



WELCOME ON BOARD

Rødne Fjord Cruise and the crew welcome you on board! The trip will take us far into the country and show us idyllic island scenery as well as a wild and beautiful West Norwegian nature. In order to be prepared in case of an emergency, we ask you to please read the safety information on board.

- A STAVANGER** Stavanger is today the fourth largest city in Norway with approximately 120.000 inhabitants. Stavanger is considered to be the oil capital of Norway, but before oil was discovered in the North Sea it was fish, specifically sardines that kept the city going.
 - B TINGHOLMEN/HØGSFJORD** After passing the historically interesting Tingholmen, where King Olav Tryggvason held his national assembly in 998, we proceed into the Høgsfjord. Many Stavanger families have their summerhouses along the coastline here.
 - C LYSEFJORD** The Lysefjord is 42 km long. The name dates back to the old Norse name Lýsir or light. It is believed this refers to the lightly colored granite that can be found in the fjord. The Lysefjord was formed by glaciers during the ice ages. During the most recent ice age, about 10.000 years ago, Norway was covered with a layer of ice that was up to 2.000 meters thick. The fjord is a deep ravine between mountainous valley sides. Between Oanes and Forsand, there is an end moraine of sand, and the fjord is only 10-20 meters deep at this point. Ever since man first settled in the area, fishing and hunting have been important activities here. Even today, people fish for brisling throughout the summer and autumn.
 - D OANES - THE LYSEFJORD CENTRE** Oanes has a ferry link to Lauvvik. The road from Oanes leads to Jørpeland and then continues into the region of Ryfylke. The Ryfylke Route is popular with tourists and offers a wealth of beautiful sights and places to visit. The Lysefjord Centre is located at Oanes. The centre provides tourist information about the Lysefjord and Ryfylke.
 - E FORSAND** Forsand is the municipal centre of Forsand municipality, and has approximately 1.000 inhabitants. Nearby, at Forsandmoen, a whole prehistoric village was discovered and excavated. This village was a permanent settlement from about year 1.500 BC to 600 AD.
 - F JETTEGRYTEN** (pothole) Here is a big pothole which is shaped by a stone that got into the flow of water that erupted when the ice melted, and thus have made the hole bigger and bigger. It is said that it was here that people from further up the fjord came to bathe before going to church on Forsand.
 - G HELLEREN FJORD RESTAURANT** Helleren Fjord Restaurant - an idyllic restaurant with a unique location in the Lysefjord. Open all year. Helleren has an impressive location at the foot of a high cliff, and is popular with tourists and other groups. A perfect choice for company outings, meetings and conferences or any other special occasion. Great food and extraordinary surroundings!
 - H EIANE** Eiane is a small settlement of three farms at Øvre ("upper") Eiane, and one farm at Nedre ("lower") Eiane. Up until 1959, Eiane was famous for its stonemasonry. The cobblestones that we walk on in the city center of Stavanger come from here.
 - I FANTAHÅLÅ** Fantahållå ("vagabond's cave") is a small mountain cave named after a group of vagabonds who sought shelter there on the run from the local police.
 - J GOATS** The goats at the foot of the Pulpit Rock are a popular tourist attraction. These goats are put out to graze during the summer months, and they have become rather spoiled with food from boats that stop by and feed them.
 - K PULPIT ROCK** Preikestolen, also known by the English translation Pulpit Rock, is one of the most famous tourist attractions in Norway. The top of the cliff is approx. 25 by 25 meters (82 by 82 feet) square and almost flat, and the cliff is 604 meters above the fjord. The view from the top is extraordinary. The rock formation was formed during the last ice age, approx. 10 000 years ago. The edge of the glacier was then just above the mountain.
 - L THE HENGJANE WATERFALL** Enjoy the spectacle of this lovely waterfall where pure, fresh mountain water plummets 400 meters down into the fjord.
- ONWARDS TO LYSEBOTN:**
- M HENGJANE NIBBÅ** Many hikers think this mountain is far more exciting to climb than the Pulpit Rock. The "Hengjane German" - a deserter from World War I - lived on the Hengjane farm, which unfortunately is just a ruin today. Here he got involved in various illegal activities, including the distilling of alcohol.
 - N BRATTELI** In the old days, Bratteli was a lovely little settlement with four farms. But the last inhabitants moved away in 1967.
 - O BAKKEN FARM** Bakken farm is located in the hills 170 meters above the Lysefjord and is now in use for school groups.
 - P SONGESAND** Songesand was linked to the outside world by road for the first time in 1994. Today a handful of families live in this village.
 - Q SEALS - STEINKOBBER (*Phoca vitulina*)** There are many seals in the fjord. The native population is around 200 animals.
 - R KALLELI** The buildings on this farm illustrate very well how houses were built in old times in the Lysefjord - long and narrow - perhaps just to seem more impressive from the fjord.
 - S FLØRLI POWER STATION** This is the oldest power station in the Lysefjord area - built in 1917 and modernized in 1938. The new power station at Flørli, which opened in 1999, is situated about 800 meters into the mountain. The old station is presently being used for art exhibitions and other cultural events.
 - T THE LONGEST WOODEN STAIRCASE IN THE WORLD?** Alongside the pipelines is perhaps the longest wooden staircase in the world with its 4 444 steps.
 - U HÅHELLER** Håheller was the largest and richest farm in the whole Lysefjord area. The first inhabitants settled here in the 1580s, but today the farm is abandoned.
 - V KJERAG AND THE KJERAG BOLT (BOULDER)** You can barely see "The Bolt" (a wedge-shaped boulder) wedged in the crack between two mountains almost 1 000 meters above the fjord. Hiking to Kjerag has become almost as popular as hiking to the Pulpit Rock, and the view from the top is quite amazing. It takes about 2 hours to walk from Øygardstøl to the top of Kjerag.
 - W LYSEBOTN POWER STATION** The first section of this power station was put into operation in 1953. It is the largest power station in the Lysefjord area.
 - X LYSEBOTN** The village here is a modern community whose livelihood is based on the power production. The majority of the people here are connected with the power company Lyse Kraft. Lysebotn is also where the newest and most technologically advanced power station is located - Tjodan Power Station - built 1 kilometer inside the mountain and opened in 1985. The road connection over the mountains from Lysebotn is open only during summer. In winter, the only way to reach Lysebotn is by car-ferry/express boat.
 - Y ØYGARDSTØL** Øygardstøl (also known as "The Eagle's Nest") is a modern tourist centre perched up in the mountains 640 meters above Lysebotn. It has a restaurant, tourist information, a shop and of course a magnificent view of the Lysefjord and Lysebotn. Rødne Fjord Cruise would like to thank you for joining us and look forward to seeing you