

Summits on the Air

Norway (LA)

Association Reference Manual



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Summits-on-the-Air	an original concept by G3WGV and developed with G3CWI

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1 Change Control

Date	Version	Details
01-Mar-08	1.0	First formal issue of this document
23-Mar-08	1.1	First draft
28-Mar-08	1.2	Seasonal bonus set to 500M and full 4 months. Valid from date set to May 1. 2008.
01-Apr-08	1.3	Added several TM summits and 2 BU summits provided by LA1ENA and LA1TPA.
01-Jun-08	1.4	TM-010 coordinates updated. Corrected HL summits "Valid from" dates. Duplicate summits; RL-002, TM-002 & TM-003 deleted. RL-002/TM-003 becomes HL-010. Corrected coordinates and altitude on OL-030. TM-045 deleted, replaced with TM-064. 785 new summits with start date June 1. 2008.
01-Nov-08	1.5	Updated LA/MR-013 coordinates. New summits: TM-076 to TM-101, SF-023, NL-024 to 037, BU-025 to BU-032, NT-021 to NT-023, VF-006, RL-031,
25-Nov-08	1.5.1	Point corrections to FM-018, SF-023, BU-025, BU-026, BU-027 and BU-032. Corrected longitude: N to E on RL-024, O to E on BU-009, latitude: E to N on OL-130
16-Aug-10	1.6	Point corrections to LA/TM-076 and LA/SF-023. Corrected coordinates of LA/TM-049, LA/TM-050 and LA/OS-001. Deleted summits: LA/TM-041, LA/TM-051, LA/TM-081, LA/TM-097 and LA/AA-003. New summits: LA/AA-009 – LA/AA-034, LA/BU-033 – LA/BU-129, LA/FM-019 – LA/FM-021, LA/NL-038 – LA/NL-052, LA/OL-324 – LA/OL-328, LA/RL-032 – LA/RL-065, LA/SF-024, LA/TM-102 – LA/TM-250, LA/TR-028, LA/VA-004 – LA/VA-005 og LA/VF-007 – LA/VF-014
02-May-11	1.7	Deleted LA/TM-154 and LA/OL-218,327. Corrected coordinates for LA/TM-181. New summits: LA/AH-011 – 014 , LA/OL-329 – 367 , LA/SF-025 –600, LA/ST-018 , LA/HM-228, LA/FM-022 – LA/FM-069 and LA/NL-053 – LA/NL-132
30-Jun-12	1,8	Deleted LA/AA-012 and LA/AA-025. New Summits.: LA/AA-035 to 077, LA/NL-133 to 139, LA/NT-024 to 030, LA/TM-251 to 253 and LA/MR-150 to 155.
30-Jan-13	1,9	Deleted LA/MR-002, LA/ST-001 and LA/RL-010 New Summits: LA/ST-019 to 324, LA/MR-156 to 176 and LA/RL-066 to 124
17-Feb-13	1,9.1	Deleted: LA/ST-075, LA/RL-087 and LA/SF-349 (Duplicated). Corrected in arm and docs: LA/TM-154 Deleted (had mistyped LA/TM-155.) Adjusted coordinates for LA/NL-135.
01-03-2017	2.0	Summit tables removed prior to major update of association

2 Association Reference Data

Association	Norway (LA)
Commencement date	01 May 2008
Regions	Oslo (OS-xxx) Østfold (OF-xxx) Akershus (AH-xxx) Hedmark (HM-xxx) Oppland (OL-xxx) Buskerud (BU-xxx) Vestfold (VF-xxx) Telemark (TM-xxx) Aust-Agder (AA-xxx) Vest-Agder (VA-xxx) Rogaland (RL-xxx) Hordaland (HL-xxx) Sogn og Fjordane (SF-xxx) Møre og Romsdal (MR-xxx) Sør-Trøndelag (ST-xxx) Nord-Trøndelag (NT-xxx) Nordland (NL-xxx) Troms (TR-xxx) Finnmark (FM-xxx)
Association parameters ¹	
Summit operation criteria	Operation must be within 25m vertically of the summit
Band 1, score 1 point	<500m ASL
Band 2, score 2 points	>=500m ASL, <1000m ASL
Band 3, score 4 points	>=1000m ASL, <1500m ASL
Band 4, score 6 points	>=1500m ASL, <2000m ASL
Band 5, score 8 points	>=2000m ASL, <2200m ASL
Band 6, score 10 points	>=2200m
Seasonal bonus	Yes
Bonus rationale	Winter period with highest probability of sub-zero temperatures and deep snow
Min. height for bonus	3 Points for activations >=500m ASL
Bonus period dates	1 December to 31 March inclusive
Association sponsored awards	None
Association Manager	Aage Grøseth la1ena.qrp@gmail.com

2.1 Programme derivation

SOTA Norway is an extension of similar programmes already active in other countries.

¹ See General Rules for parameter definitions

Where a summit is situated on the boundary of two or more different Norwegian SOTA regions, it will only be included in one. The Association Manager reserves the right to deviate from this list where it is considered that to do so would be beneficial to the programme.

The summit database is likely to be incomplete because of the large number of potential summits. Activators are asked to submit details of proposed additional summits to the Association Manager la1ena.qrp@gmail.com together with any supporting documentation. To qualify, a summit must be elevated at least 150 m from its surroundings. If the summit meets the SOTA criteria it will be added to the list. Summits cannot be counted for points until a reference number has been allocated by the Association Manager. The same address should be used for any other proposed amendments.

2.2 General information

Norway, officially the Kingdom of Norway, is a country and [constitutional monarchy](#) in [Northern Europe](#) that occupies the western portion of the [Scandinavian Peninsula](#). It is bordered by [Sweden](#), [Finland](#), and [Russia](#). The distance between the northern and southern parts of Norway is considerable compared to east-west distances. The country's extensive coastline along the [North Atlantic Ocean](#) is home to its famous [fjords](#).

The land is mostly made of hard [granite](#) and [gneiss](#) rock, but [slate](#), [sandstone](#) and [limestone](#) are also common, and the lowest elevations have marine deposits. Due to the [Gulf Stream](#) and prevailing westerlies, Norway experiences warmer temperatures and more precipitation than expected at such northern latitudes, especially along the coast. The mainland experiences four distinct seasons, with colder winters and less precipitation inland. The northernmost part has a mostly maritime [Subarctic climate](#), while Svalbard has an [Arctic tundra](#) climate.

There are large seasonal variations in daylight. In areas north of the [Arctic Circle](#), the summer sun may never completely descend beneath the horizon, hence Norway's description as the "Land of the [Midnight Sun](#)." During summer, inhabitants south of the [Arctic Circle](#) still experience sunlight nearly 20 of the day's 24 hours.

2.3 Public right of access (Allemannsretten)

Public right of access to the outdoors is part of Norway's cultural heritage, set forth in the Outdoor recreation act of 1957.

The Act permits various activities on untilled land (not cultivated fields, pasture or new stands of trees) and also imposes obligations. Observing its straightforward provisions ensures continued public right of access.

You are allowed to:

- Walk and hike in summer and ski in winter on land and sail along the coast year round.
- Pick berries, flowers and mushrooms.
- Pick nuts eaten on the spot.
- Camp for two days at one place.
- Bathe and swim in the sea and in lakes.
- Ramble on foot or cycle on trails and roads.
- Build a fire in winter (15 September - 15 April).
- Children up to age 15 need no licence to fish in fresh water and, with some restrictions, may fish with tackle in salt water.

You should not:

- Litter or discard rubbish outdoors.
- Break off branches or otherwise damage live bushes or trees.
- Cross or stay on tilled land, meadows, garden, house plots or farmyards in summer.

- Build a fire in wooded areas in summer (15 April - 15 September).
- Disturb animals or birds, including nests and nestlings.
- Take eggs from nests.
- Protected areas and preserves can have restrictions that protect plant and animal life by prohibiting access or picking.

Contact the landowner

It's wise to contact the landowner if you plan an organized trip crossing or intend to camp several days at one place on his/her land. Several associations have benefited by taking along the landowner as a local tour guide.

Further information

The Directorate for Nature Management website at www.dirnat.no (click on "English") offers further information on the Public right of access, including seven downloadable (PDF format) brochures in English.

2.4 Maps and navigation

Excellent topographical maps at the scale of 1:50000 are published by Statens Kartverk, www.statkart.no. This series is called Norge 1:50000, M711 and consists of 727 map sheets. The series covers the entire country. Statens kartverk (Statkart.no) also provides online maps at Norgeskart.

2.5 Disclaimer

Hiking, hill-walking and rock-climbing are potentially dangerous activities. The SOTA Management Team and their associates assume no responsibility for accidents. Each participant does so at his or her own risk, and must decide, on the basis of their own ability, whether an objective is achievable. The listing of a summit in the reference does not mean that it is easy to reach, and it is always worth seeking local advice for all but the simplest of expeditions.

3 Summit Reference Data

3.1 Region Reference – Oslo(OS)

Association	Norway (LA)
Region	Oslo (OS-xxx)
Region manager	Refer to Association Manager

3.1.1 Regional notes

Oslo (called Christiania from 1624 to 1878, and Kristiania from 1878 to 1924) is the capital and largest city of Norway. It is also a municipality, and a county of its own.

The population of the city proper is 548,617 (as of January 1, 2007). The city area extends into the surrounding county of Akershus, its agglomeration totaling 839,423, and its metropolitan area, also referred to as the Greater Oslo region and which extends beyond the city boundaries, has an estimated population of 1,121,020 citizens (2005) and a land area of 6,920 km². In the entire Oslo Fjord Region, there is a total population of about 1.7 million. Oslo has a current annual growth exceeding 15,000.

The city centre of Oslo is situated at the end of the Oslofjord from where the city sprawls out both to the north and to the south on both sides of the fjord giving the city area more or less the shape of a "U".

The urban municipality (bykommune) of Oslo and county (fylke) is the same entity. Of Oslo's total area, 115 km² is built-up and 7 km² is agricultural. The open areas within the built-up zone amount to 22 km².

3.1.2 Table of summits – Removed and available in database of SOTA website

3.2 Region Reference – Østfold(OF)

Association	Norway (LA)
Region	Østfold (OF-xxx)
Region manager	Refer to Association Manager

3.2.1 Regional notes

Østfold is a county in southeastern Norway, bordering Akershus and southwestern Sweden (Västra Götaland County and Värmland), while Buskerud and Vestfold is on the other side of the bay. The county administration is in Sarpsborg and Fredrikstad is the biggest city.

Østfold is located between the Oslo Fjord and Sweden. It is a hilly landscape with a lot of woodland. It's also a typical low-land district; the highest mountain, Slavasshøgda is only 336 metres high, but has a primary factor of 120, thus not qualifying for SOTA. The towns Askim, Fredrikstad, Moss, Mysen, Halden, and Sarpsborg are located here, making Østfold the county of Norway with most towns. The rivers Glomma and Tistedalselva run through the district.

3.2.2 Table of summits – Removed and available in database of SOTA website

3.3 Region Reference – Akershus(AH)

Association	Norway (LA)
Region	Akershus (AH-xxx)
Region manager	Refer to Association Manager

3.3.1 Regional notes

Akershus is a county in Norway, bordering Hedmark, Oppland, Buskerud, Oslo and Østfold. It has a short border with Sweden (Värmland). Akershus is the second largest county in population after Oslo, with more than half a million inhabitants. The county is named after Akershus Fortress. The county administration is in Oslo, which is not part of the county per se.

The county is conventionally divided into the traditional districts Follo and Romerike, which fill the vast part of the county, as well as the small enclave west of Oslo that consists of Asker and Bærum. This became the result after the transferring of the great municipality of Aker (surrounding Oslo) from Akershus county to Oslo in 1948.

Akershus includes some of the lake Mjøsa and some of the river Glomma. Embracing numerous suburbs of Oslo, notably Bærum, Akershus is one of the most densely populated areas in the country. The main national railway lines into Oslo run through Akershus with many junctions and stations such as Asker, Sandvika, Ski and Lillestrøm.

3.3.2 Table of summits – Removed and available in database of SOTA website

3.4 Region Reference – Hedmark(HM)

Association	Norway (LA)
Region	Hedmark (HM-xxx)
Region manager	Refer to Association Manager

3.4.1 Regional notes

Hedmark makes up the northeastern part of Østlandet, the southeastern part of the country. It includes a long part of the borderline with Sweden, Dalarna County and Värmland County. The largest lakes are Femunden and Mjøsa. It also includes parts of Glomma. Geographically, Hedmark is in the traditional sense divided in the following areas: Hedemarken, east of Mjøsa, Østerdalen, north of Elverum, and Glåmdalen, south of Elverum. Hedmark and Oppland are the only ones of the Norwegian counties with no coastline. Hedmark also hosted some of the 1994 Winter Olympic Games

In the county are the well-known towns and built-up places Hamar, Kongsvinger, Elverum and Tynset. Hedmark is one of the less urbanized areas in Norway, as about half of the inhabitants live on rural land. Population is mainly concentrated in the rich agricultural district adjoining Mjøsa to the southeast. The county's extensive forests supply much of Norway's timber; logs were previously floated down Glomma to the coast but are now transported by truck and train.

3.4.2 Table of summits – Removed and available in database of SOTA website

3.5 Region Reference – Oppland(OL)

Association	Norway (LA)
Region	Oppland (OL-xxx)
Region manager	LA1EBA Hans Christian, hchris-p@online.no

3.5.1 Regional notes

Oppland extends from the lakes Mjøsa and Randsfjorden to the mountains Dovrefjell, Jotunheimen and Rondane. The county is conventionally divided into traditional districts. These are Gudbrandsdalen, Valdres, Toten, Hadeland and Land.

Oppland includes the towns Lillehammer, Gjøvik Otta and Fagernes, and Norway's two highest mountains, Glittertind and Galdhøpiggen.

Several museums and other attractions are situated in Oppland and tourism is important to the economy, Valdres and Gudbrandsdal being popular attractions. The Gudbrandsdal surrounds the river Gudbrandsdalslågen, and includes the villages Øyer, Dovre and Dombås. Valdres includes the area extending from Jotunheimen down to Bagn at Begna river. It is a well known place for skiing and winter sports. The main population centres in this area are Beitostølen and Fagernes.

3.5.2 Table of summits – Removed and available in database of SOTA website

3.6 Region Reference – Buskerud(BU)

Association	Norway (LA)
Region	Buskerud (BU-xxx)
Region manager	Refer to Association Manager

3.6.1 Regional notes

Buskerud extends from Hurum at the Oslofjord to the Halling mountains and Hardanger. The county is conventionally divided into traditional districts. These are Eiker, Ringerike, Numedal and Hallingdal. Hønefoss is the district capital of Ringerike. Its western part is a mountainous plateau with forested valleys and high, grassy pastures; its eastern part contains a lowland basin with many lakes and streams. Tyrifjorden and Krøderen are the biggest lakes. Numedalslågen, the third longest river in Norway, starting in Hordaland, runs through Buskerud unto Vestfold where it reaches the sea, while river Begna sweeps into lake Sperillen.

3.6.2 Table of summits – Removed and available in database of SOTA website

3.7 Region Reference – Vestfold(VF)

Association	Norway (LA)
Region	Vestfold (VF-xxx)
Region manager	Refer to Association Manager

3.7.1 Regional notes

Vestfold is a county in Norway, bordering Buskerud and Telemark. The county administration is in Tønsberg. Vestfold is located west of the Oslo Fjord, as the name indicates. It includes many smaller, but well-known towns in Norway, such as Larvik, Sandefjord, Tønsberg and Horten. The river Numedalslågen runs through the district. Many islands are located at the coast. Vestfold is mostly dominated by lowland and is among the best agricultural areas of Norway. Winters lasts about three months, while pleasant summer temperatures lasts from May to September, with a July average of 17°C (Tønsberg climate).

Vestfold is known for shipping and sailing. Formerly a headquarters for whaling fleets, the coastal towns of Vestfold now engage in fishing and shipbuilding. Some lumbering is carried on in the interior. The district also includes some of the best farmland in Norway.

3.7.2 Table of summits – Removed and available in database of SOTA website

3.8 Region Reference – Telemark(TM)

Association	Norway (LA)
Region	Telemark (TM-xxx)
Region manager	LA1TPA, Mads la1tpa.qrp@gmail.com

3.8.1 Regional notes

Telemark is a county in Norway, bordering Vestfold, Buskerud, Hordaland, Rogaland and Aust-Agder. The county administration is in Skien.

The county is located in southeastern Norway, extending from Hardangervidda to the Skagerrak coast. The coastline extends from Langesundsfjorden to Gjernessangen at the border to Aust-Agder. Telemark has a very broken and heterogeneous landscape, including many hills and valleys.

3.8.2 Table of summits – Removed and available in database of SOTA website

3.9 Region Reference – Aust-Agder(AA)

Association	Norway (LA)
Region	Aust-Agder (AA-xxx)
Region manager	Refer to Association Manager

3.9.1 Regional notes

Aust-Agder is a county (fylke) in Norway, bordering Telemark, Rogaland and Vest-Agder. In 2002 there were 102,945 inhabitants, which is 2.2% of the total population in Norway. Its area is 9,212 km². The county administration is in Arendal.

The county, which is located at the Skagerrak coast, extends from Gjernessen at Risør to Kvåsefjorden at Lillesand. The inner parts of the area includes Setesdalsheiene and Austheiene. About 77% of the inhabitants live at the coast, where the main built area is. Tourism is important, as Arendal and the other coastal towns are popular attractions.

The county includes the islands of Tromøy, Justøya and Sandøya. The interior of the county encompasses the traditional district of Setesdalen, through which the Otra river flows to the coast.

3.9.2 Table of summits – Removed and available in database of SOTA website

3.10 Region Reference – Vest-Agder(VA)

Association	Norway (LA)
Region	Vest-Agder (VA-xxx)
Region manager	Refer to Association Manager

3.10.1 Regional notes

Vest-Agder is a county in Norway, bordering Rogaland to the west and Aust-Agder to the east. In 2002 there were 157,851 inhabitants, which is 3.4% of the total population in Norway. Its area is 7,281 km². The county administration is in Kristiansand.

It is the southernmost county in Norway, extending inland from the North Sea and its arm, the Skagerrak, to the southern fringes of Setesdalen, surrounded by the mountain range Setesdalsheiene. It includes the southernmost point of the entire country, Pysen island south of Mandal, and the southernmost part of continental Norway, Lindesnes. It has a very broken and hilly surface.

Most of the habitation lies along the coast, including the towns Kristiansand, Mandal, Flekkefjord, and Farsund. Some 31 fjords are located there. Shipping, commerce and recreation are the main industries. As the Gulf Stream touches the coast of West Agder, it is also called “the Norwegian Riviera”.

The northern portion is mountainous and sparsely settled, while the central upland moors are used for pasturing of cattle and sheep.

3.10.2 Table of summits – Removed and available in database of SOTA website

3.11 Region Reference – Rogaland(RL)

Association	Norway (LA)
Region	Rogaland (RL-xxx)
Region manager	LA1EBA Hans Christian, hchris-p@online.no

3.11.1 Regional notes

Rogaland is a county in Norway, bordering Hordaland, Telemark, Aust-Agder and Vest-Agder. It is the center of the Norwegian petroleum-industry, and as a result of this, Rogaland has the lowest unemployment-rate in the world, 1,1 %.

Rogaland is mainly a coastal region with fjords, beaches and islands, the principal island being Karmøy. Boknafjorden is the largest bay, with many fjords branching off from it.

The third largest urban area of Norway is located in Rogaland. Stavanger, along with Sandnes, Randaberg and Sola, is ranked above Trondheim when it comes to population.

Cities/towns: Stavanger, Sandnes, Haugesund, Egersund, Sauda, Bryne and Kopervik.

Karmøy has large deposits of copper (some of which was used in the construction of the Statue of Liberty). Rogaland is the most important region for oil and gas exploration in Norway, and is one of the country's most important agricultural districts.

3.11.2 Table of summits – Removed and available in database of SOTA website

3.12 Region Reference – Hordaland(HL)

Association	Norway (LA)
Region	Hordaland (HL-xxx)
Region manager	Refer to Association Manager

3.12.1 Regional notes

Hordaland is a county in Norway, bordering Sogn og Fjordane, Buskerud, Telemark and Rogaland. Hordaland is the third largest county after Akershus and Oslo by population. The county administration is in Bergen. Before 1972 Bergen was a separate entity from Hordaland.

Hordaland is semi-circular in shape. It is located on the western coast of the country, split from southwest to northeast by the long, deep Hardangerfjorden, one of Norway's main fjords and a great tourist attraction. About half of the National park of Hardangervidda is in the county. The county also includes many well-known waterfalls of Norway, like Vøringsfossen and Stykkjedalsfossen. It also includes the glaciers Folgefonna and Hardangerjøkulen.

More than 60% of the inhabitants live in Bergen and the surrounding area. Other urban or semi-urban centres include Leirvik, Voss and Odda.

3.12.2 Table of summits – Removed and available in database of SOTA website

3.13 Region Reference – Sogn og Fjordane(SF)

Association	Norway (LA)
Region	Sogn og Fjordane (SF-xxx)
Region manager	LA1EBA Hans Christian, hchris-p@online.no

3.13.1 Regional notes

Sogn og Fjordane is a county in Norway, bordering Møre og Romsdal, Oppland, Buskerud and Hordaland. The county administration is in the town of Hermansverk in Leikanger municipality.

It is mainly a rural area with scattered population. It includes the biggest glacier in mainland Norway, Jostedalbreen in the mountain range Breheimen, and the deepest lake, Hornindalsvatnet. There are many famous waterfalls located in the area, including Ramnefjellsfossen (previously called Utigardfossen), the tallest in Norway, and third tallest in the World; Vettisfossen, one of Norway's highest waterfalls, with a vertical drop of 275 m, is located in the Jotunheim mountains. Cruise ships visit the district all summer, because of the unique vistas of high mountains and deep blue fjords.

3.13.2 Table of summits – Removed and available in database of SOTA website

3.14 Region Reference – Møre og Romsdal(MR)

Association	Norway (LA)
Region	Møre og Romsdal (MR-xxx)
Region manager	Refer to Association Manager

3.14.1 Regional notes

Møre og Romsdal is a county in the northernmost part of the Vestlandet region of Norway, and borders the counties of Sør-Trøndelag, Oppland and Sogn og Fjordane. The county administration is located in Molde.

The county is conventionally divided into traditional districts. These are Nordmøre (northernmost), Romsdal (in the middle) and Sunnmøre (to the south). Despite commercial and cultural relations between the districts, there have always been traditional rivalry between them. Historically speaking, connections have been stronger between Nordmøre and Sør-Trøndelag to the north, Romsdal and Oppland to the east, and Sunnmøre and Sogn og Fjordane to the south, than internally. Differences in dialects between the three districts bear clear evidence of this. Due to geographical features—the county has many populated islands and is intersected by several deep fjords—Møre og Romsdal has been very dependent on boat traffic, and its main car ferry company, MRF, has existed since 1921.

3.14.2 Table of summits – Removed and available in database of SOTA website

3.15 Region Reference – Sør-Trøndelag(ST)

Association	Norway (LA)
Region	Sør-Trøndelag (ST-xxx)
Region manager	Refer to Association Manager

3.15.1 Regional notes

Sør-Trøndelag is a county in the area Trøndelag in Norway, bordering Nord-Trøndelag, Møre og Romsdal, Oppland and Hedmark. To the west is the Norwegian Sea (Atlantic ocean), and to the east is Sweden. More than half of the population in the county lives in Trondheim.

The broad and long Trondheimsfjord is at the center of this county, although the coastal areas stretch somewhat further north. The mountain ranges Dovrefjell and Trollheimen are located in the south, while the Fosen peninsula is located north of the fjord. Several of the best salmon rivers in Europe are located in the county, the largest and most famous being Gaula and Orkla. Dovrefjell-Sunndalsfjella National Park, Forollhogna National Park ([1]), Skarvan og Roltdalen National Park and Femundsmarka National Park are located, or partly located, in the county.

3.15.2 Table of summits – Removed and available in database of SOTA website

3.16 Region Reference – Nord-Trøndelag(NT)

Association	Norway (LA)
Region	Nord-Trøndelag (NT-xxx)
Region manager	LA3DNA Leif, leif@la3dna.com

3.16.1 Regional notes

Nord-Trøndelag borders Nordland to the north, Sør-Trøndelag to the south, Sweden to the east and the Norwegian Sea to the west. The county seat is Steinkjer, with 20,527 inhabitants (2005). The largest lake is Snåsavatnet and the largest river is Namsen, one of the best salmon rivers in Europe. Other well known salmon rivers are as Verdalselva and Stjørdalselva. Salsvatnet is the second deepest lake in Europe, with a maximum depth of 482 m. Stjørdal is the fastest growing municipality in the county.

A large part of the population lives near the large Trondheimsfjord, which is a central feature of the southern part of this county. Considerable areas on the eastern shore of the fjord (mainly in Stjørdal, Frosta, Levanger, Inderøy, Verdal and Steinkjer) are fertile agricultural lowland, with grain fields and vegetables. Together with the grain fields in the Namdalen lowland, this forms the most northern grain cultivation area in Norway today.

There are fairly large areas of spruce forest inland, and mountains near the border with Sweden, and coastal mountains with bare rock at the northern coast. The spruce forests occurs even at the coast, where some areas belong to the Scandinavian coastal conifer forests, a rare European temperate rainforest. There are several national parks in the county, among them Blåfjella-Skjækerfjella National Park, Børgefjell National Park (partly), Lierne National Park and Skarvan og Roltdalen National Park.

3.16.2 Table of summits – Removed and available in database of SOTA website

3.17 Region Reference – Nordland(NL)

Association	Norway (LA)
Region	Nordland (NL-xxx)
Region manager	LA3DNA Leif, leif@la3dna.com

3.17.1 Regional notes

Nordland is a county in Norway, bordering Troms in the north, Nord-Trøndelag in the south, Norrbottens län in Sweden to the east, Västerbottens län to the southeast, and the Atlantic Ocean (Norwegian Sea) to the west. The county administration is in Bodø. The remote Arctic island of Jan Mayen has been administered from Nordland since 1995. Nordland is the southernmost county in North Norway. The county was formerly known as Nordlandene amt. Vega is on the Unesco World Heritage list.

Nordland extends about 500 km from Nord-Trøndelag to Troms. The distance by road from Bindal in the far south of the county to Andenes on the northern tip is roughly 800 km. Nordland has a rugged coastline, with many fjords. From south to north, the main fjords are Bindalsfjord, Vefsnfjord, Ranfjord, Saltfjord-Skjerstadvfjord, Folda, Tysfjord, Ofotfjord (the longest) and Andfjord, which is shared with Troms county. The best-known is perhaps Vestfjord, which is not really a fjord, but an open stretch of sea between the Lofoten island group and the mainland. The Raftsundet strait, with its famous branch Trollfjord, is the shortest waterway connecting Lofoten and Vesterålen. There are only a few miles from Andenes to the continental shelf, nowhere else in Norway is the deep ocean so close to shore. Saltstraumen whirlpool is just southeast of Bodø, and Moskstraumen is located in southern Lofoten.

Steep mountains near the sea and an almost flat lowland area in between the mountains and the sea (Strandflaten, coastal brim) is very typical for the long coastline in Nordland, and Strandflaten often continues out from the shore, the result is numerous islands (skerries), of which Helgeland have thousands; these islands are usually mountainous, but with smaller or larger lowland strandflate areas. The southern part of Norway's largest island (apart from Svalbard), Hinnøya is in Nordland, as is the third largest island, Langøya; there are thousands of large and small islands in the county. In the fjords, the coastal brim is much less developed: There might be a more gradual slope, with hills, towards the mountains, or no lowland at all. There are often valleys at the head of fjords (the fjord is an extension of the valley), usually with a river at the centre of the valley. Mo i Rana, Mosjøen and Rognan are situated in such valleys.

Norway's second largest glacier, Svartisen, the second largest lake, Røssvatnet, and the second deepest fjord, Tysfjord (897 m) are all located in Nordland. The largest river (waterflow) is Vefsna which forms the Laksforsen waterfall.

The Saltfjellet mountain range forms a natural border between Helgeland and Salten, and is where the Arctic circle cuts through the county. The western part of this mountain range is dominated by steep mountains and fjord inlets, with glaciers stretching towards the sea, while the eastern part of the mountains is more gentle and rounded, with some forested valleys, and is well suited for hiking. The interior of Nordland, towards the border with Sweden, is dominated by the Kjølén mountains (Scandinavian Mountains). The highest mountain in Nordland is Oksskolten (1915 m). Stetind in Tysfjord has been elected to be Norway's national mountain.

3.17.2 Table of summits – Removed and available in database of SOTA website

3.18 Region Reference – Troms(TR)

Association	Norway (LA)
Region	Troms (TR-xxx)
Region manager	Refer to Association Manager

3.18.1 Regional notes

Troms has a very rugged and indented coastline facing the Norwegian Sea. However, the large and mountainous islands along the coast provide an excellent sheltered waterway on the inside. Starting in the south, the largest islands are: northeastern part of Hinnøya (the southern part is in Nordland), Grytøy, Senja, Kvaløya, Ringvassøya, Reinøy, Vannøy and Arnøy. Some of these islands, most noteworthy I troms er det mange horer here are several large fjords that stretch quite far inland. Starting in the south, the largest fjords are Vågsfjord, Andfjord (shared with Nordland), Malangen, Balsfjord, Ullsfjord, Lyngen (the municipality has its name from the fjord) and Kvænangen (fjord).

There are mountains in all parts of Troms; the most alpine and striking are probably the Lyngen Alps (Lyngsalpene), with several small glaciers and the highest mountain in the county, Jiekkevarre (1833 m). Several glaciers are located in Kvænangen, including parts of the Øksfjordjøkelen, the last glacier in mainland Norway to drop icebergs directly into the sea (this ended around 1900), and Jøkelfjord, where this happened, still is a spectacular landscape. The largest river in Troms (waterflow) is Måselva (in Måselv), and the largest (not the highest) waterfall is Måselvfossen (600 m long, 20 m high).

3.18.2 Table of summits – Removed and available in database of SOTA website

3.19 Region Reference – Finnmark(FM)

Association	Norway (LA)
Region	Finnmark (FM-xxx)
Region manager	Refer to Association Manager

3.19.1 Regional notes

Finnmark is the northern- and easternmost county of Norway (Svalbard is not considered a county). In area, Finnmark is Norway's largest county, and is larger than Denmark. However, with a population of only 73,000, it is also the least populated.

Knivskjellodden in Nordkapp municipality (on Magerøya island) is the northernmost point of Europe; Kinnarodden at Nordkyn is the northernmost point on the European mainland. Hammerfest is the northernmost city of the world, and Vardø is the easternmost town in Norway and western Europe, and is actually east of Istanbul.

The coast is indented by large fjords, which in a strict sense are false fjords, as they are not carved out by glaciers. Some of Norway's largest sea birds colonies can be seen on the northern coast, the largest are Hjelmsøystauran in Måsøy and Gjesværestappan in Nordkapp. The highest mountains, including Svartfjell (Black mountain, 1218 m, the highest in the county) and glaciers like Øksfjordjøkelen (Øksfjord glacier, 45 km²) and Seilandsjøkelen (Seiland glacier) are located in the western part of Finnmark.

The Øksfjord plateau glacier calved directly into the sea (Jøkelfjorden) until 1900, the last glacier in mainland Norway to do so. The central and eastern part of Finnmark is generally less mountainous, and has no glaciers. The land east of Nordkapp is mostly below 300 m.

The nature varies from barren coastal areas facing the Barents Sea, to more sheltered fjord areas and river valleys with gullies and tree vegetation. About half of the county is above the tree line, and large parts of the other half is covered with small Downy birch.

The most lush areas are the Alta area and the Tana (river) valleys [1], and in the east is the lowland area in the Pasvik valley in Sør-Varanger, where the pine and Siberian spruce forest is considered part of the Russian taiga vegetation. This valley has the highest density of Brown bears in Norway, and is the only location in the country with a population of muskrats. Lynx and elk are common in large parts of Finnmark, but rarely on the coast.

In the interior is the Finnmarksvidda plateau, with an elevation of 300 - 400 m, with numerous lakes and river valleys, and famous for its tens of thousands of reindeer owned by the Sami, and swarms of mosquitos in mid-summer. Finnmarksvidda makes up 36% of the county's area. Stabbursdalen national park ensures protection for the world's most northern pine forest.

Tanaelva, which partly defines the border with Finland, gives the largest catch of salmon of all rivers in Europe, and also has the world record for Atlantic salmon, 36 kg. In the east, Pasvikelva defines the border with Russia.

3.19.2 Table of summits – Removed and available in database of SOTA website