NORWAY'S
NATIONAL PARKS



Norway's national parks – nature as it was meant to be

Norway's national parks are regulated by the laws of nature. Nature decides both how and when to do things. National parks are established in order to protect large natural areas – from the coast to the mountains. This is done for the benefit of nature itself, for our sake and for generations to come.

The national parks offer a wide range of opportunities and experiences. The natural surroundings are beautiful and varied. There is hunting, fishing, plants, birds, animals and cultural monuments.

Accept our invitation – become acquainted with nature and our national parks.

Directorate for
Nature Management

www.dirnat.no

BENETT AS. Photo: Arild Juul, Per Jordhøy, Fylkesmannen i Oppland, Kjell Erik Mosed/Samfoto, Øystein Sæbye/Samfoto, Bjørn Rørslett/Samfoto, Torbjørn Moen/Norsk Bildebyrå, Laurits Sønsteby.



DOVRE
NASJONALPARK

Dovre

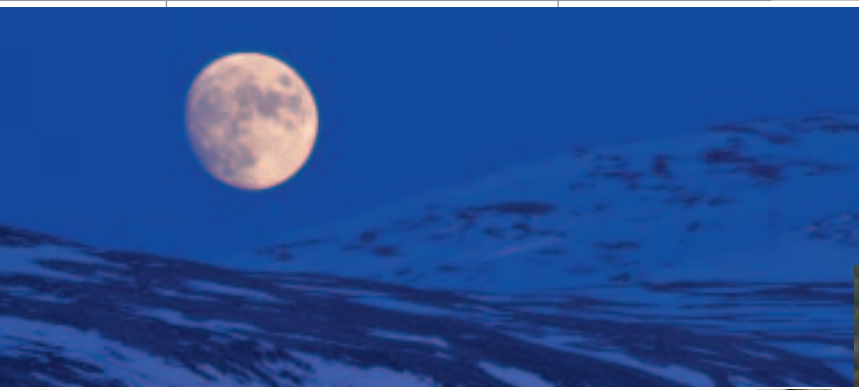
On historic trails amongst wild reindeer and alpine plants



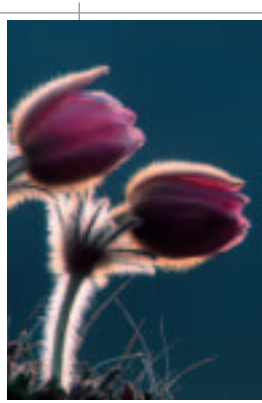
It is not just the wind, but also history that whispers in your ears

Dovre National Park is a mountainous region characterised by a low snowfall and areas of wilderness, where the last Ice Age shaped the mountains into gently rounded peaks that reach heights of 1,700 metres above sea level. There are traces of human activity dating back almost 6,000 years, and the first people to use the area were hunters and trappers who followed the herds of wild reindeer. Pilegrimsleden, the main medieval route between Østlandet and Trøndelag, runs through the southwest of the national park, offering magnificent natural and cultural experiences.

Dovre is made up of bare, naked rock, but despite its windblown and unproductive landscape with little precipitation, most Norwegian alpine plants can be found here. The area's marshes in particular provide a rich environment for many plant species.









EXPERIENCE NATURE

Hunting and mountain walking

Dovre and Rondane form a continuous area of high mountain plateaus that provide important habitats and migratory routes for wild reindeer. Hunting was a vital necessity for the area's first human inhabitants, and reindeer hunting continues to be an important part of the local culture. Here in the national park you will also find small game that can be hunted, such as willow ptarmigan, rock ptarmigan and hare.

When in Dovre National Park you are a guest in the realm of the wild reindeer. They are extremely sensitive to disturbance, and they run off if they detect the scent of people. If you follow the marked trails there will be less risk of disturbing the reindeer. There are marked trails to Grimsdalshytta from Fokstugu, Hjerkinn and Folldal. These trails follow old routes that take you from the birch zone up onto the high mountain plateau and into a unique wilderness area. A walk along Pilegrimsleden over the Dovre range is also highly recommended and this section is very clearly marked.

This is a friendly and open area, and one offering easy walking. There is relatively little rain and snow, but it can get cold. Even during the summer, the thermometer can dip below zero, so wear appropriate clothing. In order to protect the animal life in the park, dogs must be kept on leads between 1 March and 20 August.



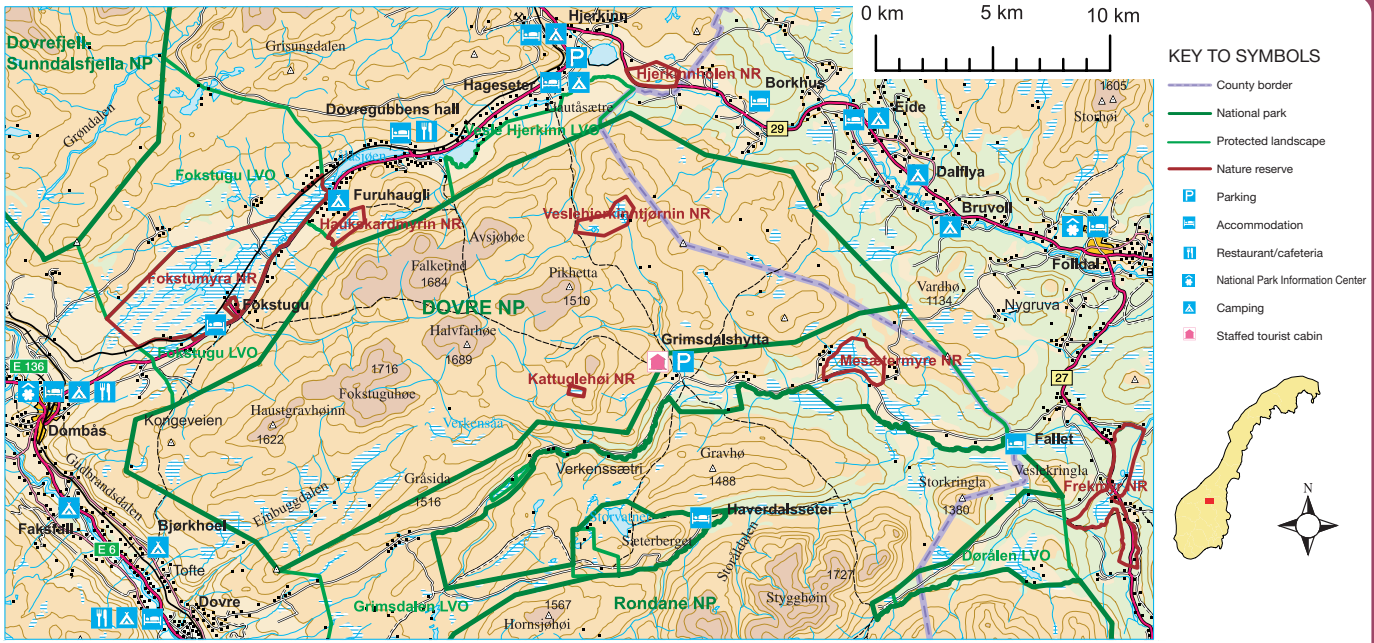
THE LANDSCAPE

The nutrient-rich wilderness

Dovre National Park covers a continuous wilderness area stretching from Grimsdalen south to the E6, where it crosses the Dovre range in the north. By far most of the park is above the tree line. At elevations from 1,100 metres above sea level up to 1,700 metres above sea level the peaks are gentle and rounded. Around the highest peaks the landscape has an almost Arctic feel, with traces of permafrost.

The region was shaped when the ice cap melted about 10,000 years ago. The ice cap settled and the thaw proceeded vertically, as can be seen by the numerous melt water courses formed between the mountainsides and the remnants of the ice cap as it gradually melted away. This process released large quantities of melt water, resulting in characteristic deposits along and beneath the edge of the glacier, and in cavities beneath the ice. Examples of this include the pronounced melt water terraces with their kettle holes and extended ridges of sand and gravel.

Nutrient-rich rocks such as greenstone and black phylitte provide the moraine-type soil with plenty of nutrients for plants. Together with the deposits from the melt water and climatic development following the Ice Age, this has provided the basic conditions for the flora and fauna in the area.



Design and digital cartography: Gåsvatn kart-tjenester, www.kart-tjenester.no Digital map data: Norwegian Mapping Authority N250. Licence no. MAD 12002 - R 125240

Dovre National Park in brief

Where: Dovre and Folldal municipalities, Oppland and Hedmark counties.

Foremost characteristics: Contains just about every Norwegian alpine plant, including a lot of vulnerable or threatened species. The national park contains a wealth of cultural relics from hunting and trapping cultures.

Outdoor recreation: Mountain walking, with plenty of marked trails. Hunting hare, ptarmigan and wild reindeer (remember to bring your hunting licence).

How to get to Dovre National Park: By car: E6 from Dovre-Dombås-Hjerkinn. Route 29 from Folldal. Grimsdalsvegen (closed in winter). Train or bus to Hjerkinn.

Information on accommodation and available services:
Dombås Tourist Office, tel. +47 61 24 14 44, www.dovrenett.no
Folldal Tourist Information, tel. +47 62 49 02 68, www.folldalsportalen.no

Tips: Bring warm clothes. Minus temperatures are not uncommon – even in the summer.

Maps: "Rondane" (1:100,000) and "Rondane Nord" (1:50,000)

Established: 2003

Size: 289 km^2

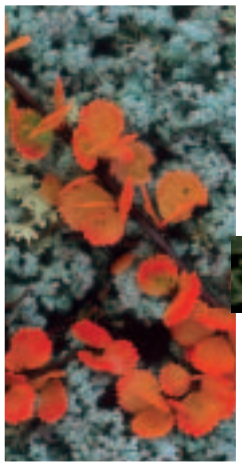
Adjacent protected areas: Rondane National Park (separate brochure)
Dovrefjell-Sunndalsfjella National Park (separate brochure)
Fokstugu Protected Landscape
Vesle Hjerkinn Protected Landscape
Grimsdalen Protected Landscape
Dørålen Protected Landscape
Kattuglehøi Nature Reserve
Veslehjerkinntjørnin Nature Reserve
Fokstumyra Nature Reserve (separate brochure)
Haukskardmyrin Nature Reserve
Hjerkinnholen Nature Reserve
Frekmyr Nature Reserve
Mesætermyre Nature Reserve

National Park Information Center:
iNasjonalparker, tel. +47 72404252 (adm.),
www.nasjonalparker.org
- Dombås, tel. +47 61 24 14 44
- Folldal, tel. +47 62 49 05 05

Administration and supervision:
Dovre fjellstyre (mountain authorities), tel. +47 61 24 14 92
County Governor of Oppland, tel. +47 61 26 60 00
County Governor of Hedmark, tel. +47 62 55 10 00
Norwegian Nature Inspectorate, Rondane,
tel. +47 61 23 02 45/99 38 65 03
Fjelloppsynet i Dovre, tel. +47 61 24 14 92
Fjelloppsynet i Folldal, tel. +47 62 49 00 06

More information: www.dirnat.no/nationalparks







PLANT LIFE

Alpine plants

The soil in Dovre National Park and the surrounding areas provides the conditions for a rich and varied plant life. Here you can find almost all species of Norwegian alpine plants. The national park is the only mountainous area in southern Norway where you can find large populations of hawkweed-leaved saxifrage and grained saxifrage. Here you can also find twocolor sedge and arctic poppy. Glacier crowfoot occurs on the highest peaks, while the spring anemone is the first flower to emerge in the spring – long before the first hikers come to visit the area.

Mires with permafrost

Dovre National Park has one of the southernmost palsa mires in Norway. A palsa mire consists of peat mounds with permafrost – in other words a mire that is frozen all year round. The climate change we now are withessing means there is a risk that the palsa mires will thaw.

ANIMAL LIFE

Original wild reindeer

Dovre is one of the habitats for the last remaining wild reindeer populations in Europe. The wild reindeer herds in the region previously formed one continuous population, and they migrated every year from their winter grazing in Rondane over Dovre to the calving areas in Sunndalsfjella. Buildings, roads, railways and power transmission lines have divided up this area to the extent that there is now only limited contact between the different herds.

Wild reindeer, together with other species, play an important role in the mountain ecosystem. Wolverines had disappeared from the area, but they are now back again. There have always been golden eagles and gerfalcons in this area, and you can find old arctic fox winter lairs and snowy owl nesting sites.

What to do if you meet a wild reindeer

Reindeer are very sensitive to disturbance. In spring and early summer they have their young calves and they are weakened after the winter. They spend the late summer and autumn grazing to build up their strength for the coming winter. If you do see any wild reindeer, you should use the terrain and the wind direction to give them a wide berth. If you get any closer than 500 - 600 metres, the reindeer will run away, and when they do, they keep going for about 3 - 4 km. In open country, reindeer can detect you from a long way off, by sight, smell or hearing. Make sure you use the marked trails so as not to cause wild reindeer unnecessary stress.



BIRDLIFE



The national park's desolate mountain regions contain nesting sites for birds of prey and owls, including golden eagles, gerfalcons and snowy owls. Doterells and horned larks also thrive in the barren mountain tracts and are distinctive species in some parts of the national park. With luck, you might also see the purple sandpiper on the highest peaks.

The few lakes and bogs in the national park attract a wealth of bird life. The species to be found here include red-necked phalarope, whimbrel, ringed plover, common redshank, greater scaup, tufted duck, common scoter, white-winged scoter and lapland bunting.

You can see cranes and northern harriers alongside the roads through Grimsdalen and at Dovrefjell. In good years when there are a lot of small rodents, short-eared owls and grey-legged hawks are also common in large parts of the national park. Every spring and autumn, large flocks of pink-footed geese and great cormorants also fly over the area.



HISTORY

6,000 year-old signs of human habitation

There are many cultural relics within Dovre National Park, most dating from the old hunting and trapping cultures. Large systems of traps, pitfalls that are built up and dug into the ground, butts (where the hunter could wait in hiding for his prey) and a few stone huts bear witness to extensive activity. People were trapping wild reindeer here as far back as 5 – 6,000 years ago. The area has also been used extensively as grazing for sheep, cattle and horses since a long time ago.



You are a guest of nature in a national park

- You may go wherever you like, on foot or ski, but the basic rule is that anything with an engine is prohibited.
- You can stop wherever you like and pitch a tent. Always tidy up after yourself and take your rubbish away when you leave.
- You can light a fire, but remember the general ban on lighting fires in forests from 15 April to 15 September. Be considerate when collecting firewood.
- You can pick berries, mushrooms and common plants for your own use. Be considerate of cultural relics, vegetation and fauna. Be extra careful during the breeding and nesting season.
- Make use of the hunting and fishing opportunities. Remember a hunting/fishing licence. Never use live fish as bait, or transfer live fish from one watercourse to another.
- You can take your dog with you, but remember to keep it on a lead from 1 March – 20 August.

