

Åndalen
The Realm of Contrasts



The North Norwegian Countryside in miniature

Ånderdalen on the Senja island has been protected in order to preserve a varied North Norwegian coastal landscape. If you start off in the tranquil, sheltered pine forest on the eastern side, it will not be long before you see the high, wild mountains in the west. At the westernmost point you come up against the sea and views out onto the ocean.

En route you will experience almost every aspect of the North Norwegian coastal landscape. Barren mountains with moorland and sparse birch forests, lakes and rivers with seething rapids and waterfalls, coastal pines as much as 500 years old and rare orchids.





EXPERIENCE NATURE

Plenty of excellent fishing lakes

Ånderdalen National Park is a feast for the eyes – due in particular to its huge variety of different landscapes. Mountain walkers in the park will be able to enjoy solitude. With the exception of one single hut at Åndervatnet, there is nowhere in the park where the visitor can spend the night under a roof. There are plenty of excellent fishing lakes in the national park where you can catch trout and char, Åndervatnet and Kvænvatnet being the largest. In the lower stretches of the Ånderelva it is possible to hook salmon, sea trout and arctic char – just remember your fishing licence.



HISTORY

Coastal sami on the Senja island

There has never been any permanent settlement in Ånderdalen and very little human activity in the national park. However, coastal Sami, amongst others, have been living on the Senja island since before 1600, and Ånderdalen was an important fishing and hunting area for them. There are a number of Sami cultural relics, and previously there was some logging in the lower reaches of Ånderdalen.





THE LANDSCAPE

Framed by impressive mountains

The national park is encircled by Skoglifjellet in the east, Kaperfjellet with Istind far to the north and Kvænan to the west – at 964 metres above sea level, the national park's highest mountain. The mountain landscape is a barren expanse of moors and sparse birch forests.

Lakes, rivers, rapids, waterfalls and ravines

From Kaperfjellet far to the north, a river runs through a narrow valley and into Kapervatnet, a lake surrounded by precipitous mountainsides. From the long and narrow Kapervatnet, the river continues south, through a narrow ravine to Åndervatnet. The slopes around Åndervatnet are covered in woods from which numerous brooks empty into the lake. The Ånderelva river starts at the southern end of Åndervatnet, flowing first through a hilly landscape littered with large boulders. From here, the river passes through waterfalls and rapids at the bottom of deep, forest-clad ravines, before finally meeting the sea at Tranøybotn.

In Gjeskadalen, in the northwest, there is a waterfall followed by powerful rapids with a total fall of over 60 meters. Further down the valley there are damp forested areas with abundant plant growth on the forest floor. There is a lot of grass here – a sign of earlier isolated hay meadows, amongst other things.

The wildest area in the national park is Trolldalen. This narrow valley is home to a primordial forest, so it is not hard to see how it got its name.



PLANT LIFE

Just a few, hardy species

The geology of the national park consists mainly of a light, hard granite that produces poor soil. Also, the coastal climate means high levels of precipitation, mild winters and cool summers. In the lower parts of the national park you can find open forests with twisted coastal pines that are up to 500 years old. The forest floor is covered mostly by heather and other species that tolerate drier conditions. Aspen, grey alder and birch grow alongside rivers and in other damp areas.

Nutrient-poor bogs

The bogs are mostly nutrient-poor environments that are home to sphagnum mosses, sedge grasses and cotton grass. At the edges of the bogs and alongside streams the plant life is richer, with alpine bartsia, marsh violet, Grass-of-Parnassus and heath spotted orchid. Here you can also find the rare ghost orchid and coralroot orchid.

From pine forest to mountain birch



From about 100 metres above sea level, the pine forest gives way to typical mountain birch forest. The forest floor is dominated by heather and grass. In damp spots there is tall perennial vegetation with meadowsweet, wood cranesbill, globeflower and alpine-blue-sow-thistle.

Above the treeline

The treeline is at about 300 metres above sea level. Above this there is barren moorland with heather, crowberry and bilberry. In the mountains the willow scrub can grow in profusion along rivers and creek beds. The typical coastal mountain plant, diapensia, is a distinctive plant in stony areas nearer the peaks.







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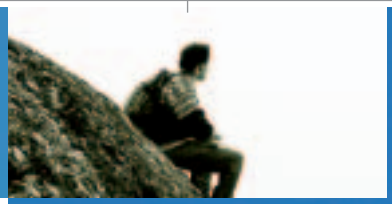


BIRD LIFE

The bird life is as varied as the countryside

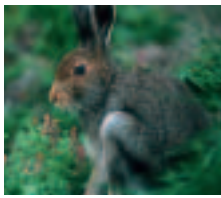
The national park contains a wealth of bird life. The varied landscape means that both coastal and inland birds are found here. The most common are forest birds, and in the forests you can find cuckoos, crows, common redpolls, bramblings, willow warblers and several species of thrush and titmouse. The margins of bogs, rivers and lakes provide nesting sites for curlews, whimbrels, mallards, wigeons, dippers and common sandpipers. Blue throats and reed buntings keep to the willow scrub, and on the high mountain plateau you can come across ravens, wheatears, meadow pipits, snow buntings, willow ptarmigan and various birds of prey. The populations of birds of prey vary to reflect those of the rodents on which they feed.













ANIMAL LIFE

An almost “new” moose population

The moose is the largest animal in the national park. What is so special about this population of moose is that there were none in the area in the 1940s. Slowly but surely, the moose has migrated in and established a permanent population in the area.

Domesticated reindeer have permanent grazing in the national park. The most common smaller animals are foxes, weasels, hares, rodents and a few shrew species. The chilly climate means that the only amphibian found here is the frog. Otters are often present along the rivers, and the most common fish are trout and char. Salmon are found as far up as the lower reaches of the Ånderelva.







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 April to 1 September.



Ånderdalen National Park in brief

Where:
Tranøy and Torsken municipalities, Troms county.

Foremost characteristics:
Impressive coastal mountains, typical of outer Troms. From sheltered fjords in the east to wild mountains facing out to sea in the west.

Outdoor recreation:
Ideally suited for outdoor activities, with a little preparation. Lots of good trout fishing. Salmon, sea trout and arctic char in the lower reaches of Ånderdalselva. Open hut at Ånderdalsvatnet.

How to get to Ånderdalen National Park:
By air to Bardufoss, bus or taxi from there to Finnsnes.
By car: Route 860 from Finnsnes to Tranøybotn. Route 86 from Finnsnes to Gryllefjord. Turn southeast at Kaperdalen.

Information on accommodation and available services:
Destination Central Troms, www.midtitroms.no

Tips:
Crossing the Senja peninsula. Walking maps available. Walks set out from: Hyttekroa in Tranøybotn or trail from Gjeska. Remember to bring your fishing licence.

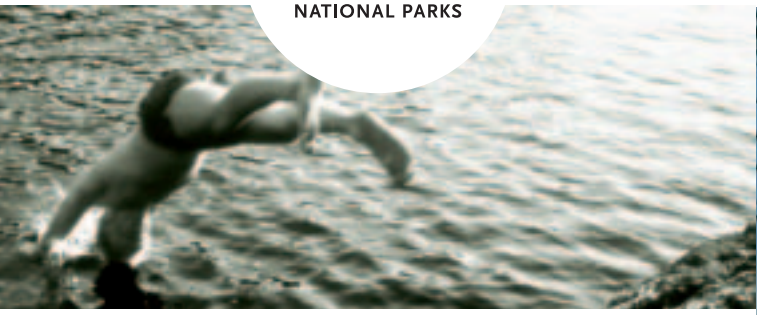
Map:
"Norway 1:50,000": 1717 III and IV

Size:
125 km^2

Established:
1970, extended in 1975 and 2004.

More information:
County governor of Troms, tel. +47 77 64 20 00,
www.fylkesmannen.no/troms
Statskog - Troms Mountain Service, tel. +47 77 83 67 05,
www.statskog.no/fjelltjenesten
www.dirnat.no/nationalparks

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

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