



OUTING CARD

# Lyngsdalen

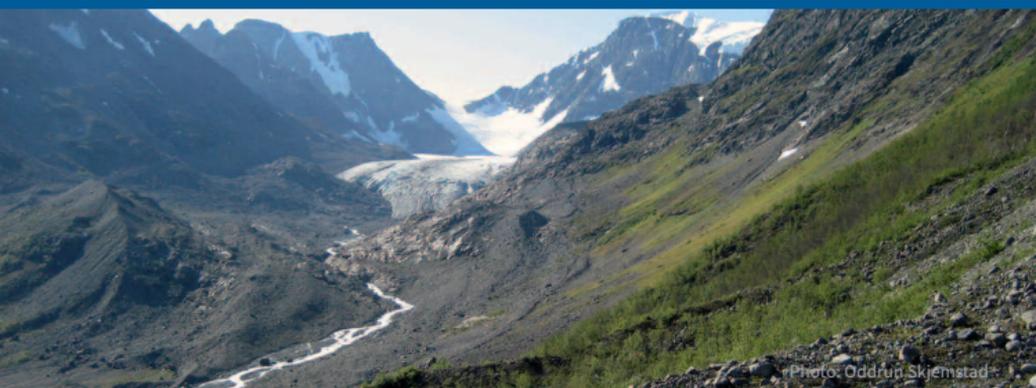


Photo: Oddrun Skjemstad



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## Lyngsdalen 12 km R/T

Lyngsdalen is one of the gates to Lyngsalpan landscape conservation area, home to the highest mountains on the Lyngen peninsula. Here you will find the highest mountain in the county, Jiehkkevárri (1834 MASL). The valley is easy to traverse. You can safely cross the river by bridge over Váraš and explore both sides of the Lyngsdals river. Water flow in Lyngsdals river is especially powerful on warm summer and wet autumn days; a mighty sight along with the three glaciers Vestbreen, Midtbreen and Sydbreen. Happy outing!

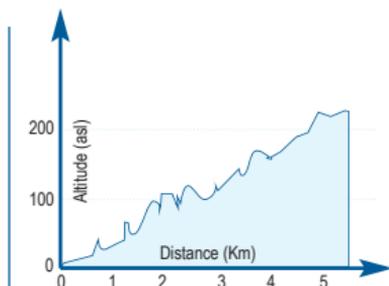


**P**

By Furustua, where there is also access to a WC.

**i**

The outing traverses easy hilly terrain and is suitable for most people.



Easy



Medium



Challenging

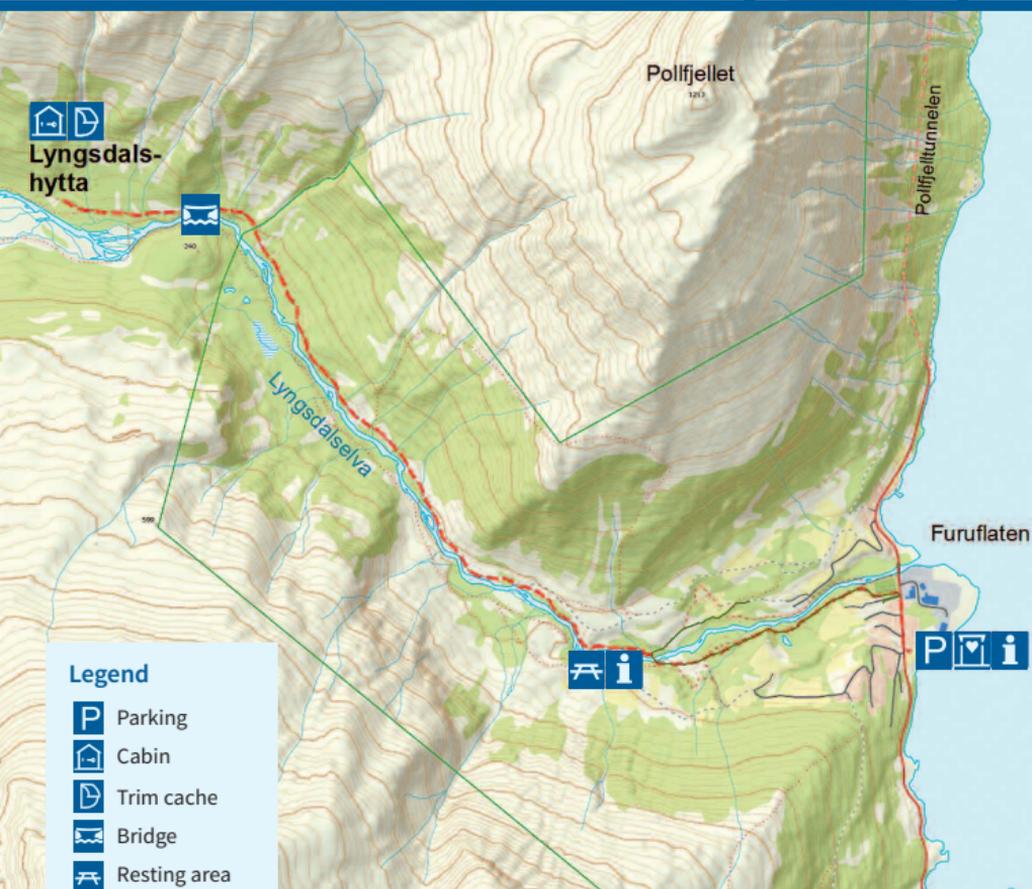


Expert



Trail grading colours show difficulty levels. Black icon on white background is ungraded.

# Lyngsdalen



## Trail description

From Furustua at Furufleten, pass the football field and follow the lit path. By the end of the lit path, you will find an information sign. After the bridge over the Lyngsdals river, take left and go up the valley to Lyngsdalshytta. There is a trim cache by the cabin, and it is possible to rent the cabin from the Furufleten community association. There are paths on both sides of the river (bridge over Váraš), so you can take a round-trip to Lyngsdalshytta. Be aware that the river can be difficult and even dangerous to cross. Further up the valley, there are paths leading to Dalbotn and the mountain massif with glaciers.

## Nearby Outings

	Sjollihytta 6 km R/T
	Storsokka 4 km R/T
	Steindalen glacier 12,4 km R/T

## Contact information

Lyngen Municipality  
Telephone: + 47 77 70 10 00  
Email: [post@lyngen.kommune.no](mailto:post@lyngen.kommune.no)  
Website: [www.lyngen.kommune.no](http://www.lyngen.kommune.no)