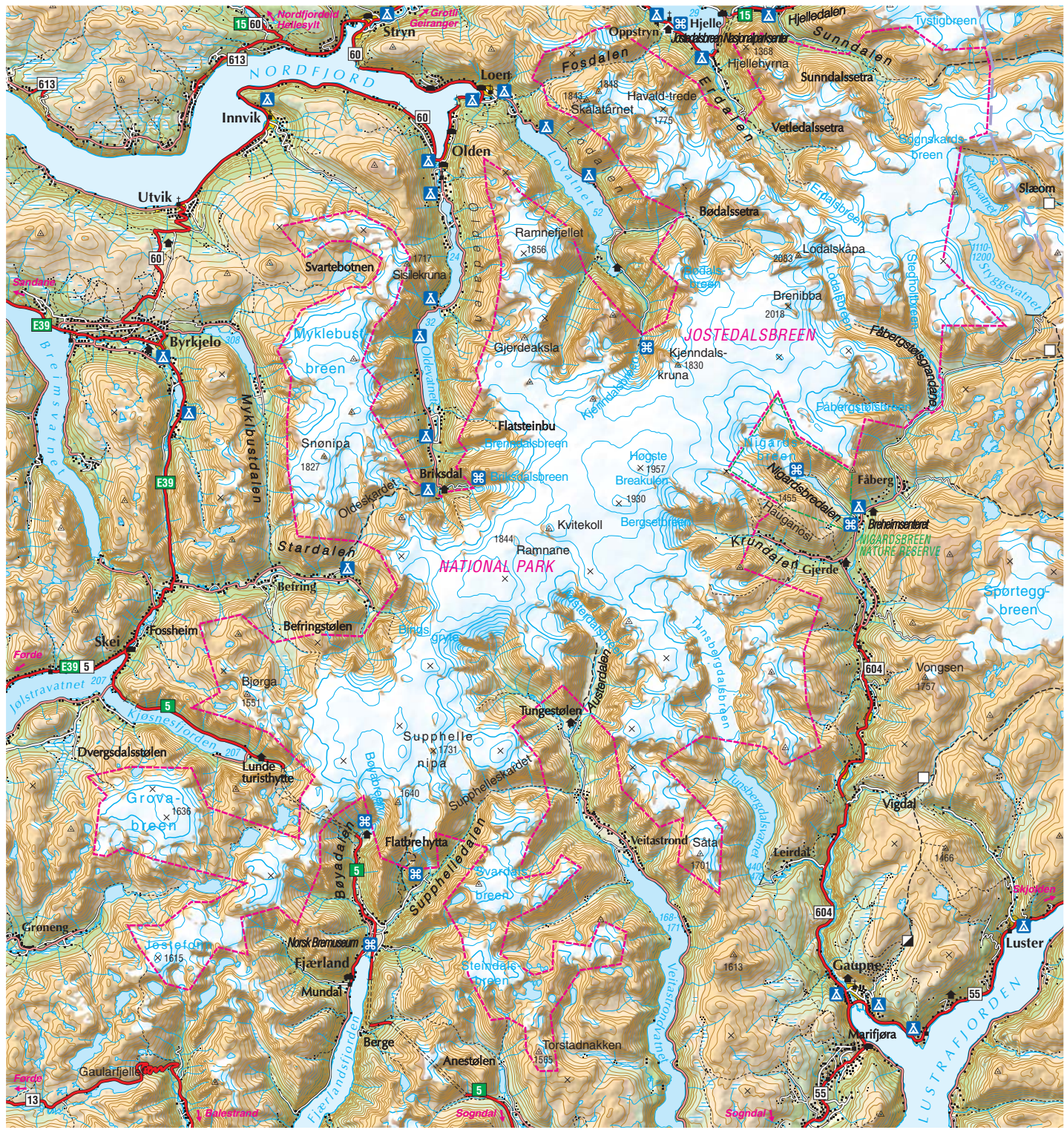




LEGEND

Open	over 2000 m a.s.l.	Self-service tourist cabin
	1500-2000 m a.s.l.	Unstaffed tourist cabin
	1000-1500 m a.s.l.	Mountain inn
	500-1000 m a.s.l.	House, Cabin
Forest	under 500 m a.s.l.	Barrier, Peak
	Glacier, bog	
	National park	
	Protected landscape	
	Marked trail, Path	
	Trunk road	
	Main road, Other road	



GLACIERS CAN BE DANGEROUS!

In front of glaciers there is danger of falling ice and sudden floods. Never venture under any glacier. Never go close to a glacier or walk on a glacier without an experienced guide (available in Jostedal, Fjærland, Briksdal and Stryn).

NATIONAL PARK CENTRES

Around Jostedalbreen there are three national park centres. They offer exhibitions, film shows, information material and diverse activities and are well worth a visit.

Breheimsenteret
6871 Jostedal. Tlf. 57 68 32 50

Jostedalbreen Nasjonalparksenter
6799 Oppstryn. Tlf. 57 87 72 00

Norsk Bremuseum
6848 Fjærland. Tlf. 57 69 32 88



Jostedalbreen Nasjonalparksenter. Photo: Anne Kjos-Venjum Armas

Practical information

The unique countryside around the glacier is protected by law – help us to conserve it.

YOU MAY

- walk and camp anywhere in the national park
- pick berries, fungi and flowers for your own pleasure
- hunt and fish, according to regulations, in licensed areas

YOU MUST NEVER

- damage wild plants or disturb wild animals
- use motorised land or water transport – and fly aircraft below 300 m or land in the national park
- leave rubbish within the national park
- quarry for stone, minerals or fossils

ACCESS AND ACCOMMODATION

There are roads into the park from many of the surrounding valleys, including Jostedal, Veitastrom, Fjærland, Stardalen, Oldedalen and Lodalen. Accommodation at camp sites, guest houses and hotels in the valleys outside the park, and at cabins within the park a few hours by foot from the main roads.

MAPS

- Jostedalbreen tourist map (1:100 000)
- 10 sheets of the series Norway 1:50,000

INFORMATION

Fylkesmannen i Sogn og Fjordane
6863 Leikanger • Tel. 57 65 50 00
Norwegian Nature Inspectorate/Statens naturoppsyn
6799 Oppstryn • Tel. 57 87 72 00
For further information – contact the national park centres!

Front cover: Nigardsbreen glacier. Photo: Tom Dybwad
Back cover: Supphellebreen glacier. Photo: T. Dybwad and F. Loftesnes

Text: T. Dybwad. Illustrations: D.T. Lid and R. Røddvåg. Layout and digital cartography: Cartographica/Overland. Digital map data: Statens kartverk. Permission no. LK892004-6681/6. Printed by Zoom Grafisk on unchlorinated Prof. Silk. 150 g.

Norway's national parks — part of the national heritage

The natural environment of Norway is spectacular and varied. There are still areas where nature's own laws govern animal and plant life. But without adequate protection many of these areas will lose their distinctive qualities.

It is imperative to preserve for posterity a representative selection of all types of nature. The aim is to establish national parks or protected areas that cover all types of the natural environment. The first national park was established in 1962.

In our national parks we wish to take care of the richness and variety of Norway's natural heritage, for Nature's sake as well as our own, so that later generations may experience the undisturbed countryside and future scientists can study the interrelationships in natural environments. Many of our national parks are also important areas for outdoor recreation, receiving large numbers of visitors annually, both Norwegian and foreign.

Our national parks house some of our most precious natural treasures – let us share the privilege of looking after them.



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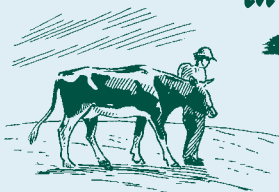


A landscape formed by ice and water

U-shaped valleys, moraines, polished rock faces, outwash plains, boulder-strewn fields and scree slopes – a landscape formed over thousands of years by ice and water and still constantly changing

Fåbergstølsgrandane – the largest active sand bars in Norway. Photo: Finn Loftesnes

An important highway in bygone days...



In the past, tracks and droveroads crossed the great Jostedal ice-sheet, linking the western valleys and fjords with the inland districts of Sogn and south-east Norway. Cattle and horses were driven across the glacier to be sold in the markets in the east. This would be difficult today as the ice-sheet has shrunk and is therefore steeper and has more crevasses.

This has long been regarded as an attractive area for walkers and hikers. Skiing the length of the glacier has become popular in recent years, often taking in the highest point of Lodalskåpa. Without specialist knowledge and proper equipment, however, walking or skiing on the glacier is highly dangerous.

The old routes in the valleys around the glacier, such as Oldeskardet and Supphelleskardet, offer exciting walking tours. The valley glaciers of Briksdal, Fjærland and Nigardsbreen are well-known and paths lead right to the glacier in many places, including Kjenndalen and Austerdalen.



The valley glacier at Briksdal. Photo: Foto: Jon Arne Sæter

The largest ice-sheet in mainland Europe...



Jostedalsbreen is a glacial icesheet with many valley glaciers, rising from 300 m to 2000 m. Practically half the National Park is covered by ice. It is one of the largest remaining areas of undisturbed landscape in S. Norway and therefore important for both nature conservancy and recreation.

Glaciers are formed when the annual snowfall exceeds the amount which melts in summer. It can be cold, cloudy and windy on the glacier, while in the surrounding valleys the weather is warm, sunny and calm. It may snow even in summer on the glacier.

Recent research has shown that 8,000–5,000 years ago the Jostedal glacier had completely melted, but it formed again, reaching a new peak in the “little ice-age” around 1750. Many valley farms were destroyed by advancing ice, as at Nigard, or when huge blocks of ice broke away, as at Tungøyane in Oldedalen when the Brenndal glacier calved.



Looking towards Lodalskåpa from Sætrefjellet. Photo: Tom Dybwad

From fertile valleys to ice and barren mountain...

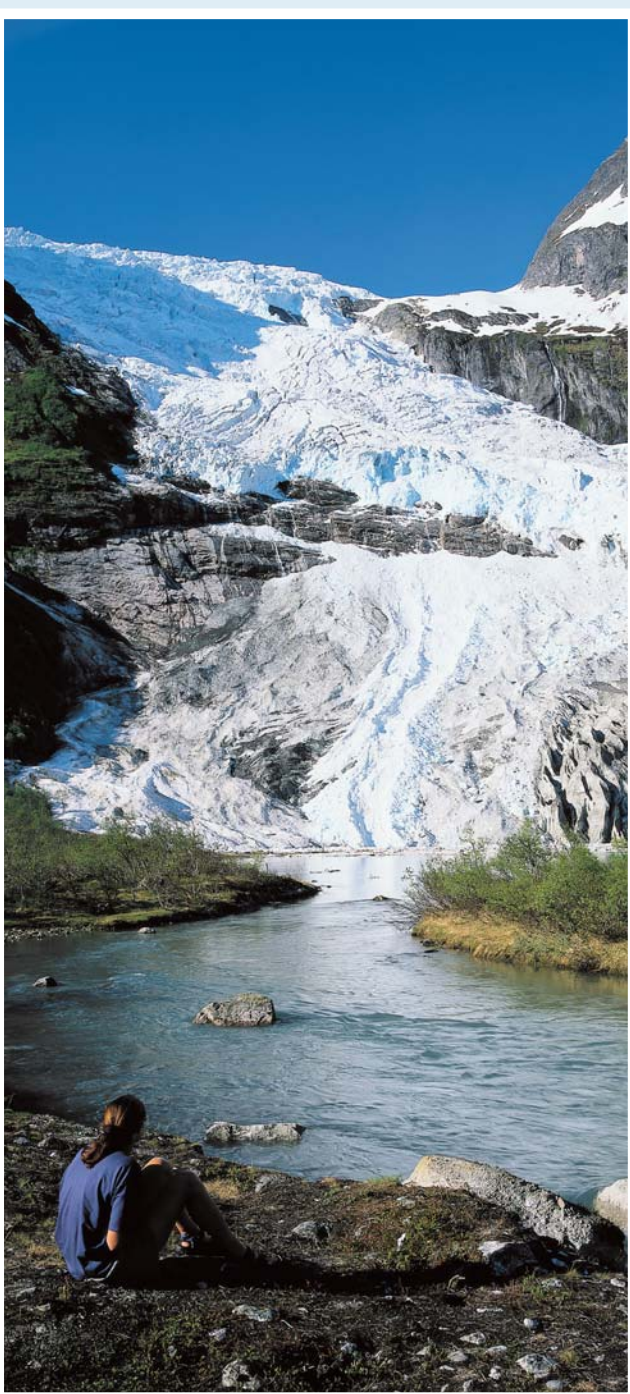


The enormous range of environmental types over short distances is due to variations in local climate and altitude. Elm, lime and warm-loving plants like Broad Helleborine and Spring Pea thrive on the wooded lower slopes, while directly above at 1500 m there are arctic-alpine plants such as Glacier Crowfoot and Loiseleuria. At the front of the valley glacier Purple Saxifrage and Starwort Mouse-ear Chickweed are among the first to appear, adding colour to the grey landscape.

The cultural landscape with its farms, shielings, and copses of birch show that man has long subsisted “under the glacier” and land is still farmed in the settlements around the national park. However, the tradition of moving with the cattle up to the mountain pastures in the summer has only survived in one or two places. Gushing streams, rivers and waterfalls high up on the mountain sides or down in the valleys are the hallmark



The glacier of Melkevollbreen in Oldedalen. Photo: Tom Dybwad



Glaciers are beautiful, but also dangerous! Never go close to a glacier! The picture is from the glacier of Bøyabreen. Photo: Bård Løken/Samfoto