

# Heritage Trail

## Reisadalen

For thousands of years, people have moved through the landscape of the upper Reisadalen valley. Their use of the landscape has left physical and immaterial traces, handed down to us through place names, historic sites and stories. Together they teach us about the relationship between people and nature in the past, about ethnic diversity and past generations' wanderings.

This landscape has been an important resource to the Kven, Sámi and Norwegian population in the area, as well as the reindeer Sámi. The upper parts of the valley has also been a popular destination for salmon fishers from other countries for well over a hundred years. These groups lie at the heart of the stories told along our heritage trail.

The eldest traces along the trail can be dated to the Late Stone Age/Early Metal Age (4500BC - 0BC) and consist of hunting pits and rock art, among others.

The reindeer Sámi have strong connections with this landscape, historically and today. Every year, thousands of reindeer make their way between the winter pastures on the inland by Kautokeino and the summer pastures by the coast of Nord-Troms.

The settlement in the valley was mainly established in the 18th century and early 19th century. During the 18th century there was a marked increase in the migration from northern Finland and the Torne valley in northern Sweden to Reisadalen. This resulted in Reisadalen being recognised as a core area for Kven settlement. Previously, the Kven language was the everyday language on many of the farms in the valley, which is reflected in the many Kven place names in the landscape.

We wish you a pleasant hike through our rich and varied nature and history!



Photo: Kristin Hoidalén

The Heritage Trail Reisadalen can offer woodlands as well as open plains.

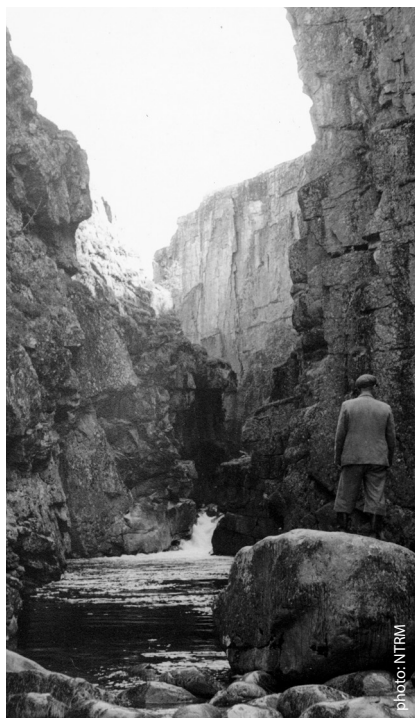


photo: NTRM



Photo: NTRM



Photo: NTRM

Along the route you will find out more about the English salmon fishers, the Kven settlements and the reindeer Sámi.

# Saraelv - Nedrefoss

Between Saraelv and Nedrefoss you will find many stories about forestry, as well as the mysterious rock paintings that were discovered at Sieimma a few years ago. Should you wish to walk only parts of the heritage trail, it is possible to turn back to Saraelv from Sieimma.

## Furuholmen

By Furuholmen you will find information about forestry in the Reisadalen valley. The forest was an important resource for the people in the valley, who largely made their living combining agriculture and forestry. How the forest was managed has, however, been influenced by a number of factors, where who has the power to make decisions made all the difference.

## Sieimma

The rock paintings at Sieimma has become one of the main attractions at in the valley. The site is one of only three known in the county of Troms and can be dated to the Early Metal Age (år 1800BC - 0BC. Painted on the rock are ten figures resembling people and animals. These figures gives us a glimpse of beliefs and rituals in prehistoric Reisadalen.

A small rowing boat can be used to cross the river at Sieimma in order to view the rock paintings.

## Tar kilns

From Saraelv and as far up the valley as Imo, you will find several tar kiln sites. Just above Sieimma, information about tar kilns is provided by one of the best preserved kilns along the route. Here you will find information about the lengthy process of burning tar - from the breaking off of pine roots in the autumn through to the delivery of tuns of tar at the merchant in Sørkjosen.

## Nedrefoss

Nedrefoss is a natural place to stop when you are walking our heritage trail. For over a hundred years this has been a popular destination among tourists from abroad as well as the local population in Nordreisa.

Here you can learn more about salmon fishers, merchants, forest fires and much more!



Photo: L. Brekne

The rock paintings at Sieimma



One of many tar kilns in the valley



Photo: NFRM

Building a tar kiln in the 1930s - a task that required many hands, and the entire family would often contribute.

# Preserving our historic sites

Both our heritage and nature are vulnerable assets. Many of our sites have survived for thousands of years, and it is all our responsibility to ensure that future generations can learn from them too.

A large part of the heritage trail passes through areas important to reindeer. Show consideration when you encounter reindeer.

As a hiker along our trail, you are also a guest in nature and you will spend much of the time in a national park. Be considerate of nature and wildlife as you go along.

- You are free to roam wherever you wish on foot or skis. All use of engines is prohibited unless you hold a special permit, traditional river boats with an engine being exempt from this rule.
- Stop wherever you want, and camp for the night if you wish, but tidy up afterwards and take your rubbish home with you.
- You may light a fire, but remember the general ban on fires in woodland between 15 April and 15 September. Show consideration when you gather firewood, do not fell old trees since they are important for insects and birds.

- You may pick berries, mushrooms and common plants for your own use. Show consideration for cultural heritage sites, vegetation and animal life. Take extra care in the breeding season.

- Hunting and fishing are allowed, as elsewhere. Remember to buy hunting and fishing licences. Do not use live fish as bait. You must not take live fish from one river or lake to another.

- You may have a dog with you, but remember to keep it on a leash between the 1st of April and the 20th of August.

- Several of the historic sites along the route are automatically scheduled sites, protected by Norwegian law. Take care not to change or damage any of the historic sites you encounter on your walk.

HAVE A NICE TRIP!

# Trail description

From where the main road ends, a driveable forest track continues straight ahead. To visit Ovi Raishiin prior to your hike, take right at the first junction, otherwise carry on straight for approximately to the end of the track at Vegenden.

After following the path for around 2k, the path meets a forestry track for another 2k, before the path carries on to the left, down towards the river. The path follows the river until Sieimma, crossing a rock scree. During the spring thaw, parts of the path can be flooded and following the forest track/upper path all the way from Saraelv is recommended.

At Sieimma you will enter into Reisa National Park. The path crosses some side rivers of varying sizes. Cissaldat is divided into several smaller springs where you can walk from stone to stone. Alttarinjoki and Rautosuvantojoki can be waded, but take care during spring, when the water level is higher. Duckboards are present and can also be used. You will pass the waterfall Mollisfossen on the other side of the river. Some rock screes in parts after Mollis.

Vuomadatjohka is crossed on duckboards. . The distance to the cabin at Nedrefoss from

here is 6k in flat terrain.

From Nedrefoss to Ráisjávri the hike is more demanding, wading across rivers and a steep part of the trail. In Nedrefoss you cross the river over a bridge. Following the crossing, the path goes through an uneven terrain towards the southeast. Through Bjørnehiet the path follows a narrow, secured shelf 12-15m above the river. Avvejohka is crossed over a bridge. Imojohka is crossed three times, the first being the most demanding. Climb the Imobakkene hills, a path will take you to the Imo waterfalls, which is sign posted seperately. The terrain flattens and you will reach the river Luovddiijohka that will have to be waded (this is a somewhat demanding river to cross).

The landscape rises gently to the north of Miehtavarri and into the valley Miehtavaggi. You'll then head down to Miehtajohka, which you wade across. A slightly steeper climb to Njuolgavarri. In the valley between Vuolavarit and Boazoroaivvi the path turns into a wider track. Njargajohka (25-30 m wide) is crossed by wading to your knees. Some wetter boggy areas as you head for the south side of Aitevarri and down towards Ráisjávri.



Photo: Odd Rudberg

Nedrefosshytta today. The cabin is run by Nord-Troms turlag.



Photo: Nord-Troms museum

Nedrefoss in 1950. The small cabin to the right has since been moved.

# Imo - Ráisjavri

Reisadalen and the mountains surrounding the valley is spring and autumn pastures for large herds of reindeer, on their way between their winter pastures on the inland and summer pastures on the coast. Between Imo and the lake Ráisjávri you will encounter heritage connected to both prehistoric hunting for wild reindeer and reindeer husbandry.

## Luvddiid

Between Luvddiid and Ráisjávri, you will encounter sites telling the stories of reindeer husbandry.

The most common type being the árran, a Sámi name for a hearth made from stones that have been used in a tent or hut. These are oval or rectangular in shape and may be clearly visible on the ground, despite being several hundred years old.

These sites are particularly vulnerable, so take great care and make sure you do not remove any stones from such hearths.

## Boazoroaivvi

In the mountains around the valley, there are many remains from prehistoric hunts for wild reindeer.

By the foot of the mountain Boazoroaivvi the path goes alongside the edge of a pit which was used for trapping wild reindeer in prehistoric times. On this sites, there are seven of these pits. The oldest hunting pits we know to date can be dated to around 1500BC. Hunting pits may have been used as late as the 17th - 18th century.

Several artefacts has also been found along the trail. Arrow heads and stone chippings from the the Early Metal Age shows that people were both making and using their hunting weapons in the are, not far from where we have a rest when walking the heritage trail!



Photo: Rune Benonisen

Waterfalls at Imo



Photo: L. Breimose

Hunting pit by Boazoroavvi



Photo: Tromsø museum

Finds from Early Metal Age (1800BC - 0BC) found near Luvddiid.



Reisa  
nasjonalpark



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