

# North Sea Cycle Route - West Translations

The following pages contains english translations of the texts of the back side of all plastic maps in the guide “Nordsjøruta Vest”, 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**

**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, Gjøving 97 64 98 61

Taxibåt til Lyngør, Gjøving 41 45 41 45

Resort Lyngørporten, Gjøving 37 19 80 00

Båbua Restaurant, Gjøving 37 16 62 90

Dusj på bygga i Tvedestrand

Tvedestrand

**Hjulgleder - Nordsjøruta Øst**

	Sov godt	km	Øst
1	Sjøversto Feriesenter	37 03 41 36	✓
2	Tvedestrand Fjerdhotell	37 16 26 55	✓
3	Gjøving 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 Skatbo Kultursenter 37 02 26 22 (2 km →) har team Tranga. Kunst, nye morsom, salg av disk, konsertar, enkel servering og alle rettigheter

D Skrårdøren Bro, stienhvelvbro fra 1910

E Veiskilti stoppejern (Vedenes Amt) ved grusveien i Stagesund

**Litt krydder**

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

Some general information about the route

Information about swimming places

Information about tunnels

Pay special attention to this part.

Sammen med Fjerdand i Sogn og Fjordane er Tvedestrand en såkalt hobby. Her kan du kikke rundt i over 20 bokhandlere, antikvariat 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). Einarsvika 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 Nesholghavn sterkt trafikkert og ikke egnet for barn.


2007 © **Castor Forlag**

A, B, C, D etc. = Take a look (sights)

Litt krydder = A bit of "spice" (different activities as riding, rafting, waterparks etc.)

## Map 116



- A Myren Gård is a Swiss-style manor house surrounded by a beautiful garden.
  - B Kristiansand Kanonmuseum "Batterie Vara" has among other things a canon weighing 337 tonnes (the second largest land-based canon in the world). There are also pictures, equipment and other items from wartime.
  - C The stretch along the old post route is charmingly peaceful and gently undulating.
  - D **Søgne Gamle Prestegård Culture Centre** (the old parsonage) is open for varying events and exhibitions. Runic stones from about 1000 AD in the courtyard, outdoor amphitheatre and statue of Bjørnson. Make sure to look at the work of art in blue. **The old church in Søgne** (across the road) was built in 1640 and is richly decorated with cloud formations on the ceiling, garlands of flowers etc. Bjørnstjerne Bjørnson was married in this church in 1858.
  - E Høllegata street has a very "southern" atmosphere – idyllically painted white. A large limestone slab, salvaged from a shipwreck, can be seen at the quay in Høllen.
  - F Søgne zoological museum houses a fantastic private collection of about 2500 stuffed birds and animals. There are minerals too.
-  The post route over Kvislevann has guard stones and good gravel. If you approach from the west, the ascent from Farvannet is steep. From Brennåsen you continue west along the old route E18, where there is very little motor traffic. The woods as you approach the river should be thinned out. There is a smell of manure and flourishing agriculture between Tangvall and Lunde. Idyllic route further west.

 [Høllesanden](#) and [Årossanden](#) are very popular, shallow beaches.

 Åros Ridesenter = Riding school

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## Map 117


- A Old concrete milestone.
  - B Harkmark Church is a protected "long church" dating from 1613. The stone circle outside marks a 2000-year-old burial.
  - C The Vestlandske Hovedvei (Main Road) rises quite steeply from the East. A sign on a gate at the east end states that "6 good-natured heifers are grazing here". A friendly welcome to a lovely stretch to cycle on.
  - D Sjølingstad Uldvarefabrikk (woolen goods factory, 2.2 km → from the east, 3.1 km → from the west) was founded in 1894 and closed in 1984. A complete little community grew up there, with a school, a shop, post office and houses. At one period the factory was the largest workplace in the municipality, with up to 90 employees. Today it is a monument to technology and culture, and beautiful woollen goods are still produced there. You can watch the whole process on the old machinery. See a foot-powered loom and a Jacquard loom. Find out what "sjoddi" (reclaimed wool) and "possement" are, and see how teasels (thistle heads) were used in production.
-  The whole route is pretty and gently undulating, with fine sea views at several points. Note that this is also the tourist route along the "North Sea Road" for motorists, so there may be a lot of traffic in the peak season. You will see a fine panorama of lakeside huts from the Skogsøy bridge. I can recommend cycling over the bridge and taking the trip along the sound behind the row of seaside huts.
- It is definitely worth leaving the route to visit Skjernøy, and it is possible to cycle round the island. Take a sharp turn to the right at the bottom of the hill after the bridge, and follow the route shown in black on the map.
- It is very pleasant getting to know the Vestlandske Hovedvei (although it is somewhat hilly...). There are gates, grass on the road, grazing cattle and an incredibly green landscape: moss on trees and stones, ferns and wood sorrel.
-  [Selvåg](#) has its own idyllic beauty. There is a good 500 m to cycle, on a fine gravel path. West of [Sjøsanden](#) there is a whole string of bathing beaches – see my own map of Mandal. The bathing place by the Vestlandske Hovedvei is exquisitely peaceful.

## Map 118

- A** Dråben Galleri      **B** Galleri Gustav Vigeland / Lindesnes Bygdemuseum (Rural Museum)  
**C** Snig Atelier  
**D** Galleri Furuly      **E** Lonebekken galleri  
**F** Tambarskjelvestein. Viking burials approx. 200 m further east.  
**G** Spangereid Vikingland: Riding, archery, sailing in a Viking ship, Norse playground etc.  
**H** **Lindesnes Kystkultursenter**: Coastal culture centre

**Lindesnes Fyrmuseum**: An exciting area with Norway's oldest lighthouse, mountain hall, war memorials, peace sculpture and majestic scenery.

### Galleri Lindesnes


 Put shortly: undulating steeply from westwards from Spangereid. Winding roads and quite a lot of traffic, but many beautiful spots and exciting cycling. A canal from Lenefjord to the lake was opened in Spangereid in 2007. The diversion to Lindesnes is well worth while. In the peak season fast & heavy traffic between Vigeland and Lindesnes. Twisting, narrow road.


 Sørlandsbadet waterpark: Spa, wellness centre, health studio.

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## Map 119

- A** Burial mounds.  
**B** Loshavn: Picturesque buildings with an exciting history.  
**C** Østhassel Emergency rescue station  
**D** Listamuseet: Open-air display and the museum's main collection.  
**E** 12th century church at Vanse.  
**F** Swing bridge and the start of a gravel path with 651 guard stones – count them yourself!  
**G** Horse trough with excellent drinking water.  
**H** Bøensbakkene: The road was built in 1899-1904. Restored and open for cyclists and walkers. Exceptionally lovely wild scenic route. High views towards the fjord.  
**I** Lista Naturmuseum: Stuffed animals and birds, fine collection.      **J** Listeskøyta Museum  
**K** Lista Fyr / Lista Fyr Infosenter.      Lista Fuglestasjon: Bird centre  
**L** Nordberg Fort from WW II. Extensive buildings.      **M** Hervoll møller (mills, 30 m ↑)      **N** Pennefeltet rock engravings.

 At Listaland the skies are clear, and you will find tempting beaches and bays, interesting cultural monuments, fantastic bird life and fertile agricultural land. You will probably have the wind in your face too, but the route is level and easy to cycle along. There are many quirky little details along the way, such as the lead weights on the dustbins, bathtubs in the fields, trees bent over by the wind and colourful eternit-boarded houses. Farsund is a charming town to potter around in, with steep streets, fine wooden houses, benches and shelters along the waterside. Use the map and explore the paths that twist between farms and stone walls. West of Jølle it is quite hilly.

 This is where you can pick and choose, and the bathing beaches are almost continuous from Loshavn to Borhaug. If you want a little bay for all to yourself, try at Einarsneset, where there are several to choose between. Mobile phones do not work on the beaches either! You may cycle on some of them, which is an intriguing experience.

## Map 120


**A** Sissels Smykkeverksted & Galleri

**B** Feda is charming – an attractive settlement by the river mouth. Hint: take a trip along the road on the west side of the channel.

**Bøkkerbua:** The extensive herring fisheries in the early 19th century laid the foundations for the production of barrels in Feda. More than ten coopers had flourishing workshops when the industry was at its height. Times change, however, and the last cooper closed his shop in 1976. A few enthusiasts still demonstrate the old craft of making barrels, and the cooper's workshop is now part of Norwegian Heritage.

**C** Hestespranget bro: Stone arch bridge.

**D** Restored mill.

 Cycling from Heskestad to Kvinesdal is not particularly exciting. Still, there is rolling countryside and dramatic scenery, with some views out to the fjord. A lot of road work has been done, (2006) and the map will probably not be entirely up to date.

The stretch from Kvinesdal to Flekkefjord is more interesting, along narrow asphalt roads through agricultural land and the steep, twisting road at Øyekleiva, where you climb 130 metres in 1.6 km. Further on towards Flekkefjord there is a fine road via Feda up to new heights and undulating old roads. After June 2006 the E39 was re-routed, and you have to cycle along the European Route for just under a kilometre.

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## Map 121


**A** Flekkefjord Museum is housed in a building from the 19th century. Various exhibitions in the main building and a seaside hut. The museum is at the centre of the so-called Dutch town, a white-painted quarter that got its name from a period of trade with Holland. Lovely streets to potter round in.


**B** Old concrete milestone


**C** Memorial in the mountainside commemorating the boarding of the German supply ship Altmark from the British destroyer, Cossack on 16 February 1940.

**D** Hellenen is an extraordinary settlement where humans have sheltered since the late Stone Age. Up to 15 people have at times lived in the houses that still stand under the cliffs. They date from the 18th century and inhabited until about 1920. They have no tiled roofs, since they are protected by the cliff.

**E** This is believed to be the largest rocking stone in Northern Europe (1,9 km → 25 m ↑). It weighs over 70 tonnes, but can be rocked by hand.

 I read in a description of the route from Egersund to Flekkefjord that this is a cycle ride for “really keen cyclists”. The writer was probably thinking of all the hills. Admittedly, it is hilly here, and the road rises and falls repeatedly, as a foretaste of Vestlandet. The countryside is very wild, with magnificent scenery, especially near Jøssingfjord. At this point you rise from 3 to 215 metres above sea level in 2.7 km. The upward slopes provide welcome opportunities for walking a little and resting your back, while the downward slopes are just wonderful.

 There are two tunnels on this map, both near Jøssingfjord. One tunnel is 240 m long and quite steep. You cannot see through it, and should have your lights on here. The other tunnel is a mere 50 m long.

 Rixen Watersport: Cable system for water skiing and wakeboards.

Trolley rides on the disused Flekkefjord railway. Pedal along between Flekkefjord and Bakke Bro. Difference in height of 60 metres, 16 tunnels (longest 1.1 km) and fine views.


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## Map 122

- A Batikk galleri & verksted
- B Rekefjord: Well preserved cluster of buildings and protected row of boathouses.
- C The first shot in World War II was fired here. (Plaque on the mountainside.)
- D The buildings at Nesvåg and the Sea and Fishing Boat Motor Museum. Large number of motors, various instruments and equipment etc.
- E Mill house dating from ca. 1860 and 18th century stone arch bridge.
- F The Elverhøy Nature park is like a "jewel" island in the river. Benches, mossy stones and rippling streams on all sides.
- G Water for the horses on the inner side of the road.
- H Hestvad Bru: Stone bridge with six arches.
- I Dalane Folkemuseum: Folk museum.

**Sogndalstrand** is an old trading centre with fine warehouses by the waterside. The town has been revived as a "Slow city". It is a glorious place to relax, for instance on the benches "Young folk's rest" and "The senses rest". Restaurant (at the hotel) and café.

**Dalane Folk museum:** Fishing and maritime section. There are two stone bridges here too, built in 1882 and 1999.


 Exciting rolling countryside: "Alpine scenery in the lowlands". The attractive centre of Egersund is cosy and picturesque, and is one of the best preserved wooden town environments in Norway.

 There is only one tunnel on this map, a 80 m long hole southeast of Rekefjord.

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## Map 123

- A Gamle Jærbanen (The old railway line) is a lovely stretch with steep mountainsides, sea views and a narrow gravel path through magnificent country. A 7 km car-free stretch.
- B Vestlandske Hovedvei: An extremely beautiful (and slightly steep ...) gravel path between rolling bare rocks. You might even see an elk too. Plenty of fresh air!
- C Helland Bru: Stone bridge with three arches.
- D Atelier Ogna
- E Ogna Bru: Stone bridge with two arches.
- F Varden Sjøredningsmuseum: Sea rescue museum.
- G Vaulemoen Bru: Stone bridge with five arches.
- H "Hitler's teeth", an alternative name for the barricades from World War II.
- I Kvalbein Keramikk


 There is a marked change in the landscape at Hølland Bridge. Approaching from the west, you cycle here into quite hilly country, starting on an idyllic route through agricultural land until you join the Vestlandske Hovedvei. Then you just see one range of blue mountains after another, with fantastic views across the heights. Several interesting information boards along the route, but few bathing places. A little loose oil gravel here and there. It will be heavy going with a cycle trailer.

The Jæren plateau stretches to the west of Hølland Bru. There are fine places to bathe or come close to the sea, and lots of sand dunes between Ogna and Brusand Camping. I recommend the open area east of Brusand Camping. Signposting is not too good between Vigrestad and Ogna.

Please note! Because of the map scale it is not possible to show the exact route of the cycle path along the old railway between Egersund and Hellvik. You will cross the present railway six times, passing several small lakes and you have to climb four hills.


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## Map 124


- A** Den gamle Kongeveien: The old King's Road
  - B** The old churchyard in Varhaug
  - C** Grødadalstunet (rural museum): Cosy courtyard and milieu
  - D** Jærmuseet (3,3 km →): Comprehensive museum with lots of interesting things to see. Try various experiments.
  - E** Obrestad Harbour with work of art.
  - F** Obrestad Lighthouse is protected.
  - G** Hå Old Parsonage. Art and culture centre with exhibitions and works of art and art books for sale. Light refreshments.
  - H** Nærland Radio monitoring station (war memorial).
  - I** The old church at Orre was built in the 13th century and later reconstructed.
  - J** Friluftshuset: Art exhibitions and info about the Jæren countryside. Light refreshments and outdoor barbecues. (Bring your own food to barbecue).
  - K** The Fritz Røed Sculpture park is an impressive sight.
-  The most level country in the whole of Norway! Open landscape with wide open skies and beautiful stone walls witness to the hard work and high hopes of earlier generations. Vegetables on sale, as self-service. A pleasant alternative to following the cycle route is to go round Orrevatnet. A detour to the Sculpture Park in Bryne is highly recommended. There are imaginative sculptures, many different birds, and benches to enjoy peace and quiet.

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## Map 125

- A** Alternative uses for used tyres.
  - B** Runic inscriptions from about 1000 AD on a little hill. Windmill.
  - C** Rock engravings: Not very clear, right behind the ancient monument sign.
  - D** War memorial: Bunkers from World war II.
  - E** Ruins of Sola Church (12th century). Look into the church through a glass wall.
  - F** Flyhistorisk Museum (Sola Aviation Museum): More than 35 aeroplanes, models, pictures etc.
  - G** Tjora Churchyard with two restored stone 12th century crosses. There has been a place of worship and burial ground here from about 1100 to 1842, when the stave church was demolished.
  - H** Coast cultural collection. Mika Kunst & Rammer.
  - I** Alexander Kielland Monument, erected after the disaster on 27 March 1980, when the residential oil platform capsized in the Ekofisk oilfield in the North sea. The disaster was the worst in the North Sea and Norway since World War II. 123 lives were lost.
-  There is a really fantastic gravel path round Kvernevik, with an open view of the sea from the bare rocks. The whole stretch is easy to cycle along, with only gentle ascents. The traffic here will not cause problems either. The yacht harbour by the Hummeren Hotel in Tananger is a fine place for a break. It is also very beautiful around Vigdel. Note the many functionalist style transformer towers scattered about the fields. They were built in the 1940s and 50s, and some of them are protected.

## Map 126

- A** Kystkultursamling (Coastal culture centre)
  - B** Alexander Kielland Monument, erected after the disaster on 27 March 1980, when the residential oil platform capsized in the Ekofisk oilfield in the North sea. The disaster was the worst in the North Sea and Norway since World War II. 123 lives were lost.
  - C** Svarthola: Early stone-age settlement (6000 B.C.)
  - D** The Vistnes house is a museum farm with free-range animals. Furnishings in the house date from about 1900.
  - E** Tungenes Fyr (lighthouse): Cosy little courtyard, café, gun station from the war. Also paintings and a fine view over the sea.
  - F** Sjøbruksmuseet: Boats and information on sea fishing.
-  An easy stretch to cycle, with the route running through picturesque country on narrow, undulating roads. The smell of manure will tickle your nose if you come in the spring. It is especially beautiful around Kvernevik, where the gravel path winds between the outcrops of rock. There is a very striking view of the sea. Small, tempting bathing places south and west of Viste Strandhotel. Signposting of the route is not too good in some places.


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## Map 127

- A** Kvitsøy church was built in 1620. Rose-painted walls and fine view.
- B** The stone cross is believed to be one of the oldest in the country, raised in the 10th or 11th century.
- C** Kvitsøy Fyr (lighthouse) is the third oldest in Norway.
- D** Hummermuseum (lobstermuseum)
- E** Old Sandve Harbour
- F** Colourful boathouses + Fishermens Memorial
- G** Totem pole and Ting stones at Karmøy Culture house + Galleri Saga
- H** Rogaland Fiskerimuseum (The fishing museum) is housed in the old herring salting house.
- I** Karmøy Fiskerimuseum exhibits various old motors, gear etc.
- J** Dale's Galleri


**Old Skudeneshavn** has its own atmosphere, with narrow streets, cats and well-kept gardens. There is a “moonstone”, in the park, a ship's figurehead and a “Yes/No” bench. Lots of cosy cafés, including the Tåkelurfabrikken (Fog horn factory), Majorstuen and “The smallest café in the world”.

**Museet i Mælandsgården:** Comprehensive museum with exciting exhibitions. Smithy, cooperage, agricultural section, boathouse with 11 boats etc.


-  Level, easy cycling. Narrow roads, lovely moors with heather and coastal landscapes. Magnificent bathing beaches and bays. A few sections with poor signposting, so keep a close eye on the map. Considerable traffic in some places. Stop at Kvitsøy recommended.
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## Map 128

- A** Olavskirken (St. Olav's Church) was begun in 1250. Three stained glass windows and "Hellenic blue" over the chancel. Nordvegen Historiesenter (history centre): Very interesting information about the Viking period and mythology. Model of the Storhaug ship and Yggdrasil.
- B** Vikinggarden på Avaldsnes (Viking courtyard): About 10 minutes' walk from **A**. "Primeval forest", Viking longhouse, round house, pit house, runic inscriptions, piers for sunbathing, bathing inlets etc. Fine facilities and exciting ambience!
- C** Rehaugene: Burial grounds 500 BC - 500 AC
- D** Keramikkverkstedet
- E** **Vigsnes Grubemuseum** (Mining Museum): Copper mining 1865-1972. Interesting museum. Why is there a model of the Goddess of Liberty here?  
**Karmøy Lyngsenter**: Heather centre with 70 varieties of heather. Learn what you did not know about honey.
- F** The five foolish virgins are five standing stones from the early stone age.
- G** Norwegian and Swedish flags painted on the mountainside (1864).


 There is a small park at Kopervik with benches and a pavilion. You leave Kopervik (northwards) along pleasant asphalt and gravel paths. A quiet bathing spot at Slettvatnet. Beautiful cycling northwards. I warmly recommend a sightseeing detour to the Viking farm and Vigsnes, where there is a lot to see and a fine place for a rest. The last kilometres to Karmsundbroa are along charming roads.

NB! North and south of Haugesund centre I do not follow the official signposted route, as I found it far too twisty and heavy going. This applies especially in the north, where it follows a lot of small roads through residential areas. My alternative follows footpaths and cycling paths with pavements all the way.

 North of Haugesund you cycle 3km altogether along National Route 47 without a footpath or cycle track. This is a winding road with heavy traffic.

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## Map 129

- A** Ryvarden Fyr (lighthouse) lies 3.3 km from the cycling route. The trip along this gently rolling gravel path is warmly recommended. Fine view of heather-clad moors and the sea. On 26 November 1999 the catamaran MV Sleipner ran aground on the reefs at Bloksene, and 16 lives were lost. A beautiful memorial has been erected here, "The People's Light". There is a gallery and café at the lighthouse. Outside: fine rocks for sunbathing.
  - B** The old church at Bømlo was probably built in the 1620s. Rebuilt twice in the 19th century. A fine, slightly unusual church.
  - C** Former burial ground in Vestre Vika. Continue straight ahead at the crossing 570 metres from the national route and cycle up to the car park, 750 m → . It is a ten-minute walk from there along a partly overgrown tractor track. About 60 metres after the second entrance you can follow red arrows and marks on the hillside up to the right (thin black line). It seems an odd place to have a burial ground, but it is a magnificent spot in open heathland. The graves date from the 19th century.
  - D** Mountain painting at the lay-by: "Jesus the Light of the World".
-  Going south towards Buavåg the road is gently undulating. Do you think Bømlo is fertile? These are some of the flowers that delighted me as I rode by one day in August: harebells, birdsfoot trefoil, bog cotton, deep red burgundy heather, cranesbill, red clover, meadow buttercup, cow parsley, field scabious, dog rose, white pussytoes, orchids, wild strawberries, willow herb, alpine bistort and goldenrod. Besides: stone walls, glimpses of the sea, birdsong, the scent of hay in the fields and delightful narrow roads without much traffic. The area is gently rolling, with heights between 2 and 70 m above sea level.

## Map 130


- A** Goldmines at Lykling. Several sites, about 1.5 km to the first of many.
- B** Three cheery wooden trolls at Våge school.
- C** Kulleseid Telegraph station was the first building erected by the Norwegian telegraph service at its own expense (1857). The station was set up to meet communication need in the fishing industry. Open only for groups.
- D** **Moster Amfi**: Fine facilities and exhibition “From paganism to Christianity”. Interesting to see how the meaning and content of religious symbols change, for instance as in the ‘world tree’ Yggdrasil and the Tree of Life in Christianity. Performance of the Mostra pageant in May-June. Artwork for sale.  
**Moster Gamle Kirke** (old church) was built before the end of the 12th century. Stone cross on the mountaintop in memory of Olav Trygvasson and Olav Haraldsson.
- E** Sunnhordland Museum: Many interesting objects. Lots to see plus open-air section
- F** Stordø Kisgruber (silica mines) was in operation from 1865-1968. Great activity in the 1950s.


### Leirvik

Stord Maritime Museum houses boat motors among other things. Information and history about HSD, Leirvik, Stord Verft, food canning and more.

Smio Brukskunst (arts and crafts)


Galleri Giga

 Relatively hilly east of Kulleseid, between 5 and 60 metres above sea level. Leirvik is a friendly place with several cafés and places to eat, a little pedestrian street and market selling fruit and vegetables. In my opinion the short gravel stage here is a delight. It is quite hilly between Sagvåg and Fitjar (map 131). The dotted route south east of Sagdal is an alternative route. Footpath and cycle track along the entire stretch.



 There are several good bathing places along the way, with perhaps the finest at [Sponavika](#).

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## Map 131


- A** Sunnhordland Museum: Many interesting objects. Lots to see plus open-air section.
  - B** Stordø Kisgruber (silica mines) were in operation 1865-1968. Shafts go down 750 m under the winding tower dating from 1928. Activity peaked in the 1950s, with up to 400 employees. There are several marked footpaths in the area, and peaceful grassy areas with benches to rest on.
  - C** Rydlandssaga (old sawmill) + stone arch bridge
  - D** Galleri SI
  - E** Årskog Museum is right by the road. Do not follow the signs to the museum, but continue 400-500 m along the national route. Excellent for a break or rest. Path to the ocean.
-  It is slightly hilly between Litlabø and Rydland, and as the map shows, you climb up to 70 m above sea level. It is generally pleasant cycling, and the narrow road along the Storavatnet south of Fitjar is verly lovely.

## Map 132

- A** Galleri Solbakkestova with sculpture park and magnificent gallery.
  - B** Oselvarverkstaden (The Oselvar workshop) masters the art of building clinker-built rowing boats of the oselvar type.
  - C** Lyse Kloster is a ruined Cistercian monastery that was founded in 1146.
  - D** The bows of a rowing boat creatively made into a mailbox frame.
  - E** Museet Lysøen is housed in several locations. This is Ole Bull's house, a 17th century farmyard, now a café with a park. Boat from Søvik.
  - F** Fanaseter café & mini-farm with riding and some animals. Vestnorsk Setermuseum is a cluster of buildings with summer farmhouses.
  - G** Fana Church is believed to have been built in about 1153. In the Middle Ages it was a pilgrim church. Beautiful stone bridge nearby.
  - H** Horda museum (History of Building section)
  - I** Troidhaugen is the Edvard Grieg museum, with the composer's cottage and his grave built into the mountainside. Refreshments and a fine park-like area.
  - J** Gamle Vossebanen is a fantastic museum railway with a "soul". See more information on map 133.
-  From Halhjem to Osøyro the cycle route does not follow E39, but runs along smaller parallel roads. It rises steeply from Os. Charming road round Lyse Kloster. The road from Søvik to Fana is pleasant, although quite hard work and sometimes steep. Ascent from 30 to 230 m above sea level, with 3 km uphill altogether. Fine countryside and a fertile valley. At the top you really deserve a portion of "rømmegrøt" at Fanaseter! It's just as steep on the other side: 230 to 50 m above sea level in 2 km. Charming, very rustic footpath and cycle path from Horda museum to Nesttun.
-  From Ulven there is nearly a kilometre along the national route (60-zone) which is quite narrow with fast-moving traffic. The road is twisty between Søvik and Fana church, and I found a lot of traffic going fast.


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## Map 133

- A** Troidhaugen is the Edvard Grieg museum, with the composer's cottage and his grave built into the mountainside. Refreshments and a fine park-like area.
  - B** Gamle Vossebanen is a fantastic museum railway with a "soul". There are water jugs, tip-up seats and cosy carriages with the seats face to face. You can still buy refreshments from a trolley too. The ride goes through residential areas, along the river and through quiet woodland. Several special events during the summer. A trip in the train can be combined with a crossing in the veteran boat, M/S Bruvik. Your cycle comes along free of charge!
  - C** Old ropery building.
  - D** The Ulriken cableway takes you to the top of Ulriken. Fantastic view of the town and right across all the surrounding mountains.
-  Bergen is a wonderful city! You can easily pass many hours in the crowded streets, strolling along the Bryggen and in the market square. See your fill of views from Fløyfjellet or Ulriken. Towards the centre of Bergen the North Sea Route follows a cycle route known as the Fana route. On the whole it is well signposted, but close to the centre it is inadequate and perhaps ambiguous.
- Do you know the names of Bergen's classic "seven hills"? Here is a list that will be useful if you are asked: Lyderhorn, Damsgårdfjellet, Løvestakken, Ulriken, Fløyfjellet, Rundemanen and Sandviksfjellet.

## Map Bergen


- |          |  |          |   |
|----------|--|----------|---|
| <b>A</b> | Bergen Aquarium                        | <b>B</b> | Bergen Arthall / Bergen Artmuseum                         |
| <b>C</b> | Cultural History Museum                | <b>D</b> | Bergen Natural History Museum                             |
| <b>E</b> | Bergen School Museum                   | <b>F</b> | Vilvite - Bergen Science Centre                           |
| <b>G</b> | Bergen Marine Museum                   | <b>H</b> | Bergen Technical Museum                                   |
| <b>I</b> | Bryggens Museum                        | <b>J</b> | Buekorps Museum (Boys' marching band Museum)              |
| <b>K</b> | Fløibanen funicular railway            | <b>L</b> | The Fresco Hall / Tourist Information                     |
| <b>M</b> | Old Bergen Museum                      | <b>N</b> | Hanseatic Museum  |
| <b>O</b> | Hordaland Art centre                   | <b>P</b> | Medieval Castle Håkon's Hall / Rosenkrantz tower          |
| <b>Q</b> | Leprosy Museum                         | <b>R</b> | St. Mary's Church   |
| <b>S</b> | Norwegian Museum of Fisheries          | <b>T</b> | Schøtstuene, Hanseatic Assembly Rooms                     |
| <b>U</b> | Theta Museum - the resistance movement | <b>V</b> | The United Sardine Factory (USF): art and cultural centre |
| <b>W</b> | Art Industry Museum                    |          |   |

 Bergen has plenty of galleries and artists working with different art forms. Some of them are listed in the booklet attached with the guide. The list is definitely not complete, please check at the tourist office.

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## Map Haugesund

- A** A supervideograph shows films of the district.
- B** Galleri Hantho
- C** Dahl Rammeservice (gallery)
- D** Karmsund Folkemuseum: The collections at Karmsund Folk museum illustrate agriculture, fisheries and shipping.
- E** Karmsund Folkemuseum, Dokken: An interesting area with a herring salting plant, cooper's workshop, boathouse, smoking house and old shops. Large collection of boats. The herring salting factory was in use until the 1940s. A lovely little garden with about 40 shrubs.
- F** Haugesund Billedgalleri (Art Gallery)
- G** Haraldshaugen is the national monument to the unification of Norway, unveiled at the 1000-year jubilee of the unification. A stone cross stands on a raised site to the south. Few places in the world can boast as many stone crosses as this district.


 During Sildajazz and the Film festival the town bubbles with life along Smedasundet. There are endless rows of places to eat, while Marilyn Monroe surveys the scene from her pedestal. There are many fine buildings in wood and brick in Haugesund, and the town has two parks where cyclists can rest: Rådhusparken east of **2** (below the pink Town Hall) and Byparken south of **F**. You will find benches in the shade, lawns and little drinking fountains around a pavilion. There are colourful mosaics on the cinema.


The marked cycle route does not follow the officially signposted North Sea Route, as it was difficult to follow.

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## 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 Musuem and Botanical Garden): Geology, flora and fauna. Flowers, trees and Norways 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).

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## Map Mandal

- A** Atelier Ballastbrygga
- B** Mandal Church is probably the largest wooden church in Norway, with pews for some 1300 souls.
- C** Lillens Låve (barn): Ceramics                      **D** Galleri Syvert
- E** Water level gauge in the river.                      **F** Galleri Austrud                      **G** Ateliéer Blå
- H** Mandal Bymuseum (City Museum) has sections about fisheries, shipping and folk art. In the art section you can study the brushwork of well-known artists like Adolph Tidemand, Amaldus Nielsen and Gustav Vigeland. Outdoors there is a lovely rose garden and war memorial cross.
- I** Vigelands Hus was the birthplace of the Vigeland brothers, sculptor and wood engraver Gustav (born 1869) and painter Emanuel Vigeland (born 1875). Varying exhibitions (paintings, wood engravings etc.) and some sculptures outdoors. There are also workshops and farm buildings by the house.
- J** Sava Brukskunst (arts and crafts)                      **K** Salmon ladders for observing and catching the salmon in the river.

 You will get a fine view of the town if you climb up Uranienborg. Start behind Husfliden. The 148 steps bring you 60 metres above the Mandal river. There is also a fine view from Stangheia (go up by the petrol station).

The centre of Mandal has many charming streets to stroll through – these are some of them: Store Elvegata, Øvrebyen, and Nordgata. Gustav Vigelands vei and Adolph Tidemands gate. You must not miss the local colour of the river promenade and the sculpture “Mandalitten”.

In the Skriverhagen just west of the Town Hall there are benches and a sculpted fountain, a “lovers’ bench” surrounded by hedges and a spiral of rocks. You can cycle to your heart’s content on the paths in the pine grove. You will find plenty of benches and you are never far from a beach. The signposting for the North Sea Route is poor through the centre.

 If you do not find a beach you like here, you are incredibly fussy! My favourites are the three inlets in a row by the [Kanelstranda](#) beach.

