

Welcome to Lyngsalpan

Lyngsalpan offers a special combination of steep alpine mountains and coastal landscapes. There is something for everyone, ranging from challenging adventures to gentle rambles.

In the summer, this area attracts mountaineers from all over the world, and in the winter, Lyngsalpan is famous for being Norway's top destination for summit skiing. The area's lush valleys offer a fascinating alpine flora as well as a rich bird life, and the lakes are teeming with Arctic char. Lyngsalpan has been given protected status to safeguard this distinctive mountain area with its more than 140 glaciers. The local geology is also remarkable and there are cultural remains that bear witness to their Sami, Norwegian and Finnish past. The area provides summer grazing for domestic reindeer, and sheep abound.

Most of the landscape protection area lies above the tree line, which makes for relatively easy walking and allows you to see where you are going. However, do remember to bring a map and compass. If you look carefully, you will see clear signs that the landscape has been shaped by ice into glaciers, alpine summits, moraines and valleys. Lyngsalpan is also home to the county's highest mountain, Jiehkkevárri, which towers 1834 metres above sea level. This is a favoured destination among experienced summit climbers.

In the winter, the steep mountains of Lyngsalpan make the area prone to avalanches. Remember to take special care after a period of heavy snowfall or if the weather has been particularly mild recently, and on slopes steeper than 30 degrees. There are great adventures to be had in the flatter parts of the conservation area as well, and in adjacent areas!

The Lyngenfjord culture is often referred to as a 'three-peoples-meet'. For centuries, communities of Norwegian, Sami and Finnish origin have been living and working side by side. This is clearly reflected in the area's place names, the local language, traditions and life styles. Agriculture, fishing, foraging and hunting have been going on since time immemorial and the uncultivated fields have always been an important resource. There is evidence of ancient settlements along most of the peninsula's coastline, and the area has been inhabited since the Stone Age.



Jægervatnet, considered to be northern Norway's best fishing lake for Arctic char.



Reindeer herd in Tverrdalen valley. Lyngsalpan provides summer grazing for reindeer.



Grazing sheep in outlying fields.

Experiences

Lyngsalpan is an area for all, with opportunities for long summit hikes as well as less demanding rambles on the hills and through the valleys. There are few waymarked trails, but the area's footpaths are normally easy to follow. Alternatively, you can take in the alpine landscape from a kayak on the fjord. The Lyngsalpan area is easy to access by road and sea.

Hiking

The many valleys of Lyngsalpan all offer their own perspective and experiences of the landscape. If you want to spend a night among the mighty mountains, there are open shelters available for anyone to use as well as cabins available for rent. You can also try your luck at fishing in one of the many lakes. The most well-known destination is the Blåisvatnet lake, with its intensely blue colour set in sharp contrast to the bare, precipitous mountainside. This is an easy walk along a waymarked trail. Another excellent day's walk goes from Russelv to Lyngstua at the northern end of the peninsula. If you would like to see a glacier close up, then the Steindalsbreen glacier is easy to reach at the end of the footpath through Steindalen valley. Frequently used routes across the peninsula include the Russedalen valley, the Piggtindskaret pass and the Friarstien trail through the Langdalen valley.

Skiing

There are many well-prepared ski tracks all over the Lyngen peninsula, and if you want to climb to the summit of one or more of Lyngsalpan's famous mountains, there are several clearly described ski routes to choose from. Many head to Jiehkkevárri

(1834 metres above sea level). However, remember to pay attention to the weather forecast and ground conditions, check for avalanche warnings on varsom.no and listen to local people's advice.

Glacier walking

There are several glaciers on the Lyngen peninsula. Some are more accessible than others. If you are planning to go glacier walking, you should go with a guide if you are inexperienced. There are guided glacier hiking activities available in the outer reaches of the conservation area.

Fjord fishing and kayaking

The fjords to either side of the Lyngen peninsula are the Ullsfjord and Lyngenfjord. A boat trip is sure to give magnificent views of the conservation area. Enjoy fishing on a glassy sea and take in the stunning surroundings. Many opt to go kayaking, often choosing the eastern parts of the peninsula, where there are no roads. This area is therefore most easily accessed by sea, and offers spectacular scenery with precipitous mountains towering high above the water's surface. The many small bays and coves are great for overnight camping.



There are walks for the whole family in the landscape protection area.



The small, hardy lyngshest pony has always been a Lyngen favourite.



Summit skiing is a popular activity in the Lyngsalpan area.

Facts and information

Lyngsalpan Protected Landscape area was established in 2004, and covers 961.2 km².

	Where is Lyngsalpan?	Troms and Finnmark county. Lyngen, Storfjord, Balsfjord and Tromsø municipalities
	How do I get there?	Bus: Check the journey planner on www.tromskortet.no . Driving from Tromsø: E8 to FV 91, or E8 to E6 and onwards to FV 868. Western parts: E8 to FV 7900, or E8 to FV 7898 to FV 7900 Driving from Alta: Eastern parts: E6 to FV 91 or FV 868. Western parts: E6 to E8, and onwards to FV 7898 or FV 7900
	Protected areas nearby	Sørølenangsbøtn nature reserve, Stormyra nature reserve, Årøya landscape protection area, Karnes nature reserve, Nordkjøsbøtn nature reserve, Lakselvbukt nature reserve, Faueldalen nature reserve
	Management and monitoring	Lyngsalpan Protected Landscape Authority/ Ittugáísáid suodjemeahcci www.lyngsalpan/vo.no www.facebook.com/Lyngsalpan www.nasjonalparkstyre.no/Lyngsalpan-LVO Statens Naturoppsyn www.naturoppsyn.no
	Tourist information	Nordkalottsentret, 9143 Skibotn Tel. +47 77 21 08 50 post@visit-lyngenfjord.com www.visit-lyngenfjord.com/no Lyngen Turistinformasjon Strandveien 16, 9060 Lyngseidet www.visitnorway.no/reisemal/nord-norge/region-lyngenfjord/ www.lyngen.com www.visittromso.no

Flora and fauna

The mountain flora and wide diversity of alpine species are characteristic of Lyngsalpan. Rare plants are particularly abundant in the areas adjacent to the glaciers. At high altitudes, the Lyngsalpan fauna is not especially rich, but the valleys and woodlands are teeming with interesting birds.

Alpine flora and some rarities

The Lyngsalpan flora is typical of alpine mountains. The species here have a meagre existence in nutrient-poor soil. The growing season is short, and they are exposed to harsh weather. Common species are the alpine lady's mantle, the mountain avens, cottongrass, the purple mountain saxifrage and the moss campion. The latter two are very similar to one another, but the flower of the moss campion is flat with rounded petals, while the purple saxifrage is bell-shaped. Keep an eye out for the large, bulbous yellow flowers of the globeflower, which is emblematic of Troms county.

Some species have developed special characteristics that enable them to survive where few other species thrive. Two particular Lyngalpan habitats are home to such species: the damp soil recently exposed by receding glaciers, and areas rich in serpentine rock. These serpentinite fields allow varieties of species to develop that can survive in heavily alkaline soil. Examples of species that have developed varieties specific to these fields include the alpine mouse-ear and the red alpine catchfly, both dianthus plants, and also the green spleenwort, a small fern.

Rich birdlife

Look for birds wherever you go. The snow bunting and rock ptarmigan are common in the high-altitude areas. A variety of species flourish in the low-lying areas, such as the beautiful bluethroat in the birch woods. Along the shoreline there are large flocks of the red knot wader.

Many different birds of prey are nesting in the area. Buzzards and kestrels are the most common species, but if you are lucky you may also spot a white-tailed eagle or even a majestic golden eagle. As many as eight types of owl have been observed in the area, among them the hawk-owl and the short-eared owl. Please remember that birds of prey are early nesters, and they are vulnerable to disturbance in late winter and early spring.

Wildlife

The lemming is a typical alpine species whose annual population fluctuates wildly. Some years you will therefore come across this distinctive rodent wherever you go. Lyngsalpan also provides a habitat for the world's smallest carnivore, the common weasel. Wolverines are occasionally observed, and there is evidence to suggest that lynx have now settled on the peninsula.



The red knot is one of many bird species that thrive in the area.



Strong colours are typical of alpine flora. This is the red alpine catchfly.



The northern hawk-owl is active during the day.



No other plant in the world grows as far north as the purple mountain saxifrage.

Landscape

Steep mountains and deep valleys with glaciers and a varied geology are characteristic of Lyngalpan. These qualities bear witness to the powerful forces that have shaped today's landscape, and the local geology can tell us stories from as far back as 2.6 million years.

Today's land surface

Approximately 20 000 years ago, when the ice was at its thickest during the last Ice Age, the Lyngen peninsula is likely to have been covered by glaciers more than a thousand metres thick. Only the highest peaks would have been sticking up through the ice.

Today, Lyngsalpan is an area of high mountains and alpine landscape formations, spiky peaks and glaciers. The rock is mainly gabbro, a hard rock with a high resistance to abrasion and impact.

More than 50 of the peaks are taller than 1300 metres – they are a great attraction for mountaineers and summit walk enthusiasts from all over the world whatever the season. In many places, the Lyngen peninsula mountain massif is cross-cut by deep valleys. The most spectacular mountain pass follows the Kjoslen fjord branch, from Svensby to Lyngseidet.

Glaciers

There are approximately 140 glaciers in the Lyngsalpan area, covering a total of some 100 km². The many glaciers are

remains of the last Ice Age, which ended 10 000 years ago. The high mountain range forms a highly effective barrier that traps moisture, which is why the glaciers have not yet melted away and disappeared. Glacier walking is a popular activity in the area and there are many opportunities for organised hikes. Unless you have the necessary experience, you should go with a guide.

Geology

The Lyngsalpan mountains generally consist of magmatic rocks (melted rock which has set) that were formed from volcanic eruptions on the seabed. When the continents later collided, what used to be the seabed was folded and raised, becoming mountain ranges in the process.

Serpentinised gabbro and serpentinite are rocks that are special to Lyngsalpan. The names are derived from a Latin word meaning 'snakelike', because the minerals have a speckled appearance, like snake skin. These rocks are often easy to spot from afar due to their respective reddish and green colours. The fauna in these areas tends to be scant but exceptional, often with many dianthus plants, or pinks.

Welcome, please take care of our nature

Welcome to Lyngsalpan Protected Landscape! As long as we respect the people and animals surrounding us, there is room for many visitors here. The protected areas represent the best there is of the Norwegian nature. Protection contributes to the preservation of the landscape and the diversity of animals and plants. In such a way, we can continue to collect happy hiking memories in the future, as well.

Freedom to roam. You are welcome to walk or ski wherever you want to go. It is a good idea to follow waymarked footpaths or ski routes. You can put up your tent wherever you want, provided it is more than 150 metres from an occupied house or cabin. It is important to show due consideration for the flora and fauna, particularly during the nesting and mating season.

Cultural remains such as habitation sites and trapping pits enjoy statutory protection, so make sure not to move any of the stones in ancient walls.

Rubbish. Please make sure to tidy up after yourself and take your litter home.

Campfires are permitted between 15 September and 15 April and are otherwise acceptable if it is obvious that there is no fire risk. Pay attention to local campfire restrictions.

Hunting and fishing rules are the same in the landscape protection area as for other mountain areas, provided you hold a hunting/fishing permit. Live bait is not permitted. Live fish and wet fishing tackle must never be transferred from one river system to another.

Dogs are welcome. Throughout Norway,

you are required by law to keep your dog on a lead between 1 April and 20 August. In Lyngen municipality, this period has been extended to 15 October, and in Balsfjord municipality to 31 October. You have a duty to show due consideration for wildlife, grazing livestock and other people throughout the year. Reindeer are particularly vulnerable in early spring and late winter. It is a good idea to keep your dog on a lead even when you are not required to do so by law.

Motorised vehicles are not permitted in the protected area. This includes electric bicycles. Drones are also not permitted.

Clothing and equipment. The weather can change very quickly in the mountains. Summer may bring high temperatures and blue skies or freezing conditions and thick fog. Winter may bring sunshine and great visibility or cold winds and whiteouts. You will need to consider the weather forecast and the ground conditions, as well as your own fitness and skill level. Make sure you pack appropriate clothing and equipment. Walking with a mountain guide will make you feel safer and allow you to pick up some useful tips.

The better prepared you are, the more enjoyment you will get from your hike!




**Lyngsalpan
Protected Landscape**

Map and information
**Welcome to Norway's
national parks**



Lyngsalpan
Protected Landscape

Map information

Lyngsalpan Protected Landscape

Welcome to the great outdoors

This map has been specially designed for the Norwegian National Parks brand. All conservation areas in Norway, irrespective of their category of protection, form a part of this brand. Knowledge about each conservation area's uses and vulnerabilities has

informed the design of these maps, while also forming a basis for our visitor management policies. This is not a walks map, but it gives an overview of what's on offer in the relevant conservation area and adjoining localities.



Starting point

Lyngstuva/Iddu

Lyngstuva is at the far end of the Lyngen peninsula. From here, you can enjoy the mountain landscape while taking in fantastic views of the open sea and the outer islands. Along the trail you will encounter cultural remains that bear witness to both Sami and Norse habitation. The footpath is easy and well suited for families with children. At Lyngstuva there is a lighthouse and a simple old keeper's hut. The doors of this shelter are always open.



Starting point

Sør-Lenangsbøtn

The landscape protection area is also home to one of the area's most popular attractions, the blue Blåisvatnet lake, approximately 4 km from the car park. This has been voted the bluest lake in the world. You are walking in a spectacular landscape with many traces of geological processes. An alternative walk in the local area goes to Aspevatnet lake, just 1 km from the car park. The blue colour of meltwater is characteristic of this lake as well. Facilities here include a shelter, composting toilets, benches and a campfire site.



Starting point

Steindalen/Gievdanvaggi

The Steindalsbreen glacier lies at the head of the Steindalen valley, approx. 6 km from the car park. This is the Lyngsalpan glacier that is easiest to access. It's possible to walk on the ice tongue, but do not go on to the glacier on your own unless you have experience of glacier walking. Once you are near the glacier there are several signs showing you how it has receded since previous years.



Starting point

Goverdalen

Goverdalen is a U-shaped valley with moraines, terraces and glaciers. This is the starting point for summit skiing trips to Jiehkkevárri, Bálggesvárri or the peaks around the Steindalsbreen glacier. The easternmost peaks of Lakselvtinden can also be accessed via Goverdalen, and there is a waymarked roundtrip that makes a fine walk for families with children. We recommend walking to the shelter at the far end of the landscape protection area to enjoy your packed lunch and the view.



Starting point



Parking



Information point



Accessible path



Hiking trail



Boat connection



Viewpoint



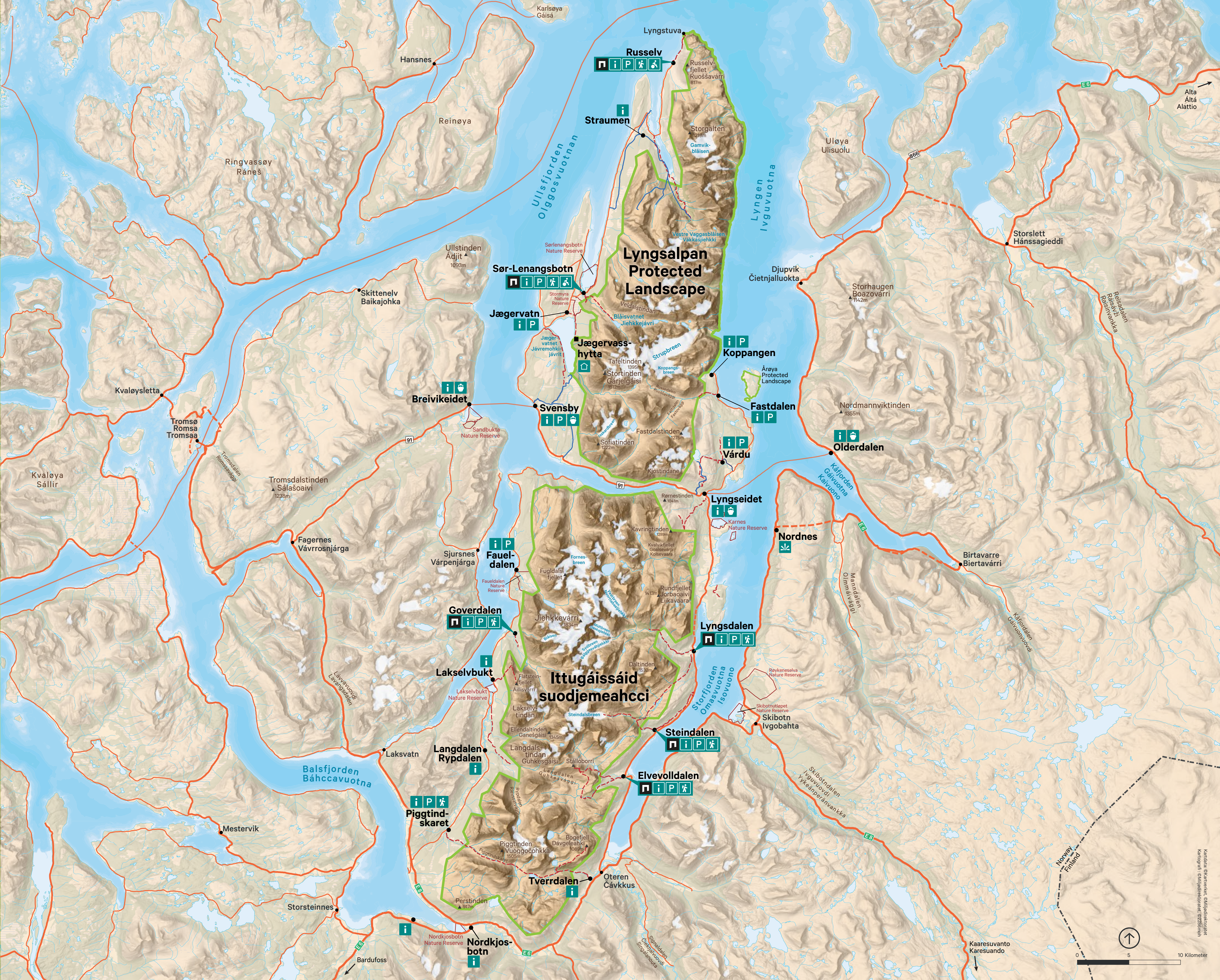
Unstaffed mountain cabin



Summer footpaths



Snowmobile route



Kortene er utarbejdet af Kartografen i Norge. Alle rettigheder forbeholdes. Kartografen i Norge er et offentlig virksomhed.



0 5 10 Kilometer