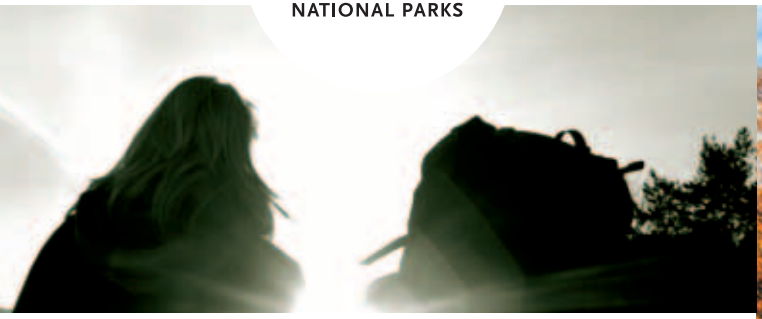
NORWAY'S
NATIONAL PARKS



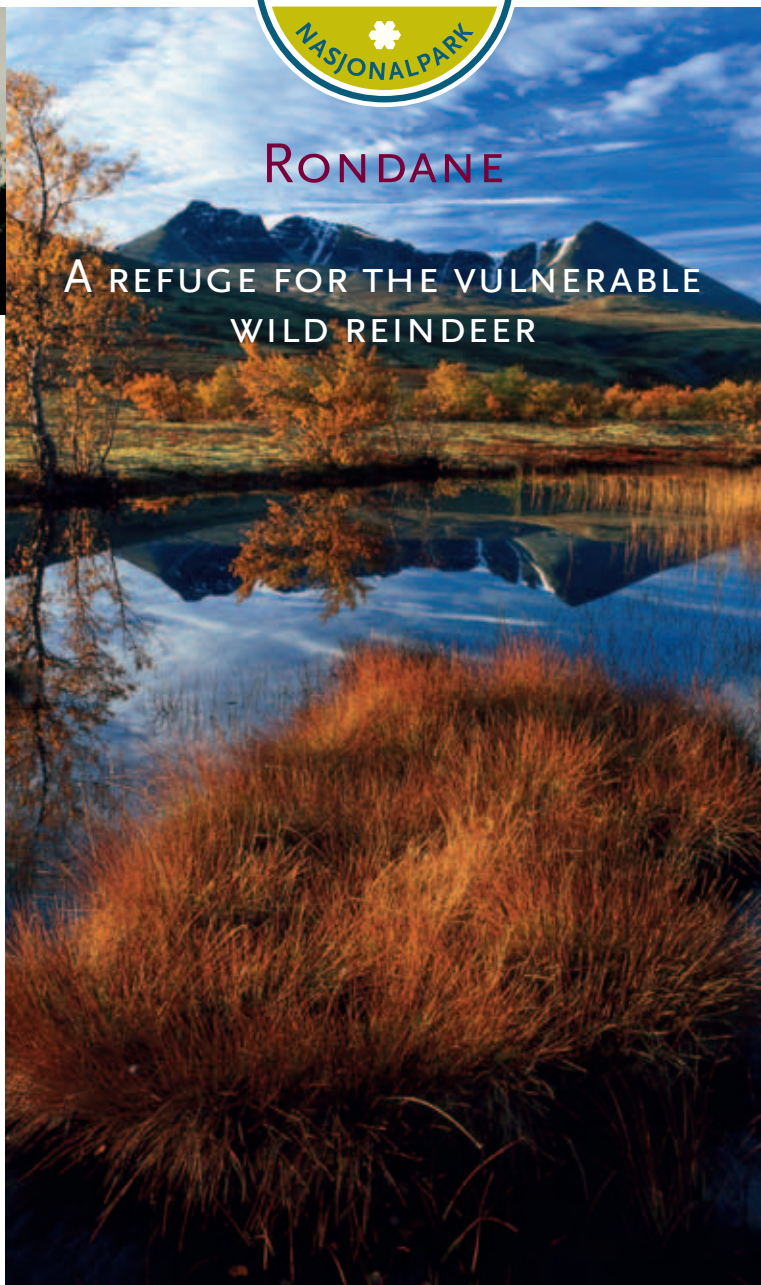
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RONDANE
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RONDANE

A REFUGE FOR THE VULNERABLE WILD REINDEER



BENNETT. Photo: Steve Hiscock/ramming/Espen Bratlie/Dagfinn Skjelde/Pål Hermansen/Jørn Arnkleiv Omre/Bjørn Rørslett – Samfoto, Torbjørn Moen/Norsk Bildebyrå, Lars Lindelöf, Laurits Sørstebø, Arild Juul. Front page: View from Dørålen towards Rondane

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



Dørålen

Norway's first national park

The Rondane massif towers impressively over wide, lichen-covered mountain plateaus. In the south, the visitor is met by a tranquil landscape of gently rounded peaks. But these mountains also conceal deep valleys and precipitous mountain-sides, especially in the north and in the east. The high mountain terrain is sparse and rocky, and dominated by lichen and heather. Here, wild reindeer have lived for thousands of years. You can find traces of traps, settlements and other cultural relics associated with hunting wild reindeer throughout Rondane. Nowadays the national park is one of Europe's last remaining refuges of the original wild reindeer.

Rondane became Norway's first national park in 1962 and it was extended in 2003. Its purpose is to preserve a unique natural area for posterity. Here the countryside, cultural relics, animals and plants are left in peace and hill-walkers can experience the countryside in peace and quiet.



Autumn in Rondane



Wild reindeer



EXPERIENCE NATURE

Versatile hiking country

Rondane offers innumerable hiking opportunities, from day-trips to hill-walks lasting several days. The countryside ranges from mountain forests and tranquil plateaus to wind-blown ridges and peaks. If you go through the Gudbrandsdalen valley, Mysuseter, Høvringen and Grimsdalen are all important gateways to the national park, while the main approach from the east is from Atndalen.

There is a well-developed network of tourist cabins and marked trails. The marked trails between Bjørnhollia, Rondvassbu and Dørålseter are amongst the most commonly used routes. If you want a walk that takes in mountain peaks, there are plenty of options. Nine of the peaks in Rondane rise to over 2,000 meters above sea level. It takes a few hours' walking over scree slopes to get to the top, but the reward is a spectacular view.

The network of cabins and paths in Rondane continue north towards Dovre, east into Alvdal vestfjell and south to Venabygdsfjellet. If you have plenty of time and enjoy long hikes, you can follow the Rondanestien trail all the way from Hjerkinn on the Dovre plateau to Oslo, or you can follow the marked trails via Dovrefjell northwest to Åndalsnes/Isfjorden.

Wild reindeer are vulnerable to tourism

Rondane is a popular walking area, and at times there can be a lot of people in the mountains. It is important therefore to have some consideration for the flora and fauna, especially the wild reindeer.

In order to guide mountain walkers away from some of the most important wild reindeer habitats, a number of trails in Rondane have been closed off. If you follow the marked trails, there will be less risk of disturbing the wild life. If you are spending the night in a tent, it is best to use the designated camping sites at the serviced tourist cabins, in order to avoid coming into conflict with the reindeer's grazing areas and migratory routes.

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.



THE LANDSCAPE

Peaks and valley floors

The Rondane massif is made up of a compact group of peaks. Typical of the mountainous area are peaks that are gently rounded on one side, but suddenly become precipitous cliffs on the other side, falling to deep, shadow-filled bottoms. These valley floors have been gouged out by ice and snow over thousands of years.

The mountains in Rondane are comprised largely of a type of rock called sparagmite. It readily cracks to form flakes and blocks that create characteristic scree slopes and boulder fields.

Traces of the ice age

The thaw following the last ice age has left clear marks on the landscape. The valleys and the bottoms were gouged out by the ice, while glacial streams cut out narrow gorges. These processes resulted in enormous volumes of loose gravel and stone deposits.

At Skranglehaugan, south of Dørålseter, there is a wonderful landscape of gravel ridges and huge depressions. These depressions are called dead ice holes, or kettle holes, and they were created when blocks of ice became buried in amongst the gravel and stones. When these ice blocks finally melted, they left depressions in the landscape that resemble craters.



PLANT LIFE

Harsh conditions for plants

A dry climate and poor soil with minor nourishment means that the vegetation in Rondane is sparse. Most of the national park is made up of bare rock, where only the most bold plants thrive.

The map lichen gives the mountain plateau a yellowy green colour and large areas are coloured a yellowy white by reindeer lichen and Cladonia stellaris. Autumn is the time to see the heather and the rich, flaming colours of the dwarf birches. One of the few plant species that can survive on the high mountain plateaus is glacier crowfoot. Here it is found at heights up to 1,700 meters above sea level.

The vegetation in the valleys is more varied, with hillsides clad in birch and some areas of pine forest. At Vassbulia, on Atnsjøen, there is a distinctive area of dwarf pine that resembles a kind of primordial forest. Elsewhere there are wooded areas containing tall-growth perennials, such as wood crane's-bill, angelica and wolf's bane. In the south of the national park the vegetation is more plentiful, with species that require more nutrients and types of vegetation that include mountain avens moorland and nutrient-rich bogs.

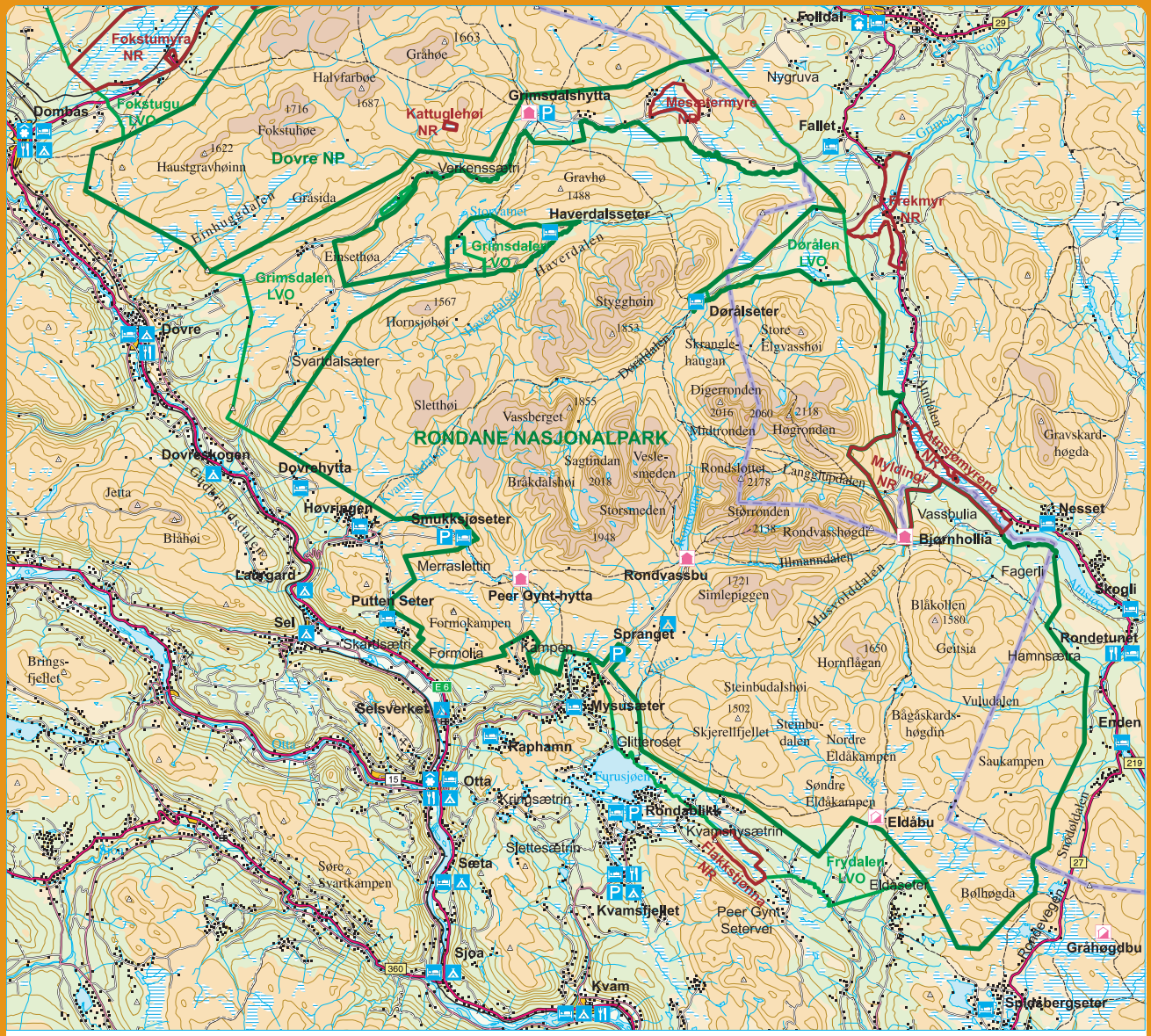


Kettle holes at Skranglehaugen



Glacier crowfoot

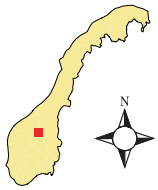
Mountain bearberry

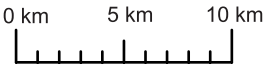


Design and digital cartography: Gåsvatn kart-tjenester, www.kart-tjenester.no Digital map data: Norwegian Mapping Authority N250. Licence no. MAD 12002 - R 125240

KEY TO SYMBOLS

- County border
- National park
- Protected landscape
- Nature reserve
- Parking
- Accommodation
- Restaurant/cafeteria
- National Park Information Center
- Camping
- Staffed tourist cabin
- Self-service tourist cabin







ANIMAL LIFE

Original wild reindeer

In the Rondane and Dovrefjell area, the original wild reindeer can still be found living free. Norway has a special responsibility for looking after these wild reindeer and their habitat.

The reindeer are constantly on the move, and they need connected wilderness areas in order to survive in their natural state. In Rondane, the mountainous areas in the north, towards Grimsdalen, and the Vulufjell tracts in the south are particularly important habitat areas. It is typical for reindeer to change their grazing and calving areas over time. This means that areas scarcely used at present might become very important in a few decades.

These wild reindeer are the remnants of a larger population that once followed migration routes running from Rondane, over Dovre to Sunndalsfjella. Roads, railways, power transmission lines, tourist cabins and human traffic have cut off these migration routes, and reduced the available habitat. The wild reindeer now live as smaller populations in the remaining fragments of their previous habitats and with little contact between the groups.

An intact mountain plateau ecosystem

In Rondane you can find an almost intact mountain plateau ecosystem that is home to wild reindeer, wolverines, golden eagles and gerfalcons, amongst other species. The bird life here consists of particular species that are adapted to a dry and sparse flora, such as rock ptarmigan, doterells, golden plovers, northern wheatears, horned larks and snow buntings.

Hunting and fishing

Hunting for wild reindeer take place in Rondane every autumn. Hunting small game, such as ptarmigan, woodland birds and hares is also permitted in the national park. Many of the mountain lakes are well stocked with perch, trout and char. If you have a valid fishing licence, you can try your luck at fishing. Rondvatnet, which has been registered as containing no fish for several years, now contains large and excellent char, probably due to a reduction in acid rain.



Dotterel



Meadowy hillside

HISTORY

Traces of hunting and trapping



In the National Park you can stumble across plenty of signs of the earlier hunting and trapping culture. It is believed that wild reindeer trapping goes back some 5-6,000 years. Traces in the landscape include pitfalls, funnel traps, stone huts, mountain caves and plenty of butts – semicircular stone walls, where the archer could remain concealed whilst aiming at his quarry.

The traps vary in size and are located across the wild reindeer's migration routes. The remains of large trap systems have been found at Verkilsdalen in the centre of Rondane, at Storgrava in Haverdalen and at Einsethø in Grimsdalen. These numerous traces of hunting and trapping provide evidence of early settlement in the area, and a number of Stone Age settlements have also been recorded.

A mountain adventure

Throughout the ages a great many stone huts have been built in Rondane. Some were used by hunters and fishermen from the valley, and others by German falconers or English hikers. A number of old and new stone huts can be found at Peer Gynt-hytta. Uløyhytta is the oldest of these, at least 200 years old, and it was here that the collector of folk tales, Peter Christian Asbjørnsen, spent a night in 1842. His tales of riding Billy goats and reindeer hunting in Rondane later provided inspiration for Henrik Ibsen when he wrote Peer Gynt.



View from Furusjøen lake towards Rondane

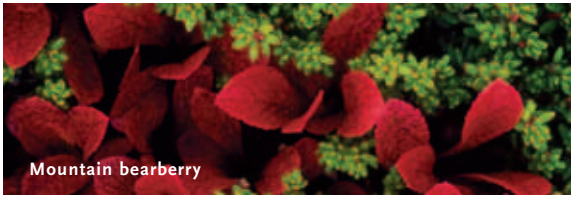


Pitfall



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 don't leave litter.
- 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 to 20 August.



Mountain bearberry

Rondane National Park in brief

Where:
Dovre, Nord-Fron, Sør-Fron, Sel and Ringebu municipalities in Oppland county.
Folldal and Stor-Elvdal municipalities in Hedmark county.

Foremost characteristics:
Varied, wild and spectacular natural landscape. The Ronde massif with several peaks at over 2,000 metres. Norway's oldest national park, with original wild reindeer.

Outdoor recreation:
Marked trails, serviced cabins, mountain walking, tours to the peaks, fishing, hunting hare, ptarmigan and wild reindeer. Don't forget your hunting and fishing licence.

How to get to Rondane National Park:
E6 Otta-Dovre. Main exits to Høvringen or Mysuseter. Route 27 Ringebu-Folldal. Various hill farm roads and Grimsdalsvegen (closed in winter).

Information on accommodation and other 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
Otta Tourist Information, tel. +47 61 23 66 50, www.visitrondane.no.

Maps:
"Rondane Sør", "Rondane Nord", "Høvringen-Kvamsfjellet" (1:50 000) and "Rondane" (1:100 000)

Established:
1962, extended 2003

Area: 963 km^2

Adjacent protected areas:
Dovre National Park (separate brochure)
Dørålen Protected Landscape
Frydalen Protected Landscape
Grimsdalen Protected Landscape
Atnsjømyrene Nature Reserve
Flakkstjønna Nature Reserve
Frekmyr Nature Reserve
Mesætermyre Nature Reserve
Myldingi Nature Reserve

Nasjonal Park Information Center:
iNasjonalparker, tel. +47 72 40 42 52 (admin.), www.nasjonalparker.org
Dombås, tel. +47 61 24 14 44
Folldal, tel. +47 62 49 05 05
Otta, tel. +47 61 70 07 00

Administration and supervision:
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 99 38 65 03
Mountain authorities Dovre, tel. +47 61 24 14 92
Mountain authorities Folldal, tel. +47 62 49 00 06
Mountain authorities Ringebu tel. +47 61 28 31 12
Mountain authorities Sel and Vulufjell, tel. +47 61 70 08 16
Mountain authorities Sollia, tel. +47 62 46 45 74

More information:
www.norgesnasjonalparker.no