

SKÅBUGUIDEN 2023



Foto: Terje Solberg Breistultjønna



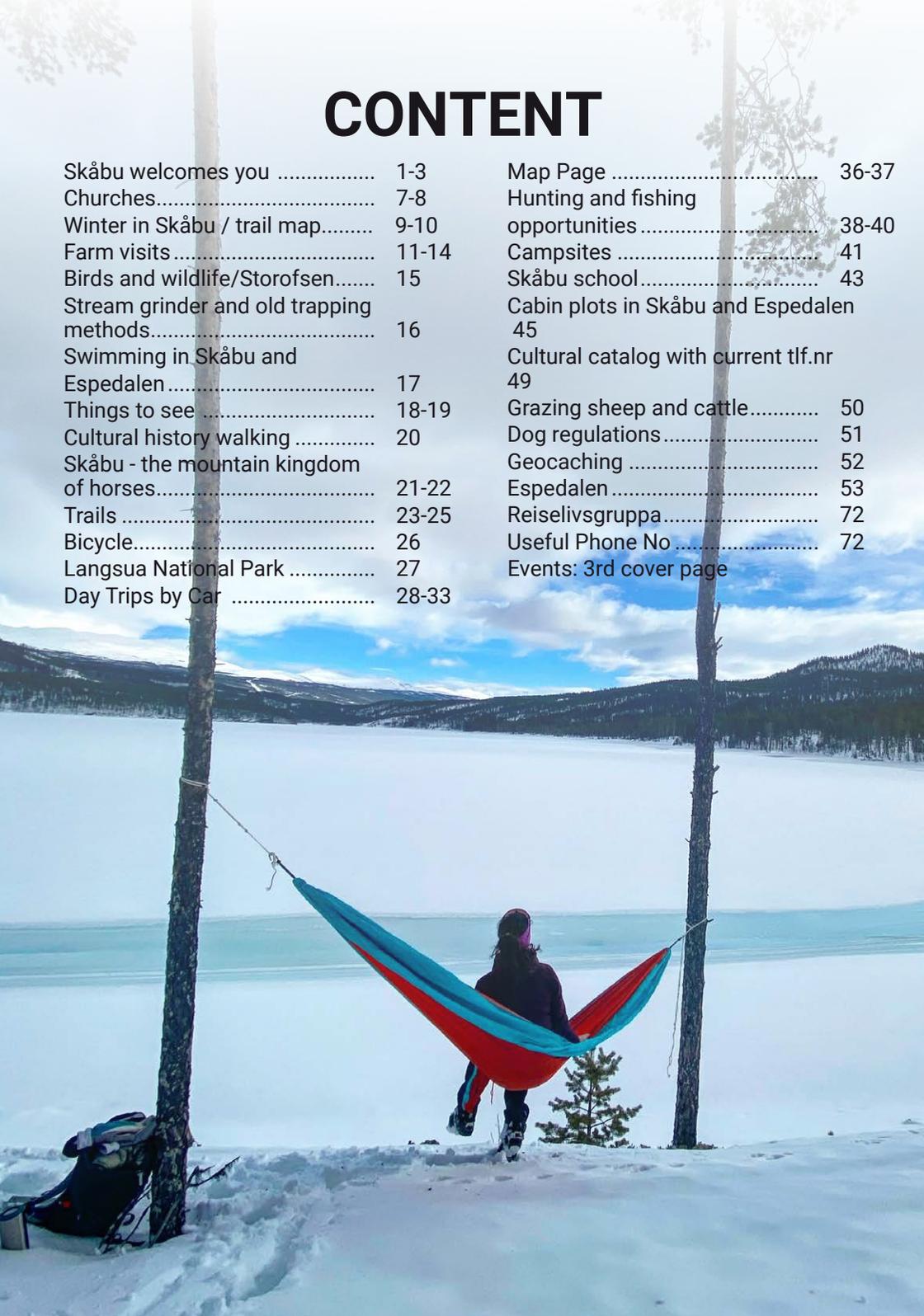
#visitskabu



Free

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SKÅBU – our lively district wishes

all visitor's

“ vèlkome ”

Like a beautiful golden pearl, Skåbu is situated in the middle of southern Norway, surrounded by hospitable mountains and old picturesque country courtyards and green hills.

It is said, but not proved, that Skåbu has got its name from the Norwegian hunting goddess Skadir. Hunting, catching, and fishing is still today an important part of our daily life, as it was for hundreds of years ago. We hope that this is also exciting for all our visitors. As our guest we invite you to take part in our daily life and culture.

In this information booklet we want to present you our activities and our service offers. In the middle of this booklet, you will find a map where all we have to offer is marked.

Take your time to visit Skåbu – the highest situated village in Norway, 870 MSL., where about 400 inhabitants has their permanent residence.

In the center of Skåbu you will find a food store with post office, a café, a petrol station, and several possibilities to spend the night. Skåbu church is also well worthwhile a visit, most famous for its woodcarving pulpit and altar.

Our mountain district has lots of opportunities for you to stay overnight and it is also a good starting point for tours by car, bicycle, on foot or cross-country skiing.

In the center of Skåbu you will find the newly opened **Skåbu Fjellhotell** with its beautiful location and view on the spectacular mountain tops. The hotel has 12 twin-rooms and 5 comfortable suites of high standard. The hotel has a well recommended restaurant as well, where you will be served a very good dinner based on Norwegian food traditions and seasonal local products.

The hotel offers updated information and has an overview of all activities and arrangements in the area.

On the opposite of the hotel, you will find the petrol station and café, called **Rødhette og Ulven**. Here you can also buy the obligated fishing license to all fishing waters in the area.

At Skåbu Hytter og Camping, by the road 255, 4 km from the center of Skåbu in direction Vinstra, you can stay overnight on the campsite or in a cabin.

400 m up from the town center, at **Bustad Hyttetun**, you can rent a well-equipped cabin.

In the same direction, by the lake Slangen, you will find **Slangen Seter Fjellstue**, with its riding school and cabins for rent.

If you continue the road further on westwards from the lake Slangen you can visit **Sikkilsdalen and the Norwegian States horse breeding center**. You can rent a room at **Sikkilsdalsseter Fjellstue** and order an original Norwegian dinner.

From Slangen you can also drive along the very beautiful Jotunheimvegen to Bygdin



(direction Beitostølen and Valdresflya). This is only possible during summer and the journey will take about an hour and a half. This mountain area is not well known but is absolutely one of the most beautiful. As soon as the snow has gone, you will find Mogop flowers, and you will also be able to visit the only restored falconry in Scandinavia.

We also recommend a detour to **Storhøliseter**, 17 km from the center of Skåbu, also direction Jotunheimvegen. This mountain farm is 300 years old. You can use this place as a starting point for several hiking tours.

Skåbu has a long tradition in handicrafts as well, and in the center you will find a shop where you will find local produced food, wood carved products, art, jewelries, sheepskin, furniture, homemade knitted gloves, and sweaters and so much more!

It is possible to visit other mountain farms, both in Murudalen and at Breistulen. It's also possible to go to Espedalen and Heidal, or take the Peer Gynt-vegen to experience the areas there. Silence and recreation all over!

In the center of Skåbu is a grocery store with post office and pharmacy.

The village hall can accommodate most types of events, from dog sledding to weddings! Down by Kamfossenligger Bakkestugu, one of Norway's very last homesteads.

SKADE (Skadi) "Mountains skigoddess"



Skade was a Jotunwoman, daughter of Tjatse. When her dad was killed by the aces, she wanted to take in fines. To satisfy her, the aces gave her the right to choose a man between them, but she only was allowed to see their feet and she had to make her choice after these.

She saw some beautiful feet and thought it was Balder, so she chooses him. But it was only Njord and with him she didn't live a happy life, because Skade wanted to live at Balders old farm Trymheim and Njord wanted to live at Noatun. Skade and Njord came to an agreement: they would stay nine nights at Trymheim and nine nights in Noatun. But after the first nine nights at Trymheim, Njord became so bored by living in the mountains: the wolf's hooting was so opposite the sound of the swans. And after nine nights at Noatun the same happened to Skade, she became so bored of the sound of the birds and

the sea breath that she couldn't sleep. And then they divorced. Skade travelt home to Trymheim and went cross country skiing and had some animals. That's why she's called the skigoddess.

After Skade is Skåbu called Skåbu (Skades hometown). So says the saga.

We are happy to help you find what you need! Contact your local tourist host or one of the companies.

Further back in the booklet you will find advertisements with information.

On page 49 there is an overview of local teams and associations, with telephone numbers.

If you want more information: Close to the petrol station you will find an information board with alot of information, and if you don't know which way to go, just ask the people you meet. We are proud of our village and love to have visitors.

Skåbu and its surroundings has a lot to offer, and we are convinced that you will enjoy your stay.



Foto: Arthur Bredli.



Skåbu fjellhotell - prisbælonnet lodge hotell på høyfjellet i hjertet av Norge!

Vi tilbyr personlig service i hjemmekoselig atmosfære med urnorske bygdetradisjoner

- Overnatting i nyoppussede enheter.
- Fantastiske matopplevelser for alle i hotellets «fine dining» restaurant eller lunsj à la carte.
- Aktivitet og nærhet til fjell, dyr og rekreasjon.
- Utsalg av egenprodusert lokalmat fra Skåbu Høyfjellsmat.

Hjertelig velkommen til oss i Skåbu!



Skåbu Fjellhotell

Skåbu Fjellhotell, 2643 Skåbu
www.skabufjellhotell.no
 Telefon + 47 61 29 55 00
post@skabufjellhotell.no



HOS Rødhetten og ulven

Restaurant • Café • Bar • Catering • Kokk hjem



velkommen til fjells!

2643 Skåbu, telefon 612 95 586 / 452 37 455

E-post: rodhette@skaabu.no

Se åpningstider og meny på Facebook



Gatekjøkken • Kioskvare • Rekvisita • Propan • Fiskekort

skåbu servicesenter

vi står til tjeneste for deg - husk; vi har lokalkunnskapene!

OUR BEAUTIFUL CHURCH IS WORTH A VISIT!

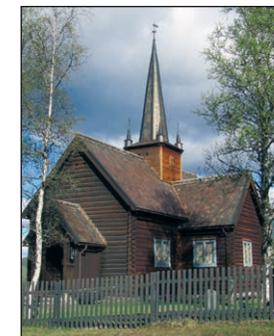
SKÅBU KIRKE The church in Skåbu was ready to take on ceremonies in September 1927. Until then Skåbu hadn't had a church in more than 500 years. In this period the people in Skåbu were referred to use the church in Kvikne, for all religious services and ceremonies.

The drawings of the church were made by an architect from Vågå, called Villa. The church is beautiful in several ways, especially on the inside. The wood carving of the altar and pulpit is one of a kind. It's carved by an artist from Vågå, Per Haugen, and it's said that it's one of the best you will find in woodcarving in Norway. Both the altar and the pulpit were later painted by Halfdan Davidsen with the assistance of Per Haugen. The baptismal font is also a beautiful piece of art in stone, also carved by Per Haugen.

Another piece of art which catches the eye as soon as you walk into the church is a beautiful tapestry which you will find in one of the side arms of the church. It's made by Sigrid Mohn, in naturally painted wool and was first meant to be a gift to the Nidarosdomen in Trondheim, for their 900-years anniversary.

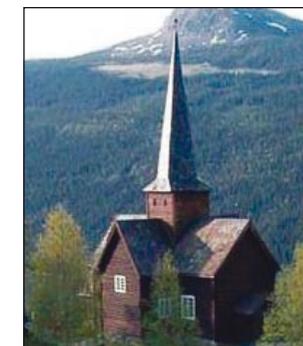
The wood carved wedding chairs has beautiful tapestry made by Sigmund and Nora Hernæs. During summer holidays the church is open for visitors on Mon-, Wednesday and Saturdays from 11 until 15. You can read more on kirkesok.no.

If you want to visit the church at other times: call 932 92 209.



The church in Kvikne is a beautiful timber cross church from 1764. The architect was Per (Peder) Korpberje, originally from Kvikne. The church was built on the same plot where there have been built to churches before.

After a landslide in 1789 (called Storofsen), the church was moved to the plot where it still stands, not far from the original plot. The architect involved in the move of the church in 1789 was Jehans Pedersen Korpberje, the son of Per Korpberje who build the church for the first time, and Tor Trisdal from Skåbu. If you want to visit the church, just call 951 22 470.



STATUE TORGER IVERSTUGUN AT THE SKÅBU CHURCH

Fidler, composer, folk music collector, word artist and politician Torger Iverstugun, has been dedicated with a statue just on the outside of the churchyard at the Skåbu church. Torger was born in 1880 and passed away in 1974. He was a fiddler by heart and composed 150 songs and collected about 350! He was also a politician, and his work has been important for the working class in Skåbu. He meant himself that the most important thing he has done hadn't nothing to do with music. The most important thing he did, after himself, was to provide a road until Skåbubaklia. First there was only a string over the river. He had lived several years in America, but fortunately he came back to Skåbu, and only for, as he said 'Everything I have written and composed was inspired by the nature around Skåbu. Without that, I couldn't have achieved anything'.

Torger Iverstugun was honored with the Royal Medal of Merit in 1964.

coop marked

SKÅBU



- Post
- Dagligvarer
- Div. utstyrsvare
- Kommissjonær for Norsk Tipping

VELKOMMEN TIL EN HYGGELIG HANDEL!

Telefon: 902 11 438

E-post: skaabumarked@coop.no

**ÅPENT: Mand. – torsd. 9–18, fred. 9–20, lørd. 9–18, sønd. 12–16.
Sommer: Uke 28, 29 og 30: Mand. – torsd. 9–19.**

ESPEDALEN MOUNTAINCHURCH

On the very idyllic place Veksodden at the Espedalen lake you can spot the tower of the Espedalen Mountain church over the crowns of the trees. The church is uncommon, beautiful and harmonically placed in the powerful nature which surrounds Veksodden.

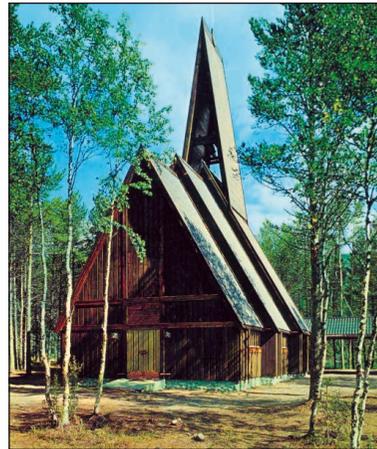
The first ceremonies in Espedalen Mountain church took place in the summer of 1974, eleven years after the first ideas of a church in Espedalen were cancelled. It is obvious that the architect had the old Norwegian stave churches in mind when he designed it, but Espedalen Mountain church has its own character. The inside of the church is light and bright. You will find the triangular form (triangular symbolizes the trinity and meanwhile Gods eye) everywhere, both in the church itself as in the details. The view from the windows give you views to the forest and the Espedalen lake. A better ´altar view´ could hardly anyone wish.

The churchyard has been in use from the early 1800´s and the former inhabitants of Espedalen are put to rest at Gravholmen.

GRAVHOLMEN

Gravholmen is one of the most distinctive cemeteries in Norway. To pay the cemetery a visit, you have to go across a long wooden bridge.

On the outskirts of Gravholmen you will find a memory plate with all the names of all are buried here. At the end of the 1800´s there was a lot of nickel mining in the Espedalen area and a lot of activities in Verksodden. It was a tough life which brought a great mortality, especially amongst children and young ones.



WINTER IN SKÅBU

With its friendly and beautiful mountains Skåbu is the place to be for them who loves cross country skiing. Usually, we have snow from November until April and we can offer you a big variety of trails. Trail reports and contact names can be found on www.stll.no. Check also www.skisporet.no.

We do have:

- 130 kms well prepared ski trails in Skåbu and 200 kms in Espedalen (www.stll.no)
- Lighted ski trails for classical skiing or ski skating
- Skis, sleighs, and snow racers for hire
- Sleighing and torch light processions
- Self-service cabins 4-5 hours skiing from Skåbu
- Family alpine skiing at Dalseter Hotel, 7 kms from Skåbu
- Skåbu church, Petsiko, the falconry and the culture path at Slangen are also accessible during winter

From the parking place at Finnbølsbrenna you can get easy access to the Jotunheimen area in Huldreheimen, where you will find a big variety of family friendly trails. From Slangen you can go along the Olstappen lake and then further on to the trails in Espedalen (5 km). The nearest alpine skiing slopes are 7 kms from the center of Skåbu at the Dalseter Høyfjellshotell. This is a family friendly slope. You can hire alpine equipment at the hotel. We can also recommend tours outside the usual trail area.

If you are member in DNT, you can use self-service cabins in the area: Storhøliseter, Oskamphytta, Storkvelvbu and Skriurustbua. Here you will find all you need to stay over for the night: food, bed linen, light and warmth.



Foto: Arthur Bredli.

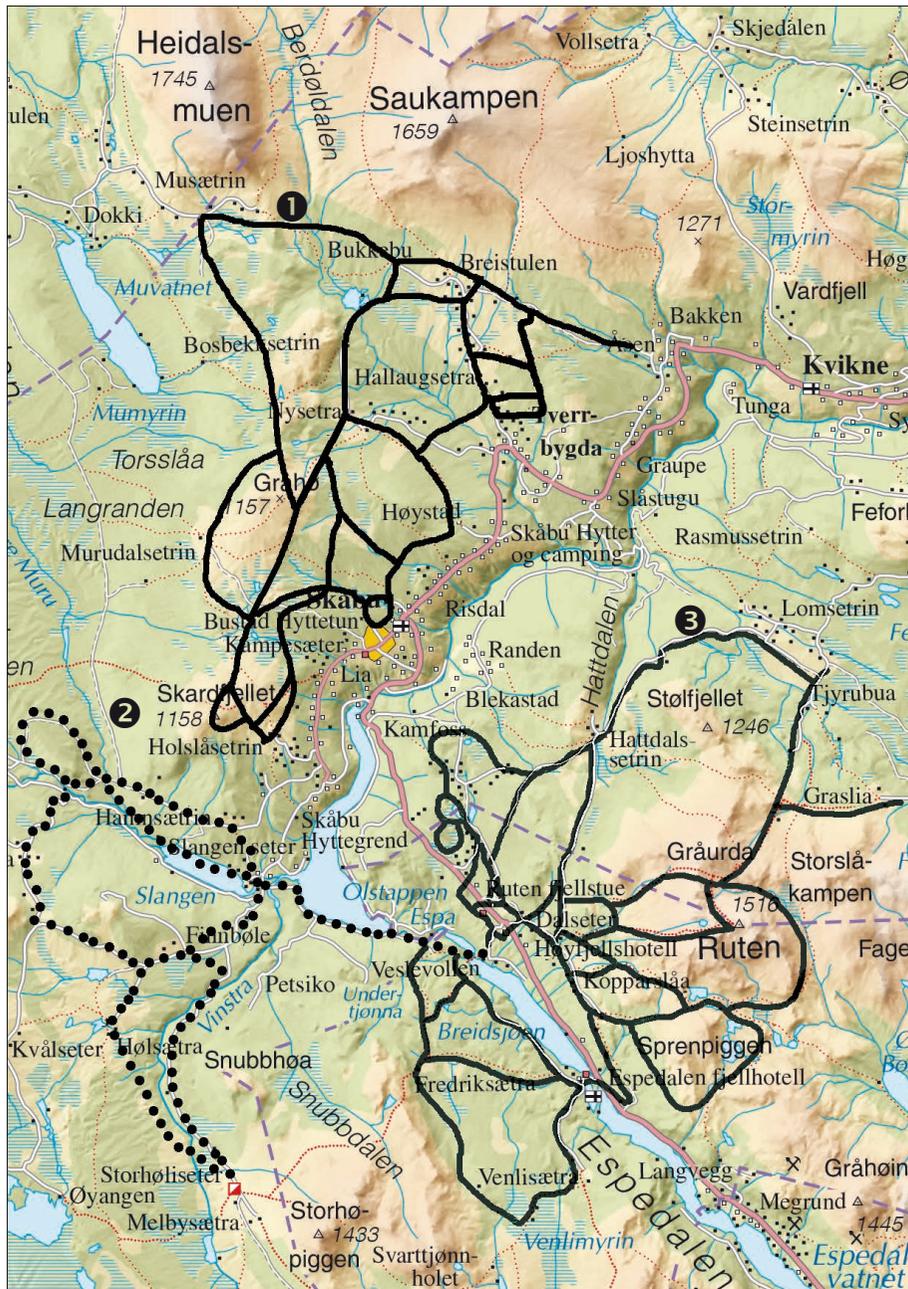
Skåbu offers a variety of sleigh rides with glogg and gingerbread after the tour in the stable or tippi. A very nice torchlight tour can bring you also to the Vinsterfossen (waterfall) – a pure ice castle. A nice tour outside the prepared trails – last meters on foot in the snow!

Gausdal Marathon is a yearly event which takes place early in January. A 300 kms long marathon with sledge dogs which has their checkpoint in Skåbu. Here there will be 600-700 dogs take their rest after a demanding tour over the mountains. In Skåbu we cheer tough athletes and their dogs up to the checkpoint and a very welcome rest. Athletes, guests, and public wishes a warm welcome to a hospitable and pleasant folk festival.

If you wake up early in the morning and go out on a tour, there is a big chance you will meet moose. Moose safari is an adventure! As you know, we offer a range of winter activities.

Skåbu church, Skåbu Husflid (handicrafts), Petsiko, falconry and the cultural path at Slangneset is also worthwhile a visit during winter. If you want to buy you a map of the area, we recommend the map SKÅBU-ESPEDALEN-FEFOR from Statens Kartverk, or the map Jakt og Fiske edited by Espedalen Bygdealmening, Fron Fjellstyre and Kvikne-Skåbu Grunneierlag in 2007. You can buy these maps at the Coop Marked, petrol station of handicraft in the center, or the tourist companies.

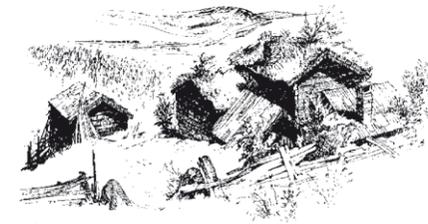
WELCOME TO THE WINTER PARADISE SKÅBU



Kartet antyder løypenettet til:
 ● Skåbu Tverbygda Løypelag
 ● Slangen Seter
 ● Dalseter og Ruten

Vi anbefaler kartfolderne Skåbu samt Espedalen og Slangen som kan kjøpes hos turistbedriftene i Skåbu og Espedalen, og i Skåbu sentrum.

OLD FARM VISITS

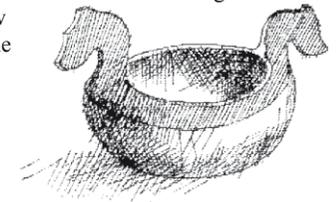


SIKKILSDALSSETER

A family called Sande came to Sikkilsdalen in 1860 and they lived there for almost 100 years. Originally the Graupe farms in Tverbygda owned Sikkilsdalen, but it was sold to the government in 1881 and has since been used as governmental Hesteavlsetter. Three stallions with each their own mares' releases on the pasture lands during summer. The yearly horse release, which takes place around St Hans (24th of June), is an event which attracts a lot of spectators, but you can meet the horses' whole summer long. A trip to Sikkilsdalslø (1778 MSL) is also worth the effort.

In Sikkilsdalen is also the 'Prinsehytta' (the cabin of the prince) located. The cabin was a gift from the Swedish princes Gustav Adolf, Erik and Wilhelm to King Olav in 1924. Gustav Adolf became later king of Sweden. Since then the Norwegian royal family uses the 'Prinsehytta' frequently as their holiday resort.

Tor Varpestuen is your host at Sikkilsdalssetra, which has now 75 beds. Open from 20th of June until the 5th of September.



STORHØLISETER

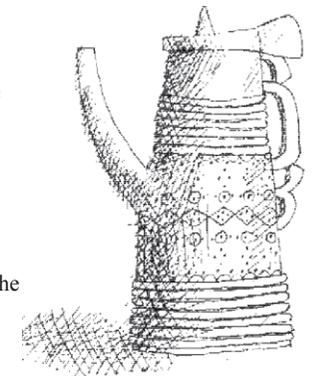
Experience the mountain atmosphere where 'Norway my Norway' was composed

The oldest house on the farm, which belongs to the Søre Risdal farm in Skåbu, is over 300 years old!

The farm has already been used by tourists in the beginning of the 1900's. Amongst them was the national poet Theodor Caspari. He came to the farm year after year for about 20 years. Maybe it was just here he got the inspiration for his famous poem 'Norway my Norway'.

Storhøliseter is situated about 17 km from the center of Skåbu, in the Jotunheimen area. It's a good starting point for hiking tours. The terrain is open and easy to walk, the distances between the cabins is relatively short (3-4 hours) and therefore very suitable for new beginners and families with children.

Don't miss the stallion release at Storhøliseter round St. Hans day (24th of June), where there will be released between 50-70 stallions. An event you never will forget!



SIKKILSDALSSETER

– en perle i Jotunheimen!

Vi ønsker våre gjester velkommen til fjells
Mange gode turmuligheter på oppmerkede stier
Bryllup, selskaper, møter og ferie



Overnatting og frokost, lunsj og middag.
Servering av rømmegrøt og fersk fjellørret

Mob.: 481 30 662 - post@sikkilsdalen.no

Velkommen til vakre LIOMSETER

Midt i Langsua Nasjonalpark finner du DNT-hytta Liomseter. Senk skuldrene og nyt hjemmelaget kortreist mat og gå turer i snillt terreng. Gode fiskemuligheter er det også!

Bilvei helt frem i sommersesongen, kvistede løyper og mulighet for scootertransport i vintersesongen



ÅPNINGSTIDER

VINTERSESONG
24.mars til 10.april
SOMMERSESONG
23.juni til 10. sept

liomseter.dnt.no



SLANGEN SETER

FJELLSTUE-HYTTEGREND

2643 SKÅBU * GUDBRANDSDALEN



Vert: Anita

Slangsliv. 290. Telefon: 995 95 518 • 909 58 838

E-post: post@slangen-seter.no - www.slangen-seter.no - www.peer-gyntrideleir.no

Stedet for bryllup - jubileum - firmafest - seminarer

Be om tilbud på «Venne-helg»
Et døgn på hotell = en hel helg hos oss.

Gammel miljøskapende fjellstue

Miljøhytter med god standard

FJELLGÅRD MED MANGE SLAGS DYR – BONDEGÅRDSFERIE

50 meter til bade- og fiskevann

Gode turmuligheter med mange severdigheter

Kort vei til preparerte skiløyper

Utendørs vedfyrt badestamp

Fra selvhushold til høy fjellstuestandard

Prisen er fleksibel – be om tilbud!



Spesialuke:
Uke 31 og 32:
Hest og kultur
Rideleir for voksne

Uke 33:
Her lager vi grupper for
alle nivåer. Også helt
nybegynnere.



Rideleir i hestens fjellrike

Glade ryttere på glade hester!

- * Ukes Rideleir hele sommerferien. Faglig høy standard på undervisningen. Alle skal dra hjem fra Peer Gynt rideleir med økt kunnskap om ridning og hestehold!
- * Med en uke hos oss får du et innblikk i hvordan det er å ha egen hest.
- * Innføring i naturlig hestevett (Natural Horsemanship).
- * Dressur – sprang – hopping i terrengrittbane. Rytterleker.
- * Gode hester.
- * Stor vekt på sikker omgang med hest. Vi har fått Gjensidiges sikkerhetspris.
- * Trygt og trivelig miljø med tilbud om organiserte aktiviteter – også utenom det hestefaglige.
- * Høy standard på kost og losji. Bor på gammel, miljøskapende fjellstue.
- * 50 m fra et fjellvann – bading, kanoer, båter og fiske.
- * Har også mindre miljødyr – kaniner, rasehøns, ender, sau og gris.
- * Lekeapparater – ballspill – hestekokost – husker og sklier.
- * Reis flere sammen – grupperabatt 5 personer – 10% rabatt. 10 personer – 20% rabatt.
- * Turer i herlig, spennende fjellterreng. Dette er Jotunheimens forgård, 700 m.o.h.
- * Etablert i 1968. Dette er ikke noen døgnflue. Vi har elever som har vært her mange, mange ganger.
- * Rideweekend for medlemmer DNT Gudbrandsdalen 20.-22. august 2022. Be om mer info og pris.

Vi setter vår ære i å levere et produkt av beste kvalitet!
Her er alt gjort for at dyr og mennesker skal trives.

Velkommen!

Anita

Skriv eller ring. Vi sender brosjyrer.
Se oss på internett: www.slangen-seter.no
www.peer-gyntrideleir.no



PEER GYNT RIDELEIR

2643 Skåbu i Midt-Gudbrandsdalen
Tlf. 909 58 838
e-post: post@slangen-seter.no



Foto: Arthur Bredli.

SLANGEN SETER Activities for the whole family

Slangen Seter is one of the oldest tourism companies in Gudbrandsdalen. In the summer holidays has one of the best riding schools, their stay here – Peer Gynt riding school. About 25 young people in the age of 12 to 100 (!) find their range of activities here. In the beginning of August, we have ‘remember-your-riding camp’ for adults, a horse- and cultural week which ends by visiting the Peer Gynt theater performance in Gålå.

We love to have visitors, on Mon-, Thurs- and Wednesday you can watch our school riding from 10 until 1 p.m. We will especially highlight the Wednesday, then we organize show jumping – and at 9 a.m. we have a demonstration of Natural Horsemanship.

On the farm we also have pigs, rabbits, chickens, cats, a dog, and sheep. There is enough to see also for those who seems the horses are a little too big! We also have a little playground. On the farmyard you can walk around, and you will find some old tools and horse equipment.

The farmyard is situated at the borders of the beautiful lake Slangen. Here you will find lots of opportunities for fishing and swimming and when you rent a canoe or a boat you can get you a relaxing tour, whether you want to fish or **just enjoy life!** In both lakes Slangen and Olstappen you can fish with both **oterfjøl or fishing nets** and there are good opportunities to use a fishing rod. Along the borders of the lake there are lots of cleared paths, so it will be extra nice for you who want to try **fishing with a rod**. We wish you ‘skitt fiske’ this year!

If you want to get you out in our wonderful surroundings, and you don’t want to ride a horse, you can now also rent ski, spark or sled at a reasonable price. Except for the summer season Slangen Seter take in groups! (Dog clubs, choir, associations, etc.). And what with a wedding ceremony, workshop, jubilee or just being together with a couple of friends for a nice weekend or just only for an evening. We facilitate about 50 beds, which you will find in our Fjellstugu and 3 nice, restored cabins of good standard: shower, toilet, digital TV.

If you rent a boat or canoe, free use of life jacket is included.



SKÅBU KAJAKK OG KANOUTLEIE

Contact:

Skåbu Fjellhotell tlf. 612 95 500

post@skabufjellhotell.no

Skjalg Ulset tlf. 482 80 413

skjalgu@gmail.com



RICH BIRD- AND ANIMAL LIFE

Skåbu has a rich bird- and animal life. Birds of prey, such as the mighty Golden Eagle and birds in the forest are well the easiest to lay eye on, but also smaller bird species are richly represented. In winter-time you can daily follow the tracks of animals such as hare, fox, deer, ermine, and moose. Sometimes you also get a glimpse of the animals.

If you be quiet in the forest, especially the moose is easy to spot, because they wander in big numbers up to the grazing areas in Murudalen. Yes, the population of moose is so big, that over the years it has been necessary to take out several animals during the hunting season.

MOOSE-SAFARI: during the month change April/Mai we do have one of

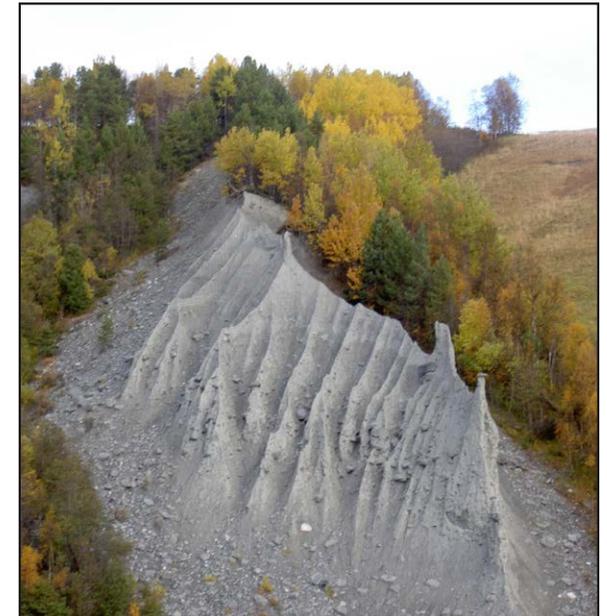
Norwegians biggest population of moose wanderings, both then and at other times you can go on a moose-safari.

STOROFSEN 1789 – JODALEN IN SKÅBU!

One of the worst incidents in the history of Gudbrandsdalen, except Black Death, is Storofsen in 1789. A long period with heavy rain led to colossal landslides and flood on the 21st to 23rd of July. It was so severe that everyone thought ‘Judging day’ had come.

In Gudbrandsdalen 61 people lost their lives in Ofsen, together with 17 horses, 169 cows and 703 sheep. 5 km2 of fields and more than 40 km2 of pasture-land was flooded and damaged, together with 3.000 houses. The land was damaged for a lot of years to come.

Long after ‘Ofsen’ there are lots of places where you can still witness the power of nature, a.o. at Jodalen, between Skåbu and Kamfossen. Deep valleys, steep earth walls and earth pyramids tells still their story about what has happened on those unfortunate days. See also ‘culture walks’ on page 20.





BEKKEKVERN

In the old days most of the big farms had their own grinder, which was used to produce ground floor of own grain crop. The cultural heritage group of Skåbu has restored one of these grinders and it now can be found i Kamsbekken near Skåbutunet. This grinder was originally from Grindåa, which belonged the farm Hågå in Skåbu. It's dated back to 1829, and likely made by the owner Nils Erlandsen Hågå. A demonstration of how the grinder works will be given on 'Skåbu, liv lågå' (an annual fair in Skåbu). Then again will grain crop be produced to ground flour, it will be cooked and there will be served porridge.



FALCONRY CABIN AT THE JOTUNHEIMVEGEN

Driving Jotunheimvegen, take a stop at Kvålssetra (18 km from Skåbu center), park your car on the parking lot and take your time to go for a little walk up Falconry mountain. Here you will find the only restored falconry cabin for falconry in Scandinavia. Dutch falconers lived her during summer at the end of the 16th century. There has been archeological excavations of the falconry cabin and its surroundings. The cabin is rebuilt in the same way as it was in use for over 300 years ago. Information boards tells you about falconry in the old days, the importance of the birds in the eco-society and why we must take care of our birds of prey nowadays.

You will have a fantastic view from the Falconry Mountain. You can see mountains and mountain lakes all around you. If you are lucky, you can see the falcon or hawk, flying on outstretched wings over the vast terrain.

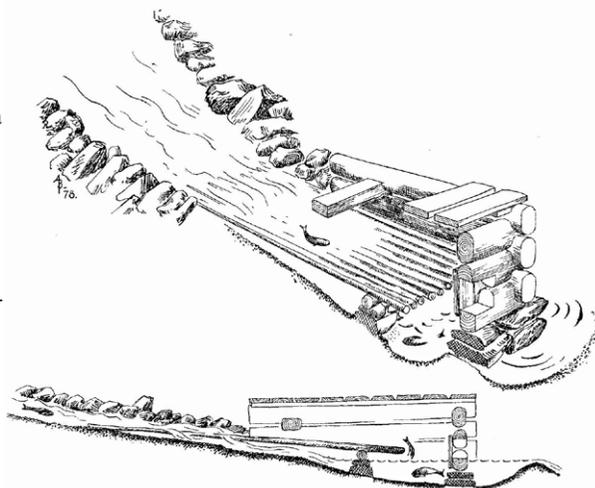
It is only a 15-minute walk on a well-marked path before you reach the top. Do want to go on a longer walk in the beautiful landscape, the possibilities are endless. From Kvålssetra you will find several old well-marked paths.

SLEO

An old fishing method

At about 4 km south for Kvålssetra passes Jotunheimvegen Nordre Sandåa. Here the cultural heritage group of Skåbu has rebuild a 'sleo' which shows the use of this old fishing methods.

Information boards tells about fishing, fishing tools, different fishing methods and which meaning fishing in the mountains lakes had for the people who lived in the little rural community in the old days. Its easy to park your car here.



SWIMMING IN SKÅBU AND ESPEDALEN



Foto: Berit Brenden Bredli.

BATHING RAFT

and a swimming area at Maribu, at Kamfossen. Table and banks available, easy to park.

SAMSGARDEN

shallow and sandy bottom, suitable for younger children. Table and banks available.

SLANGEN SETER AND SKÅBU HYTTEGREND

nice to swim here, and possibilities to hire a rowing boat or a canoe.

RAMSTJERN/MOOSE TOWER

At the outlet of Ramstjern, down at the moose tower, you will find a swimming spot with a boat house. Down at the river Espa there is a possibility to light a campfire. Table and banks available.

VERKSODDEN AT THE BRIDGE TO GRAVHOLMEN

Here you will find a shallow swimming spot in direction 'Valdrestjern'. Camp fireplace at the camping area before you come to Espedalen Mountain church.

SLANGSLONA RASTEPLASS

Special designed place, with banks and tables. Covered area to light a campfire. Outdoor toilet. Fenced area. Accessible for disabled people.

TIPPI AND GAPAHUK

In the Skåbu area we have too tippis and a gapahuk where you can find shelter, take a rest, and eat your lunch. A new tippi is situated at the ski trail from Kutjønn in direction Skardfjellet. Another tippi is situated between Åsen and Breistulen. You will find the gapahuk between Nysetra and Gråhø.



WORTH A VISIT

PETSIKO

a very special cabin in the forest. Here you can live like the lumberjacks did in the early 1940's. Two beds, furnace, and equipment, just like it was in the old days. Inside the cabin you will find a book in which is described how life was in these days. More tour information on page 24

UNDERTJERN

This area cannot be explained. Everyone must experience this magical place on his own way. More tour information on page 24.

COMPASS TABLE AT SKARDFJELLET

This place is visited by many people during the year! Very rare, beautiful view from the top. On a clear day it's possible to see 20 mountain tops in every direction. Quit easy terrain and you will reach the top in about half an hour. More tour information on page 24.



Foto: Ansgar Valbø.

BAKKESTUGU

`A beautiful memory about a time which has gone forever`. That is what Arvid Møller wrote about Bakkestugu in the book about Skåbu in 2003. And the time `which has gone forever` will still be found at the homestead Bakkestugu at Kamfossen. Rønnaug Sagboden lived here until she died in 1994, to days before her 99th birthday. The most of what she owned she donated she the church and today's the Skåbu church is the owner of Bakkestugu.

The interior is still the same as it was in the old days, with its outside toilet, no water, but with electricity and furnace. And with Rønnaugs furniture and belongings.

Do you want to pay it a visit? Contact Unni 932 92 209 or Jan 951 22 470.



Foto: Terje Solberg.

MOOSE TOWER IN ESPEDALEN

A 12-meter-high moose tower is located at Ramstjern in Espedalen. A spectacular nature experience out of the ordinary. Autumn 2015 the build of the tower or so called `Moose hotel` started. The tower, which was opened for the public on the 2nd of September 2016, is 12 meter high and has 3 floors. On the top floor you will find a viewing platform with a roof and toilet. On the second floor there is a living room with furnace and on the first floor a bedroom with furnace. The tower can accommodate 6 people.



Foto: Arthur Bredli.

Large windows will give you a view over the forest, mountains, and river and if you are lucky, a fantastic opportunity to watch moose and other animals on a narrow distance. The viewing platform is available for all who has the key code. You will get the key code at Ruten Fjellstue or Dalseter Høyfjellshotell. The rest of the tower is available for hire.

For more information: www.elgtarn.no, on Facebook and the advertisement on page 56.

SKÅBUTUNET – A CULTURAL HISTORY EXHIBITION

In total, 30 buildings from the 17-1800's can be found at Skåbutunet. That is why it is often called `the little Maihaugen`. At Skåbutunet you will find a great exhibition which tells you the story, in text, pictures and old working tools, how life was in Skåbu from the Stone Age until now. Off course, the main theme in the exhibition is about hunting and fishing, because this the basis for development of Skåbu which finds his way back to the Stone Age. You can hear and see more about the development of huntinggear and hunting methods, from stone spears and arrows until modern huntinggear, and read about the many capture facilities for moose and reindeer in the forests and mountains in Skåbu. You can also see several stuffed animals, like bear, wolf and fox, golden eagle, and falcon. All these old and unique items are collected by Ståle Roven.

Skåbutunet organizes hunting and fishing tours on request. For a tour in the museum, information, or an offer: contact Ståle Roven, tlf 909 64 430 or Grete Sofie Roven tlf 97 12 48 86.

BORG BYGDEMUSEUM, KVIKNE

Borg was the homestead to the famous local artist and high school teacher Olav Aasmundstad (1850-1925). Olav Aasmundstad was a central figure in the old high school environment in Norway and had an important role in the school history and cultural live in Gudbrandsdalen.

The home of Borg has a distinctive interior, i.e., wood carving by L.O. Kinsarvik, a valuable book collection of about 650 books and a lot of unique antique objects. Borg today is restored and facilitated as a museum.

For a tour in the museum, call Kristin Grønningsæter tlf 901 39 387.

CULTURAL-HISTORICAL WALKS

A cultural-historical walk starts at the information board in the center of Skåbu. At the first road cross you will find a sign: KULTURSTI, which shows you the way. A little further down the road, you will find the first stop. This is an iron winch work from The Middle Ages, an information board tells you about the ironworks in Skåbu in the old days.

The next stop is a board where you can learn about the animal life in Skåbu. Follow the arrows to the next stop which is a board which tells you more about the plant life in the village. Follow the path to the right into the forest. Here you will find a coal mine where an old animal grave is used for this purpose. The animal grave is 1 of 8 animal graves in an old capture facility which was in use during the moose migration which finds his way from Murudalen, down to Skåbu. The path continues to another animal grave. This grave is dated with help of the C14-method which tells that this grave was used in 1165-1160 B.C. Keep following the path further until you come at the Smiuegen. Follow the path about 200 meters upwards. Here you take to the left. You can decide here to finish the tour and go back to the starting point. Or you can take to the left. Here will you have a beautiful view down to Jodalen with the Olstappen Lake and the mountains on the background. A board with information about 'Storofsen', the landslide in 1789 which took the whole of Jodalen with it.

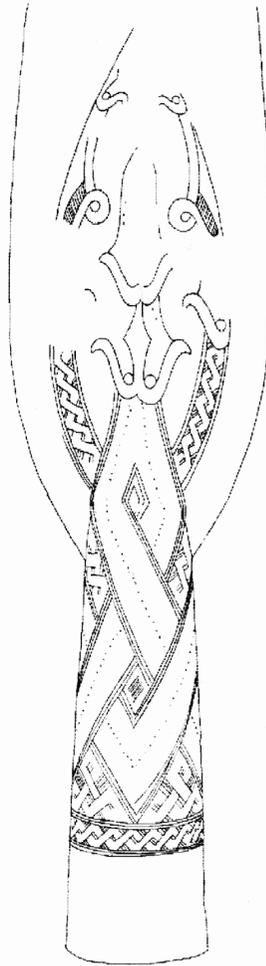
This is the end of the cultural-historical walk. Go back to the first crossroad and take the road up to the starting point of this walk.

If you want to learn more about Skåbu, go to Slangneset. Here you will find another cultural and nature path which tells you more about the history from The Ice Age until now.

The story will be told by 9 boards which you will find along the path. Here you can read more about quaternary geology and the flora and fauna in the area. You will find here memories about how the ancestors battled to survive and how they used natural resources.

The path is well marked and easy to go, with some steep parts. The path leads amongst idyllic terrain at the border of the Vinstra river, until you come at a point where you have a fantastic view on the Vinstersfossen (waterfall). The way back is easy, mostly a forest road, back to the starting point.

HAVE A GOOD HIKE!



Spear point
found i Skåbu

Skåbu - horses mountain area

Skåbu has been in decades the horse mountain area. Without horses Skåbu couldn't become a lively farm area. And there are not so many who knows that Skåbu was a main artery for Gudbrandsdalen i the Viking- and The Middle Ages.

Because through Skåbu was the shortest route until western Norway, where meat and iron were cleaved. It was exchanged against salt where the hunters and farmers were depending on to survive.

SIKKILSDALEN HESTAVLSSETER

The yearly release of horses around St. Hansday (24. of June) is an attraction which attracts hundreds of spectators each year. But the whole summer worth to pay a visit to see the horses. Here you will find Sikkildalsseter with 75 beds with good old farm meals. Sikkildals trout is very popular! More information: Norsk hesteseter, tlf. 61 16 55 00 – www.nhest.no or Sikkildalsseter, tlf. 481 30 662

Advertisement: page 66

SVARTTJØNNHOLET UNGHINGSTHAMN

Don't miss the release of young stallions at Storhøliseter, which also take place around St. Hansday, when 40 -50 young stallions, will give you an experience you won't forget.

A week before the release you can see the stallions grazing in the area around Storhøliseter. You can follow the path to Svarttjønnholet where the actual release takes place. The whole summer you can visit the stallions at Svarttjønnholet. With Storhøliseter as starting point it's about an hour walk to Svarttjønnholet, the path goes through a stunning mountain area.

More informasjon: Oppland Hesteierforening: Pål Sviund, tlf. 919 99 506.



PEER GYNT RIDING SCHOOL

One of the oldest riding schools in the country is established in 1968. The riding school at Slangen is established in 1973. Gentle horses, safe and pleasant environment with organized activities, also without horses. High quality lodges.

Peer Gynt riding school is a modern school with serious education, but the most attractive are off course riding tours in the mountains. They also offer riding hours for adults, see also the advertisement on page 13

More information: Slangen Seter, tlf. 995 95 518/909 58 838.

Or the internet: www.peergynt-rydeleir.no

SKÅBU HORSERIDING

Take with you family and friends to enjoy a nice trip with horse and sleigh! Skåbu horse-riding offers sleigh rides. You can also hire them for wedding riding and other events.

More information: Ove Blekastad, tlf. 913 42 150.



DALSETERSTALLEN – ESPEDALEN

From 1992 Morten from Åsli Riding School has driven Dalseterstallen every summer. Åsli Riding School takes with them all their horses into the mountains and offer riding tours in the mountains. They have gentle and steady Iceland horses which be used in the riding school all year round. During the summer there are about 30-40 horses at Dalseter.

You can get more information at the reception of Dalseter, Morten Hansen tlf. 900 66 499 or Grethe Gillebo tlf. 908 37 773.

SKÅBU – “MIDT I HJERTET AV NORGE!”

TOURS BY FOOT IN SUMMER:

- 1. Nysetra – Breistultjønn – Breistulen, 5 km, approx. 1, 5 h.**
From the center of Skåbu: Drive fv.255, 5,5 km. to Vinstra. Turn left to the toll road, Tjønnfjellvegen and drive to Nysetra. Walk from there along a forest truck road through the yard of a summer farm, and on to Breistultjønn. Go on from there along a path across a bog to Breistulen. There you can pay a visit to Harildstadsetra. Varied terrain. Cycling the trip is also possible.
- 2. Nysetra – Bosbekkseter, 3,5 km, approx. 1 h.**
From the center of Skåbu: Drive fv.255, 5,5 km. to Vinstra. Turn left to the toll road, Tjønnfjellvegen and drive to Nysetra. Follow a tractor road from there, steep climb towards Tjønnfjellet, past Ålbogatjønn to Bosbekkseter. This is an old site of a summer farm offering a splendid view of Muvatnet, and an ideal place for enjoying one's lunch.
- 3. Nysetra – Gråhø – Murudalsetrin – Skåbu/ Slangen, 2 – 20 km, ½ - 5 hours.**
From the center of Skåbu: Drive fv.255, 5,5 km. to Vinstra. Turn left to the toll road, Tjønnfjellvegen and drive to Nysetra. Park by the sign "Nysetra". Walk the marked path to Gråhø, Gapahuken, Murudalsetrin. If you want a short trip, it's nice to visit Gapahuken. There you can enjoy your packed lunch under a roof, in shelter from wind and rain, and with a wonderful view to the peaks Saukampen and Mukampen. You can walk the same way back. This trip is suitable for families with small children.
If you want a longer trip, take the marked path over Lauvåsen to get back to Nysetra, to the main road 255 by Aurset or to Skåbu Hytter og Camping.
If you want a whole day out in the mountains, you may continue to Gråhø and Murudalsetrin, and then walk the broad path to Holslåsetrin and end up at Slangen Seter. The whole trip is in a nice and varied mountain landscape. And with a wonderful view to Jotunheimen!
The path between Holslåsetrin og Murudalsseter was in earlier times called "Budeieråket" - (dairymaidpath). The path is marked Murudalsseter at Holslåseter.
- 4. Breistulen – Saukampen (1659 m. above sea level) 5 km, approx. 3 h**
From the center of Skåbu: Drive fv.255, 6 km. to Vinstra. Turn left to the toll road, Breistulvegen and drive ca. 5 km. to Breistulen. Follow the trail in the direction of Seterkampen, and walk behind this hill. Here a sparkling stream invites you to quench your thirst and give you new energy. There is no trail leading on from there, just study the terrain and choose your own way where it is most suitable to walk. Nice terrain in the beginning but a tough climb and a scree towards the top, 1609 m. above sea level.
- 5. Breistulen – Heidalsråket, 5 – 7 km, approx. 2 – 4 h.**
From the center of Skåbu: Drive fv.255, 6 km. to Vinstra. Turn left to the toll road, Breistulvegen and drive ca. 5 km. to Breistulen. After having passed Grauphaugsetra (the last summer farm) just before the road takes an abrupt turn to the left, follow the trail to the right. A quick climb up along the hill side until you join the path between Saukampen and Heidalsmuen. The path is in pleasant mountain terrain. If you walk along Kviknegrå-hø, you will get a view of Heidal. The path is marked with stones.
- 6. Breistulen – Heidalsmuen (1745 m.a.s.l) 8 km, approx. 4 h.**
From the center of Skåbu: Drive fv.255, 6 km. to Vinstra. Turn left to the toll road, Breistulvegen and drive ca. 5 km. to Breistulen. Turn left at Harildstadsetra and follow the road as far as it goes. The path to Heidalsmuen is marked with wooden signs at the start. This is a nice, but challenging all-day-trip. A lot of climbing. The view from the top is grand. Bring enough food and beverage for a whole day; you will be out for 8-10 hours before you are back at the starting point.



- 7. Åsen – Masdøltjønnå – Olasfjellet (1271 m.o.h.), 3 km, ca. 1,5 t.**
Åsen – Breistullavoen – Skarven – Breistulen – Nysetra, 1,5 km – 10,5km, ca. 1 – 3 t.
 From the centre of Skåbu: Drive fv. 255 to Vinstra. Turn left to Åsane (about 9 km from Skåbu). After 2 km, turn left to Åseng. Drive 300 m and park by the information board. From this spot you can follow the signs to Masdøltjønnå, Olasfjellet, Nysetra, Breistulen, Breistullavoen or Skarven. This area has pleasant mountain terrain. From Olasfjellet you have a panorama view over Skåbu, Vinstradalen, Gudbrandsdalen and the mountains in the national parks Jotunheimen and Rondane. It is also possible to hike from Olasfjellet to til Masdøltjønnå, Krakkstetten og Saukampen.
- 8. Skardfjellet (1158 m.a.s.l) 1,5 km, 0,5 h.**
 Easily accessible mountain top. A nice view in all directions. Follow country road 425 from the centre of Skåbu for 3 km. Turn right where the road is marked Holslåvegen, Holslåseter and Skardfjellet. Marked path from Holslåseter. A cairn shows the direction to more than twenty peaks.
- 9. Skardfjellet – Sikkilsdalen, gammel kløvveg, 23 km, ca.5-6 t.**
 From the centre of Skåbu: Drive fv. 425 for about 3 km. Turn right to Holslåseter and Skardfjellet (small sign by the road). You can park at the end of the road (at Holslåseter), and follow the signs to Skardfjellet by foot. After about 1 km turn right to Sikkilsdalen. This is the old horse track (kløvveg) from Skåbu to Sikkilsdalen. On the road you will pass «kjella» - a waterspot with fresh water for both people and horses. You will also come across a stick of wood called «gråståkån». “Gråståkån” was used under the falconry in earlier times. This a rather long trip, but it is in pleasant mountain terrain and with nice views to the national parks Jotunheimen and Langsua.
- 10. Slangen Seter – Skardfjellet, (1158 m.a.s.l.), 10 km, approx. 3 h.**
 The path begins behind the stable, follow it straight up the old Sikkilsdalsvei. Turn right after 150 meters, then take second road to the left. The top of the hill about 300 meters, follow path to the right going to Holslåa. From there follow marked path to Skardfjellet.
- 11. The culture path Slangen-Vinsterfossen – Slangen, 5 km, approx. 2,5 h.**
 Leave your car at the car park at Slangsbua. Forest truck road to the left, across Samsgardsbrua. The culture path is marked with wooden signs and information boards, and turns right 200 meters past Samsgardsbrua. To get to Vinsterfossen you can also walk a path to the right before Samsgardsbrua. By following a path along the river and past Vinsterfossen you will arrive back at the startingpoint. To get a view of Vinsterfossen you can drive against Pettiko, and follow a path to the right. Here you go the same way back. Both paths are marked where they separate from the road. Vinsterfossen is a powerful view!
- 12. Pettiko, 1 km, 15 min walk.**
 Turn left after Slangsbua (bridge), and over Samsgardsbrua. Then along Olstappen (lake) and the first road to the right, marked Pettiko. Up the hillside, straight forward until you reach Y-crossroads, marked Pettiko to the left. Straight forward until you see the informationboard on the right side where the road turns left. From here you walk for about 15 minutes.
- 13. Undertjern, 1 km, 15 min walk.**
 Turn left after Slangsbua (bridge), and over Samsgardsbrua (bridge). Then along Olstappen and the first road to the right, marked Undertjern. Up the hillside, the first road to the left and drive to the end. Park by the Undertjern information board. From here it's about 15 min walk in a rugged terrain, follow red ribbons.
 The place is impossible to describe, you have to experience it! A variant on the way back is to climb the hill by the small lake and walk the top back to the parking, a parallel to the path.
- 14. Slangen – Espefossen, 6 km, approx. 2 h**
 Turn left after Slangsbua. Forest truck road the first 5 km along Olstappen, to wooden bridge across Espa. Path to the right before the bridge, easy terrain on to Espefossen. Marked.
- 15. Slangen – Fredriksetra – Tjønnhø – Storhøliseter, approx. 12 km, 3-4 h.**
 Drive or walk the above mentioned road along Olstappen. Park your car at bridge across Espa, path to the right before the bridge. Easy, rolling woodland terrain on to Fredriksetra. Straight ahead by the summer farm to the top of the mountain – very steep path. Safely on top there is a splendid view of Espedalen. Nice place for a stop at Tjønnhøtjønn. The path is marked further on to Storhølisetra.
- 16. Storhøpiggen (1430 m.a.s.l) 1-2 km, approx. 1,5 h.**
 Toll road to Storhøliseter (p.62) from Jotunheimvegen.
- 17. Storhøliseter – Snubblia (Olstappen), 7 km, approx. 2 h.**
 Toll road to Storhøliseter from Jotunheimvegen (p. 61). A moderate climb for a few hundred meters, the rest is downhill. Mountain and woodland terrain. At the end you enter a culture path, and it is possible to go to see Vinsterfossen to the left.
- 18. Finnbølshaugen (1082 m.a.s.l) 1 km, approx. 0,5 h.**
 Take your car to Vestresetra. Follow path about 1 km to the top. Radio link at the top. Inside the mountain there is a pipe trench down to Øvre Vinstra hydroelectric power station. Alternative way home: On the backside of Finnbølshaugen about 50 m down to “Bassengeveien”. Follow it down to Jotunheimvegen.
- 19. The Falconry 1 km, 15 minutes.**
 Take the road to Jotunheimvegen towards Bygdin. Stop to park at Kvålseter, about 18 km from Skåbu. About 15 min walk from the car park to the restored Falconry (p. 63) From the Falconry you can take well marked paths to Veslefjellkampen, Svartkampen, Oskampen, Flyseter and Nausterlona. At all these places there are many possibilities for beautiful mountain experiences.
- 20. Eldbjørgshaugen (960 m.o.h.), FV255 – Eldbjørgshaugen – FV255. 2 km, 1 h.**
 From the centre of Skåbu: Drive fv 255 about 2 km. When you pass the sign “Sør-Fron kommune”, drive about 500 m and park at a small rest stop on the right hand side. Follow the path to the top of Eldbjørgshaugen. Nice view to Skåbu, Espedalen and the national parks Jotunheimen and Rondane.
- 21. Trip to the mountain Ruten (1517m.o.h.), Dalseter-Ruten-Dalseter, 12 km, 4 – 5 h.**
 From the centre of Skåbu: Drive fv 255 to the parking lot on the right hand side between Ruten Fjellstue and Dalseter Høyfjellshotell. Follow Peer Gynt vegen from Dalseter Høyfjellshotell, and the red T-signs to the top. From the top there is a panorama view to Skåbu and the national parks Jotunheimen, Langsua and Rondane.
- 22. Ruten Fjellstue/Dalseter – Elgtårnet – Espefossen – Gamle Hamrom T/R**
 From Ruten Fjellstue or Dalseter Høyfjellshotell you follow a signmarked path to Elgtårnet(tower). The trip takes about 20 minutes. If the tower doesn't have any overnight guests it is possible to be assigned an entrance code. This way you can go to the top of the tower and enjoy the view from 12 meters above the ground. From the tower there is a path to Espefossen (a waterfall), which is also worth a visit. Gamle Hamrom, which is the remains of an ancient settlement, can also be visited. The path to Gamle Hamrom is marked with red ribbons from the cross north of Elgtårnet.

We recommend map folders Skåbu og Espedalen, and Slangen which can be bought at tourist shops in Skåbu and Espedalen, and in Skåbu sentrum.

Remember there are animals in large portions of Skåbu. Park your car so it cant be damaged.

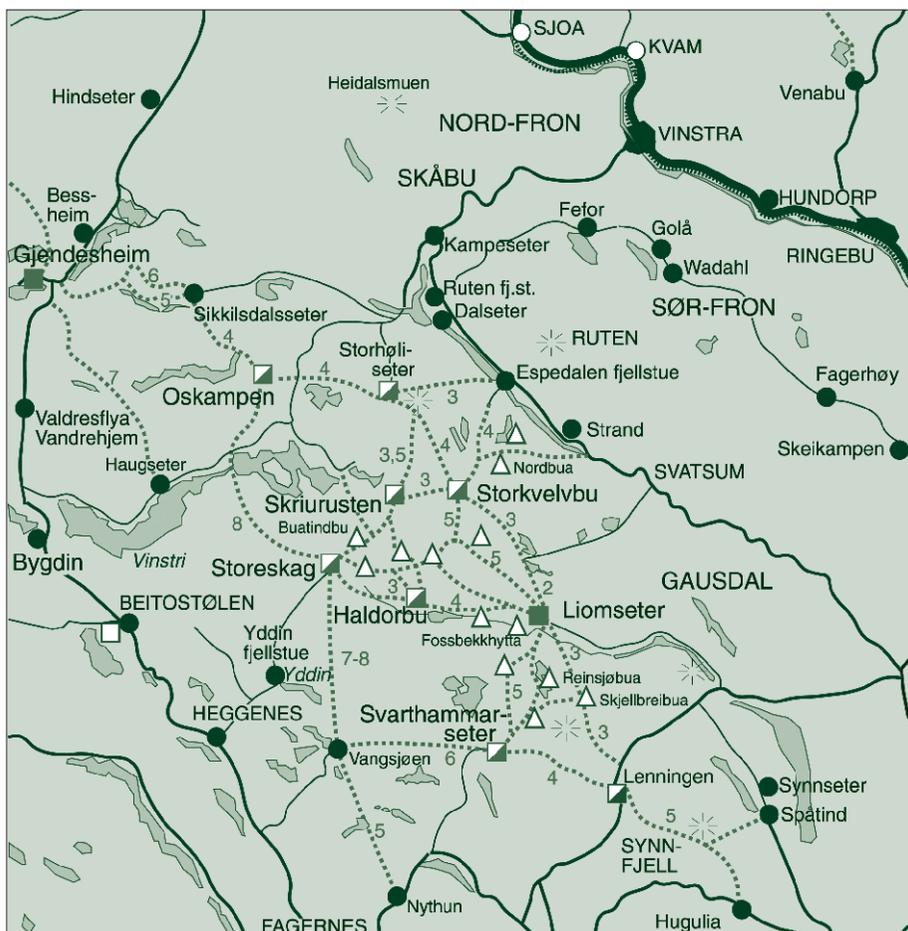
BIKE RIDES

There has been made a new map with all hiking trails, cross country slopes and bike rides in the area around Skåbu, called 'kartfolder Skåbu'. There is another map with all the bike rides in the area, where there is also information about the degree of difficulty, description, and height profile. The map is called 'Peer Gynts rike' and covers the area from Espedalen with Skåbu to Flekkmoen, Fefor, Gålå, Kvittfjell and Skeikampen. The map has scale 1:75 000.

A newer map covers the area from Lillehammer in the south to Vinstra and Skåbu in the north. This one is called 'Sykkelkart Lillehammer' and is edited by the information office in Lillehammer. Skåbu sign project has worked out a map with suggestions for bike rides. There is put up a big information board at the Bygdahuset in the center of Skåbu, with the 'kartfolder Skåbu', the map has a QR-code.

The maps can be bought at tourist companies in Skåbu and Espedalen as well as at the petrol station and shop. Mjølkevegen is a bike ride of about 250 km through a beautiful countryside from Vinstra to Gol. The Mjølkevegen is signed in both directions and starts at Ruten Fjellstue i Espedalen, through Valdres and then to Storefjell Resort at Golsfjellet. Mjølkevegen has been elected as one of the most beautiful bike rides in the country.

For more informasjon: contact your host or Arthur at Ruten Fjellstue, tlf. 404 13 663.



Langsua nationalpark

INATIONAL PARKS ARE IMPORTANT FOR HUMAN AND ANIMALS!

In the next 25 years it is expected that at least ten percent of the animal- and plant species will disappear. National parks secures that a part of nature can be at peace and that less animals and plants will be gone forever. National parks secures also that our grandchildren and great grandchildren will be able to enjoy Norwegian's nature.

LANGSUA – THE FRIENDLY WILDERNESS

Langsua national park is one of the youngest national parks (2011). The whole area (see map), together with the adjacent reserves measures around 1.000 km². It lies in between Valdres and Gausdal/Fron. Here you will find a distinctive low mountain landscape with woods and wetlands as well as mountaintops as high as 1.600 meters. above sea level in the northern area.

The area accommodates a rich cultural history linked to fairy farming, hunting, iron production and other use of resources. On the outskirts of the national park there is active farming with animals grazing.

ON TOUR

The national park offers great hiking tours, fishing –/hunting opportunities and biking rides in easy and friendly terrain. The marked trail density is extensive and there are many possibilities to stay over for the night in DNT-cabins or cabins owned by the locals.

The highest mountain in Langsua is Skaget (1.686 meters.), which is a family friendly tour, which starts at Storeskag. At Veslefjell at the Jotunheimvegen there is a lookout point with a picnic area, footpaths and falconry facilities, information, and a toilet.



Foto: Anita Stebergløkken.



DAYTRIPS BY CAR FROM SKÅBU

JOTUNHEIMVEGEN

Skåbu - Jotunheimvegen - Bygdin - Sjoa - Vinstra - Skåbu Length of the tour: 210 kms

Jotunheimvegen (toll road) starts in Skåbu to Bygdin and is a 45 kms long gravel road. Follow road 51 over Valdresflya to Randsverk. (Jotunheimvegen and Valdresflya are closed during wintertime). Take from there road 257 to Heidal and Sjoa. Further on E6 down Gudbrandsdalen to Vinstra. From there road 255 back to Skåbu. Jotunheimvegen has been called several times the most beautiful mountain pass we do have in Norway. Theodor Caspari describes the area as follows: **'at the same time I did have the whole of Valdresflya from Skagen to Heidalsmuen, from Slidrebygda in Valdres to Fronsgygda in Gudbrandsdalen in front and below me!'**.

Besides the magnificent nature and varied flora, you can experience Scandinavia's only reconstructed falconry at Kvålssetera, only 18 kms from the center of Skåbu.



At Sandåa, about 2 kms in direction Bygdin, you will find an original facility for fish catching. The so called sleo, was a fishing method which was used in rivers in the old days.

At Haugseter you can enjoy a dinner or a coffee when they are opened. From here you can also join on a nice boat trip to Eidsbugarden, a 5 hrs. round trip.

On the way to Randsverk we advise you to stop at Gjendesheim. Also, here you can join on several different boat trips, it takes only 35 min to Meurubu. This is the starting point of a hiking tour over Bessegen (about 6 hours). Walk one way and take the boat the other way back. We can promise you **THIS WILL BE A LIFETIME EXPERIENCE!**

Further on to Randsverk you pass Beseggen Fjellpark, Maurvangen (cabins, shop and coffeeshop), Bessheim Fjellstue and Hindseter Fjellstue. Just at the side of road 51 – road 257 - you will find 'Ridderspranget' – a gorge in the river Sjoa, where knight Sigvat Leirhol from Valdres, as the legend says, 'jumped' over with 'Skårvangsola' in his arms – chased by Ivar Sandbu and his men.

MURUDALSVEGEN

Skåbu – Murudalsvegen – Heidal – Sjoa

Murudalsvegen is a toll road at about 3 kms from the center in direction Jotunheimvegen and is a nice forest road which leads you to Heidal and Sjoa. On your way to Heidal you can make a stop at the charming Glittersjø. Here you can meet moose, pets and forest animals. A pleasant experience for the whole family.

At Sjoa lot of rafting activities are arranged, with rafts and guides from authorized companies. The tour through Heidal offers you one of the finest old Norwegian farm cultures. The village has over 100 protected buildings on 17 farms, of which 19 are totally protected. It is possible to join on tours on several farms. Sjoa has camping places, a shop and petrol station. In Kvam you will find a war memorial collection which tells you about the 2. world war and the bulkhead train in 1612. On the mountain on the west side between Kvam and Vinstra you will see Bjørnsonsprofile. Signs are leading you the way.

THE ROAD THROUGH FLEKKMOEN TO HEIDAL

Skåbu – Flekkmovegen – Leirflaten – Sjoa – Vinstra – Skåbu

Length of the tour: 120 kms

Skåbu – Flekkmovegen – Leirflaten – Randsverk – Bygdin – Jotunheimvegen – Skåbu

Length of the tour: 170 kms

Flekkmovegen is a toll road from Slangen in Skåbu to Leirflaten at Heidal. The road leads through a mountain area with rivers, water, and farms. It is also a nice bike ride. Closed during wintertime.

Follow road 425 in direction Jotunheimvegen from the center of Skåbu. After the bridge at Slangen take to the right, direction Sikkilsdalen. 15 kms from the center of Skåbu, take the toll road on your right hand, direction Flekkmoen and Heidal. The tour between Slangen and Leirflaten is 50 kms.

From Leirflaten you can choose direction Heidal to Sjoa (road 257). And then direction E6 Vinstra and from there road 255 back to Skåbu. Length of this tour: 120 kms. But you can also choose direction Randsverk (road 257). And from there direction Valdresflya/ Bygdin (road 51). From there take the Jotunheimvegen back to Skåbu. Length of this tour: 170 kms.



Foto: Jannicke Haug Doksæter.

THE PEER GYNT ROAD

Skåbu – Peer Gynt vegen – Segalstad Bru – Espedal – Skåbu Length of the tour: **140 kms**

The Peer Gynt vegen (toll road) leads you through a nice mountain area and is a 50 km long gravel road from Dalseter to Skei. Parts of the road are closed during wintertime. The road goes by Lomseter, which is an ancient farm. Here 26 farmers have been working together to cultivate 1,25 km² forest into farming land at 800 meters above sea level. At Feforkampen, 1.154 meters above sea level, Scott and Trygve Gran trained for their South Pole expedition. At Gålå you will find Solbrå Setermuseum from 1863. The road leads on to Skei and Segalstad Bru. From there the road goes back through Gausdal and Espedal, road 255 Bjørnsonvegen back to Skåbu..



Skåbu - Espedal - Gausdal - Lillehammer - Gudbrandsdalen - Skåbu

Length of the tour: **200 kms**

Skåbu – Espedal – Gausdal – Lillehammer – Gudbrandsdalen – Skåbu

Road 255 – Bjørnsonvegen 'Undrer meg på'

Bjørnsonvegen is the name of road 255 from Gausdal to Vinstra and is a nice alternative to avoid the high road E6. And it gives you easier access to continue your journey to the Jotunheimvegen, across Valdresflya and so on to the west coast and the Norwegian fjords. Or for a day trip via road 255 – Bjørnsonvegen to Espedalen and back via the Peer Gynt road. From Skåbu you can take the road to Murudalen to Heidal, or you can take road 255 to Vinstra to end up at the highway E6 again.

- Follebu** - Kornhaug, big building in dragon style from 1892
- Follebu church – stonechurch from around 1300
- Aulestad** - Karoline and Bjørstjerne Bjørnsons home. Open for visitors May to September
- Fåberg** - Fåberg church – cross church in wood from 1723. Petroglyphs from the Stone Age
- Lillehammer** - OL-city with downhill skiing possibilities and jumping hill. Norwegian car historic museum. The Sandvigske collection at Maihaugen.- End station of the 'Skibladner', North Europeans only wheel boat which is still in scheduled traffic.
- Hunderfossen** - Power station. Hunderfossen Family park with troll caves made by Ivo Caprino about Norwegian Mountainevents, Soria Moria adventure castle, 4D cinema Petra and so on. Winter Park
- www.hunderfossen.no
- Norwegian road museum.
- Bobsleigh and sledge slopes from OL 1994

- Øyer** - Øyer Guesthouse with 'Lilliputthammer', a miniature of the Main Street in Lillehammer. Waterland – an experience especially for little children.
- Hafjell – OL ski slopes for slalom and downhill.
- Øyer church – wooden cross church from 1725.
- Tretten** - Stavmart'n: horse show and other horse activities.
- Tretten church – wooden cross church from 1728.
- Fåvang** - Fåvang church from the 1600's.
- Ringebu** - Church from around 1200.
- Kvitfjell, OL downhill ski slopes.
- Weidemann's painting exhibition.
- Hundorp** - Dale-Gudbrands farm, burial mound, Sør-Fron church – a octagonal stone church in Louis XVI style from around the year 1800, also called 'Gudbrandsdalens cathedral'.
- Harpefoss** - Nedre Vinstra power station – leads Vinstras water 25 km through the mountains.
- Exit to Gålå – Per Gynt ski arena with amongst others ski slopes
- Per Gynt play at a theater at the boarder of the Gålå lake, each year in the beginning of August.
- Vinstra** - Sødorp church – wooden cross church from 1752.
- Per Gynt play in the beginning of August where a.o. the yearly Per Gynt be elected.
- Per Gynts farm Hågå.
- Village days, country festival, Rondaståk musikkfestival

Skåbu - Dalseter - Fefor - Kvikne - Skåbu

Length of this tour: **around 65 kms**

Drive road 255 from Skåbu to Dalseter (Espedalen). Take the Peer Gynt road (toll road) to Fefor. When you pass the ski lift take the road to Huskelisetser (toll and gravel road). The road is called Huskelisetervegen and leads to the foot of Feforkampen mountain. There is a beautiful view in direction Rondane and Vinster valley. Down in the valley the road crosses the Vinster river. At other side of the river starts 'Kvikne Trollroad' which winds up the valley side back to road 255. Follow this road back to Skåbu. Huskelisetervegen meets road 255 around 10 km from Vinstra.

Kvikne over the mountain to Vinstra

Length of this tour: **around ca. 70 kms.**

The road takes off at Kviknehøgda from the 255, 16 kms from the center of Skåbu. The toll road is marked Skjedalen/Øldalen. This beautiful mountain crossing must be experienced! The road goes up and you will get a beautiful view over Vinsterdalen – all the way to Skåbu. On the highest point of the road, you will have a beautiful view over Rondane and Gudbrandsdalen.

You pass idyllic farms which still are in use. Take to the right after you have crossed the bridge. Follow the road to the fence. Do you want to go to Vinstra, then you must pass this fence? The tour goes on through Sjedalen/Øldalen to Sorperoa, Vinstra and back to Skåbu.

GAUSDAL VESTFJELL

Skåbu – Espedal – Gausdal – Fagernes – Beitostølen – Jotunheimvegen – Skåbu

Length of this tour: 250 km

From Skåbu take road 255 Bjørnsonvegen, which leads you through the beautiful Espedalen (see its own description), to Forset, in Vestre Gausdal - 61 km. Take off at the Vestfjellvegen in direction Fagernes (84 km). After about 12 kms – Kittilbu Utmarksmuseum – cultural trail with animal graves, iron winning, houses and farms and information on 8000 years old history.

At Holsbru cross the river Dokka – side road to Liamseter Turistcabin and DNT's route network. At Oppsjøen side road to Torpi after you passed Synnseter and Spåtind Mountainhotell. Fine fishingspots at the boarder of Vestfjellveien.

Just before Fagernes you will find Leirin Airport – coffeeshop. Road 51 in northern direction from Fagernes leads through the beautiful mountain village Øystre Slidre, characterized by an old farmer culture. Øystre Slidre Bygdetun at Storefoss – Herang Artcentre with wood carving and handicrafts. Hegge stave church, with strange carved heads on the top of the pillars, open to the public 20.06 to 20.08.

Beitostølen (40 kms from Fagernes) – to tourist village with many possibilities to stay over for the night and restaurants. Beitostølen Helsesportssenter is the starting point of the yearly 'Ridderrennet' for blind and disabled people.

The road continues over Valdresflya to Sjoadalen. 11 kms north for Beitostølen, at Bygdin, you can take the Jotunheimvegen to the right and drive back to Skåbu – 52 kms (see Jotunheimvegen on page 28).

At Bygdin – Bitihorn road restaurant, Bygdin Mountain hotel.
Boat tour from Bygdin to Eidsbugarden – 5 hours round trip. Sportfishing.

Peer Gynt Seterveg

Skåbu – Vinstra – Peer Gynt Seterveg – Kvam – Vinstra – Skåbu

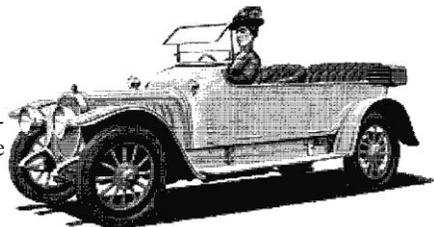
Length of this tour: around 100 kms

Take road 255 to Vinstra. Follow the signs to the Peer Gynt Seterveg from the petrol station YX at Vinstra. Peer Gynt Seterveg over the eastern mountain area to Kvam offers you 'the goodies' you can find in the mountain area in Norway. After only 2,5 kms you pass Peer Gynt's farm Hågå, where after telling Ibens Peer once lived. The farm with its 18 old buildings is in private hands and is in some parts of the year open to stay over for the night.

Where the toll road begins only a few kms straight ahead you can buy a fishing license to the rivers on the roadside. The highest point find you at Krøkla, 1109 meters. above sea level, with beautiful views to Rondane and Jotunheimen. 'Mjøløløla' at the side of the road when you arrive at the highest point, has eternal snow. Mjøløløla festival finds place on the 5th of September. Departure from Afstjønnet at 12 AM with concert at Mjøløløla at 2 PM. You will pass idyllic farms which are still in use when driving the road down from Krøkla.

At Toksesetra you can see a restored watermill, which is still in use. At Kvamsnyseter you can see the beautiful Jøråfosset (waterfall).

At Rondablikk Høyfjellshotell you have beautiful view in direction Rondane and Furusjøen. We recommend you too take a little detour to Hovde. Here goes a path round the whole lake, you also can take the ferry cross the lake.



From Rondablikk the tour continues along the peaceful Veikledalen in direction Kvam. Here we recommend you too cross the bridge over the river and take the back road back to Vinstra and Skåbu.

Accommodation and restaurants: Sulseter Fjellstue (riding camp), Rondablikk Høyfjellshotell, Bjørgebu cabins and camping and Slåa Hyttetun.

Friisvegen - Rondevegen

Length of this tour (starting point Ringeby): 125 kms. Winter closed between 1. November to 25. June.

Take road 255 to Vinstra and then direction Ringeby, 50 kms from the center of Skåbu. From Ringeby center take direction Friisvegen eastwards – after 10 kms Måsåplassen cafeteria – fishing opportunities. 2 kms further on you will find Øksendal with farms still in use. Farm meals at Moen cafeteria. Easy hiking tour to the waterfalls in Breia.

Further on the Friisvegen, 13 kms from Måsåplassen lays Friisbua, with the tour's highest point at 1158 meters above sea level, where professor Friis wrote 'To the mountains during holiday', a classic among outdoor books. Monument in stone at 'Storbukken' as a memorial to the king goats Friis felt in 1860.

9 kms further on is the exit to the beautiful Imsdalen. Around 2 kms after this you find the exit Skjerdings Høyfjellshotell in nice farm area with old capture facilities – natural trail. From the Friisvegen the Vinjevegen continues to Koppang (34 kms) - a attractive road.

Continue Friisvegen in direction Atna. At Hirkjølen you pass the boarder to the former Hedmark county. When you arrive down in the Atna dale and meet road 219 take to the left in direction Enden – 35 kms. From Enden follow road 27 over Venabygdsfjellet. Westwards of this road lays Rondane Nationalpark, which covers 572 km² with the massive Rondane area as midpoint. Venabygdsfjellet – hiking trails – a.o. to Muen a mountaintop at 1424 meters with easy access from the road and to Ramshøgda with a carpet of reindeer roses. Gudbrandsdal Hotel Spitsbergseter, with the popular Karlsvogna mountain bath. Venabu Fjellhotell horses for hire – guided tours. Venabygd church (1979) in stone. Beautiful views on the way down to Frya/Ringeby, 35 kms.

Or we recommend a little detour of not so many kms from Enden to Follidal. This road is consecrated as National Tourist road in 2008 and in this occasion the national road authorities build Sohlbergplassen, a fantastic viewpoint in direction Atnsjøen and Rondane's eastern mountain tops. Harald Solberg painted here Norway's national painting 'Winternight in Rondane'.



Mountain avens



Startproblemer?

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Tlf. 952 95 586 - E-post: rundhaug@online.no**

IIINFORMATION ABOUT HUNTING AND FISHING OPPORTUNITIES IN SKÅBU AND ITS SURROUNDING

TRY YOUR FISHING LUCK IN SKÅBU DURING SUMMERTIIME!

The area around Skåbu is very richly allocated with water, ponds, rivers, and streams with fish. Dominated by trout, but char, perch and mainly whitefish can be found in several different waters.



Good opportunities for rod- and fishing with an oterfjøl for everyone. Possibilities for fishing with nets at Slangen and Olstappen can also be an interesting activity. For the most part the fishing locations are easily accessible.

Fishing rights are in the hands of Espedalen Bygdealmening, Fron Fjellstyre and Kvikne-Skåbu Grunneierlag. There is a main license for fishing with rod in Bygdealmeningen and Statsalmenningen, as well as a license for fishing with an oterfjøl in a limited area.

You can read more about the rules for fishing in an own leaflet, you get it when you buy you a fishing license.

Fishing license can be bought on inatur.no, or by mobile/SMS and at most part of the tourist companies in Skåbu and Espedalen. Theme maps with overview of all fishing locations: *Jakt of Fiske 2007*, edited by Espedal Bygdealmening, Fron Statsalmenning and Kvikne-Skåbu Grunneierlag.



Foto: Harald Bolstad.

Norwegian's nature law:

Everyone has the right to travel on foot in Norwegian's nature and that's why we all have the responsibility to take care of our nature. It's not allowed with fireplaces between the 15th of April and the 15. of September.

Leave the picnic area in the same way you want to find it, and **DON'T THROW GARBAGE IN NATURE!**



Fiskekort kan du få kjøpt på inatur.no, eller på mobil/sms samt på de fleste turistbedrifter i Skåbu og Espedalen. Temakart med oversikt over alle fiskelokaliteter og fiskeslag: *Jakt og Fiske 2007*, utgitt av Espedal Bygdealmening, Fron Statsalmenning og Kvikne-Skåbu Grunneierlag.

WHAT ABOUT RENTAL OF A CABIN IN THE MOUNTAINS?

Fron Fjellstyre has to cabins available for rental: Notstulhytta at Bjørksdalsfjellet, and Krokåttekk-bua at Slangen. For more information and reservation: www.inatur.no.

Bygdealmeningen owns 12 cabins for rental: 2 at Svarttjønnholet, 2 at eastern Agnsjø, 1 eacht at Krusgrav, Skriurusta, Hersjøen, Øyvassosen, Buhø, Sandåkluftin, at Flekkvatnet and at Nausterlona. Information and reservation: www.inatur.no or contact **O.P. Kleiven, tlf. 900 22 318**.

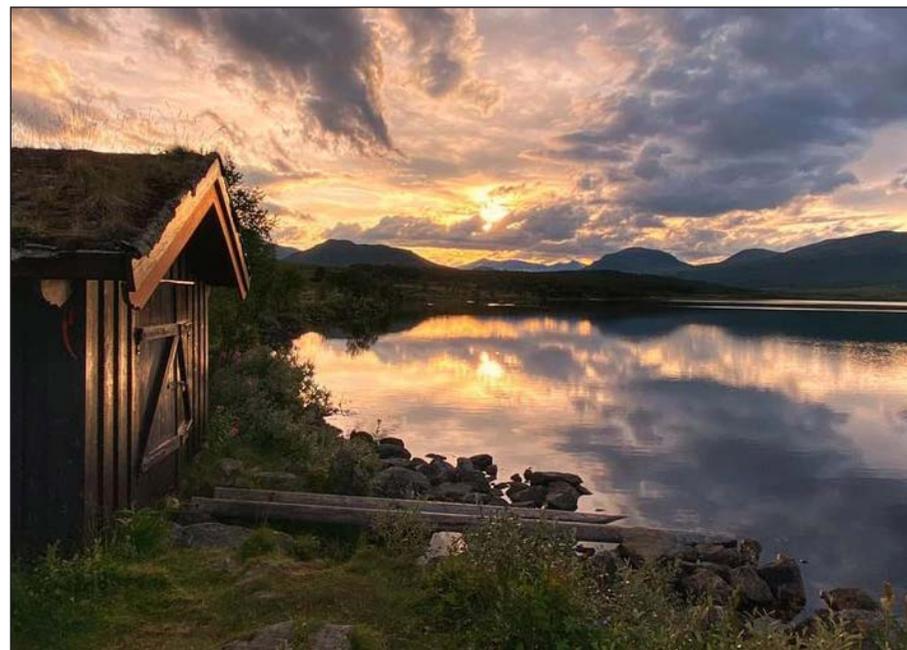


Foto: Terje Solberg.

HUNTING POSSIBILITIES IN SKÅBU

JHunting terrain in the area is owned by Kvikne-Skåbu Grunneierlag (330 km²), Espedalen Bygdealmenning (222 km²) and Fron Fjellstyre (130 km²).

That are relatively good hunting possibilities on grouse and hare in all the areas, also for everyone who is not from the area.

Fron Fjellstyre, hunting license with dog:

For more information: www.inatur.no, limited sale of license for both hunting on hare and grouse. Season for hunting on hare: 6/10 to 10/10 and from 11/10 to 15/11 after application before the 1st of April.

Free sale of license for hunting on hare 15/10 to 15/11 at www.inatur.no



Foto: Harald Bolstad.

FRON STATSALMENNING
Mountain supervisor: Harald Bolstad, 2643 Skåbu
Tlf. 61 29 29 15
E-mail: fron@fjellstyre.no
www.fron-fjellstyre.org

Espedalen Bygdealmenning:

Grouse: 5 terrains with limited number of licenses for the not eligible users after application. Hunting period 1 from 15/9 to 19), second period (only in good years) from 20/9 and 24/. Maximal 19 licenses in each period. Deadline for application: 1st of April.

Price: Period 1: NOK 3.000,-
Period 2: NOK 2.500,-

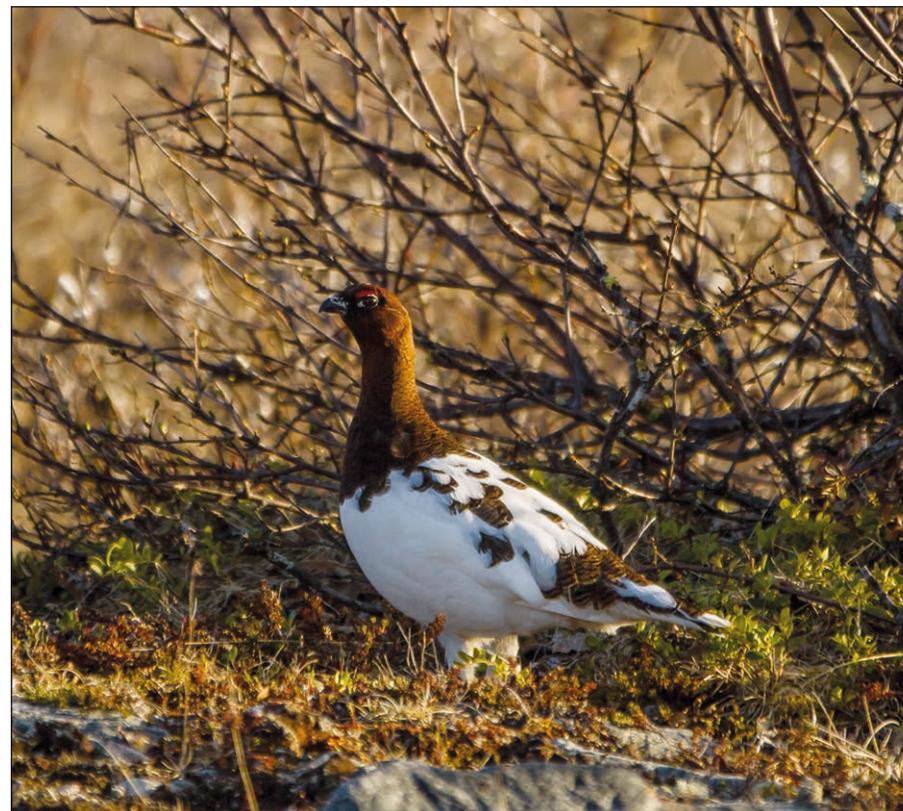
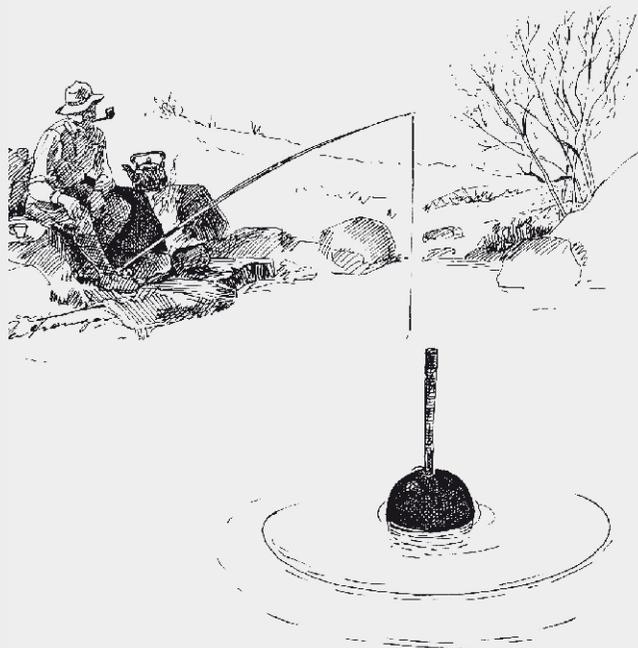


Foto: Sjur Sande.

ESPEDALEN BYGDEALMENNING
Ole Petter Kleiven
Tlf. 900 22 318
E-mail: oleklei@online.no
www.espedalenbygdealmenning.no

JAKT OG FISKE PÅ KVIKNE-SKÅBU GRUNNEIERLAGS OMRÅDE



Grunneierlaget har flere jakt-terreng for jakt på hare, skogsfugl og rype.
For informasjon om jakt- og fiskekort ta kontakt med

Kvikne-Skåbu
Grunneierlag: Tlf. 481 09 399.
E-post: post@ksgrunn.no

Besøk våre nettsider:
www.ksgrunn.no

Vi anbefaler kartet "Jakt og fiske"
utgitt av Espedalen Bygdealmening,
Fron fjellstyre og Kvikne-Skåbu
Grunneierlag 2007.

CAMPING SITES IN SKÅBU

Skåbu Hytter og Camping

is a pleasant farm in a scenic and quiet surrounding. The farm lays on 800 meters above sea level at the road 255 Bjørnsonvegen, 23 kms from Vinstra, 4 kms from the center of Skåbu. Skåbu is a lively mountain village, rich on cultural- and nature experiences and hunting and fishing possibilities.

- Open all year round. Winter on request
- The place has 7 cabins from 2 up to 7 persons, with a total 30 beds. The cabins are self-catered with high standard and the camping cabins are simple with good standard.
- One new 7-persons cabin of high standard and accessible for disabled people
- Our new sanitary building is also accessible for disabled people. You will find here a large well-equipped kitchen with dish washer, eating area and TV. The sanitary building also accommodates toilets, family bath, washing machine and possibilities empty chemical toilets and wastewater
- New camping area for camping cars, caravan, and tent
- Possibility to stay over for the night in the newly refurbished stabburet
- Children friendly, barbecue house, WIFI and TV
- Information and planning of walking and car tours as well as bike rides
- Nice cross-country area. Well-marked paths and cross-country trails

We wish our guests a pleasant stay.

Visit us at www.skabyhytteogcamping.no. E-mail: post@skabuhytterogcamping.no

Bustad Hyttetun.

Central location 400 m above Skåbu center and a stone's throw from Jotunheimvegen and Per Gyntvegen. Four cabins from 4 to 7 person, - all fully equipped, with dishwasher, as well as TV / DVD, radio /CD and wireless internet. Open all year. Opportunity for camping. The area around Bustad Hyttetun is nice, quiet and peaceful for those who want to relax but are also ideal for many kinds of (outdoor) activities. Surrounding water, mountains and forests are ideal for hunting, fishing, and outdoor life. Bustad Hyttetun has many hiking opportunities for both summer and winter, we will be happy to inform you about the opportunities in the area! Just got to the front desk.

Around the cabins we have a large lawn with many opportunities to play. For the kids there is a trampoline, swing, play tower with climbing wall, plenty of space to play football, volleyball or badminton. There is also a fireplace for grilling for all guests. In the back of the garden the children can play in the small stream.

A stay at Bustad Hyttetun is recommended if you are looking for tranquility and beautiful nature, for one unforgettable holiday in the untouched nature where the silence is audible. Come to Bustad Hyttetun and enjoy one wonderful stay. At www.bustad-hytteun.com you will find everything about our cabins. Email: info@bustad-hytteun.com



Foto: Harald Bolstad.



SKÅBU
Hytter og Camping

800 m.o.h

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> • Open all year • Winter on request • Cabins • Camping • Pitches for mobile homes • Modern servicebuilding • Room for emptying mobile toilet • Adapted for disabled persons • Tourdescriptions • Cross-Country skiing • Biketours • Hunting and fishing • Free WiFi | <ul style="list-style-type: none"> • Åpent hele året • Vinter på forespørsel • Hytter • Camping • Bobilplasser • Tømmerom for mobile toalett • Moderne servicebygg • Tilrettelagt for bevegelsehemmede • Turforslag • Turskiområde • Sykkelturer • Jakt og fiske • Gratis WiFi | <ul style="list-style-type: none"> • Das ganze Jahr geöffnet • Winter auf Anfrage • Hütten • Camping • Stellplätze für Wohnmobile • Moderne servicegebäude • Behindertengerecht • Zimmer für mobile Toilette zu entleeren • Wanderforsläge • Langlauf • Fahrradtouren • Jagd und Fischerei • Gratis WiFi |
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Vertskap: Anna Lena Vaterland og Kenneth Svastuen.
 Mob.: +47 482 35 128 / +47 455 01 733
 post@skabuhytterogcamping.no
 www.skabuhytterogcamping.no

Lik oss på



SKÅBU OPPVEKST – OPPVEKSTSENTERET AT NORGES TAK!

In Skåbu, children go to Norway's highest located school! Not only that, but they also go to Norway's first entrepreneurship school. In kindergarten and primary school, we have a total of 44 children. The school is centrally located in the village, with partly new and modern buildings that are very well equipped. We have our own swimming pool, great outdoor area, good shaping department with workshop, modern computer equipment for all ages and in all classrooms. Contact the school if you want to rent premises and a swimming pool outside school hours. And finally, we have Jotunheimen's forecourt right outside the school gate! Skåbu upbringing is one of the country's leading upbringing centers in the use of entrepreneurship in teaching. We place great emphasis on achieving the competence goals by combining practice with theory in learning, use our beautiful local environment in teaching and strengthen the skills students need in a society that is constantly changing. Skåbu upbringing wants to be a socially active and future-oriented upbringing center where students will feel well-being and mastery in everyday life, and see values and opportunities in the local community in the long run. Feel free to visit us at: www.skaabu-oppvekst.no or Facebook: Skåbu oppvekst.



Foto: Tori Virik Nøvik.



Skåbu Liv Lågå 13. – 16. juli 2023 – årets fineste fjellfestival!

Foredrag, utstillinger, Skåburevyn 2020, markedsdag, fjellpub, Liv lågå-fest, konsert og åpen dag i Bakkestugu.

Sett av helga og kom til fjells! Velkommen!

Følg oss på Facebook: Skåbu Liv Lågå



Bustad Hyttetun: 4 komplett utstyrte hytter og åpent hele året

Dere er velkommen for ferie om sommer og vinter, jakt- og fisketur, feiringar i familien eller jobbovernatting. Fra NOK 500 for 4. personer.

Hyttene inneholder: Baderom med dusj, fullt utstyrt kjøkken, romslig sofagruppe, spisebord med stoler og privat terrasse med hagemøbler.

VELKOMMEN!

Vi ønsker dere et herlig opphold på Bustad Hyttetun!

René Besseling
Austlivegen 39, 2643 Skåbu
Mob. 48 24 11 72



www.bustad-hyttetun.com

info@bustad-hyttetun.com

COTTAGE PLOTS IN SKÅBU AND ESPEDALEN!

In Skåbu we can offer beautiful plots in three large cottage fields.

Skåbu Fjellpark is located in Skåbubaklia, in forest terrain. Skåbu Fjellgrend is a short distance from Skåbu center, towards Slangen. Nerseterlia and Åsen is located in Tverrbygda.

All fields can offer beautiful cottage plots with nice views and proximity to service functions, and many activities. Our ambition is to be able to offer our "cottage residents" both plot, cottage, and furnishings - preferably manufactured at one of our own local businesses. This is how we and you can help secure jobs for us as live here all year round, and a quality of products that we are all happy with.

In Espedalen, a new cabin field is regulated above Dalseter. The name is Dalseterlia and will consist of plots of high standard. (Water, sewer, and internet). For further information contact Bjørn Gillebo on tel. 911 95 601.

At the southern end of Espedalen is Espedalen Fjellgrend where you can also buy plots with high standard.

Contact Strand Fjellstue on tel. 975 63 381.



Foto: Arthur Bredli.

Realiser hyttedrømmen i Skåbu?
Store panoramatomter i Jotunheimens forgård.

TLF: 61 29 55 94/92 60 51 01



www.skabuhus.no



HYTTETOMTER I SKÅBU

ØYBEKKLIA FJELLGREND

*Store, romslige høystandard
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Alt innen landbruk og forretningsregnskap.

VI HAR ASP LØSNING:

Du kan sitte på din egen PC og operere de deler du ønsker, f.eks.
fakturering.

post@skaaburegnskap.no

Tlf.: 413 83 898

Org nr: NO 997 947 118 MVA

Tove Iren Eriksen
aut. regnskapsfører

Turid Gillebo
aut. regnskapsfører

Skåbu Bygdahus

er en kjær møteplass for unge og gamle,
både i hverdag og fest.

Huset kan leies til ulike typer arrangementer som:

**Konfirmasjoner, bryllup, begravelser,
bursdager etc.**

Kontakt oss på telefon 416 28 238
(Randi Brendløy)

KULTURKATALOG

Skåbu er et levende og aktivt bygdesamfunn,
med mange lag og foreninger

Lag/foreninger

Bakkestugus venner
Check-point Skåbu, hundekjøringssløp
Dameskirenn «Kjerringdilten»
Dametrimmen
Dugurdstreffen

Elgtårnet i Espedalen
Espedalen Skisenter
Geocaching
Kulturminnegruppe
Kirketjener.
Løypekjøring Skåbu Tverrbygda
Løypelag (stll.no)

Mukampen Spelmannslag
Påskeskirenn (skjærtorsdag)
Skåbu Bygdahus
Skåbu/Espedal Røde Kors Hjelpekorps
Skåbu Fjellmaraton
Skåbu Husflid
Skåbukora
Skåbu, Liv Lågå
Skåbu Musikkorps
Skåbu Skytterlag
Skåbu/Tverrbygda/Espedalen Idrettslag
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Skåbu Vekst, næringsgruppe
Soknerådet
Stolpejakt STEIL
Skåbu Bygdautvalg

Underutvalg:

Reiselivsgruppe

Kontaktperson

Eva Kjøge tlf.: 905 47 198
Malin Finsrud Dalsheim tlf.: 934 50 357
Marit Skoe Kvålen tlf.: 952 86 360
Marit Skoe Kvålen tlf.: 952 86 360
Randi Brendløy tlf.: 416 28 238
Sigrid Sandbakken tlf.: 996 43 004
Arthur Bredli tlf.: 404 13 663
Arthur Bredli tlf.: 404 13 663
Arthur Bredli tlf.: 404 13 663
Per steinar Brendløy tlf.: 913 82 950
Ben Hartjes tlf.: 452 36 474

Aage Rundhaugen tlf.: 952 95 586
Roger Slåstuen tlf.: 902 34 188
Ola Sletten. tlf.: 992 46 308
Asbjørn Lien. tlf.: 975 24 462
Lars Petter Slåstuen tlf.: 481 22 453
Pål Hallvard Virik tlf.: 926 05 101
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Tori Virik Nøvik tlf.: 416 64 253
Jorunn Blekastad tlf.: 952 90 845
Anna-Lena Vaterland tlf.: 482 35 128
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Ståle Roven tlf.: 909 64 430
Kristin Beate Sletten tlf.: 917 92 331
Øystein Nilsen tlf.: 918 56 406
Unni Bøyum Kluge tlf.: 932 92 209
Kristin Beate Sletten tlf.: 917 92 331
Per steinar Brendløy tlf.: 913 82 950

René Besseling

tlf.: 482 41 172



HER BEITER SAU OG STORFÉ

Turgåere og beitedyr går bra sammen
om du tar visse forhåndsregler



ER KUER FARLIGE?

Ja, dette er store dyr og derfor kan de være farlige. De er fra naturens side ikke slomme, men mer skeptiske til folk og ting de ikke kjenner. Gå derfor ikke bort til en flokk fremmede kyr.



KU MED KALV

Ammekyr er kuer som går sammen med kalven sin. Kua har et veldig sterkt morsinstinkt, og gjør alt for å beskytte kalven hvis den føler seg truet.



BÆRPLUKKERE

Kua forbinder bøtter med deilig kraftfôr og kan bli nærgående når bærplukkerne kommer med store spann.



HUND

Når kua lukter hund, lukter hun rovdyr. Du skal derfor ikke passere nær ku med kalv sammen med hunden. Det er ingen grunn til å la være å gå tur med hund hvis du overholder båndtvangen. Hører du bjeller, kan du bare gå en annen veg.



UNNGÅ BLIKKONTAKT

Skulle uhellet være ute, og du som turgåer møter ku som blir skremt og vil forsvare seg sjøl eller kalven sin, skal du trekke deg rolig tilbake. Ikke se den inn i øynene eller vis tennene. Det oppfatter den som truende. Snu deg vekk og gå unna, men følg med i øyekroken hva kua gjør.

REGULATIONS ON EXTENDED CONTROL FOR DOGS, NORD-FRON MUNICIPALITY

Established by the Committee for Agricultural, Outfield and Environmental Affairs in Nord-Fron 23 May 2007 pursuant to law 4 July 2003 no. 74 on dog keeping (the Dog Act) § 6 second paragraph letter a, b and e. Nord-Fron municipality refers to the law on dog keeping which has a statutory restraint from **1 April to 20 August**.

Extend restraint:

- § 1. Everyone who lives permanently or for a time stays in the municipality and who owns / is responsible for the dog, shall keep the dog in a leash or properly confined or fenced in the period from and including 21 August to and with 15 October in the area where domestic animals have the right to graze and actually graze.
- § 2. In residential areas, shopping areas and parks, on and near schools, kindergartens and facilities for play, sports, sports or recreation, on and in a zone of 100 meters of all machine-prepared ski slopes from the time they are prepared and until the preparation ceases, the dog must be kept in a leash or properly confined or fenced all year round. It is not allowed to bring a dog on churchyards.
- § 3. These regulations do not apply to:
 - a) trained shepherd dogs at work
 - b) service dog at work, as well as during legal training or testing
 - c) dog benefit in the search for injured or sick game
 - d) hunting dogs that are used during legal hunting, as well as during training or testing in legal areas and which is properly followed by the owner or proprietor
 - e) organized training of working dogs.
- § 4. Violation of these regulations is punishable, cf. § 28 of the Dog Act.
- § 5. These regulations enter into force on 1 August 2007.



Foto: Arthur Bredli.

GEOCACHING IN SKÅBU

Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location.

At its simplest level, geocaching requires these 8 steps:

1. Register for a free membership at www.geocaching.com
2. Visit the "Hide & Seek a Cache" page at www.geocaching.com
3. Enter your postal code and click "search."
4. Choose any geocache from the list and click on its name.
5. Enter the coordinates of the geocache into your GPS Device.
6. Use your GPS device to assist you in finding the hidden geocache.
7. Sign the logbook and return the geocache to its original location.
8. Share your geocaching stories and photos online.

Geocaching is the real-world treasure hunt that's happening right now, all around you. There are 2,728,029 active geocaches and more than 6 million geocachers in the world. In Skåbu and Espedalen you can find 30-50 geocaches. Explore the nature of Skåbu with this exciting treasure hunt! The GPS might bring you to places and views you'll remember forever! For more information: www.geocaching.com



Tegningen viser Hågåslåa.

"ESPEDALEN"

- our lovely neighbour in the south!

The diversity in nature has provided opportunities for people to make a living here from the early age. Finds through excavations at the Olstappen lake shows that hunters grilled moose meat already for 10.000 years back. This is the oldest found of burned moose bones in Norway. Hunting and fishing have been important for travelers from far away and near distance.

This same nature in Espedalen has over many years attracted people to stay on holiday in the area. Here they will find their way back to nature and peace, which a lot of people living far from nowadays. Tourism and cabins dominate the area now. Here tourist companies has a long tradition with giving a ride, food and overnight staying for travelers amongst the area to come at the Jotunheimen and nowadays to holiday makers who come here to go out on a ski or hiking tour, bike ride or other activities nature has to offer.

Today you can stay over for the night in 'Essdala' at Strand Fjellstue, furthest south, Espedalen Fjellstue og Fritid, Dalseter Høyfjellhotell and Ruten Fjellstue, north of the valley. The moose tower where you can stay over the night, has been opened in 2016.

The tourist companies in the area have all the same goal: all our guests will go home with good memories.

We offer:

- Good hiking trails
- Prepared ski trails with open cabins (Huldrebu, Bingsbu and Tonebu)
- Good Hunting- and Fishing possibilities
- Rent of ski, snowshoe, bike, canoe and boat
- Horse riding on Ice land ponies every summer
- Overnight stay
- Local produced food: fish from Espedalen Bruk and sheep meat from Bjørns Fjellservice
- Locally produced beer
- Pleasant environment, and don't forget: all the activities Skåbu has to offer

In the middle of the 1800's nickel was found in the area. You can still find the remains of the melting furnaces at Verksodden. In those years the mining community consisted of around 700 people. A community on its own with a school, shop and cabins. A 20 mtrs wide main road lead through the village to Breisjøen.

Cultural memories can be found at Gravholmen, Espedalen mountain church and moose and reindeer catch graves makes the visit to an adventural experience. In 2018 there were also found 5000 years old rock paintings. These are not open for the public yet. The flora in the area is also very unique. In this tiny area you will find all Norwegian flowers, and some of them you cannot find in the rest of the world.

The home to 'Vis-Knut' – Knut Rasmussen Nordgarden, born in 1792, is also worthwhile to pay a visit. During his long live Vis Knut helped many people to get rid of diseases or to find thing again. Such as people or animals which were lost. Home to Vis Knut can be visited during summer.

In Espedalen you will find also Helvete Naturpark. Here you can visit North European biggest giant pots. The biggest one is around 40 meters depth and has a diameter of 25 meters. It is an easy path to come down to the pots. Café and parking place just aside road 255 – Bjørnsonvegen. In the park the public can meet several animals and there are activities for the big and small. Archery on spot and animals (3D figures) is one of the offers. You can also barbeque here.

For more information: take contact with the tourist companies i Espedalen. See avvertisement on pages 55-57.

WELCOME TO US IN "ESSDALA"!



SKÅBU HYTTESERVICE AS

Håndverk

Vi påtar oss mindre snekkeroppdrag som oppføring av uthus og anneks. Dør og vindusmontasje. Rehabilitering av tak og fasade. Vi bygger gjerne ditt nye bad eller kjøkken.

Service

Skåbu hytteservice er offentlig godkjent renholdsbedrift av arbeidstilsynet og våre renholdere tilbyr alt fra enkelt vask etter besøk til flyttevask, møbelrens og fasadevask.

Trenger du service på vannpumpe, vakuumpolett eller annen vanninnstallasjon har vi rørlegger som kan hjelpe deg med det. Vi monterer og utfører service på de fleste toalettløsninger.

I vintersesongen tilbyr vi snøbrøyting og strøing med traktor eller med mindre snøfres for uteplasser. Måking av tak og inngangspartier.

Vedlikehold

Vi hjelper deg med årlig stell av torvtaket, trefelling, beising, bygningsmessige reparasjoner mm.

Les mer om oss på vår hjemmeside



**SKÅBU
HYTTESERVICE**

Telefon: 46 50 00 51
post@skabuhytteservice.no
www.skabuhytteservice.no

DALSETER

-for deg som er glad i fjellet...



SOMMER:

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VINTER:

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Utleie: langrenn, alpin, pulk, truger
Skiskole - Skismørning etc.
Lunsj kl. 13.30 - Middag kl. 18.30

Svømmehall, møtelokaler,
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www.dalseter.no



SKÅBU MUSIKKORPS

ble stiftet i 1971, er tilsluttet Norges
Musikkorps Forbund (NMF) med
tilhørighet til NMF Oppland.

Skåbu Musikkorps har både skolemusikanter og et voksenkorps.
Vi har dirigent fra kulturskolen og fast øvingsdag på tirsdager.
**Korpset er åpent for alle, barn og voksne, som kan eller ønsker
å lære seg og spille - har du en musikanter i magen og lyst til å
prøve? Spilte du før og har lyst til å begynne igjen?
Ta kontakt med oss!**

Jorunn Blekastad 952 90 845 / Kjell Arne Slåen: 916 59 161

Følg oss gjerne på Facebook!

Vil du støtte oss?

**VIPPS nr. 128645 eller bankkto.nr 2095.64.48191
TUSEN TAKK til alle som støtter oss gjennom året!**



ELGTÅRNET I ESPEDALEN

– unik overnatting i vakkert landskap

Elgtårnet er 12 meter høyt og ligger ved Ramstjern i Espedalen. En spektakulær naturopplevelse utenom det vanlige!

Tettere på naturen kommer du ikke!

Elgtårnet har overnattingskapasitet til 6 personer.

Beliggenheten og utformingen gir tett på naturen opplevelser.

ELGTÅRNET I ESPEDALEN

For bestilling, kontakt oss på e-post
post@elgtarn.no
www.elgtarn.no



Adgang for korte besøk kan avtales med Ruten Fjellstue, tlf. 61 29 73 20 eller Dalseter Høyfjellshotell, tlf. 61 29 99 10



Besøk oss gjerne på Facebook og Instagram!



ESPEDALEN SKISENTER AS

Skiløypene nord i Espedalen prepareres av Dalseter Høyfjellshotell og Ruten Fjellstue gjennom **Espedalen skisenter AS**. Vi prøver å holde en høy standard på løypearbeidet samt sørge for tre åpne varmetuer i fjellet.

(Bingsbu, Tonebu og Hulderbu)

Til dette arbeidet trenger vi frivillige bidrag fra alle brukere av løypenettet
Den som vil bidra med støtte kan gi dette til:

Espedalen Skisenter AS

2658 Espedalen

Bankkonto: 2095.06.07700

Vipps: #513604



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RØRLEGGEREN I NÆRHETEN



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RØRLEGGER
BEDRIFT**

Vintervegen 292, 2647 Sør-Fron.
E-post: post@mrba-as.no

Tor Arne Veslum, mob.: 920 95 902
Lars Myrvold, mob.: 908 80 705
Åge Rønningen, mob.: 901 50 191



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Lomoen, 2640 Vinstra
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E-mail: post@elektro-montasje.no

MEMBER AV
elkonor

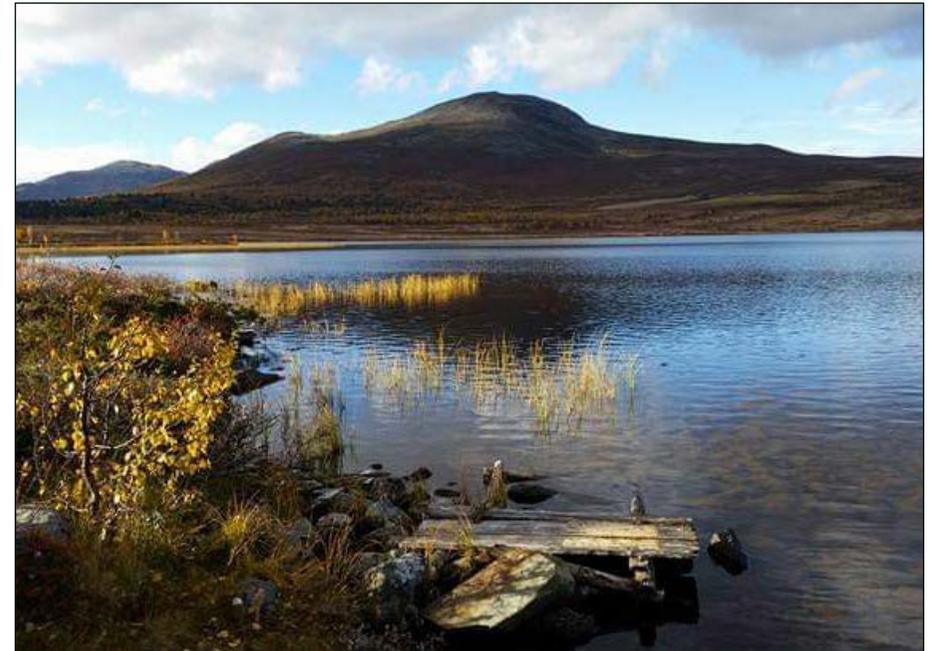


Foto: Ninne Aas Flydal.



Foto: Terje Solberg Breistiula.

Skåbu Treskjærerverksted Kvålen - Maurstad



Kjøkken – Baderomsinnredninger

Garderobeløsninger

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Dekorasjoner med treskjæring,
maling og patinering/lasering

**Ta kontakt for en
uforpliktende prat**

Tlf. 913 06 763 / 913 06 764 - e-post: post@skabutre.no
www.skabutre.no

Odd`s Hytte og Scooterservice

40 års erfaring

Tlf. 61 29 55 50

**All slags service til hytter: Snømåking,
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**Transportoppdrag med snøscooter
i Skåbu - med omland.**

**Mobil: 951 94 625
www.skabu.com**



BAKKESTUGU

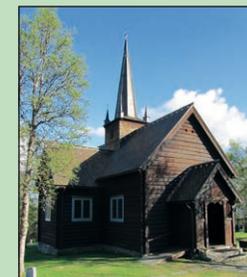
Norges siste husmannsplass

Eies av Skåbu sokneråd, driftes i samarbeid med en entusiastisk venneforening.

- Vi tar imot gjester for omvisning
- Vi låner ut stedet til små møter og sammen komster
- Vi har ulike arrangementer i løpet av året (følg med på facebook siden «Skåbu»)

Bakkestugus venner (BV) støtter opp om Bakkestugu økonomisk og med ulike aktiviteter. BV holder «Åpent hus» hver onsdag medio juli – medio august. For kontakt og nærmere informasjon ring Eva på tlf.: 905 47 198.

For avtale om åpning i Bakkestugu eller kirken, ring Unni, 932 92 209. Skåbu kyrkje er også åpen for gjester mandag, onsdag og lørdag i skolens. sommerferie.



SKÅBU HUSFLID

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- Gaveartikler

Salgsutstillingen byr på produkter innen treskjæring og rosemaling, vev, dreining, maleri- og billedkunst, toving, strikking, lys, smykker, tekstilarbeid og lokal tradisjonsmat.

Velkommen til en trivelig handel!

Tlf.: 906 62 676
www.skabu.com/husflid
skaabuhusflid@gmail.com

*Åpent hver lørdag kl. 11 til 15 og i alle ferier.
Betalingsterminal.*



Skåbuvotten



ELGLAND

Elgland strekker seg fra Kittilbu Utmarksmuseum i sør gjennom Espedalen til Skåbu og videre til Glittersjø i Murudalen. En reise gjennom området hvor et av Europas største og mest spesielle sesongvise elgtrekk går.

Ved Olstappen, et vann litt nordvest for Espedalsvatnet, er det funnet brente bein av elg som er 10 000 år gamle. Det eldste sporet etter elgfangst i Norge.

Området mellom Murudalen og Gausdal vestfjell har vært et mateldorado for elgjegere gjennom mange tusen år. Det siste som er funnet er 6000-4000 år gamle hellebilder på en sydvendt bergvegg ved nordenden av Espedalsvatnet. Maleriene viser bilder av minst fem elger, en bjørn og en menneskelignende figur. Disse maleriene er foreløpig ikke tilgjengelig for publikum.



Foto: Unni Tveiten Grøtberg – NB! Foto er fargeforsterket!

ELGLAND SA er et nettverk av samarbeidende reiselivsbedrifter fra Gausdal Vestfjell i sør til Murudalen i nord. I dette nettverket inngår pr i dag i alt åtte bedrifter. Bedriftsnettverket har som mål å utvikle, markedsføre og selge gode produkter og opplevelser spesielt knyttet til elgens natur- og kulturhistorie innenfor det geografiske området som bedriftene dekker.

De årvisse forflytningene av elg mellom sommerbeiteområder primært i lavereliggende områder i sør til vinterbeiteområder i områder i nord er sentralt for alle bedriftene.

Sammen ønsker vi å vise deg området, historiene og naturopplevelsene i elgens rike. Velkommen til oss!

ELGLAND: WWW.ELGLAND.NO

Oddgeir
Slåstuen

MASKIN

90 95 45 90



Alt innen graving og grunnarbeid
Sentral godkjenning

SBA

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Vi kan hjelpe deg med:
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Ring Lars Petter på telefon 48 12 24 53

RISDAL AS - Skåbu

Graving, grus, transport. ADK1



2643 SKÅBU - MOB. 908 78 911
Bjørn Risdal



Foto: Arthur Bredli.



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SKÅBU TVERRBYGDA

LØYPELAG

STLL sørger for løypekjøring og vedlikehold av løyper i området vårt. Løypelaget arbeider også for bedre tur- og sykkelstier. Du gir ditt bidrag ved å overføre et beløp til løypelagets **kontonr. 2095.48.58821**.

Les om hvordan du blir medlem i løypelaget på www.stll.no

Foto: Tori Virvik Nøvik.

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Følg oss på
[Skisportetno](https://www.facebook.com/Skisportetno)



www.stll.no

Oppdatert informasjon om oppkjørte løyper m.m...

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www.s1g.no



Velkommen til Skåbu på nett!



Les Skåbuguiden på www.skabu.com
Lik oss på Facebook: Skåbu bygdautvalg
Skåbu
Visitskabu



NORSK HESTESENTER

KURS | UTDANNING | UTSTILLING | HESTEAVL

www.nhest.no



Dalens triveligste kjøpesenter!

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GODE OPPLEVELSER

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Vi på senteret ønsker alle dalens hytteeiere hjertelig velkommen til trivelig handel hos oss!



Peer Gynt Kjøpesenter
Vinstragata 88 | 2640 Vinstra
Tlf. 920 82 301
www.peergyntsender.no

ÅPNINGSTIDER
Mandag - fredag
10.00 - 18.00
Lørdag
10.00 - 16.00

MIX-KIOSKEN
Mandag - fredag
9.00 - 20.00
Lørdag
9.00 - 18.00
søndag
11.00 - 20.00

KIWI
Mandag - lørdag
07.00 - 23.00
Lørdag
07.00 - 23.00



Foto: Ansgar Valbø.



Nord-Fron kommune

~ Midt i Peer Gynts rike ~

Vi har mye å by på:

- **Vinstra - Byen i Peer Gynts rike -**
- **Skåbu - Norges høyest liggende bygd -**
- **Kvam - Stedet ved Rondane -**
- Landbruk, dal og fjell:
områder for rekreasjon og trivsel
- Handel i småbutikker eller kjøpesentra
- Kultur- og idrettsarrangement:
Peer Gynt, Country, Furusjøen Rundt,
Rondaståk, Skåbu Fjellmaraton, Øykjelykkje-
setra, Liv Lågå, Checkpoint Skåbu etc.

Velkommen!

Nord-Fron kommune, Nedregate 50, 2640 Vinstra
Tel 61 21 61 00
www.nord-fron.kommune.no
Følg oss på facebook



VINSTR
- Byen i Peer Gynts rike -



SØR-FRON KOMMUNE

"Dalernes blomme"

I Sør-Fron kommune kan du oppleve kulturhistorie og kulturlandskap du vil hugse. Her er Dale-Gudbrands gard, Pilegrimsleden med herlege naturopplevingar, vår åttekanta steinkyrkje frå 1700-talet og annan kulturarv. Du kan overnatte i trolske omgivnader i Elgtårnet i Espedalen eller på storslåtte Sygard Grytting. I Espedalen ligger også Verksodden, eit monument over menneskers arbeid og slit, med nikkelgruver, fjellkyrkje og ein særprega gravholme.

Sommar som vinter kan du nyte fjellet. Her er moglegheiter for turar både til fots og på sykkel, i tillegg til milevis med skiløyper vinterstid. Trugeturar er også å anbefale

Velkome åt Sør-Fron!

Sør-Fron kommune

Kommunevegen 1, 2647 Sør-Fron

Tlf: 61 29 90 00

E-post: postmottak@sor-fron.kommune.no

Heimeside www.sor-fron.kommune.no

Facebook [@sorfronkommune](https://www.facebook.com/sorfronkommune)



Skåbu information guide is issued by the tourism group in Skåbu

The group has these following members:

Arthur Bredli	Tlf.: 404 13 663
Jannicke Haug Dokseter	Tlf.: 932 45 373
René Besseling	Tlf.: 482 41 172
Anita Stebergløkken	Tlf.: 909 58 838

We thank our advertisers who makes it possible to produce this information guide. The work we put into it is on voluntary basis and every year just before Christmas we will come out with a new updated version. We do hope that many of you will find useful and interesting information here.

EVENTS:

- 25. february: Skåbu winter festival, Jotunheimen dogsled race and check point.
- 13-16. July: Liv Lågå in the center of Skåbu with stalls, activities for the children, serving, concert and lectures.
- August 4-12.: Peer Gynt stemmed. Program and information can be picked up at Skåbu mountain hotel.
- 30. September: Skåbu mountain marathon.
- December 2.: Rakfisk WC at Skåbu mountain hotel.
- December 3.: Christmas market and Christmas tree lighting in Skåbu downtown.

NB! Stay tuned to local websites and Skåbu Fjellhotell's website: skabu.com

Useful telefon numbers:

Doctor's post general	tlf. 116 117
Doctor's post at Vinstra	tlf. 61 21 63 00
Doctor's post at Skåbu (Mon- and Wednesday)	tlf. 61 21 65 19
Veterinary	tlf. 952 15 830
In case of dead or injured grazing animals	tlf. 452 51 529
Or Landbrukskontoret	tlf. 61 21 61 90
Observation of injured wild animals	tlf. 913 42 150/994 90 604
Pharmacy	tlf. 61 29 34 44
Poisons Information Centre	tlf. 22 59 13 00

FIRE: 110 • POLICE: 112 • MEDIC ALARM: 113

Maps: Statens kartverk – NE14256-230508
Graphic production: Dale-Gudbrands Trykkeri a.s
Circulation: 2000 prints.



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Foto: Tori Virik Nøvik.

