

Lom National Park Village

Lom's heart Fossbergom is one of the five villages in Norway which in 2008 got status of National Park Village granted by the Norwegian Ministry of the Environment. The status was granted to Fossbergom because of the unique qualities the village center possesses as a gateway to the national parks Jotunheimen, Breheimen and Reinheimen.

The National Park Village is located ideally under the mighty Lomseggen Mountain. River Bøvra swirls white and wild down the Prestfossen waterfall in the middle of the village. Fossbergom got its name from the rocks sticking out here and there around the waterfall. Here, the community center emerged on both sides of the river. The very first private activity in the area was usage of a mill around 1770; the first village shop came in 1870 where Kiwi store is situated today. In 1894 most of the land south of Bøvra was sold by the state to private persons. Today, there are three family-run hotels standing in the area – Fossheim, Fossberg and Nordal – all with more than hundred years of history. The National Park Village is a natural place for information about the national parks, guiding and purchase of the equipment you need for nature experiences in and around national parks.



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Welcome to the National Park Village of Lom

Lom is a place where you can get extraordinary natural and cultural experiences. What you find here, is genuine and unique. Because of its special qualities, Lom was chosen to be one of the five national park villages in Norway by the Ministry of the Environment of Norway in 2008. Lom municipality got also a status of National Park Municipality. About 90 % of the municipality's area is glaciers and mountains, Galdhøpiggen and Glittertind being the most famous landmarks. Lom center is called Fossbergom and here you can find all information, equipment and guides you need to visit a national park. There are Jotunheimen, Reinheimen and Breheimen National Parks in Lom.

Lom
The municipality of Lom and Jotunheimen reiseliv AS welcomes all feedback, ideas and suggestions to make Lom an attractive place to visit in the future. You can contact the Director of Business Management Department in Lom at: post@lom.kommune.no and jotunheimen.reiseliv AS på e-post: info@visitjotunheimen.com

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Environmental protection is listed as one of the most important tasks on the agenda of Lom municipality, and we wish to preserve the diversity of the nature and manage resources, also for the benefit of future generations. As a guest in Lom, take part in this work by buying locally produced food, using local guides and taking consideration of the environment by reducing littering and resource usage.

Above all we wish you to enjoy your time in Lom! Welcome as a guest here now and in the future!



Bergomsrunda walk - where nature meets culture

- 1 Lom Stave Church**
Lom Stave Church is one of the largest of its kind in Norway and dates back to 1158-59. It was extended and expanded in 1634 and 1663. The Church has a big collection of boards. Most of them were painted by Munch Eggert in the early 1700s. The choir and the pulpit in acanthus style are a unique woodcarver work of the local artist Jakob Sæterdalen. The Church is still used as a main church in Lom.
- 2 Loar**
The building houses the sale of locally produced handicrafts and souvenirs, The Stave Church Museum, library, Study Center, Voluntary Center and Secondary School. Loar was originally the school building for the main school of Lom. It was rebuilt after a major fire in 1936. Primary School was moved from here in 1992 when a new school was built on Prestgardjordet beside the Stone Barn (Steinfjaset).
- 3 Steinfjaset – Stone Barn**
The Steinfjaset (Stone Barn) is unique in its kind. All the animals on Prestegarden farm needed a proper barn. That is why the priest Honoratus Halling built the stone barn with manure cellar in stone around 1870. In 1869 the priest borrowed 930 daler (dollars) for this purpose from «the loan fund when state property was to be sold». The loan was to be paid back with interest over 25 years. At present, the Stone Barn is the only building that remains of the original vicarage. The Barn was for many years used as a gym and is now used for a gallery.

- 4 Storstabburet – Big Storehouse**
The Storstabburet (Big Storehouse) dates back to the 1560s and is the biggest storehouse in Norway. It served as a granary before and stands on its original place now. Inside the Storstabburet you can find a fine exhibition on the ancient irrigation culture in the villages of Ottadalen valley.
- 5 Lom Village Museum – Presthaugen**
Lom Village Museum is located in Presthaugen which also serves as a meeting place here in Lom. The museum is built as an ancient Lom farm, just like the farms were 150 years ago. It gives us a good picture on the building style of that time and working life in the ancient household. The museum contains a cottager's house and a mountain dairy which both were important parts of the farming environment in Lom in the 19th century.
- 6 Norwegian Mountain Museum**
The museum aims to show what mountain means through its exciting exhibitions. Among other things, you can see a mammoth and a mammoth baby in full size here. The museum is authorized information center for Jotunheimen and Breheimen National Parks. Interactive information on national parks, hiking in the mountains and Norwegian waterways is available here.
- 7 Bakery in Lom**
This is the most famous bakery in Norway. It was established by master chef and baker Morten Schakenda. More and more people come to Lom to buy bread baked in the stone stoves. When baking, employees of the bakery take their time

- and use local raw materials and their special know-how. Morten Schakenda received the Best Cookbook in Norway Award in 2009. In addition to recipes, the book tells us how Morten and his family moved from Grünerløkka in Oslo to Lom.
- 8 Vassvaglien – Water Roost**
The sculpture illustrates how life-giving water could be led to where it was needed with the help of wooden irrigation canals. These canals could be nailed together of board (as here) or hollowed out of the pine stems, which was the most common way of making the canals. Water was a scarce resource hence it was important that as little as possible disappeared. An ancient saying in Lom goes as «Give us sun, our Lord, and we will get us water». Lom is situated in a very dry area with less precipitation throughout the year than in the Sahara.
- 9 Tor Jonsson Stone**
A memory stone devoted to the famous Norwegian poet Tor Jonsson (1916 – 1951) who was born and grew up in Lom. The poet killed himself in 1951, and got the «Literary Critics' Award» post mortem. Another famous poet Olav Aukrust, whose home you can visit on Nordgard Aukrust farm, was also from Lom. Knut Hamsun lived in Lom in childhood and was later confirmed in Lom Church.
- 10 Fossheim Hotel**
Member of «The Historic Hotels and Restaurants». Fossheim has a traditional kitchen. Arne Brimi started his culinary philosophy here. Since then, Kristoffer Hovland (National Culinary Team 1998 – 2003) and Ståle Johansen have developed the kitchen at the hotel. They bear down on «the good meal» based

- on local raw materials or «stuttrest mat» (local food) as they say in Lom. In the yard of Fossheim one can find Gaukstadstugu – an old house built in 1650.
- 11 Time Axis**
The Time Axis follows Bergomsrunda walk and gives you an insight into the Earth's 4600 million years history. You can get a separate brochure about the Time Axis at the Norwegian Mountain Museum and at the Fossheim Stone Center.
- 12 Fossheim Stone Center**
Geological Museum with the biggest open exhibition of Norwegian gemstones and minerals. This is a meeting place for nature enthusiasts from many countries. Gem gallery, jewelry shop and workshop where you can get help in determining gems. Norway's national gemstone, thulite, was mined in Lom.
- 13 Lomseggen Climbing Tower**
Lom is a place for active people. Here you can find a climbing tower and a number of free activity devices that you can visit before or after hiking.
- 14 Utlegsbru Log Bridge**
This is a log bridge which was built in cooperation between local craftsmen and carpentry students from high school in Lom in 1990 – 1991. The bridge is a further development of the oldest bridge construction we know of – logs laid across a river. Originally, there was a log bridge at about the same place as today. Bøvra is a typical glacier river with a big variation in water flow and is the largest mass flow in the country. Erosion and ice melting influence the river.

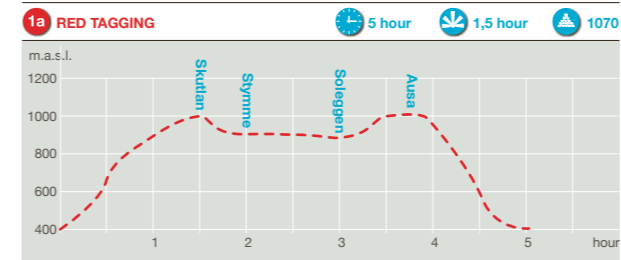


Practical information

- All routes are marked with red or yellow tags. Nevertheless, we recommend you to take a map with you (the map can be bought in the bookstore and at the Tourist Office).
- No special equipment is required. Remember water and good shoes. For advice on hiking equipment contact the Tourist Office.
- All tours can be taken in both directions but the description follows the signs.
- Telephone for the Tourist Information Office: 61 21 29 90

Cultural Path Soleggen

See Rondane in the east, Dovrefjell and Reinheimen in the north, Breheimen in the west and Jotunheimen in the south. You can also see Galdhøpiggen if you take a detour to Læshø!



From roundabout in the center, go 150 meters east along highway 15. Before you reach Fossheim Tourist Hotel, take to the right and go up the Ullstadvegen Str. In the middle of a U-swing the path turns to the field. The path goes then straight up the field and to the fenced pasture. Turn right in the path fork to follow route 1. (In the next path fork you can take a short route 1c towards Nonshaug.) The path runs steeply up through the spruce forest and goes by a water post with drinking water. The path passes the tree line and goes further to Skutlan. Now you are at the highest point of the route (1070 m.a.s.l.).

From Skutlan, where the path forks, you can take route 1b and proceed to Læshø. The path around Læshø runs in the eastern direction, south of the summit itself, to the summer farm Stymme. Follow the farm road further to Soleggen. In about 10 min one can reach a place where the trail splits again and leads through the rugged terrain and sparse birch forest to the east. Gentle slope down to the dam at the lake AUSA. Go around the lake on the right side and up a hill until the path bifurcates again and leads you to Læshø (route 1b).

The path continues to the west and descends slowly towards the tree line. At the next bifurcation, take to the left. The trail goes slowly down through the forest and passes a tree cutting field. After a while you will come to a forest road and another bifurcation towards Nonshaug (route 1c). Route 1 keeps going down the forest road (Hansvegen). Cross the Læsa brook and take to the left until you come to the old farm Skjæsar. Follow that waterway to the bifurcation at the start of the route.



From bifurcation at Skutlan, over Læshø (1204 m.a.s.l.) to AUSA. The view towards Galdhøpiggen, Bøverdalen, Løftet and Lomseggen is great!



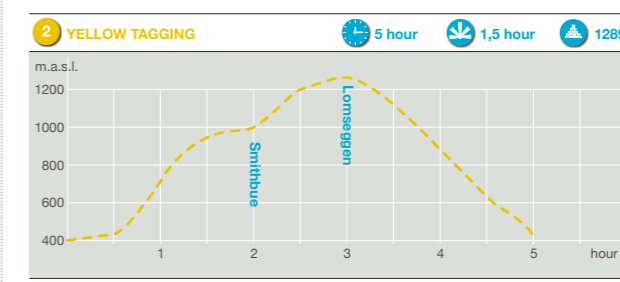
Steinflåtåen, Nonshaug, Hansvegen. From Nonshaug, you get a bird's-eye view over the National Park Village of Lom.



From Soleggen on a good path in northern direction towards Læshø.

Lomseggen

During this trip you walk in the Breheimen National Park. View to the national parks Jotunheimen, Reinheimen and Rondane opens over the tree line. Bøverdalen valley cuts in between the highest summits of Norway and you get a nice view towards the highest of them all – Galdhøpiggen (2469 m.a.s.l.).



From the roundabout in Lom center you cross the bridge over the Bøvre River. Leaving the Norwegian Mountain Museum on your left side, you go up the road and pass by Storstaburet (the Big Barn). Go straight forward until you come out to the asphalted Solsidevegen road. 200 meters after the elegant Sygard Andvord farm, the trail turns to the right. There are signs to Lomseggen, Bordvassvegen and Tor Jonsson's House. After about 300 m, Bordvassvegen trail (red tagging) and route to Lomseggen (yellow tagging) split.

The trail to Lomseggen goes right above the fenced pasture on Nordgard Andvord and proceeds to a forest road through a sharp right turn. The path soon takes a "shortcut" and comes quickly up to the upper forest road – follow this road almost to the end. The trail now splits from the forest road. Up on the crag, the route turns to the west and crosses a creek with good drinking water. The route passes by Smithbua stone hut at 1150 m.a.s.l. and goes into a big bow up to the front point of Lomseggen mountain.

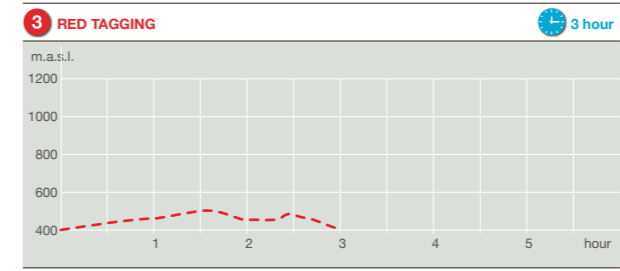
From Lomseggen you can go the same way back or follow the route further to the east. The route goes down the ridge, somewhat steep at the tree line. The trail crosses a forest road before it turns to the right. Follow the forest road a couple hundred meters before the route continues on a steep path down through the forest. When you are almost down, go through a gate, cross a residential road, go straight down the Opphovsvegen Str and take to the left when you come to Solsidevegen Str. Follow it in 200 meters and turn to the right on the asphalted way in the direction of Lom center.

Tour information:

- Until the middle of June there can be a lot of snow on the north side of the route. Ask about the conditions at the Tourist Information Office at the Norwegian Mountain Museum/ National Park Center.
- Tor Jonsson's House is open for guided tours on request. More information at the Tourist Office.
- Smithbua at 1150 m.a.s.l. is a stone hut built for a German artist in 1850. He found inspiration here in Lom.

Cultural Path Bordvassvegen

Bordvassvegen is a cultural path where you follow an old waterway and get to know with history and traditions around irrigation culture in Lom. The trip goes on the sunny side of the gentle slopes and is a nice walk even if the weather is not at its best.



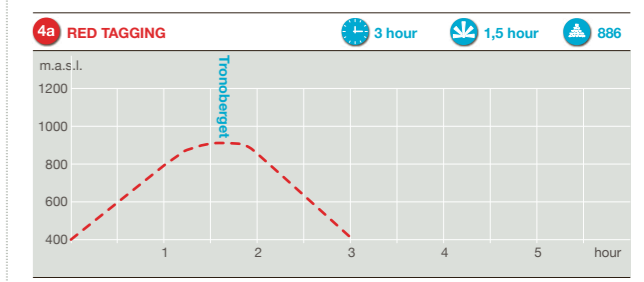
The cultural path has its own brochure and an information board behind the Tourist Information Office at the Norwegian Mountain Museum/ National Park Center. The route to Bordvassvegen is very well tagged with red tags. You can follow the route description for the route to Lomseggen (yellow tagging) until Lomseggen and Bordvassvegen trails split. Then you can follow the red tagging in order to go along Bordvassvegen.

Tour information:

- Bordvassvegen goes through Andvord farm and there can be cattle grazing in fenced pastures in summer. If you want to avoid grazing animals follow the yellow tagging above the farm until you see the first forest road. Go down the road to the left and you will see the Bordvassvegen again only a few meters down the hill. berre nokre meter ned i bakken.

Tronoberget

This is a tour close to Reinheimen National Park with a stunning view towards Lom center and over to Lomseggen with its summits Eggjapiken (1524 m.a.s.l.) and Storvilen (2064 m.a.s.l.). From the top of Tronoberget you can see parts of Finndalen Valley Landscape Conservation Area and Reinheimen National Park.



From the roundabout in the center of Lom, you cross the bridge over the Bøvre River at the waterfall. Turn right and down to the river and go over the Log Bridge (Utleggsbru which is a part of the Bergomsrunda Walk). Go along Bøvre to Tronooden Bridge (the Bøvre River flows into the Otta River before the bridge). The path goes up at the end of the bridge on the north side of the river. The route meanders in the terrain in a sparse spruce forest through small crags, sometimes a little steep. The path turns first to the right and later to the northwest ridge. The tour to the top is a small detour (150 m) from the marked path bifurcation down to Grjøtheim. The route from Grjøtheim is not as steep as the one you take from Tronooden. In the eastern direction, the route follows a waterway in the terrain becoming somewhat steeper along a brook. The trail comes soon to an old cart track which leads you through two big swings all the way down to the road. The road back to Tronooden has little traffic and is easy to go on.



Tronooden to Staurustberget, follow route 4a to Tronooden. The route goes along the river northwest of the bridge end. Easy walk well sheltered from the northern wind.

Tour information:

- Do you want to take a shorter route? There is a parking place at the starting point for the routes on Tronooden on the north side of the Otta River.
- The route is located on the southern slopes in a dry terrain and is navigable from early spring.

5 Climbing route to Lomseggen

From Nissegården Lodge and Activities you can take a climbing route «Via Ferrata» to Lomseggen. Tickets and safety equipment for hire at Nissegården.