

# Walk no 06 Sengjaberget

Lovely view of Skjolden,  
Lusterfjorden and Eidsvatnet.

**Parking:** Park at Fjordstova in the  
centre of Skjolden.  
N 61°29'28" E 07°35' 55"  
Sone 32 N 6818296 E 425385

**Time:** One hour (Round trip, walking time)  
**Altitude:** 10 – 120 m  
**Distance:** 3,4 km (Round trip)  
**Map:** Lusterfjorden 14171(1:50000), or Breheimen (1: 100 000)  
**Post:** Walk on 300 meters past Sengjaberget.  
**Marking:** Road + O-marked path

## How to get there:

- Follow road to Bolstad.
- Take to the right towards Fløyen.
- Take to the right at the top of the road.
- Walk past two houses and enter the path to Sengjaberget. After 320 m walk you reach Sengjaberget.

N61°29'35" E07°36'46"  
Sone 32 N 6818493 E426140



## Sengjaberget

(The **Bed-rock**) has got its name from the shape of the rock, which has the form of benches or beds.

Sengjaberget is the most popular viewpoint in Skjolden. From here you have a good view of Eidsvatnet and Eidselva (elv=river).

On the south side of the river is the **Eide farm**, which is one of the largest farms in the area of Sogn and Fjordane covering 75 crop acres. ("Eid" means a (narrow) land area with water on both sides.) **Nymoen Camping** is situated between the main road (Route 55) and the lake.

The **concrete quay** at the fiord on the south side of the river was built in the 50es to serve the construction of the huge hydroelectric power plant at Fortun.

By the fiord on the north side you can see the small hamlet of Fjøsneane. Far out the mountain of **Molden** rises from the fiord. Molden is another wonderful viewpoint of the Luster fjord area.



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

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