

# ***The Passionate Globetrotter***

**Fjords, mountains and  
scenic roads -  
visit Møre og Romsdal!**

**Meet Pshtiwan Burhan -  
Traveler of the month**

**Travel in style & look cool,  
even on a hot day!  
Practical tips for your  
journeys**

**JUNE 2018**





Feature article this month:

Møre og Romsdal -  
the best of Norway







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PHOTO BY PSHTIWAN BURHAN

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## *Club Info*

Established 2018.

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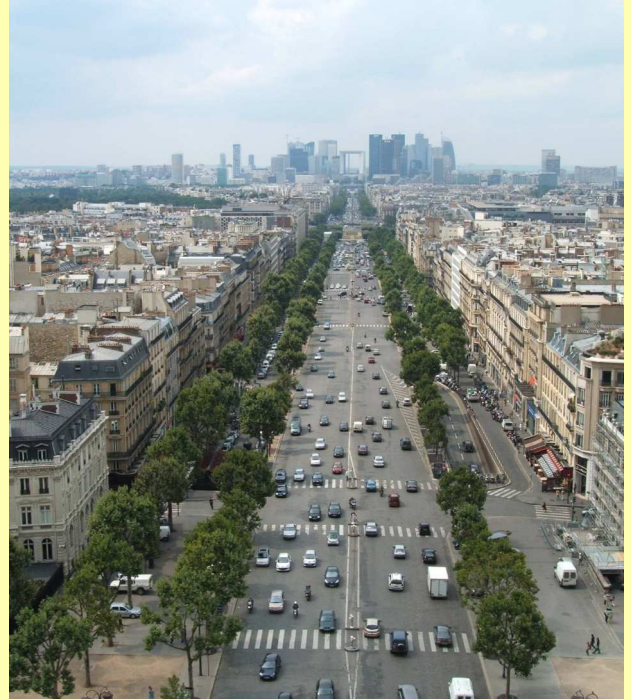
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LOOKING FORWARD TO  
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# *The Passionate Globetrotter*



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Unless otherwise stated, all  
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# From the Editor



## **Welcome back!**

June is here, and I'm thrilled to be able to present to you a new issue of the magazine! I had such a great time creating the first one, and I hope you've been able to read it and that you enjoyed its content.

In this month's magazine I have chosen to take you to my home country Norway and - more specifically - to the region where I was born and bred and also still live: The Møre og Romsdal county.

And I must admit it: I'm shamelessly proud of this county! We have so much to offer here, not only the breathtaking scenery (although that should be reason enough for anyone to come and visit) - but also rich local traditions, a varied industry, lots of exciting and extremely talented people from all walks of life, innovative entrepreneurs .... I could go on and on!

I can't even begin to tell you how proud I am to be able to present some of these people to you in this issue! On page .... you can read about ....

I hope you'll enjoy this month's issue, and if you do: Don't hesitate to join the EKN Travel Club and make sure you'll receive a new issue every month!

Have a beautiful summer! See you in July!



# *Fjords, mountains and scenic roads - Møre og Romsdal: Classic Norway.*



I must admit it: I'm shamelessly proud of the county in Norway where I'm from, the Møre og Romsdal county. So much so that I decided it was worth a Feature article of its own in The Passionate Globetrotter.

We have so much to offer here: A spectacular

landscape, with high mountains, deep fjords, green valleys and scenic roads that combine them; a varied industry, a great number of good schools, universities and colleges that have become well-known for the quality of the education they provide; innovative and fearless

entrepreneurs; talented artist of many genres, strong local traditions .... I could go on and on!

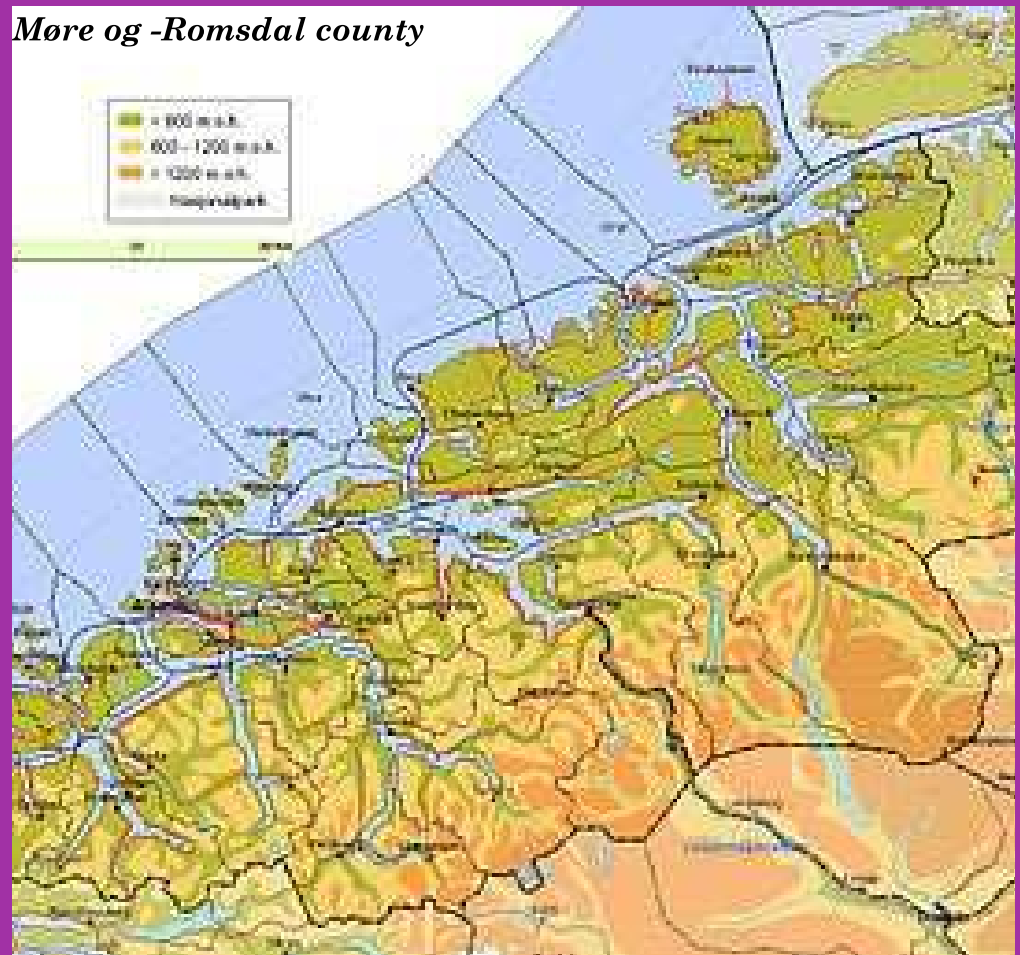
**But let me give you some facts first:** Møre og Romsdal is situated in the northernmost part of Western Norway and borders the counties of Trøndelag, Oppland and Sogn og Fjordane.



The county administration is located in the town of *Molde*, where I currently live, while *Ålesund* is the largest town. The county is governed by the Møre og Romsdal County Municipality, which includes an elected county council and a county mayor. The national government is represented by the county governor. The name Møre og Romsdal was created in 1936. The first element refers to the districts of Nordmøre and Sunnmøre, and the last element refers to Romsdal.

Møre og Romsdal has a total of 36 municipalities. There have been many other municipalities since 1838 when municipalities were introduced in

## Møre og -Romsdal county



Norway, but those have merged with other municipalities over time.

Traditionally, the county has been divided into three districts. From north to south, these are Nordmøre, Romsdal and Sunnmøre. Although the districts do not have separate governments and despite modern road, sea and air connections throughout the county, the three districts still have their own identities in many ways. Historically speaking, connections have been

stronger between Nordmøre and Sør-Trøndelag to the north, Romsdal and Oppland to the east, and Sunnmøre and Sogn og Fjordane to the south, than they have been internally. Differences in dialects between the three districts bear clear evidence of this. Due to geographical features, the county has many populated islands and is intersected by several deep fjords. Due to its difficult terrain, Møre og Romsdal has been very dependent on boat traffic (*main source: Wikipedia*).





*There's  
nothing like  
home.  
Nothing  
compares  
to the  
mountains in  
Romsdalen,  
where I grew  
up...*

In the last decades, however, many of the ferries have been replaced by breathtaking bridges and scenic roads that have both made the daily life easier for a lot of people, as well as attracted visitors from all over the world to the region.

My main focus in this article will be on the district of Romsdal, where I was born and bred and also currently live,

but I will of course give you a glimpse into the other 2 districts as well. However, this is such a varied and magnificent county that I would need a whole book to tell you about all the different features that you can find here! – but I will of course provide you with a list of various features and attractions at the end, and also give you links to

where you can read more about them.

### **So let's dive into the district of Romsdal ....**

Being a «romsdaling» myself, moving back to this district after 25+ years in «exile» (as I like to call it) in the district of Sunnmøre, felt very much like coming home after a long journey. Even though

Sunnmøre (or *Ulsteinvik*, to be more specific) was my home for so many years and I feel a certain belonging to that district, too, there's nothing like home. Nothing compares to the mountains in Romsdalen, in my opinion, and I'm then referring mainly to the mountains surrounding my home town *Åndalsnes*.





But the Molde Panorama, with 222 mountain tops in its range, is also a fantastic sight. From the famous viewpoint at Varden (407 metres or 1,335 ft above sea level) in Molde you have a spectacular view over these mountains and the fjord, and it's truly breathtaking. You can drive all the way to the top in the summer, but the road is closed in winter, so the

only way to get there then is on foot or on ski. If you want to walk from the town center of Molde and up to Varden, you can follow signs all the way via the Romsdal Museum and Storlihytta cabin, on a mostly gravelled path. The walk will take you about 1,5 hours on your way up, and 1 hour going back down (depending on how fit you are, of course). The terrain in

which Varden is one of many destinations, is called *Moldemarka*, and it's used daily for recreation and exercise by people from Molde and the surrounding area. This hilly woodland area north of the city, is public land. The area has an extensive network of paths, walking trails and skiing tracks. Forest roads enter the area from several directions.

Bulletin boards and maps provide information regarding local plants and wildlife, as well as signposts along the trails. Marked trails lead to a number of peaks, sites and fishing lakes and rivers. A national fishing license is required to fish in the lakes and streams.



## *Molde*



As mentioned earlier, the town of Molde is the administrative center of Møre og Romsdal county, as well as the administrative center of the Municipality of Molde, the commercial hub of the Romsdal region, and the seat of the Diocese of Møre. Other main population centers in the municipality include Hjelset, Kleive, and Nesjestranda. Molde has a maritime, temperate climate, with cool-to-warm summers, and relatively mild winters. The town is nicknamed *The Town of Roses*. It's an old settlement which emerged as a trading post in the late Middle Ages. Formal trading rights were introduced in 1614, and the town was incorporated through a royal charter in 1742. Molde was established as a municipality on 1st January 1838.

The town continued to grow throughout the 18th and 19th centuries, becoming a centre for Norwegian textile and garment industry, as well as the administrative center for the region, and a major tourist destination. After World War II, Molde experienced accelerated growth, merging with Bolsøy Municipality and parts of Veøy Municipality on 1 January 1964, and has become a center for not only administrative and public services, but also academic resources and industrial output (*Source: Wikipedia*).





***Pictures on this page:***

*Top left: The Rose Girl*

*Middle: The Seilet Hotel and Aker Stadion.*

*Top right: Roses in the Alexandra Park*

*Bottom: By the sea in Molde.*



## What's to see in Molde?

No matter how you arrive in Molde, either by car, bus, bike, motorbike, aeroplane or boat, you will find a charming town with plenty of old wooden houses, but also with spectacular and modern newbuildings, some of which have become the new landmarks of the town, such as the *Seilet Hotel* and *Aker Stadion*, both designed by the Molde architect Kjell Kosberg (who is in fact, I'm proud to say, my brother.) Both buildings are situated on the waterfront to the west of the town centre, and you get a splendid view of the two if you arrive by ferry from Furnes. The Stadium seats 11,200 people and is the home arena of Molde Football Club, who's playing in the highest division in Norway.

Another new and great looking building in Molde is *Plassen*, the town's new cultural arena which offers varied activities and houses the town library, theatre and an art center, as well as the administration of the Bjørnson festival and Molde International Jazz Festival.

*Romsdalsmuséet* – the Romsdal Museum – has recently opened its new visitor center «*Krona*», which tells the Romsdal story and includes folklore costumes, exhibitions and the *Café Mali*. There's also an outdoor exhibiton showing buildings and interiors from the entire region. Well worth a visit!

Among Molde's many old historical buildings and monuments is *Chateauet* – Le Chateau, - listed restored mansion and grounds from 1918. There's a beautiful park surrounding the house, with information signs that tell the history of the park and of the family that used to live here.

It's nice to walk about in Molde on a summer's day. The natural meeting point is the square in front of the Town Hall, with it's many benches and a view to the fjord, and with *The Rose Girl* (statue with fountain) in front of the Town Hall and the *Jazz Boy* (another statue) playing his saxophone a little further down, by the sea front ... I suggest you sit down and relax on one of the benches and have a look around for a while...

A little bit of wind in your hair ... the seagulls crying above your head ... an ice-cream from the kiosk nearby ... view to a strawberry stand in the market square where they sell delicious local produce ... the ferry coming in ... or perhaps you'll witness the arrival of the coastal steamer or one of the many cruise ships that visit the town every summer ... There's always something to look at on a summer's day in Molde.



If you enjoy shopping, there are quite a few nice shops in the town centre, as well as a few department stores. There are also plenty of cafés and restaurants to choose between (see complete list at the end of the article), and there are a few malls just outside the town centre, Roseby and Molde Storsenter. You can easily get there on foot, or jump on one of the local buses which will take you there in just a few minutes.



## Accommodation and activities

If you're planning to stay in Molde for a few days, there are several hotels and other accommodation of good quality, and if you're into sports or other physical activities, the options are varied and exciting. You can take part in guided mountain hikes, kayak tours, rent kayaks, bikes, etc. and explore the area on your own, and you can use the indoor climbing wall Moldeveggen, play golf at the 9-hole driving range at Eikrem, or you can play bowling or visit Moldebadet, which is an indoor waterpark with pools, slides and children's play area ... just to mention a few. In the summer there's the annual Molde International Jazz Festival (always in week 29, which is in July), and the town has a rich cultural life with many opportunities to listen to music of all sorts, go to the cinema, watch a theatre performance, etc.

Molde is also a great starting point for trips in the area. You can hire a bike and go "island jumping" to the beautiful islands Ona and Sandøy, among others, or you can go by boat to Hjertøya and the Fishing Museum. The boat has regular crossings several times a day during the summer, from mid-June until mid-August, and is very popular among both tourists and locals.







Other exciting excursions you can make from Molde is a visit to the mystical *Marble caves* at Naas, a fantastic journey into the mountain, - perhaps combined with a trip to *The Atlantic Road*, which is said to be one of the world's best road trips. I went there just recently, and it was truly a great experience, as I hope you can see from my pictures on this and the following pages.

## The Atlantic Road

The highway is about 8 km long and zigzags across several bridges and islands, to the point where the land and the ocean meet the fjord. There are «floating pathways» built at the various view- points along the road, where you can walk safely around and watch the spectacular scenery and shoot as many pictures as you want, - and perhaps even bring a fishing rod and see if you can catch some fish.



There are also a few places where you can use the toilet (if you need one) and – of course - get something to eat. I stopped at the kiosk at the beginning of the road, Atlanterhavskiosken, where I bought myself a nice «vafle» (typical Norwegian waffle) and chatted with the two very nice, pretty girls who worked there, *Ane Birgitte Smørholm Meek* and *Vida Emilie Egge Sund*. They told me they were going to work there over the summer, so if you visit The Atlantic Road this year, perhaps you'll meet them, too. Luckily, they didn't mind 15



posing for a picture, so at least you'll get at chance to enjoy their beautiful smiles here in the magazine.

I must say that I enjoy going on road trips, alone or with friends. It brings me to so many beautiful places, and I always meet a lot of nice, friendly people along the way. This trip was no exception. A bit further along the road, I met *Anastasia Sandøy*, one of 3 girls who were working at the cafeteria in ..... this summer, and she willingly let me shoot a few pictures of her in the inviting interior.

I went for a walk on the «floating pathway» outside the café, and got a perfect view to the bridge that I had crossed a few minutes earlier. I was very lucky with the weather that day, so I managed to shoot quite a few great pictures. It had actually been raining when I left home in the morning, but when I reached the point where the road started, the sun came through and it stopped raining. It stayed that way for the remainder of the day, so I was very happy about that. It gave me the opportunity to really take in the fantastic scenery and enjoy the cry of the sea-gulls, the wind in my hair, the rolling waves, the blue sky ... in short: The best of what this country - and this county - has to offer.

On the next pages, I think I will let the pictures speak for themselves ... Enjoy!













On my way home from The Atlantic Road, I decided to follow the road via Farstad and Elnesvågen back to Molde. I'm glad I did, because then I came across the sign that said "*Farstadsanden*", and I decided to go there.

### Going to the beach ...

A beautiful place that I will most definitely recommend that you visit if you're in the area, perhaps on your way back from the Atlantic Road, - is the beach at *Farstadsanden*. It's popular with surfers, as far as I could tell... At least there was one surfer there when I visited. He was making an attempt to ride the waves, but the wind was a little bit strong that day, so he had a hard time paddling himself far enough from the shore to catch a long wave. I didn't stay around long enough to see if he succeeded, but let's hope he got lucky in the end. *Farstadsanden* is a sandy beach and an eldorado for families with children, but also for anyone else who enjoys a day at the beach. It may get a bit windy, as this is far out, by the ocean, but a bit of fresh air won't kill you, so bring a hamper of food and some blankets and have a picnic! I think I may go back there in the evening some time, to sit there and watch the sun go down...







*This page and the next: Farstadsanden beach.*







There are several beaches closer to the town of Molde, as well, like *Kringstadbukta*, which is another sandy beach with plenty of opportunities for picnics and also for a walk through the woods (*top right*) ...

.... and *Retiro*, which is a grassy picnic area just by the roadside a few kilometres outside the town centre, with a diving tower for the bold and a small sandy cove for the children to play in. There are paved paths in several directions, and this area is therefore a popular place for people to walk their dogs or just go for a stroll on their own. Most of the dog-owners actually do a good job when it comes to picking up the droppings after their dogs, so if other people who use the beach could be just as good at taking care of their garbage when they've finished picnicking, the municipality wouldn't have to close the beach for several weeks just to clean it up, like they had to in 2015 / 2016. It seems like that was a lesson learned for everybody, though, because I haven't noticed any garbage lying around when I've visited this area lately, and that's great! Let's keep our beaches clean, for all our sakes.

Møre og Romsdal is, in fact, a very clean and unspoilt area. There's a lot of focus on the environment and how to protect it, and it works.

(Pictures top to bottom: *Kringstadbukta* and *Retiro*.)







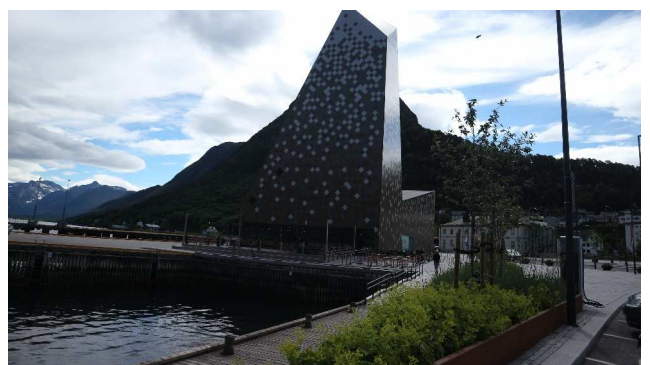
What I absolutely love about driving around in the rural districts, is the fact that I am likely to come across some beautiful animals along the way, and this road-trip was no exception. I met some lovely horses, and of course I simply had to get out of my car and say hello to them - and take pictures. Quite a few people have horses around here, and there's a riding club in Molde where I'm quite sure you could get the chance to try some horseback-riding if you contact them.

There are quite a few farms in the area, most of which produce meat and milk, so the kind of livestock you are most likely to see are sheep and cattle, and perhaps a few goats and hens.



Apart from farms, there's also a varied industry in the region, so if you want to find out more about work opportunities here or simply learn more about what we have to offer, I suggest you dive into the reference / link pages at the end of the magazine. It should keep you busy for quite some time ...

Right now, let's move on to another spectacular part of the Møre og Romsdal county: MY valley and MY mountains, in the area around *Åndalsnes: Romsdalen*.





*Åndalsnes and  
Romsdalen -  
a magnet to  
climbers & base  
jumpers.*



*Top picture: Åndalsnes with the Mountain Museum in the town centre.  
Bottom: The Rauma river at Grøttør bridge and Åndalsnes Camping.*





All-in-all, Norway is a country with a great tradition for outdoor activities, all year round, but I believe Romsdalen is particularly well-known among people from the rest of the world. It's a magnet to mountain-climbers, parachuters and base-jumpers, and especially *Åndalsnes* and the municipality of Rauma has a high number of visiting climbers and base-jumpers from all over the world, especially in the summer. My childhood and teen-age years were filled with exciting events around these people – mostly young men, but also a few women - who came to my homestead to try and conquer the most famous mountain of them all: Trollveggen, or the Troll Wall. Handsome young men with climbing gear over their shoulders was a rather common, but interesting sight for a young girl, and my home town have bred quite a few rather famous climbers.



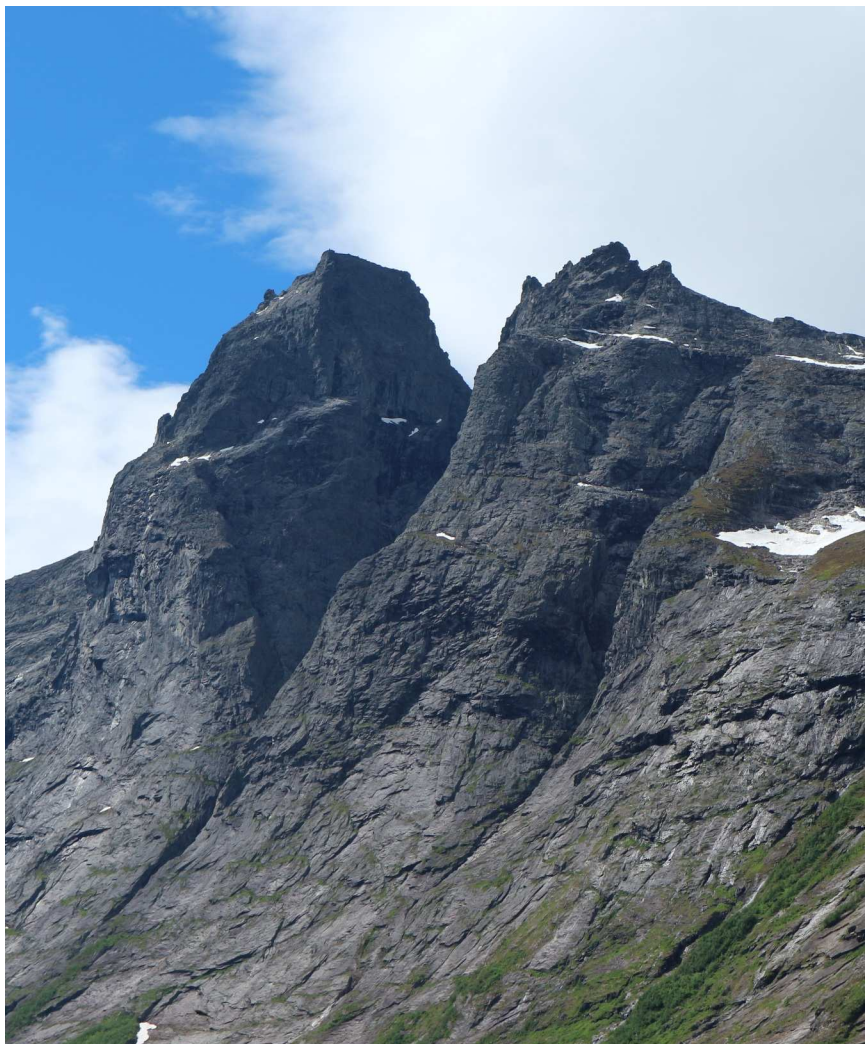
***Hans Christian Doseth*** is one of them. Sadly, he died in a climbing accident in Pakistan, while climbing the Trango mountain, when he was only 25 years old. I remember watching him once as he was practising his free-climbing technique in the mountain just above the house where I lived. It was fascinating to watch his technique! Many others could be mentioned here, but Hans Christian Doseth stands out, which I'm sure all who knows something about climbing will agree to. Another famous mountain climber from Romsdal is ***Arne Randers Heen***. He is one of the pioneers, and a person I have always admired, not only for his achievements as a climber, but for his modesty and wisdom. He worked as a tailor in *Åndalsnes*, and had his workshop in the town centre.



I delivered the newspaper to him for a couple of years, and he was always friendly, but didn't say much when I popped in with the paper. He was usually busy with his work.

Arne Randers Heen is known for several first ascents, and his many ascents of Romsdalshorn, including the first winter climbing of the mountain. He was Norway's leading mountaineer from the 1920s to the 1950s.

Heen was largely autodidact in mountaineering, and an unconventional outsider to a sport defined by Norsk Tindeklub in Oslo's western suburbs. He did not have a single accident during his life in the mountains. In 1926 he climbed solo (alone) the south wall of Romsdalshorn, at the time a groundbreaking achievement. Heen had several times attempted Trollryggen, a 2 kilometer long pillar at the edge of Trollveggen. One attempt was in the summer of 1940 with Arne Næss. In 1958 he finally succeeded together with Ralph Høibakk, their only equipment was rope, 10 pitons, 6 carabiners and a hammer each. Ten years later, with improved equipment, the two climbed the route in only 10 hours. In 1984 he was one of the guides for Carl Boenish and his wife during their BASE-jumping in the area. *(Source: Wikipedia. For detailed references, see p. 54-55. NOTE: Photos on page 27 are from Depositphotos and merely for illustration).*







#### **Facts about Hans Christian Doseth:**

Hans Christian Doseth (December 10, 1958 in Romsdal, Norway – August 6, 1984 in Pakistan) was a Norwegian climber.

Among his achievements were several first ascents of routes on Trollveggen (Troll Wall), Romsdal's north facing big wall, both in winter and summer. He did the first all-free ascent of the wall in 1979 (the "Rimmon Route", with Ragnhild Amundsen), and the first winter ascent of the "Swedish Route" in 1980 (with Håvard Nesheim and Kjetil Svanemyr). Most notable was his first ascent of the technically difficult "Trollkjerringruta" (the Troll's Wife) in winter in 1982 (with Choe Brooks, Sjur Nesheim and Håvard Nesheim), followed by the free ascent in summer 1983. Though moderately graded by today's standards (Norw. grade 7, French grade 6c+), it is a demanding, serious climb through partly loose and poorly protected rock that up to this day has seen only two or three repeats. Doseth also increased awareness of sport climbing in Northern Europe, introducing routes in the 5.12 range (French 7b/c) in Norway and Sweden in the early 80s. Doseth died along with his climbing partner Finn Dæhli during an expedition with Stein P. Aasheim and Dag Kolsrud on Great Trango Tower (6286 m) in Karakoram, Pakistan, during descent, after establishing the Norwegian Buttress, the first route to scale the massive east face of the mountain. The causes of the accident are not known. (For references, see page ..... )



#### **Facts about Arne Randers Heen:**

(4 April 1905 – 7 February 1991). He was born in Hen, Møre og Romsdal, and worked as a tailor in nearby Åndalsnes. He was a half brother of Gunnar Randers junior. His father Gunnar Randers senior (1877-1963) was a civil engineer that worked in Ålesund after the 1904 fire. Heen's mother Sofie Heen (1877–1959) at the time worked as a waitress in Ålesund. His parents did not marry. Arne Randers Heen was a tailor like his mother.

During the second world war he worked for the resistance movement and the allied intelligence. Heen helped XU-agent Sven Sømme escape through a difficult mountain pass between Isfjorden and Eikesdalen. He also helped escaped Russian prisoners climb through the mountains to Valldal where locals protected the Russians until the end of the war. At Åndalsnes the Estonian Harry Wood worked at the headquarter of Organisation Todt. Wood handed over detailed maps and photos of German military facilities along the coast between Stad and Bergen to Heen. Wood's documents were an intelligence sensation for the allied. Heen helped Wood escape to Sweden in exchange for the documents. **(NOTE: Photos on this page are only illustrations and not pictures of the climbers mentioned.)**





## *The Mounteneering Museum - "for lovers of outdoor activities and mountaineering history"!*

When you're in Åndalsnes, I highly recommend a visit to Norsk Tindemuseum - The Mountaineering Museum. To quote themselves: "The Norwegian mountaineering museum gives you an exciting experience and insight into local, national and international events throughout the history of mountaineering. The museum displays historical objects as well as interactive installations, inviting you to explore and play – regardless of age. The historical collection is wide-ranging. Among others, you can study the summit books from different peaks all the way back to the pioneers. You might find the name of an old family member, or even world-famous mountaineers! Parts of the museum's collection is based on the climbing pioneer Arne Randers Heen's historical documentation of Norwegian climbing sport, from climbing expeditions in Norway as well as from various other exciting places in the world."



There is a climbing-wall at the museum, where you can test your skills and try out equipment from different time periods, or just watch others do it.

The museum also arrange guided trips or lend out equipment if you're experienced and want to go on your own, for instance if you want to climb Romsdalsstigen - the Via Ferrata. Romsdalsstigen consists of two adventurous climbing trails: the **Intro wall** and the **West wall**. Both of them are equipped with steel wires and iron steps, and you are guaranteed a spectacular view of the Romsdalsfjellene mountains if you decide to challenge yourself with climbing one of these rock walls! With the right equipment, you can do it!

Find out more about the Via Ferrata and many other outdoor experiences in Åndalsnes and Romsdalen by checking out the references and links on page 52-54..





# The Rauma River

The Rauma is the river that runs through Romsdalen, a valley in Møre og Romsdal and Oppland counties. It runs for 68 kilometres (42 mi) from Lesjaskogsvatnet, a lake in the municipality of Lesja, to the town of Åndalsnes, which is in the municipality of Rauma. The river was once famous for its salmon-fishing, but since an infection with *Gyrodactylus salaris*, only 5 to 10% of the original stock survived. The salmon runs up to the Slettafossen, a 16-metre (52 ft) high combination of waterfalls, and rapids more than 42 kilometres (26 mi) upriver from the estuary.

The Rauma River and its valley are regarded as one of the most beautiful in Norway. The river runs very clear with a green tint, and the mountains tower some 1,500 to 1,800 metres (4,900 to 5,900 ft) above the river in the lower and middle parts of the valley. The Reinheimen National Park and the Trollveggen cliff are both located along the southwestern shores of the river through the municipality of Rauma. The Romsdalsalpine mountains surround the river and the valley, including the mountains Store Trolltind, Store Venjetinden, Trollryggen, and Romsdalshornet. The Rauma Line railroad follows the river through the valley on its way north to Åndalsnes. The railroad crosses the river on the Kylling Bridge at the village of Verma, one of the most beautiful railway bridges in the world, in my opinion.

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*The Rauma River was once full of salmon, and this bridge by Åndalsnes Camping, Grøttør bridge, used to be packed with anglers from all over the world. Sadly, the river was infected by a parasite that killed the fish, so the authorities have spent many years trying to cure the river.*



# Watch out for Trolls...!

A must for anyone who visits Åndalsnes is to go to Trollstigen - The Troll Path.  
If you're scared of heights it might be a challenge, but if you want great experiences,  
moving outside your comfort zone is sometimes necessary.  
So come with me to the valley of Trolls ...





**A**ndalsnes is the perfect starting point for a trip to Trollstigen - The Troll Path - but of course you can start from some other place in the area, like I did on this trip that I'm going to share with you here. You can easily reach your destination from Molde, Ålesund or Geiranger, too. In fact: A round-trip to see all of these places in one day is absolutely possible. However, I think Molde and Ålesund are towns where you should stop for a while, as there are lots of things to see and do there, but if you're short on time, a round-trip that covers all of these places is totally doable if you start early and are prepared to spend the whole day and arrive at your ending point late in the afternoon. I wouldn't want to rush it. Making plenty of stops and taking time to eat and drink and really enjoy the

scenery, is what you should do. I started my round-trip in Molde, where I currently live, early one Sunday morning. I drove through the Bolsøy Tunnel, which goes under the sea, and then across the Bolsøy Bridge, where I often go fishing with my friends and which is another of the scenic roads in this county, - although not so much talked about or promoted to tourists as The Atlantic Road or The Troll Path. A bit further along, I caught the ferry from Søsnes to Åfarnes, and then drove on through Isfjorden to Åndalsnes.



*From a fishing trip with my friends, Beker Taha and his boys, at Bolsøy Bridge..*



*View over the fjord from Bolsøy Bridge.*





*THE TROLL PATH - TROLLSTIGEN ROAD -  
in the Ister Valley.*

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## *Romsdalen and The Troll Path*

*My valley - my mountains.  
There's nothing like home.*

The Rauma river was classified as a protected water-course in 1992, and the only main tributary affected by hydroelectric power is the Verma River with the over 300-metre (980 ft) Vermafossen falls. The biggest tributaries are the Ulvåa and Istra. The Istra runs through the Ister Valley, well known for Trollstigen Road in its upper parts.

Trollstigen was the main destination for my road-trip, and I can't even begin to describe how happy I was to be able to finally visit the Istra valley again. It had been a while, but I was delighted to find that it hadn't changed at all. The

*Trollstigen Gjestegård* was already there the last time I came, and is a positive contribution to the valley with its many service facilities - toilets, souvenir shop, information desk, restaurant, guest cabins - a great "pit stop" for all the visitors who come through here on their way to *Trollstigen*. I was one of them, and I must say that I really appreciated the opportunity to stop and use the "rest room" for a couple of minutes before I started on the winding road up the mountain.

Once again I was very lucky with the weather. The traffic wasn't too heavy



this early in the summer, so I could more or less stop anywhere along the road to take pictures, without causing a traffic jam. A luxury, really, considering the amount of visitors that normally drive through this valley during the summer season. But the road is closed in the winter and seldom opens before the end of May / beginning of June due to huge amounts of snow in the mountains, so I benefitted from the fact that it was early in the season.

I took my time up the mountain, because I wanted to make the most of it and shoot many pictures for *The Passionate Globetrotter* and also enjoy the view to the fullest. There are several places where you can stop and do that without disturbing anyone else, so I made the most of it and stopped wherever I could. The higher up I came, however, the fewer stops were made, because I'm a little bit scared of heights and the road is narrow in some places, and with only some rocks doing the job as a railing between my car and the valley below, I didn't particularly want to go too near the edge of the road to shoot pictures ... So after having decided that enough was enough, I drove on to the top.

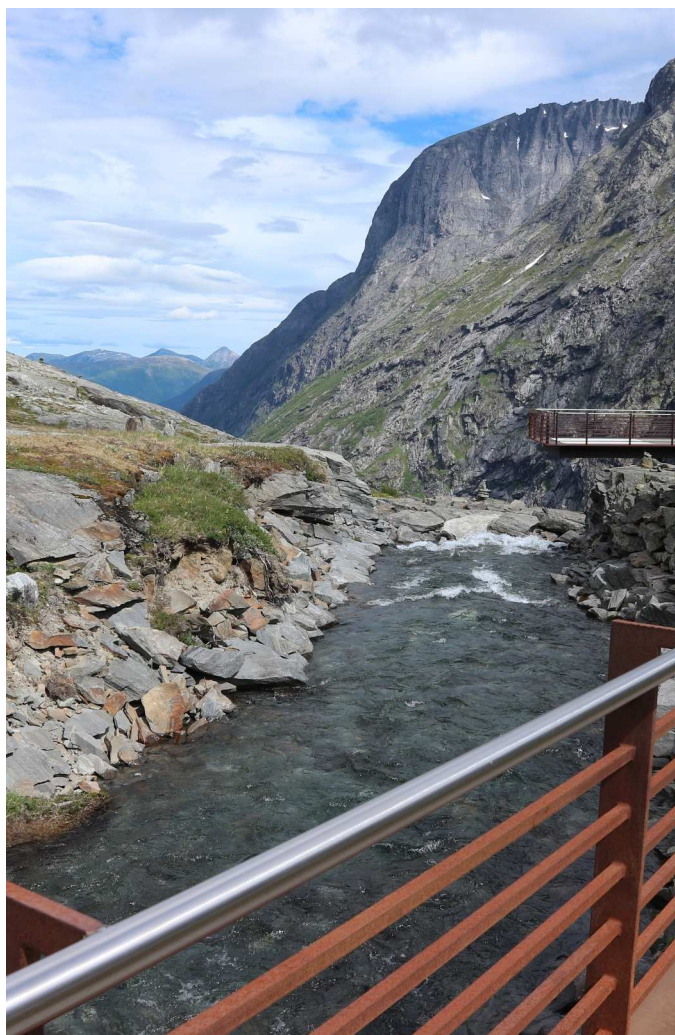
Since I last visited Trollstigen, there have been quite a few changes when it comes to the tourist facilities. The former cafeteria and souvenir shops have been replaced by some modern, but very nice looking buildings that blend quite well in with the surroundings, in my opinion, so I wasn't at all disappointed when I set eyes on them. There have also been







built "floating" pathways all the way from the cafeteria- and souvenir shops area down to the recently built ramps or view-points where you get a breathtaking view to the road and valley below. The most spectacular view-point is easily accessed by steps that have been built all the way down to the platform, and I must say that I could feel a few butterflies in my stomach as I approached the railing to take a few pictures of the valley and the zig-zag road below.... With only a glass wall between me and nature I had to silently convince myself that it was safe and that I wouldn't fall down unless I insisted on climbing the railing or forcing my way through the solid glass. So I tried to look relaxed and shoot my pictures without making a fuss, and then went back the same way that I came. On my way down











I spotted a young father in front of me who was just leaving his baby's pram on top of the steps and carried the baby in his arms all the way down to the view-point, and I just hoped to God that he would hold the baby firmly in his arms and not lean over the railing with him or her ... I would have screamed if he had done that! But of course he didn't.

There were people of all sizes and nationalities in Trollstigen that day, so it seemed, and more cars in the parking space than I had expected, considering not having seen many on the way up. But there was plenty of space in the cafeteria and quite easy to find an available seat outside, as well, so I bought myself a waffle and sat for a moment in the sun, before I headed back to my car and moved on towards Valldal.



Since I had decided to make a round-trip, I had thought of going to Geiranger and then further on to Ålesund, but I was a bit tired that day, so I didn't do that after all. I decided that I'd just stop at a few attractions along the way and have a meal somewhere, and then take the shortest way back to Molde. So that's what I did. My first stop after Trollstigen was at Gudbrandsjuvet, about half-way to Valldal. There were a couple of tourist buses in the parking area, and quite a few other cars, but I managed to squeeze my car in between a very stylish BMW Convertible and some other car. There was another sleek looking sports-car as well, - also a BMW - so I couldn't resist taking a few



pictures... I didn't care much about cars before, but I've come to appreciate them more over the years, especially sleek looking cars like Jaguars, Bentleys, Porsche, Ferraris and old Morgans. Some day I'll have one myself ... But for now, I'm doing all-right with the one I have, and as long as it gets me from A to B in a comfortable enough manner, I'm not complaining.

So there I was, at Gudbrandsjuvet, and again it was made easily accessible by bridges and pathways through the terrain. I stopped on the bridge just above the roaring waterfall and got my pictures. There was a cafeteria there as well, - a very modern looking building with glass walls all around for a perfect view under all weather conditions. These modern designs seem to be the new trend now, in all the tourist attractions in the area. That's fine, I guess, and they're all well integrated with the surroundings, as far as I have been able to establish ... But I'm not sure that I like this trend 100 %. I mean: Accessibility is great. Modern design is great. Innovation is great... But do they all have to look the same? I don't know ... When I go abroad, I search for authenticity ... the things that are typical for the area ... the local traditions... That's what I want to see and experience. And of course: The attractions we have here, in my county and in Norway as a whole, are unique in many ways, - the scenery compares to nothing else and is what people come here for, more than anything ... And I guess we need to upgrade the facilities to be able to meet the demand and the increasing







number of visitors... But I hope we don't end up using the same mold for all of them, because then we will lose our uniqueness.

That being said: Møre og Romsdal county is a great region to visit and is an eldorado for anyone who loves beautiful scenery, spectacular roads, plenty of activities both indoors and outdoor, great adventure, good food, cultural events, fjords, mountains, rich traditions and modern designs in an exciting mix, arts and crafts, great hotels, - and so much more!

Like I said at the beginning: I'm shamelessly proud of my home county and what we have to offer here, and I won't hesitate to recommend it as a destination for anyone, whether you're a solo traveler, a couple, family with children, or a group of friends.

Take a look at the references and links on page 52 and be amazed! There are such a lot of professional and enthusiastic people in this region who are just waiting to welcome you to their establishments and give you experiences you will never forget!

I hope this article has inspired you to come and visit Norway and Møre og Romsdal. Rest assured that what you have read about here is just the tip of the ice-berg. There is so much more! I haven't told you about Ålesund ... or Kristiansund ... or all the other great places, so there's a lot to explore! I also hope you will consider joining the EKN Travel Club or signing up for my retreat in Provence this fall! See you soon, I hope!





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EKN  
Travel  
Club  
and  
explore  
the world  
with us!*







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*Traveling with other Passionate Globetrotters who share your interests, is your guarantee for a great experience! Join today!*





## *Meet Pshtiwan Burhan, Traveler of the month.*

I'm very happy to introduce you all to my good friend, Pshtiwan Burhan, 38 years old, who is a Kurd from Northern Iraq and lives in Norway. He's a business owner with a passion for travel and food, and as such a very obvious choice for this column.

**P.G.:** When did you first become interested in traveling?

**P.B.:** Well, my interest in traveling is in itself an adventure, because I got the interest after a long and difficult journey that I undertook when I left my homeland Kurdistan more than 20 years ago and came to Norway as a refugee.

**P.G.:** Why did you find it interesting?

**P.B.:** I think it was the fact that I experienced such a lot of different people, languages, cultures and food in just a short period of time, and this fascinated me, and thus the interest was born.

**P.G.:** Where did you go on your first journey abroad?

**P.B.:** First journey... second journey.. I've been traveling since I was very young, but I remember very clearly a journey that I made when I was 15 years old... I went with a group of people to the border villages of Iran and Iraqi Kurdistan. We traveled by car, on horses and on foot, through the mountains and the valleys, and listening to the natural voices of the birds and the waterfalls made me just





love traveling, because when you travel you always see and experience something new.

**P.G.:** Do you prefer to travel in the country where you live, or do you prefer going abroad?

**P.B.:** I just love traveling, really, but I guess going abroad is what I prefer, because then there are so much more new things to experience, everything from food, music, language, atmosphere... But at the same time, here in Norway we have a lot of unique sceneries and pictures that you can't find anywhere else in the world.

**P.G.:** Do you have any favourite places that you return to over and over again? If so: What is it that you like so much about that place (or those places)?

**P.B.:** All the places I've been to have become favourites of mine in some way or other, but I like to use the next journey to see new places, - somewhere I haven't been before. I love Greece, though. I think that's the best place I've been to, and I'd like to go there as often as I can.

**P.G.:** Do you have a list of places that you want to visit, - a "bucket list"? If so: Which places, and why do you particularly want to go there?

**P.B.:** Yeah, I have a huge list (haha)! South America is on top of the list, - then India and the south of Asia. I think South America must be like a different world to experience... The people, the music, the life-style have influenced me a lot. India and Asia ... the food - the **art of cooking** in that area - is a big favourite of mine. The natural ingrediencies and the spices that they use ... the way they make their food ... it must be an unforgettable experience to go there, I think.

**P.G.:** How often do you travel?

**P.B.:** Well... the last few years I've traveled to Spain quite a few times, and of course I travel on a regular basis to my homeland Kurdistan to see family and friends there.

**P.G.:** Do you have the opportunity to travel whenever you want to? If so: What is it that makes this possible for you?

**P.B.:** I'd like it to be easier, but I have two children who always need me, and I soon miss them when I travel, - but time flies and I still try to travel as much as I can, and having my own business allows me to take some time off to do that quite often, actually, which is a privilegde, of course.

**P.G.:** Do you travel mostly alone, or with someone else?

**P.B.:** I prefer to travel alone, because then I can get to where I want when I want and I can do what I want without having to discuss it with anyone else, - but going together with friends who love to travel as much as I do, isn't a bad thing, either.

**P.G.:** Do you speak any foreign languages? If so, what languages?

**P.B.:** Yes, I speak several languages. I speak Norwegian and Kurdish fluently, and I speak English, Arabic and Persian. Oh, and a little bit of Greek.



**P.G.:** Do you generally find it easy to communicate with people when you travel abroad?

**P.B.:** Yes, I've never had any problems with communication abroad. If the language is not up to par, I try to keep it going by using my hands and my brain to find new ways of communicating. The world has become so much more open now, and there are always opportunities to talk to people.

**P.G.:** Have you ever experienced anything unpleasant or dangerous while you've been traveling? If so, what happened, and was there any particular reason for it?

**P.B.:** Dangerous? No, not really. Of course, there's always a chance of experiencing something unpleasant when you visit new places, but I think experiencing as much as possible is part of the excitement when traveling.

**P.G.:** Do you have any special episodes from your journeys that you want to share with the readers of The Passionate Globetrotter?

**P.B.:** I was once denied access to Turkey at the border outside of Istanbul, which was disappointing right there and then, but it turned out to be an adventure, because the fact that I was forced to take a different route and therefore decided to go to Greece instead, gave me the opportunity to experience the fantastic life there. I went by bus across the border to Greece and then traveled on through one village after the other, by train and ferry and by just waving at passing cars and asking the drivers to give me a lift to the next village ... I spent two fantastic weeks there, on several small islands and in small villages, and a group of students even invited me to stay a couple of days in their place, living like them, like a Greek, - which made it a fantastic and unforgettable journey!

**P.G.:** Do you prefer holidays where there are lots of possibilities for various activities, or do you prefer a quiet holiday with plenty of opportunities to relax? Why?

**P.B.:** Well, that depends on when I travel, but I generally prefer going to places where there are lots of things to do. I'm not a person who likes to just sit and do nothing. I want to experience as much as possible before I retire (haha), - but of course I need to sit down and relax a little after a lot of running around.

**P.G.:** What sort of accommodation do you normally prefer? Hotel, camp sites, private accommodation, holiday apartments... or something else?

**P.B.:** When I travel alone, I choose the simple and best alternatives for me, depending on what's available on that particular journey and also what I can afford.

**P.G.:** Do you have any favourite means of transport? (Aeroplane, train, car...?) If so: What do you think is the advantage of this way of traveling?

**P.B.:** The favourite is the kind of transportation that will take me where I





want to go there and then. They all have their advantages. Some are cheap, some are fast, some are comfortable... :)

**P.G.:** If money was no issue and you could live wherever you wanted in the world, where would you choose to live?

**P.B.:** Spain.

**P.G.:** Why there?

**P.B.:** I love the climate there. The weather, the ocean ... And Spain is quite central. You can easily travel from there to wherever you want to go in the world. And the Spanish lifestyle is my personal kind of lifestyle, and of course Spanish football has always been a favourite of mine. If I lived there I would probably have a season ticket to the games so I could watch all of FC Barcelona's matches and quite simply enjoy life.

**P.G.:** What stops you from doing it?

**P.B.:** Money.

**P.G.:** Are you going on any journey in the near future? If so, where will you be going?

**P.B.:** I'll be going to North Africa before too long, but in the meantime I try to take short trips whenever I can.

**P.G.:** If you were to give any advice to others who want to travel but who might not be so used to it, what would you say?

**P.B.:** Pack your suitcase and go. Life is short, but with every journey you prolong your life, and if you postpone it, you will probably regret that you didn't go sooner.

**P.G.:** Well spoken, Pshtiwan! Thank you so much for your time!

**Dear Reader:** Do you want to be Traveler of the month? Contact me!









*Visit  
Norway.  
Visit  
More  
og  
Romsdal.  
Get ready  
to be  
blown  
away!*





# *I'm off to Provence!*

*When you're reading this, I'm probably already in Nice, France, or at least on my way there. I've been counting the days, and I'm super excited about returning to this place on earth that I love so much!*

*I've done some research already for my planned event there in September, and I'll be checking out some of the opportunities in the area to make sure I choose the exact right venues and activities for my event.*

*So, I promise that I will put together a complete program A.S.A.P. when I get back home, and then I'll also have some great pictures to share with you from the villa (or mansion) that I've booked down there and where the event will take place. I wish I could show it to you NOW, because it's so great!*







*So mark your calendar and make sure you're free to join me in Provence in September! Put everything else aside and invest in yourself, in your own wellbeing, happiness and personal growth.*

***September 22nd -  
September 29th**  
- those are the dates!*

*Are you ready??*

*Full details about the event and how you can reserve your spot will be revealed in the **July issue** of **The Passionate Globetrotter!***

*Stay tuned, and meanwhile: Enjoy your summer!*

*Best regards,  
Else Kosberg*





## *Travel in style & look cool even when it's hot!*

*If you're a woman and anything like me, you may have a hard time trying to figure out what sort of clothes to bring with you on your vacation, especially if you don't particularly want to stand out from the crowd or feel like your outfit has "TOURIST!" written all over it. So I've been searching the internet for some good ideas, and that's how I've come up with this list of recommended garments that will make you look cool, elegant and even professional, even on a hot day. Here we go:*

### **1) Palazzo pants.**

*Palazzo pants are super comfy, wide-legged trousers that are perfect for summer. Buy some that are airy and roomy and made from natural fibres so that they transport moisture away from your skin. Shorts and pants are often better than a skirt in the heat, to avoid your feet rubbing against each other. If you have short feet, wear sandals or shoes with some heel.*

### **2) Sleeveless jackets and tops.**

*Slick and elegant. But of course: If you prefer to cover up your arms, choose a long-sleeved jacket instead, but in an airy and comfy material of natural fibres.*

**3) Airy dresses and flowing skirts and tops,** but not necessarily the all Bohemian look. Combine flowing skirts with neutral or basic tops for an balanced look. A wide top can also be worn with streight pants or Capri pants, but again: If you have







*short feet, Capri pants may make you look even shorter, so wear some heels with those.*

**4) Platform sandals.**

*Perfect if you want a little height and still feel comfortable. Choose some that have rubber soles for optimal comfort and safety.*

**5) Culottes.**

*These are short, wide trouser-skirts, and perfect if you want a cool and classy look on a hot day. Again: Choose shoes or sandals with some height to create balanced proportions.*

**6) Add some professional or elegant looking accessories.**

*This can make all the difference to an outfit and is an in-expensive way to get a stylish look.*

**7) Do your hair in a smooth style** if you want to look professional, but for a more relaxed elegant look it's perfectly OK to do your hair in a more romantic style.

*I hope these tips were beneficial to you.*

*Please let me know if you liked this article and want to see more of the same in future issues of The Passionate Globetrotter.*

*Main source for this article:  
Hilde Fossen at  
GetStyleConfidence.com*

*Photos: found on Pinterest.  
Top left: Photo from google.no  
Bottom left: Photo from instagram.com / emily\_luciano  
Top right: Photo from poshmark.com  
Bottom right: Photo from google.no*







*Farstadsanden, Møre og Romsdal, Norway*





*Strawberries from my garden*



*To travel  
is  
to live.*

*(Hans Christian  
Andersen)*







***Read more about this month's featured places! References / Literature list / links:***

***Molde - General info:***

*www.visitnorthwest.no*

***Accommodation:***

*www.moldefjordstuer.no*

*www.choice.no/quality*

*www.scandichotels.no/seilet*

*www.moldefjord@thonhotels.no*

*www.kviltorpcamping.no*

*www.hihostels.no/molde*

***Activities:***

*www.barnaslekeland.no*

*www.moldegolf.no*

*www.moldeadventurecenter.no*

*www.mrtur.no*

*www.moldebowling.no*

*www.moldebadet.no*

*www.moldeveggen.no*

*www.padlekurs.no*

*www.didiadventure.no*

***Area around Molde - activities:***

*www.haholmen.no*

*www.sveggvika.com*

*www.atlanticroad.com*

*www.nofmr.no/kart*

*www.lanullva.no*

*www.stromsholmen.no*

*www.budcamping.no*

*www.skarstua.no*

*www.berg-tatt.no*





## **"Island-jumping" in Romsdal:**

### **Video:**

<http://www.oyriket.no/nyheter/2015/7/10/se-filmen-yhopping-i-yriket-i-romsdal>

## **Åndalsnes and Romsdalen:**

[www.tindesenteret.no](http://www.tindesenteret.no)

[www.romsdalseggen.no](http://www.romsdalseggen.no)

[www.trollstigen.no](http://www.trollstigen.no)

[www.villeverma.no](http://www.villeverma.no)

<https://www.facebook.com/Ville-Verma-1584209508507643/>

[www.norskfjellfestival/](http://www.norskfjellfestival/)

[www.valldalaktivitetspark.no](http://www.valldalaktivitetspark.no)

<https://www.norsk-klatring.no/Impulser/Folk/Hans-Christian-Doseth-det-uovervinnelige-soeskenbarnet>

<https://www.climbing.com/news/norwegians-repeat-historic-trango-route/>

<https://www.youtube.com/watch?v=dIyVmHUC8Kw>

<http://www.bigwalls.net/climb/NorwegianTrangoSm.pdf>

## **Accommodation:**

[www.hotelaak.no](http://www.hotelaak.no)

<http://www.grandhotel.no>

[www.hihostels.no](http://www.hihostels.no)

[www.trollveggen.com](http://www.trollveggen.com)

[www.mjelvacamping.no](http://www.mjelvacamping.no)

[www.andalsnescamping.no](http://www.andalsnescamping.no)

[www.facebook.com/SoggebruCamping](https://www.facebook.com/SoggebruCamping)

Please note that this list of references and links are by no means complete and that none of the establishments mentioned here have paid me anything to be featured in the magazine. The list is put together by me purely as a service to you. There's an enormous lot of great facilities and activities to explore in Møre og Romsdal county, and I'm sure you'll find more of them when you start checking out the ones I've mentioned here.



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Statistics Norway - Population per 1 April 2010 and population changes during 1st quarter of 2010. Møre og Romsdal

"Møre og Romsdal".

Norske stedsnavn/stadnamn. Oslo: Grøndahl. 1975. p. 72. ISBN 8250401042.

Norsk allkunnebok. Oslo: Fonna. 1959.

Norske stedsnavn/stadnamn. Oslo: Grøndahl. 1975. p. 71. ISBN 8250401042.

"2 Population and area in urban settlements. Municipality. 1 January 2009" (in Norwegian). Statistics Norway. 2009. Retrieved 7 November 2009.

Statistics Norway - Church of Norway. Archived 2012-07-16 at Archive.is

Statistics Norway - Members of religious and life stance communities outside the Church of Norway, by religion/life stance. County. 2006-2010

Avinor.no

"Statistikkbanken" (in Norwegian). Statistics Norway. 2007. Retrieved 11 June 2008.

Projected population - Statistics Norway.

## **References for facts about Hans Christian Doseth:**

Stein P. Aasheim, Fabio Palma Senza ritorno. Hans Christian Doseth, Italian, Alpine Studio, June 2010, EAN 9788896822029, ISBN 978-88-96822-02-9

Troll Wall, Bigwalls.net

Norwegians repeat historic Trango route - Climbing magazine

## **Literature:**

*Bjarte Bø and Anne Grete Nebell: Klatring i Romsdal, 1999.*

*Anders Lundahl: «Sydpilaren på Mongejura – ett 20-årsminne» i High Magazine.*

*Norsk Fjellsport, Norsk Tindeklubs årbok, 1983 og 1998.*

*Stein P. Aasheim: Trango – triumf og tragedie, 1985.*

## **References for facts about Arne Randers Heen:**

"Gamlemannen" og fjellet". *rbnett.no* (in Norwegian Bokmål). 2008-08-01. Retrieved 2018-01-28.

*Solemdal, Arnold (1995). Bygdebok for Nesjestranda. Gards- og slektshistorie. Molde: Veøy helselag. ISBN 8290393717.*



## ***References for facts about Arne Randers Heen, continued:***

*Goksøyr, Matti. "Arne Randers Heen". In Helle, Knut. Norsk biografisk leksikon (in Norwegian). Oslo: Kunnskapsforlaget. Retrieved 5 November 2013.*

*Hohle, Per. "Arne Randers Heen". In Godal, Anne Marit. Store norske leksikon (in Norwegian). Oslo: Norsk nettleksikon. Retrieved 5 November 2013.*

*Lauritzen, Per Roger, ed. (2009). "Heen, Arne Randers". Norsk Fjelleksikon (in Norwegian).*







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*The Passionate Globetrotter  
next month:*

*Release date: June 23rd*









Seilet Hotel,  
Molde, Norway





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