

TOP 4

Munkebuhytta, 405m

4.30 hrs.



Into the alpine heart of Moskenesøyas

This varied walk brings you to waterfalls, so-called paternoster lakes and into alpine country with sharp mountain peaks – it's worth taking the whole day for this walk in the heart of Moskenesøya island.

Starting point: Sørvågen, car park on the western side of Sørvågvatnet lake, 21m. Shortly after the modern school complex in Sørvågen turn off right and follow the road to the end. An alternative

parking place can be found opposite the school on the E 10.

Height difference: 750m.

Grade: moderate walk, rocky sections with chains for protection, some cairns and coloured waymarkers. Large boggy sections.

Food/accommodation: the locked and unstaffed Munkebuhytta is only available to members of the DNT (www.lofoten-turlag.no). Places to stay and restaurant in Sørvågen and Å. Supermarket in Sørvågen and Reine, petrol station in Reine.

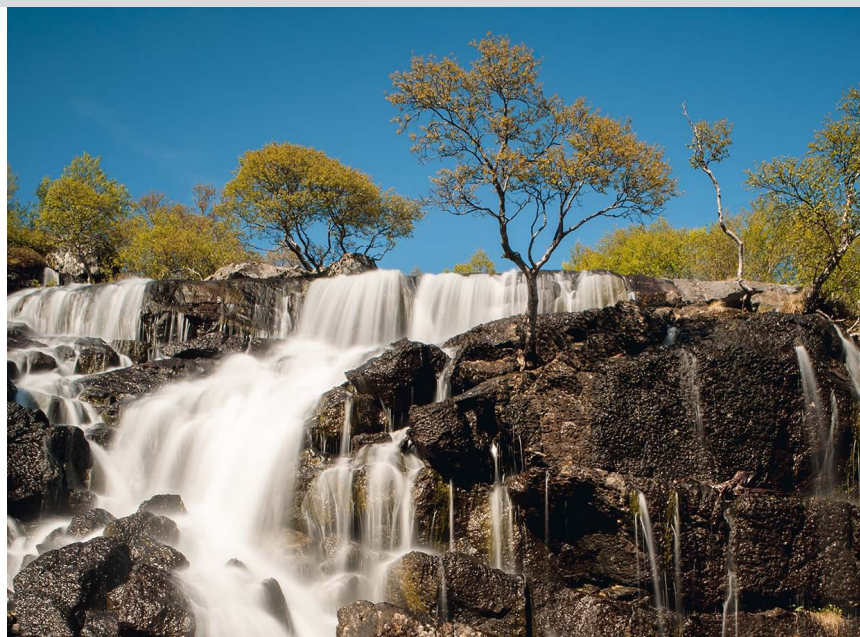
Linking tip: you can extend this walk by making an ascent of Hermannsdalstinden (Walk 5) and Munkan (see Alternative).

Tips: in Å there's the Norwegian Fishing Village Museum and a Lofoten Stockfish Museum. In the latter you can learn all there is to know about the Lofoten's 'gold'.

The (small) Norwegian Telecommunications Museum can be found in Sørvågen.

Map: Vest-Lofoten.

From the **car park (1)** start your walk along the gravel path that runs along the broad ridge between the lakes of Tindsvatnet and Sørvågvatnet. At the end of the path you come over a rocky hillock (parallel to the power line) to the Stuvdalselva waterfalls which are at their most impressive in early summer. Cross the stream over a bridge and after that ascend a small incline. The path brings you along the right hand side

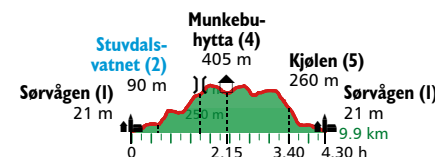


Waterfalls at Stuvdalselva.

of Stuvdalsvatnet (reservoir for drinking water). This lake has, considering its size, an extraordinary depth of 127m. A layer of primeval seawater lies at the bottom. At the northeastern end of **Stuvdalsvatnet (2)** walk around the small Badevika bay and follow the signpost for 'Munkebu'.

Now the path ascends steeply, with a chain for protection, over a bar of rock that has been polished smooth by glacial ice. Then continue your walk across the slightly sloping incline above Tridalsvatnet lake and soon you will see an elongated boggy area with countless small lakes ahead of you. After that negotiate the next high step; there are several paths here, but a few cairns help you with the route finding. From the path you have a great view of Fjerddalsvatnet lake a long way down to the left.

The path now continues in a northeasterly direction onto a **col (3)**. Merraflæstinden, 537m, rises up ahead on the right. Keep ascending on the left across a grassy hillside





Sørvågen, with the lakes of Tindsvatnet, Stuvdalsvatnet, Tridalsvatnet and Fjerddalsvatnet.

while below you can see the Djupfjorden with its elegant road bridge. Now you come past the elevation of Djupfjordheia, 510m, on your right. The **Munkebuhytta (4)** is surrounded by lakes and high mountains and lies in a valley basin into which you descend. At an altitude of 400m the terrain has an alpine feel to it and provides you with countless possibilities for further walks and exploration.

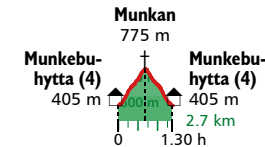
For your way back choose the path across the western flank of Merraflestinden. First, walk back over the Djupfjordheia, from where you can already see your destination. First descend onto the **col (3)**, but do not take the path to the right (your outward route), take instead the clearly visible track towards the mountain hillside. There's also the option of walking over the summit of **Merraflestinden** at a height of 537m.

Otherwise keep following the path across the western flank. The path gently ascends and leads as far as a broad ridge. The next few leisurely metres run across heathland covered in dwarf shrubs until the path descends steeply to **Kjølen col (5)**. Once you have arrived there you need to overcome a steep section, well-worn in places, but boggy and laborious, down to **Stuvdalsvatnet lake (2)**. Here you meet the path you ascended on your outward route up to the Munkebuhytta, and return back to the **car park (1)**.

Alternative: onto the summit of **Munkan**, 775m (1.30 hrs., 370 vertical metres from Munkebuhytta, a 'red' walk, occasional cairns) This path starts from the **Munkebuhytta (4)** and runs the first few metres round the left hand side of the lake. The path is clearly visible and well-trodden, mostly up a steady steep incline interspersed with stones. Already on the first few metres of ascent you are afforded a lovely view looking back which, as you climb higher and higher, quickly opens out. Very soon you are looking down on the lakes of Tennesvatnet and Krokvatnet. You are surrounded by alpine-type peaks and the 1029m high Hermannsdalstinden towers up opposite. At an altitude of 591m you are surprised to see a small art installation a short way off the path – a great place to sit for a while and contemplate your thoughts.

As you continue on your way you pass a small mountain lake lying on your right. Once you've reached the summit of **Munkan** you find yourself on a plateau dotted with cairns. The all-encompassing view of the mountain and fjord landscape as well as the Norwegian Sea and the Vestfjorden gives you the feeling of being on top of the world.

Choose the same path for your return, but be careful to climb a small rock step to the right above the mountain lake bringing you back to the Munkebuhytta. Take a short cut along the path straight on to **Djupfjordheia**.



The Munkebuhytta with Munkan beyond.

