

# A true hiking adventure

## Flemish hiking club Schampavie in Trollheimen (august 2019 and august 2006)

A group of members of the Flemish hiking association Schampavie on a mountain holiday in Trollheimen.

*“For several of us, it is a happy reunion thirteen years after we were last here and did a similar trip the opposite way. For others in the group, this is a first encounter with central Norwegian nature.” (Jos Van der Plancken)*



*From Trollheimshytta to Gjevilvasshytta (2019)*



Saturday morning august 10. 2019 we take an early train in Lillehammer destination Oppdal and a 901 bus to Gjøra.

At 2 p.m. we start with our group of 15 the climb from Sunndalen Valley (200 m) to Svarthaugvatna (1150 m) and further to Gammelsetra where we hoist the flag of our hiking association Schampavie.

For some of us it is a happy comeback after 13 years. In 2006 this was our last cabin on our tour through Trollheimen and Dovrefjell. This time there are some other groups, but we all find a bed. Two of us in a small cabin “eldhuset, for hunden og dens eiere”, that they have to brush out first.



Figure 1 Tour august 2019





*Figure 2 Gammelsetra 2019 (flag high on pole)*

Next day we go to Vangshaugen via Lindalsfossen. A lot of climbing there in Sunndalsfjella! Vangshaugen is beautifully situated at the border of a large lake and the upper floor conserves some interior treasures.

But our main goal is to get to Trollheimen. We soon have a wide view on those mountains at the other side of Sunndalen Valley. The descent to that valley is rather steep, but never dangerous. Rope and ladders are provided on the most difficult spots. There is only one young woman in the unattended cabin Eiriksvollen, so we have enough place to make our supper with some of the cabin stock and to find a place to rest.

Next morning starts with drizzle and mist. So we don't see very much of the lakes in Flatvaddalen. Once passed the Fluo waterfall we have to cross a very wet part of the Innerdalen Valley. It looks like a winter path! We stay for 3 nights now in the private hut Innerdal Turisthytte.





Figure 3 Flatvaddalen in rain and mist



Figure 4 Jumping from stone to stone near Midtryggen (august 2019)



For some of us this is a chance to have some rest or to visit the nearby private hut Renndølsetra where we stayed in 2006.

With a smaller group, “the sustainful eight”, we plan to make a large loop hike. We leave the hut northwards, in the direction of Todalshytta, followed by a herd of goats. But they soon give it up. At Snekkardalshalse we turn to the east, crossing two small rivers, to Midtryggen where we have a splendid view on part of Todalsfjorden. On the mountain pass Bjøråskaret the view on Innerdalen, with the twin peaks Innerdalstårnet and Tårnfjellet is not less overwhelming.

Next day we stay in the valley. Since a loop back by Renndalen seems to be a little too hard, we go back and forth in the beautiful Innerdalen Valley towards Innerdalsporten.



*Figure 5 Innerdalen, one of Norway's most beautiful mountain valleys (august 2019)*

Next day we have to cross mountain pass Bjøråskaret again.

13 years earlier we did the same trip in the other direction and then we had enough energy at the end for some paddling at Renndøla waterfall. That summer of 2006 was very hot and the rocks by the waterfall were very slippery because of abundant moss. One man of our group slipped and went at high speed in a slide towards the deep waterfall. Fortunately he could throw himself aside in time.





*Figure 6 Slippery rocks at Renndøla (august 2006)*



*Figure 7 Near Taløysetra (august 2019)*



But now the climb in the mist through stony grounds to the top is very exhausting. But once we approach Taløysetra and Todalen the sky opens and we feel we come home in the heart of splendid Trollheimen.

We stay in the self-service cabin Kårvatn.



*Figure 8 Old vs new in Kårvatn (2006)*

In 2006 one of the team members arrived here with totally worn out shoes. Soles had to be tied with pieces of rope. What a surprise that in this remote place (a couple of houses) we found a fully providing sporting goods store. Unfortunately the new D-type mountain shoes were too hard to use without appropriate walk-in, with very serious, open blisters as a result. Later on, our companion had to be brought by car from Bårdsgarden to Oppdal to see a doctor.

The new lady of the house, the daughter as it turns out, is willing to do some shopping for us: bread, eggs, bacon, milk and ... beer. One member of the group is injured and she is brought to a nearby bus station, where she can take a 901 to Oppdal and look for a room. That morning we take a full English breakfast to get strong enough for the 25 km hike to Trollheimshytta.

At the side of our path some wooden Trolls are staring at us. We have a first stop at Naustådalsetra. Further on we cross a canyon with a waterfall via a small suspension bridge. It is already half past one when we reach the emergency cabin Nauståbu. No time to take a look inside because we are not even in the middle of our track. At about 1000 m high, the Naustådalen area is rather icy and windy, like arctic, somebody whispers, but beautiful.





*Figure 9 Fagerlidalsvatna (2006)*

Fagerlidalsvatna still produces a "wow effect", as in 2006, although this time the sun does not illuminate that brightly the chain of lakes.

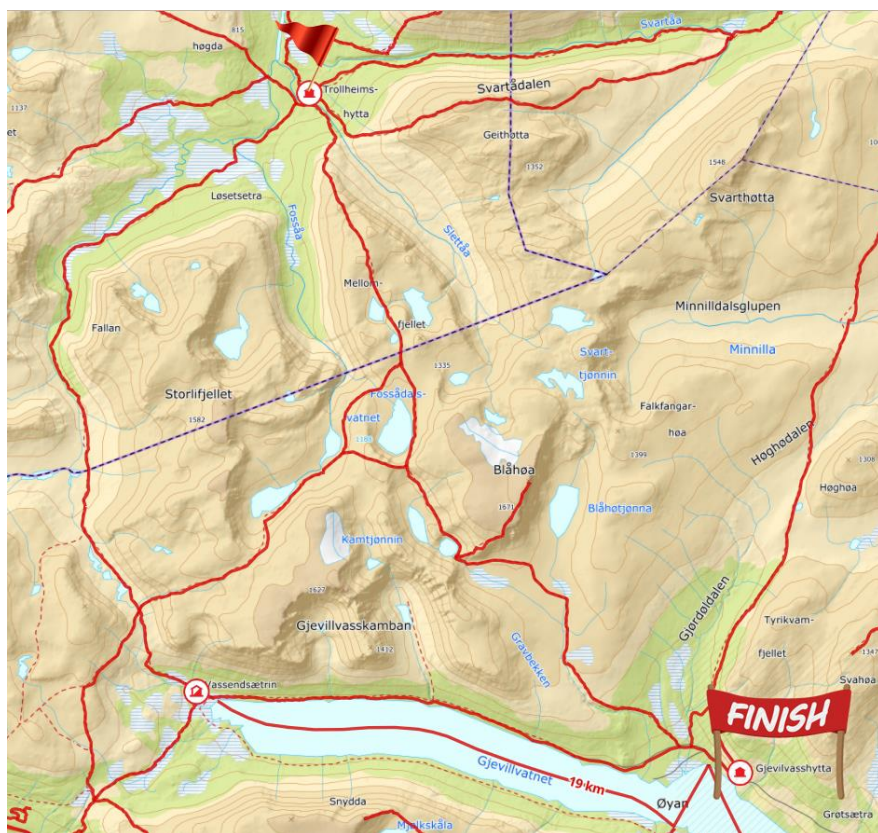
To our left arises Snota (looks like a worn out tooth, somebody remarks). We take the time to take our shoes off to cross river Folda. Some of us recognize the wooden hut Storlihalsen. Unlike in 2006, we see no reindeer in the open grassy plains. Did they move north due to the warm summer? Rather exhausted we still have to cross Slettåa before we reach Trollheimshytta. It is almost 8 o'clock. But we are very welcome. And we welcome the warm drying place for our wet clothes.



*Figure 10 Crossing Folda (2019)*



In 2006 we started our 8-shaped tour through Trollheimen in Gjevilvasshytte. At that time we made all the reservations, for Trollheimen and Dovrefjell, with DNT Oslo. By oblivion that first hut was not informed of our arrival and when we arrived the house was full. It was a weekend at the end of summer vacation and many Norwegians thought this was the right time to go to these mountains. As a kind of sorry gift we could choose between a free glass of wine or a can of beer. And we all got a mattress in the dining room (the ladies) and the lounge (gents). Our next destination was Jøldalshytta, followed by Trollheimshytte.



Now we go directly from Trollheimshytta to Gjevilvasshytte. And we will never regret that decision. This is the most precious path I know in Trollheimen and one of the most astonishing paths we ever made in Norway (we visited Dovrefjell, Finse, Hardangervidda, Jotunheimen twice and Tafjordfjella). It is the true apotheosis of this splendid hiking tour.

Climbing to Mellomfjellet we have a marvelous view on the immense Gråsjøen lake in the north. We have to cross snow fields in a wide delicious landscape surrounded by snowy mountains. From far away we see Gjevilvassvatnet. In Gjevilvasshytte we get a warm welcome and Rømmegrøt as supper, not tasted for a long time!



*Our group in 2006*