



ØSTFOLD/AKERSHUS/HEDMARK



Follow the Pilgrim Way in Østfold/Akershus/Hedmark

The Pilgrim Way through Østfold, Akershus and Hedmark lies like a beautiful string necklace through the varied and fertile landscapes of these counties, binding together their coasts and inland regions. And everywhere the trail leads, there is peace, beauty and variety.

This stretch of the trail is part of the St. Olav's Way that leads north to Trondheim and the Nidaros Cathedral. In the Middle Ages the cathedral attracted more pilgrims than any other in Northern Europe, and it is still an important site of pilgrimage. We can recommend day walks and short hikes in the whole region.

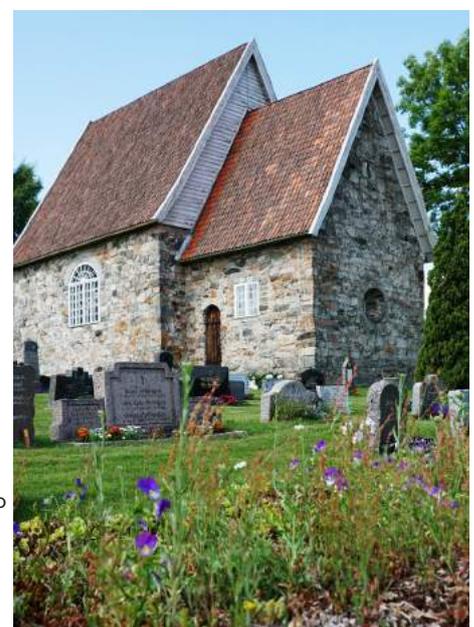
The Østfold Way leads the walker past quiet forest lakes and fertile fields, along coastal paths and through parks. Just a little of what you will see along the Way: Fredriksten Fortress in Halden, historical churches, manor houses, Bronze Age sites and, not least, the Sarpsfossen waterfall beside whose torrent Saint Olav built Sarpsborg in 1016.

Among other things, Akershus is known for its waving corn against a high sky. We recommend a visit to our capital city, Oslo, where one can also include visits to the Oslo Pilgrim Centre and Østre Aker Church.

The Pilgrim Way passes the Eidsvoll Manor Farm, one of Norway's most prestigious historical sites. It was here in the spring of 1814 that Norway's democratic Constitution was written, the foundation of the nation's independence.

In Hedmark, the Pilgrim Way threads its path across a rolling inland landscape with wonderful views across Lake Mjøsa. And if your feet are getting tired, you can sail from Eidsvold to Hamar on "D.S. Skibladner", the world's oldest paddle steamer in scheduled service.

In Hamar the Pilgrim Centre is situated on a historical site by the Pilgrim Way, and close to the ancient Hamar Cathedral, its ruins now encased in protective glass housing. Today, as in times past, it is an important site of pilgrimage.



MORE INFORMATION:

- www.visitoestfold.com
- www.visit-akershus.no
- www.visit-hedmark.no
- www.visitosloregion.com

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