

SUNNIVALEIA FROM BERGEN TO SELJE

Gulatinget and the Millstone-quarries in Hyllestad are two more central historic sites on the western coast of Norway. The activities here took place in an age of conflict resulting in great changes to society: the transition from the time of the vikings to the Middle Ages. Gulatinget, the Millstone-quarries, the Selja Monastery and the Kinn Church, have all played an important role in allowing Christianity to gain a foothold in this country.

THE GULATING

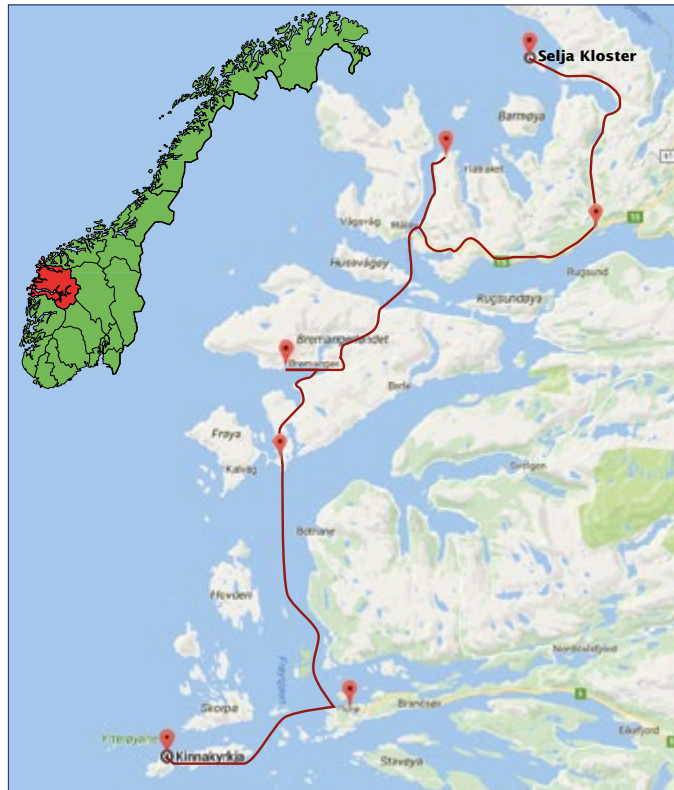
was a legal assembly held annually in Gulen between AD 900 and 1300. Here chieftains, men of distinction and free men owning farmland met to discuss problems and attempt to solve them – often by passing relevant laws. Gulatinget, was one of the oldest and largest medieval assemblies in the Nordic region, and Eivindvik seems to have been the site of the assembly. Two large crosses of stone produced in Hyllestad around AD 1000 are still found here. www.gulatinget.no

THE MILLSTONEPARK IN HYLLESTAD

For more than 1200 years millstones for hand- and watermills have been produced from several quarries in Hyllestad. This large-scale industry started in the beginning of the Viking Ages and continued through the Medieval Ages and up till our time. This commodity was exported to all areas in Norway and to Iceland, Sweden and Denmark as well. Most of the historic stone-crosses along the coast of Norway were made here. The crosses in Korssund, Vilnes and Kinn originate from these quarries. www.kvernstein.no

KORSSUNDET

is an old trading post with guesthouse. The place is named after the four metre high stone cross, one of the largest ever produced, at the entrance of the sheltered harbour here. www.fjordkysten.no



THE LEG GULATINGET – FLORØ

The route is planned northwards crossing the Sognefjord by ferry from Rutledal to Rysjedalsvika continuing via Kvernsteinparken and Skifjorden to Korssund. The church at Vilnes is an interesting cultural heritage site to visit before going to Florø via Askvoll. Until this path is marked and prepared for pilgrims, try cycling here. Make sure you check the ferry-schedule. post@lihesten.com • tel. +47 97135509 • www.facebook.com/lihesten777



SUNNIVALEIA

– a pilgrimage over land and water
on the west coast of Norway

BERGEN · KINN · SELJE



SUNNIVALEIA

Foto: Lasse Fløde

Every year walks for pilgrims are organized between the two sacred islands of Kinn and Selja. The journey starts at Kinn with mass and a historical play about the Reformation with the legend of the Irish princess Sunniva entwined. The duration of the pilgrimage is about one week, and it runs along the coast from Florø via Kinn, across Bremangerlandet to Oldeide, then via Måløy to Selje. The pilgrims are accompanied by a pastor and a local guide.

HISTORICAL BACKGROUND

In AD 996 king Olav Tryggvason declared Selja the first holy site (loca sancta) in Norway, and princess Sunniva was canonized. Saint Sunniva is the only female saint in Norway, and her legend was of crucial importance to the clergy when christening the people. According to the sagas, St Olav went ashore on Selja in 1015 to pray in St Sunniva's cave on his return from England to claim the throne of Norway. In 1024 Mostratinget (a legislative and judicial assembly of free men) passed a resolution that Christianity was to be the only legal religion in Norway. The first Norwegian holy day, Seljumannamesse - «The Mass of the holy men sleeping in caves on Selja and Kinn» - was to be celebrated on July 8th. During the Middle Ages travelling by boat was the easiest way to get around in Norway, and Kinn and Selja became natural stopping places for pilgrims on their way to the shrine of St Olav in Nidaros (Trondheim). In addition to its status as a holy site and the residence of a bishop, the location near the treacherous and stormy passage around Stad made Selja a social and geographical junction. The bishop later moved to Bergen and St Sunniva became the Patron Saint of Western-Norway.

TODAY

Today pilgrims are returning to Kinn and Selja. Sunnivaieia (the Sunniva route) is the name of the pilgrim route along the coast from Bergen to Florø, via Reksta and Kinn, across Bremangerlandet and Måløy to Selje and Selja. This route is also a section of the Coastal Pilgrim Route to Trondheim, a coastal alternative to the inland pilgrim routes. A pilgrimage along the coast of Western-Norway is a unique experience that presents quite different challenges to the inland routes. The wild and beautiful coastal landscape, the fjords and the roaring Norwegian Sea, offer spectacular scenery exiting heart and mind, but also calm water inspiring reflection and contemplation.

We, the Pilgrim association of St Sunniva, welcome all pilgrims who wish to walk along the Sunniva route. We organize walks and offer our advice to any pilgrim wanting a transformational experience and a memory for life.

www.sunnivaieia.no • www.nordfjord.no • www.fjordkysten.no

[Selje tourist information +47 404 46 011](mailto:Selje_tourist_information@fjordkysten.no) • [Visit Fjordkysten +47 57 74 30 00](mailto:Visit_Fjordkysten@fjordkysten.no)



SUNNIVALEIA: FLORØ, REKSTA AND KINN

The first leg of Sunnivaieia starts by ferry to Selvåg on the island of Reksta. (Ask the crew if you can leave some of your luggage on the ferry till you reboard it for Kinn at about 3 pm). Follow the marked path/road all the 8 km to Rognaldsvåg. Half an hour into your walk you arrive at Indre Reksta where you pass the old farm of the sexton of the Kinn Church. After passing the old school you get a fine view of Ytre Reksta. The walk ends in Rognaldsvåg where the shop with café welcomes you in while waiting for the ferry to Kinn.

If you wish to skip the walk on Reksta, stay on the ferry to Kinn. From the pier on Kinn Sunnivaieia takes you around Kinn on the southern side, and after an easy climb you enter Høyskaret where a very steep and marked path leads to the mountain forming the spectacular Kinnaklova. If you choose this path, your reward is breathtaking views of the islands, oil platforms and the Ytterøyane lighthouse. If you wish to go directly to the church off the ferry, turn right and northwards passing an old school that now offers accommodation for tourists. The Kinn Church is a fairly large stone building and a place of worship for more than 800 years uninterrupted. Every day in July volunteers stay here as hosts in the old fisherman's cottage by the church to keep the church open and to lead prayers at 2 and 7.30 pm. In summer there are guided tours and mass on July 8th and July 29th (the day of St Olav). The third weekend in June every year about 2500 spectators gather to watch the historical play at Kinn, and from here the organized pilgrimage to Selja starts.

SUNNIVALEIA ACROSS BREMANGERLANDET

From Kinn you go by ferry via Florø to Smørhamn in Bremanger. Smørhamn guesthouse, situated some hundred meters to the south from the main road, is a nice place to stay overnight. The next day you follow the main road for about 15 km to the Novelandet cemetery, where you enter a marked path passing Ryland and Bremangerpollen to Hauge for a night's stay at Havly guesthouse (altogether 22 km). The Bremanger church, the cemetery from the Middle Ages and the beautiful beach at Grotle are worth a visit. From Hauge Sunnivaieia continues 22 km along the lake Dalevatnet, through the Klungreset valley, across the mountain and then downwards to the ferry for Måløy at Oldeide. www.smorhamn.no

SUNNIVALEIA FROM MÅLØY VIA BRYGGJA TO SELJE

12 km north of Måløy on the mainland you can stay overnight in Ulvesund lighthouse. The leg between Måløy and Bryggja is not marked. The main road (no. 15) is busy, but there is a good pedestrian path along it, and shortly after Tennebø you use the old road. Turn right at a garage in the mountainside and continue around the tunnel. From here the only option is walking on the main road or use a bus to Holmely/Fjordly guesthouse near Bryggja. The next day the route passes Rimstad and Mykjebust across Berstadeidet. Here you walk on a historic path used by pilgrims in the Middle Ages. The final distance to Selje is a 3-4 hours walk on road no. 618.

IN SELJE

you find shops, guesthouses, cafés and galleries. The Selje beach and church are very close to the town centre. The boat to the monastery of Selja, the Holy Island, leaves from the centre and takes you to the harbour close to the ruins of the monastery. There is also a path around the island, and going on the north side is the shortest and easiest way (1,5 km). The Bø Church from the 12th century was moved to the mainland in 1654 and only the foundations are still visible. The walk on the south side is 3 km long and passes the birthplace of the painter Bernt Tunold and Ilshaugen, the local place where wood was laid ready for the signal fire used for calling people to man the warship of the district. The old navy (Leidang) was the king's military force between 900 and 1400. Further west you walk past the herbal- and hop-garden of the monks. You can still find plants that are rarely found elsewhere in Norway here. Duhelleren (a large cave) has several openings and if you take a rest here you may experience some very special sounds from the waves.

THE MONASTERY

The ruins here are from a monastery founded by the Benedictine order at the beginning of the 12th century. This monastery, dedicated to St Alban, was also the first episcopal residence in Norway. The monastery consisted of a large church with a tower, buildings for the monks, a protective wall, garden, graveyard and pasture land in addition to the holy buildings up in the mountainside where the churches of St Sunniva and St Michael are found. The monastery was damaged by fire and was closed during the Reformation in 1537.



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A tour to Vestkapp and Dragsidet is highly recommended during your stay in Selje.

Questions about organized walks can be sent to the Vicar of Selje: [Kari Leine Balog](mailto:Kari_Leine_Balog@online.no), tel. +47 950 56 253 or kl-balog@online.no.

You find information about the pilgrimage from Kinn to Selje on: www.sunnivaieia.no
Facebook: Write *Sunnivaieia* in the search bar.