

# LANGSUA

WILDERNESS WITH  
VIRGIN FORESTS AND  
EXTENSIVE PLATEAUS



On the summit of Skaget at last (TØ)



Lund, a transhumance dairy farm (TØ)

## VIRGIN FOREST, HILLS, MIRES AND CULTURAL LANDSCAPE

The Langsua National Park has hilly scenery with ancient coniferous forests, lush birch-clad slopes, screes and extensive plateaus with bogs and wetland. You can experience wilderness here that is virtually untouched by modern infrastructure, where the forest can be characterised as virgin. The many wide-open bogs and wetlands, far from any road, power line or houses, can give very special wildlife experiences. People have used these areas from time immemorial. In many places, the landscape is marked by transhumance dairy farming and cattle grazing.





Skiing to Langsua (GH)



A trout caught at Fjelldokka (GH)



## ENJOY THE SCENERY

The gentle landscape makes this an important and easily accessible area for outdoor recreation all the year round. Hunting, fishing, hiking and skiing are popular activities.

An extensive and much used network of paths and skiing trails helps you to experience the peacefulness of the countryside. If you move quietly, you will be able to enjoy the special bird and animal life the area has to offer.

The Mountain Boards have many cabins and unlocked huts. The Norwegian Rambling Association (DNT) has seven cabins in the protected areas; Liomseter is the only one that is manned. Trails are set aside for dog sledging, and you can take part in organised horse riding at several places. The area is also popular among cyclists.

The larger lakes and rivers in the area offer particularly good trout fishing. You can also hire a boat or canoe from several firms in the area. Remember your hunting and fishing licences.



Beautiful scenery at Tjyrverket between Mjødokka and Dokkvatn (TØ)



A marvellous view over an extensive lake plateau (TØ)



## LANDSCAPE

### Wilderness with old, semi-natural woodland

High above Dokkvatn, a lake in the southeast, are several summits which comprised the former Ormtjernkampen National Park. Their slopes and screes are clad with spruce and pine woodland that has never been felled or exploited in other ways. Living and dead trees stand here in an alpine climate with cool summers and cold winters.

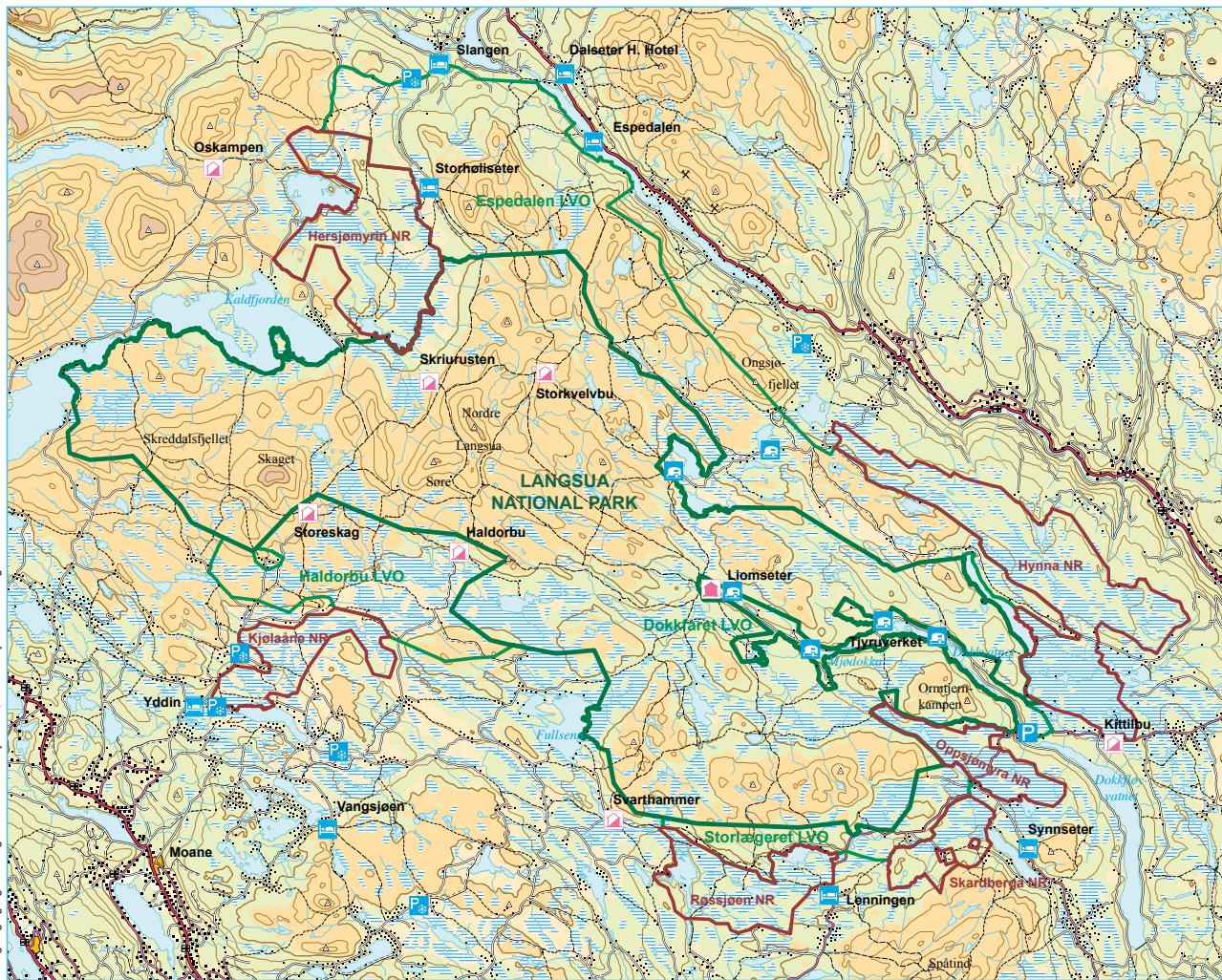
Many species of mosses, lichens and fungi that typify virgin forest, and have therefore become quite uncommon in Norway, thrive here in sheltered spots with high humidity and on old, dead trees.

### Extensive plains












The area between Skaget-Langsua and Ormtjernkampen is a gently rolling landscape of mire and wetland, rich upland birch woodland and adjoining screes. The endless mires are very varied. Their margins and smaller mires may consist of rich fen with many special plants. Large, pristine mires and wetlands are rare habitats nowadays; such areas are often drained and cleared for cultivation.

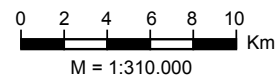
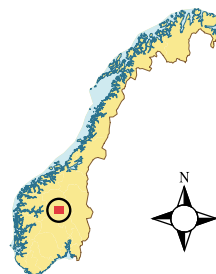
In the Langsua area, however, you can enjoy a very rich bird life on the mires and wetlands, including black-throated divers, pintails, velvet scoters, whimbrels, red-necked phalaropes, cranes and short-eared owls.





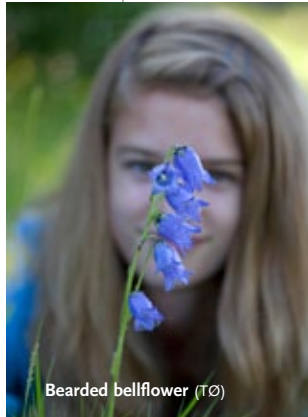
## KEY

- |   |                          |   |                    |
|---|--------------------------|---|--------------------|
|  | National Park            |  | Cafe or cafeteria  |
|  | Protected Landscape Area |  | Caravan park       |
|  | Nature Reserve           |  | Staffed cabin      |
|  | Summer car park          |  | Self-service cabin |
|  | Winter car park          |  | No-service cabin   |
|  | Accommodation            |   |                    |





Fragrant orchid (TØ)



Bearded bellflower (TØ)



Hen harrier (TØ)



Red-necked phalarope (TØ)



## PLANTS, ANIMALS AND FUNGI

Natural pine and spruce forest that has not been felled or cleared forms virgin-forest like conditions. The trees in such a forest are of different ages and dead trees can be found in all stages of decay. This is why some parts of the park have many rare cap fungi on the woodland floor and several bracket fungi on lying or standing, dead trees.

Bearded bellflowers grow in the park on open places affected by human activities. These and nearby occurrences are the only ones in northern Europe; the Alps and Carpathians are its nearest sites. Areas affected by transhumance dairy farming or cattle grazing have other rare plants like the grape-fern *Botrychium lanceolatum* and Scandinavian primrose.

Many different birds have been seen in the area. Threatened species include scaup, hen harrier, ruff, broad-billed sandpiper and great snipe, all of which occur on mires and wetlands. Several rare plants also thrive on the mires. The Langsua area is the most important site for *Carex laxa* in Norway. The rich fens will also reward you with various orchids and the uncommon peat sedge, *Carex heleonastes*.



Spring pasque flower (TØ)





Restored elk pitfall (GH)



## HISTORY AND CULTURAL HERITAGE RELICS

### Prolonged use of the mountains

People have been using the Langsua area for thousands of years. The oldest cultural heritage relics were left by hunters and gatherers. Many trapping systems and pitfalls show how they exploited the terrain to obtain prey long before guns came onto the scene. Later on, people learned how to produce iron from bog ore. The enormous expanses of mire became an important area for iron production, and iron originating in such mires in southern Norway was exported to many other countries.

Many parts of the area were extensively grazed and large herds of cattle were driven up here to utilise the lush upland pastures. They were kept in corrals, and this is reflected in many place names in the area. The area is still used as summer grazing for horses, and large groups of mares and stallions can be encountered.

Transhumance dairy farming has taken place in the Langsua area for centuries. You can still come across cattle and other grazing livestock in the mountains,

and you can see how livestock grazing and gathering of fodder and wood have been affecting the landscape for centuries.

### Adjacent protected areas

**Haldorbu Protected Landscape Area** (58.6 km<sup>2</sup>) has large areas of mire and wetland. Transhumance dairy farming has affected the landscape, resulting in pastures and mown fens.

**Storlægeret Protected Landscape Area** (23.3 km<sup>2</sup>) is an area of transhumance dairy farming with open haymaking areas and natural grassland, mires, lakes and rivers.

**Dokkfaret Protected Landscape Area** (19.2 km<sup>2</sup>) is along the upper stretch of the River Dokka and has streams, rivers and lakes, old pinewoods and transhumance dairy farming.

**Espedalen Protected Landscape Area** (183.4 km<sup>2</sup>) is a large, varied expanse of poor and rich fen, old coniferous woodland, transhumance dairy farms and their hayfields, and rough grazing.

**Kjølaåne Nature Reserve** (19.1 km<sup>2</sup>) consists of mire and wetland, springs, meandering rivers, rich fens and unusual kinds of mire.

**Røssjøen Nature Reserve** (24.1 km<sup>2</sup>) has large and small lakes, large mires and dry ridges with old coniferous and tall-herb–birch woodlands. The area is affected by grazing.

**Skardberga Nature Reserve** (11.6 km<sup>2</sup>) has undulating terrain and old, upland spruce woodland where rare plants, fungi and lichens grow.

**Oppsjømyra Nature Reserve** (14.8 km<sup>2</sup>) is a large mire area composed of rich fen, natural grassland, old spruce woodland and tall-herb–birch woodland. Several rare birds nest here.

**Hynna Nature Reserve** (64.3 km<sup>2</sup>) consists of mires, swamps, lakes, tarns, streams, rivers and coppices composed old spruce woods. Many rare birds live here.

**Hersjømyrin Nature Reserve** (44.9 km<sup>2</sup>) consists of mires and wetland housing many threatened and rare birds.

A total of 1000 km<sup>2</sup> is protected in the Langsua area.



There are many good hikes in the area, like here from Liomseter (TØ)

## In a national park, you are one of Nature's guests

- You may go wherever you like, on foot or on skis, but anything with an engine is basically prohibited.
- You can stop wherever you like and pitch a tent. Always tidy up afterwards and take your rubbish with you.
- You can light a fire, but remember the general ban on fires in woodland from 15 April to 15 September. Show consideration when collecting firewood.
- You can pick berries, mushrooms and common plants for your own use. Show consideration for cultural heritage sites, vegetation and animal life. Take extra care in the breeding season.
- Hunting and fishing are permitted. Remember to buy hunting and fishing licences. Never use live fish as bait, or transfer live fish from one river or lake to another.
- You can take your dog with you, but remember to keep it on a lead from 1 April to 20 August.

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Photo: Geir Høitomt (GH) og Thor Østbye (TØ). Front cover: Ormtjernkampen (TØ) and black & white: What a view! (TØ). Back cover: Large herds of horses graze the area in summer (TØ)



Print: GRØSET™



## Langsua National Park in brief

### Where:

The boroughs of Gausdal, Øystre Slidre, Nord-Aurdal, Nordre Land, Sør-Fron and Nord-Fron in the county of Oppland.

### How to get to the Langsua National Park:

Along Fv 204, the road between Fagernes and Gausdal at Holsbru Café and Kittilbu Museum, are good gateways to the park. A road to Liomseter goes from Holsbru. Along Rv 51, a road to an upland dairy farm goes from Robølegrenda in Øystre Slidre to Yddin and Storeskag and is open in summer. The Jotunheim Road, which leaves Rv 51 near Vinstervatn, runs along the park boundary. Roads branching from Fv 255 in Espedalen and Fv 250 from Dokka to Synnfjell lead into the area.

### Information on accommodation and other services:

Beitostølen Tourist Information Office, phone +47 61 35 94 20, [www.valdres.com](http://www.valdres.com)  
Gausdal Tourist Information Office, phone +47 975 62 000, [www.gausdal.com](http://www.gausdal.com)

### Cabins:

You can stay in several cabins and huts, which have a variety of owners. The Norwegian Rambling Association (DNT) has one manned and six self-service cabins, and Gausdal Mountain Board has several cabins and huts that can be rented. Check beforehand who owns the hut and whether it is unlocked.

### Tips:

Easy paths to the summits of Ormtjernkampen and Skaget offer fine experiences of natural history and beautiful views over the park and adjacent protected areas.

### Maps:

Espedalen 1: 50 000, Fullsenn 1: 50 000, Synnfjell 1: 50 000, Ramblers map: Huldreheimen 1: 100 000

### Established: 2011

### Size: 537.1 km<sup>2</sup>

### Adjacent protected areas:

Haldorbu Protected Landscape Area, Storlægeret Protected Landscape Area, Dokkfaret Protected Landscape Area, Espedalen Protected Landscape Area, Kjølåane Nature Reserve, Røssjøen Nature Reserve, Skardberga Nature Reserve, Oppsjømyra Nature Reserve, Hynna Nature Reserve, Hersjømyrin Nature Reserve

### Management:

Langsua National Park Board, phone +47 61 26 60 00, [postmottak@fmop.no](mailto:postmottak@fmop.no)

### Supervision:

Norwegian Nature Inspectorate, phone +47 73 58 05 00

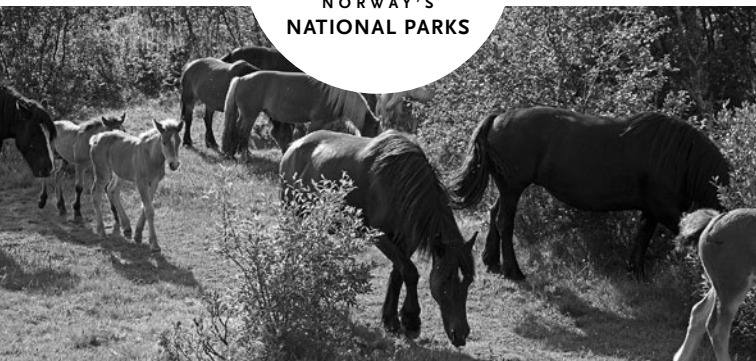
### More information:

[www.norgesnasjonalparker.no](http://www.norgesnasjonalparker.no)  
[www.nasjonalparkstyre.no](http://www.nasjonalparkstyre.no)





NORWAY'S  
NATIONAL PARKS



## **Norwegian national parks – our common natural heritage**

National parks are designated to protect large areas of unspoilt countryside – from the sea to the mountaintops – for the sake of Nature herself, we ourselves and future generations.

The parks contain a wealth of splendid scenery and varied animal and plant life, waterfalls, glaciers, towering peaks, never-ending plateaus, deep forests, and beautiful fjords and coasts. Cultural heritage sites also show how the areas were used in bygone days.

The parks offer a vast range of thrilling and exciting natural history. Make use of the fantastic Norwegian countryside – on Nature's own terms.

Welcome to Norwegian national parks!



NORWEGIAN DIRECTORATE  
FOR NATURE MANAGEMENT

[www.dirnat.no/english](http://www.dirnat.no/english)