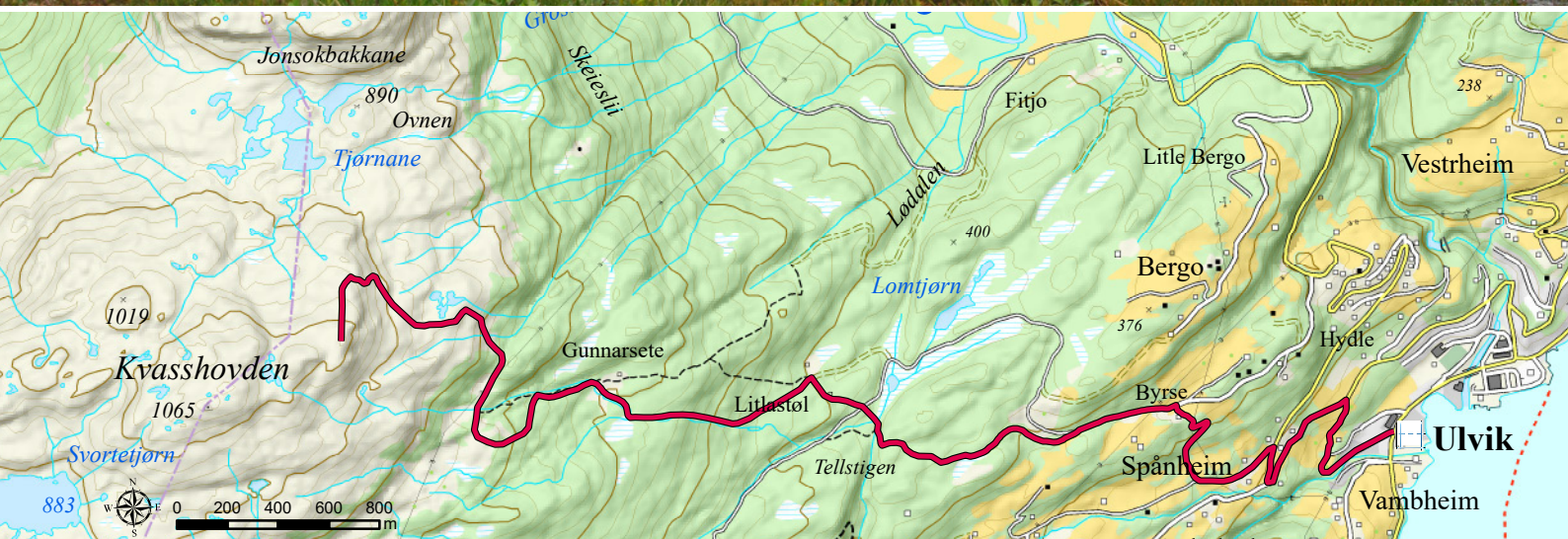


Mt Kvasshovden

- the uphill cross-country race trail



On the way to Kvasshovden, with Ulvik down by the fjord. ©ULVIK IL



Starting point: Ulvik town centre or at Børsheim farm

Parking: Ulvik town centre or at Børsheim farm (Byrse).

Parking fee: free

Length: 7.5 km one way (from Ulvik)

Total ascent: 1,065 meters

Total walking time: 4 hours (from Børsheim), 6 hours (from Ulvik centre).

Season (average year): end June – end October



Challenging

About the trail:

Walk from Ulvik centre towards the camping site, up past Skeie. Follow the yellow circular sign past "Daudebakken" through a farm yard, onto a paved road past Spånheim, then a gravel path for a while, before a forest trail to Børsheim. You will pass several spring and summer pasture farms. On the way, you will find poems by Olav H. Hauge (in Norwegian). Partly steep. At some places there are ropes that can be used to pass difficult areas. The trail is used for the annual and very popular uphill running competition called "Kvasshovden opp" in mid-July. The view from the top is more than breathtaking!



Follow the signs, keep left here. ©Hege Grane Hisdal



Ulvik herad

Tourist information:

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