

SUNNFJORD OUTDOOR 2011

Saturday 13 August

Mt. Storehesten summit hike through Tomasskåra (1209 m.a.s.)



Join us on a hike to the summit of Mt. Storehesten (1209 m.a.s.) – a highly distinctive landmark in Vikingfjorden, with incredible views over fjord, mountain and sea!

The trip starts from “Bautaen”, ca 400 m.a.s. at Stølshaugane. On the way up to Mt. Storehesten, we go through “Tomasskåra” together with our guides. Experience a new and challenging routes to reach the top. For the return we chose one of the other possibles trails, depending on the participants and what weather conditions. Breaks underway. At the summit you are rewarded with spectacular views toward the east to the Jostedal Glacier, to the north to Ålfoot Glacier, west out to the sea and south towards the mountains around Bergen. Welcome to an amazing hike to the summit of a magnificent mountain!

- Facts:** Demanding trip on nature trail. Distance from parking area around 6 km with an 800 meter ascendant.
- Start & parking:** Turn up at SPAR in Bygstad, no later than 15 minutes before start. Driving together to parking place.
- Time:** 9am
- Duration:** 6-7 hours with normal pace (incl. Breaks)
- Price:** Nkr 300 adult/ Nkr 150 child/ Family Nkr 900 (2 adult + 2 children).
Please pay cash directly to the guide.
- Registration:** No later than 3pm the day before to Nina Hjelmeland, tel. +47 41 53 06 61 or by e-mail: nina.hjelmeland@sfj.no.

Practical information: Remember to take sturdy footwear, wear clothes according to the weather, drink bottle and packed lunch. Pay direct to the organiser at the meeting place. The trip is most suitable for children from age 12 upwards. Children must be accompanied by an adult. The organiser reserves the right to cancel the hike if there are not enough participants or if there are extreme weather conditions.

More info, call Førde Tourist
Information Office,
tel. + 47 57 82 22 50
www.sunnfjord.no

