

Lustrafjorden Inn

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

Lustrafjorden Inn

Mountain trail challenge

Molden Skyrace 22km

Ultra100 104km

Welcome to Luster and Lustrafjorden Inn.

This Race Manual contains important information that all participants must familiarise themselves with before starting the race.

This Race Manual will be updated continuously, so please check the manual no later than the day before the race.

Updates:
140726: Version 1 – 2026

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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 Jostedalsskogen, 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](#)

Lustrafjorden Inn

Lustrafjorden Inn is a mountain and trail race following the Lustrafjord through the surrounding terrain. This is the fourth year the race is being organised.

In 2026 we invite all runners to Luster with two distances:

Lustrafjorden Inn – Ultra 100, 14–15 August

Through the terrain from Kaupanger to Skjolden, approx. 104 km, 6000 m ascent.
and

Molden Skyrace, 15 August

22 km, 1270 m ascent, starting in Solvorn and finishing in Gaupne, over the magnificent summit of Molden – offering the finest view of the entire Sognefjord.

Without doubt one of Norway's most beautiful, but also toughest races.

#achievement #experience #runningjoy

The event places great emphasis on the idea that everyone who participates is an equal winner. The feeling of achievement and the experience of nature should be more important than how fast you run. The atmosphere is informal and social, with a strong focus on enjoyment.

Equal awards – a medal for everyone who finishes.

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The initiator of Lustrafjorden Inn is Magne Kvalsøren. Together with his wife, Ann Kristin Sperle, they organise Lustrafjorden Inn through the association/foundation **Luster Challenge**.

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 time	Finish	Strava	Garmin Connect	GPX fil
Molden Skyrace	22km	Solvorn kai	10:01 15/8	Gaupne, Pyramiden	Kart*		
Ultra100	102 km	Kaupanger, Turrligjerdet	18:00/21:00 14/8	Skjolden, Fjordstova	Kart*		

- 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/2026/lustrafjorden-inn/>

Classes:

- With timing.
- Without timing.

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Terms and 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.

Terms and conditions before, during and after the race, safety and conduct:

- Everyone participated at their own risk and responsibility. It is natural to help others!

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- 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.
- 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.

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Secretary - Start number - tracker distribution—

Start number and tracker distribution will take place at each start area 60-30min. before the start.

15 min. before the start there will be a short race briefing, where all participants should be ready at the start line.

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 course for Molden Skyrace will be fully marked.

The Ultra 100 course will not be marked. All participants must carry a navigation device (e.g. GPS, mobile phone or GPS watch). GPX files will be published on the website no later than one week before the race.

Ultra 100 participants will receive tracking devices for safety reasons. Molden Skyrace uses chip timing.

Food stations / Support / baggage

The race is based on the principle of self-support, meaning that participants must carry all food, drinks and equipment they require.

The organiser provides aid stations with simple food and drinks in Solvorn, Gaupne and Luster.

In hot weather, additional drink stations may be placed along the course.

There is a 24-hour grocery store in Gaupne (Stasjon), Spar at the aid station is open until 20:00, the store in Luster is open 06:00–23:00 (self service), and the grocery store in Skjolden is open 24hr (self service)

Receiving support or food outside the official aid stations is permitted.

Each participant may hand in baggage at the start, which will be transported to the finish area.

Ultra 100 participants may also leave an additional drop bag, which will be available at the aid station in Gaupne.

Baggage must be handed in at the start area before the race.

Transport

(Not yet confirmed – more information will follow.)

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We are working on providing transport for participants to the starts in Kaupanger and Solvorn.

Participants arriving by car are recommended to park at the finish area, where transport to the start will be available.

(Transport fee: NOK XXX per person.)

Transport from Gaupne to Skjolden may also be offered for participants and supporters during and after the Ultra 100 finish.

All departure times are departure times. Please arrive well in advance.

Ultra 100 – Early Start (14 August, 18:00)

XX:XX Skjolden – Prix

XX:XX Gaupne – Pyramiden / Spar

XX:XX Sogndal – Circle K

Ultra 100 (14 August, 21:00)

XX:XX Skjolden – Prix

XX:XX Gaupne – Pyramiden / Spar

XX:XX Sogndal – Circle K

Molden Skyrace (15 August, 10:01)

08:15 Gaupne – Pyramiden / Spar

Awards / Medals

There are no prizes for the fastest time or finishing position.
All participants who finish receive the same medal.

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At the finish line:

Gaupne

Pyramiden Shopping Centre has speciality shops open until 15:00, and Spar is open until 20:00.

Lustrabadet, located next to the finish area, is open until 17:00.

Public toilets are available 24 hours a day at Pyramiden.

Electric vehicle charging is available at Pyramiden.

Showers are available at the sports hall, approximately 200 metres from the finish area.

Skjolden – Fjordstova

Fjordstova Community Centre, located next to the finish area, offers a café, swimming pool, library and climbing wall.

Prices:

Shower: NOK 30 per person (bring your own towel and swimwear)

Day pass (shower, swimming pool and sauna): NOK 60

Meals available daily from 13:00–19:00

Fjordstova also offers:

Climbing wall day pass: NOK 50 (equipment not included)

Gym day pass: NOK 75

...for those who still have a little energy left. 😊

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TRAIL DESCRIPTION

Molden Skyrace

Solvorn- Gaupne

Start Kl. 10:01

Distance >22km

Elevation: ca. 1270hm

cutoff: none

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

elevation-profile:



Description:

From the ferry pier, turn into Vetlevegen (the road before the café), continue up towards Haugen and Løteigane, then follow the trail to Øvrebø through the farmyard. Continue on the gravel road up to Gamlevegen Solvorn.

At the pump house, turn onto the trail towards Huarplassen, then continue on the new trail leading to the gravel road at Feivall.

Follow the gravel road through Mollandsmarki for almost 2 km.

Continue through the cabin area and the gate onto the trail towards Siestølen and Røymstølen, followed by the forest road to the parking area at Krossen.

There is a drink station here.

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Follow the hiking trail up to Molden (1,116 m.a.s.l.).

Keep to the trail on the right leading to the mast on the summit, continue down to the stone shelter and then up to the cairn.

From there, follow good trails down to Svolsete and Steinkveane.

Continue down the steep trail to the gravel road at Sviggaplassane.

Follow the trail to Marifjøra, then a couple of flat kilometres on alternating asphalt and gravel roads (run on the outside of the tunnel) before finishing at Pyramiden Shopping Centre in Gaupne.

There is good mobile phone coverage throughout the entire stage.

NB! Long-term parking is not permitted in central Solvorn for participants or support crews. Please use the parking area at the church.

Mandatory Equipment – Molden Skyrace

- Backpack or running vest
- Wind- and preferably water-repellent jacket
- Full-length leg covering (does not have to be worn, but must be carried in your backpack/vest)
- Mobile phone
- Whistle
- Drinks and containers with a combined minimum capacity of **1 litre**
- Basic first aid kit: Plasters , Wound cleaning wipes, Blister plasters, Dressing / emergency bandage
- Food
- Warm mid-layer for the upper body
- Hat or buff
- Own cup for use at the food station and at the finish line

Recommended additional equipment:

- Poles
- Gloves
- Sunglasses

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

Equipment checks may be carried out on randomly selected participants or on all participants, both before and during the race.

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Ultra100

Kaupanger – Skjolden

Start Kl. 00:00 midnight 14. August

Distance ca.102km

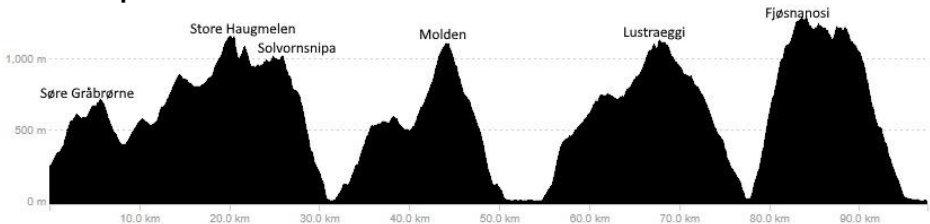
Elevation: approx. 6150hm

Cutoff: XXX in Solvorn, XXX in Gaupne, 1600 in Luster, 23:59:59 in Skjolden

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

(NB! The Strava route is a simplified version. Use the Garmin route or, preferably, the GPX file for the best accuracy.)

Elevation profile:



Description:

Meeting point:

Turn off just before the **Amla Tunnel** in Kaupanger and follow **Festingdalsvegen** almost all the way to **SIMAS** (recycling station).

The start is at Turrlijgerdet (red cabin).

Immediately follow the good trails towards the south-east. The trail then becomes steeper towards the north-east. Pay attention to your navigation, as the route crosses and follows several forest roads.

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At approximately 580 metres above sea level, the terrain levels out and follows a forest road for a while before turning onto a trail towards Kyndilstjørni. Run along the left-hand side of the lake to the viewpoint.

Here the trail turns west, crosses a forest road and continues down towards Svartahol, where it joins a forest road heading north-west.

There is a drink station here (water/juice).

Follow pleasant forest roads to the trail junction leading up to Hungerhaug Mountain Farm.

Continue on a good trail towards Vardaheii and Vatnasete (runnable sheep trail). After Vatnasete, follow the trail towards the ridge leading to Store Haugmelen. From Haugmelen, descend a short distance on the front side before traversing towards Vetle Haugmelen.

After passing Vetle Haugmelen, you join the ridge leading towards Solvornsnipa. This section is open heather terrain with no defined trail.

Continue in a north-west direction towards Skurva (1028 m.a.s.l.) and Solvornsnipa (1031 m.a.s.l.).

From there, a good but steep trail descends to Setålen and finally down to the fjord.

NB! Check your navigation frequently, as there are several intersecting trails and forest roads on the descent towards Solvorn.

This is a demanding stage.

Carry plenty of drinking water.

There is good mobile coverage (Telenor), including 4G/5G, except between Hungerhaug and Vardaheii, where there is little or no coverage.

Solvorn – Gaupne 21km approx 1100hm ascent

From the ferry pier, turn into Vetlevegen (the road before the café), continue up towards Haugen and Løteigane, then follow the trail to Øvrebø through the farmyard. Continue on the gravel road up to Gamlevegen Solvorn.

At the pump house, turn onto the trail towards Huarplassen, then continue on the new trail leading to the gravel road at Feivall.

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Follow the gravel road through Mollandsmarki for approximately 2 km.

Continue through the cabin area and the gate onto the trail towards Siestølen and Røymstølen, followed by the forest road to the parking area at Krossen.

There is a drink station here.

Follow the hiking trail up to Molden (1,116 m.a.s.l.).

Keep to the trail on the right leading to the mast on the summit, continue down to the stone shelter and then up to the cairn.

From there, follow good trails down to Svolsete and Steinkveane. And further down the steep trails to the gravel road at Sviggaplassane.

Follow the road and trail down to Marifjøra, then a couple of flat kilometres on alternating asphalt and gravel roads (run on the outside of the tunnel) before finishing at Pyramiden Shopping Centre in Gaupne.

There is good mobile coverage throughout the entire stage.

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 Engjadalssvegen, 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.

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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 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.

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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

Recommended equipment Ultra100

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

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Equipment checks may be carried out on randomly selected participants or on all participants, both before and during the race.