



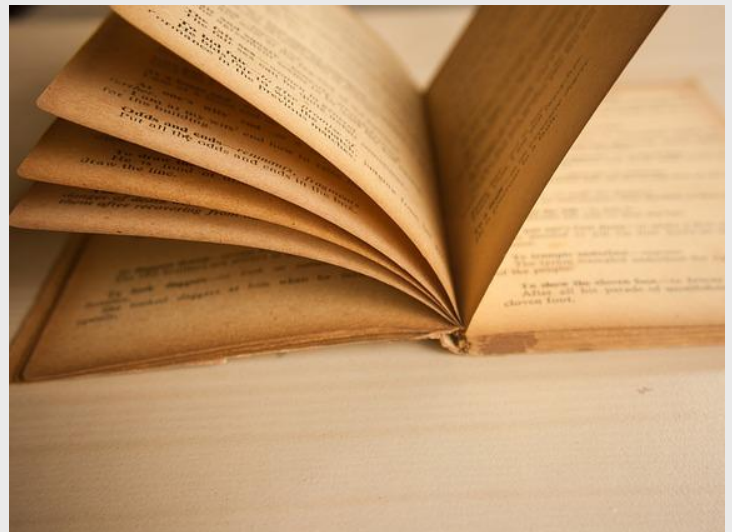
Trips in and from Ålesund in our Minibuses or Van's

**We are the locals,
and we know a lot about
our surroundings
Try us !**



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About Localtrips AS

Localtrips AS was established in 2017 by owner Trond Klokkersund.

We started with one minibus, and now, we have 4 minibuses.

Our main trip is our Trollstigen trip. We do also have trips to Norangsdalen, Ona lighthouse and Alnes Lighthouse.

We cooperate with other local bus and guide companies.

Together, we help each other to offer trips in and around Ålesund.

We are all locals and live in and around Ålesund.

Ona Lighthouse



Our rentals and group arrangements

If you are looking for a VAN or a minibus or a bus with driver, we may help you with that. Tell us where you want to go or what you want to see, and we will set up an offer for you and your group. You may include meals, tickets or hotels if you want. Groups from 4 to 18 guests.

The famous
Geiranger Troll



Our vehicles

We operate Minibuses and Van's



Trollstigen, The Land Of The Trolls

Start	Map	Description	Km	Time	Stop
09:00	1	Start from the Cruise Terminal in Ålesund WC		09:00	
09:00	5	Drive to Kokarsteinen	50	00:50	09:50
09:50	5	Stop at Kokarsteinen WC		00:10	10:00
10:00	10	Drive to Viewpoint by the sea close to Liabygda	23	00:25	10:25
10:25	10	Stop at Viewpoint by the sea		00:10	10:35
10:35	20	Drive to Gudbrandsjuvet	26	00:30	11:05
11:05	20	Stop at Gudbrandsjuvet for photos WC		00:20	11:25
11:25	25	Drive to The old stone bridge Øvstestølen	4	00:15	11:40
11:40	25	Stop at Øvstestølen, including a hike to the bridge WC		00:20	12:00
12:00	30	Drive to top of Trollstigen	16	00:15	12:15
12:15	30	Stop at Trollstigen, photos, restrooms, cafeteria WC		00:45	13:00
13:00	35	Drive down from Trollstigen	4	00:15	13:15
13:15	35	Stop for photos down from Trollstigen looking upwards		00:10	13:25
13:25	40	Drive to Trollstigen Gjestegård	5	00:10	13:35
13:35	40	Stop at Trollstigen Gjestegård, Trolls and softice WC		00:25	14:00
14:00	1	Drive back to the Cruise Terminal in Ålesund WC	116	01:40	15:40
Total kilometers and triptime			244		06:40

Welcome to our tour to Trollstigen today. A full day tour with 7 stops.

We sell sodas, water and Kvikk Lunch Chocolate on our buses. Self service.

Above, you see the schedule of the tour. All the yellow lines are the stops we have.

The blue numbers tells us how many minutes we stop, and the red numbers tells us when we have to be back in the bus again. You will also find a column with map numbers corresponding to the map on the back side of this schedule. The WC indicates where water closets or restrooms are available. It is a good idea to use a restroom just before we start the tour. Restrooms are located just down to the right on the cruise terminal. Remember to always use the seatbelt when seated in the bus. Thank you for going with Localtrips AS and welcome back anytime.

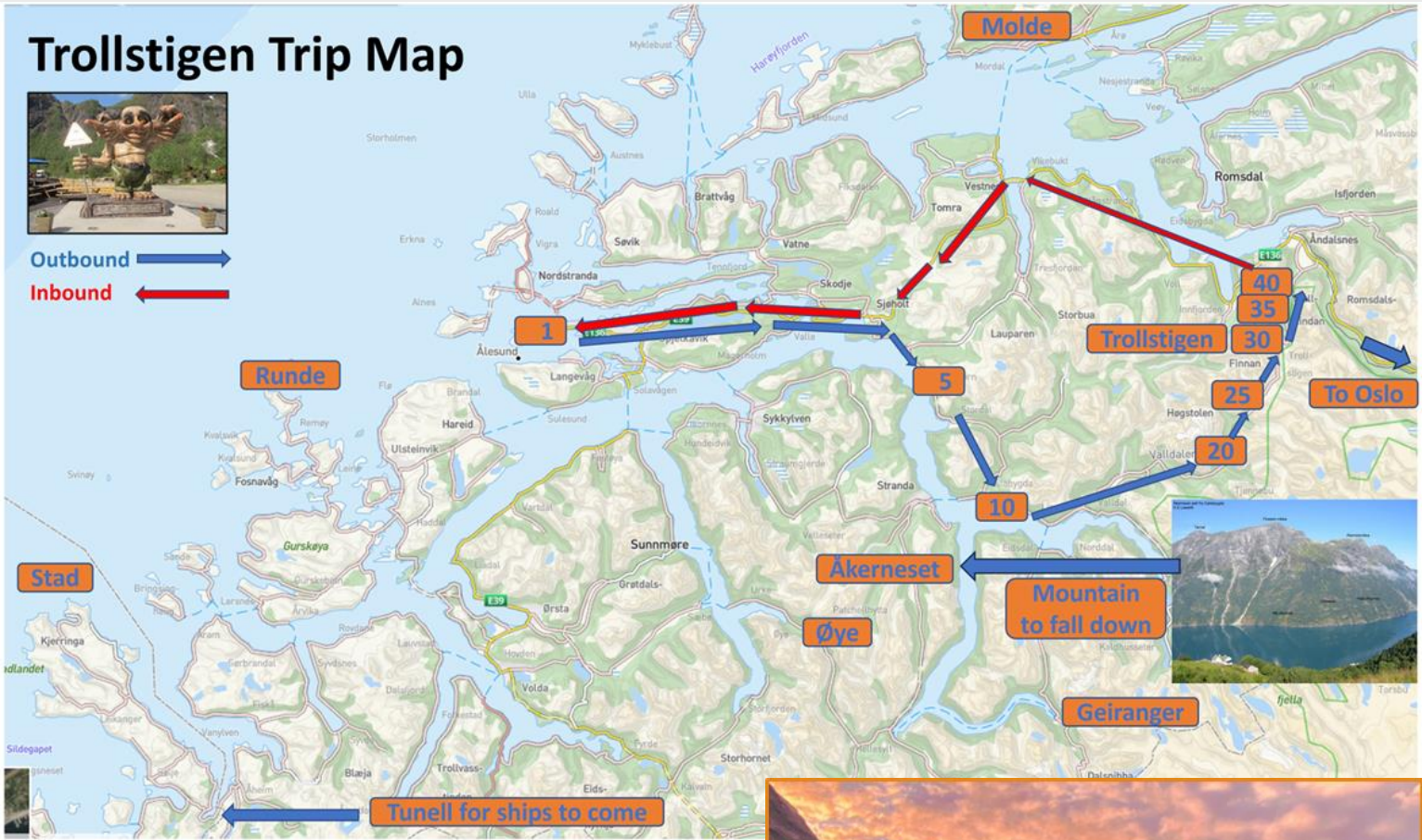
If you want to make a review of the tour we would love that very much.



Trollstigen Trip Map



Outbound →
Inbound ←



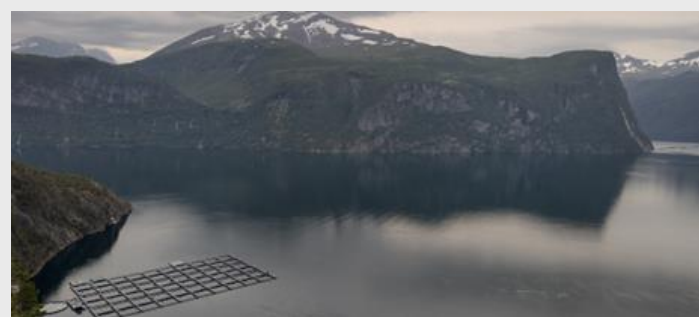
05. Kokarsteinen

Our first stop today will be at Kokarsteinen, a place for rest in the old days. Look for the stone construction on the side of the road. Here is also a kiosk selling coffee and softice cream. Restrooms are also available for a fee.



10. Viewpoint by the sea

On our way to viewpoint by the sea, we pass the old Rose Church in Stordal, built in the year 1789. There is another fantastic viewpoint close to Liabygda. Down to the left, you can see a salmon farm, and, to the right, we can see the town Stranda, where the Grandiosa pizza-factory is located. Stranda is also famous for one of the best ski resorts in Norway. Across the fjord, we can see the fjord leading to Geiranger and Hellesylt. Up on the mountain to the left, you can see the Skrednakken mountain farm. This is the farm our Norwegian Queen Sonja visited some years ago. Don't forget to take some nice photos!



20. Gudbrandsjuvet

is a river gorge along the Valldøla river. The river flows between gorges and cracks in the mountain, and meets at rather unexpected angles, before it flows under the bridge and plunges further down the valley. The gully is partly formed by several large potholes. This water feature is a tourist attraction, and platforms and bridges have been built using a mixture of glass and rust-corroded iron on both walls and floors. Here, there is a cafeteria and free toilets available. You must not forget to try their Salmon baguette, it's so good!



25. The old bridge by Krikebrua / waterfall

Mother Nature! I think this is one of the most fantastic stops on our trip. We stop at a small place with a free toilet and some benches for lunch. We walk together for about 3 to 4 minutes on the other side of the road. There we will see an old bridge (built in 1891) and a gorgeous waterfall and river above it. The bridge is only built using rocks, there is no concrete or steel inside the construction.



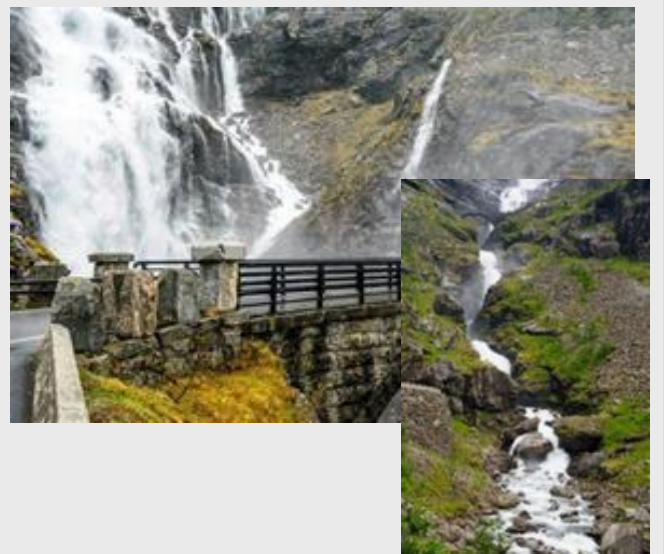
30. Trollstigen Viewpoints

are the main stops on our trip. There are 2 viewpoints available to visit, one is about a 5-minute walk, and the best one is about a 8 minute walk from the bus. The path to these viewpoints is concrete and has solid safety fences around it. A souvenir shop and free toilets are also available in Trollstigen. There is also a cafeteria selling sandwiches, coffee and softice-cream. Hot meals are also available here.



35. Down from Trollstigen

You will see 11 hairpin bends on our way down from Trollstigen. We will also cross Stigfoss bridge on our way. Each curve is named after a person who helped build the road. Trollstigen was opened for traffic in 1936. This is another one of the best stops, where we stop below the Trollstigen to look upwards at the mountains and waterfalls. Just stunning in my opinion! If you look upwards, you may also see the best viewpoint on the top hanging out from the mountain. Remember, this is the Land of the Trolls! Please, be back to the bus on time!



40. Trollstigen Gjestegård

Here you will see many famous Trolls. You can buy ice-cream or just use the free restrooms. Edmund Meyer (picture) is the owner of this wonderful place. How many trolls can you see here at Trollstigen Gjestegård? The boss of the Trolls is located on the other side of the road (on the top of the rock there). This is our last stop, before we return to Ålesund. Maybe it's a good idea to visit the restrooms here before we go back to Ålesund ? The drive back to Ålesund is 1 hour 40 Minutes.



Trollstigen, The Land Of The Trolls, via Valldal

Start	Map	Description	Km	Time	Stop
09:00	1	Start from the Cruise Terminal in Ålesund WC		09:00	
09:00	5	Drive to Kokarsteinen	50	00:50	09:50
09:50	5	Stop at Kokarsteinen WC		00:10	10:00
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11:25	25	Drive to The old stone bridge Øvstestølen	4	00:15	11:40
11:40	25	Stop at Øvstestølen, incl. a hike and a minilunch WC		00:35	12:15
12:15	30	Drive to top of Trollstigen	16	00:15	12:30
12:30	30	Stop at Trollstigen, for photos and restrooms WC		00:45	13:15
13:15	80	Drive to the Valldal centrum	35	00:45	14:00
14:00	80	Stop Valldal for restroom WC		00:15	14:15
14:15	1	Drive back to the Cruise Terminal in Ålesund WC	85	01:25	15:40
Total kilometers and triptime			239		06:40

Welcome to our tour to Trollstigen via Valldal today. A full day tour with 6 stops.

We sell sodas, water and Kvikk Lunch Chocolate on our buses. Self service. Above, you see the schedule of the tour. All the yellow lines are the stops we have. The blue numbers tells us how many minutes we stop, and the red numbers tells us when we have to be back in the bus again. You will also find a column with map numbers corresponding to the map on the next page. The WC indicates where water closets or restrooms are available. It is a good idea to use a restroom just before we start the tour. Restrooms are located just down to the right on the cruise terminal.

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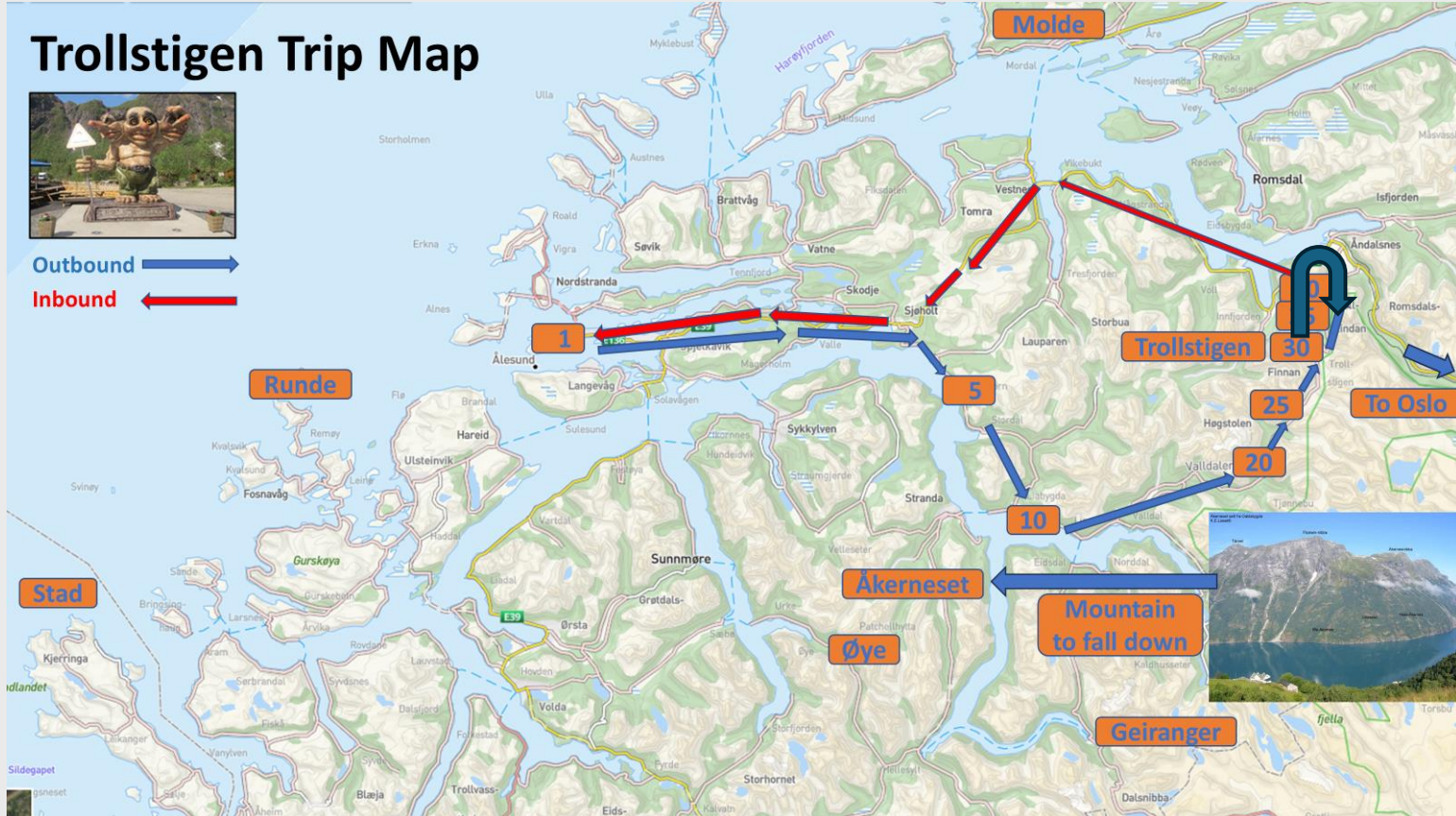
This is our trip when Trollstigen downwards is closed. We take our guests to the top of Trollstigen and returns via Valldal back to Ålesund.



Trollstigen Trip Map



Outbound →
Inbound ←



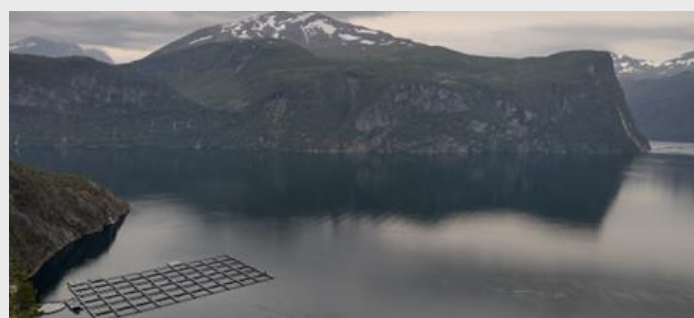
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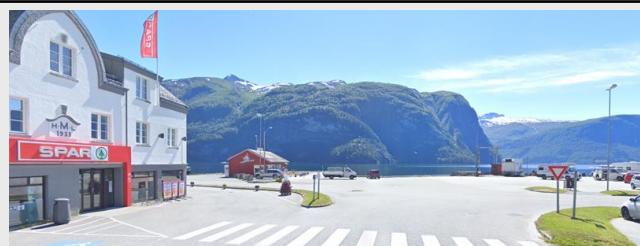
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35. Valldal Center

We stop in Valldal for restrooms and a walk before we drive back to Ålesund Cruise Terminal again. They might sell local strawberries in Valldal. Must try them. Soooo sweet. Restrooms are also available in Valldal



Soft Ice Cream,
Sausages and
soft drinks
available here

Restrooms
available
here

40. Ålesund Cruise Terminal

Finally, we are back in Ålesund Cruise Terminal again. There are some nice souvenir shops available only 2-3 minutes walk from the cruise Terminal. And they sell Trolls as well. Don't be late for your all on board (AOB) time for your ship.



Norangsdalen, Hellesylt, Øye and Sæbø

Start	Map	Description	Km	Time	Stop
08:50		Start from the Cruise Terminal in Ålesund WC		08:50	
08:50	1	Drive to Magerholm ferry port	30	00:40	09:30
09:30	1	Ferry ride Magerholm to Sykkylven WC		00:15	09:45
09:45	2	Drive to Strandafjellet Ski Resort	33	00:35	10:20
10:20	2	Photostop Strandafjellet Ski Resort WC		00:10	10:30
10:30	3	Drive to Ljøen ViewPoint	28	00:30	11:00
11:00	3	Photostop Ljøen ViewPoint WC		00:10	11:10
11:10	4	Drive to Hellesylt	6	00:10	11:20
11:20	4	Photostop at waterfall in Hellesylt WC		00:15	11:35
11:35	5	Drive to Øye harbour	25	00:40	12:15
12:15	5	Picnic at Øye harbour WC		00:30	12:45
12:45	5	Drive to Leknes ferry port	5	00:15	13:00
13:00	6	Ferry from Leknes to Sæbø WC		00:13	13:13
13:13	6	Stop at Sæbø hotell		00:17	13:30
13:30	7	Drive to Festøya ferry port along the fjord	53	01:10	14:40
14:40	8	Ferry to Solavågen WC		00:20	15:00
15:00	9	Drive back to Ålesund	20	00:30	15:30
Total kilometers and triptime HH:MM			200		06:40

Welcome to our tour to Norangsdalen today. A full day tour with 8 stops ++.

We sell sodas, water and Kvikk Lunch Chocolate on our buses. Self service.

Above, you see the schedule of the tour. All the yellow lines are the stops we have.

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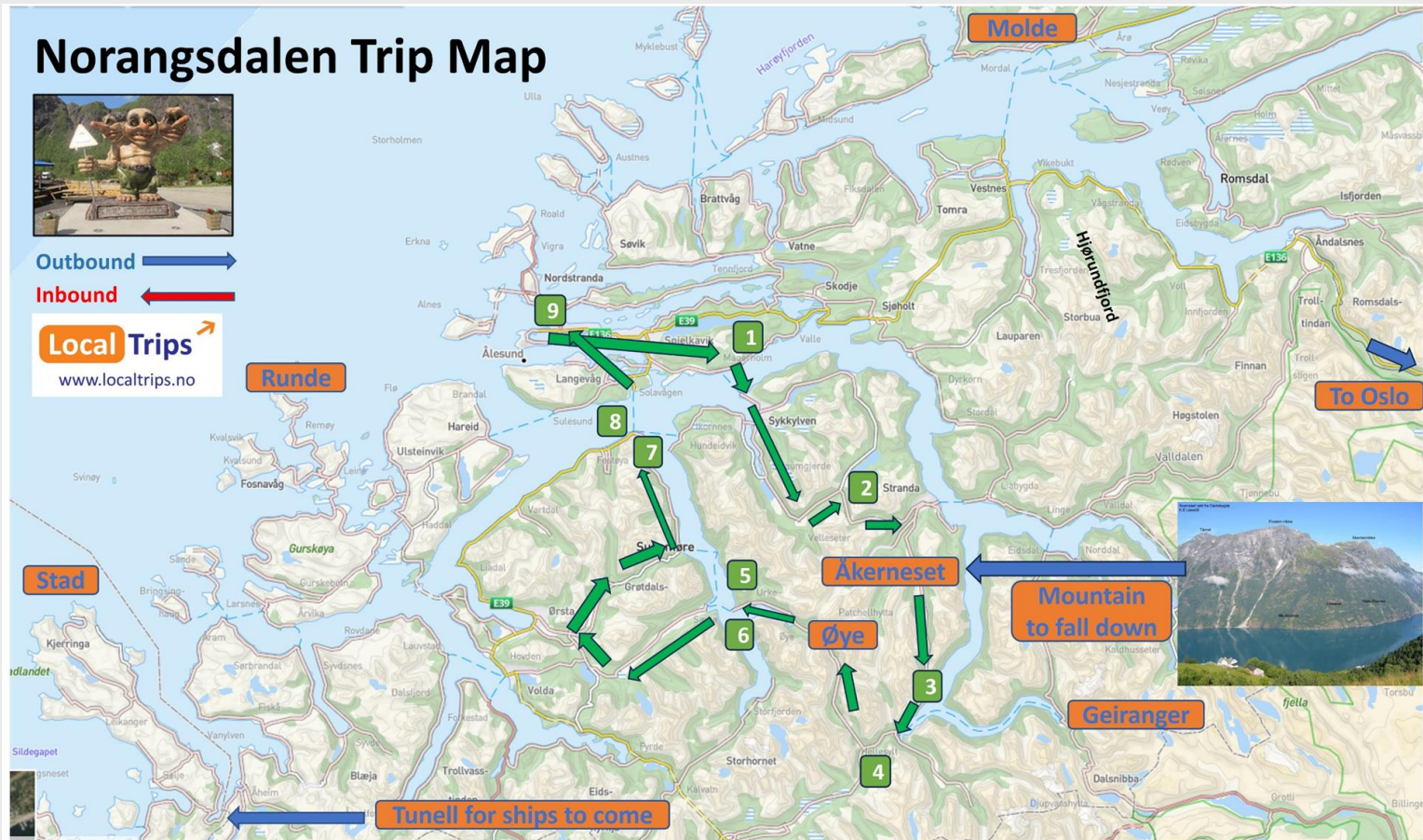
Norangsdalen Trip Map



Outbound →

Inbound ←

Local Trips
www.localtrips.no



Sagafjord Hotel Sæbø



01. Ferry ride from Magerholm to Sykkylven

On our way to the first of 3 ferries, we drive along the famous Borgundfjorden. In the winter season, they fish a lot of cod in this fjord. We will also see the local Porsche dealer. The ferry ride takes about 15 minutes. Most of the ferries in this crossing are electric. 40 % of all ferries in Norway are electric. You may buy coffee or tea or some snacks in the cafeteria on the ferry. Self-service and you must have a card for pay your buying's. The ferry has a lot of restrooms available also. You find them in the same area as the cafeteria. Be back in the bus before the ferry docks in Sykkylven.

Fjord1



EKORNES®

02. Stranda mountain Ski Resort

On our way to the ski resort, we drive through Sykkylven, one of the most important furniture production places in Norway. We will cross the fjord on a bridge and will see the famous EKORNES factory. EKORNES produce among other the famous STRESSLESS chair. Maybe one of them is in your living room back home ? Stranda Ski Resort is one of the best resorts in Norway. Lifts on both sides of the valley. The season starts in December and is finished in the end om May every year. You may see some snow here, and you may through snowballs, but not at the driver please

Restrooms available when cafeteria is open.



03. Ljøen ViewPoint

After the Ski Resort, we will drive down from the mountain against our next stop, Ljøen Viewpoint. We will drive in a valley against a very long and modern tunnel. When we are driving out of the tunnel, the landscape will be totally different than before the tunnel started. Like magic. We will stop alongside the road, and you will see the fjords from above. Straight forward, is the fjord to Geiranger. To the right is the fjord to Hellesylt. To the left, you will see the fjord against Ålesund. Here are also 2 restrooms available. To find them, walk to the left side under the bridge there. Mother Nature is fantastic or what ? There are some plans to build a hotel in this area. Unfortunately, Covid stopped the progress.



04. Waterfall Hellesylt

After a short drive, we will arrive at Hellesylt.

Hellesylt is also a big cruise port with many big cruise ships visiting in the summer season.

We will stop at the beautiful waterfall in Hellesylt.

I think this is the most beautiful waterfall in Norway.

Be careful, don't walk to closet, it may be slippery.

On the right side of the waterfall, you may see the old small building there. Amazing



05. Drive through Norangsdalen via Øye

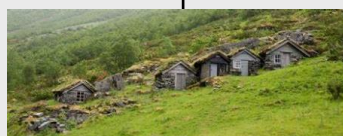
From Hellesylt, we drive against Lekneset ferry port through the famous and narrow Norangsdalen. A lot of high mountains on both sides of the road.

We take some stops for photos along the road :

Viewpoint above the water

And we will drive passing :

The drowned farm, The old bridge, Øie Grand hotel (with a ghost in the rooms), Urke, Lekneset Ferry port



06. Ferry ride from Lekneset to Sæbø

We will take a small ferry when crossing Hjørundfjord.

This is one of the best fjords in Norway.

If you are lucky, you might see a whale swimming in the fjord. Nice View from upper deck.

Be back in the bus before we dock in Sæbø.

Restrooms and a little cafeteria is available. Self-service.

The crossing is about 14-15 Minutes.

We make a stop at Sagafjord Hotel Sæbø after the ferry.



08. Ferry ride from Festøye to Solavågen

Electric ferries used on this crossing.

Restrooms and cafeteria available. Self-service

About 20 Minutes to cross the fjord to Solavågen.

Be back in the bus before we dock in Solavågen.



09. Cruise Terminal in Ålesund

Finally, we will be back in the cruise terminal in Ålesund again.

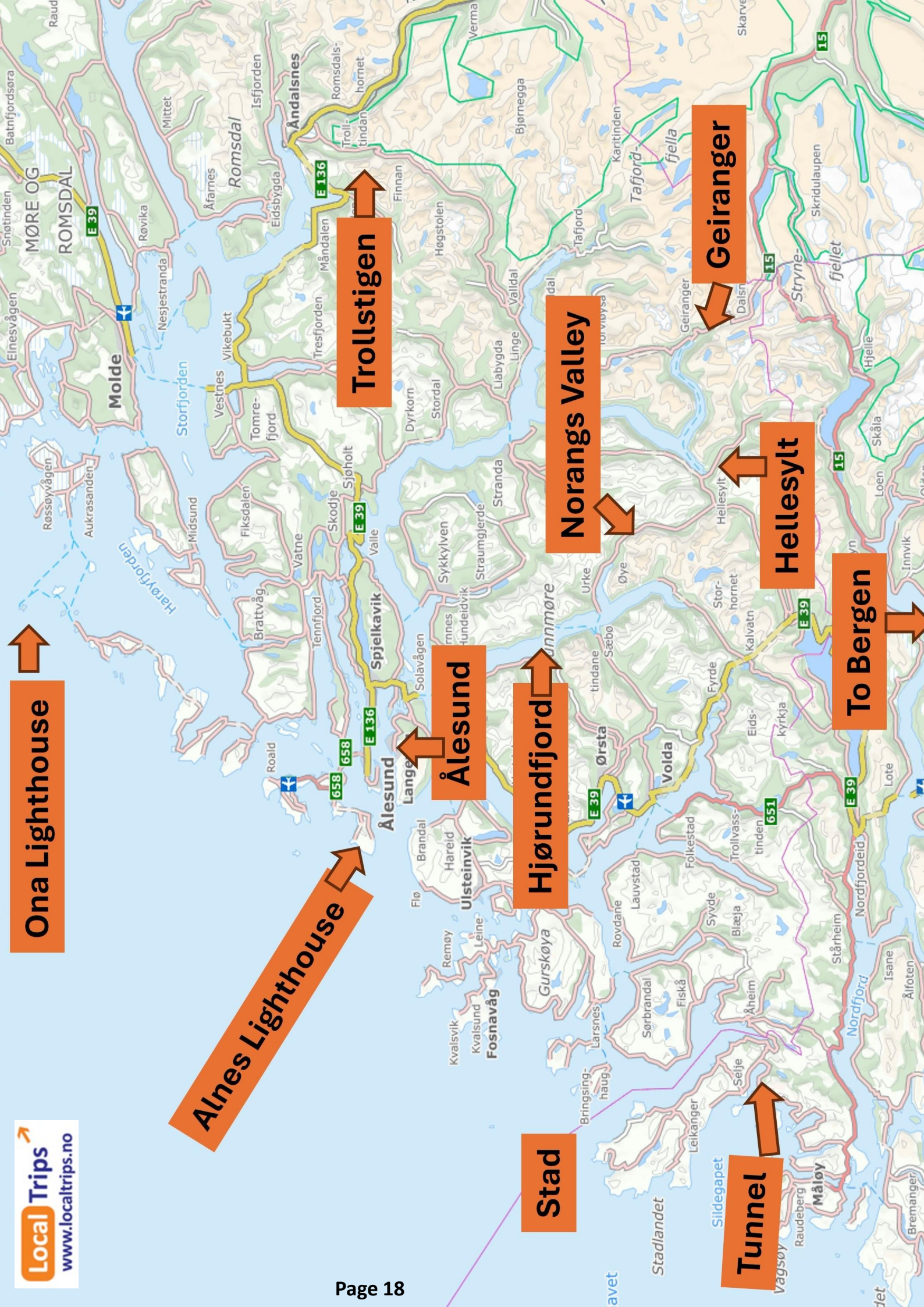
Hope you enjoyed the trip.

Don't forget your belongings in the bus.

Have a nice stay in Ålesund.

And welcome back to Localtrips AS.





Ona Lighthouse

Alnes Lighthouse

Trollstigen

Ålesund

Hjørundfjord

Norangs Valley

Geiranger

Hellesylt

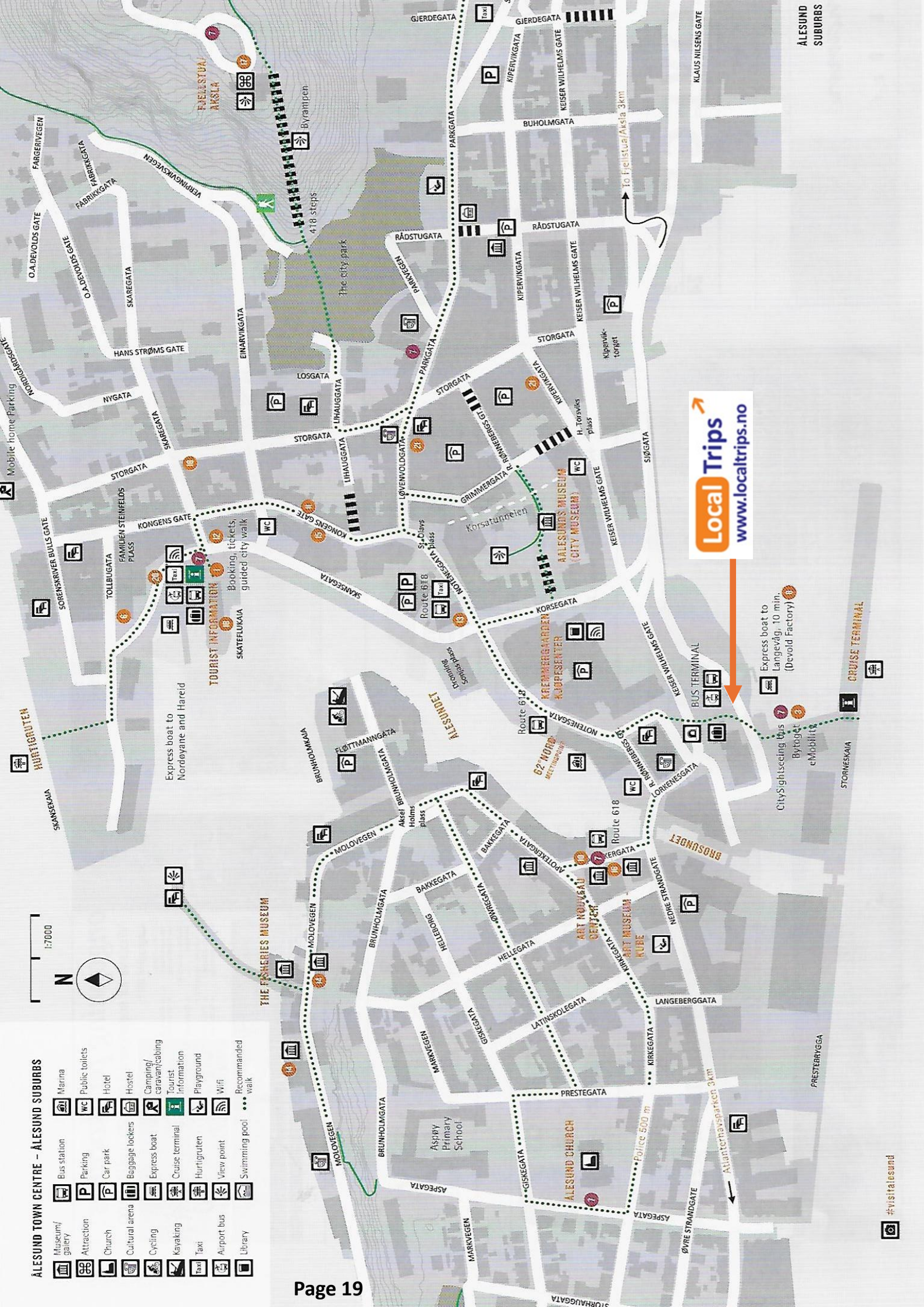
To Bergen

Tunnel

Stad

ÅLESUND TOWN CENTRE – ÅLESUND SUBURBS

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Local Trips
www.localtrips.no

Ona Lighthouse and Islands

Start	Map	Description	Km	Time	Stop
08:30	1	Start from the Cruise Terminal in Ålesund WC		08:30	
08:30	2	Drive to Finnøya ferryport via Brusdalsveien	101	01:50	10:20
10:20	2	Ferry from Finnøya to Ona via Sandøya WC		00:35	10:55
10:55	3	Walk to Lighthouse, Fishsoup in a cafeteria WC		01:05	12:00
12:00	4	Ferry from Ona to Finnøya via Sandøya WC		00:35	12:35
12:35	5	Drive from Finnøya via Brattvåg to Giske beach	102	01:50	14:25
14:25	5	Stop at Giske Beach		00:15	14:40
14:40	6	Drive to Ålesund city center via Giske Church	15	00:20	15:00
15:00	6	City Sightseeing in Ålesund		00:30	15:30
15:30	1	Stop at Cruise Terminal in Ålesund WC	21	00:00	15:30
Total kilometers and triptime HH:MM			239		07:00

Welcome to our tour to Ona Lighthouse and the Islands. A full day tour with 5 stops.

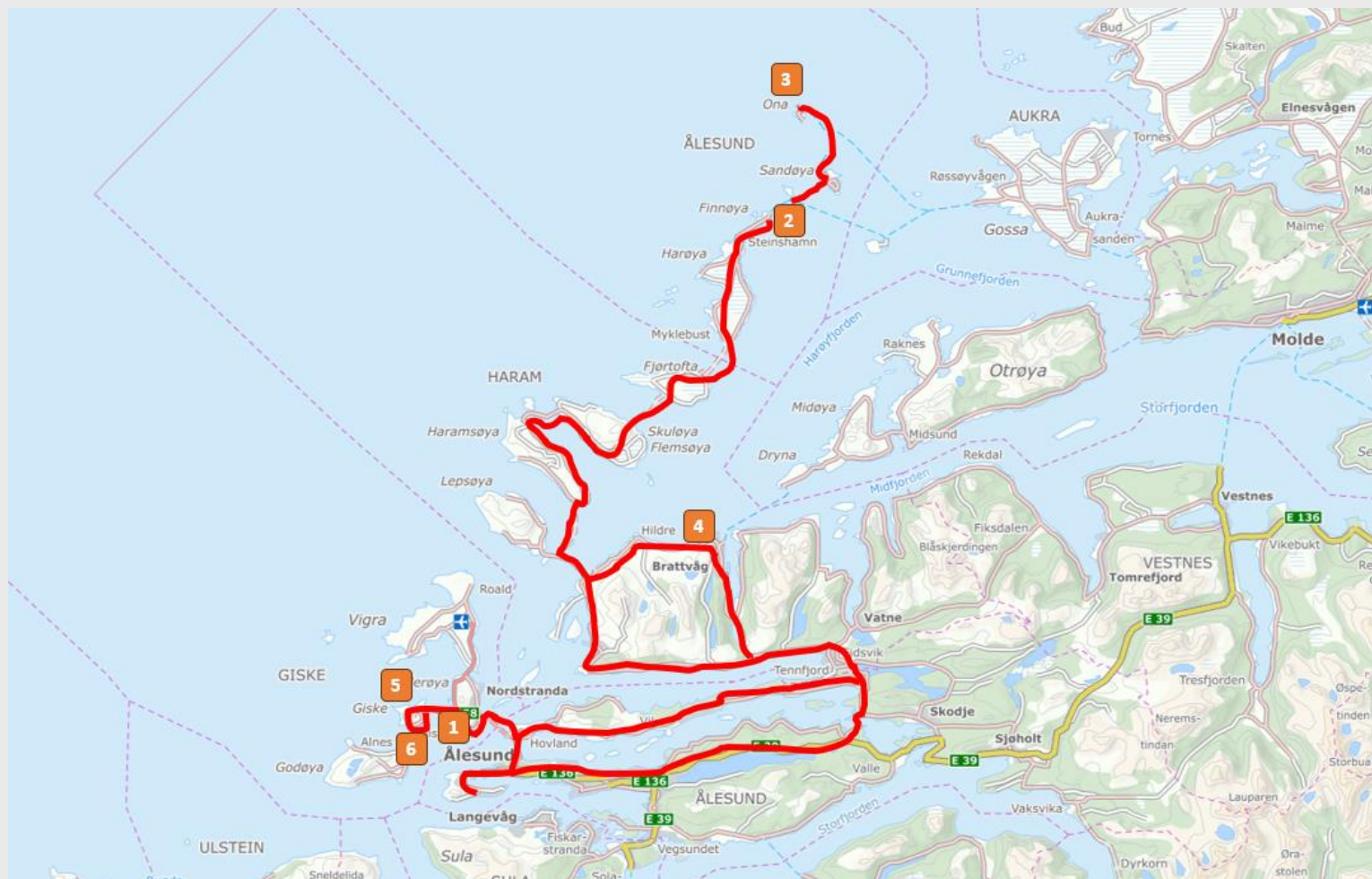
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If you want to write a review of the tour we would appreciate that very much.





01. Cruise port in Ålesund

Our trip starts from the cruise terminal in Ålesund. We go with one of our minibuses or our Mercedes Van. Depending on how many guests have been booking. We drive against the ferry port at Finnøya. That is a 100 km drive and we go on the main street out from Ålesund in the beginning. We will cross many bridges and also drive through many subsea tunnels on our way. Look at the beautiful landscape and see the small farms on the way to the ferry. The ferry departs at 10:20 AM so we have to be there on time. The ferry ride is 35 minutes and we stop at another stop on our way to Ona



02. Ferry from Finnøya to Ona via Sandøya

We leave our bus at the ferry port at Finnøya and walk into the ferry. The ferry departs at 10:20 AM on our trip. The ferry has a self service kiosk, pick your food and pay with your card. There is also restrooms available. Trip duration is 35 minutes.



03. Walk to the lighthouse on Ona

When we arrive at Ona, we have time to walk to the Ona Lighthouse and also to see the beautiful wooden buildings at the Island. There is a small restaurant where we will be served the local fishsoup with bread and water. Please come to the restaurant at 11:30 AM. Our ferry departs at 12:00 AM so we will walk together to the ferry. If we miss the ferry, we have to wait 3 hours and 30 minutes for the next ferry. Then we will be to late for the all on board time for your ship. So, be on time. We will check you all in to the ferry.



Whale Shark



Common Porpoise

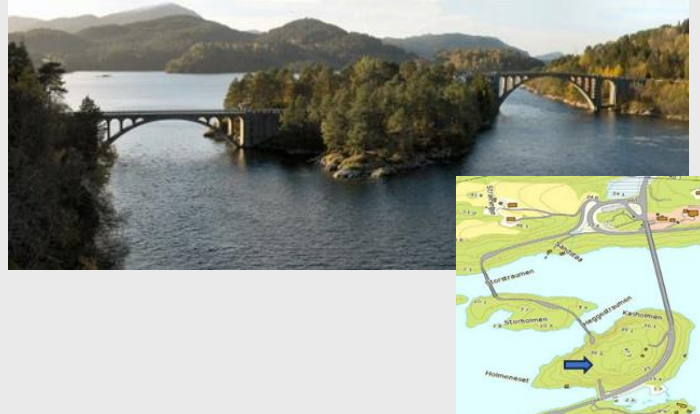
04. Ferry from Ona to Finnøya via Sandøya

We leave Ona Lighthouse at Ona ferry port to Finnøya and walk back to our bus again. The ferry departs from Ona at 12:00 AM sharp on our trip. Don't be late for the ferry.



05. Drive from Finnøya via Brattvåg to the old Skodje Bridges

We will drive to the Old Skodje Bridges now. This is 2 old bridges that were in use for only 20 years ago. You will see the new bridge also. There is also an tunnel in the end of the road. The first tunnel in this area. Handmade.



05. Drive to Giske Beach on the Viking Island

Feel the breeze and smell the smell of seaweed and kelp. Take a big breath of the fresh air by the sea. In the summer time, this is a popular beach for the locals. The building on the right side of the beach, is a music recording studio. The famous Norwegian band A-HA recorded their latest album in this studio some years ago.



06. Drive by Giske Church

Giske Church was built as a private chapel by one of the rich viking families on the island, Arnunge family for about 1.000 years ago. Built of imported marbels. It was later handed over to the Norwegian Protestant Church, and is still in use as a church. Seats 125 guests.



06. City Sightseeing in Ålesund

Finally, we take you to the most famous places in Ålesund in our minibus. You will see among others : Sunnmøre Museum, Jugendstyle Museum, Molja Lighthouse, The channel through Ålesund Ålesund Church and also the starting point and ending Point of the big fire we had in Ålesund in the year 1904.



**Black-
currant
syrup**



Island Hopping and citysightseeing

Start	Map	Description	Km	Time	Stop
09:00	1	Start from the Cruise Terminal or Tourist Inform. WC		09:00	
09:00	3	Drive to ViewPoint Ellingsøy via 1 subsea tunell	6	00:10	09:10
09:10	3	Stop at ViewPoint Ellingsøy		00:05	09:15
09:15	5	Drive Giske Beach via 1 subsea tunell	10	00:10	09:25
09:25	5	Stop at Giske beach		00:10	09:35
09:35	10	Drive to Giske Church	2	00:05	09:40
09:40	10	Stop at Giske Church		00:15	09:55
09:55	20	Drive to Alnes lighthouse via 1 subsea tunell	12	00:20	10:15
10:15	20	Stop at Alnes Lighthouse for cake and coffee / tea WC		01:00	11:15
11:15	30	Drive from Alnes back to Ålesund	25	00:25	11:40
11:40	80	Drive for short sightseeing in Ålesund	9	00:30	12:10
12:10	1	The trip stops at the cruiseterminal when finished WC	1	00:00	12:10
Total kilometers and triptime			65		03:10

Start	Map	Description	Km	Time	Stop
12:30	1	Start from the Cruise Terminal or Tourist Inform. WC		12:30	
12:30	3	Drive to ViewPoint Ellingsøy via 1 subsea tunell	6	00:10	12:40
12:40	3	Stop at ViewPoint Ellingsøy		00:05	12:45
12:45	5	Drive Giske Beach via 1 subsea tunell	10	00:10	12:55
12:55	5	Stop at Giske beach		00:10	13:05
13:05	10	Drive to Giske Church	2	00:05	13:10
13:10	10	Stop at Giske Church		00:15	13:25
13:25	20	Drive to Alnes lighthouse via 1 subsea tunell	12	00:20	13:45
13:45	20	Stop at Alnes Lighthouse for cake and coffee / tea WC		01:00	14:45
14:45	30	Drive from Alnes back to Ålesund	25	00:25	15:10
15:10	80	Drive for short sightseeing in Ålesund	9	00:30	15:40
15:40	1	The trip stops at the cruiseterminal when finished WC	1	00:00	15:40
Total kilometers and triptime			65		03:10

MAP Alnes and surrounding Islands



Welcome ! Then we start our half-day trip to Alnes Lighthouse on the Islands. We drive along the south side of Ålesund, the fjord on the right side is called Borgundfjord. Famous for fishing Cod in the winter time. Then we will turn to left and go through the first of three subsea tunnels on this trip, Ellingsøytunnelen. It is 144 meters deep (below the sea level) and 3.520 meters long. In the end The Ellingsøy Tunnel has a corkscrew spiral under the Hoffland island to span vertical height. Opened in 1987 by the Norwegian King Olav. If you want to fly from Ålesund, this is also the way to our airport Vigra located on the Island Vigra. Some funny tongues put in an extra a in the name and keep saying that we have only take offs and no landings at Vi(a)gra.

03. ViewPoint Ellingsøy

Just after the first tunnel, we turn left in the roundabout and stop for photos. Ålesund is located on the other side of the fjord, and we entered the tunnel on the other side of the mountain there. To the right you may see some other Islands, among them Godøy, the main stop on this trip. Also Giske and Valderøy is to be seen to the right. Watch out for killer whales ! Orcas



Then, we keep on to the next stop number 5. Giske Beach. We will now drive through subsea tunnel number 2, Valderøytunnel. This tunnel is 4.222 meters long, and 137 meters deep (below the sea level) and was also opened in 1987 by the Norwegian King Olav.

Giske had many vikings in the viking time among them Ragnvald Mørejarl and the family Arnunge from year 900 AC. Giske have many beautiful beaches, but unfortunately, the water temperature is very low. We will soon arrive at Giske Beach.

5. Giske Beach

Feel the breeze and smell the smell of seaweed and kelp. Take a big breath of the fresh air by the sea. In the summer time, this is a popular beach for the locals. the building on the right side of the beach, is a music recording studio.

The famous Norwegian band A-HA recorded their latest album in this studio some years ago.



Next, we will take you to Giske Church on the south side of the Island. On our way, we will see Godøy to the right with the lighthouse. We will also drive by Giske Amfi, an outdoor theatre where they have a summer viking performance every year.

10. Giske Church

Giske Church is a 12th-century marble [parish church](#) of the [Church of Norway](#). It is the main church for Giske. The [white marble](#) church was built in a [long church](#) design in the 12th century using plans drawn up by an unknown [architect](#). The church seats about 125 people. The church is open for guided tours during the summer season for a fee.



Now, we will drive through subsea tunnel number 3 on our trip, Godøy tunnel. This tunnel is 3.844 meters long, and 153 meters deep (below the sea level). After the tunnel we will drive by The studio of a famous local painter, Ørnulf Opdahl on the left side of the road facing the Valderhaugfjord. Ørnulf have some of his pictures exhibited at Alnes Lighthouse. We will also drive through a normal tunnel straight through the mountain to come to Alnes. The tunnel is 1.493 meters long and have only one lane with many meetingpoints in the tunnel. This tunnel was opened in December 2006.

20. Alnes Lighthouse

Alnes lighthouse was built in 1876 and is still in operation with a few modifications. There is a cafeteria and restrooms available here. Cake and coffee / tea will be served. Check out the art exhibitions and models of marine projects inside the cafeteria. Marvelous views from the top of the lighthouse. Entrance to the tower is not included in the trip though. Buy entrance ticket in the cafeteria.



From Godøy and Alnes lighthouse, we will drive directly back to Ålesund city. We put up some music for you to relax and enjoy the ride, and also a break from the guide. In Ålesund, we will take you on a citysightseeing around in Ålesund City Center and surroundings. We will pass by among others, the canal through Ålesund, Molja Lighthouse, Museums and also Ålesund Church before we return to the starting point again. We will also drive by Sunnmøre Outdoor Museum. A half day trip goes very fast ?



The Norwegian Trolls



History Of The Trolls

Far to the North, where the winter storms from the Arctic Ocean lash the unsheltered coasts, lies a long and narrow country. In our time the country is covered with snow and ice only during the winter, but long, long ago a heavy, thousand year old glacier towered over the country. As the climate slowly changed and the glacier receded northwards, people who lived south of the glacier followed it. They took the country for their own and called it Norway. The people were called Norwegians. They saw that the country was very beautiful and thought that they were the first inhabitants, but it was not long before they discovered that the country was already occupied by a lot of strange creatures who lived in the most peculiar places. In the mountains, of which there were many, lived the trolls. The chief of them all was Dovregubben. Some of the trolls were extremely large, while others could be really small, and they were all very old. They were only to be seen at night, or at dusk, because such creatures of course did not tolerate the light of day. If they did not get into the mountains before the sun shone, they cracked or turned to stone. The trolls were like people, but had only four fingers on each hand and four toes on each foot.

Otherwise they all had long noses (troll wives often used their nose to stir the cooking pot when they made soup or porridge), they were shaggy and rough-haired, and every one of them had a tail which resembled a cow's rump.

Even though they were frightening, they were often good-natured and gullible, and sometimes smart farm boys could fool them. Among their many supernatural abilities was that they could re-shape themselves. Sometimes the troll girls became unbelievably beautiful young women. They were called wood nymphs, and they lured many a hunter and unsuspecting farmer's son with them into the mountains. Therefore it was better to try and see them from behind, because they could not hide the cow's rump.

Sometimes, too, the trolls spellbound and took beautiful alpine farm girls and dairymaids into the mountains, and not many of them got out again.

The troll children, of course, got up to the most unbelievable tricks, and the troll husbands could get extremely angry. It was therefore best to keep in with the trolls and the subterranean people. One tried to avoid irritating them, because they could wreak revenge by bringing disease and death to the livestock. On the other hand, if one had a good relationship with them, the livestock could yield much milk and get fat and sleek. That was why a well-filled bowl of porridge was put into the barn for them every Christmas Eve, and the porridge was always eaten up. Then, as now, some people say they can glimpse the trolls when walking in the forest and fields, so it is prudent to be extra careful when one walks in nature, especially when it starts to get dark.

You never know what is out there or what you may meet. Remember that the trolls can see you !

Aurora / Northern Lights



Trolls Mythology

A troll is a supernatural creature that is mentioned in several sagas, fairytales, and legends in Norwegian culture. While they are often depicted as being large, monster-like creatures, they can also appear as humans with special abilities or small, dwarf-like creatures. Common to all is that they are anti-social, night-time creatures often living in secluded areas such as the deep forest or up in the mountains.

Trolls are mentioned throughout writings central to Norse mythology. Here they are said to dwell in isolated mountains, rocks, and caves. They can sometimes live together in family-like groups but are rarely described as being friendly or helpful toward humans.

Later, after the Christianization of Norway, trolls were more associated with, ghosts/spirits, human-like demons, and witchery. Anyone accused of having contact with trolls could be punished. During the witch hunts of the late middle ages, many were trialed and executed for practicing witchcraft (trolldom).

During the 17th century, the trolls were gradually being rendered less harmful and dangerous. Often being depicted as stupid spectacular fantasy figures, often portrayed as multi-headed beings. While these trolls were still frightening to small children in fairytales, for most Norwegians they became almost romanticized figures which gave rise to the tourist symbol it is today.

Most Famous Trolls

As mentioned, trolls can come in different shapes and sizes. However, we can separate between 2 main types, forest trolls, and mountain trolls. These are very wide categories that contain a wide range of subcategories with different looks and traits.

Some of them have made their way into fairytales and legends that are told to this day. Dovregubben, Dovregubben is a character from Henrik Ibsen's Peer Gynt from 1867, a dramatic poem inspired by Norwegian folk poetry. In the poem, he is said to be a powerful troll king who rules over his subordinates within his hall (Dovregubbens hall) deep inside the Rondane mountain range.

In the poem, Dovregubben represents the narrow-minded and self-righteous, which can be interpreted as a satirical symbol of both the closed-off and self-asserted Norwegian. The Trolls In The Fairy Tales Of Askeladden

The main character and hero of many traditional Norwegian fairy tales is Espen Askeladden (known as Ashlad). He is the typical underdog who starts out being regarded as an incapable underachiever but eventually proves himself by overcoming some prodigious deed, succeeding where all others have failed.

In several tales about Ashlad he encounters a vicious and dangerous troll that he has to overcome. One of them is the forest troll. According to the tale, Ashlad challenges the troll to an eating competition during which he urges the troll into opening his own stomach with a knife in order to eat more. Being rather stupid, the troll did so and promptly died, after which Ashlad took all of his gold and silver. Huldra

Huldra is a supernatural female being who can be considered a troll. She is mentioned in several legends throughout the country, most of which are from the forests of southeast Norway. She is described as a human-like beautiful maiden with long golden hair, but unlike humans she has a long tail, resembling that of a cow. She is said to appear in the mountains or in the forest, often to men which she seduces with her beauty and voice never to be seen again.

Nøkken (Neck)

Nøkken is a personification of the dangers of water. He is a vicious and scary, man-like troll that resides in rivers, lakes, and ponds. Here he seeks to lure people into the water to drown them. Because of this, it is said that when nøkken howls, it is a warning that a human is about to drown. Nøkken is especially dangerous after sundown. However, if you are able to identify him you can protect yourself by calling him out by his name, after which he loses all his seductive powers.

Final Words

With such a long and rich history tied to the region, there's no wonder why trolls remain such an important figure in Norwegian culture to this day. This has in turn helped trolls become well-known outside Scandinavia as well. From Harry Potter to The Lord of the Rings and Frozen. The trolls made their way into popular culture and English vocabulary.





The famous Troll in Geiranger



Some local Trolls in Ålesund



The big fire in Ålesund back in the night to February 23, 1904



THIS WAS THE CITY FIRE

In 15 hours, 850 houses burned down in Ålesund and 10,000 people were left homeless. Here are more facts about the fire. The fire started in Aalesund Preserving Co.'s factory, which was located where Nedre Strandgate 39 is located today. The factory was mainly engaged in the production of canned fish food and was owned by a limited company in which P. Th. Sandborg, P. Juls. Sandvig, Johannes Aarflot and Mrs. Hanna Olsen were shareholders. All the account books were saved and the factory was running with a solid profit before the fire.

TIME

At some point from late evening on Friday 22 January 1904 and at a quarter past two on the night of Saturday 23 February, a fire started to break out in the premises of Aalesund Preserving Co. At a quarter past two an alarm was sounded and firemen was moved out from the fire station at Lihaugen (approximately where Rica Parken Hotel is located today). When the fire brigade arrived at Nedre Strandgate, Aalesund Preserving Co. was on fire and the neighboring building to the east was also ablaze. A house fire was about to become a city fire. The fire quickly spread eastwards and continued throughout the night and well into Saturday before it died down at 5:00 PM.

THE FIRE STOPPED

The fire subsided at four or five o'clock on Saturday, and had lasted for over 15 hours. The last house that burned down stood where Borgundvegen 37 stands today, and the fire stopped west of the park area that is today called Brusdalshagen.

STORM

In the night blew a southwesterly storm with a hurricane in the gust and there were rain showers. An ideal weather for rapid fire spread in a wooden town, and a maximum unfavorable weather for firefighting. In his fire report, the city engineer at the time, Johannes Solem, characterized the weather as follows: "The storm raged with such intensity that one could hardly stand on the field, and the showers caught fire and rushed into the city with a violent force." On Saturday, the wind slowed down somewhat and became more westerly and northwesterly.

EXTENT

About 850 houses had burned down. About 230 houses remained within the city limits. These were mainly located on the outskirts of the city and many of them were small. Of the public buildings, only Aspøy school, the hospital and the burial chapel behind the mountain remained. West of Aspøy school, all the houses remained, as did the buildings at Hauane and at Moloveien. In the northern part of the city stood the customs warehouse and the other buildings at Skansekaia, the sea warehouses in Verpingsvika with the exception of the warehouse of H.W. Friis, and in addition, six buildings at the top of Einarvika also avoided the flames. The houses on Buholmen and east of Repslagergata were also salvaged. The same was true of Rønnebergbua in Korsen and the barn at Grimmerhaugen. In addition, the so-called Waldehuset in Grensegata also survived the fire, and that with the resident Anders Nord inside. With the Bible in his hand, he put his trust in Our Lord, and was saved, while all the furniture that was carried to safety in the city park burned up.

DEAD AND WOUNDED

One person lost his life in the fire. In carpenter Hansen's house at Lihaugen, a 76-year-old widow, Ane Heen, ironically lived as the nearest neighbor to the fire station. She was seen just before the house burned, as she was in the process of salvaging objects. People had shouted at her that she had to get away, but no one made sure that happened. After the fire, bone remains were found outside her house, and since she was the only missing person, it was believed that she had been surprised by the fire and had not managed to get away in time. There were not many other injured people, and those who were had minor burns, abrasions and various wear and tear injuries as a result of the night's escape with a heavy load.

THE HOUSELESS

Just over 10,000 people lived in the fire area, and most of these lost their homes and most of what they owned in the fire. One has to go to the scorching of Finnmark and North Troms at the end of the war to find a similar number of people in acute need in this country. On the night of the fire, the town's population began to move inwards. The nearest houses in Volsdalen and Nørve were soon filled to the last place. There are reports of residential houses where 150 people stayed overnight, most probably had to stand. Those who did not get a place had to go further inland to Borgund. Some made it by boat to the nearest islands. Within a few days, the 10,000 households had been received by the surrounding community. Almost everyone in the fire-ravaged town had come from the surrounding country, from the villages in Sunnmøre, in Romsdal and in Nordfjord, and now they were travelling back to where they had come from. The families stepped in, and women and children in particular were granted temporary residence, while the able-bodied men returned to the ruins in Ålesund to see if there was anything to do. In some cases, teachers from the Ålesund schools travelled out to rural schools that had received many extra pupils to alleviate the acute shortage of teachers. It was the town of the people of Sunnmøre that had been reduced to ashes and it was the people of Sunnmøre who first and foremost opened their homes to the homeless.

REBUILDING

The town first came into operation as a barracks town, but the actual reconstruction began in the autumn of 1904 and by 1907 most of the burnt-out town had been rebuilt. At the time, it was Europe's most modern city.

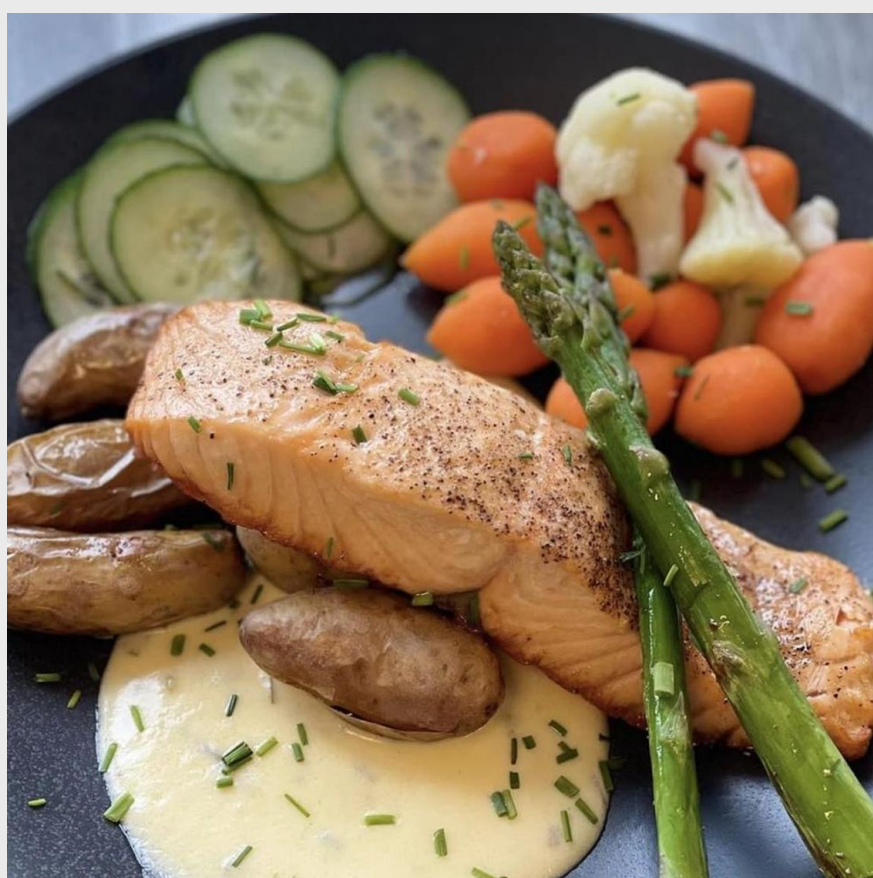
Keiser Wilhelm from Germany, helped Ålesund to rebuild the town. He had been in this area with his yacht with friends and family for years and knew many people in Ålesund. Architects from Germany helped us also. That's why we have this Jugend style and Art Nouveau style in Ålesund. The biggest street in Ålesund was named after him : Keiser Wilhelm Street Thank you Keiser Wilhelm and Germany.



Norwegian Salmon and whales



Norwegian Salmon
The best in the world ?



Orca / Killer Whale



Common Minke Whale



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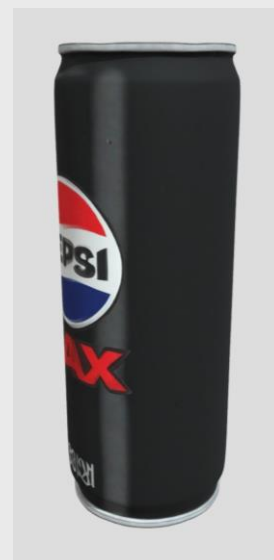
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Water
without
gas and
sodas





Our beautiful town Ålesund