

Lustrafjorden Inn

The **wildest**,
most **beautiful** and
toughest experience in Luster this summer!

Lustrafjorden Inn

Mountain trail challenge

Half-marathon 22km

Ultra50 55km

Ultra100 104km

Welcome to Luster and Lustrafjorden Inn.

This race manual contains important information that all participants must familiarize themselves with before they start.

This race manual is 'continuously' updated, so check the manual at the latest the day before the race.

Updates:

240624: Gpx files and updated maplinks
chip-timing for hm, added transport times
250424: p3 corrected dist. Ultra100 at 104km

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Main Sponsors



Collaboration partners:



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Luster and Lustrafjorden

Luster is a municipality in Vestland county and is situated where Europe's longest fjord, the Sognefjorden, meets the three national parks Jostedalbreen, Breheimen and Jotunheimen. Luster municipality is one of the largest municipalities in southern Norway, 2700 km².

The Lustrafjorden is a 40km long fjord arm deep in the Sognefjorden in one of the most beautiful fjord areas in Norway.

For an overview of experiences, attractions, activities, accommodation and places to eat, click on the map [Fjordmap](#)

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"Lustrafjorden Inn" is a mountain/terrain race that follows the Lustrafjorden via the terrain. It is the 3rd year this race has been organized.

There are several distances to choose from for the best possible participation according to ability. The longest distance with a starting point at the very end of the Lustrafjorden at Kaupanger is approximately 104 km, with approx. 6,000 meters above sea level and four large mountain areas to be crossed.

Inward into the fjord, you can see beautiful viewpoints such as Store Haugmelen, Molden, Børesteinen and Fjøsnanosi. On the path you also pass by the rural pearls of Solvorn, Luster and Skjolden.

Definitely one of Norway's most beautiful but also toughest races!

The initiator of Lustrafjorden inn is Magne Kvalsøren. Together with his wife Ann Kristin Sperle, they have founded a non-profit organization "Luster Challenge", which is off. organizer for Lustrafjorden Inn. Luster Challenge operates according to the not-for-profit principle.

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How to get to Luster:

Car: Plan your road trip here <https://reiseplanlegger.naf.no/>

Bus: The express buses have several daily departures both from Oslo, Bergen and Trondheim. The hub is Sogndal. Check bus routes here: <https://entur.no/>

Plane: Widerøe has several daily departures to Sogndal Airport, <https://www.wideroe.no/destinasjoner/sogndal> , There is an airport bus between the shuttle station in Sogndal and the airport, and the trip takes about 20 minutes.

Distances:

Distances	km	Start	Start kl.	Finish	Strava	Garmin Connect	GPX fil
Halfmaraton	22km	Solvorn kai	10:01	Gaupne	Kart*	Link	Link
Ultra50	55 km	Kaupanger, Turrlijerdet	06:00	Gaupne	Kart*	Link	Link
Ultra100	104 km	Kaupanger, Turrlijerdet	Kl. 21 28/6 + Kl. 00:01 29/6	Skjolden	Kart*	Link	Link

- Strava map is a filtered version + shows incorrect km and hm. Use Garmin or gpx file for best accuracy.

Registration, entry and prices:

<https://racetracker.no/events/2024/lustrafjorden-inn/>

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Classes:

- With timing.
- Without timing.

Conditions for registration, participation:

- When registering, participants must accept the conditions for participation that follow from the organizer's website and other conditions that have been communicated through the marketing of the competition.
- Participants disclaim any responsibility towards the organizer and any third parties who participate in the registration for and execution of the competition that may arise in connection with registration and participation in the competition.
- Participant confirms that he/she is suitable for participation in the competition.
- The participant accepts that he/she cannot claim a refund of the registration fee or other fees paid, and that the participant's information is stored electronically for use in connection with the running of the competition.
- The organizer has liability insurance, this does not cover participants, it is recommended to have your own accident insurance (e.g. travel insurance)
- Participants grant the race organization the right to use film and photos taken during the race free of charge in marketing, press releases, on the internet, on TV, etc.
- If the race has to be canceled before the day of the race, the organizer can keep 50% of the registration fee to cover expenses.

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Conditions before, during and after the race, safety and conduct:

- Everyone participated at their own risk and responsibility. It is natural to help others!
- Participants must familiarize themselves with all written information provided by the organizer and follow instructions given by the organizer.
- If another participant comes in an emergency situation, you are obliged to help to the best of your ability.
- In an emergency call 113 first of all! Recommend everyone to download the 113 app. Report to contact person Ann Kristin Sperle tel. 99 39 38 73 (enter it as a contact on tel.)
- Basically, we cannot pick people up or give a ride, but report the status anyway.
- Participants MUST call/text regardless of status if one ends the tour: Ann Kristin Sperle tel. 99 39 38 73 (enter it as a contact on tel.)
- If races are interrupted, the tracking device must be delivered to the nearest checkpoint or finish line. If not delivered, the organizer can charge the participant for the costs of a new tracking unit.
- Litter is taken to each checkpoint/finish, there is zero tolerance for littering and it can lead to disqualification.
- Where the track runs along a road, traffic rules must be followed.
- Animals, walkers or other third parties must be taken into account. Take a detour instead to scare animals and people.
- All gates must be closed. Breach of this will result in disqualification.
- Start number must be visible on the body at any time during the race.
- If the participants experience thick fog or storm, groups must be formed so that no one has to navigate alone. Show respect for the weather and the weather forecast.
- All participants must have a mobile phone on during the entire race, so that the organizer can contact participants. Ex. for course changes in case of storms.

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- Parts of the course may be shortened or rescheduled in case of bad weather or bad conditions (e.g. a lot of snow, mud). This will be informed by e-mail / homepage in the days before, in the race brief before the start or via SMS during the race.

Secretary - Start number - tracker distribution—

Start number and tracker distribution will take place at each start area 30-10min. before the start.

5 min. before the start there will be a short race briefing, where all participants should be ready at the start line. There will also be a secretariat at the Pyramiden Shopping Center in Gaupne Friday afternoon. Here they can pick up their start number, information, easy serving and a good running chat.

Important contacts:

Fire: 110

Police: 112

Ambulance: 113

Doctor on duty, Luster 116 117

Race director: Ann Kristin Sperle 99 39 38 73 epost: anki@jostedal.no

Magne Kvalsøren 412 97 643 epost: magne@kvalsoren.no

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Trail marking, Navigation:

The route will be marked for the half marathon where there is no other marking or signposting.

There is no marking for ultra50 and ultra100. All participants must have a navigation device with them. (e.g. GPS, mobile phone, watch) GPX files will be posted on the website no later than a week before the race.

The participants in the Ultra100 and Ultra50 will be given tracking devices for safety reasons. In the half marathon, there will be chip timing with intermediate time stations.

Food stations / Support / baggage

The race/challenge is based on the principle of self-support, i.e. that participants themselves must bring everything they may need in terms of food, drink and equipment.

The organizer also offers food stations with a food/drink service in Solvorn, Gaupne and Luster.

In warm weather, separate drinking stations will be deployed along the trail.

There are grocery stores in Gaupne at food station, open until 8pm, Luster at food station open until 6pm and Skjolden, open until 6pm.

It is permitted to receive support/food outside food stations.

Each participant will receive transport of extra luggage, a finish bag which is available at the finish line. A "drop bag" for Ultra100 will also be available at the food station in Gaupne.

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Transport

Participants will be offered transport to the start in Kaupanger and Solvorn.

It is recommend that everyone who comes by car park where they finish, then we offer transport to the start. (transport NOK 100 per piece)

All times are departures, arrive in good time

Ultra100 28/6 early start at 9pm)

19:00 Skjolden, Prix shop

19:30 Gaupne, Pyramiden/Spar

20:00 Sogndal, Circle-K station

Ultra100 (28/6 start at midnight)

22:00 Skjolden, Prix shop

22:30 Gaupne, Pyramiden/Spar

23:00 Sogndal, Circle-K station

Ultra50 (29/6, start at 6am)

04:30 Gaupne, Pyramiden/Spar

05:00 Sogndal, Circle K station

Half marathon (29/6, start at 10 am)

08:25 Gaupne, Pyramiden/Spar

Awards / Medals

There are no prizes for the fastest time or position. There are equal prizes/medals for all finishers.

At the finish line:

Gaupne

The shopping center Pyramiden has shops open until 3pm, Spar(grocery)

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open until 20pm

The Lustrabadet right next door is open until 5pm

WC Public toilet open 24 hours a day at Pyramiden.

EL Car charging facility at Pyramiden.

It is possible to shower when buying a ticket in Lustrabadet or at the school 50m from the finish line.

Skjolden, Fjordstova

Community building on Skjolden right at the finish has a cafe, pool, library and climbing wall. There is also a public toilet.

Fjordstova has the following prices: Shower NOK 30 per person

Day pass shower-pool-sauna

Dinner/food from 1-7pm daily.

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TRAIL DESCRIPTION

Half-marathon

Solvorn- Gaupne

Start Kl. 10:01

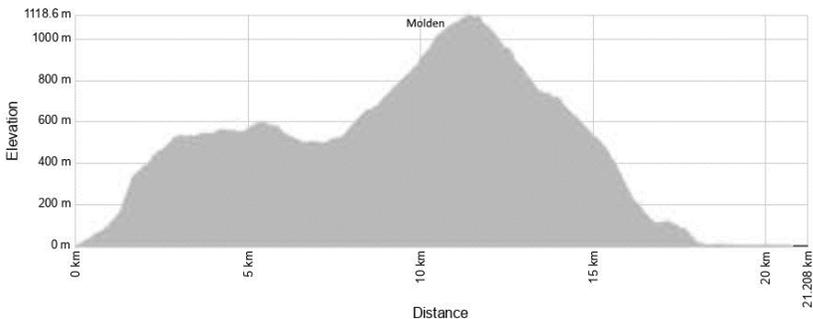
Distance >22km

Elevation: ca. 1270hm

cutoff: none

maplink: <https://www.strava.com/routes/3239302386560591196>

elevation-profile:



created by GPSVisualizer.com

Description:

From the quay in Solvorn, take the road into Vetlevegen, (road before the cafe) up to Haugen and Løteigane, path to Øvrebø, through the yard. Gravel road up to old road Solvorn. At the pump house enter the path to Huarplassen and onto the new path that takes you to the gravel road at Feivall. Follow the dirt road via Mollandsmarki for almost 2km. Enter via the cabin yard and gate on the path towards Siestølen and Røymstølen and then forest road to the parking lot at Krossen. Here there is a drinking station.

Follow the tourist trail up to Molden 1116 m.a.s.l. Luster's most popular and finest viewpoint. From there on good paths down to Svolsete and Steinkveane. Steep off-road path down to gravel road at Sviggaplassane. Over on the path down to Marifjøra before a couple of flat kilometers on alternating asphalt and gravel (run on the outside of the tunnel) to the finish at the Pyramiden shopping center in Gaupne. Good mobile coverage the entire stage.

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Parking in Solvorn: It is not possible to park long-term in Solvorn Center for participants and support staff. Use the car park up by the church.

Mandatory half marathon equipment

- Backpack or running vest
- Wind- and preferably water-repellent jacket
- Full-covering legwear
- Mobile phone
- Fluids and containers that together hold a minimum of 1 litre.
- Simple first aid kit, whistle
- Food
- Payment card
- Warm mid-layer for the upper body
- Hat or buff
- Own cup for use at the food station and at the finish line

Recommended equipment:

- Poles
- Gloves
- Sunglasses
- Sun cream
- Waterproof packing bag
- Mosquito net/spray

An equipment check may be held on a random selection or all participants both before and during the race.

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LØYPEBESKRIVELSE

Ultra50

Kaupanger – Gaupne

Start Kl. 0600

Distance ca.55km

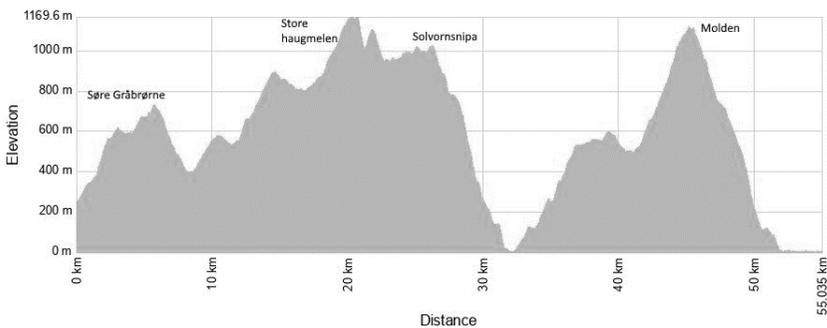
Elevation: ca. 3100hm

Cutoff: (kjem)

maplink: <https://www.strava.com/routes/3239327020105306122>

Strava map is a filtered version + shows incorrect km and hm. Use Garmin or gpx file for best accuracy.

Elevation profile:



created by GPSVisualizer.com

Description:

Attendance: Take the road exit just before the Amlatunnellen, Kaupanger. Follow Festingdalvegen almost all the way to SIMAS (recycle facility)

Kaupanger – Solvorn 32km approx 1774hm ascent

The start is at Turrlijgerdet, (Red hut) Straight onto good paths to the south-east. Then steeper north-east, follow navigation, forest roads and paths are crossed and followed. Above the Amlatunnellen we can see straight into the Lærdalsfjorden and

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the Årdalsfjorden. At 580m it flattens out and you follow the forest road for a bit before the path inwards towards Kyndilstjørne. Run along the thorn on the left to the viewpoint. (we are not above the Gråbrørne point further north)

The track/path turns west, crosses a forest road and leads us down towards Svartahol to a forest road to the north-west.

Good forest roads to the trailpath that take us up to the Hungerhaug mound. Drinks are available here (water/juice)

Follow the good path to Vardaheii and Vatnasete (runable sheep trail) After Vatnasete you take the path that goes towards the ridge of st. Haugmelen. From Haugmelen you descend a little before cutting off towards Vetle Haugmelen. NB! The GPS track runs here on the front of Vetle haugmelen, but here it is up to each individual whether they move behind, in front of, or over the V. Haugmelen.

Heathery terrain, here there is no defined path, continue in a NW direction towards Skurva 1028m and Solvornnipa 1031m. From here there is a good path down to Setålen and steeply down to the fjord. NB! Check the map often as there are several crossing paths and forest roads down towards Solvorn.

Demanding stage. Bring plenty of fluid.

Good mobile coverage (Telenor) also 4G. except in the Hungerhaug area up to Vardaheii, where there is no/little coverage. Sporadically also around V. haugmelen

Solvorn – Gaupne 21km approx 1300hm ascent

From the quay in Solvorn, take the road into Vetleveggen, (road before the cafe) up to Haugen and Løteigane, path to Øvrebø, through the yard. Gravel road up to old road Solvorn. At the pump house enter the path to Huarplassen and onto the new path that takes you to the gravel road at Feivall. Follow the dirt road via Mollandsmarki for almost 2km. Enter via the cabin yard and gate on the path towards Siestølen and Røymstølen and then forest road to the parking lot at Krossen.

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on the trailpath down to Marifjøra before a couple of flat kilometers on alternating asphalt and gravel (run on the outside of the tunnel) to the finish at the Pyramiden shopping center in Gaupne. Good mobile coverage the entire stage.

Mandatory equipment Ultra50

- Backpack or running vest
- Wind and water resistant jacket
- Full-covering legwear
- Aid for navigation: (e.g. handheld GPS device, GPS watch, mobile phone) or paper map and compass
- Mobile phone
- Fluid and containers that together hold a minimum of 1 litre.
- First aid equipment, survival blanket, whistle
- Food
- Payment card
- Warm mid-layer for the upper body
- Hat or buff
- Own cup for use at the food station and at the finish line

Recommended equipment Ultra50

- Poles
- Gloves
- Sunglasses
- Sun cream
- Waterproof packing bag
- Mosquito net/spray

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Ultra100

Kaupanger – Skjolden

Start Kl. 00:00 midnight 29/06

distance ca.104km

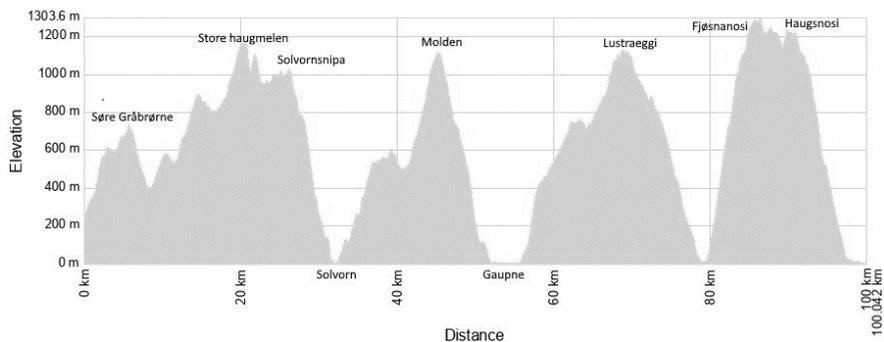
Elevation: approx. 6000hm

Cutoff: 1200 in Solvorn, 1500 in Gaupne, 1800 in Luster, 23:59 in Skjolden

Maplink: <https://www.strava.com/routes/3239325032548165260>

Strava map is a filtered version + shows incorrect km and hm. Use Garmin or gpx file for best accuracy.

Elevation profile:



created by GPSVisualizer.com

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Follow the gravel road via Mollandsmarki for almost 2km. Take the path towards Siestølen and Røymstølen on to the parking lot at Krossen. Here there is a drinking station. Follow the tourist trail up to Molden 1116 m.a.s.l. Luster's most popular and finest viewpoint. From there on good paths down to Svolsete and Steinkveane. Steep path down to gravel road at Svinggaplassane. Over on the trailpath down to Marifjora before a couple of flat kilometers on alternating asphalt and gravel (run

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on the outside of the tunnel) to the finish at the Pyramiden shopping center in Gaupne. Good mobile coverage the entire stage.

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Gaupne - Luster approx. 21km approx. 1300hm ascent

Run past the city hall towards and follow the river Kvernelvi (engjadøla) upwards. Take the path along Hanatjern up to the gravel road towards Engjadalen. Follow the road to the first big u-turn (Judas turn), take on up the avalanche embankment and onto the steep path to Lø.

Past Lø it is runnable to Engjadalsvegen, turn left at the junction and follow the toll road up to Navarsete. From there on, path to Flatningane.

Past Flatningane in a south-east direction, then onto a path north-east up to the cairn at Lustraeggi. Go back down the same route a bit before heading north-west towards Grånosene, no path, rough terrain, the track bends over to the west until you come down into the valley of Stordalen. Wonderful running path down the valley. (NB! in the middle, the path crosses over to the right of the high-voltage power lines.) Down to Røssesete. Follow the steep gravel road for 2 km to a trail/road crossing just before the little bridge that goes to Harastølen.

Follow the path down to the left which bends over to the right to a new bridge, further down to a cross country skiing hut. Straight onto the path to the left at the bend below the cabin, take the path down to the right, onto the road Harastølsvegen.

Shortcut on the right side of the road before a new path on the left side of the road that takes you down to Lauvhjell and Bringevegen.

At the Bringevegen road junction, down farmland along the stream/river to the houses. At the third house on the left, there is a path down to a dirt road and a road down to Lustrabui, food station.

ok 4G coverage in Engjadalen, weaker around Flatningane until you come up and see the fjord again. There is no coverage down Stordalen.

Luster - Skjolden approx. 21.2km 1514hm ascent

200m along fv55, follow the well-marked forest road and continue up all the way up to Børestein. Continue on the path a little over the Børestein, NB! choose trail to the right/Eastbound which gradually disappears. Mostly unmarked, no path, but take a straight direction NE on soft and fine terrain to Fjøsnanosi. Then more N to lake at 1230m above sea level. NE to Sagavotni, up on Haugsnosi. Marked path

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down to Gurosete from Haugsnosi NB! The path disappears just before, but just go down towards the cabins.

From here it is a steep path, with loose small stones. 6.5 km left to Skjolden until you enter a forest road and gravel road that takes you to bridge at main road FV55. Finish line down to Fjordstova and out onto the pier at Skjolden Hotell.

Note! No running water until about 1270m so fill up well in Luster.

There is good mobile coverage, including 4G for almost the entire stage.

Mandatory equipment Ultra100

- Backpack or running vest
- Headlight
- Reflective vest + reflective badge or red lamp attached to the back of the bag
- Wind and water resistant jacket
- Powerbank
- Full-covering legwear
- Aid for navigation: (e.g. handheld GPS device, GPS watch, mobile phone) or paper map and compass
- Mobile phone
- Fluid and containers that together hold a minimum of 1 litre.
- First aid equipment, survival blanket, whistle
- Food
- Payment card
- Warm mid-layer for the upper body
- Hat or buff
- Gloves
- Own cup for use at the food stations and at the finish line

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Recommended equipment Ultra100

- Poles
- Sunglasses
- Sun cream
- Waterproof packing bag
- Mosquito net/spray

An equipment check may be held on a random selection or all participants both before and during the race.