

Rago National Park



Photo: Marius Saunders



Rago
National Park

Map and information
Welcome to Norway's
national parks

Welcome to Rago

Rago is the perfect place to explore the Norwegian wilderness, hiking through wild and lush valleys with thundering waterfalls or enjoying the silence of the grand landscape in the high alpine. If you visit Rago National Park you will get great nature experiences, regardless of the season and the weather conditions. Unlike the Swedish national parks across the border, Rago has a coastal climate with high rainfall, cold summers and warm winters.

Rago is full of contrasts and offers quiet forests and smooth rock formations, jagged cliffs and thundering waterfalls. The terrain is challenging, and whatever hike you take — it soon seems much longer than it appeared to be on the map. This phenomenon is known locally as the “Rago mile”. Visitors are advised to set aside more time than they think they’ll need.

Rago National Park is one of the oldest national parks in Norway. It was established in 1971 to represent a pristine alpine landscape of northern Norway with its characteristic fauna located in the border area towards the Swedish national park Padjelanta.

Litlverivassforsen is the most spectacular of the park’s many waterfalls and is pictured on the cover page of this brochure. The best view can be found on Grisryggen—the Pig’s Back—where you are treated to spectacular views of the mighty waterfall, the lazy river way down in the valley and the crystal clear waters of Litlverivatnet.

Rago National Park borders the Swedish national park Padjelanta, which in turn borders the Sarek and Stora Sjöfallet National Parks. Together, these national parks constitute one of the largest continuous wilderness areas in all of Europe. They play a critical role in the preservation of biodiversity and in the protection of wilderness landscapes.

Rago has long-standing traditions of Sami use, and there are many Sami cultural heritage sites within the national park’s boundaries. Reindeer herders are still active in this area.

Rago has great value for locals who use the area, but the small national park in the middle of Nordland county is also well known across the world. Among the international visitors in Rago, you will likely meet people from Germany and Czech Republic, but you can also meet people from every corner of the world.



Photo: Svein Einar Stuen

Crystal-clear mountain lake where you can swim, fish and collect drinking water.



Photo: Jim Kristensen

Marshes and old pine forests are both beautiful and essential for biodiversity.

Experiences

Rago National Park welcomes anyone who is interested in experiencing genuine wilderness in a spectacular landscape. This is virtually pristine nature—offering up experiences you will not soon forget. Visitors are on their own here, though there are some marked trails and bridges crossing the largest rivers.

Hunting and fishing

The national park is an excellent hunting ground if you think taking in the nature around you is just as important as what you bring home with you. Rago is unique, in that hunting inside the park is limited to rock ptarmigan, willow ptarmigan, hare, red fox and mink.

Fishing is permitted in the entire park. Litlverivatnet, Storskogvatnet and Sølvs kardvatnan are all good fishing lakes. Boat rental is available through the Fauske and Sørfold Hunting and Fishing Association (FSJFF). Please note that you will require hunting and fishing permits.

Spend the night in Rago

Overnight accommodation inside the national park is limited, but Statskog has two cabins that are open to the public. There are four beds at Storskogvasshytta and two beds at Ragohytta. In addition, there is Sørøngamma, which is open, but offers shelter from the elements. FSJFF also offers overnight accommodation at Storskoghytta near Storskogvatnet and at Fjellrosen near Litlverivatnet. These cabins are locked and will need to be booked in advance. Beyond these options, tenting is permitted throughout the national park, so there are plenty of options for those who prefer to sleep outdoors.

Day hike to Litlverivassfossen

The hike up to the viewpoint on Grisryggen, overlooking Litlverivassfossen is a nice day hike. Park at Litjsand and follow the trail for 5.5 km, climbing 400 metres to the viewpoint. From here, you'll have the best view in Rago.

“The Rago Round” – a 2-day hike

The “Rago Round” is the most popular hike in Rago. From Lakshol you can follow a marked loop trail that is 23 km long. The hike begins outside the national park itself, and continues through a narrow valley, along a river. Up toward Nordskaret, the terrain is steep and rough, before the trail continues across rolling hills toward Storskogvatnet. Take care not to lose the trail. The hike continues toward Sølvs kardvatnan and Litlverivatnet, across Grisryggen, before ending up at Litjsand, 2 km from where you started. You can also choose to do the loop in the opposite direction. There are three suspension bridges crossing the largest rivers, and footbridges taking hikers across several wet and marshy areas. We recommend spending the night at Storskogvatnet, which is roughly at the half-way point of the Rago Round.

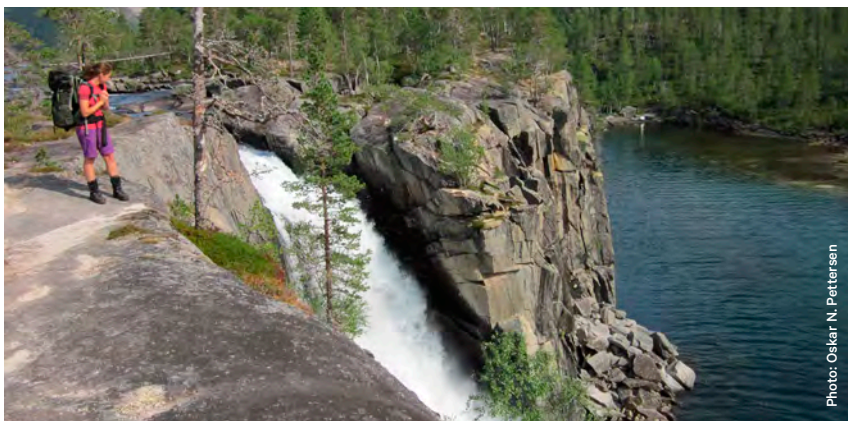


Photo: Oskar N. Pettersen

Storskogfossen marks the half-way point on the Rago Round, located only 200 m from Storskogvasshytta.



Photo: Jim Kristensen

Catch bright red and delicious Arctic char at Litlverivatnet.








Photo: Marius Saunders

In Rago National Park there is no shortage of peaceful locations where you can pitch a tent.

Facts and information

Rago National National Park was established in 1971 and covers 171 km².

	Where is Rago National Park?	In the Municipality of Sørfold in Nordland County.
	How do I get there?	By bus: See 177nordland.no for bus routes. There is a 5-kilometre walk from the bus stop “Trenghel” to Litjsand or Lakshol. By car: Exit the E6 and drive north on Fv 617. The exit is marked “Rago nasjonalpark”. If you are coming from the south, watch for the exit right after exiting the Tennflåget tunnel. Follow Fv 617 for 5 km. There are charging stations for electric cars in Straumen and at Kobbelv Inn.
	Norwegian scenic route	Helgelandskysten
	National park visitor centre	Nordland National Park Centre nordlandsnature.no
	Viewpoint	Grisryggen/Litlverivassforsen Strøksnes
	Plan your trip	norgesnasjonalparker.no , ut.no , godtur.no Hunting and fishing permits: lnatur.no
	Protected areas nearby	Sjunkhatten National Park, Laksågaosen Nature Reserve, Trolldalsvatnet Nature Reserve, Padjelanta National Park (Sweden).
	Tourist information	nordlandsnature.no visitbodo.com
	Management and supervision	Central Nordland National Park Authority nasjonalparkstyre.no /Midtre-Nordland/ Statskog Fjelltjenesten Fauske



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Fauna and flora

In nature, everything is connected, and the barren soil at Rago influences the entire food chain, from plant to predator. Visitors to Rago primarily come for the spectacular landscapes and wild waterfalls that take your breath away, but who knows? Maybe you're lucky enough to see the golden eagle or the white-throated dipper in their natural habitat?

Animals

Rago's wilderness is an ideal habitat for several of our large predators. Wolverines are common – they feel right at home in the park's inhospitable mountains. Wolverines have a keen sense of smell and can sniff out carrion across great distances. Lynx sometimes roam inside the borders of the park, and when they do, they stalk their prey among the trees of Rago's forests. With its extremely keen vision, the lynx is primarily nocturnal, and its large paws act almost as snow shoes in deep snow, giving the lynx an incredible advantage.

Birds

Perching birds nest in the lush desiduous forests, and there are black grouse lekking grounds all around the pine forests around Storskogvatnet. Willow ptarmigan populations swell to considerable numbers in the park's birch forests some years, and rock ptarmigans tough it out further up the mountainside. Golden eagles and rough-legged buzzards nest in the steep mountainsides, and near lakes you can also find the white-throated dipper, Norway's national bird. Rago has plenty of lakes where red-throated divers, black-throated divers, common sandpipers and common goldeneyes nest, among others.

Plants

Thin and barren soil means the types of vegetation found here are relatively limited, but still quite varied. In Rago, the pine trees reign supreme, but with lush lungs of desiduous forests in between. Further up the hillside, closer to the treeline, mountain birches gradually takes over. The remaining flora in Rago is characterized by the coastal climate: cold, wet summers and mild winters. As a result, you'll find mountain plants, such as Arctic yellow violet, alpine lady's mantle, moor king and rose root, growing all the way down into the valleys. This unique climate means that several species that rarely grow this far east, grow and thrive in Rago.

Forests and fungi

Rago has a lot of old pine trees and plenty of dead wood. This is the perfect habitat for many types of fungi. 20 red-listed species of fungi have been identified in the old pine forests, including *Skeletocutis stellae*, *Acanthophysellum lividocoeruleum* and *Amylocorticium laceratum*. Rago is therefore considered one of Norway's most critical areas for the preservation of Corticiaceae.



Photo: Kjell Stålevik

The rock ptarmigan is one of very few species that live in the high alpine year-round.

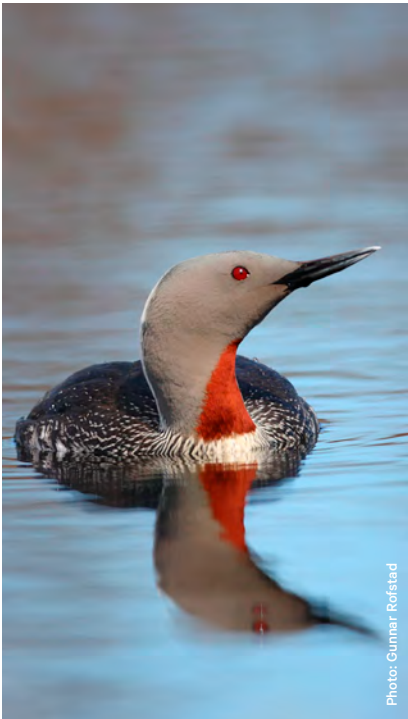


Photo: Gunnar Refstad

The red-throated diver is an excellent diver, and can stay underwater for up to 90 seconds.



Photo: Gunnar Refstad

The pincushion plant is adapted to life in the mountains and is particularly vulnerable to increasing temperatures.



Photo: Bård Øyvind Brødresen

The wolverine is our largest mustelidae species, and prefers wilderness areas.

History and culture

Rago is relatively pristine, with few visible traces of human activity, but the area has still been in active use by local people through the ages. The Sami people in particular, have relied on Rago's natural resources. During the intense search for mineral deposits in the early 1900s, Rago was also not spared. Traces of Sami and mining activity can still be seen today, as cultural heritage sites inside the national park.

Reindeer husbandry and Sami activity

For several hundred years, Rago has been a trekking route and grazing area for reindeer, and the national park is still actively used for grazing. There are various traces of Sami activity dotted around, such as stone fences and traces of lavvus. Traces of old Sami children's toys have also been found in Rago – small pens made from rocks, where the children would play that they were penning reindeer.

Linnaeus' travels through Sápmi

The botanist, physician and father of modern taxonomy – Carl Linnaeus – travelled through what was then called Lapland in 1732 to study and collect

plants. Linnaeus was impressed by the Sami, and described them as having an iron constitution. The results from Linnaeus' travels through Lapland were published in 1737. "Flora Lapponica" presented new scientific knowledge, applying the new binomial Latin names for the first time, such as *Diapensia lapponica*.

Mining at Ragotoppen

During World War I, rising prices led to an increased interest in mineral deposits in Rago. In 1916, workers started searching for ore – silver and zinc – in the mountains around Ragotoppen. Workers lived in accommodations referred to as the Rago Barracks. The barracks have since been torn down, but the traces of it keeps history alive. Mining work this far away from civilization was hard work, and the minerals had to be carried out by foot, Rago Mile by Rago Mile.

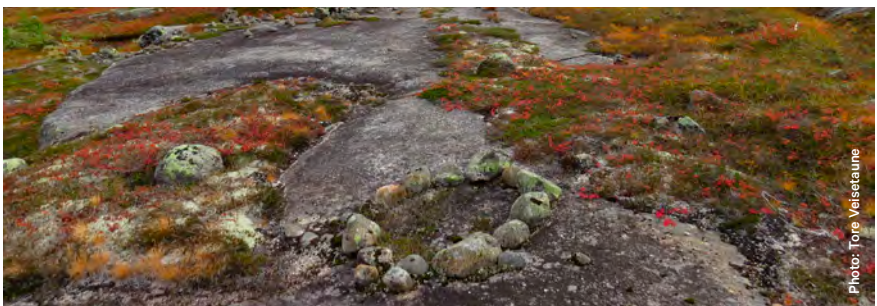


Photo: Tore Veisetaune

Cultural heritage site where children played, pretending to be penning reindeer.

Welcome, please take care of our nature

Welcome to the national park! There's plenty of room for all of us, provided we show consideration to the people and animals around us. The national parks represent the best of Norwegian nature. The protection they are afforded helps to take good care of the landscape and the diverse fauna and flora.

Freedom to roam. You are free to go wherever you want as long as you hike or ski. We recommend you stay on marked trails, both because the terrain outside the trail can be extremely challenging and to protect our natural landscape. You can pitch your tent wherever you want. Feel free to pick berries and mushrooms in Rago, but picking of plants and flowers is prohibited.

Cultural heritage sites are protected from damage and destruction. Loose cultural heritage artefacts must not be moved or removed. Sami cultural heritage sites are protected and must not be disturbed. The same applies to the traces of the Rago Barracks.

Waste. Remember to clean up after yourself and take your waste home.

Campfires are permitted between 15 September and 15 April. Use already established fire pits or light your fire where it will not leave a permanent trace. Use dead wood from the ground or firewood carried in. It is strictly prohibited to cut down trees or use firewood from the cabins.

Hunting and fishing permits are available from Statskog. In Rago you can

fish for trout and Arctic char and hunt for willow and rock ptarmigan, red fox and mink. Hunting for other animals is strictly prohibited.

Dogs are welcome on hikes. From 01 April to 20 August, all dogs must be on a leash at all times. Keep in mind that in Padjelanta National Park, across the border to Sweden, dogs are only permitted between 01 January and 30 April.

Reindeer. Do not approach reindeer – they can become stressed in the presence of humans. They are especially vulnerable during calving season, from late April to mid-June.

Motorized traffic is strictly prohibited inside the national park.

Clothing and gear. Weather conditions change quickly in the mountains. The terrain is also quite demanding along some parts of the Rago Round. Critically assess the weather and other conditions, your physical fitness and your abilities. Come prepared and bring appropriate clothing and gear.

Good planning makes for great experiences!



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Map information Rago 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 points

Lakshol

At Lakshol, you'll find information, flushing toilet facilities and parking spaces, and this is the perfect starting point for the Rago Round or a hike to Storskogvatnet. Please note that you must park in the designated parking area; parking along the road or on private property is not permitted. The road is narrow, and if you park alongside it, you may block emergency vehicles.



Starting points

Litjsand

At Litjsand you'll find parking for a hike up to Litlverivassforsen, as well as information, a privy and a lean-to shelter.



Information

If you need information, it's best to contact locals who know the area. Stop by the Kobbelv Inn or Øyra Campground. We also recommend a visit to the Nordland National Park Centre in Saltdal. See local art, take in the nature exhibit and learn more about all of Nordland's national parks.

Statskog owns two cabins, one at Storskogvatnet and one on the Swedish border – Ragohytta. These are unlocked and open to anyone. At Storskogvatnet and Litlverivatnet, FSJFF has cabins available for rent. These are locked – please see FSJFF's website for more information. Keys can be picked up in Straumen by appointment. Rago is also the perfect place to pitch your tent – remember that the cabins may be occupied.



Parking



Guest pier



Bus interchange



Information



Attraction



Café/restaurant



Refreshments



Bathing place



Accommodation



Unmanned tourist cabin



Camping facilities



Open shelter



Turf hut



Viewpoint



Photo point



Summer trails

