

# 10 LOCAL HIKING FAVOURITES



# Nedre Naver

♥ Meløy

**Degree of Difficulty:** Medium.

**Duration:** 4 hours

**Distance:** 10 km there and back

**Highest point:** 570 m.a.s.l.

**Ascent:** approx. 120 m

**Terrain:** Construction road and path through mountainous countryside

**Parking/start:** By Namnlausvatnet Lake



Turn off the Fv 17 Road at Fykanvatnet and drive up Fjellveien Road, along Fykanvatnet Lake, and through the two tunnels to the car park by Namnlausvatnet Lake. Bear in mind that the road surface in the tunnels may be rather uneven, but this should not be a problem if you adjust your speed accordingly. Follow the old construction road west to the western end of Namnlausvatnet Lake. From there you take the path with the red T-markings, proceeding westward towards lower Navervatnet Lake. At Nedre Naver you will find the Rallarbrakka cabin (where there may be a café on certain days during the summer) and the Fykantrappa Stair with its 1100 steps. We recommend taking the same route back, but be sure to have a good look at the Fykantrappa on the way. The view and the stair itself are very impressive. The easiest way to get to Glomfjord is by car, but the bus works, too. Bus no. 200 from Bodø/Ørnes goes to the Fykan tunnel several times a day. It's about a 4 km walk from the bus stop to the start of the path. You can bring your bike along on the bus, but the road is steep.



Photo: Heidi Merete Mikalsen



Photo: Marlene Blomstereng Karlsen



Photo: Marlene Blomstereng Karlsen