

NATURE AND CULTURE

The whetstone route



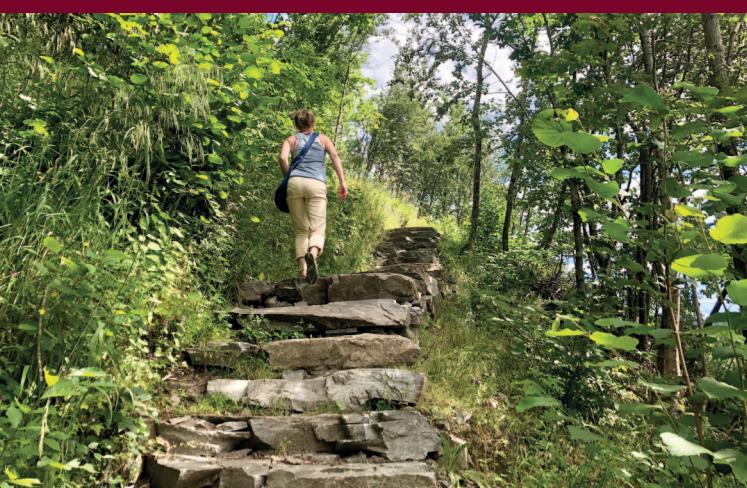
PARTS OF THE TRIP follow the old road used to transport whetstone from Eidsborg to Lastein (the harbour in Dalen where the whetstone was shipped from). Eidsborg has been exporting whetstone for more than 1,000 years. From West Telemark Museum in Eidsborg you can continue on to one of the whetstone quarries.

Illustration: John Skarprud

WHAT YOU MIGHT SEE ON YOUR HIKE

THE PATH built by Sherpas from Nepal is a work of art.

Photo: Synne Aasland



NATURE AND CULTURE

Rui



Photo: Aage Storløkken/Aktuell/NTB

ON THE STEEP SLOPES of the mountain above Dalen nests the smallholding of Rui, where the diminutive sisters Ingerine and Gurine once lived. The two sisters never married and lived together at Rui their

entire lives. They lived frugally and were devoted to their farmstead and to each other. They only left the village once – to visit the king of Norway in Oslo. Journalist Knut Eidem describes the visit in his book about the girls – a story that made the two sisters known across the country. The Rui sisters always relied on the natural economy. They kept livestock and grew cereal crops and vegetables. They never bought tools – everything they owned they made themselves. The smallholding still stands, and most of it has been preserved just as it was when the two sisters lived in the modest cottage. Rui has magnificent views over Bandak, the Telemark Canal and Dalen.



www.hikingtelemark.com
www.visitdalen.com

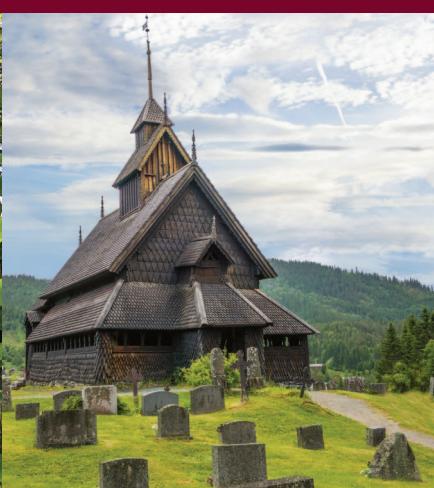
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EIDSborg STAVE CHURCH

from the 13th century.

Photo: Henrik Dvergsdal



FLORA The lush hills above Dalen are home to a number of heat-loving plants. Photo: Astrid Hegglid



1 / 5.5 KM / 2-3 HOURS
CHALLENGING HIKE →

Dalen/Eidsborg Telemark

HIKE Dalen/Rui/Eidsborg

THEME Following in the footsteps of the girls from Rui

Photo: Yngve Ask



WEST TELEMARK MUSEUM IN EIDSborg

Museum – stave church – activitypark.
Photo: Skodde studio



Description of the hike

THE TRAIL STARTS at Dalen Bryggje/the centre of Dalen (across the road from Dalen B&B). Dalen Bryggje serves as a docking point for boats on the Telemark Canal. The site has an art gallery and café. Ample parking. If you choose to walk from the centre of Dalen, you should pay a visit to the statues of the Rui sisters on display outside the tourist information office during the summer. They are depicted in their full size – around 120 cm tall. You will discover stunning vantage points along the way as well as historical sites such as Riarhamaren and Rui. There are information boards and resting places along the route. Take your time as you reach the hills. If you look around you, you will discover a fascinating flora with plenty of sun-loving plants.

If Eidsborg is your destination, you could end the day with a visit to the splendid West Telemark Museum and its café. The museum is also home to Eidsborg Stave Church, one of the smallest stave churches in the country.

If you have any energy left once you reach Eidsborg, you could take a trip to the popular whetstone quarries. The history of whetstone from Eidsborg can be explored at the museum.

Driving directions

The trail starts at Dalen / Dalen Bryggje.

If you arrive on route E134 from the east, leave the main road in Høydalsmo and follow route FV45/Fv450 to Dalen. Dalen Bryggje is on the left-hand side just as you descend from Eidsborgberget. After around 500 m you will reach the centre of Dalen. From Vrådal and Åmot on route FV38 to Dalen: arriving in the centre of Dalen, you will see Dalen Bryggje on your right after around 500 m. There is ample parking both at Dalen Bryggje and in the centre of Dalen.

TOKKE TAXI: (+47) 909 71 909.



You are responsible for your own safety during the walk. Treat the countryside and grazing animals with respect. Take only photos, leave only footprints. Please take your rubbish home with you. Enjoy the trip!



Map: Tokke
1 : 50 000



Equidistance 20m

- = signposted summertrail
- = nature trail



At www.hikingtelemark.com you will find an overview of accommodation for hikers.



Footwear: Any
Total elevation gain: 468 m



Accessible: April–October
Highest point: Eidsborg 540 m above sea level.