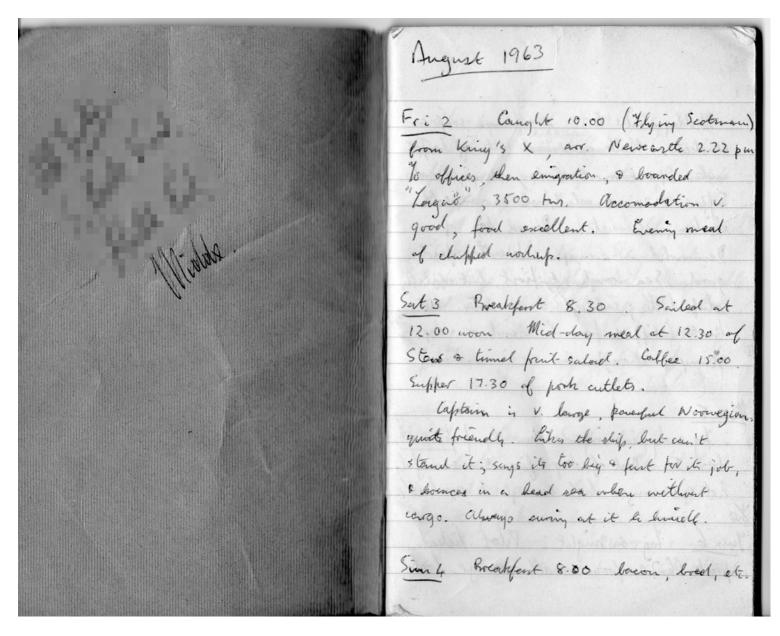
Nemo Re-Order No. 391 (H)



<u>August 1963</u>

Fri 2 Caught 10.00 (Flying Scotsman) from King's X, arr. Newcastle 2.22pm. To offices, then emigration, and boarded "Lagnö", 3500 tns. Accomodation v. good, food excellent. Evening meal of chopped noshup.

Sat 3 Breakfast 8.30. Sailed at 12.00 noon. Mid-day meal at 12.30 of Stew & tinned fruit salad. Coffee 15.00. Supper 17.30 of pork cutlets.

Captain is v. large, powerful Norwegian, quite friendly. Likes the ship but can't stand it; says its too big & fast for its job, and bounces in a head sea when without cargo. Always cursing at it to himself.

Sun 4 Breakfast 8.00 bacon, bread, etc.

Docked in Sit light at 08.2 Middlery meal 1230 of asperages soup a chicken. With on bound laster of hongel after narrow parsage through wilet. unt. Spent most of day playing words Suppor 17.30 of ralast, cold ments cold Carrot official not on local chicken, etc. etc. Parsed top entil 11.00 - so mable to reach Denmark in evening. Weather fairly Stockholm this day Stayed at good. Sea rough at first, but affecting Sodertalje . Weather wet & murerable ship lettle: calmed down later. 15 not rain but doingle the whole day Hortel is also sports knots (rhig) + force 6 wind - very favelion, & is equipped with juke strong, though less so in evering. bose 4 2 pin Cables (Cooken). Mon 5 Wed 7 heave Sodertalise fog early morning - wohen by foghow at about 5. Rest of day fine a uneventful, good time & arr. Stockholm around 11.30: - hook around after hot & sunny - live enough to unbutte Y/a leaving like a bags in station. These tog in night. Pilot ficked up at 06.20 from small orange bout hunch in station PHOTO 1 town hall. Send I could to 5 PK Vin

Midday meal 12.30 of asparagus soup & chicken. Milk on board tastes of hazel nuts. Spent most of day playing cards. Supper 17.30 of salad, cold meats, cold chicken, etc. etc. Passed top of Denmark in evening. Weather fairly good. Sea rough at first, but affecting ship little; calmed down later. 15 knots (ship) & force 6 wind – very strong, though less so in evening.

Mon 5 Fog early morning – woken by foghorn at about 5. Rest of day fine & uneventful, hot & sunny – hot enough to sunbathe.

<u>Tues 6</u> Fog in night. Pilot picked up at 06.20 from small orange boat

with less speed than "Lagnö". Docked in Nyköping at 08.20 after narrow passage through inlet. Passport official not on board until 11.00 – so unable to reach Stockholm this day. Stayed at Södertälje. Weather wet & miserable: not rain but drizzle the whole day. Hostel is also sports pavilion, & is equipped with juke box & 2 pin tables (1 broken).

Wed 7 Leave Södertälje in good time & arr. Stockholm around 11.30. Look around after leaving bikes and bags in station. Lunch in station. PHOTO 1 – town hall. Send 1 card to 5, Pk Vw

and I to cupt of a hogues >> can, & elderly Swedish motoring couples. by weather improves during day, quite West inte Upprala (PMOTO 2 - Upps. Cash from Slottets hill - pair sort of wow hot in afternoon. heave Stockholm at about 2.00, 8 place. Dudy't see which of it, though Chrive at Nacha YH. early Fri 9 Uppsala -> Gavle, Straight up Hartel large, with only I family, 2 Swedes together (your) & I other Ely road - good surface - no hilly. Ewede (?). also 2 German & the of 16 uph over whole dut (72 ml) Doigh nearly all way, however, but no for 2 other not seen yet. wind. Hortel in town centre , a good, I american been to Finland, I English Thus 8 OY-KPO Cowais? Flyover. Long, I friendly Geomen a / German helt Nacha about 9 a corred Stock from without trouble. Weather improved sen at Eddertalge over day a with wind belied we made Sat 10 SE-CRB (Unknown Make) good time. Turned off E4 (curin road Hyover mr. Gavle. Left Givel to Sigtum, where had lunch. arrived 9.30 after smorgarbord breakfant. Remet v. early (1.50) at Upprala JH. From eved had forgotten cool after 65 km hange nos. of Germans nearly all in

and 1 to capt. Of "Lagnö". Weather improves during day, quite hot in afternoon. Leave Stockholm at about 2.00, & arrive at Nacka YH early. Hostel large, with only 1 family, 2 Swedes together (young) & 1 other Swede (?). Also 2 Germans & 1 or 2 others not seen yet.

Thurs 8 OY-KPO Corvair? Fly-over. Left Nacka about 9 & crossed Stockholm without trouble. Weather improved over day, & with wind behind we made good time. Turned off E4 (main road) to Sigtuna, where had lunch. Arrived v. early (1.50) at Uppsala JH. Large nos. of Germans, nearly all in

cars, & elderly Swedish motoring couples. Went into Uppsala (PHOTO 2 – Upps. Cath. From Slottets hill) – fair sort of place. Didn't see much of it, though.

Fri 9 Uppsala → Gävle. Straight up E4 road – good surface – no hills. Av. of 16 mph over whole dist (72ml). Drizzle nearly all way, however, but no wind. Hostel in town centre, & good, 1 American been to Finland, 1 English boy, 1 friendly German, & 1 German seen at Södertälje.

<u>Sat 10</u> SE-CRB (Unknown Make) Flyover nr. Gävle. Left Gävle 9.30 after smorgasbord breakfast. Remembered had forgotten card after 6,5 Km,

Sun 11th and left but to race back to YH. hot and wellwest trouble. Could Left board place at 8.20 after burns & crange on up E4 not so good today. Wind breakfust for 78 int slog. Itill tired. Doards across of against Hot in afternoon bad for first & of every up to hjurdal but after leaving Ele would deteriorated all resoluced after that. Weather threatening in a became unsuferced for = 5 km morning, while we headed towards hills. at no good. Enface again, but then enfor hjurdal we found a restaurant open & had dirappeared for 14 Um. Cows throw a profes meal which hard good effect since up stones & dust. V. tired over we hadn't eaten freferly rence Girole morning last 15 mls to BOLLNAS - 2 asleep. In afternoon, rain came on, but we made good ar Rollias 3.45 YM closed till time defite cupes for last 15 mls. Urrived at 5.00. at 5.25 still not open no 95 Karbole YM at 3.10, & wanden let us in hocken to Turistbyran, who telephone are at register showed I Eng. cyclist in 61 0 but no sign of warden. Turnstlyon none before buck to '59 at start of book fine is up in a B&B without Breakfast Had supper of is been load each, water affle. for Skr (6/8) - but of a dump, but not o a bag of revests from a keorle too bad , could be worse . Sleep on Exporringly, as hill-climbs yet. couch.

and left kit to race back to YH. Got card without trouble. Contd. On up E4, not so good today. Wind across or against. Hot in afternoon. After leaving E4 road deteriorated, and became unsurfaced for ≈5Km − no good. Surface again, but then surface disappeared for 14 Km. Cars throw up stones & dust. V. tired over last 15 mls to BOLLNÄS − ½ asleep. Arr. Bollnäs 3.45, YH closed till 5.00. At 5.25 still not open, so go to Turistbyrån, who telephone around, but no sign of warden. Turistbyrån fix us up in a B&B without Breakfast for 5Kr (6/8) − bit of a dump, but not too bad − could be worse − sleep on couch.

Left board place at 8.20 after Sun 11th buns & orange breakfast for 78 ml slog. Still tired. Roads bad for first ½ of way, up to Ljusdal, but all surfaced after that. Weather threatening in morning, while we headed towards hills. At Ljusdal we found a restaurant open and had a proper meal, which had good effect, since we hadn't eaten properly since Gävle morning. In afternoon, rain came on, but we made good time despite capes for last 15 mls. Arrived at Kårböle YH at 3.10 & warden let us in. Looking at register showed 1 English cyclist in '61, & none before back to '59 at start of book. Had supper of ½ bun-loaf each, water, apple, & a bag of sweets from a kiosk.

Surprisingly, no hill-climbs yet.

Dist durned out to be 58 who, with (Mon 12 Ph. 3 4km N Overhogolal village marked on map being non-75 +8 cloud. Slow going at first but roads O.K. Stoffed at Ytterhogded for existant: Rosed the same all the every - switchback, clemning slightly & coffee, then proceeded. at drama tods twirting. an hjundalen alt. 4.15 wrong turning & went & kin up wrong dist brock before turning back. Toud night dirt track a reached Skalow at Wed 14 Spent day at lijung dolen Proceedfast in morning of morgarbord, So'clock. Sleft in room for 2 is porridge, omlette a speds. Cleaned beha converted ban behind Konrum - v. bilty after yesterday, hurched off bread a cheese, played coods in Yves 13 Set of for Gjungdalen at alt. 9.30, up unsurfaced road. Only 2 town afternoon with a German at hortel. on way so boy midday at Shalan Weaths Suffer in evening of smorgasbord not too good; cloudy rain at times. after murhoon roup, rounge with speed, wout 20 ml. the L. fl. side of the rouse had bout pure (blacklerner, worants, etc.) a coffee Price? - don't know yet been floughed up to give grif for can so probably high Could go of welhout forced to cycle on R. Dorloy moments paying, though - none of dast few avoiding cars coming both ways

Mon 12 Ph.3 4Km N Överhogdal 1/75 f8, cloud. Slow going at first, but roads OK. Stopped at Ytterhogdal for coffee, then proceeded. At Åsarna took wrong turning and went 6 Km up wrong dirt track before turning back. Found right dirt track, and reached Skålan at 5 o'clock. Slept in room for 2 in converted barn behind Konsum.

Tues 13 Set off for Ljungdalen at abt. 9.30, up unsurfaced road. Only 2 towns on way, so buy middag at Skålan. Weather not too good; cloudy, rain at times. After about 20mls the LH side of the road had been ploughed up to give grip for cars, so forced to cycle on R. Dodgy moments avoiding cars coming both ways.

Dist. turned out to be 58 mls, with 1 village marked on map being non-existant. Road the same all the way - switchback, climbing slightly, and twisting. Arr. Ljungdalen abt. 4.15.

Wed 16 Spent day at Ljungdalen. Breakfast in morning of smörgåsbord, porridge, omlette and spuds. Cleaned bikes - v. filthy after yesterday. Lunched off bread & cheese, played cards in afternoon with a German at hostel. Supper in evening of smörgåsbord, mushroom soup, sausage with spud, fruit puree (blackberries, currants, etc.), & coffee. Price? - don't know yet - probably high. Could go without paying, though - none of last few

at Runbswall. It high. hortely have beft our carely oberught. a neunstorn - rain The 15 Ph 4.5 - at Storvaller munits a really hust Did on caper. All fust after rans lanking could really have moved was like were alwork pieces crossing transverse In our old economy also to Stowallen where lu Climbed a bet more the

hostels have kept our cards overnight.

Thu 15 Ph 4&5 - at Storvallen, after crossing Flatruet. Set off at 10.25 after breakfast of smörg, porridge, fish påté & coffee, & climbed out of Ljungdalen. Dropped down a bit, then climbed properly to 975.5 möh (3220') - not difficult. Weather was showery. [Meals at pensionat cost 4.50 (breakf) & 7.00 (supper) - very reasonable.] At Flatruet (top of climb) was v. small souvenir shop, and faked up fast-disappearing Lapp hut for photographs. Dropped down a bit to Storvallen where lunched. Climbed a bit more, then got

drenched in a rainstorm - rain came down in sheets for 10-15 minutes, & really hurt. Did not put on capes. Just after rain stopped, good descent - fast - down into valley. With good roads and banking could really have moved, but as it was, bikes were almost shaken to pieces crossing transverse ruts left by rain. Sandy roads dry out quickly. Arr. Bruksvallarna early, but signed on. Assorted crowd - 2 French (abt 20-22 yrs) in an old economy Citroen - 1 swedish girl with a German girl & family, & a few elder swedes.

1/4Kg Lard - 1Kr 40 1/4Kg Marg - 1Kr 00 !!! Fri 16 heft houshvallana at 8.40, rince 2.50, but Bomb shut. Managed & cash As of Jan's at hiristhouter, we all must love I he going from Sweden to Norway - clocks on I hr. Bought lunch night. Walked in Rovos in evening - nothing doing your built on Cu nine, Hides at Funardalen of welon rolls meat, Showing Dr. No is open I might a week Pilmer. Good time to 5/N border parced hoed yollo wear Norwegian swester, houred by & parring reveral timey 2 Mercedes 220's West of breader. Means available full of cheening throngs. abrolately us control at lorder not even gravel fort: just at Hortel - super on cold meats randines a caim & big "cross over" notice. hurchel mult brend, jum coffee, cheese. at border. Nowegian road worse than S. though both unsurfaced all way torget to cash cheque in furandaler, but remembered -> Alvelal up must road later they couldn't give Norwegian money Condition not too good fo amjuray. After lunch exerther worrend previously good - light wind behind surney, but not but. Then rain caught carbing to tich & buying up - capes on-off about 5 times Made good everage speed to of roads also Koros where stopped for coffee & to

Fri 16 Left Bruksvallarna at 8.40, since must lose 1 hr going from Sweden to Norway clocks on 1 hr. Bought lunch at Funäsdalen of melon, rolls, meat, Pilsner. Good time to S/N border, passed by & passing several times 2 Mercedes 220's full of cheering throngs. Absolutely no control at border, not even guard post: just a cairn & a big "Cross over" notice. Lunch at border. Norwegian road worse than S., though both unsurfaced all way. Forgot to cash cheque in Funäsdalen, but remembered later they couldn't give Norwegian money anyway. After lunch weather worsened previously good - light wind behind, sunny, but not hot. Then rain caught up - capes on-off about 5 times. Heartily sick of roads. Arr. Røros at

2.50, but bank shut. Managed to cash £5 of Jan's at Turistkontor, so all right. Walked in Røros in evening - nothing doing. Town built on Cu mine. Flicks showing Dr. No is open 1 night a week. Local yobbos wear Norwegian sweaters, haircuts & bicycles. Meals available at Hostel - supper on cold meats, sardines, milk, bread, jam, coffee, cheese. Very good for only 3/6d.

Sat 17 Ph. 6 - en route → Alvedal up minor road. Conditions not too good for colour. Left Røros at about 9.40 after cashing £10 t. ch. & buying Troll. Made average speed to Tynset, where stopped for coffee & to buy

lunch for Sut & Eun - both Ende of berg - presipitous hortels do meals, work woon descent over V. rough large bill hunched Descent good though slow lowered Wondered 2 h 35 m. - flat, though M Dalholen see post add. youth hostel Folldal which vill is on out to be in Eido Noone else at

lunch for Sat & Sun - both hostels do meals. Took wrong road out of Tynset, & climbed over large hill. Lunched at top. Descent good, though slow owing to bad roads. Passing through village saw all houses had Norw. flags at ½ mast; even saw one being lowered. Wondered what had happened. Since didn't see any more, assume was local - perh. mayor died? Realised wrong road, and asked way. Directed over mountain - up unsurfaced 8' wide road, with gradient of 1 in 7 (app). Expected to spend night in Alvdal YH - no meals, so go hungry. Followed road down

[stopped 2ce on climb on 54" gear]

other side of berg - precipitous descent over v. rough roads. Followed unmarked road to Alvdal, running between river & railway. Bought chocolate, apples, biscuits in Alvdal, where learn YH closed - check in Håndbok; closed 10/8. Decide to push on to Dalholen (orig. destination) - another 35 mls. Very tired. Last 35 mls take 2h35m. - flat, though ----- up valley. At Dalholen village, see post. add. youth hostel is Folldal, which is 15Km back. Luckily ask, and told YH is 4Km on. Dalholen YH, p.add. Folldal, turns out to be in Eide village. No-one else at hostel.

Reddiction of your	
which has v. new down building.	Other bitleller are 2 Swedes (husb. a
Sun 18 heft Dulholen 9.50 after	girles. 2 Norges (hoter) Z Hustrian
av refeed up to head of valley 5	Mon 19 ph 7-10 Sweet at And-
Hierken, where hit legendary	almes (A. W. D.). 7 shows
Will other traffic heading N. For	lookin w. 25 at f 45. left
nove foreigh can on noijor roads - 11 gen. 9 fr., 7 Dutch, 3 belg.	Lesjasky late since only should
2 Brit, 2 Dan, 1 Amer. 1 Aus. in	behind runny warm. Fell going
where buy coffee o Enach & leave	round harpin (but loose goil). First sight of food scenery: 5 wheel. all
R50. Tkad up (ordown?) valley	mer then went - hotel. Stomach
to Kanjashog, which arrive at at 2.50. Hortel on side of vally	ache, but not woorld. World I would
Till have more an lot in patcher.	- fartis a groups in down with 2

which has v. new dorm. building.

Sun 18 Left Dalholen 9.50 after breakfast, including porridge. Av. speed up to head of valley → Hjerkin, where hit legendary ROUTE 50 for 22 Km, heading S. All other traffic heading N. Far more foreign cars on major roads - 11 German, 9 Fr., 7 Dutch, 3 Belg, 2 Brit, 2 Dan, 1 Amer. 1Aus in day. Good descent into Dombås, where buy coffee & snack, & leave R50. Head up (or down?) valley to Lesjaskog, which arrive at at 2.50. Hostel on side of valley with view over lake to other side. Some hills have snow on top in patches.

Other hostellers are 2 Swedes (husb. & wife) 2 Norges (h&w) 2 Austrian girls.

Mon 19 ph 7-10 Sunset at Åndalsnes (sketch). 7 shows ??, Rondalshorn, mts. 8-10 looking W. 1/25 at f4.5. Left Lesjaskog late, since only short ride. Downhill all way, wind behind, sunny, warm. Fell going round hairpin (hit loose grit). First sight of fjord scenery:- superb. Ate bit of lunch & had coffee in Åndalsnes, then went → hostel. Stomach ache, but not worried. Hostel v. crowded - parties & groups. In dorm. with 2 Scot, 2 Yank, but turfed out with Scots

to make way for party of a swales Nothing doing. Puryte Koolak rev film, 10.50 Also at horld 2 yorkshire cydeste, Cotch - does not include precessing cost. ween a wife - Tomer discovers love spoke in back what of my like the Wed 21 "Feeling better. Caught 9.30 hularly off block ride; mended in the ferry (just after breakfast delayed by holes, females view of suret over nefficiency in hostel/cafeteria. Photos ford, o on weter behind hortel. 102 - Eidedal from ferry. Out of Eidedal long climb (not steep) up to Tues 20. Feeling being in morning a bad top of Good (de following own) cel top v. little excappant (I bound fuffed wheat). in Eagle road down to Geranger". Decided to amble to Valldal nestead of Photo 304 - Geranger Good from Road going to Gryothi. Climbed of Tooll-(leagle is 62 lemon = 2060') hunched stigen (Photos 11,12) - height 852 mich = in Gerranger of Police, spend, then 2811 ft. along young course us feed for over storted climb up Geiranger 14km took 24 hrs. hony run down other side, very jotty 22 hrs. Two stages record bleaks got bloody fed up. Linched of bow of choe. & overing e. cold . Tof is 1038 moh = 3440' apt . arrived Valldal 1.25, rat around on gray. No food available at top so proceed Pucheol in 4H at 3,00, then bung around. to Go () other, the along very bad road

to make way for party of 4 Swedes. Also at hostel 2 Yorkshire cyclists, man & wife. Former discovers loose spoke in back wheel of my bike, luckily opp block side; mended in ½ hr. Later, fantastic view of sunset over fjord, & on mtns behind hostel.

Tues 20 Feeling lousy in morning, & had v. little breakfast (1 bowl puffed wheat). Decided to amble to Valldal instead of going to Grjotli. Climbed up Trollstigen (Photo 11, 12) - height 852möh = 2811ft., slow going 'cause no food for over 24 hrs. Long run down other side, very jolty, got bloody fed up. Lunched off bar of choc. & orange. Arrived Valldal 1.25, sat around on quay. Booked in YH at 3.00, then hung around.

Nothing doing. Bought Kodak rev. film, 10.50. Catch - does not include processing cost.

Wed 21 Feeling better. Caught 9.30 ferry (just) after breakfast delayed by inefficiency in hostel/cafeteria. Photos 1&2 - Eidsdal from ferry. Out of Eidsdal, long climb (not steep) up to top of fjord (following river). At top is Eagle road down to Geiranger. Photo 3&4 - Geiranger fjord from Road. (Eagle is 624möh=2060'). Lunched in Geiranger off Pølser, spud., then started climb up Geiranger. 14Km took 2½ hrs. Two stages, second bleak & cold. Top is 1038möh = 3440' app. No food available at top, so proceed to Gr(j)otli, along very bad road

flat (slightly s), but covered in Good side with a surface o chiffings almost bell of many ting. road for some way, hunched off meat o veg in a cafe in at Griotte have coppee then on to hortel (2 km) where change, a back to bafetene for rufter - stew -3.50. Cold. In evening Jan wended Spelo to top, then descent with lighty els. blottel in cafe - weals not broken by ticker, a brake, burting 2 draw-bolts in process to much, though fich in ever Thurday 22 I arrived at hafe at Triday 23 left Rykjelo after meal of bread o jam a climbeel Grotte for breakfast at 6.15. Emorgashord. 7.15 km. Climbed a short way to lop of low valley some to highest found = 1139 m = Then seen down rives a made good lime to Norkog, whose ate limet 3766 ft. It "funtowardly devolate" of Wasa bood sandwiches filebed everything grey. Then long drop, down through clouds Photos from breakfast. Then climbed from Moskog up to 533 wetres 5,6,7 - view from road Colla where had downk then down again ort bottom, Good going along

flat (slightly [arrow pointing down]), but covered in chippings. Almost fell of [sic] many times. At Grjotli, have coffee, then on to hostel (2Km), where change, & back to Kafeteria for supper - stew - 3.50. Cold. In evening Jan mended spoke broken by ticker, & brake, busting 2 draw-bolts in process.

Thursday 22nd Arrived at Kafé at Grjotli for breakfast at 8.15. Smörgåsbord. 7.15 Kr. Climbed easily to highest point = 1139m = 3760ft. Fantastically desolate; - everything grey. Then long drop down, through clouds. Photos 5, 6, 7 - view from road. Coffee at bottom. Good going along

fjord-side, with a <u>surface</u> on road for some way. Lunched off meat & veg in a café in Stryn (5Kr). From Utvik, climb of 630m = 2080' up to top, then descent into Byrkjelo. Hostel in café - meals not up to much, though fish in evening.

Eriday 23 Left Byrkjelo after meal of bread & jam, & climbed a short way to top of low valley. Then ran down river, & made good time to Moskog, where ate lunch of Wasa-brod sandwiches filched from breakfast. Then climbed from Moskog up to 533 metres, where had drink, then down again.

Traguek (6ks) where look from at Eldahoren Elem from 464 Jan broke year cable - managed to stopping at Balestoard & alighte buy sturney archer type, which at Vongenes at 2.00 app. Won fitted double - clanger salte lever. 1 ks 20 pr. on Red + machine, Einel doube " maperative later reduced to 60. at hostel arranged d. cl. changes on left to work gear. 2 german I hortel. Euffer of bread, jour, & heft Vougenes after unal breakfast of bread a jam. Ilat road Sat 24. Brenkfast of bread, jam to Vito & then long dimb over Vikefield - sick of this by now. Climbed 970 meter - 3190 ft- third highest. up terrible roads-grewel a juggernant Strong well up first half, but lost ogther. - to 745m - 2452 ft, where stoffed Mad drink at top then long run down to drink Descent down other side with a few hoursing. Very cold a wordy good - roads not too radged . If on top with shower. Ella Mad weather (mily had been good, view lunch of chordate birenits, then went would have been tremendous. on down to Verige where stopped Had lunch of north up a jelly at coffee & burs. When whaling cycle

At Eldalsosen, 2Km from YH, Jan broke gear cable - managed to buy sturmey archer type, which fitted double-clanger lever. Since double [clanger] inoperative, at hostel arranged d. cl. changer on left to work gear. 2 germans at hostel. Supper of bread, jam.

Sat 24 Breakfast of bread, jam - sick of this by now. Climbed up terrible roads - gravel & juggernaut - to 745m - 2452ft, where stopped to drink. Descent down other side good - roads not too ridged. If weather (misty) had been good, view would have been tremendous. Had lunch of nosh-up & jelly at

Dragvik (6Kr) where took ferry, stopping at Balestrand, & alighting at Vangsnes 2.00 app. Won 1Kr 20 ør. on Red + machine, later reduced to 40.

<u>Sun 25th.</u> Left Vangsnes after usual breakfast of bread & jam. Flat road to Vik, & then long climb over Vikafjell 970m - 3190ft - third highest.

Going well up first half, but lost rhythm. Had drink at top, then long run down, with a few hairpins. Very cold & windy on top, with showers. Had lunch of chocolate biscuits, then went on down to Vinje, where stopped for coffee & buns. When wheeling cycle

I km out of Gramwin (where preparing to mount, great dang have coffee restore affected, a road Q him - flat back time Examined followed fiord Good going for a a found hole blown out in uner, list. Stoffed for lunch (coffee & beni) which patched, I put fortich on split at ferry - Kunndal - where wanted outer However, on pumping, outer bulged, so reduced present to about until 1:30 for ran to stop, Contined 45 pri - i.e. semi flat Cycled on inferee pain startest again until Hlvik where interes off o haguel on into Yors - YH good & full Danish school party German Bustialiun cement. howy up - a -down road 4 from Varagenes, etc. Many Portist Fed up. at hortel 4 Hussies again Varden Afirst said could not provide good 5 W. middags at cafe. Touch Middags, but releated Good well to clean up bekes a bit in even Mon 26 heft Vors YH after good called in golid dist when water direct torealefant - porredge. + usual, + out. Chain soliel. Tues 27 Breakfast not provided until on unrempreed road, San down egan. RHIN ALL WAY. 8.50 Unual - bread etc. Wheel

preparing to mount, great bang & hiss - flat back tyre. Examined, & found hole blown out in inner, which patched, & put patch on split outer. However, on pumping, outer bulged, so reduced pressure to about 45 psi - i.e. semi flat. Cycled on into Voss - Y.H. good, & full. Danish school party, German, Australian 4 from Vangsnes, etc. Many British. Warden at first said could not provide Middags, but relented. Good meal.

Mon 26 Left Voss YH after good breakfast - porridge + usual, & cashed £10 (2x£5) in town. Uphill on unsurfaced road, then down again. RAIN ALL WAY.

1 Km out of Granvin (where had coffee) surface appeared, & road followed fjord. Good going for a bit. Stopped for lunch (coffee & buns) at ferry - Kvanndal - where waited until 1.30 for rain to stop. Continued on surface (rain started again) until Ålvik, where surface off, & liquid cement. Lousy up-&-down road. Fed up. At hostel 4 Aussies again, some Brit 1 Norweg. Had v. good 5 Kr middags at cafe. Tried to clean up bikes a bit in evening - caked - solid dirt when water dries out. Chain solid.

<u>Tues 27</u> Breakfast not provided until 8.50. Usual - bread etc. Wheel

Sow floatplane of our make landing at Beoger back a chain oiled Eventually set out (without paying & with 30 for bonus each for milk) at 10.25 Out of Nordheim. buch wheel Wed 28 Sund, climb of 1450 m. - road through 4 tunnels eycle tracks balanced free apter wurl arrowly on outside. Weather weven. down to town by cable rarlive Stopped at the few dorses, setum half of lidel gerterday for townsh there special 3 km. setion ticket - 2 singles Every verison, plaches coffee I kr. each. Found cycle ship by be exclict just setting out (hoping to > Vors) & bought without to much difficulty beach time which cost app. 18,50 blew out on way up, only a couple of so more shilling on block west in when in England. Jan bought back well up (50 m). mudguard for 157-! Buch up in acluance - parties dortal, mended live & flot took block to bits after mending spoke. Warden ogreed to our despin

back & chain oiled. Eventually set out (without paying & with 30 øre bonus each for milk) at 10.25. Out of Nordheimsund, climb of 450m. - road through 4 tunnels, cycle tracks balanced precariously on outside. Weather warm. Stopped at top for drink, then descent, ½ of which was surfaced. Stopped at a café in Bjørkheim for meal. Soup, venison, peaches, coffee - 9.50Kr. ea. Raining when set off. Uneventful to Bergen. Found road up to hostel without too much difficulty - tire blew out on way up, & ratchet on block went in Bergen. Long walk up (50m). Hostel fully booked in advance - parties, guides etc. Warden agreed to our sleeping in hostel,

[Saw floatplane of unknown make landing at Bergen]

even if only on floor. O.K. for second night. Meals also provided. (Spoke in back wheel also out)

Wed 28 After usual breakfast went down to town by cable railway on return half of ticket obtained yesterday. For tourists there is a special 3Kr. return ticket - 2 singles cost 1 Kr. each. Found cycle shop as directed by 4 cyclists just setting out (hoping to \rightarrow Voss), & bought back tire, which cost app. 18.50 - only a couple or so more shillings than in England. Jan bought back mudguard for 15/-! Back up \rightarrow hostel, mended tire, & took block to bits after mending spoke.

so decided to take loc. duritegrated. look Part beken on prougs in of buy, Bergen > Norheunsu wen, where be coffeed. Northed Northed everything berry carfe.

The two wire springs had broken off & disintegrated. Took block (ratchet part - still attached to wheel) down to shop, & up to mechanic, who made two new [sketch] pieces with wire & a pin, & fitted them. Left wheel in shop while had pølser lunch & walked round town. Weather raining in morning, but not in afternoon, though cloudy. Fixed up wheel back at hostel; everything O.K. Also bought connection for pump in shop. In evening, which was clear, lights of Bergen are a tremendous sight seen from Fløyen.

Thu 29 Fine weather!!! Decided Lofthus was too far over road.

[Photos 9.10.11 Bergen fr. Fløyen 9&10 buggered up.]

so decided to take 11 o'c bus to Ålvik, where we knew surface on road started. Bought bompbag in Bergen shop (not the same one). When the sun shines, everybody <u>looks</u> happy.

Put bikes on prongs in front of bus. Bergen → Norheimsund = 14.70 Kr. Bus stopped at abt. ½ way, where we coffeed. Changed buses at Norh'sd., Norh'sd --> Ålvik cost 6.90 Kr. Few Km from Ålvik to ferry didn't take long, & we arrived in time to coffee & eat at the ferry café. Caught 4.10 ferry, costing 4Kr - no ch. for cycles. On board met yank travelling by car, of whom more later. From ferry (Kinsarvik) to hostel (10 Km) did

to ruspace, & our 360p Warhed shirts, socks, Lants had HOT SHOWER! Going up she yourts Jerry overboh in. Photo 12 KTRunk road ". Perseal yearth higher up, & he refarred in before top. wen 1068 m. (35 60. descent though rough while with associated hall of o rossing bewilderigh, hundle until the 340/500 road junction. where the 500 which we had ich cost 6.50 kg. I

[N.B. Tea making at Lofthus - diagram]

not take long. 3 English from Øytese there, party of German girls (choir?), & few other Germ. Supper of soup + usual, though more varied usual - fish, etc. Washed shirts, socks, pants, & had HOT SHOWER!

Fri 30 Left Lofthus after breakf. of puffed wheat & usual with v. strong v. vile coffee at 9.20. Good (relatively) surface - tarmac & repairs - to Odda, which is a larger town than expected, & industrial, with associated pall of smoke. Surface continued on up until the 340/500 road junction, where the 500, which we had been

on, kept its surface, and our 340 climbed on with stones & sand, & sometimes just sand, where walking was necessary. The 340 is being improved, with surfacing going on, & tunnel building, unfortunately not yet open. Going up the yank from the ferry overtook us. Photo 12 - "TRunk road". Passed yank higher up, & he repassed us before top. This climb was 1068m. (3520ft). Good descent, though rough, to Røldal, with new & old roads (new still closed) crossing & re-crossing bewilderingly. Lunched in Røldal off meat & veg (cabbage cooked with carroway seeds is good), which cost 6.50Kr. From Røldal

Moltlagger reparale house (50 yels overy, gove row Cerra 172 floatflowe taking off, & persed youk. Refelal = 373 in, in key we regred ourelves in stanfed a then we dimbed for other t YH. at Midtlager, which is 1100 m. Hostel is V. isolated , o nun ly goat woman. No muddage after, or forhost let 31 tive went out during at horte, despite handbook's assurance might - very sold in mooning to contrary. Store in hortel which we Emulated hardered mountain tough & forevent wash. heft has get bresilfast lit. Went back 24 Km to at 80'd. - 3 smorgan of some place, where obtained ruffer for 7.88. WV - 4 Sandwicher of fried egg, embrown meat (goat?) + colfee. cold sanding, cold meat, & cheese Dowhill all day on umaste respectively. from good o warm - downlist only slight but made going earies. Mode good time to when get back, Jan in A rearch of chocolate, discovered nearly (300 gd') Doden delital where started to climb, place could do in breakfast. W. a nein began. Climbed for alley about 50 mm. up a gradient of en capes - nearly collected just Do it yourself Wortel. Wonden is

saw Cessna 172 floatplane taking off, & passed yank. Røldal = 373m, & then we climbed for 15Km to Y.H. at Midtlæger, which is 1100m. Hostel is v. isolated, and run by goat woman. No middags, aftens, or frokost at hostel, despite handbook's assurance to contrary. Stove in hostel, which we lit. Went back 2+ Km to a place, where obtained supper for 7.88 Kr - 4 sandwiches of fried egg, cold sardines, cold meat, & cheese respectively. Room good & warm when got back. Jan, in search of chocolate, discovered nearby (300yds) place could do us breakfast. No chocolate.

Do-it-yourself Hostel. Warden in

[Midtlæger \rightarrow Vrådal LN-ORD copter Bell 47??]

separate house c50 yds away, gave us key; we signed ourselves in, stamped our own cards. No-one else at hostel. V. cold outside.

Sat 31 Fire went out during night - very cold in morning. Emulated hardened mountain toughs & forewent wash. Left to get breakfast at 8 o'cl. - 3 smorgåsar of some unknown meat (goat?) + coffee. Downhill all day on unmade roads - downhill only slight, but made going easier. Made good time to Dalen, where started to climb, & rain began. Climbed for about 50 mins. up a gradient of 1/8 in capes - nearly collapsed just before

lop then fairly flot a but down but affectived again when we to Vocadoul hortel. Good wurden rached route a when stopped men - rulling away in voluble for a dwell. Here fan left (lost? Norwegueen dispete and incomprehension wallet contain to 3. 10 neveregon Did as a meal with Continued on in good time + uncal for only 3.50. & in morr Enoface all way except in climb. ing only charged 2.00 for bedunght Wad lunch of bread Kenreas & witered of 3.00. also put us in house chocolate. Etopled ; ent ables for refres instead of in little but in gowden went at kearle, & late at call. allowed in to wash in woom On arrival in Kongsherg VM, diesprovided in with a heater. veved loss of money (I had more else at hortel. a stayed on credit. I algerian, 2 English at lestel, + others - 1 eng. Sun I heft Vocadal a bit Londmonthed from houdwater - foaching With oil. Good warm weather. with copper ste. Shut up a list when Lowned we came from same area. Etruck surface, & started to dimb Other one O.K., as was algerian. Enoferce desappear est. Conversed in french English

top. Then fairly flat, a bit down, to Vrådal hostel. Good warden - woman - rattling away in voluble Norwegian despite our incomprehension. Did us a meal with hot gammon + usual for only 3.50., & in morning only charged 2.50 for bednight instead of 3.00. Also put us in house instead of in little hut in garden, allowed us to wash in room & provided us with a heater. No-one else at hostel.

Sun 1 Left Vrådal a bit late after flooding Jan's block with oil. Good, warm weather. Struck surface, & started to climb at 2nd junction. Surface disappeared

but appeared again when we reached route 10, when stopped for a drink. Here Jan left (lost?) wallet containing £3.10 Norwegian. Continued on in good time. Surface all way, except in climb. Had lunch of bread, Kaviar, & chocolate. Stopped just after for refreshment at kiosk, & later at cafe. On arrival in Kongsberg UH, discovered loss of money (I had none), and stayed on credit. 1 algerian, 2 English at hostel, + others. 1 eng. loudmouthed from Loudwater - poaching with copper, etc. Shut up a bit when learned we came from same area. Other one O.K., as was Algerian. Conversed in French/English

Brechfasted on complake mustine - he is a bruth driver errical; as much of everything Constantine dowing trucks on the went Went down into learned that the lost Osto Goteborg had ended for rail journey. . Walked about aimlessly, lunching place & stew at ansat Caren (the cares) which Vienerchantel & chips. We up to YH at So clock to find on bld eventually ofter offorting about bed for tought & tomon Bristol youth chois was at hostel room floor with about 20 others of note were Wendy horalind Bidely allow at hostel were this girls who

mixture - he is a truck driver in Constantine, driving trucks 1000Km into desert to oil rigs. Walked into town in evening - no good:- no money.

Mon 2 Left Kongsberg at 9.20 after cashing £10 at bank. Good time all way to Oslo, stopping for hot dog & bun at one place, & stew at another. Found UH with only a little difficulty. Full up, but found bed eventually after reporting at desk at 8.00 & 10.30. Camp bed on common room floor with about 20 others.

Breakfasted on cornflakes & Tues 3 usual; as much of everything as want. Went down into Oslo by tram (70 öre), and found turist office, where learned that the boat Oslo → Göteborg had ended for the season. Therefore went to station & bought tickets for rail journey. Midday train is express with 3Kr supplement. Cost = 64Kr. Walked about aimlessly, lunching at Oasen (the oasis) which had punched card system of paying: had Vienerschnitzel & chips. Went back to YH at 3 o'clock to find out about bed for tonight & tomorrow - O.K. British youth choir was at hostel - members of note were Wendy, Rosalind, Biddy. Also at hostel were two girls who

No. 2 trem from centre; heading lates heard it is Took ferry buch Radherel, where the choir members bought for their Jouney. Returned Breakfast of correlates + enual Talked with Bris drow mender until they Went round Osli with hos Bridge left at 830 (horst might of Suron, Nigel. Saw Viegles startues watch out for tools from Wends trognerparken; not terribly imprened - too many, rather mans-produced although some individuals from Bergen to since they ha wen very mice the park then eventually found way by tram I less to hon-Tihi which was a good home's worth. It really is very world. It'd not think ed around town to shend Fram, would be worth 1.50, though remarks of money bought

[Viegler is No. 2 tram from centre, heading away from hostel.]

were at Bergen; looking for a lift to Stockholm. Meat balls for supper, + sweet. No seconds, & meal not sufficient. Talked & played cards in evening.

Wed 4 Breakfast of cornflakes + usual. Went round Oslo with Ros., Biddy, Susan, Nigel. Saw Viegler statues in Frognerparken; not terribly impressed - too many, rather mass-produced, although some individuals were extremely good. Coffeed in park, which was very nice (the park) then eventually found way by tram & bus to Kon-Tiki, which was a good krone's worth. It really is very small. Did not think "Fram" would be worth 1.50, though

later heard it is. Took ferry back to Rådhuset, where the choir members bought food for their journey. Returned to hostel with R. & B. in time for 5 o'clock supper of fish & spud, with soup before & [therefore] no sweet (puddings). Talked with Bris. choir members until they left at 8.30. (Last night of proms - watch out for trolls from Wendy)

Thu 5 Breakfasted of cornflakes + usual. Lent map to the two girls from Bergen, since they had no map for Sweden. Cycled down into town, paid for bikes, & left luggage in locker (free because bust). Walked around town to spend last remnants of money. Bought book,

goes up and down counderably. troll pictures & chocolate, fan bought 25 km large troll picture . Cought to bed at about 10.45 borry Journey down to I pursed yank on train got estered cycles which paid for cepter Jan nt time for they sweng with 23 at a rough estimate, student named Red (Edward), whith where we talked in fish Junger.

troll pictures, & chocolate. Jan bought 25Kr large troll picture. Caught train, & had boring journey down to Göteborg, lengthened by the fact that watches go back 1 hr. from Norw. - Swed. 1 pissed yank on train, got steadily worse the whole time. Walked some of way to docks, but rode the last 1½ miles to avoid being late. Registered cycles, which paid for after Jan cashed cheque. No customs. Boat sailed at 7.30, supper at 8.00, consisting of "Entrecote Bernais". At table are 3 Swedish girls whose ages range from 18 to about 23, at a rough estimate, & English student named Red (Edward), with whom we talked in evening. The [boat]

goes up and down considerably. Went to bed at about 10.45.

Fri 6 Woke up early not feeling too good; got up at 6.00. Felt alright when in the open, but the moment I went back inside I felt ill. Breakfast at 7.30: just after I sat down and realized I couldn't eat anything I left in a hurry and was actually sick. After this sat up on deck for ½ morning in deck chair. This is first time I've realised how good they are, for they swing with the ship & the sitter stays vertical. Soon felt better, & was perfectly O.K. by lunch, which was fish fingers.