



# Trolltunga hiking, our complete guide with maps

By Floriane

Norway's famous **Trolltunga** hike takes you to the incredible "**Troll's Tongue**", a rocky platform suspended above Lake **Ringedal**. The panorama is just incredible.

This is one of Norway's most popular hikes. With this popularity comes the challenge of preparing your visit well to fully enjoy the experience and avoid the crowds.

**How can I avoid the crowds? How steep is the course + map? How do I park near the start? Is it a difficult/dangerous hike?** We're going to answer all these questions.

We've put together **all the information you need** to plan your hike to the famous rock. You can use our table of contents to navigate through the article and find the information you're looking for.

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## Trolltunga: our opinion

For once, it's me, Matthieu, who takes the keyboard to share my personal Trolltunga adventure. This time, the expedition was solo, and not without reason. We're traveling as a family, and given the distance and physical challenge of this hike, it wasn't feasible to undertake it with our 3-year-old daughter. Although she was a great little walker, the many kilometers would have meant carrying her a good part of the way, which wasn't realistic.

Another aspect to consider, and not the least, is the **budget**. Additional costs, such as parking and bus fares, can quickly add up. So, by taking the decision to venture out on my own, we were able to considerably reduce the costs of this escapade.

Now I'd like to tell you how I felt about this emblematic hike. Without a doubt, the route offers **brehtaking** scenery, a real reward after the effort. However, it's important to point out that Trolltunga **suffers from its popularity**. Even leaving early and out of season (mid-June), I was surprised by the length of the **queue** to take the famous photo on the rock.

All in all, although I loved the route and the magnificent panoramas, I have to admit that I prefer the views and relative calm offered by the [Preikestolen hike](#), next to the [town of Stavanger](#). Perhaps this is due to its easier accessibility, or simply to the fact that it was less crowded during our visit.

In any case, Trolltunga remains an adventure for hiking and nature enthusiasts, with good preparation and these few tips in mind.

## Trolltunga presentation + map

Trolltunga is an impressive rock overlooking Lake Ringedal in Norway's Hordaland region. This natural phenomenon is the result of millennia of glacial erosion, creating a kind of natural balcony with breathtaking views of the surrounding mountains and lake below.

It is located in **south-west Norway**, the nearest town being **Odda** (25 km) or **Bergen** (approx. 3 hours' drive). We recommend a visit to [Bergen](#) before or after your ascent.

To help you visualize, here's a map showing the rock and the towns of Bergene and Odda.

A more detailed map is available below, showing the starting point of the hike and the route to this Norwegian gem.

# Hiking route and topo: our complete guide

## Topography with gradients

- **Distance** (shortest from P1): 20km round trip
- **Difference in altitude**: 900 D+.
- **Duration**: 7 hours on average
- **Departure point**: Parking P1, P2 or P3 (whichever is closest)

*The route on the Alltrails website*

## Description of the Description

The trail starts at P3, winds through Norwegian forest, then opens onto mountain plateaus offering 360-degree panoramas. Well-marked, the route is dotted with viewpoints and places to rest and picnic.

The route is not technical, but a little long, with the first 350m climb being the most difficult. In the event of rain, some sections may be slippery.

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## Plan your hike: guide, parking (+ map)...

### How do I get to Trolltunga?

- **By car** : You can drive to one of the 3 parking lots, P1: Tyssedal, P2 Skjeggedal and P3 Magelitopp. Please note that only P1 is authorized for camping cars (see map below).
- **By bus / shuttle**

**From Odda bud station**, I took the shuttle bus (first departure at 5.55am, [schedule](#) here) to P2 and then a second shuttle to P3.

**From Bergen**, allow around 3 hours for the bus, then for the return journey we recommend taking the bus + ferry option to explore the [fjords around Bergen](#) from the water.

- **By cab** (1500 nok per cab) to Skjeggedal P2 parking lot.

*source site : [www.trolltunga.com](http://www.trolltunga.com)*

### Car and camper parking

The logistics of parking for the adventure to Trolltunga is a key element to plan, and

I spent several evenings figuring it all out. So, with three options available, choosing the **right parking lot** can not only influence the **length of** your ride, but also its **cost**. Here's a detailed description to help you make the right decision.

- **P1 Tyssedal**: this parking lot is the furthest from the starting point – **38 kilometers round trip**, with a good portion on road – but also the cheapest, costing around €25 per day (NOK 300). A shuttle bus is available to take you to P2 Skjeggedal for around €8, and from there you can take another shuttle bus to P3 for around €13. **This parking lot has the advantage of accepting motorhomes**, making it a convenient option for itinerant travelers.
- **P2 Skjeggedal**: Closer to the start of the hike, this parking lot costs around €43 per day (550 NOK parking + toll) and reduces the distance of the hike to **27 kilometers round trip**. A shuttle bus takes you to the P3 Mågelitopp departure point for €13 per journey.
- **P3 Mågelitopp**: The nearest starting point to Trolltunga, with just **20 km of round-trip hiking**. But there are only 30 places available, so it's essential to [book well in advance here](#). The cost is €67 (800 NOK parking + toll), which can seem really high for a parking lot. However, for two people, this option becomes more economical than combining the cost of P2 with round-trip shuttles (approx. cost €92).

## Trolltunga shuttles: what you need to know?

Transportation to Trolltunga is provided by two separate companies, linking the various parking lots / the town of Odda and the starting point of the hike. However, there are a few tips you need to know to use this service efficiently and cost-effectively.

The first tip is to **buy the one-way ticket only**. The reason? Shuttles run alternately throughout the day. As it's difficult to estimate the time of return, depending on the time you finish, **you'll have the flexibility to choose the shuttle that suits you best** once you're there.

The second tip is to buy your **departure ticket online** to guarantee your place on the shuttle at the desired time, especially during peak periods and for early morning departures. I booked with the trolltunga-shuttle company for the first departure.

*Shuttle companies: [trolltunga-shuttle](#) and [Oddataxi](#).*

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## Do I need a guide in summer and winter?

The hike is recommended from **mid-June to mid-September**, after which it is advisable (or even compulsory, check with the tourist office) to take it out with a guide.

## Via ferrata at Trolltunga

The site also features a 250-metre-high Via Ferrata overlooking the fjord. If you're a climbing fan, this must be really cool. Don't hesitate to give us your feedback in comments.

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## How to avoid the crowds? camping and early departure

**Early start:** The secret to getting ahead of the crowds is to start your hike well before the others. While the majority of hikers – and I'm one of them, those who take the shuttle will be less flexible – start their trek between 7 and 8 in the morning, setting off at sunrise will guarantee you a certain head start and a certain calm on the outward journey and at the viewpoint.

**Camping:** Ideally, consider camping near Trolltunga, so you can enjoy the rock almost alone at sunset and sunrise. Wild camping is allowed in Norway, thanks to the right of free access to nature for all, which makes it easy to find places to pitch your tent, especially in the final kilometers of the climb to Trolltunga. I was pleasantly surprised by the number of possibilities for pitching a tent. Next time we'll take this option.

## Our tips for enjoying your hike

Trolltunga is undoubtedly one of Norway's most spectacular and demanding hikes. To ensure that your adventure is unforgettable for the right reasons, it's crucial to be well prepared. Here are our tried and tested tips for a successful hike:

- **Hydration and nutrition: bring enough water** (2 liters) and small snacks (dried fruit, energy bars, seeds...). The physical effort combined with the

duration of the hike (often over 8 hours) requires good hydration.

- **Appropriate equipment:** waterproof clothing and hiking boots: even on a fine day, mountain weather can change rapidly. The trail to Trolltunga crosses wetlands and small streams.
- **Check the weather forecast:** in Norway, we checked the weather forecast every day to organize our schedule. For Trolltunga even more so, given the physical commitment, organization time and budget involved, it really does make sense to plan it on a sunny day. The views from Trolltunga are breathtaking in the sunshine, adding to the magic of the experience.

## **Trolltunga safety: is it a dangerous hike?**

It's also a point that has come up on social networks: **is the Trolltunga hike dangerous?** That's why I'm taking the liberty of addressing it to prepare future hikers. It's worth noting that on all the hikes we've done in Norway, there are **no safety barriers on the hiking trail or at viewpoints**. This was a little confusing

for us at the start of our stay.

Although Trolltunga is a **popular tourist destination**, hiking is not to be underestimated. Paths can be slippery, especially after rain. It's crucial to stay on the marked trails and exercise caution, especially when approaching the summit. We strongly advise you to keep a safe distance by not venturing too close to the edge, and not to take unnecessary risks for photos...

Some hikers lie down to get closer to the edge. The view must be insane, with the void just a few metres below. We did read that there was an accident on the site in 2015, when a hiker fell. If **you're careful**, we don't think there's any risk involved.

## Where to stay near Trolltunga?

Ideally, select accommodation close to the start of the hike, around the town of Odda. [Book online](#) in advance, especially during high season, to ensure you get the best choice.

### [Best rated accommodation around Trolltunga](#)

Around Trolltunga, we recommend **Lac Bleu**, **Blavatnet** and the **Tveitafossen waterfalls**.

We hope this article has inspired you and given you all the information you need for your exploration of Trolltunga.

Don't hesitate to leave us a **note** or **5 stars** below, to let us know if you're planning this trip, to ask any questions you may have, below we'll answer you with great pleasure. Vous pouvez consulter nos stories sur [Instagram de notre voyage en Norvège](#), pour vous donner un avant gout de ce qui vous attend !

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