

# SUNNFJORD OUTDOOR 2011

Sunday 7 August

Mountain hiking to Gøyvinga (700 m.a.s.), in Gaular



Summer pasture track from the farms at Hestad to the summer pasture of Gøyvinga is an important cultural site. The trip starts 150 m after the crossroads to Vågen, and passes the farmyard at Svoa. Continue on the forest road and the marked trail. The first part of the trip goes through grazing land and pine forest up to the forest edge. After that the trip continues over light terrain past Vågsdalen and passes Vågsdalsvatnet on the way to Storehogen. The trip is 13 km long with a height difference of 550 m. Storytelling along the way.

**Take good walking shoes or rubber boots. Bring food, water bottle and your camera.**

***At the old farm house Gøyvinga, Solfrid wishes us welcome with coffee and milk cakes baked on mountain meadow.***

## **Start and**

**Parking:** Meet at the parking lot to Hestad Chapel.

**Time:** 10am.

**Duration:** 6-7 hours, medium tour. The length one way is 10 kms.

**Price:** Nkr. 100 per person. Please pay direct to the guide.

**Registration:** 6pm the day before to Åshild Kj. Seljesæter, tel. +47 90 59 09 96.

**Guide:** Åshild Kj. Seljesæter, tel. +47 90 59 09 96.

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

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