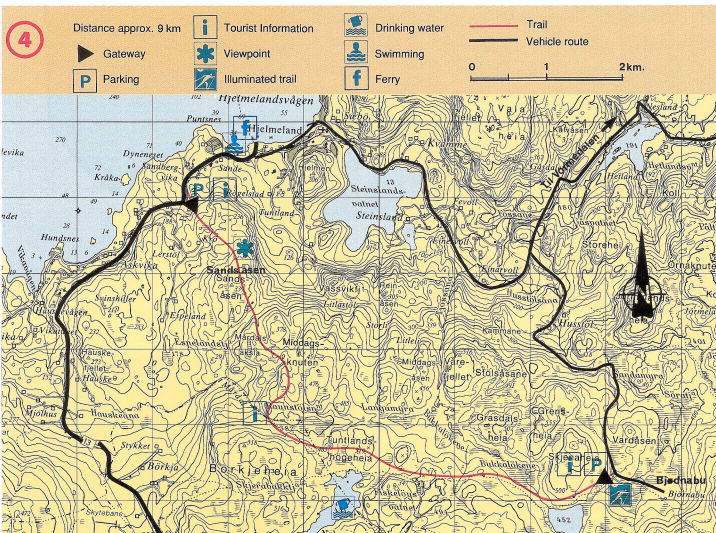


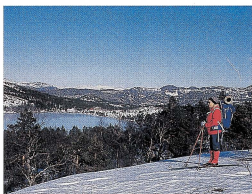
Pundsnes - Bjødnavu



◆ There is a popular hike to Sandåsen from Hjemland centre. The trail starts at the end of the industrial area at Pundsnes. The way to the start point for the walk leaves alongside the petrol station. For many years Hjemland fitness club has set up a tour post with a book to register walker's names.

◆ If you wish to take the longer hike along the old service track between Bjødnavu and Pundsnes over Sandåsen. It is perhaps easier to start from the other end i.e. at Bjødnavu. Here the farmers of the district have cultivated large areas in recent years. The district council in cooperation with the Hjem Sportsclub have set up illumination along the trail for winter use. The old district border between Årdal and Hjemland runs south of Forevatnet (452 on map). On the Årdal side lies Måmyra (Må marsh) which at one time was planned for conservation. However the marsh is now mainly cultivated land.

◆ The service track is still in use. Sheep are driven up here during early summer to graze on the high land and back home during autumn. Along the track there are several "side tracks" with unmarked paths off to Måmyra, Gjesfjell, Byrka and Tuntland. Remember to shut the gates wherever you chose to go.



On skis at Forevatnet, Bjødnavu. Photo: Torgils Øvrebø.



Mountain birch wood. Photo: Ove S. Førland.

◆ The water from Valevatnet is used in a combined water-works and power station through cooperation between Hjemland council and Lyse Kraft. The water here is used for two purposes, this has to be efficient use of resources !! The machinery stands in a building alongside the road at Hauske.

◆ The walk to Sandåsen and back takes 1-2 hours. The hike from Bjødnavu to Pundsnes takes 3-4 hours.