

# Memo

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Re-Order No. 391 (H)

August 1963

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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 it's too big & fast for its job, & bounces in a head sea when without cargo. Always cursing at it to himself.

Sun 4 Breakfast 8.00 bacon, bread, etc.

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Sun 4 Breakfast 8.00 bacon, bread, etc.

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

Tues 6

Fog in night. Pilot picked up at 06.20 from small orange boat

with less speed than "Lagnö". Docked in <sup>Nyköping</sup> ~~Södertälje~~ 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 & bags in station. Lunch in station. PHOTO 1 - town hall. Send 1 card to 5, Pk Vw

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and 1 to capt. of «Lagnö»  
Weather improves during day, quite  
~~was~~ 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? Flyover.  
Left Nacka about 9, & crossed Stock  
holm 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. ~~From~~  
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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 (72mi)  
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.

Sat 10 SE-CRB (Unknown Make)  
Flyover nr. Gävle. Left Gävle  
9.30 after smörgåsbord breakfast. Remem-  
bered had forgotten card after 6,5 km,

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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  $\approx 5$  km. — no good. Surface again, but then surface disappeared for 14 km. Cars throw up stones & dust. V. tired over last 15 mls to BOLLNÄS —  $\frac{1}{2}$  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.

Sun 11<sup>th</sup>

Left board place at 8.20 after buns & orange breakfast for 78 ml slog. Still tired. Roads bad for first  $\frac{1}{2}$  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 & 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 Eng. cyclist in '61, & none before back to '59 at start of book. Had supper of  $\frac{1}{2}$  bun-loaf each, water, apple, & a bag of sweets from a kiosk. Surprisingly, no hill-climbs yet.

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Mon 12 Ph.3 4km N Överhogdal  
1/75 f8, cloud. Slow going at first  
but roads o.k. Stopped at Ytterhogdal for  
coffee, then proceeded. At Åsarna took  
wrong turning & went 6 km up wrong  
dirt track before turning back. Found  
right dirt track, & 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 midday at Skålan. Weather  
not too good; cloudy, rain at times. After  
about 20mls the L.H. 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-  
existent. Road the same all the  
way - switchback, climbing slightly, &  
twisting. Arr. Ljungdalen abt. 4.15.

Wed 16 Spent day at Ljungdalen.  
Breakfast in morning of smörgåsbord,  
porridge, omelette & 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 purée (blackberries, currants, etc.),  
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probably high. Could go off without  
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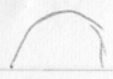
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975  
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975  
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6

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 pâté & coffee, & climbed out of Ljungdalen. Dropped down a bit, then climbed properly to 975.5 möh - 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, & faked up fast-disappearing Lapp hut for photographs. Dropped down a bit to Storvallen where lunched. Climbed a bit more, then got

Ant-heat seen at Bruksvall. turn off - about 4' high.



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 other elder swedes.  
1/4Kg Lard - 1Kr 40  
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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 & 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 yobboes wear Norwegian sweaters, haircuts & bicycles. Meals available at Hostel - supper on cold meats, sardines, milk, bread, jam, coffee, cheese. Very good for only 3/6?

Sat 17<sup>th</sup> 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 good average speed to Tynset, where stopped for coffee & to buy

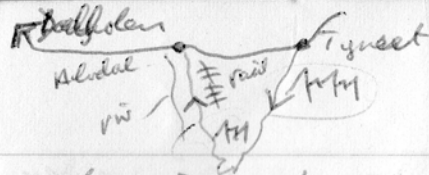
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lunch for Sat & Sun - both hotels do meals. Took wrong road out of Tynset, & climbed over large hill. Lunched at top. Descent good, though slow owing to bad roads. Passing through village saw all houses had Norw. flags at 1/2 mast; even saw one being lowered. Wondered what had happened. Since didn't see any more, assume was local - perh. mayor died? Realised wrong road, & 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 vill is 15 km back. Luckily ask & told YH is 4 km on. Dalholen YH, p.add. Folldal, turn out to be in Eide village. ~~at~~ No one else at hostel,

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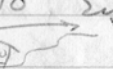
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which has v. new dorm. building.

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. 1 Aus. 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. <sup>Some</sup> 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 (fr. ). 7 shows ??, Rondalshorn, ~~mts~~ 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 → hotel. Stomach ache, but not worried. Hostel v. crowded - parties & groups. In dorm. with 2 Scot, 2 Yank, but turfed out with Scots

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852  
- 58  
937  
2811

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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 (Photos 11, 12) - height 852 möh = 2811 ft., 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.

624  
- 62  
086  
2058

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 624 möh = 2060'). Lunched in Geiranger off Pølser, spud., then started climb up Geiranger. 14 km took 2 1/2 hrs. Two stages, second bleak & cold. Top is 1038 möh = 3440' app. No food available at top, so proceed to Gr(j)otli, along very bad road

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

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630  
03  
677  
2079

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

Friday 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

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765  
76.5  
817.5  
2452.5

At Eldalsosen, 2km from YH, Jan broke gear cable - managed to buy sturmey archer type, which fitted double-clanger ~~cable~~ lever. Since double " " inoperative, at hotel arranged d. cl. changer on left to work gear. 2 german at hotel. Supper of bread, jam.

Sat 24. Breakfast of bread, jam - sick of this by now. Climbed up terrible roads - gravel & juggernaut - to 745m - 2452 ft, 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 at 2.00 app. Won 1 Kr 20 ør. on Red + machine, later reduced to 40.

Sun 25<sup>th</sup>

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

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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.

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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 in solid dirt when water dried out. Chain solid.

Tues 27 Breakfast not provided until 8.50. Usual - bread etc. Wheel

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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, 1/2 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 → 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 → hostel, mended tire, & took block to bits after mending spoke.

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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 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 bugged up.

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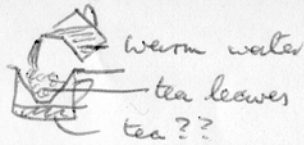
Put bikes on prongs in front of bus. Bergen → Norheimsund = 14.70 Kr. Bus stopped at abt. 1/2 way, where we coffeed. Changed buses at Norh'sd., Norh'sd. → Ålvik cost 6.90 Kr. Few km from Ålvik to ferry didn't take long, & we arrived in time to coffee & eat at the ferry café. Caught 4.10. ferry, costing 4Kr - no ch. for cycles. On board met yank travelling by car, of whom more later. From ferry (Kinsarvik) to hostel (10 km) did

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Tea making  
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not take long. 3 English from Øytese there partly 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 + repair - 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

$$\begin{array}{r} 1068 \\ 108.8 \\ \hline 1176.8 \end{array} \times 3 = 3526.4$$

on, kept its surface, & 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. (3520<sup>+</sup>ft). 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 caraway seeds is good), which cost 6.50Kr. From Røldal

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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, & run by goat woman. No middags, aftens, or frokost at hotel, 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 get back. Jan, in search of chocolate, discovered nearby (300 yds) place could do us breakfast. No chocolate.

Do-it-yourself Hostel. Warden in

Midtlæger → 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'clock - 3 smörgåsar 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~~ where started to climb, & rain began. Climbed for ~~about~~ about 50 mins. up a gradient of 1/8 in capes - nearly collapsed just before

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Did us a meal with hot ~~gammon~~  
& usual for only 3.50., & in morn-  
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Struck surface, & started to climb  
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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. Rather bloody place. 400 many people. 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.

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Tues 3 Breakfasted on cornflakes & usual; as much of everything as want. Went down into Oslo by tram (70 öre), & found tourist office, where learned that the boat Oslo → Göteborg had ended for the season. Therefore went to station & bought tickets for rail journey. Midday train in express with 3Kr supplement. Cost = 64 Kr. Walked about aimlessly, lunching at Oasen (the oasis) which had punched card system of paying: had Vienerschnitzel & chips. Went back up 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

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were at Bergen; looking for a lift to Stockholm. ~~Meat balls~~ <sup>Meat balls</sup> for supper, ~~for supper~~ <sup>+ sweet</sup> soup, & ~~no sweet (pudding)~~. 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 & ~~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,

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troll pictures, & chocolate. Jan bought 25K<sup>r</sup> large troll picture. Caught train & had boring journey down to Göteborg, lengthened by the fact that the watches go back 1 hr. from Norw-Swed. I 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

Adm. P. 15  
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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 & 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.

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