

# Lomsdal-Visten National Park



Photo: Carl Norberg



Lomsdal-Visten  
National Park

**Map and information**  
Welcome to  
Norway's national parks

# Welcome to Lomsdal-Visten

Lomsdal-Visten National Park stretches across several municipalities in the Helgeland region—from sea to sky. Visitors are always welcome in the majestic Northern Norwegian landscape, and on your journey from sea to sky you'll encounter deep fjords, vast plains and lush forests. From the peaks you can see all the way to the Swedish border in the east and far out fishing villages in the west.

Lomsdal-Visten is a virtually untouched landscape in the Municipalities of Brønnøy, Vevelstad, Vefsn and Grane in Nordland County. Hike for miles without seeing another person, but the local wildlife and spectacular Northern Norwegian landscapes are sure to make your lonely hike rich in experiences.

It's easy to get on the good side of your surroundings in Helgeland. Lomsdal-Visten has a diverse natural environment and an interesting cultural heritage. There are traces of hunter-gatherers and trappers who made a life here thousands of years ago. Old Sami settlements have been restored and offer a glimpse into Sami life and culture. Extend your hike—simple accommodation is available in old mountain farms and small cabins.

Mountain peaks offer great rewards for the adventurous hiker—striking

views to the ocean in the west and the Swedish border in the east. On any of the extended hikes, the unique experience of traversing different landscapes is virtually guaranteed—plains, woods and bare mountains. With five protected waterways inside Lomsdal-Visten, you're never far from water. Lakes, fjords and wild rivers are perfect for fishing, and fjords and rivers are also popular with kayakers. Let the beautiful waterfalls take your breath away, but be aware that the water may also cause problems, particularly as the snow melts in spring and early summer.

This ancient landscape is home to some unique flora and fauna—several species are rarely found this far north. Follow in the footsteps of moose and the paths left behind by Sami reindeer herders from centuries past—for as long as you like.



Photo: Carl Norberg

Skiing in Skjølægda.



Photo: Carl Norberg

At the foot of Elgviddeforsen.

# Experiences

Lomsdal-Visten is also known as a “hidden gem”. There are no marked trails inside the national park, and the terrain is quite challenging. If you plan to venture far into the park, you’ll need plenty of time, good gear and good wayfinding skills. Lomsdal-Visten also offers more accessible day trips in varied Norwegian Norwegian nature.

## Where to?

In Lomsdal-Visten, finding the perfect outing for your skills and interests is virtually guaranteed. If a short day hike is what you want, we recommend hiking to Gåsvatnet. The national park boat is moored at Gåsvasshytta – it’s free to use for all hikers.

If you feel up for a more challenging hike and crave some spectacular views, we recommend the hike up to the national park’s highest peak, Storklumpen, at 1293 metres above sea level. This is a long hike for experienced hikers. Vistmannen and Vistkjerringa are for experts only.

## Try your luck at fishing

Lomsdal-Visten is an angler’s paradise! Lakes big and small, rivers and fjords. Before you head out, however, be sure to check the relevant fishing regulations wherever you’re headed!

## A look back on war

Several areas of the park played a role in Norway’s war history. There is a war museum at Nevernes Harbour. The area near Stavassetra in Grande was the scene of some dramatic events during World War II.

## Overnight accommodation

Stavassgården in Grane is one of many overnight accommodations open to the public. There are also mountain farms and cabins, but the number of available beds varies. Check [lomsdalvisten.no](http://lomsdalvisten.no) to find out where to stay.

## Mountain farms

Barely visible, old turf hut ruins, reindeer fencing, overhangs and tent sites bear witness of reindeer herding practices that grew more common from the 1500s. Mountain farms leave quite an impression. They represent our immediate past, where people lived and worked in hardship until the 1950s and 60s. Remember that all cultural heritage sites are protected.

## Clear fjords

Bring your kayak and glide across the crystal clear fjord Innervisten, and drink in the view of green hillsides and mountains, funneling you into the national park. Amazing! And if you take the hike from Aursletta at the head of the fjord, you get to witness the strong tidal current in the Strauman protected landscape – a spectacular hiking experience!



Derhviegåetie – Sami turf hut.



Mountain farm in Skjørlegda.






Paddle Innervisten.

# Facts and information

Lomsdal-Visten National Park/Njaarcken vaarjelimmiedajve was established in 2009 and covers 1,102 km<sup>2</sup>.

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	<b>Where is Lomsdal-Visten/ Njaarke?</b>	In the Municipalities Grane, Vefsn, Brønnøy and Vevelstad in Nordland County. The closest cities are Mosjøen and Brønnøysund.
	<b>How do I get there?</b>	<b>By train:</b> Take the Nordland Line to Trofors or Mosjøen Station, then go by bus or car to several starting points. <b>By train:</b> Take the Nordland Line to Grong Station, then go by bus or car from Grong to Brønnøysund, and then by bus, car or boat to several starting points. <b>By plane:</b> To Brønnøysund or Mosjøen, and then go by bus or car to several starting points.
	<b>Norwegian Scenic Route</b>	Helgelandskysten
	<b>Plan your trip</b>	<i>lomsdalvisten.no, ut.no</i>
	<b>Protected areas nearby</b>	Vega Archipelago World Heritage Site Holvassdalen Nature Reserve Børgefjell National Park Strauman Protected Landscape Sirijorda Nature Reserve
	<b>Tourist information</b>	<i>visithelgeland.com</i>
	<b>Management and supervision</b>	Lomsdal-Visten National Park Authority Trofors Station in Grane, <i>lomsdalvisten.no</i> Lomsdalvisten/Njaarke, Norwegian Nature Inspectorate, <i>naturoppsyn.no</i>

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# Plant and animal life

Lomsdal-Visten stretches from sea to sky – from the coast to inland plains. This area has everything – tight fjords and broad valleys, vast forests and wide open plains. The great natural variety, from fertile, lime-rich soil to arid gungue, makes for a widely diverse flora and fauna.

## Large predators

Three species of large predators live inside the national park. One of these is the wolverine – a skilled hunter, who takes down anything from small rodents to reindeer. Any morsels left over can be stored in its any of its dens until tougher times. The wolverine is also a scavenger, sniffing out carrion with its excellent sense of smell. The lynx has only one den and fiercely protects its own territory. This large cat prefers fresh meat and hunts deer, hares and various birds, but also kills foxes, reindeer and sheep. In the unlikely event you catch a glimpse of a bear in Lomsdal-Visten, it is most likely a roaming male. No female bears with cubs have been observed in this area.

## Birds

Bird life here is rich and diverse. Lomsdal-Visten is home to six of Norway's seven species of woodpecker, and the many "Lomtjønnå" on the map is good indication of large populations of both red-throated and black-throated divers, as Lomtjønnå literally translates to Diver Lake. Golden and white-tailed eagles, gyrfalcons and several other birds of prey nest here, which is a reflection of the area's pristine wilderness and absence of any disturbances.

## Plants

The national park has a mix of coastal and mountain flora. Forests extend up to an elevation of 200–300 metres above sea level, and a humid climate creates a perfect habitat for vascular plants. Rose root grows both on the beach and in the high alpine, and the marshes inside the park provide the perfect habitat for many different types of orchids, such as marsh fragrant orchids, early marsh-orchids and Lapland marsh-orchids. Higher up the mountain, you'll find the far more modest Alpine meadow-rue, with its beautiful yellow-violet bells.

## Norwegian rainforest

Did you know we have rainforests in Norway? The humid, mild climate of Lomsdal-Visten creates a unique habitat for many species of tree. This so-called boreal rainforest is not quite as diverse as its tropical counterpart, but it's considerably more diverse than the average Norwegian spruce forest. This rainforest has a wide range of different types of moss and lichen, and many of these species cannot be found anywhere else in the world. Look for spruce forests with heavy lichen growth!



Photo: Ole-Henrik Kappfjell

En route from winter grazing by the sea to summer grazing in the mountains.



Photo: Carl Norberg

Wolverine tracks.



Photo: Carl Norberg

Rose root thrives both on the beach and in the high alpine.



Photo: Steinar Myhr

Gyrfalcon.



# Landscape

Lomsdal-Visten has wilderness for every taste, whether you prefer the coast or a mountain peak where the air is thinner. The landscape here changes with the seasons, and the difference between summer and winter can be quite remarkable.

## Bedrock

Lomsdal-Visten has large swaths of two different types of granite—this is rocky Norway at its best. In the west, the so-called Andalshatten granite prevails, whereas the high alpine is mostly made up of the grey-white variety.

## Seasons change the landscape

An area that stretches from the fjord to the high alpine naturally changes with the seasons. Winter blankets everything in snow and ice, but spring is both wet and wild when all this snow melts. In summer and autumn, the landscape is rich and diverse, with plants, animals and birds in full display.

## Calcareous

Through the grey granite run belts of calcareous rock and veins of marble, micaceous gneiss and feldspar. This element of calcareous rock also sometimes creates areas of karstland with dimples and cavities in the rock—a dream to explore for any amateur geologist.

## Lush vegetation

Green hills and mountainsides are idyllic to traverse in the summer season. Various types of forest, such as spruce, scrub and coniferous forests, characterize different parts of the park. Water and waterfalls are everywhere—Lomsdal-Visten often roars!



Photo: Carl Norberg

Karst lines in the bedrock.

# Welcome, please take care of our nature

Welcome to the national park! There is plenty of room here, provided we take care and keep in mind the people and nature around us. National parks represent the very best of Norwegian nature. Their protected status helps conserve the landscape and a diverse flora and fauna.

**Freedom to roam.** You are free to go wherever you want as long as you hike or ski. You can pitch your tent wherever you want, as long as it's more than 150 m from inhabited houses or cabins. Feel free to pick berries and mushrooms and other plants for your own consumption. Respect all animals during the nesting and breeding season.

**Cultural heritage sites** are protected from damage and destruction. Loose cultural heritage artefacts must not be moved or removed. It is strictly prohibited to remove pebbles and other rocks and minerals.

**Waste.** Remember to clean up after yourself and bring all of your waste back with you.

**Fires** can be lit between 15 September and 15 April, and the rest of the year in locations where there is clearly no risk of the fire spreading. Local and special restrictions may apply – be sure to check this upon arrival. Do no harm to the natural environment when you collect firewood. Dead tree trunks, whether on the ground or still standing, must not be used for firewood. They are critical habitats for many different species.

**Hunting and fishing** is allowed in the National Park, as elsewhere in Norway, provided you have purchased a hunting/fishing licence. The use of live fish as bait is not permitted, nor is bringing live fish from one waterway to another.

**Dogs are welcome** on hikes. All dogs must be kept on a leash between 01 April and 20 August—even small dogs can scare a nest of ptarmigans or reindeer with calves.

**Motorized traffic** is strictly forbidden inside the national park. Motorized boat traffic is permitted in Okfjorden and Storfjorden, as well as in Strauman and Lakselvatnet.

**Drones.** All use of drones is strictly prohibited inside the national park.

**Clothing and gear.** Weather conditions change quickly in Lomsdal-Visten. Come prepared for precipitation and cold conditions, no matter the season. Mobile phone coverage is limited. You need to carefully consider the weather conditions as well as your physical fitness and skill, and bring appropriate clothing and gear.

**Good planning makes for great experiences!**



**Lomsdal-Visten National Park**

# Map information Lomsdal-Visten National Park

## Welcome in to nature

This map was developed for the Norwegian National Parks. This trademark includes all Norwegian protected areas, regardless of category. These maps were developed on the basis of knowledge of how the protected area is used and which areas are most

vulnerable to visitor activity—the foundation for visitor management. This map is not intended for use as a hiking map, but offers a summary of features in the protected area itself and the surrounding areas.



### Starting point

Eiterådalen

Half an hour's drive south of Mosjøen is Eiterådalen. This valley has several lovely starting points for entering the national park. Take a hike around Skjørlægda or drink in Fjellgården's spectacular views of Visttindan and Skjørlægda!



### Starting point

Nevernes Harbour

Velfjorden's arms extend toward the national park and places steeped in legend, like Lomsdalen and Børjedalen. Nevernes Harbour is open in the summer season, with a visitor's centre including an exhibition covering the national park and a war museum, showcasing the transport of weapons from England to Helgeland, through what is now a national park. Toilets and shower facilities are open 24-hours, year-round. Guest marina.



### Starting point

Forvik

Take the express boat up the beautiful Vistenfjord to remote farms and unique nature experiences. At Forik there is an information centre and express boat stop, as well as overnight accommodation, food service and a coffee roastery.



### Starting point

Sarvejælla/Gåsvatnet

Experience Sami cultural landscapes up close. Sarvejællanjaevrie and Gåstjønna are also excellent trout lakes!



### Starting point

Stavassdalen/Stöövsvuemie

Visit the easily accessible Stavassgården and continue along the trail to Stavatnet. From Stavassdalen you can climb Blåfjellet/Storklumpen (1,230 m.a.s.), which is the highest peak inside the national park.



Parking



Parking winter



Attraction



Restaurants



Accommodation



Photo point



Information



Viewpoint



Unmanned tourist cabin



Turf hut



Recommended route



Boat connection



Train station



Mountain shelter

