

# Welcome to Rallarvegen!

**You can enjoy nature, explore the past and create unforgettable memories on this journey. Please ride carefully, and respect the environment and the people you meet. This will ensure a safe trip, and those who come after you will also be able to enjoy their journey.**

Rallarvegen is about 80 kilometres long and goes from Haugastøl over Finse, to Myrdal and along the Flåm railway down to the fjord at Flåm.

## **Up in the mountains**

The climate of the mountain plateau can be harsh and the weather can change abruptly. You should be prepared for cold, wet, windy, foggy weather even in the middle of the summer. Dress accordingly. Parts of the old road can be covered by snow in July. Always check weather and trail conditions before you start your trip. There is no cell phone coverage along parts of the road.

## **A part of our cultural heritage**

While traveling along Rallarvegen you take part in a tradition that is over 100 years old. The road was built to transport food, people, and equipment to build the Bergen railway, which opened in 1909. Along the road you will encounter both buildings and other objects connected with the building of the railway. There is a museum at Finse and a visitors' center at Flåm with more information about Rallarvegen. Remember to remove all trash and leave no traces from camping or a campfire. If you can't make it to the next toilet (marked on the map), please cover up your mess.

## **Nature and neighbours**

Rallarvegen is situated between two national caribou ranges, and if you're extra lucky you may just see some. Enjoy the view, but do not follow the animals. Caribou are skittish and they keep their distance to people. It is difficult for them to cross Rallarvegen and they need longer periods of time with no disturbance. You should avoid traveling at night, between 19.00 and 09.00. You may also meet grazing sheep and cows. Respect the no tenting signs and the privacy of cabin owners in the area. Stay to the right and be considerate of hikers and other bikers. Be aware that some cars have special permits to use parts of the road.

## **Safe bike trip**

Parts of the old road are very steep and not secured with rails. It has a coarse, uneven surface with sharp rocks and deep ruts. Take it easy and be prepared for the unexpected. The most difficult part is from Finse to Myrdal (uneven surface and steep sections) and then from Myrdal down to Flåm (steep section with hairpin turns). We recommend that you walk your bike in the steepest places. Be aware of local traffic between Myrdalsvingane and Flåm. The section between Haugastøl and Finse is a good day trip for inexperienced riders and children younger than 12 years. Remember bike helmets for everyone.

## **Distances and estimated biking times, including breaks**

Haugastøl - Finse 27 km (4 hours)  
Finse – Haugastøl 27 km (3 hours)  
Finse - Hallingskeid 21 km (3 hours)  
Finse – Myrdal 38 km (5 hours)  
Finse – Flåm 53 km (7 hours)  
Myrdal – Flåm 20 km (3 hours)

You can bike the route faster, but a slow pace and breaks along the way makes the trip safer and allows for more experiences along the way.

**Map** with places, distances, toilets, picnic areas, food/accommodation, danger signs

**Course profile** with elevation

### **Important information**

Fire 110 –Police 112 – Ambulance 113

Rallarveg rapport from Finse1222: <https://finse1222.no/en/rallarvegen-the-navvy-road/#rallarvegen-report>

Information about avalanches and floods: <http://www.varsom.no/en>