

The moose may be Norway's national animal, but its most notorious mythological creature must surely be the troll. Huge and strong, they are said to dwell in rocky surroundings and seek to avoid the sunlight, as it would turn them back to the stones from which they originate. This may have been just what happened to the doomed creature whose tongue has become one of the most popular hiking destinations in Norway.

Situated only a few hours away from Bergen, the Troll's Tongue—or Trolltunga in Norwegian—is a peculiar stone formation that sticks out horizontally from a cliff and hovers about 700 m (2,300 ft.) above Ringedalsvatnet lake. The projection was formed about 10,000 years ago, during the Precambrian era, when a giant glacier broke off angular stone blocks from the cliff as its water froze in the mountain's chasms.

To sit at the tip of the tongue is probably the moment that hikers long for the most. Yet, to get there, they have to traverse an exposed muddy and rocky terrain, as well as snowfields

ABOUT THE TRAIL

→ **DISTANCE** 23 km (14 mi.)

→ **DURATION** 10 to 12 hours

→ **LEVEL** Moderate

Walkers are cast into a vast translucent space, with the stone platform the only remaining touch point with the solid world.

that linger into the summer months. As is regularly the case in mountain regions, the weather can be volatile, necessitating that hikers carry clothes to cover a wide range of climatic scenarios, ranging from stifling heat to heavy rain and even the occasional snow shower.

The hike starts at the main car park in Skjeggedal and takes aspirants directly to the steep and mucky stone stairs that mark both the beginning of the hike and one of its most challenging sections. Climbing these steps, one can see the remnants of a funicular tourists used to take in order to avoid this tiring ascent. After the operating company stopped the service, the tracks of the funicular were still used by hikers to climb the mountain. The construction was then completely abandoned and gradually started to deteriorate. →



↑ Above Ringedalsvatnet lake.

↓ Occasional stretches of flat rocks make for easy walking.

