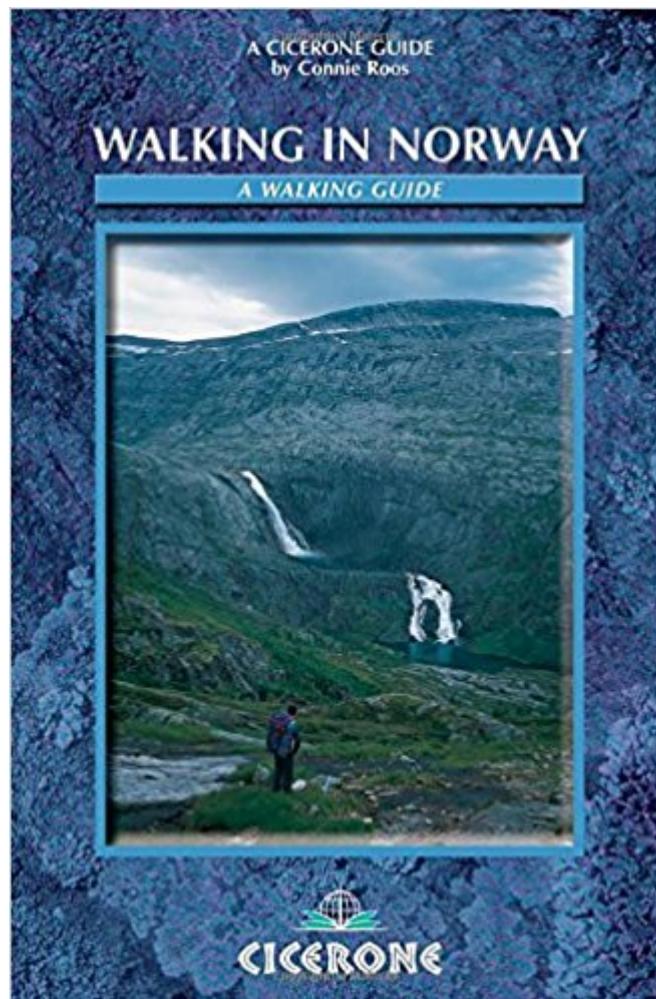


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# Walking In Norway (Cicerone Guides)



## Synopsis

This book describes 20 walking routes in the main mountain areas of Norway, ranging from the far south to the Arctic regions. Chosen because they are of particular interest to the visiting walker, all trips described are accessible by public transport. Many of the mountain areas are close to one another, making it easy to connect different routes for a fortnight's holiday. Route descriptions divided into daily segments, vary in length from a few days to a week. Fact panels provide information on level of difficulty, base, maps etc. Introductory sections to each chapter detail unique information about each region and transport to the area. Summary tables list the hourly estimates of the walking time necessary between points on a route. Route profiles provide an approximate picture of a trail's steepness, and trail maps give an instant picture of the entire route.

## Book Information

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## Customer Reviews

Connie Roos was a leading analyst in San Francisco as well as an author, climber and explorer until her death in 1999. This was her third Cicerone guide

... facts without rhapsodies, about "hut to hut" long-distance walking in Norway. The few pictures in the book will not convince you of the beauty of the country, but the directions for preparation will serve you well. The book is small enough to carry in your shirt pocket, by intention. It's already more than a decade old, but 'such things' change slowly in Norway, the least populated country of Europe. Hiking in Norway is not, on the whole, a wilderness experience, however, not much like

back-packing in the American Rockies or in Alaska. Though sparsely settled, upland Norway has been criss-crossed by farmers and herders for millennia; its trails are deeply etched in the soil. Just when you think you've left humanity behind, you'll come upon a Norse or Sami family homestead. Before succumbing to the allure of the Northern Lights, however, you must take note of the two very terse passages in this little guide concerning weather gear and mosquitoes. It rains a lot in Norway. From a Swedish perspective, the whole country is perpetually sopping wet. You'll want a full head-to-ankle rain suit. As for the mosquitoes, I have a recommendation. Before you plan your trek, read the novel "Beyond Sleep" by the Dutch writer Willem Frederik Hermans. After that, if you still have the urge, well, "bon voyage!"

I have used several Cicerone guides to do long distance walks, primarily in Britain addressing specific walks. Generally I like them. This book is more ambitious because it addresses 20 different areas and sequences of walks in Norway. Our group relied on it to do walks in the Jotunheimen region. We found the descriptions of specific walks well written and complete. Also the book has good general information on Norway walking in general ... when to go, what to wear, mosquitoes, transport, etc. It would have been nice to have one more specific map of the country, to get bearings better, but perhaps that is too much to ask. Highly recommend. And by the way, Norway is a lovely friendly country with great walks ... it surpassed our expectations.

"Walking in Norway" is a compact guide to long distance hiking in the mountains and high plateaus of Norway. Norway is blessed with some exceptionally beautiful national parks featuring mountains, lakes, and huge open areas above treeline. Connie Roos has provided planning information to take advantage of 20 selected routes located in the Hardanger, Jotunheimen, Rondane, Dovre, Trollheimen, and northern Norway regions. Her focus is on multi-day hikes, although hikers may choose to do only segments of the routes described. Her information includes a sketch map for each area, terrain profile, and narrative description of the distance and conditions of each major path segment. There is also a small selection of photographs that provide some sense of scale. Roos has provided some valuable information on how to reach the various hiking regions, whether by car, bus, or train, and on how the distinctive Norwegian mountain hut system works. Hikers should pay close attention to Roos' comments on clothing. The Norwegian mountain regions are subject to highly variable weather conditions. The isolation of many of these areas means hikers will be thrown on their resources in the event of bad weather. Hikers should also expect to invest in maps of the areas where they plan to hike. The sketch maps in the book are not sufficiently detailed

for routefinding. This book is highly recommended to the dedicated hiker looking for opportunities in the still mostly wild interior of Norway.

I was looking for more information about a trail that I had heard of called the "tri-border trail". From this book I found that it is also called the Troms Border Trail. Now I have obtained some additional information by using that name in my google searches. The information in the book looks fairly detailed and lays out daily routes between the huts in the area. It also describes the terrain along the trail, including forests, plains, peaks and stream crossings. I have ordered some specific trekking maps already (had to order from the UK), so all of these together should give me what I need. The price on this book seems to go up & down so I just waited until the price went down as I am not traveling until next summer. The book also contained some very good general travel information in the areas of the routes, such as warnings about limited bus service. My only complaint would be the small map size of each of the routes and that it is difficult to relate each route to a larger area of the country.

I'm in the process of planning a trip to Norway and I want to hike. The web searches I've done have made it difficult to find trails that I feel confident in walking. This book opens my options and provides me with a format that is familiar to me as I've planned other trips in the US. I can't speak to the accuracy of the routes at this point, but the advice seems pretty sound and I'm excited about being able to find corrections/updates on the web.

Lots of good background information. But did not have the level of detail for the area I was hoping to hike.

No information on how to get to the start of each hut and what huts, in particular, to stay at along each route.

I was disappointed that this guide didn't contain more information. What it has is excellent and useful but it needs much more. Important information like temperature is missing, and it says none of the walks are for the inexperienced person. However as it appears to be the best there is on walking in Norway, it's worth buying.

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