



# Walking trails in Hjelmeland

www.hjelmeland.kommune.no



Parking



Toilets



Cafeteria/Restaurant



View point



Information board

## Hjelmen

Hjelmen lies not far from the local vicarage, it is a miniature nature reserve close by the town centre. Turn off the main road “riksveg 13” in the roundabout at Sande. Drive towards the centre of Hjelmeland, marked “Sentrum”. Parking is available at the church.

Follow the way Prestegardsvegen past the prayer house and through the housing estate. The first information board is situated in the end of the Prestegardsvegen. From here there is an asphalt path up to the pasture areas.

The way to the top goes through pasture and juniper. A short excursion off to the east on the meadows alongside Steinslandsvatnet is worthwhile. Here you find “Trollskog” - a wood of large oaks and

rare lichens. Lichen is a kind of fungus which contains small green algae cells within it. Many types of lichen have disappeared in the area due to air contamination.

The lichens found mostly on the east and north sides of Hjelmen have brought recognition to the area. Here one finds many types of coastal lichens that cannot tolerate dry and cold winter conditions.

The highest point lies 206 meters above sea level. The view is best appreciated at the marked view point.

Hjelmen looks like a helmet from the seaward side - this has given the name to the district Hjelmeland (hjelmen = The helmet).

Round trip time approx. one hour.  
Altitude difference: approx. 150 m.



Birchwood on Hjelmen  
(Photo: Anne Kari Skogerbø)



View towards Pundsnes, Randøy and Ombo.  
(Photo: Anne Kari Skogerbø)