

NATURE AND CULTURE

## "Night after night"



Photo: Arne W. Hjeltnes.

**LIFJELL HAS A VARIED LANDSCAPE** of high peaks and deep dales, lakes rich in fish and wild river gorges. Most of the mountains here are rounded in shape (called natt (night) in the local dialect), but there are also some steep-sided peaks. The mountains are interspersed with gentler countryside. Øysteinnatten (1,174 metres above sea level) is a well-known landmark and a popular hiking destination. From its airy but easily accessible summit, you can enjoy panoramic views across central Telemark with its beautiful agricultural landscape of wide, open fields.

Layout: Nina Akerstvein / trykk Erik Tanche Nilssen as

### WHAT YOU MIGHT SEE ON YOUR HIKE?

**A WELL-EARNED** rest in the blaeberry meadow.

Photo: Yngve Ask.



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## Inspirational landscape



### ØYSTEINNATTEN AND JØRONNATTEN

have been named after two young shepherds who shouted at each other from the peaks. On blustery days, listening to the wind rustling through the mountains, you'll understand why Lifjell has inspired so many musicians, poets and writers through the ages. The area has rich oral storytelling traditions. Molkte and Moe collected several of their folktales here.

Photo: Vandre Telemark.



[www.hikingtelemark.com](http://www.hikingtelemark.com)  
[www.visitbo.no](http://www.visitbo.no)



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12 KM / 4 HOURS - ROUNDRIP  
MEDIUM HIKE →



## Bø – Telemark

HIKE Øysteinnatten

THEME Summit hike Lifjell



Photo: Yngve Ask.

**BØ FISKELAG**, a local angling club, has cultivated several lakes in the area  
Photo: Yngve Ask.



**ENJOY** a delicious meal at Lifjellstua.

Photo: Yngve Ask.



**THE LIFJELL PLATEAU** is fabulous hillwalking country for all the family, with more than 20 summits at least 1,000 metres above sea level. "A miniature Jotunheimen", according to the legendary mountain guide Claus Helberg.



Photo: Yngve Ask.



# About the hike

**THE PATH TO ØYSTEINNATTEN** starts from the car park at Jønnbu. The first steep climb is at Krintokleiva. After a less arduous section, you reach Glekse and continue up the Tunglijuvet gorge. Skåråfjellholmen, at the upper end of the gorge, is a good spot for a rest. The walk then continues through undulating highland terrain until you reach the ascent to the summit (1,174 metres above sea level). From the top, on a clear day, you can see all the way to Mount Gaustatoppen and the Hardangervidda Plateau in the north, and far out in the sea to the south and east. If you prefer to return by a different route, head west towards Skardtjønn, then downhill towards Storsteintjønn, and continue via Gleksefjell. You may wish to make a detour to the summit of Skrubbelinut/Gleksefjell. A steep path brings you back down to Tunglijuvet, from where you can return to the car park. Another trail back from Øysteinnatten is westwards down to Skardtjønn and down Oksledalen, past Okslegrinda, where Nils Folkestad experienced «huldra» (a seductive forest creature found in Scandinavian folklore) in 1949. Then past Skrubbehiet, the cottage of the famous painter Stadskleiv, and further down Anebulia and to the parking lot

## Driving directions

**From Bø:** Take Folkestadveien in the direction of Bø Sommerland/Notodden and turn left onto Lifjellvegen. Continue past Bø Camping and the Høyt & Lavt climbing park. After about 10 minutes you will pass Lifjell ski centre. Continue for a couple of hundred metres until you reach the large parking area at Jønnbu. Car park charges apply. The various hiking trails are well signposted from the car park.

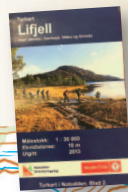
**From Notodden:** Take Reshjemvegen in the direction of Bø. After about 20 minutes, turn right onto Lifjellvegen, and then follow the directions above.



At [hikingtelemark.com](http://hikingtelemark.com) you will find an overview of accommodation for hikers.



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:  
Lifjell  
1:30 000



**Bø Turlag**, the local trekking association, have waymarked and signposted the trail.



Access: May-October.  
Highest point:  
1174 m above sea level.



Equidistance 10 meters. Scale 1:20 000. Map: Fossøy.

..... = marked trail