

Gaustablikk skipsfjell

FROM SKI LIFTS AND COTTAGES TO MOUNTAIN WILDERNESS

Round walk 2 h 3,6 km



KVA KAN DU SJÅ PÅ TUREN?



PTARMIGAN

A hardy bird with feather-covered claws to handle cold winters in the snowy mountains



ALPINE BISTORT

Propagates through buds, which provide excellent nutrition for hare and ptarmigan



MAP LICHEN

Looks like a map and grows only 5 mm in 10 years



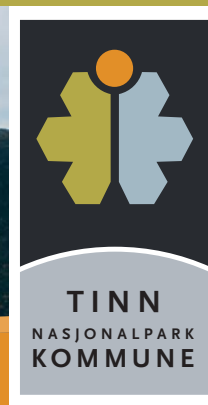
PURPLE GENTIAN

Now rare, as a result of picking and medicinal use



HEATH SPOTTED ORCHID

Norway's most common orchid is also called "Adam and Eve" and has been used to enhance sexual potency



VisitRjukan Torget 2 tel. 35 08 05 50

www.visitrjukan.com



Family hike, 2 h circular
Moderate
Elevation 945–1,090 m



Hiking map: Gaustatoppen med
Tuddal og Gaustablikk



Accessible
June 25–October 15

Nature and cultural history

A reasonably demanding circular hike full of contrasts, following moderately steep trails and ski lift routes from the cottages and ski lift at Gaustablikk to the unspoiled mountain scenery and viewpoint at Skipsfjell.

From the car park at Gaustablikk Høyfjellshotell, walk through the main gate and follow the paved footpath past the ski centre. After about 100 m, turn left and head up the gravel road signposted Gaustablikk Fjellhytter. From the gravel road, turn right and

join the route of the ski lift, which you follow to the top, climbing all the time. Beyond the top of the lift you'll be walking through easy, open mountain terrain. As you round Skipsfjell, you come to a viewpoint offering magnificent views of Rjukan and Gaustatoppen. The ski slope is now just around the corner, and you follow the trail downhill and back to Gaustablikk Høyfjellshotell.

Alternative: 1 km circular walk on nature trail with information boards, benches, picnic tables and wheelchair-accessible fishing spots.



FROM SAND TO MAJESTIC MOUNTAIN

Gaustatoppen has towered above the surrounding mountains for hundreds of thousands of years. Nevertheless, Gaustatoppen is still relatively “new” as a geological feature in the landscape. Its geological formation took at least 1,200 million years.

Gaustatoppen began life as sand deposits in rivers. About 100 million years ago, this sand was buried many kilometres deep in a mountain range, where it was compressed at high temperatures and “baked” to form quartzite, a hard rock. Subsequent erosion destroyed many kilometres of rock above, leaving the present-day landscape. Because the quartzite of Gaustatoppen was harder for the forces of nature to wear away than the surrounding rock types, the mountain has been left in majestic isolation.



TOURIST MAGNET FOR OVER 200 YEARS

As long ago as the mid 19th century, the natural wonders of Rjukanfossen and Gaustatoppen were attracting French, German and other European visitors. In those days there was no road from Rjukan to Tuddal, and the 1,600-metre climb took 6–8 hours. In 1893 the stone bothy on the summit opened. You can also take a shortcut to the top by using Gaustabanen, a funicular railway inside the mountain. On a clear day you can see one sixth of Norway's land mass from the summit.



HOTEL, SKI LIFTS AND COTTAGES

The cottage is important to Norwegians, both as a holiday home and as a status symbol. There were almost 418,000 holiday homes in Norway in 2008, many of them at popular winter destinations such as Gaustablikk. The view and the area's proximity to Gaustatoppen were the basis for the Gaustaområdet development, which started with Gaustablikk Høyfjellshotell in 1970 and had reached 550 cottages and 1,100 warm beds by 2006. In 2009 a new chairlift will connect Gaustablikk and Gaustatoppen skicentres.

Driving directions

Start in Rjukan town centre. Follow Hwy 37 in the direction of Miland as far as Dale.



After 3,7 km turn right towards Gaustaområdet. Follow the winding road uphill.

After 7,4 km turn left towards Gaustablikk.

P Follow the road for 3,5 km to Gaustablikk Høyfjellshotell. Park free at the hotel. GPS: 32V 485121, 6638122



Distance to Gaustablikk/Skipsfjell from:

Rjukan	25 min	15,7 km
Skinnarbu	45 min	36,0 km
Tinn/Austbygd	45 min	37,2 km
Hovin	1h 10 min	62,4 km
Rauland/Krossen	1h 10 min	62,8 km

Please take all garbage home with you. Dogs must be kept on a leash. You are responsible for your own safety. Enjoy the walk!



For more hiking tips, visit www.nasjonalparkrute.no.

