

North Sea Cycle Route - East Translations

The following pages contains english translations of the texts of the back side of all plastic maps in the guide “Nordsjøruta Øst”, 2007 edition.

Under “Nyttig informasjon” (Useful Information) you will find telephone numbers of tourist information offices, bus companies, ferry operators, railway stations, airports and bicycle shops. In several places in thinly populated areas you will find telephone numbers of restaurants, cafés, petrol stations (which usually sell food and drinks), large kiosks etc. The shopping trolley and shower symbols show where you can buy groceries or have a shower.

Ruteopplysning (buss, ferje, tog) = Route information (bus, ferry, train)

Se eget kart for ... = See own map of ... (city map)

Se kart nr. = See map no.

2,4 km → means that whatever is mentioned is 2,4 km from the cycle route.

80 m ↑ ↓ means that whatever is mentioned is 80 m higher or lower than the cycle route.

Antikk = Antique
Atelier = Studio
Galleri = Gallery
Keramikk = Ceramic



If you cut the papers along the dashed lines, each part will fit into the plastic box.

NB! To be sure all information is correct, please check and print the Word-document “Corrections and updates” which is found for each of the seven guides.

111

Some general information about the route
Information about swimming places
Information about tunnels
Pay special attention to this part.

Nyttig informasjon

Tvedestrand Turistinformasjon (ved 2)	37 16 11 01
Ruteopplysning	177
Nettbuss Sør	35 91 28 00
No-Way Busseskjess	815 44 4444
Rutebåt til Lyngør, Gjeving	97 64 98 61
Taxibåt til Lyngør, Gjeving	41 45 41 45
Resort Lyngørporten, Gjeving	37 19 80 00
Båbua Restaurant, Gjeving	37 16 62 90
Dusj på bygga i Tvedestrand	
Tvedestrand	

Sammen med Fjerdand i Sogn og Fjordane er Tvedestrand en såkalt hobby. Her kan du kikke rundt i over 20 bokhandlere, antikvarier og bruktboksalg. Ved Sagesund vil jeg sterkt anbefale at du sykler grusveien ut mot sjøen.

Det er flere gode laugemuligheter langs løypa. Sjøsmånder er en innerlier – en flott lagune og geddgive svaberg ved et smalt sund. Må oppleves! (dårlig skiltet sti, ca. 800 m fra Risøy Familiecamping). Einarsvik er også flott.

En vest for Østetå (800 m lang, opplyst og med fortau)

Vær klar over at du sykler i et særdeles populært feriemråde. I høysesongen er området mellom Larvik og Nesholthavn sterkt trafikkert og ikke egnet for barn.

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Hjulgleder - Nordsjøruta Øst

	Sov godt	km	%	H
1	Sjøversto Feriesenter	37 03 41 36	✓	✓
2	Tvedestrand Fjerdhotell	37 16 26 55	✓	✓
3	Gjeving Marina	37 16 63 67	✓	✓
4	Lyngørporten	37 19 80 00	✓	✓
5	Risøy Folkehøgskole (2,9 km →)	90 89 38 70	✓	✓
6	Risøy Familiecamping	37 19 93 50	✓	✓
7	Sorlandet Feriesenter (6 km →)	37 15 40 80	✓	✓
8	Lunden Hyttedele	37 15 42 15	✓	✓
9	Risor Gjestehus	37 15 50 02	✓	✓
10	Moen Camping (3,6 km →)	37 15 50 91	✓	✓

La en titt


A Naresås. Trivelig, gammel trehusbyggesel, bank ved sjøen
B Fløsta kirke (20 m i) Fantastisk dekor på altertavle, prekestol m.m.
C Skutub Kulturcenter 37 03 46 22 (2 km →) har team Tranga. Kunst, nye morsomme, salg av disk, konsertier, enkel servering og alle reitligteier
D Skredderen Bro, stienhvelvbro fra 1910
E Veiskilti stoppejern (Veidnes Amt) ved grusveien i Sagesund

Litt krydder



1 Active Familiecenter (buddand, tryktsk bud m.no) 33 34 59 10

A, B, C, D etc. = Take a look (sights) Litt krydder = A bit of "spice" (different activities as riding, rafting, waterparks etc.)

Map 101


- A** The Bjørnstad ship (450 m →) is a rock engraving that is believed to be the largest in Northern Europe (over 4 m long). There are also two smaller pictures of ships.
 - B** Skjeberg church (1,4 km →) has runic inscriptions on the outer walls.
 - C** Solbergfeltet: Rock engravings with fine graffiti created by our ancestors.
 - D** Ingedal church dates from the 13th century.
 - E** The Jellhaug barrow. An impressive burial mound with a fine view across the cornfields.
 - F** The old Svinesund bridge was built in 1939-46, and listed for preservation in 2005.
 - G** Rød Herregård (manor) dates from the 18th century. Period furniture, art, trophies, and one of the largest private collections of weapons in the country. Impressive stalls with marble, large park and café.
 - H** Fredriksten Festning (fort) was commenced in 1661. Fascinating area with three forts and a fine view. Weapons, uniforms,
-  It is well worth visiting Halden, with beautiful wooden houses in different styles. The Empire style is especially well represented. Stroll through and look at Sølvgata, Pynstredet, Skippergata and Nedre Bankegate. Storgata is a pedestrian street. Rest on the benches by the harbour, or by the lake in the Busterud park with its amusing dovecote.
- If you are interested in really ancient times, when our ancestors carved their messages in stone, you will enjoy looking along the “Oldtidsveien” (antiquity route) from Skjeberg to Fredrikstad!

Map 102

- A** Elingård Herregård (manor): Renaissance garden and fine main building.
 - B** The monument to King Olav stands in the sea about 200 m out from land.
 - C** 24 letterboxes with maritime decoration. Are ship-owners the only people who live here?
 - D** Bronze-age rock engravings at Begbyfeltet. A 100-200 metre walk.
 - E** There are several stone circles at Hunnfeltet, dating from around the time of Christ’s birth. Ash burials and burials with weapons from the Viking period have been excavated, revealing rich finds.
 - F** Roald Amundsens Minne: The Polar explorer Amundsen was born here in 1872. See polar bears, photos, biscuits from 1911 (!) and the nameplate from the ship Gjøa etc. Ten thousand people came to the unveiling of the memorial in 1928.
 - G** The rock engraving of the Bjørnstad ship is almost 4.5 m long, and one of the largest single images in Scandinavia. There are also two smaller ships. The pictures date from the bronze age, about 1000 years BC. Seats and a nice place for taking a rest.
-  The Glommastien route between Fredrikstad and Sarpsborg is pleasant and at times intimate as you cycle along it. You pass through residential areas and woods, along the stream and across fields. A few signs are missing. Cycling from Elingård to Fredrikstad is also very enjoyable.
- Please note that there may be a lot of traffic here – the Hankø area is popular in the summer! Signposting is not very good south of Elingård.
- The route shown on the map does not follow the official Cycle Route 1 at Sarpsborg, since the signposting was very difficult to follow when the guide was written.
-  **Foten** is a magnificent area, with a sheer drops, benches and fantastic bare rock faces. Places to restock with food for the route. **Mærrapanna** has rock faces with a clear view to the sea, lots of small inlets with a gently sloping sandy bay farthest in. Red cliffs, large grassy areas and a barbecue site. Undulating, gravel and asphalt (1,5 km →).

Map 103

- A** Røed Gaard: Main building dating from the early 18th century. There is plenty to see: Glassblowing, galleries, rose garden, storehouse on pillars selling second hand items, soap factory, weaving workshop etc. Outdoor seats and benches. Café.
- B** Galleri F15: Here you will see tiled stoves, stucco ceilings and a beautiful park. Situated in a landscape preservation area with a cosy agricultural environment. Café.
- C** Galleri Varden (2 km →): Fine view. Paintings by Victor Sparre exhibited for one month in the year. Café.
- D** Søsters Hvile. What is this? Check the info signboard in the woods ...
- E** Huge storehouse on pillars, the largest I have ever seen.
- F** Herb garden. A beautiful landscape in the woods. 2-300m of paths with benches, a small lake and proverbs and texts about trees. Green bog land. Do not take your bike into the woods – here it is best to walk!
- G** Galleri Gamle Tomb
- H** The farm at Elin was already mentioned in the Middle Ages. Its heyday was in the 17th century, when it was the residence of the Norwegian chancellor. The large garden has been restored in renaissance style.


 There are many enjoyable stretches on this section of the map, with active agriculture, narrow, gently undulating asphalt roads and a few laps of the route are car-free.

South of Søsters Hvile (**D**) I do not follow the signposts, but take a route I suggest myself. From the bathing beach in Årefjord the signposting on the route is inadequate, but for part of the way it follows the touring route marked with the flower symbol. It may be heavy going here, and difficult with a bike trailer. The signposted route goes into the woods along the Tursti Kaialunden (touring route), which I **do not** follow.

East of the Herb Garden (**F**) there are a few kilometres of stony pathway overgrown with grass, which can be difficult to cycle on with a trailer. Along National Route 116 north of Tomb (**G**) there is a lot of fast-moving traffic and a couple of bends with poor visibility. In general there are long distances between the Cycle Route 1 signs.

Map 104


- A** Kihle Galleriet
- B** **Preus Museum:** There is a lot worth seeing here. A giant camera, the world's first colour photograph, Laterna Magica, gun camera, photo revolver and plenty more.
Marinemuseet (The Marine Museum) is very comprehensive! Model ships, underwater canoe, instruments, diving equipment, weapons etc. You can also board a submarine.
- C** Midgard Historisk Senter (historic centre): Viking playground with climbing posts, Yggdrasil (tree of Life) etc. Learn about Norse mythology. Café.
- D** Borre church dates from the 12th century.
- E** Borreparken: Large burial mounds from the Viking period.
- F** Munchs hus: The painter Edvard Munch made many of his famous works here.
- G** Løkeberg Antikk


 Very pleasant cycling here, close to the sea, with boating activities, charming little gravel paths and places for bathing. Poor signposting around **8** and south of Horten. There is an alternative route via Nøtterøy.



Map 105


- A** Gokstadhaugen: Ten signboards with interesting info about the Gokstad viking ship and excavations. Our ancestors knew all about the art of shipbuilding!
- B** Galleri Bogenloftet
- C** Sol keramikk. Idyllically beautiful route here.
- D** Nina Nesje: Sculptures & ceramics.
- E** Restored, old-fashioned BP petrol station. Peep in at the windows and the workshop. Old cars and various accessories.
- F** Nøtterøy church was originally built in about 1100, in the Romanesque style. Stone reliefs were carved into the walls. These may have come from the original church, and in that case date from the second half of the 12th century.
- G** Galleri Arto

 Personally, I prefer the route on “solid ground” via Melsomvik. Nevertheless, I recommend a trip to the car-free island of Veierland. There I met two roe deer, found a “blue and white” house and said hello to Gråtass (known to Norwegians only ...). There is a lot of woodland, a church, 6-7 km of idyllic gravel paths and an Italian restaurant! Cycles cannot be taken on board or off the boat at Tangen (2005). This may be changed.




 There are several fine inlets at [Overan](#). The coast path runs along here, and you can cycle along part of it. [Nalberg](#) is a magnificent area with gentle slopes, grassy stretches and bare rock. [Vårnes](#) is also a peaceful place to rest if you are hot and weary from cycling. There are a few bathing sites at Veierland.

Map 106



- A** Grønnsaksboden på Foldvik: Goat cheese from Trøndelag, elk meat sausages, carrot cake, vegetables, griddle cakes etc. on sale.
- B** Foldvik Familiepark: Lots of birds and animals, “bouncy castle”, “halmhopping”. Lovely place for a break. Kiosk.
- C** Kreativt Magfold: Broken pots, shattered car windows and scraps of wood become beautiful thought provoking art about how life may get broken.
- D** Memorial to seamen who lost their lives in two World Wars. Fine viewpoint.
- E** Fredriksvern Verft (boatyard): Different artists in several buildings, including the Powder House. Marine historic Magazine. Fine bathing places by the cliffs.
- F** Eventyrhuset: Much loved, familiar fairy tales illustrated in a series of tableaux. No TV and technology here – children have to use their imagination. Old toys and dolls.
- G** Designjern: Art in metal.
- H** Galleri Fin Form
- I** Kaupang: The first town in Norway, Skiringssal, was in Kaupang. There is not much to see today, but it is a site of historic importance. Info boards about the rock engravings, residents in the area, menhirs, burial cairns etc.
- J** Tjølling church. Unusual churchyard with stones round the graves.
- K** Klaastad Quarry. Large quantities of beautiful stones are exported all over the world from Vestfold.
- L** Occurrences of cryptophenite (“Moonstone”)
- M** Ulabrand. Magnificent sea view and an unusual statue. Info board about Anders Jacob Johansen, the pilot.
- N** Ancient hollow road on the south side. Traces of ancient riding paths and footpaths.

 **NB!** East of the centre of Larvik I do not follow the official North Sea route, as the signposting is very inadequate and complicated.

Map 107

- A** Mule Varde: A magnificent open area around a late 19th century Swiss-style villa. Lawns, bathing beaches, gazebos etc. Be sure to plan a stop here!
 - B** Korketrekkeren: Road constructions with three generations of roads.
 - C** Stone quarry
 - D** Thraps Galleri: Ceramics and graphic art.
 - E** Memorial stone at Raveien.
 - F** International Corporate Art is facing the fishing pier.
Rolf Aarøe Arnesen: Art at the end of the fishing pier.
 - G** Mølen reserve (1,7 km →). Protected boulders and burial cairns. Nice place!
 - H** Berg stone church was built in the 12th century. Demolished and rebuilt.
 - I** Grønnsaksboden på Foldvik: Goat cheese from Trøndelag, elk meat sausages, carrot cake, vegetables, griddle cakes etc. on sale.
 - J** Foldvik Familiepark: Lots of birds and animals, “bouncy castle”, “halmhopping”. Kiosk. Lovely place for a break.
 - K** Kreativt Magfold: Broken pots, shattered car windows and scraps of wood become beautiful thoughtprovoking art about how life may get broken.
 - L** Galleri Naver
-  Find your own favourite beach – this is bathing country!
-  Note that you are cycling through an extremely popular holiday area. In the peak season the traffic is heavy in the area between Larvik and Nevlunghavn, and it is unsuitable for children.
-  Hulda Ridekole = Riding school


Map 108

- A** Alvehuset keramikk
 - B** Ruins of St. Olav’s church, probably dating from about 1150 (1,4 km →).
 - C** Tangvald Mølle (mill): Corn ground the traditional way by agreement.
 - D** Cudrio Kystmuseum: Coast museum in a timber building. Exhibitions on three floors.
 - E** **Brevik Bymuseum** (town museum) is situated over the bridge to Øya, upwards and to the left.
Bjørns Historiske Samlinger: Historic, private collections. In Brevik you will also find the “Crystal House” and an Olympic menhir!
 - F** Mule Varde: A magnificent open area around a late 19th century Swiss-style villa. Lawns, bathing beaches, gazebos etc. Be sure to plan a stop here!
-  Brevik has many cosy wooden buildings. Take a trip to the centre, where you will find a drinking water fountain among other things in the market place. In Langesund I recommend cycling along the Vaterlandsveien as far as it goes. When this guide was compiled, the signposting was very inaccurate or non-existent in this area, especially north of Brevik.
-  **Ivarsand** is a spectacular area with bare cliffs, beaches and grassy areas. [Hydrostranda](#) is small and intimate (2,4 km →)


Map 109

A Old-fashioned wooden water pipes on the north side of the road – now rarely seen.

B Alvehuset keramikk


 Valle is a busy centre in the summer, with an ice cream bar, a baker's shop, groceries and a shop in a converted fishing smack etc. Continuing west from Valle there is a narrow asphalt road. I hope it is not widened – we need some roads where it is necessary to drive more slowly. As you can see from the altitude symbols, there are quite a lot of upward slopes along this section.

There is some traffic between Ringsjø and Helle. As you swing at Årø towards Kragerø you cycle on an exciting section along the canal at Kammerfoss.

 **Slerva** and **Ivarsand** are the finest sea bathing sites on the route. If you want to wash the salt off, you can try [Dyvikvanna](#) and [Ringsjøen](#).

Map 110

A “The Optical Telegraph” was part of the signalling system along the coast from Halden to Trondheim. This ingenious system with flags was used when Denmark and Norway were at war with England in 1808-14. Fine view over the archipelago, 22 m above sea level.


 If you come at the right time, you can enjoy wild strawberries between Stabbestad and Levang! If the weather is kind and your legs in form, I recommend cycling out to Portør. The ride out to where the fjord opens into the sea is just under 5 km, along a charming narrow road. There may be a lot of traffic in the peak season. You will find a place to bathe in a little bay.


NB! If you are cycling from the east, note the time of departure for the Øysang ferry, and get there before it sails. Otherwise you have to cycle a long and not particularly inspiring detour via Songe. Remember that the ferry does not sail on Sundays (check up).


Map 111

- A Narestø. Pleasant old wooden houses, benches by the sea.
- B Flosta kirke: Fantastic ornamentation on the reredos, pulpit etc.
- C Staubø Kultursenter: The culture centre with art, plenty to amuse you, poetry and concerts, light refreshments and all rights.
- D Stone arch bridge dated 1910.
- E Cast iron road sign at the gravel path.

Tvedestrand: Have a look at the ceramic urn by the bathing beach in Tjenna, and see if you can find literary gems in one of the bookshops.


 Like Fjærland in Sogn and Fjordane, Tvedestrand is a so-called book town. You can look round in more than 20 bookshops, antiquarians and second-hand bookshops. From Sagesund I strongly advise you to cycle along the gravel path to the sea. It is an unforgettable experience with roadside guard stones and “Southern” atmosphere. On the whole there are a lot of steep slopes in the area (+/- 30 m difference in height). A lot of the woods could be thinned out with advantage. Expect considerable traffic on the narrow roads in the peak season.


 There are several good possibilities for some bathing along the route. [Steinsundet](#) is unforgettable – a glorious lagoon and solid rocks round a narrow inlet. You have to see it for yourself! (Poorly signposted path, approx. 800 m from Risøy Familiecamping). [Einarsvika](#) is also impressive.

 There is a tunnel west of Østerå (300 m long, lighted, with a pavement).



Map 112

- A Cast iron road sign (Nedenes Amt) on the west side of the road.
- B Cast iron road sign (Nedenes Amt) on the north side of the road.
- C Mitt Skattkammer: Second-hand and antiques.
- D Eydehavn Museum: Eydehavn is named after Samuel Eyde (1866-1940), who founded Norsk Hydro in 1905 among other things.
- E Immaginative garden. Take a break and look at all the amusing details. (I have been given permission to mention this private garden!)



 The whole of this stretch is level and easy to cycle. It runs close to the sea at Fevik. Inadequate signposting near Nedenes. There is a footpath or cycling path or pavement all the way from Arendal centre to Eydehavn. If possible, take a detour to Tromøy, where you will find lovely pebble beaches near Hove.

 In the nature reserve at [Randvika](#) (3 km →) the rocks are smooth and inviting. The sand on the beaches is “bleached” white and runs right into the sea. There are large, peaceful grassy areas in the [Hasseltangen](#) reserve (2,4 km →).

Map 113

- A** Cast iron road sign (Nedenes Amt). Two locations on the map.
 - B** Vestlandske Hovedvei: Here you will cycle over a restored embankment in the west.
 - C** Old support for telegraph poles. There are many, but this one is the best preserved.
 - D** Eineidbroa – a restored bridge over the narrow Reddal canal.
 - E** Trekantgrav is a group of six menhirs.
 - F** Fjære church, dating from the mid 12th century, has fine ornamentation on the pew ends, roof and gallery. There are in fact two galleries: one for young men and one for the women, a so-called women's loft. Note the canopy over the entrance in the south wall. This is believed to come originally from an ancient temple, and is presumed to be the oldest sculpture in Norway. St. Olav's spring is about 100 m south of the church.
 - G** Agder Teater - Fjæreheia: Intriguing scene in a quarry (1,5 km → 40 m ↑)
-  The Vestland Hovedvei is a pleasant acquaintance. Some people may find the slopes a little **too** steep and the gravel slightly "difficult". One undulating stretch calls for quite an effort, and I recommend walking over some of the hills to enjoy the quiet. It is "toughest" and steepest in the east. I do not recommend taking a cycle trailer here.
-  There is no doubt about it: You should try [Springvannstemmen](#) and [Julebauen](#) in Lillesand. You will find a romantic little beach near Tingsaker Camping. There is no harm going there an evening cycle trip with your sweetheart ...


Map 114

- A** Kristiansand Dyrepark (Zoological Park) with "Cardamom Town", Julius in the Apes' jungle, tigers, lions, Norwegian wild animals, pirate ship, etc.
 - B** "Building for the future", with amusing architecture from the 1980s.
 - C** Tiffany Glassverksted (glass works)
 - D** Twelfth-century Tveit Church is one of our oldest stone churches.
 - E** The sturdy Mollestad oak is 1000 years old and is over 10 metres in diameter.
 - F** Birkenes Bygdemuseum, Grasham Gård: Rural museum
 - G** Birkenes Bygdemuseum, Myhre Torvstrøfabrikk: A lovely place for a rest. Among other things, litter was previously produced here for outdoor lavatories.
 - H** The route taken by the Flaksvann railway, which was in operation 1896 – 1953.
 - I** Footbridge over the stream to the Flaksvann railway. Fine brickwork and an idyllic path.
-  The cycle route and the signposting are perhaps slightly crooked and complicated around Hånes and Hamre. Minimal traffic between Krageboen and Birkeland. From there to Lillesand it is fairly level and easy to cycle along, but the traffic on this stretch can be heavy. The attractive route via Tveide is recommended, and you can take a detour along the gravel path to F.
-  [Hamresanden](#) is an extremely popular area for bathing, barbecuing and windsurfing. There are long beaches on both sides of the peninsula. The slopes are gentle – ideal for practising surfboarding. There are not many good bathing beaches along the Tovdal stream, but there is a fine site at Birkeland in Berse (400 m →). There are no signs to the bathing site, but just follow the road to Berse Terrasse and down to the water (20 m ↓).

Map 115

- A** "Building for the future", with amusing architecture from the 1980s.
- B** Kristiansand Dyrepark (Zoological Park) with "Cardamom Town", Julius in the Apes' jungle, tigers, lions, Norwegian wild animals, pirate ship, etc.
- C** Vest-Agder-museet Kristiansand: Here you find the Town Street with various buildings round the square (workshops, shops, seamen's hostel etc.), the Setesdal farmyard with nine buildings from Valle and Bykle, and the Vest-Agder farmyard with an alpine dairy house, a storehouse on pillars, bathhouse etc. In the main building there are many different items and theme exhibitions.
- D** Myren Gård is a Swiss-style manor house surrounded by a beautiful garden.
- E** Kristiansand Kanonmuseum (The Canon museum) has a canon weighing 337 tonnes among other things. The projectiles could be shot halfway to Denmark. In the many rooms there are lots of objects and pictures from the 2nd World War.


Map Arendal

- A** Pollen Kunsthåndverk (handicrafts)
 - B** Arendal Bymuseum (town museum) shows how a wealthy town family lived in bygone days. You can also see a brewery and a baking oven.
 - C** Arendal gamle rådhus (The old Town Hall) is an impressive building in the Empire style. It was a private home from 1812-15, said to be the highest wooden building in Norway.
 - D** Aust-Agder Kulturhistoriske Senter (Cultural history centre): Very comprehensive collections illustrating many different themes under headings like: Sailing, mining, the timber trade, iron work, minerals etc. A separate exhibition about the slave trade. Learn about the connections between Norway and the Caribbean slave island of St. Croix.
 - E** Bomuldsfabriken Kunsthall: Art exhibition hall.
-  One of the best meeting points is in the area round the harbour at Pollen. Lively boating life with lots of places to eat or watering holes. Close to Pollen is the Culture house with a tourist information bureau and bus terminal.
- You must allow plenty of time to visit Tyholmen. An exciting environment with buildings in different styles and attractive colours. You can see a fine view over the centre if you go up the steps by the Methodist church.
- If you want to enjoy the sea air, take a trip to the island Merdø, a popular destination for summer outings.

Map Fredrikstad


- A** Kongsten Fort from the 1680s was closed down in 1903.
- B** Glasshytta: Glassblowing
- C** Fredrikstad Museum: Exhibition of the town and military history.
- D** Østfold Kunstnersenter / Galleri ØKS
- E** Fredrikstad Museum / Isegran Maritime Museum: Learn about processing yarn and the importance of mackerel and herrings. How much does a whale's heart weigh, and how many elephants add up to a blue whale?
- F** Lykkeberg park has some amusing sculptures – you must see them!
- G** Galleri Graphique
- H** Fotorama (gallery)
- I** Rammemester Kunst og Hobby (gallery)
- J** This is said to be the largest wall painting in the world (St. Hanshaugen covered car park).

The old town and fort are just perfect for a little stroll. A fascinating area with town stocks, cafés, a restored drawbridge and the barracks, build on a calendar principle. Try cycling along the fortifications to the south.

-  You will find a park with benches south of the cathedral. Along the river there is a nice, long promenade with several eating places. South of Kråkerøybroa bridge: Many benches and an abundance of flowers.
The cycle route is well signed towards the town centre coming from west. The signing is not as good in the centre itself.


Map Grimstad

- A** Grimstad Sjøfartsmuseum (Maritime Museum) in Hasseldalen is one of only three preserved sailing shipyards in Norway. In its heyday (ca. 1840-1910) there were some 40 shipyards in the town. Maritime equipment, marine paintings and objects from foreign countries are on display.
- B** Ibsen-museet Extensive collection of the great poet Ibsen's memorabilia. Also the pharmacy and guardroom where Ibsen was an assistant from 1847-50. This is where he wrote his first poems and first drama, *Catilina*.
- C** Design og Silke (gallery)
- D** Galleri Grimstad
- E** Grimstad Kunstforening (Art association)
- F** Energy park with solar devices, solar cells and plants used to provide energy.
- G** Dømmesmoen (2 km →): Lovely gardens with roses, a pond and Henrik Ibsen's herb garden.
- H** Norsk Hagebruksmuseum (The horticultural museum) has old machines, a shop selling seeds, and an exhibition on winemaking at Fuhr and a section on bee-keeping. Exhibition on Knut Hamsun's rustic activities.
- I** Tower viewpoint (105 m above sea level) five minutes walk along a woodland path from the horticultural museum.
- J** Sculpture


-  You will have no problem passing the time in Grimstad. There are lots of interesting streets to explore, and by the sea you can rest on one of the benches and watch life on board the boats moored there. See if you can find Nina Sundby's sculpture of Terje Vigen.
From Binabben (about 60 m above sea level) there is a magnificent view and a "line of sight chart" shows the directions to many different places. You can take your cycle up with you.
-

Map Kragerø

- A** Berg Kragerø Museum (1,5 km →): A lovely park is surrounding the museum.
- B** Glasshytta
- C** Theodor Kittelsen's childhood home. The house is yellow-ochre coloured, slightly out of the way. Exhibition of many of the stimulating drawings produced by the artists fertile imagination.
- D** Dypedalsgruva mine (signed from the centre). Delightfully cool on a hot summer day.
- E** Galleri Løvebakken
- F** Gunnarsholmen coast fort with twelve canons. A good place to take photos of the town.
- G** The viewpoint "Solen" (the Sun). Is this where the painter Munch found inspiration for his work?


 Kragerø centre is small and friendly, with twisting narrow streets and a cosy market place at the centre. To get a good view of the town and the skerries I recommend taking a walk up to Steinmann (65 m above sea level). Follow Løkkebakken up to the sports Stadium and turn right along the path (you can cycle there). There is also a good view from Storeveten (54 m above sea level), but you have to walk to this one. I also recommend cycling along the Galeioddveien on Øya as far as it goes.


Many visitors go out to Jomfruland (Virgin island) – a seven-kilometre long pebble island at the mouth of the fjord, which is fine for cyclists. There is plenty to see and several places to spend the night. You can also try Skåtøy on two wheels.

 At [Gunnarsholmen](#) there is an outdoor pool and a little beach. It is also possible to bathe in the sea at the fine [Sjøbadet](#) (sea bath) at Øya.

Map Kristiansand


- A** Stiftelsen Arkivet is working with subjects related to human rights and dignity, peace building and conflict prevention. Based in a building which served as headquarter for Gestapo during the 2nd World War.
- B** Ravnedalen Naturpark (Nature Park) is a very beautiful place of flowers, huge trees, a lake and a famous couple of swans! The park was laid out in the 17th century, and offers various arrangements during the season and a restaurant.
- C** Det Lille Galleri **D** Galleri S
- E** **Agder Kunstnersenter** (Art center) **Sørlandets Kunstmuseum** (Art museum)
- F** Christianssands Kunstforening (Art association)
- G** Galleri A44 **H** Galleri Bi-Z
- I** Fiskebrygga has several restaurants around an intimate harbour. Fresh fish and seafood are sold - enjoy some shrimps here!
- J** Otterdalsparken / Nupenanlegget offers fountains, benches and lots of greens for resting & picknicking.
- K** Christiansholm Festning was built in 1672, with 5 m thick walls around the rotunda. Nice views.
- L** Galleri 1897
- M** Agder Naturmuseum og botaniske hage (Natural History Museum and Botanical Garden): Geology, flora and fauna. Flowers, trees and Norway's largest cactus collection.
- N** Oddernes kirke is a roman style stone church built approx. 1100. Beautiful decorations.

 The most popular meeting places and "tourist magnets" are the facilities at Nupen, Bystranda, Fiskebrygga and Øvre Torv near the cathedral. Posebyen, the north east corner of the square, is a charming quarter with low, white-painted wooden houses. Take a look along Skippergata and Elvegata. What about a ride in a horse carriage? If you want a view of the whole town from above, go up the Dueknipen. Or if you prefer peace and quiet, go to Ravnedalen.

 There are plenty of places to bathe in and around Kristiansand, both salt and freshwater (Baneheia).

Map Larvik

- A** Harregården (The Manor): Baroque gardens and buildings dating from 1677. The manor house pageant is held in July.
- B** Lysko Antikk & Galleri
- C** Larvik Sjøfartsmuseum (Maritime museum) with an extensive collection on three storeys. Fine models of ships, an amusing canoe from a voyage to Africa, and interesting information about navigation and trade with Denmark. A separate Thor Heyerdahl section with models of Kon Tiki and Ra.
- D** This is where Colin Archer built lifeboats and pleasure yachts 1867-1915.
- E** Tollerodden with the Heyerdahl monument, benches, a café and bathing places, is an oasis.
- F** Farriskildene. Not a lot to see: just two busts of kings and a small fountain.
- G** Mosaic map of Brunlanes municipality from 1958, on the corner by Larvik bank.
- H** Larvik Museum: Good exhibition about larvikite (Norwegian pearl granite). Learn to distinguish different types of stone. Varied exhibition on the second floor. Café.


 Larvik is very much associated with two famous names: Thor Heyerdahl and Colin Archer. Both are honoured with monuments on the Toller point. This is a pleasant area where you will also find a small bathing pool, benches, flat stones, grassy areas and a café.

Larvik is also famous for the many minerals found in the area, and in the market square you can look at polished variants of larvikite. There are steep slopes in the town, but it is worth the effort to go up to Bøkeskogen (beech forest) – a wide area of shady paths where you hear birdsong.


Note! Away from the centre and eastwards I do not follow the officially signposted cycle route, as the signposting was inadequate and complicated. There are paths for cyclists and walkers or pavements on the route I have marked.

Map Moss

- A** Wall at Town Hall with the history of the town. 21 posters with historical information about Moss.
 - B** Moss Kunstgalleri **C** Galleri Kraft **D** Galleri Henrik Gerner
 - E** Moss Bryggeris Museum: Brewery Museum
 - F** Moss By- og industrimuseum (Moss town and industrial museum): Do you know what glass is made of? Find the answer here. Play the Mill game on a giant board on the floor where the “pieces” are bags of different types of corn. A video shows how oatmeal and cardboard boxes are made. Let the children grind their own flour.
 - G** Stone arch bridge dated 1837. Mossefossen waterfall and a little mill house.
 - H** Galleri Varden (2 km → 80 m ↑): Permanent Victor Sparre exhibition. Fine view and café.
 - I** Galleri F15 (4,6 km →): Interesting exhibition room surrounded by park and a pleasant agricultural milieu. Café
 - J** **Røed Gaard:** Main building dating from the early 18th century. There is plenty to see: Glassblowing, galleries, rose garden, store on pillars selling second hand items, soap factory, weaving workshop etc. Outdoor seats and benches. Café.
- Galleri Kvinnelist / Galleri Mamen**

 Dronningens gate is a pedestrian street. In the Kirkeparken there are benches, a pavilion and a large sculpture of a moose (!). In the park south of Mitt Hotel you will see prisms that make lovely rainbows in the sunlight. Moss has several friendly places to eat and outdoor restaurants, especially in Møllebyen, which is an exciting quarter with new and old architecture. Stengata is fun. There are several benches along the canal to Jeløya – just the place to wait for the ferry to Horten.

The first rainwear factory in the world, Helly Hansen, was founded in 1877. Everyone must have used a VingCard. The well-known plastic keys are also made here, and have been on the market since 1977.

 Near Vansjø there are plenty of grassy areas, benches, nice little paths, bathing places and a view over the water.



Map Risør

A Risør Kunstforening (Art association)

Den Hellige Aands kirke (The Church of the Holy Spirit, 1647). The four cardinal virtues are illustrated on the pulpit: Temperance (moderation), Prudence (wisdom), Justitia (justice) and Fortitude (courage).
Risør Museum

B Embla Design: Jewellery, glass. Galleri Villvin: Ceramics, glass. Norsk Steinsenter: Minerals & jewellery


C Risørflekken, a navigation mark set up in the 17th century. It is 45m above sea level and visible 12-16 nautical miles from the land. Fine view.

D Galleri Branntårnet is situated on a hill above the town, a good place to take photos.


E Acanthus: Ceramics for sale.

F Risør Akvarium (aquarium): Over 100 different fish and marine animals, posters, tools etc. You can study saltwater eel, sea needles, tropical fish, lobsters, sepia cuttlefish and more. You can also hand in postcards to be stamped in an underwater post office!

G Kastellet is a fort from the 1790s. Seven canons and a bathing place.

 Risør is rightly known as the “Artists town”. Many artists live here, and the Villvin Craft market is held here in the summer. The town is host to several festivals such as the Three Boat festival, the Chamber Music festival and Bluegrass, which attract thousands of visitors.

You will enjoy strolling about the narrow streets, especially Øvregata, Kamperhaugveien and the area around Kastellet. I also advice you to give yourself time to see Risørflekken. Tours of the town can be arranged with guides. If you are interested in a special gastronomic treat, take a boat out to Stangholmen Lighthouse (see the location on map 110).

 There are excellent places to bathe. At [Urheia](#) you will find three absolutely lovely freshwater spots between among idyllic pathways. To get there, cycle up Prestegata and Lindalsveien. You might even meet a frog offering to be kissed ...

Map Sandefjord

A Gokstadhaugen: In 1880 a 9th-century Viking ship was discovered here.

B The whaling ship Southern Actor (Museum pier) was built in 1950. It sailed on whaling excursions in the Antarctic until 1962, and later along the Norwegian coast and off Spain. The ship was saved from being broken up, and represents an important chapter of Norwegian shipping history. You can go on board and see the ingenious spring system that operated the harpoon.


C Hvalfangsmonumentet: The famous whaling monument was unveiled in the summer of 1960.

D Sandefjord Kunstforening (Art association)

E Hvalfangstmuseet (The whaling museum): Extensive collections with different sections. They include a full-sized blue whale and stuffed birds and animals. In the historic section whaling is illustrated with many different objects, photographs and plentiful information.

F Vandregalleriet (gallery)

G Miya Miya (gallery)

 There are lots of big and small parks in Sandefjord:

Badeparken: A large green area, but you cannot bathe here...



Pausteparken (just east of 2) was the first crossroad in the town. Benches and a drinking fountain.

Bugårdsparken, 2 km from the market place, is a lovely area for walking, but no bathing here either.



There are some charming areas around the Vandregalleriet (F). Lots of local colour in the market square, and I recommend the glorious view from Mølleråsen (70 m above sea level). It is a 200-metre walk to the top from the road.



Map Sarpsborg

- A** Galleriet Hafslund Hovedgård
 - B** Borgarsyssel Museum is the Østfold County museum, with around 30 buildings from the 30s. Comprehensive collections showing Medieval, peasant and workers' culture. You can also see the 12th century St. Nikolas Church with the Borg crucifix and St. Olav statues. There is a herb garden outside with many medieval herbs. There are lots of fascinating things to see inside, including a hand-powered organ and the Sørnes clock, with the world's most complex clock mechanism. In the town section you will find a "battle song" against strong drink, interesting texts about schools and the health service, the timber trade, the waterfalls etc. There is also a fine multimedia account of "Østfold over 10,000 years", with light effects, voices and objects. Café.
 - C** Statue of St. Olav, who founded the town in 1016.
 - D** Tunesteinen runic stone. The original was from the 5th century, and was copied in 1988. It has runic inscriptions on both sides. The runic texts are written up and down the stone, and the lines have to be read alternately from left to right and from right to left.
-  You will enjoy the long pedestrian street in St. Marias gate. There are benches in the large, quiet Kulås park, and also a fountain, mature trees, burial mounds and a pond with newts. In Santa Maria's square there is a fountain, benches and fruit and vegetables. The Storbyen Senter has a friendly market. Glengshølen is a great place to relax and light barbecue – you would not believe it is so close to the centre.
-  There are several fine bathing places at Tunevannet. On hot days the large grassy areas simply hum with life. You can cycle along right at the water's edge. At the Quality hotel & Resort (map 102, just off this map to the north west) there is a waterpark with a 25 m pool.

Map Tønsberg

- A** Haugar Vestfold Kunstmuseum (Art Museum)
 - B** Vestfold Fylkesmuseum (Vestfold County museum): The main museum houses the whaling and shipping sections, the Viking period, the middle age and history of the town. Here you will find the 1000-year-old Klåstad ship and objects from Kaupang. The attractions include a blue-whale skeleton that is 25 metres long and several stuffed animals from the Polar regions.
 - C** Vestfold Fylkesmuseum (County museum), the Building section (Tallak courtyard) is a superb place for a rest on the benches between the old buildings. The Alpine farm café here serves cured meat, waffles etc.
 - D** The castle hill and castle tower. A walk of a few hundred metres to the top. 60 m above sea level. Fine view of the town and its surroundings.
 - E** Tønsberg Kystkultursenter (Coastal Culture Center)
-  There is a delightful atmosphere along the wharves with lots of places to eat and crowds of people on warm summer evenings. In the town there are lots of steep, narrow streets to explore.
- Just a few of the things you will see on a walk through the centre: the drinking fountain outside the cinema (not many of them still exist); sculpture of Romulus and Remus at Haugar (why on earth is it here, besides the one in Rome?); park with benches, two small fountains and fine mosaics north of the Rica hotel; square with a fountain.
- Unfortunately the signposting is inadequate and slightly confusing along the cycle route in Tønsberg.
-  Active Familiesenter: Waterpark, turkish bath etc.