

The holy mountain



Photo Hamish Moore

THE NAME HÆGEFJELL may come from the Old Norse Hågefjell – “the high mountain”. The mountain is prominent, jutting out from the surrounding terrain. The name may also mean “the holy mountain”. Perhaps Pagan ceremonies were performed here before Christianity reached Norway? There are burial mounds in the area, and relics from the Viking era have been found on local farms. Did you know that Hægefjell is made of magma from the Earth’s interior? The rock is called granite gneiss, and is the reason for the excellent sandy beaches that can be found the whole way along the lakes Vråvatn and Nisser. Local people say that the mountain is “stingy”. By that they mean that it provides so little in the way of nutrients that only a few plants can grow there. Those that do survive there, are mostly found sheltered from the wind.

WHAT YOU MIGHT SEE ON YOUR WALK

COTTONGRASS: Cottongrass is common in moist ground. It is easy to recognise on account of its soft, fluffy flowers.

Photo: Hamish Moore



The fairy-tale king



Photo Svein Straumsnes.
Illustration: Louis Moe, printed by permission from Milika Broberg.

LOUIS MOE from Arendal has been described as Denmark’s answer to Walt Disney. One of his chief sources of inspiration was the Vrådal scenery and its abundant wildlife. He is most famous as an illustrator of children’s books, and for his pictures of animals wearing clothes. He also introduced Norwegian trolls and monsters into the fairytale world of the Danish writer H. C. Andersen. In 1896 Louis

Moe built Juvlandsæter, his summer house in Vrådal. With his bushy white beard he looked like a king from a fairytale, and for over 40 years he would return there every summer to his “throne” with its views of the distant hills, peaceful lakes and many islands. He inspired also the cartoonist Solveig Muren Sanden from Vrådal. She brought the characters in the children’s comic strips Smørbukke and Tuss og Troll to life. For both of them, the scenery and the local people were important sources of inspiration. There are two small galleries in Vrådal that exhibit the works of these two illustrators.

Source: <http://www.ringstrom-antikvariat.no/forlagsartikler/1315langtlangtbortiskoge.shtml>



Vandrerregionen

www.vandretelemark.no

www.vraadal.com

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WALK **Mount Hægefjell**

CATEGORY **Mountain top**



Photo: Svein Straumsnes

WILLOW GROUSE (Lagopus lagopus): Have you heard the male’s call? It is a loud go-back go-back. Photo: Hamish Moore

ALPINE AZALEA (Loiseleuria procumbens): Microscopic tree capable of surviving in places where few other species can cope. Photo: Hamish Moore

MAP LICHEN: Did you know that lichens consist of a fungus and an alga that live together?

Photo: Hamish Moore



Description of the walk

WALK OF MEDIUM DIFFICULTY with beautiful panoramic views of Vrådal and the lakes Nisser and Vråvatn. This makes a lovely walk, whether you choose to go the whole way or only part of it. After you get past Stemmnetten, there are 360-degree views the whole way. The ground is mainly rock, but there are some damp stretches. Wear good footwear and a windbreaker!

YOU CAN START at Vrådal ski centre and head up to Tverrfjellet, either by cable car or on foot. You can also start at Stemmnetten. Take the road with the toll barrier (there is a box where you can pay) to the top of the hill. The path, shown in red on the map, starts there, and heads past Luktarhola, Sveigefjell, Brennstøynuten and Hægefjells-kardet, and on up to the top of Mount Hægefjell. From Hægefjell you return by the same path. It is also possible to continue down to Nissedal and Fjone.

Driving direction



Start in the centre of Vrådal. Follow route Rv. 38 from Vrådal towards Dalen for approximately 3.5 km.



Turn left towards Osen and Vrådal Panorama. Follow the signs for approximately 1.3 km.



Turn right towards Vrådal ski centre and then keep left towards the toll barrier.



Drive past the toll barrier and follow the road to the top of the hill. Remember to take cash with you.



There is a parking area at the top. (GPS: N59°17.195' E008° 24.957')

You are responsible for your own safety during your walk. Treat the countryside and grazing animals with respect. Take only photos, leave only footprints. Please take your rubbish home with you. Have a great walk!



Map:
Vrådal 1 : 30 000
Fyresdal Aust 1 : 50 000

NB: Wear good footwear and a windbreaker!



1021 metres above sea level
Season: May-October



Scale 1 : 50 000 Vertical scale 20m [viewpoint symbol] = viewpoint [red dashed line] = marked summer path



Photo: Hamish Moore