

Romsdalseggen



Spectacular 360 ° view to famous mountains and the Romsdalsfjord

ROMSDALSEGGEN



The best place for people who loves the nature!



Romsdalseggen



One of the most amazing hikes in the Romsdal area on the ridge of Romsdalseggen. Great hike, breathtaking views and lovely landscape to walk in.

The hike goes like this

Starts at the car park in Vengedal. Follow the road a short distance, and take the path to the right just before the bridge. It is well marked. After a few hundred meters you will pass a cabin and the trail takes off to the right a bit after the cabin. Follow the well marked path up the hill. About halfway up the hillside you cross the stream on the bridge, and continue on the path to the left of the river.

At the pathcrossing you turn left and follow the path up the boulder in the slightly steep mountain side, to the top of the ridge.

To have an even more spectacular view you turn to the left when you come to the top and follow the ridge up to Blånebbå. Fantastic views when you reach the summit. This takes an hour to/from extra, but is highly recommended.

Follow the path towards Åndalsnes on the top ridge the whole way. At Halsaskaret steep descent and steep ascent up to Mjølva fjellet, secured with chains.

At Romsdalseggen the path has a good cover of vegetation. You will be walking on top of the ridge, this is fairly broad, and the path is good. You don't have to bend over the cliff if you are afraid of the heights!

Gentle descent from Mjølva fjellet to Nesaksla, then steep descent to Åndalsnes. Take Your time on the last section, it is a steep but well marked path. Nordic walking sticks are recommended.





DESCRIPTION

Romsdalseggen



7 h



10.3 km



970 m

Marked

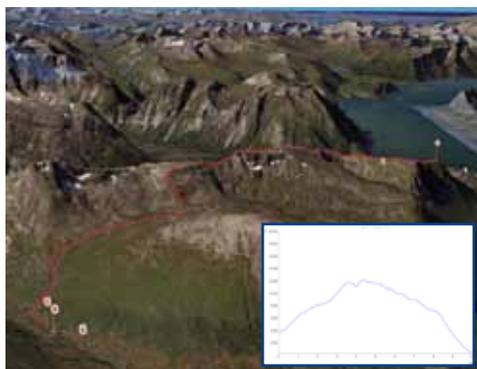
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INFO

Area: Venjesdalen
County: Rauma
Path: Marked path
Lowest point: 31 m
Highest point: 1 222 m

STARTPOSITION

Startposition: Venjedalssetra
UTM (32): 6934476 - 439604
Desimalgrader: 62.53631 - 7.82618
Altitude startpoint: 380 m



Landscape

The area offers a rare degree of natural variety, providing unique opportunities for people who loves the nature. Arriving in Vengedalen the majestic Vengetindene forms the backdrop. The path takes you up along a brook, and up through the moorland. You enter the valley floor and follow the path to the crossing – there will be a sign to Romsdalseggen to the left on the boulder in the slightly steep mountain side, to the top of the ridge. If you want to have an easier hike, you continue straight forward on the Family-route, less steep, not exposed – and you avoid the steepest part at Halsaskaret.

The Romsdalen valley offers some of Norway's most exciting walking and hiking routes, and some of the most famous mountains in the country. From the top of Romsdalseggen ridge You will have a great 360 ° view to Romsdalshorn, Trollveggen, Trollstigen, Kongen, Dronningen, Bispen, the valley, mount Kirketaket and Vengetindene. You will also enjoy the great view to the Romsdalsfjord, You will see Molde and as a backdrop: Norskehavet Ocean! Behind the mountain is also Geiranger, Ålesund and the Atlantic Road...



Vegetation

At Romsdalseggen the path has a good cover of vegetation. You will be walking on top of the ridge, it is fairly broad, and the path is good. You don't have to bend over the cliff if you are afraid of the heights!

Gentle descent from Mjølva fjellet to Nesaksla, then steep descent to Åndsnes. Take Your time on the last section, it is a steep but well marked path. Nordic walking sticks are recommended.



What do You need to bring?

Bring plenty to drink! Animals are grazing in the area, and we recommend the You don't drink water from the streams. Good walking shoes, preferably hiking boots that give good support to your ankle. The weather can change quickly, bring windproof clothing. It is common to bring gloves and a warm hat hiking in the Romsdal mountains, then the weather will not be a bad surprise. With a nice lunchbag – and Nordic walking poles – we hope You will enjoy this amazing hike!

How to behave in Norwegian nature?

According to the Norwegian law You can travel on foot through the forests and mountains throughout the year. Access rights and stay requires that you are walking and acting carefully, so that no harm is caused or inconvenience to others.

- Park your car on marked parking spaces.
- Use marked trail - and crossovers - remember to close gates.
- From 1. April – 20. August keep your dog in a leash.
- From 15. April – 15. September you cannot lit a bonfire in or near forest areas.
- You may pick wild berries and flowers, mushrooms and nuts
- Cairns will show you the way when you need it – please do not build unnecessary cairns.
- Always bring back your garbage.

Romsdalseggen t-shirt

Bring home something special. Buy the Romsdalseggen t-shirt at the Tourist office in Åndalsnes.



Important phone numbers:

Emergency

71 22 50 03

Medical emergencies

113

Åndalsnes Tourist office

+ 47 71 22 16 22

Veøy Bus

+47 911 15 900

Rauma Taxi

+ 47 71 22 15 55

Romsdalseggen Family – less steep – less exposed



One of the most amazing hikes in the Romsdal area on the ridge of Romsdalseggen. Choose the hike that suits you best, then you will enjoy the hike! Great hike, breathtaking views and lovely landscape to walk in. Romsdalseggen Family avoids the steepest part of Romsdalseggen.

The hike goes like this

Starts at the car park in Vengedal. Follow the road a short distance, and take the path to the right just before the bridge. It is well marked. After a few hundred meters you will pass a cabin and the trail takes off to the right a bit after the cabin. Follow the well marked path up the hill. About halfway up the hillside you cross the river on the bridge, and continue on the path to the left of the river.

At the path-crossing you walk straight forward, and to the pond and cabin Kaffikjelbua. Follow the path to the left of the cabin, cross the stream. Walk on the left side of the stream and follow the path that goes to the left and upwards. Just before you reach the top of the ridge you turn to the right to Mjelvaskaret.

The view is spectacular, and you will see Vengetindene, Trollveggen, Trollstigen, Kongen, Dronningen, Bispen, the Romsdalsfjord and Åndalsnes.

Follow the path to the right towards Åndalsnes on the top ridge the whole way. At Romsdalseggen the path has a good cover of vegetation. You will be walking on top of the ridge, this is fairly broad, and the path is good. You don't have to bend over the cliff if you are afraid of the heights!

Gentle descent from Mjelvaskaret to Nesaksla, then steep descent to Åndalsnes. Take Your time on the last section, it is a steep but well marked path. Nordic walking sticks are recommended.





DESCRIPTION

Romsdalseggen via Mjelvaskaret



7 h



11.5 km



937 m

Marked

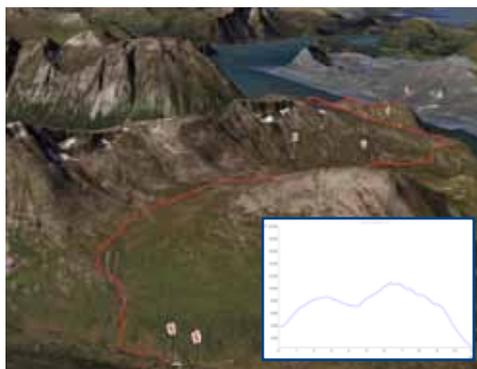
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INFO

Area: Venjesdalen
County: Rauma
Path: Marked path
Lowest point: 50 m
Highest point: 1 089 m

STARTPOSITION

Startposition: Venjedalssetra
UTM (32): 6934476 - 439604
Desimalgrader: 62.53631 - 7.82618
Altitude startpoint: 380 m





Bus to Romsdalseggen ridge every day
 9.30 from 1. july - 30. september
 from Andalsnes Skystasjon.

Please contact us:

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info@visitandsnes.com

For further information

Visitandsnes.com

Romsdal.com

facebook.com/romsdalseggen

