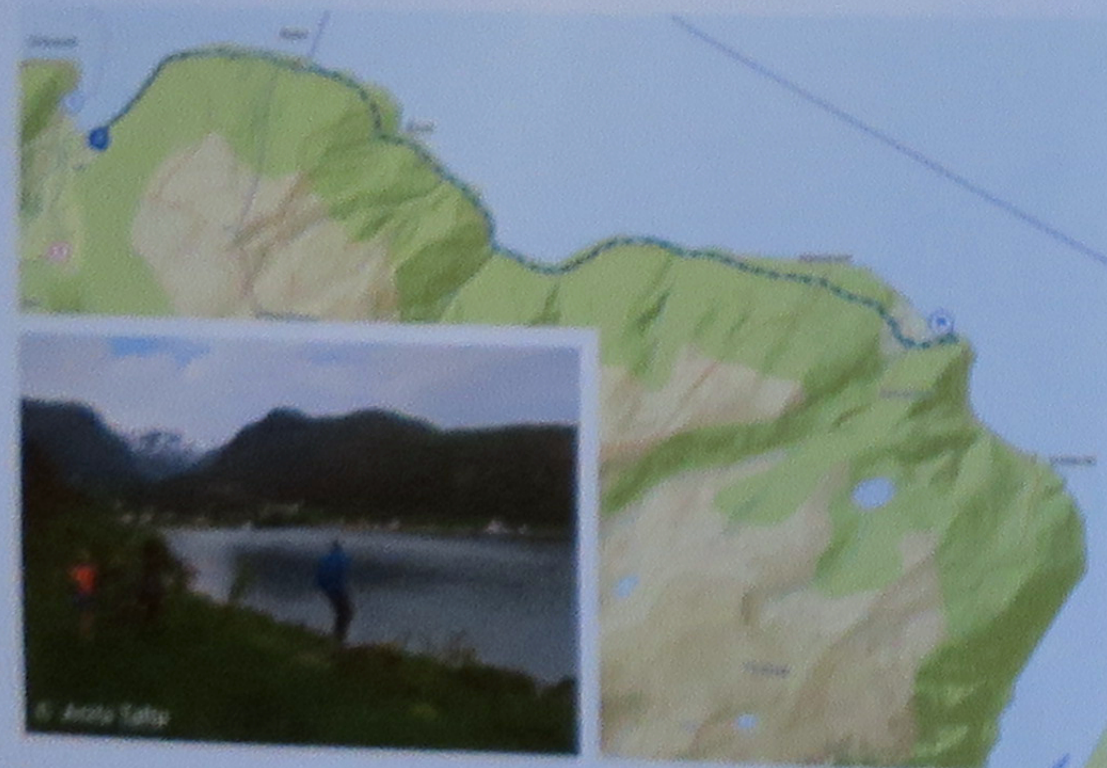


5 Ortnevik – Sylvarnes: Hike along roadless beaches



Starting point	Ortnevik
Total walking time	4–6 hours
Km	13.9 km
Ascent	6 – 143 MASL
Season	April–October

Take the express boat to Ortnevik. The route starts at the junction near the Ortnevik community centre. Here you follow the road east along the fjord for approx. 400 metres to a tractor road, onward to the trail and into the terrain. After about an hour's walk, you will arrive at the first farm, Kroksnes, and then, Nybø. About half an hour later, you will arrive at Aikak, with three disused farms at an altitude of about 118 metres. The hike continues to Vetesand, which is operational in the summer with fruit and berry production. The farm is located close to the sea and has its own dock where the express boat stops. The trail then continues through the forest and crosses the rivers Gila and Skrebakka, before you arrive at Stavedalen Valley, with disused farms. From Indreby the trail goes up to Hanekam with two disused farms located at 142 MASL. From here there is a nice forest trail going to Sylvarnes.



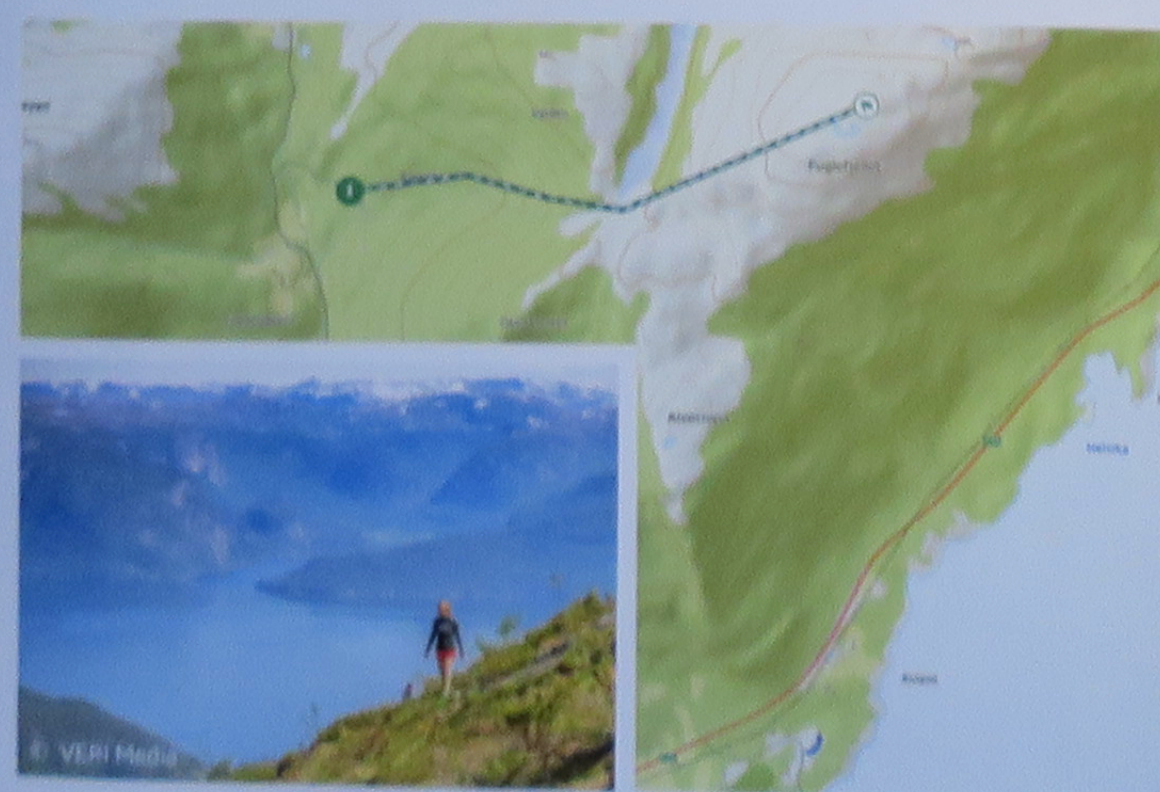
6 Fuglefjell Mountain



Starting point	Ramsli Hill
Total walking time	1 hour one way
Km	3.1 km one way
Ascent	240 – 543 MASL
Season	May–October

Follow E39 past Lavik and exit towards Bosdal, approx. 3 minutes before Lavik. Follow the gravel road and pass Ringereidstelen on the left. Parking for Fuglefjell Mountain is on the right side of the road by a tractor road.

The route starts with a few minutes' walk on a tractor road. On the left side of the road, a marked trail up Ramsli Hill begins. Here you walk through the forest with a gradual incline. When you reach above the tree line, the route plateaus and the trail divides in two. Both routes go to the cairn on Fuglefjell Mountain. The trail to the right, out towards the fjord, is hillier and offers a great view. If you choose the trail to the left, in from the fjord, you will have an easier route with a gradual incline the entire way. The view from the summit is spectacular! Among other things, you can catch sight of Lihesten Mountain in Hyllestad. The route also works well as a snowshoe hike in the winter.



7 Scenic route up “the Stairs” and “the Summer Trail” in Høyanger



Starting point	Høyanger Bus Terminal
Total walking time	2 hours one way
Km	8.3 km one way
Ascent	23 – 623 MASL
Season	May–October

The route starts from Høyanger Bus Terminal. Follow the walkway up past Hydro and exit right by the bus shelter on the hilltop. Here you follow the stairs 1268 steps straight up alongside the penstock. From approx. step 600, there is a fantastic view of Høyanger. The tunnel at approx. step 1000 is also an amusing experience. Continuing, follow the penstock a little farther on the left until you reach a bridge and cross it. From there, Sommerstien is marked until you reach the Grimsosen Dam. It may be a little wet some places along the trail, and certain places may also be steep and slippery. When you get out of the forest, there are several nice places where you can sit down. From the dam, follow a gravel road and Fjellvegen mountain road down again to Høyanger. You can also go across the dam and continue up to Toppennytta cabin (approx. 1.5 hours extra).



8 Summit to Temple from Øvre Lavikdal (Upper Lavikdal)



Starting point	Strandos, Lavikdal
Total walking time	1 hour one way
Km	1.6 km one way
Ascent	250 – 483 MASL
Season	March–November

Drive from Lavik towards Lavikdalen Valley for approx. 8 km. Exit at the junction to Strandos and drive for approx. 3 km on Fjellvegen mountain road 91. The route starts by the bulletin board and follows a tractor road up to the tunnel roof. The trail exits to the right and follows a well-marked blue trail to the summit. The route starts at an altitude of approx. 250 metres and Temple is located at 483 metres. Light climb. From the peak, there is a great view west of Lihesten Mountain, Aiden Island and the islands Værlandet and Bulandet in clear weather.

The route is also nice to walk in the winter by snowshoe.

