



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

A: Easy level

1. Lærdal – Vindedal - Lærdal. Flat asphalt road along the Sognefjord. Spectacular views. Total distance: 20 km.
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.
2. Lærdal – Borlaug – Lærdal. Total distance: 85 km.
3. Lærdal – Kaupanger (by a ferry) – Sogndal – Leikanger – Hella – Leikanger – Sogndal - Lærdal. Total distance: 100 km.
4. Lærdal – Kaupanger (by a ferry) – Sogndal – Gaupne – Jostedal – Gaupne – Sogndal - Lærdal. Total distance: 150 km. Option from Gaupne via Skjolden and southside Lusterfjord to Urnes – Solvorn (by a ferry) and back via Sogndal to Lærdal, extra ca. 70 km.

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.
4. Lærdal – Borgund – Tyin – Øvre Årdal – Turtagrø – Gaupne – Sogndal – Kaupanger - ferry to Lærdal. Approx. 250 km.
5. Lærdal – ferry to Gudvangen – Vinje – Vikafjell – Vik – Vangsnes – ferry to Hella – Leikanger – Sogndal – Kaupanger - ferry to Lærdal. Approx. 175 km.

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For further information and booking:

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