

Walk no 02 Åsetvatnet



Impressive view of Mørkridsdalen Åsetvatnet with its summer farms, and the peaks of Hurrungane in the Jotunheimen. Drivandefossen close by the path.

Dal = valley vatn = lake foss = waterfall

Time:	5 hours (Round trip, walking time)
Altitude:	75– 850 m
Distance:	8 km Round trip
Map:	Mørkridsdalen 1418 II (1:50000), or Breheimen (1: 100 000)
Post:	At the bridge
Marking:	T-marked path



Parking:

- Leave highway 55 at Hauge bridge in Skjolden. Drive 5 km to Mørkrid.
- Turn left 300 m after the bridge
- Parking 300 m up the road on your left.

N 61°32' 21" E 07°36'42"
Sone 32 N6823630 E426190



The path to Åseter Lake is an old cattle trail to bring cattle to and from the summer pastures and the summer mountain farms around the Åseter Lake. The products from the summer farms (mostly cheese) were carried down the steep path by people or on horseback. Goods were brought up to the farms in the same way. Many of the boats in the lake were carried there. The boats were turned upside down, and carried by 4 people at a time. (Nowadays helicopters do the job.)

On our way we pass Drivandefossen, and get a nice cool "shower" on hot days. Half way up is Kjerring-hilleren (Wife-cave) A pregnant dairymaid on her way to the village gave birth to a baby in this cave, or so the story goes. Close to the top, the path passes a steep cliff called Hundkast. (hund= dog) (kast = cast) The name refers to an incident that happened when a dog was thrown from here because his owner wanted to get rid of him. Wonderful view of the Mørkrid Valley from this point.

Having passed Hundkast, we enter the mountain area. As we walk on, we watch the peaks of Jotunheimen rise from behind the mountain Bolstadnosi.

Åseter Lake is three kilometres long. Around the lake there are three mountain farms: **Osen, Åsete og Fast**. Nowadays the area is used for recreation only. There is a DNT – hut at Fast. (DNT: Norwegian hikers association) In the lake there is mountain trout. The size varies from 300 to 500 grams. In August 1996 a giant trout of 6550 grams were caught on net here. That is the largest fish ever caught in the lake.



We wish you a pleasant and interesting walk
Skjolden Aktiv and IL Fanaråk

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