

NATURE AND CULTURE

The Telemark Canal



Photo: Skodde Studio

(THE NORSJØ-BANDAK CANAL) The Telemark Canal was completed in 1892 and has 18 locks, taking passengers from 0 to 72 m above sea level, on the 105 km long section between Skien and Dalen. This waterway offers varied scenery – from landlocked fjords surrounded by steep rock faces to cultural landscapes with fertile meadows and, not least, locks carved out of rock. “MS Victoria” and “MS Henrik Ibsen” make scheduled trips between Dalen and Skien from May to September. At Lastein Bryggje you will find a café, exhibition and a guest harbor. Recreation ground with bathing place.

WHAT YOU MIGHT SEE ON YOUR HIKE?

MANY A GIANT TROUT is caught in the Bandak and Tokkeåi rivers every year.

Photo: Yngve Ask



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Soria Moria



Photo: Dag Jønsen

SORIA MORIA is a work of art sauna – glittering like a piece of jewelry in Lake Bandak! The inspiration for the sauna is derived from surrounding landscape and history. The characteristic silhouette of the building is an interpretation of the steep mountainsides surrounding the Bandak lake. The wooden shingle cladding is inspired by local building techniques. Integrated in the cladding are gleaming golden shingles. Soria Moria serves as a focal point for everyone – a place of rest and reflection, for meeting and conversation. For local residents arranging sauna nights, the hotel guest strolling in his bathrobe through the park, the hiker coming down from the mountain or the tired cyclist after cycling the canal.

Layout: Nina Akerstuen / trykk: Erik Tøndhe Nilsen as



www.hikingtelemark.com
www.visitdalen.com

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BEAVER: Tread cautiously, and you may be able to see the engineer at work.

Photo: Jørgen Kasin



THERE HAS BEEN a Market in Dalen for more than 150 years.

Lithography by Harald Kihle

3 KM DISABLE ACCESS TRAIL,
PARTLY FOOT/CYCLE PATH/ 1 – 1,5 HOURS
EASY HIKE →



Dalen – Telemark

HIKE **Bufjordstigen**

THEME **Along the Telemark Canal**



Photo: Luke Tennant

DALEN HOTEL: “– the grandest of them all –” (Norges Kunsthistorie, Volume V). Read more about this elegant building situated along the trail. Photo: Luke Tennant



Description of the hike

AN EASY HIKE with culture, history and great fishing spots. The walk starts at Dalen Bryggje, also known as Lastein. This is where the renowned Eidsborg whetstone, Norway's oldest export, was shipped from. You will then pass a lovely beach before crossing the Eidsborgbekken stream. The trail then takes you past Tangane, a popular recreation ground with an idyllic pine forest. You can get a good view of Dalen Hotel from the gardens and you will see the Soria Moria work of art sauna glittering like a piece of jewelry in Lake Bandak! Cross River Tokkeåi using the stepping stones. At Buøy, follow the nature trail through the fascinating "jungle", occasionally converging with the river with its great fishing spots and extensive beaver population. The tour then takes you back through the centre of Dalen and its intimate shopping street, flower market, shops, cafés and the Tokke town hall with its sculptures by Anne Grimdalen and Charles Michalsen and assembly room clad in whetstone.

Driving directions

The trail starts at Dalen Bryggje. If you are arriving on route E134 from the east, leave the road at Høydalsmo and follow route Fv45/Fv450 to Dalen. Dalen Bryggje is on the left-hand side just as you reach the bottom of the Eidsborgberget hill. From Vrådal and Åmot on route FV38 towards Dalen, drive straight past the exit for the centre of Dalen. You will then see Dalen Bryggje on your right after 1 km. The trail is partially universally accessible.



Parking at Dalen Bryggje.

Read more: The nature trail at Buøy is signposted in multiple languages. Contact the tourist information office, www.visitdalen.com

Please note: Walk quietly if you want to see the animals.



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 of the tour:
Tokke 1 : 50 000

Map: AT plan.
Source: Norwegian Mapping Authority, Geovekst and local councils

Total incline: 0
Footwear: No special requirements



Accessibility: April to October
Highest point: Dalen 75 m above sea level



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

Scale 1 : 50 000

Equidistance 20m

--- = marked summer trail

- - - = alternative route at times of flooding

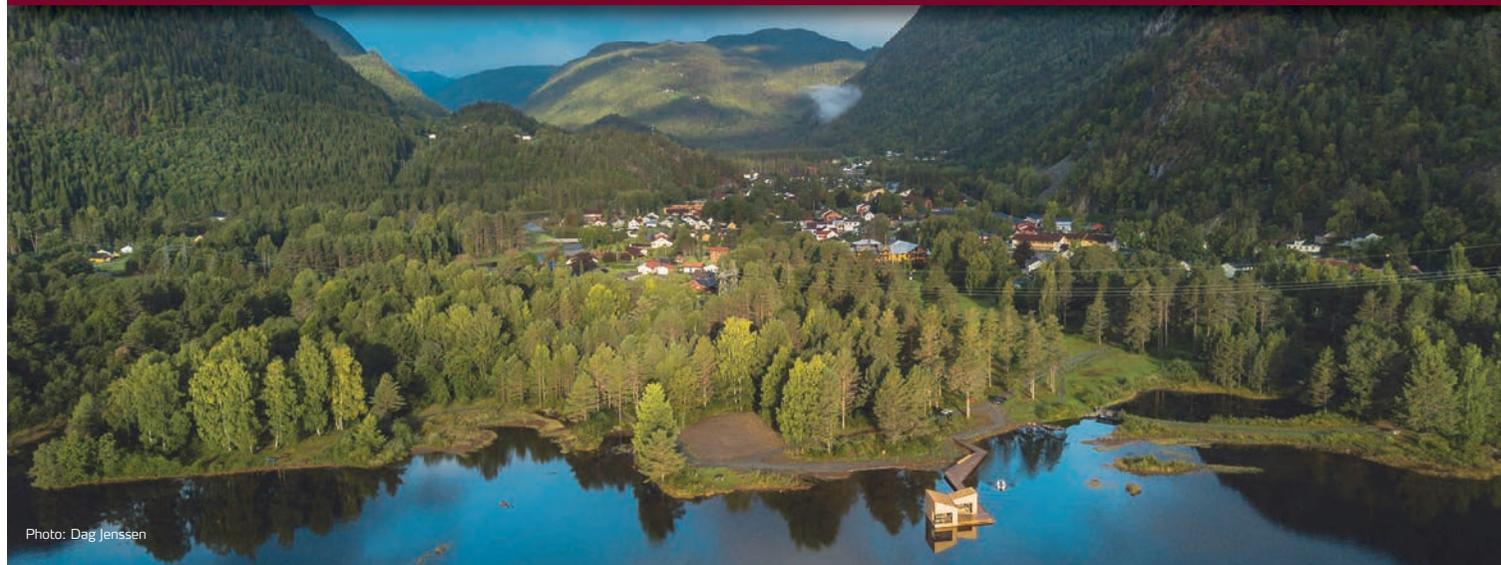


Photo: Dag Jenssen