

10 LOCAL HIKING FAVOURITES



Ingeborgfossen

♥ Saltdal

Degree of Difficulty: Easy, distinct path.

Duration: 1 hour

Distance: 2 km

Highest point: 187 m.a.s.l.

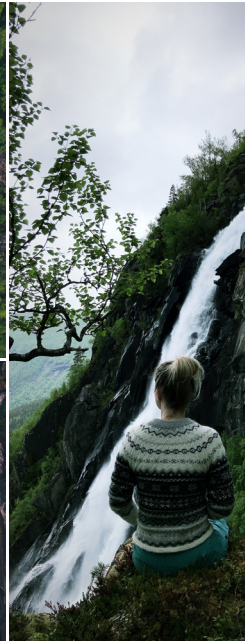
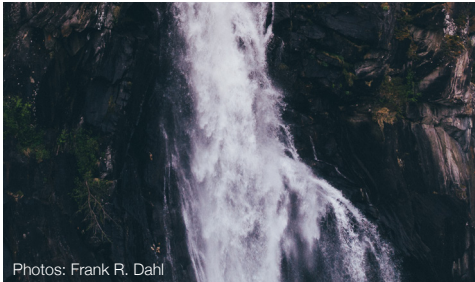
Ascent: 150 m

Terrain: Rolling countryside, quite steep.

Parking/start: Botnvatn Lake



Follow the E6 and turn off at the signpost leading to Botn War Cemetery. Drive on for about 3 km until the road stops. Parking is available at the head of Botnvatn Lake, near the suspension bridge. The path takes you over the suspension bridge and has waymarks indicating the direction of the waterfall. Turn off the forest trail about 100 m after the bridge. It's an easy walk from there across the marshes to the waterfall. Should you wish to continue to the viewpoint overlooking the waterfall, then bear in mind that it is a steep walk that will take about an hour extra. The easiest way to get to Botnvatn Lake is by car or bus. Bus no. 100 goes from Bodø and Fauske to the bus stop at Botn several times a day, and the trip takes about an hour. If you take the bus, the trip will be 6 km longer there and back, but you can count this part of the trip as warming up if you bring your bike along with you on the bus.



Photos: Frank R. Dahl