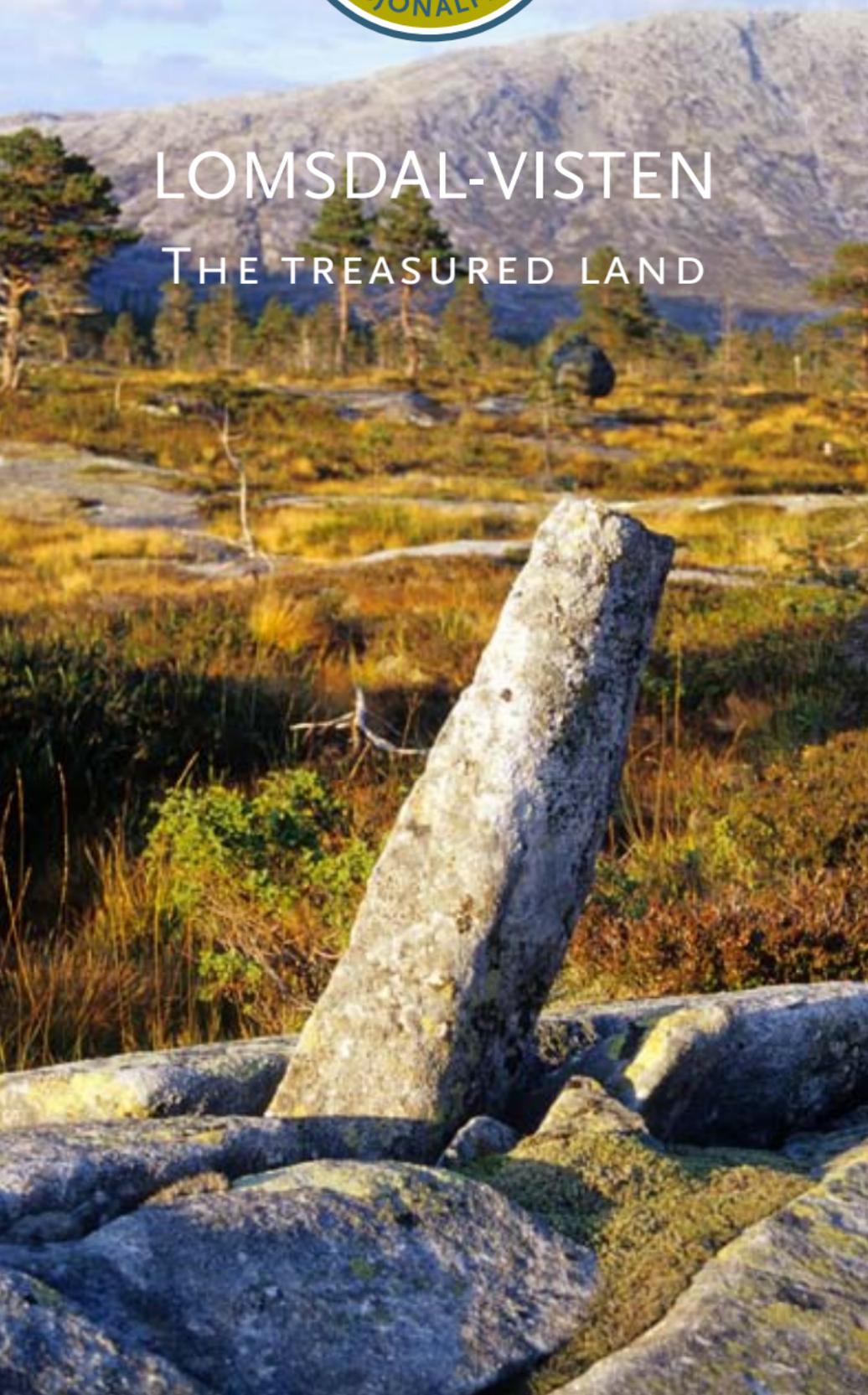




LOMSDAL-VISTEN

THE TREASURED LAND





Vistmannen (MS)

FROM FJORDS TO MOUNTAINTOPS IN HELGELAND

Narrow fjords and broad valleys, large and small rivers, and vast, unbroken forests, upland plateaus and still loftier plateaus that form the foundations for alpine peaks and rows of mountains, including Visttindan, Finnknean and Breivasstinden, the most obvious landmarks in the national park.

Along the fjords and valleys are groups of houses that have never had a road link to the outside world, as well as traces of more ancient settlement. Signs of Sámi reindeer husbandry predominate in the inner valleys and on the mountains.

The Lomsdal-Visten National Park is part of the Helgeland belt, a string of protected areas stretching from the coast to the Swedish border, from the Helgeland islands in the west to Børgefjell in the east.



Crossing a river (HP)



Strompdal Hut (MWM)



ENJOY THE SCENERY

The Lomsdal-Visten area is ideal for long, often strenuous, hikes in varied, beautiful countryside. The park has few facilities to ease hiking. You need a tent and a compass in this wilderness realm. The area has just a few unlocked huts, and this will continue to be the case. Paths are only sparsely marked by ancient stone cairns, hardly any red Ts are to be found here.

The Lomsdal-Visten National Park has varied and rich flora and fauna attached to the coast and seashore, cultural landscapes, woodlands and mountains. Many

Red Listed species of birds, plants, fungi and animals are found in surprising numbers and can give the observant hiker unique thrills.

The rivers are interrupted by many magnificent, cascading waterfalls, which can also make hiking difficult. The river along the Lomsdalen valley flows for 30 kilometres from its source to the sea, entirely unaffected by man-made forms of disturbance. Salmon rivers and opportunities to fish in the many lakes ensure that you will not go hungry. But remember your fishing licence!



Balancing act across Breidvasselva (EI)



Grunnvassdalen (HS)



Lake Elgvidde (MS)



LANDSCAPE AND GEOLOGY

The landscape is dominated by great diversity and many rivers. There are steep-sided fjords with rich, broad-leaved deciduous woodlands, virgin-like coniferous forests, mountainous terrain and alpine peaks.

The rich and varied geology was an important reason for protecting the area. Karstic terrain with caves, subterranean rivers, arches and unusual weathering forms offer opportunities for exciting experiences, but remember that these are very vulnerable features that have taken thousands of years to shape. You can easily damage them, so remember to follow the caving rules:

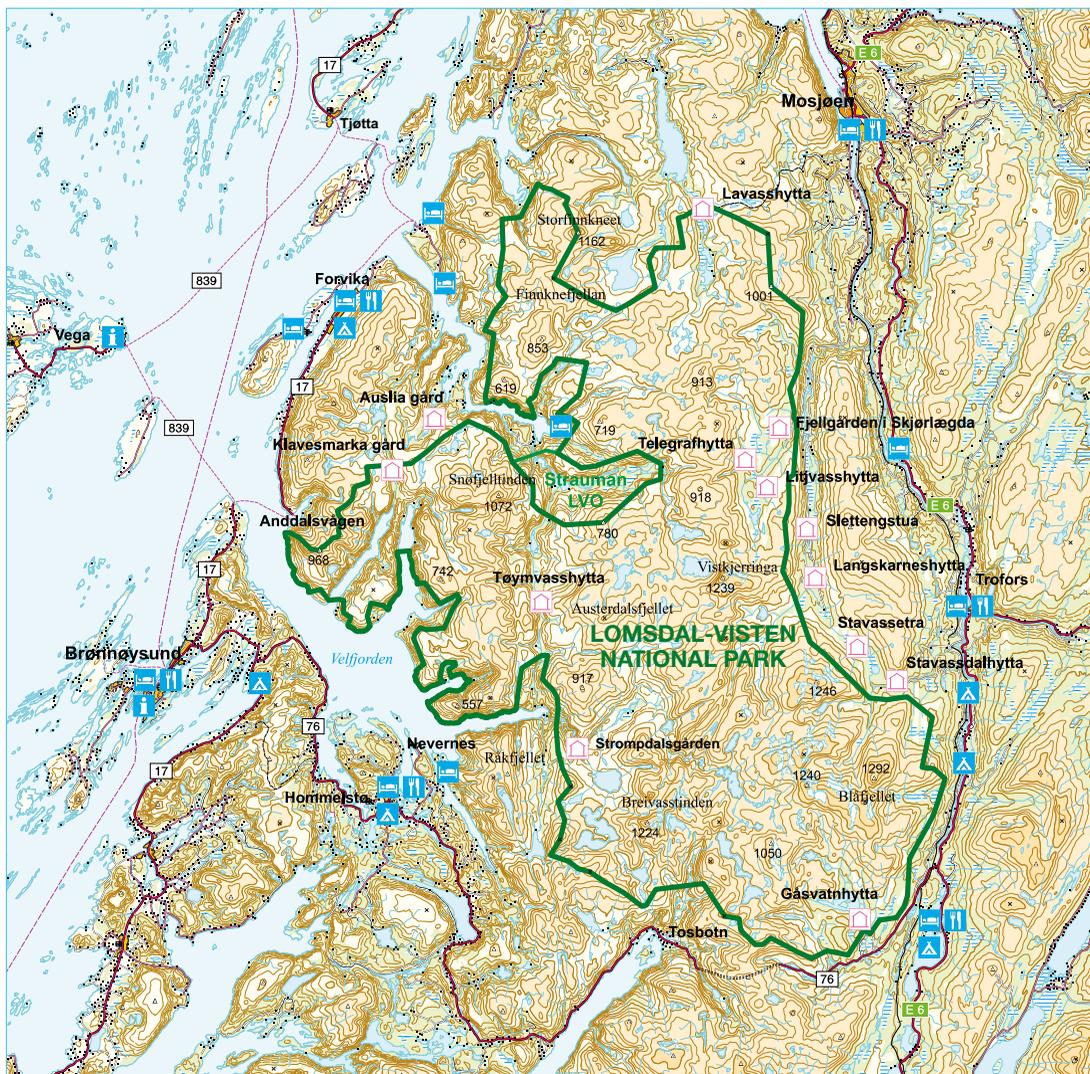
take nothing – except pictures

leave nothing – except footprints (if you must)

kill nothing – except time



Gardsfossen (BC)



Legend

- | | | | |
|---|-------------------------|---|----------------|
|  | National Park |  | Camping |
|  | Nature Reserve |  | Information |
|  | Overnight accommodation |  | No-service hut |
|  | Café/Restaurant | | |



0 km 2 4 6 8 10 km



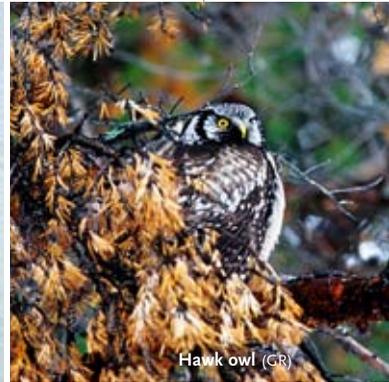
Robin (GR)



Livid pinkgill (BF)



Reindeer (MS)



Hawk owl (CR)



PLANT LIFE

Great variations in bedrock and local climate give rise to a diverse and rich plant life. The rivers are intact from the mountains to the fjord, resulting in many habitats and spots where endangered and rare species of lichens, fungi and vascular plants can live.

Along the fjords, there are favourable conditions for warmth-loving, southerly species and coastal, westerly species. Wooded slopes here abound in plants and birds. The valley floors have coniferous forests and rich deciduous woodlands with demanding species of lichens and fungi. Calcareous bedrock in the mountains gives rise to a large diversity of alpine plants like fragrant orchid, mountain avens and moonwort.



Mountain avens (BF)



ANIMAL LIFE

The mammal fauna in the Lomsdal-Visten National Park is not particularly rich, but definitely representative for mountainous and wooded areas in northern Norway. Wolverines and the other large predators which roam the area may reveal themselves to the patient Rambler.

Semi-domesticated reindeer graze the whole area. The reindeer are vulnerable to disturbance, especially during the calving period in late winter and spring. Enjoy the sight of these wonderful animals, but respect them and keep your distance.

The bird life is rich. The gyrfalcon is one of the species that thrives in the park. The populations of vulnerable birds-of-prey reflect the pristine state of the area and the absence of disturbances. Large woodpecker populations, including grey-headed and lesser-spotted woodpeckers, are examples of interesting species that can be observed in the national park.



Braun's shield fern (GR)



Trollgubben (the Old Troll) in Trolldalen (GR)



HISTORY AND CULTURAL HERITAGE SITES

Cultural heritage relics have been found that date from the Mesolithic (8-9000 years ago) up to the present day. Traces of Sámi culture can be found in the national park dating from the time when the Sámi were hunters and gatherers up to their modern semi-domesticated reindeer husbandry.

Farms that were abandoned due to the Black Death were re-cleared from 1500-1800 by ethnic Norwegians who expanded into the Sámi areas. They cleared farms along the fjords, the larger valleys and far into the mountains. Traces of how they used the area can be seen near the farms and on outlying land.

The Second World War also left its mark in the Lomsdal-Visten area, and an annual march goes from inner Visten to Eiterådalen to commemorate wartime events.

Such authors as Ivar Strompdal, Knut Strompdal, Erling Nicolaisen, Arvid Sveli and Arnt O. Åsvang have written many books and articles dealing with the area, including Ivar Strompdal's illustrative "Treasure in Lomsdalen" from 1948.



Gievrie (Sámi shaman drum) (AS)



Winter in Lomsdalen (ASV)

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

- Go wherever you want, on foot or on skis. Anything with an engine is basically banned.
- Stop wherever you want, and camp for the night if you wish, but tidy up afterwards and take your rubbish home.
- You may light a fire, but remember the general ban on fires in woodland between 15 April and 15 September. Take care when you gather firewood.
- You may 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. Do not use live fish as bait. You must not take live fish from one river or lake to another.
- You may have a dog with you, but remember to keep it on a leash from 1 April to 20 August and always take special care with regard to reindeer, sheep and other animals.

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Print: GRØSET™



Lomsdal-Visten National Park in brief

Where: The boroughs of Brønnøy, Vevelstad, Vefsn and Grane in the County of Nordland.

How to reach the Lomsdal-Visten National Park: You can drive along the inland trunk road, E6, the coastal road, Rv 17, or take the train or the Coastal Express vessel. The national park has four gateways, Nevernes (Brønnøy), Forvik (Vevelstad, Stavvassdalen (Grane) and Tverådalen (Vefsn)).

From the east: From Trofors in Grane it is a short way to Stavvassdalen, a natural starting point for hikes into the park.

From the north: In Vefsn, a road runs along the valley of Eiterådalen, from where a short walk takes you into the mountains in the centre of the park. From Tverådalen, due west of Mosjøen, a marked path takes you up the valley of Sørvassdalen and into the park.

From the west: You can take a local express boat from Forvik in Vevelstad to Bønå or Aursletta at the head of Vistfjorden. From Nevernes in Brønnøy, you can reach four fjord arms, Okfjorden, Storfjorden, Lisjbjørja and Storbjørja, by private boat.

From the south: The road through Tosbotn (linking E6 and Rv 17) is a natural starting point for hikes into the magnificent mountains in the south.

Information on overnight accommodation and other services can be obtained from: Destinasjon Helgeland AS, phone +47 75 01 80 00 and www.visithelgeland.com

Overnight accommodation:

Strompdal Hut, Directorate for Nature Management
 Klavesmarka Hut, Helgeland Skogselskap
 Tøymvass Hut, Vevelstad Borough Council
 Fjell Hut in Skjølægda, Statskog
 Gåsvatn Hut, Statskog
 Telegraph Hut in Skjølægda, Statskog
 Litjvass Hut, Vefsn Association of Hunters and Anglers
 Turf hut in Sørvassdalen, Sámi Cultural Centre, Hattfjelldal
 Lavass Hut, Vefsn Association of Hunters and Anglers

Tips: Reckon on spending several days hiking, and be prepared for the weather to change.

Maps: Norge 1:50 000 1825 I and IV, 1826 I, II, III and IV, 1925 IV and 1926 III

Designated: 2009

Area: 1102 km²

Adjacent protected area: Strauman Protected Landscape Area

National Park Centre: Nordland National Park Centre, Storjord in Saldal, phone +47 75 69 24 00, www.nordlandnasjonalparksenter.no

Management and supervision: Local Board for Lomsdal-Visten National Park. Fylkesmannen i Nordland, www.fylkesmannen.no/nordland Norwegian Nature Inspectorate, phone +47 73 58 05 00



NORWAY'S
NATIONAL PARKS



Norwegian national parks are our common natural heritage

We set up national parks to safeguard large areas of countryside – from the seashore to the mountaintops. For Nature's own sake, ourselves and future generations. National parks boast magnificent scenery with varied animal and plant life, waterfalls, glaciers, lofty mountains, endless plateaus, deep forests and lush woodlands, and beautiful fjords and coasts.

You will also find cultural heritage remains showing how the areas were used in the past. The national parks offer a multitude of opportunities for thrilling encounters with natural history.

Make use of our magnificent nature – on its own terms. Welcome to Norwegian national parks!



THE NORWEGIAN DIRECTORATE
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