



DOVRE
ON HISTORIC PATHS
AMONG WILD REINDEER
AND ALPINE PLANTS

A SENSE OF HISTORY OVER THE NATIONAL PARK

The Dovre National Park consists of plateaus and hiker-friendly, rounded summits that reach 1700 metres. Most of the park is above the tree line. The landscape around the highest peaks has an arctic character with remnants of permafrost. The park boasts numerous alpine plants, both common and rarer ones. The bird life is also varied and rich. The park is part of a larger area where wild reindeer roam. For some years, the reindeer have been used as an environmental indicator of the current state of the Norwegian mountains.

"United and loyal until the mountains of Dovre crumble", the constitutional assembly at Eidsvoll declared in 1814. The expression alludes to something unshakeable, and symbolises unity and concord. Dovre and Dovrefjell holds a key position as a national rallying point and a mark of ultra-Norwegianism. Several famous poets and musicians, like Henrik Ibsen, Edvard Grieg and Aasmund Olavsson Vinje, have derived inspiration from this area. Henrik Ibsen's "Peer Gynt" with Edvard Grieg's incidental music to the Hall of the Mountain King has made the massif a symbol famed far beyond the boundaries of Norway.



Golden plover (Fj)



Høgstgråhøene (PJ)



ENJOY THE SCENERY

The Pilgrim Trail

Many people find inspiration from walking along historic tracks and paths. The Pilgrim Trail from Oslo to Trondheim passes through the Dovre National Park between Budsjord at Dovre and Fokstugu on Dovrefjell. This stretch offers magnificent views to the valley of Gudbrandsdalen and three of the most famous mountain massifs in Norway, Jotunheimen, Rondane and Snøhetta. When Harald Fairhair (850-933) crossed Dovrefjell with a large, armed contingent at the end of the 9th century AD, he almost certainly followed just this route. When hiking along this path, you should also have time to reflect and to enjoy the magnificent scenery.

The Rondane Path

If you have plenty of time to spare and enjoy long treks, you could hike the Rondane Path all the way from Oslo to Hjerkinne on Dovrefjell. The final stage is a T-marked path through the national park from the Grimsdal cabin to Hjerkinne. This takes 5-6 hours and offers magnificent panoramic views of the mountains of Snøhetta in the north and Styggghøin and Rondane in the south. You pass through a historic landscape, and long stretches are marked by cairns and standing flagstones dating



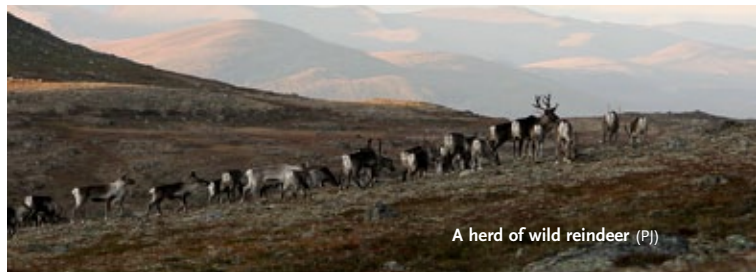
Hiking (FB)

from the Middle Ages. You need not have a lively imagination to feel aware of the numerous travellers who have preceded you on foot or horseback in bygone days on their way to Oppdal or Trondheim.

For many people, the biggest attraction of the Dovre National Park is to botanise and see how many species they manage to record.

Hunting

Wild reindeer hunting is important for the settlements around Dovre. The reindeer in this area are the most timid in Norway. To be successful, hunters must therefore pursue their quarry slowly and carefully consider the terrain and the wind. You should be less than a hundred metres from a stationary deer before you fire, so this is one of the most challenging forms of hunting in Norway.



A herd of wild reindeer (PJ)



Foksådalen (LF)



LANDSCAPE AND GEOLOGY

Traces of deglaciation

Studying the mountains in and around the Dovre National Park can explain much of the deglaciation history of Norway. Geologists can work out the various deglaciation stages by studying glacial striations, moraines and kame terraces left behind by valley glaciers and corrie glaciers. The remnants from the Ice Age are very obvious.

Permafrost

Meteorological observations at Fokstugu show that the average temperature for the whole year is 0 degrees. The dry, cold climate means that the Dovre National Park has the southernmost areas of permafrost in Norway. The permafrost is revealed by palsa mires. A palsa is an up to several metre broad, turf-covered, permanently ice-cored mound on a bog.

Rocks like greenstone and black phyllite weather to give nutrient-rich soils in the park.



Moss campion cushion (PJ)



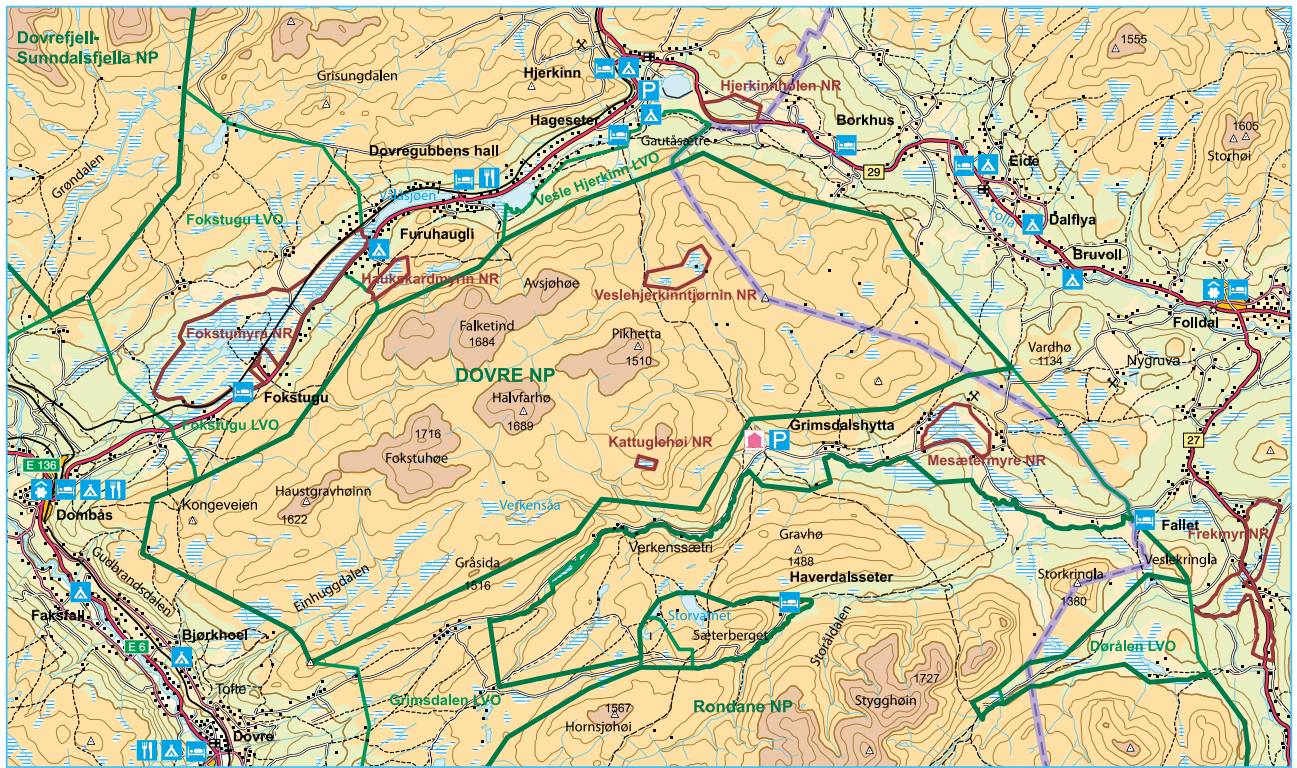
PLANT LIFE

You can find most of Norway's alpine plants here

Dovre is specially interesting for botanists, and several species are unique to this area. Many species are rare and vulnerable, and the park has the only known occurrences of Lapland small-reed in the mountains of southern Norway and large stands of hawkweed-leaved saxifrage and foliose saxifrage, for instance. Bicoloured sedge is a characteristic species. Rarities include Scandinavian primrose, a subspecies of arctic poppy, *Papaver radicum* ssp. *ovatilobum*, and a local dandelion, *Taraxacum dovrense*. Sites to suit most of the alpine plants in Norway are found here.













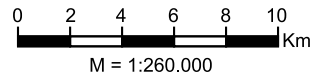
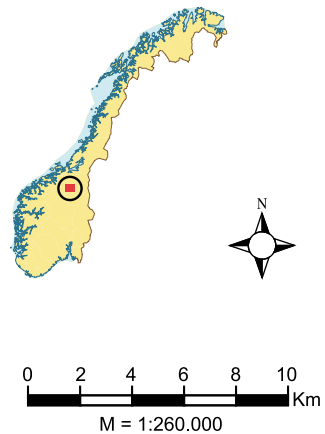
Blue heath (PJ)



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KEY

-  County boundary
-  National Park
-  Protected Landscape Area
-  Nature Reserve
-  Car park
-  Accommodation
-  Food and drink
-  National Park Centre
-  Camp site
-  Manned cabin





A young reindeer (P1)



ANIMAL AND BIRD LIFE

Wild reindeer in Dovre

The wild reindeer are the environmental barometer of the mountains and their adaptation to the harsh alpine climate makes them especially interesting. The park is important for the reindeer. Be particularly careful if you chance upon them. Do not approach them and keep still until they move away. These reindeer are particularly timid, and dislike disturbance. If they see or smell people, they withdraw a long way, up to 1000 metres. They are especially vulnerable to disturbance in winter and in the calving season. When hiking through the park, you should therefore use the Pilgrim Trail or the T-marked path from Hageseter to the Grimsdal cabin.



Short-eared owl (P1)



Golden eagle (P1)

Rich bird life

The Dovre National Park is one of the most important in Norway for ornithology. The desolate mountainous areas in the park have nesting sites for owls and other birds of prey like the vulnerable golden eagles and gyrfalcons. Rough-legged buzzards, long-tailed skuas and short-eared owls are common in the park in peak years for small rodents. The few lakes and mires in the park have numerous birds, including scaups, tufted ducks, common scoters, velvet scoters, long-tailed ducks, ringed plovers, Temminck's stints, dunlins, red-necked phalaropes and great snipes.



A pitfall (FB)



Resting by an old stone hut (LF)



HISTORY AND CULTURAL HERITAGE RELICS

The oldest traces of reindeer hunting and trapping date back to the end of the last Ice Age, some 10 000 years ago, but those known here date from about 500 to 1350 AD.

If you are specially observant, you can spot bowmen's hides. A hunter could conceal himself from reindeer behind these low, semi-circular stonewalls. Large and small groups of pitfalls can be seen in many parts of the park and just beyond its borders. Vesle Hjerkinn near Hageseter is an interesting place to pause, because you can see the remains here of a royal farm and a simple hostel for travellers crossing Dovrefjell in the early Middle Ages.

About 1250 pitfalls flank the E 6 highway across Dovrefjell from Dombås to Kongsvold. These are protected by law and you must not move stones or build cairns near them. You must also take care when camping or making a bonfire. Take your time and observe and learn how the early trappers exploited the countryside.



The Pilgrim Trail symbol (LF)

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 fires in woodland from 15 April to 15 September. Show consideration when collecting 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 1 August.



Dovre National Park in brief

Where:

The boroughs of Dovre and Folldal in the counties of Oppland and Hedmark, respectively.

How to reach the Dovre National Park:

The park is between the E 6 highway across Dovrefjell and the valley of Grimsdalen. Park at the Grimsdal cabin (the road along Grimsdal is closed in winter) or at Hageseter on Dovrefjell and take the T-marked path, park at Fokstugu and take the Pilgrim Trail to Budsjord on Dovre, or catch the train to Hjerkin.

Information on accommodation and other services:

Dombås Tourist Information Office, phone +47 61 24 14 44, www.dovrenett.no

Folldal Tourist Information Office, phone +47 94 81 39 48, www.folldalsportalen.no

Tips:

Take an alpine flora with you and spend 2 or 3 days on the Pilgrim Trail from Dovre, staying at the various overnighting places on Dovrefjell, or ski from Hageseter to the Grimsdal cabin.

Maps:

Rondane nord (1:50 000) or Rondane (1:100 000)

Designated: 2003

Size: 289 km²

Adjacent protected areas:

The Rondane and Dovrefjell-Sunndalsfjella national parks, the Fokstugu, Vesle Hjerkin, Grimsdalen and Dørålen protected landscape areas, and the Kattuglehøy, Veslehjerkinntjørnin, Fokstumyra, Haukskardmyrin, Hjerkinholen, Frekmyr and Mesætermyrene nature reserves.

National Park Centres:

iNasjonalparker, Dombås and Folldal, www.nasjonalparker.org

Management:

National Park Board for the Dovre and Rondane National Parks, phone 61 26 60 00, postmottak@fmop.no

Supervision:

Norwegian Nature Inspectorate, phone +47 48 11 36 74
Dovre Mountain Board, phone +47 61 24 14 92
Folldal Mountain Board, phone +47 62 49 00 06

More information:

www.pilegrimssenter-dovrefjell.no

www.norgesnasjonalparker.no

www.nasjonalparkstyre.no

Norwegian Wild Reindeer Centre North, Hjerkin, www.villrein.no

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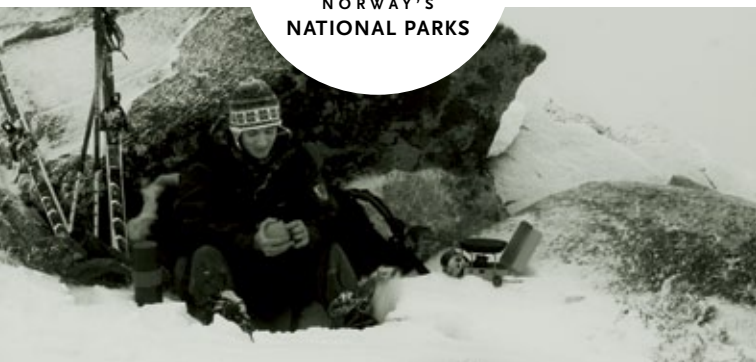
Front cover: Glacier buttercup (PJ)



Trykk: 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!



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www.dirnat.no/english