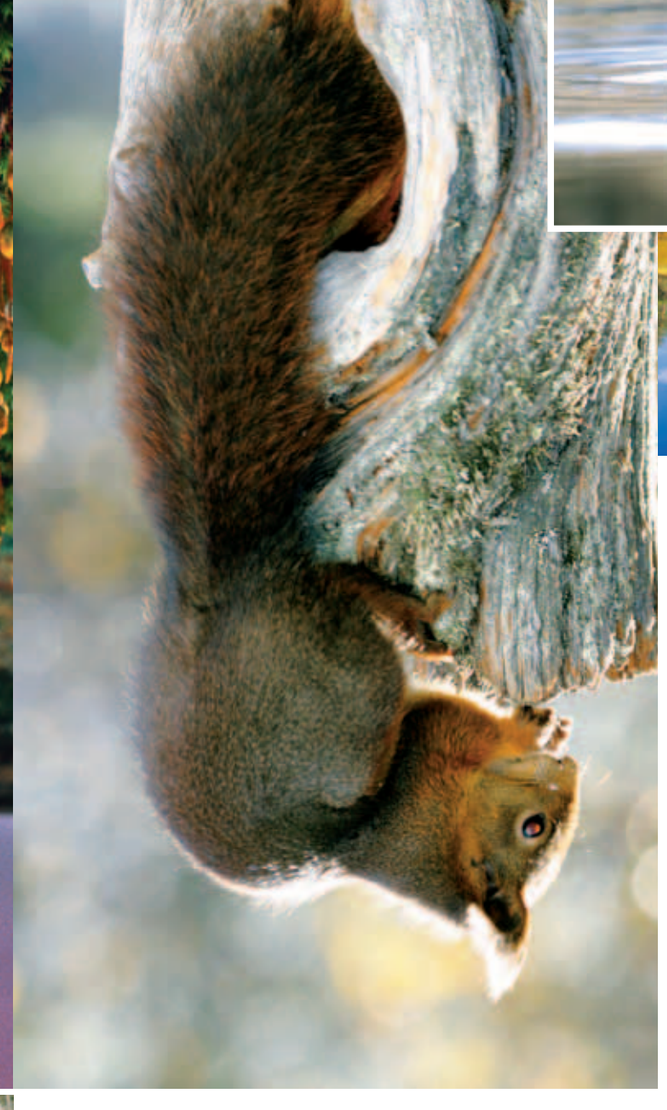












In a National Park

- 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 – 20 August.

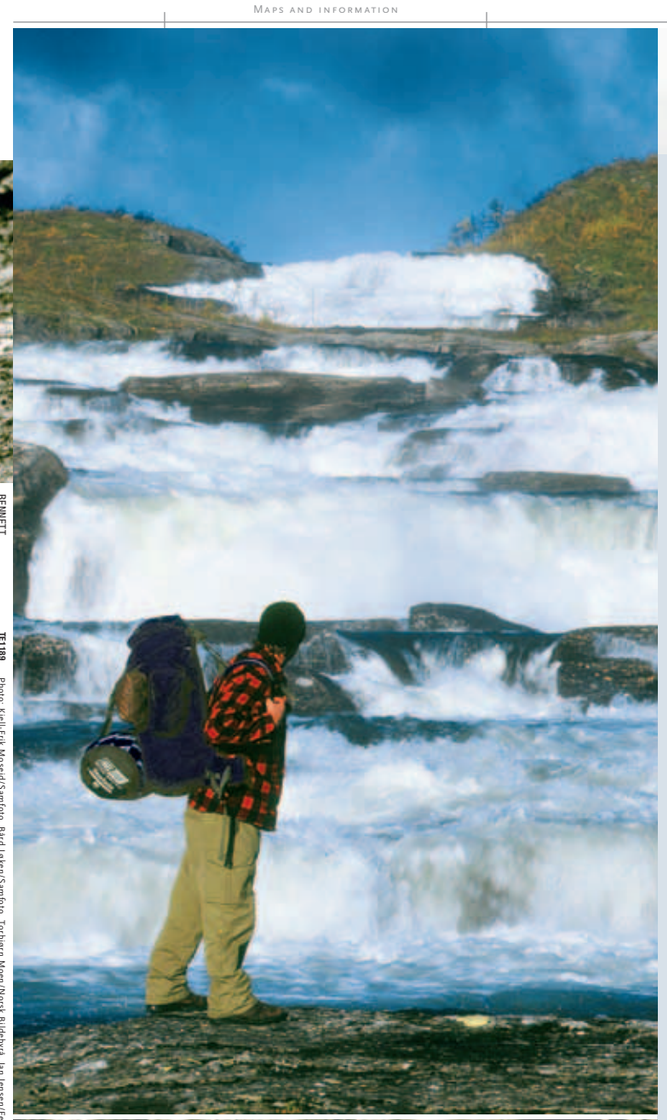
In a National Park

You are a guest of nature

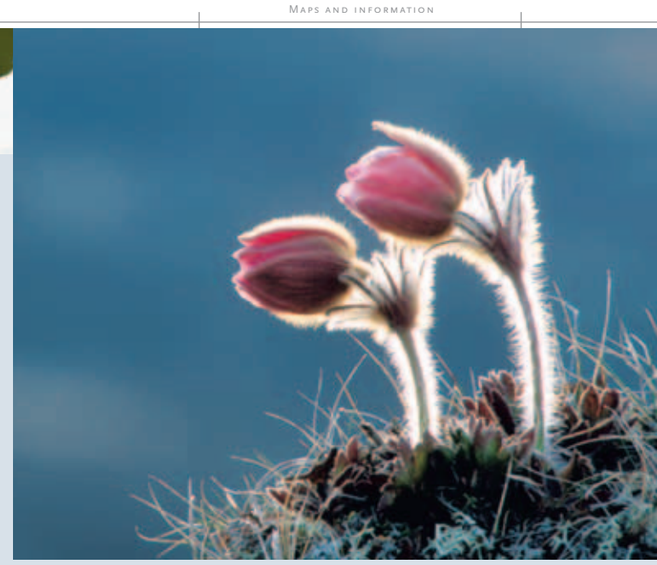
Maps and information



Maps and information







The National Park Information Centers – an open door to nature and its enjoyment

What can you experience? What should you see? A national park information center will give you the answers. Most of all, you will find information there about the nearest national park, but you will also be able to learn a good deal about the other national parks in Norway. The centers provide information on environment-friendly outdoor recreation, nature conservation and the ecological and cultural heritage values of the national park. The national park information centers are privately run, but receive authorisation from environmental management bodies. All the centers are different, and what they have to offer varies greatly. Visit a national park information center and get more out of your trip!

The National Park Information Centers and the parks they serve

National Park Information Center	National Park	Internet address	Telephone	Visiting address
Breheimsenteret	Jostedalsbreen	www.jostedal.com	+47 57 68 32 50	NO-6871 Jostedal
Femundsmarka Nasjonalparksenter, Elgå	Femundsmarka			NO-2446 Elgå
Femundsmarka Nasjonalparksenter, Røros	Femundsmarka	www.doktortjonna.com	+47 72 41 08 80	Johan Falkbergets v. 16, NO-7374 Røros
Folgefonna Nasjonalparksenter	Folgefonna	www.folgefonna.info	+47 53 48 42 80	Skålakaien, NO-5470 Rosendal
Halti Nasjonalparksenter	Reisa	www.halti.no	+47 77 77 05 50	Hovedveien 2, NO-9151 Storslett
Hardangervidda Nasjonalparksenter *(closed at present)*	Hardangervidda			
Hardangervidda Natursenter	Hardangervidda	www.hardangervidda.org	+47 53 66 59 00	NO-5784 Øvre Eidfjord
iNasjonalparker, Dombås	Dovrefjell-Sunndalsfjella, Rondane	www.nasjonalparker.org	+47 61 24 14 44	NO-2659 Dombås
iNasjonalparker, Folldal	Dovrefjell-Sunndalsfjella, Rondane	www.nasjonalparker.org	+47 62 49 05 05	Stiftelsen Folldal gruver, NO-2580 Folldal
iNasjonalparker, Kvikne	Dovrefjell–Sunndalsfjella, Rondane	www.nasjonalparker.org	+47 62 48 63 30	Vollan gård, NO-2512 Kvikne
iNasjonalparker, Oppdal	Dovrefjell–Sunndalsfjella, Rondane	www.nasjonalparker.org	+47 72 40 04 70	Oppdal Skysstasjon, NO-7340 Oppdal
iNasjonalparker, Otta	Dovrefjell–Sunndalsfjella, Rondane	www.nasjonalparker.org	+47 61 23 14 25	Engebret Hougens gt. 1, NO-2670 Otta
iNasjonalparker, Sunndal	Dovrefjell–Sunndalsfjella, Rondane	www.nasjonalparker.org	+47 71 69 46 30	Sagtrøa bygdetun, NO-6600 Sunndalsøra
Jostedalsbreen Nasjonalparksenter	Jostedalsbreen	www.jostedalsbre.no	+47 57 87 72 00	NO-6799 Oppstryn
Lierne Nasjonalparksenter	Blåfjella – Skjækerfjella, Lierne	www.naturporten.no	+47 74 34 34 00	Sandvika, NO-7882 Nordli
Nordland Nasjonalparksenter	Junkerdal, Saltfjellet – Svartisen	www.nordlandnasjonalparksenter.no	+47 75 69 24 00	Storjord, NO-8255 Røkland
Norsk Bremuseum	Jostedalsbreen	www.bre.museum.no	+47 57 69 32 88	NO-6848 Fjærland
Norsk Fjellmuseum	Jotunheimen	www.fjell.museum.no	+47 61 21 16 00	NO-2688 Lom
Stabbursnes Naturhus og Museum	Stabbursdalen	www.museumsnett.no/stabbursnes	+47 78 46 47 65	NO-9710 Indre Billefjord
Øvre Pasvik Nasjonalparksenter	Øvre Pasvik	www.pasvik.no	+47 78 97 36 00	Svanhovd Miljøsenter, NO-9925 Svanvik



Maps and information

Maps and information

Here are Norway's National Parks





Svalbard

Areas in Svalbard are protected under the terms of the Svalbard Environmental Protection Act. There are 7 national parks:

- Forlandet National Park
  Area: 4 647 km². Established: 1973.
- Indre Wijdefjorden National Park
  Area: 1 127 km². Established: 2005.
- Nordenskiöld Land National Park
  Area: 1 362 km². Established: 2003.
- Nordre Isfjorden National Park
  Area: 2 954 km². Established: 2003.
- Nordvest-Spitsbergen National Park
  Area: 9 914 km². Established: 1973.
- Sassen-Bünsow Land National Park
  Area: 1 230 km². Established: 2003.
- Sør-Spitsbergen National Park
  Area: 13 286 km². Established: 1973.

The areas include areas of sea.

Legend

- National park
- National park information center
- Large town
- Main road
- Railway

1 Blåfjella – Skjækerfjella National Park

- Varied landscape from broad, wooded valleys with remnants of virgin forest to high mountains
- The area has a rich bird and animal life, and several species are vulnerable
- Rich and special occurrences of plants

Area: 1 924 km². Established: 2004.

2 Børgefjell National Park

- Outstanding wilderness
- Large number of lakes and rivers
- Rich bird life and the haunt of several species of predators, including the Arctic fox

Area: 1 447 km². Established: 1963; extended in 1971 and 2003.

3 Dovre National Park

- Undisturbed mountainous landscape, almost lacking traces of human activity
- Rounded peaks and easy hiking terrain
- Home to one of the last remnants of the original wild reindeer in Europe

Area: 289 km². Established: 2003.

4 Dovrefjell – Sunndalsfjella National Park

- National symbol with magnificent scenery
- Intact alpine ecosystem with wild reindeer, wolverines, Arctic foxes, golden eagles and an unusually rich alpine flora
- The musk ox herd is another distinctive feature of the area

Area: 1 693 km². Established: 1974; extended 2002.

5 Femundsmarka National Park

- Characteristic landscape with kettle holes, lakes, block fields, pinewoods and mountains
- Paradise for canoers and anglers; fine opportunities for fishing in numerous lakes and rivers
- Crooked, dwarf pines with the rare wolf lichen, *Letharia vulpina*

Area: 573 km². Established: 1971; extended 2003.

6 Folgefonna National Park

- Protected area from the fjord to the ice cap, with a large range of habitats; especially beautiful alpine and riverine scenery
- The third largest ice cap in Norway
- Quaternary geological features show how ice has shaped the landscape

Area: 545 km². Established: 2005.

7 Forollhogna National Park

- Many unusually large stags; Norway's most productive herd of wild reindeer
- Open, almost unspoilt, mountainous area
- Bedrock that is rich in nutrients gives a lush, varied flora

Area: 1 062 km². Established: 2001.

8 Gutulia National Park

- A landscape of mountains and bogs, typical for the surrounding district
- Cold inland climate with little precipitation; dry, pine heaths with abundant lichens, and spruce forests with soft, mossy carpets
- Many species of birds live in the undisturbed forest

Area: 23 km². Established: 1968; extended 2004.

9 Hardangervidda National Park

- The largest national park in Norway, occupying the most extensive highland plateau in northern Europe
- Large lakes, wide areas of level ground and gently rolling fells
- Valuable habitat for the largest herd of wild reindeer in Europe

Area: 3 422 km². Established: 1981.

10 Jostedalsbreen National Park

- Largest ice cap on the European mainland
- Enormous range of habitats, from lush, broad-leaved deciduous woodlands in the lowlands to glaciers and high mountains
- Attractive hiking area, especially for glacier trekking

Area: 1 310 km². Established: 1991.

11 Jotunheimen National Park

- Wild, beautiful, alpine scenery with majestic mountains and glaciers
- Rich cultural heritage abounding in relics from former hunting and trapping as well as ancient trackways and paths
- Popular area for mountaineering since the 1850s

Area: 1 151 km². Established: 1980.

12 Junkerdal National Park

- Important area for understanding the immigration and spread of plants and animals after the last Ice Age
- A flora that is rich in species and includes many rare ones
- Many rare and endangered birds and butterflies

Area: 682 km². Established: 2004.

13 Lierne National Park

- Many comparatively rare landscape forms dating from the Ice Age
- Large, continuous area lacking major infrastructure development
- Few facilities provided for outdoor recreation

Area: 333 km². Established: 2004.

14 Møysalen National Park

- A magnificent landscape that is full of contrasts
- Mighty alpine mountains, lush slopes clad in deciduous woodland, and open fjords
- Includes natural environments and types of landscape that are otherwise little protected

Area: 51 km². Established: 2003.

15 Ormtjernkampen National Park

- Virgin forest where plants and animals can develop freely
- Large diversity of habitats; good living conditions for many species of birds
- Unspoilt by human activity

Area: 9 km². Established: 1968.

16 Rago National Park

- Wild, magnificent montane landscape with mountains, deep canyons and gorges
- Poor flora, but not lacking in botanical delicacies
- Realm of the wolverine

Area: 171 km². Established: 1971.

17 Reisa National Park

- Parts of the park are characterised by narrow valleys and canyons, mighty waterfalls and gorges
- The River Reisa has cut deeply into the highland plateau and formed the long Reisadalen valley
- Great variations in bedrock and landscape provide the basis for a wide variety of plant and animal life

Area: 803 km². Established: 1986.

18 Rondane National Park

- Norway's first national park
- Important area for one of the last herds of wild reindeer in Norway
- The Rondane massif, with its high peaks, narrow canyons and deep corries, dominates the landscape

Area: 963 km². Established: 1962; extended 2003.

19 Saltfjellet – Svartisen National Park

- The most varied national park in Norway; many opportunities for outdoor recreation
- From fjords via high mountains and glaciers to lush, birch-clad valleys with gently flowing rivers
- Outstanding Sami cultural heritage sites

Area: 2 102 km². Established: 1989.

20 Skarvan og Roltdalen National Park

- Virtually unspoilt area of mountains and forests, typical for the Trøndelag area
- Roltdalen, the longest, roadless upland valley in Sør-Trøndelag, is extensively forested and has many transhumance summer dairy farms
- Kvernfjellet, a mountain in the centre of the park, used to be the most important area for quarrying millstones in Norway

Area: 441 km². Established: 2004.

21 Stabbursdalen National Park

- The northernmost pine woodland in the world
- Stabburselva, which flows through the area, is a good salmon river
- Parts of the mountainous area, like the barren Gáissa mountains, may be called mountain deserts

Area: 747 km². Established: 1970; extended 2002.

22 Øvre Anàrjohka National Park

- Large area lacking major infrastructure development – part of the upland plateau Finnmarksvidda
- Rolling upland plateau with birch woodland, bogs and many lakes
- Many easterly species of plants and birds

Area: 1 390 km². Established: 1975.

23 Øvre Dividal National Park

- An example of the landscape that typifies the interior of northern Norway
- Varied landscape with pine and birch woods, high mountains, lakes and mires
- A habitat for several species of predators, not least wolverines

Area: 750 km². Established: 1971.

24 Øvre Pasvik National Park

- The pine forest is one of the largest surviving areas of virgin forest in Norway
- An extension of the Siberian taiga, with many easterly species of plants and animals, and many lakes
- Important area for brown bears, which regularly have cubs

Area: 119 km². Established: 1970; extended 2003.

25 Ånderdalen National Park

- Typifies the coastal scenery in northern Norway
- Barren mountains and very open woodland with many stunted, crooked trees
- Relatively few species of plants because of hard bedrock that produces poor soil

Area: 125 km². Established: 1970; extended 2004.