Route descriptions for racing-, touring-, or hybrid bikes

A: Easy level


2. Lærdal – Ljøsne / Raa – Lærdal. Flat (with a few hills up to 25-30 m) road. Beautiful landscape along the Lærdal river. This tour can be combined with a visiting of Lærdal Golf court. Total distance: 32 km.

B: Average level

1. Lærdal – Ljøsne – Borgund (Stavechurch) – Ljøsne – Lærdal. Flat asphalt road with some rising on the last 12 km. (before Borgund). Can be combined with a visiting of Borgund Stave Church (Note! A multiticket for Borgund Stave Church and Norwegian Wild Salmon Centre is recommended). Total distance: 62 km. A lighter version of this tour; take a bus to Borgund and come back by bike.


C: Average to advanced level

1. Lærdal – the highest point of Fillefjell mountain – Lærdal. Total distance: 150 km. Another version; Øvre Årdal (by bus) - Tyin – Fillefjell – Lærdal. Total distance: 110 km. The highest point is 1,000 m. a.s.l.

2. Lærdal – Borlaug – top of Mountain Hemsedal – Borlaug – Lærdal. Total distance: 130 km. The highest point is 1,130 m. a.s.l.

3. Lærdal – Erdal – top of Aurlandsfjellet – Erdal – Lærdal. Total distance: 50 km. Or whole way to Aurland and back: 100 km. The top is 1,400 m. a.s.l.


Rent quality bikes from Steppenwolf (Germany) here: www.steppenwolf-bikes.com

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