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Østlandet – Eastern Norway

1	3.00 hrs.	Bygdøy Sjøbad – Paradisbukta – Bygdøyenes	34
2	3.45 hrs.	Skar – Tømtehytta – Mellomkollen	38
3	2.30 hrs.	Kleivstua – Kongens utsikt – Krokkleiva	40
4	7.30 hrs.	Omholtsetra – Styggmann, 877m	43
5	2.45 hrs.	Gavlesjøvegen – Himingen, 1066m	46
6	2.30 hrs.	Kilegrend – Trollholene	48
7	3.30 hrs.	Eidsborg – Djupedalen	50
8	2.15 hrs.	Gvepseborg – Kanonstillinga	52
TOP 9	5.45 hrs.	Stavros – Gausta, 1881m	54
10	6.00 hrs.	Nordstul – Bletoppen, 1342m	56
11	2.45 hrs.	Andersnattjenn – Andersnatten, 719m	60
TOP 12	5.00 hrs.	Tempelsetra – Høgevard, 1459m	62
13	3 days	Halne – Heinseter – Rauhellere	65
TOP 14	4.15 hrs.	Prestholtstølan – Prestholtskarvet, 1859m	68
15	5.15 hrs.	Skogshorn, 1728m	70
16	5.15 hrs.	Vangsjøen – Rundemellen, 1345m	72
17	3.45 hrs.	Ormtjernsætra – Ormtjernkampen, 1128m	74
18	4.30 hrs.	Lenningen felassen – Spåtind, 1414m	76
19	6.00 hrs.	Nordseter – Nevelfjell – Reinsfjellet	79
20	4.45 hrs.	Djupslia – Åstkyrkja – Skjelbua	82
21	3 days	Revsjøen – Liomseter – Storkvelvbua	84
TOP 22	4.45 hrs.	Storeskag – Skaget, 1685m	88

Vestlandet – Western Norway

23	1.30 hrs.	Feigom – Feigefossen	90
24	4.00 hrs.	Torsnesstølen – Hov	92

25	5.00 hrs.	Saurdal – Saurdalseggi – Flaug, 1072m	94
26	5.30 hrs.	Lekva – Gygrekjeften, 704m	96
27	3 days	Stølsvatnet – Solrenningen – Åsedalen	98
28	3.00 hrs.	Styvi – Bleiklindi	101
TOP 29	9.00 hrs.	Tufto – Rimstigen – Rimstigfjellet, 1299m	104
TOP 30	7.00 hrs.	Østerbø – Nesbøgalden – Vassbygdi	107
31	2.15 hrs.	Myrdal – Kårdal – Blomheller	110
32	5.15 hrs.	Hallingskeid – Klevagjelet – Myrdal	112
33	5.00 hrs.	Finse – Klemsbu – Sankt Pål, 1695m	114
TOP 34	4 days	Hjølmo – Vivali – Hårteigen, 1690m	116
35	3 days	Middalsbu – Litlos – Hellevassbu	120
36	5.00 hrs.	Kinsarvik – Nyastølfossen – Nykkjesøfossen	123
37	8.00 hrs.	Ullensvang – Nosi	126
38	5.15 hrs.	Byrkjenes – Vesoldo, 1046m	130
39	4.45 hrs.	Bergen Fløyen – Rundemanen – Ulriken, 643m	132
40	3.15 hrs.	Tynnessåta, 752 m	136
41	3.00 hrs.	Bondhus – Bondhusbrea	138
42	5.45 hrs.	Søre Tinden, 1564m	140
43	5.00 hrs.	Moavatnet – Napen, 1350m	142
TOP 44	3.15 hrs.	Preikestolen fjellstue – Preikestolen	144
45	4.15 hrs.	Øygardsstølen – Kjerag	146
TOP 46	2 days	Eikeskog – Månafossen – Blåfjellenden	148
47	3.45 hrs.	Vandavatnet – Steinkjerringa – Synesvarden	152

Sørlandet – the furthest south

48	2 days	Hovden – Sloaros	154
49	3.45 hrs.	Bjørnevasshytta – Mjågeskor – Rotafjellet	158
50	8.45 hrs.	Valle – Rolvskvil – Gamassbø	160
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City stroll through Oslo

53	2.30 hrs.	Oslo/Aker Brygge – Opera house– Vigelandsparken	167
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