



BØRGEFJELL

A SANCTUARY FOR
THE ARCTIC FOX





DESOLATE AND BEAUTIFUL

Most of the Børgefjell National Park is a wilderness that feeds our senses with a wide range of powerful impressions. In the west, there are high summits and deep valleys with cirque glaciers and mountain lakes. The southern part has wild rapids and beautiful waterfalls, while the eastern part is characterised by more rounded hilltops and open moorland. Børgefjell has much to offer those interested in hunting and trout fishing. It is also one of the few places where you can encounter the arctic fox, one of the most endangered mammals in Norway.



Autumn in Børgefjell (TM)



ENJOY THE NATURE

At Børgefjell, you will generally be alone with nature and your own feelings. There are very few huts, bridges or marked paths. Its numerous rivers and lakes make Børgefjell a paradise for trout fishing. Hunting is permitted in the national park, although elk hunting is prohibited in the core area. You may go wherever you like in the park, apart from an area east of the large lake, Namsvatn, where access is not permitted from 20 June to 25 July while the geese are moulting.

To become properly acquainted with the Børgefjell National Park, you need to roam there for several days. In addition, you should allow a day to get to it and another day to get back to 'civilisation'.

Unpredictable weather

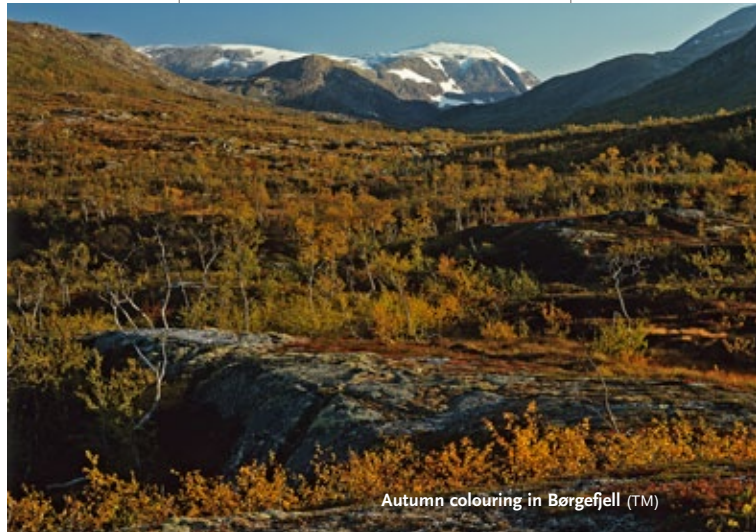
The weather can change quickly, so make sure you have enough clothes and proper equipment with you. The western and southern parts have very wet weather, but the northeast is more protected by the mountains. The winters can be hard, with very low temperatures and large amounts of snow. The snow often settles in October, and on high land it can remain well into the summer.



Storfossen (TM)



Biseggdalen (TM)



Autumn colouring in Børgefjell (TM)

LANDSCAPE AND GEOLOGY

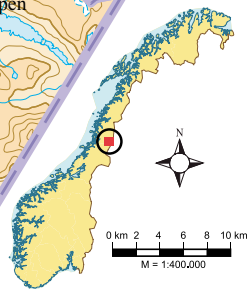
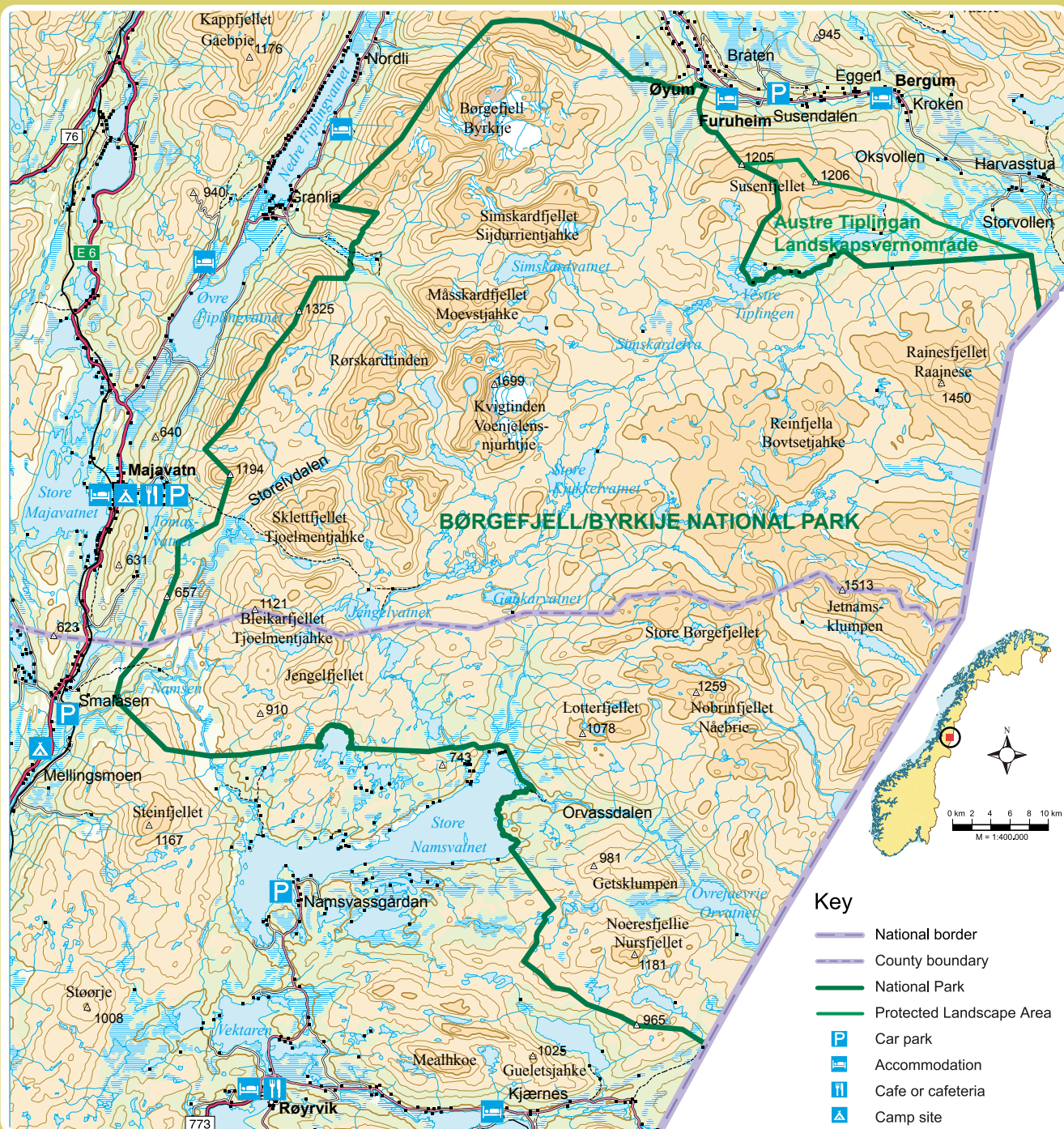
From mires to mountain peaks

Børgefjell National Park lies between 270 and 1699 m a.s.l. There are lakes, rivers, fens, bogs, screes, moorland, hills and mountain summits. The highest peaks are in the west, where the bedrock is mainly dark granite, Børgefjell granite, which gives the landscape its desolate appearance. The highest mountain in the park, Kvigtinden, towering to 1699 m a.s.l., is found in this western part. Other parts, like the area around Rainesfjellet, have rough, blocky screes without vegetation. Ground moraine covers much of the landscape.

Other parts of the national park are characterised by gentle slopes, low hills and broad valleys with lush hillsides, and these offer hospitable terrain for hikers. The bedrock here supports luxuriant vegetation and a rich plant and animal life. Bogs and fens feature prominently in this landscape.

A multitude of lakes

The many lakes of varying sizes give Børgefjell its special character. The largest ones are Simskardvatnet and Orvatnet. The most important watercourses in the south are Orvassdraget and Jengelvassdraget. The rivers north of Orvassdraget flow eastwards to Sweden. In the northernmost part of the park, the rivers run towards Tiplingan and Susendalen, while in the west they flow towards Fiplingdalen and the Namsen. The watercourses are varied – from the large but gently flowing Orvassdraget and the majestic Storfossen waterfall on the River Jengel to the small mountain streams found all over the national park. The well-known rivers, the Namsen and Vefsna, have their sources in the park.





Golden eagle (LL)



BIRD LIFE

The Børgefjell landscape is ideal for birds. The numerous watercourses, extensive willow thickets and sedge fens provide excellent living conditions with ample food. Wetland birds are particularly at home here. The birdlife is especially rich around Tiplingan and the lower stretches of the Simskardelva river.

The most common bird of prey in the national park is the rough-legged buzzard, but snowy owls, the majestic golden eagles and a variety of other birds of prey also breed here. The combination of good nesting sites and easy access to food means that they thrive well at Børgefjell.



Common snipe (LL)



ANIMAL LIFE

Few but vigorous

The arctic fox is the outstanding feature of Børgefjell animal life. The wolverine is the most common large predator, but lynx and brown bears may roam through the park. The most common small predators are red foxes, weasels, pine martens and stoats, and you may catch an occasional glimpse of an otter.

You can meet elk in wooded areas, and sometimes even in the mountains. Elk are protected from hunting in parts of the park. Hares are common, and squirrels can be found among the conifers, while there are beavers in the Orvassdraget. There are also various species of small rodents, including lemmings and mice.

Semi-domesticated reindeer graze the whole of the Børgefjell National Park. The western, eastern and southern parts are mainly used in summer, while the northern part is used all the year round. Reindeer from Sweden roam into the eastern part of the park.

The arctic fox clings to life

When you are hiking in the Børgefjell National Park, you might actually encounter an arctic fox, if you are lucky. You should relish the moment, and then move on slowly. Hunting almost caused its extinction. Around 1900, hunters took approximately 2000 arctic foxes every year. The price paid for a pelt was very high and it was not unusual to receive the equivalent of a year's wages for one pelt. The numbers of arctic foxes have not increased since they were protected in 1930. Today, only a few are left, and the arctic fox is listed as critically endangered.



Arctic fox (OS)



Alpine meadow-rue (AL)



Yellow saxifrage (AL)



PLANT LIFE

Meagre conditions for plants

Approximately 300 plant species are known to occur in the Børgefjell area. The tree line is between 500 and 600 m a.s.l. Most of the woodland is birch. The only significant areas of spruce forest are found beside the Namsvatnet lake, in Namskroken and Simskardet. Pine trees can be found scattered on dry ridges and on the mires in lower areas, while moorland vegetation dominates above the tree line. Here you can walk for hours in sedges and bilberry heath. Numerous creatures live in the many willow thickets. Børgefjell has an abundance of fens and bogs, and bog asphodel, purple moorgrass and deergrass make them firm enough to walk on.



HISTORY AND CULTURAL HERITAGE RELICTS

Human traces

The Sámi people have had the Børgefjell area more or less to themselves right up until the beginning of the twentieth century. They have kept reindeer here for at least 500 years. Sámi cultural heritage relicts in the form of settlements and hunting sites can be found both inside the national park and in areas bordering it. Norwegians first began to clear land for farming around the turn of the 18th and 19th centuries, and Norwegian settlement increased from then onwards. The first farms were established when there was a shortage of land elsewhere. In 1932, the Norwegian Trekking Association (DNT) suggested that Børgefjell should be preserved as a wilderness area, without cabins or marked paths. This is one reason why it has not become a typical, widely-known magnet for ramblers and mountaineers.



Herding reindeer (ØR)



Cottongrass (KSK)

In a national park, you are one of Nature's guests

- You may go wherever you like, on foot or on skis, but anything with an engine is basically prohibited.
- You can stop wherever you like and pitch a tent. Always tidy up afterwards and take your rubbish with you.
- You can light a fire, but remember the general ban on lighting fires in woodland from 15 April to 15 September. Show consideration when gathering firewood.
- You can pick berries, mushrooms and common plants for your own use. Show consideration for cultural heritage sites, vegetation and animal life. Take extra care in the breeding season.
- Hunting and fishing are permitted. Remember to buy hunting and fishing licences. Never use live fish as bait, or transfer live fish from one river or lake to another.
- You can take your dog with you, but remember to keep it on a lead from 1 March to 20 August.



Børggefjell National Park in brief

Location:

In the municipalities of Røyrvik and Namsskogan in the county of Nord-Trøndelag and the municipalities of Grane and Hattfjellidal in the county of Nordland.

How to reach Børggefjell:

By train: to Namsskogan or Majavatn. Taxi from Namsskogan to Smalåsen or Namsvatnet. Walk or taxi from Majavatn to Tomasvatn or Simskardet.

By car: along E6 and take a minor road to Røyrvik, Fiplingdalen or Hattfjellidal.

From the south: drive to Namsvassgårdene in Røyrvik and park by the lake. From here, there is a scheduled boat service, or you can pay to be taken across the lake privately. From the west: take the minor road at Smalåsen and drive to the car park, or take a minor road from Majavatn and drive towards Solhaug, Tomasvatn or Simskardet.

From the north: drive to Susendalen and Harvassdalen. You can stop at Øyrum, Oksvollen or Storvollen.

Information about accommodation and other services:

Helgeland Reiseliv AS, www.visithelgeland.com

Visit Namsskogan, www.visitnamskogan.no

Furuheim gard, www.furuheimgaard.no

Børggefjell hytteutleie, www.borggefjell-hytteutleie.no

Huts:

There are no trekking association cabins in the national park, but there are a few open huts, and some private cabins can be rented.

Tips:

Allow several days for your trip and be prepared for changes in the weather. Most suitable for experienced mountaineers, but there are some easier walking areas in the valleys.

Map: "Norge" 1:50 000 sheets 1924 I, 1925 I, II, III and IV, 2025 III and IV, and a Ramblers map for Børggefjell (1:50 000).

Established: 1963. Extended in 1971 and 2003.

Size: 1447 km²

Adjacent protected areas:

Austre Tiplingan Protected Landscape Area (44 km²)

Management:

County Governor of Nordland and County Governor of Nord-Trøndelag, www.fylkesmannen.no

Supervision:

Statskog, Nordland Mountain Service, phone: +47 07800

Namsskogan Fjellstyre (Mountain Board), phone: +47 74 33 34 01

Røyrvik Fjellstyre (Mountain Board), phone: +47 74 33 57 45

More information:

www.norgesnasjonalparker.no

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Front cover: Arctic fox (OS), and black and white: Cloudberry (KSK)

Back cover: Old dead tree (KSK)



Print: GRØSET™



NORWAY'S
NATIONAL PARKS

Norwegian national parks – our common natural heritage

National parks are designated to protect large areas of unspoilt countryside – from the sea to the mountaintops – for the sake of Nature herself, we ourselves and future generations.

The parks contain a wealth of splendid scenery and varied animal and plant life, waterfalls, glaciers, towering peaks, never-ending plateaus, deep forests, and beautiful fjords and coasts. Cultural heritage sites also show how the areas were used in bygone days.

The parks offer a vast range of thrilling and exciting natural history. Make use of the fantastic Norwegian countryside – on Nature's own terms.

Welcome to Norwegian national parks!



NORWEGIAN DIRECTORATE
FOR NATURE MANAGEMENT

www.dirnat.no/english