

# SUNNFJORD OUTDOOR 2011

Friday 12 August

Hiking along the Waterfall Trail (*Fossestien*) with traditional Norwegian food and a cultural moment at Langestølen (650 m.a.s.)



Come along on a hike along the Waterfall Trail in the countryside where the protected river Gaula has its modest beginnings, visiting cultural sites along the way, ending off with a stop at Langestølen and the chance to try sour cream pudding while given an insight into summer pasture goat farming!

***We will help you picking up your car at the starting point after end of programme.***

## **Start and**

**Parking:** By signposted parking from road 13 for Torsnesstølen, near Gaularfjellet.

**Time:** 5pm.

**Duration:** 3 hours.

**Price:** Nkr. 250 per person includes sour cream pudding and cured meats at the summer pasture farm Langestølen. Pay directly to the guide.

**Registration:** No later than 6pm the day before to Henning Skilbrei, [hennskil@frisurf.no](mailto:hennskil@frisurf.no), tel. +47 91 19 55 78

**Guide:** Ottar Hov, tel. +47 57 71 79 37 or +47 91 18 84 66, [ottarhov@c2i.net](mailto:ottarhov@c2i.net).

Trip may be cancelled if bad weather.

More info at Førde Tourist  
Information Office +47 57 82 22 50

**[www.sunnfjord.no](http://www.sunnfjord.no)**