**Hemsedal**

**Categories**

**Good For**

Beginners

Intermediates

Experts

Snowboarders

Families

Non-skiers

Après ski

Snow reliability

**Data**

**Beginner Runs**

24

**Intermediate Runs**

22

**Advanced Runs**

7

**Total Runs**

53

**Lifts**

21

**Chairs**

6

**Drags**

15

**Gondola Cable Cars**

0

**Parks**

5

**Pipes**

0

**Weather**

**Annual Snowfall**

3m (10ft).

**Overview**

Hemsedal is among Scandinavia's largest and best ski resorts with steep, imposing mountains and a wide range of snowsure slopes. It is situated in the mountains between Oslo and Bergen and has two ski centres.

The main Hemsedal ski area has wide, well-prepared pistes, five terrain parks and designated areas for children and beginners; while neighbouring Solheisen is a smaller ski area in the nearby Grøndalen Valley, 13km (8 miles) away. The two areas provide varied terrain to suit all ability levels, while snowboarders are catered for with a series of terrain parks.

Hemsedal village, which is often referred to as Sentrum, is a small centre with a range of accommodation options, restaurants, bars and shops; which altogether provide a small yet convenient base for the predominantly northern European visitors.

The resort as a whole also offers excellent off-piste and cross-country skiing conditions, as well as a vast repertoire of non-skiing activities.

**Location**

Hemsedal is located in the Hallingdal district of Buskerud County in the centre of southern Norway, almost equidistant between Oslo to the east and Bergen on the west coast.

**Website**

http://www.skistar.com/hemsedal

http://www.hemsedal.com

**Piste Map**

http://www.skistar.com/en/Hemsedal/Skiing/Piste-map/

**Hit The Slopes**

Snow conditions in Hemsedal are reliable throughout the season, with snowmaking available on the majority of the slopes – as a consequence, the season here is relatively long, generally lasting from the beginning of November to the first Sunday in May.

Hemsedal offers something for everyone; from specially created areas for children and beginners to runs that are extremely fast and challenging, as well as the vast off-piste areas. In between, there is an abundance of wide and gentle (but still quite fast) slopes that are perfect for intermediate skiers. Solheisen, in particular, is a great place for relaxed yet fast skiing, with its open slopes on the sunny side of Grøndalen.

The ski areas, which are linked by a regular bus service, are served by a mixture of chairlifts and drag lifts, all in tip-top shape. The SkiPass covers the lifts in both resorts.

In addition to the skiing terrain, there are four good terrain parks with jumps, quarterpipes, corners, fun boxes and more – plus an additional park for children.

The Skistar Skischool Hemsedal school (tel: 815 56 300) is among the ski schools in Hemsedal, and there are several ski hire outlets for those without their own gear.

**Hemsedal**

**Resort**

650

**Base**

640

**Top**

1450

**General**

**Beyond The Slopes**

Cross-country skiing conditions are excellent, with 130km (81 miles) of machine-prepared trails and another 80km (50 miles) of marked mountain tracks. Other outdoor activities in Hemsedal include dog sledding, sleigh rides, snowmobiling, paragliding, guided mountain tours and ice climbing. There is also the opportunity to learn how to be prepared for when disaster strikes in the form of an avalanche – a number of operators offer short courses in avalanche safety in the resort, including Ski Patrol (Holdeskarsheisen; tel: 32 055 330).

The resort runs a programme of cultural events and performances featuring music, dance and singing. The village is also home to a cinema, which is within the City Hall (films are only shown on Sundays).

**Family Fun**

Hemsedal ski resort’s large Lynxland children’s area is the perfect place for young skiers and families. This area offers easy and short slopes with lifts, play park, mini fun park and a variety of activities, as well as a ski school especially for small children. The Solheisen ski area is also particularly well suited to families.

Off the slopes, Skogstad Hotell (tel: 3205 5000; [www.skogstadhotell.no](http://www.skogstadhotell.no/)) has a health and fitness centre that is suitable for children. Revehiet Day Care (tel: 32 055 320) in Hemsedal Skicentre provides a range of childcare options for children aged six months and older.

**Retail Therapy**

There is a selection of good shops in Hemsedal village for clothing and sports equipment, as well as souvenirs and decorative items.

Finbeck & Fia (Rampa Senter; tel: 32 060 690) is the local fashion shop, while Hemsedal Sport (Rampa Senter; tel: 32 060 350), Sport 1 (Hovtunsenteret; tel: 32 060 577) and Skistar Sportshop (Hemsedal Alpin Lodge; tel: 32 055 395) have a good selection of sports clothing and gear.

Those looking for an original souvenir should head to Stugu Husflid (Stugu; tel: 32 060 633), which has a range of local handicraft items.

**Splashing Out**

Located at an elevation of 1,100m (3,609ft) next to the Solheisen Ski Centre, the Harahorn hotel (tel: 3205 5110; [www.harahorn.no](http://www.harahorn.no/)) provides luxury lodgings. Spend a romantic night in one of the suites or cabins and have a three-course meal delivered to the room from the hotel's excellent kitchen.

**Apres Ski**

For friendly après-ski fun Elgen Microbrewery in the Skogstad Hotell (tel: 32 055 000; [www.skogstadhotell.no](http://www.skogstadhotell.no/)), Bar[t] (tel: 40 856 997) and Hemsedal Café (Brustadgården; tel: 32 055 410) offer drinks and a cosy atmosphere in Hemsedal village. Further up the slopes, Skistua Afterski (Hemsedal Skirestauranter; tel: 32 055 970) and Experten Sportsbar (tel: 32 055 410) are popular post-ski venues at Hemsedal Skicentre – the former hosts regular live rock music, while the latter has a range of pub-style games. Stavkroa Afterski (tel: 32 055 410) and Hollvin Afterski (tel: 41 307 824) are also popular hangouts at the base of the slopes.

For late-night après-ski, Hemsen Nightclub (Skiheivegen 1; tel: 32 055 410) in Hemsedal Skicentre and Fjellbekk in Skogstad Hotell are great options for those in a party mood.

**Eating Out**

The restaurant at the Harahorn hotel (tel: 3205 5110; [www.harahorn.no](http://www.harahorn.no/)) in Grøndalen is one of the best in the region, and serves traditional and modern Norwegian dishes based on locally sourced ingredients. Other places to try local fare include Skogstad Restaurant at the Skogstad Hotell (tel: 3205 5000; [www.skogstadhotell.no](http://www.skogstadhotell.no/)) and Fossheim Hotell’s on-site eatery (tel: 3206 0315; [www.fossheim.com](http://www.fossheim.com/)).

Among the other options, Big Horn (tel: 3205 5410; [www.bighorn.no](http://www.bighorn.no/)) serves good-quality steak, while Peppe's Pizza (tel: 32 059 557) is a good option for those on a budget.

**Transport**

**Getting There**

Nearest airport: Fagernes Airport (VDB); Oslo Airport (OSL).

Distance to resort: 80km (50 miles); 243km (152 miles).

Driving time: 1 hour 10 minutes; 3 hours 20 minutes.

Nearest railway station: Gol.

Distance to resort: 30km (19 miles).

Driving time: 30 minutes.

**Getting Around**

Free shuttle buses take visitors from accommodation at Tuv, Skarsnuten area, the Hemsedal village and Ulsåk to Hemsedal Ski Centre and Solheisen Ski Centre.

**Hotels**

There is an increasing amount of convenient slopeside accommodation in chalet-style buildings, as well as options in the village and on the mountain. Most of the accommodation in Hemsedal is in the form of apartments, but there also some catered chalets and hotels. Visitors can also choose between luxurious cabins with saunas and whirlpools to traditional cabins with more basic facilities.

**Hemsedal Alpin Lodge**

This luxury apartment-style hotel at the base of Hemsedal Ski Centre has options for groups of two to 14. Its convenient location allows ski-in/ski-out access.

**Category**

Luxury

**Thoroughfare**

Skeievegen 1

**Neighborhood**

XXX

**Locality**

Hemsedal 3560

**Sub Admin Area**

XXX

**Admin Area**

XXX

**Postcode**

XXX

**Country**

Norway

**Telephone**

815 56300.

**Website**

http://www.skistar.com/hemsedal

**Hemsetunet**

These modern, well-equipped apartments sleep between six and 10 people. Some come complete with saunas, while Wi-Fi internet access is available in all lodges.

**Category**

Cheap

**Thoroughfare**

XXX

**Neighborhood**

XXX

**Locality**

Hemsedal 3560

**Sub Admin Area**

XXX

**Admin Area**

XXX

**Postcode**

XXX

**Country**

Norway

**Telephone**

32 060 150.

**Website**

http://www.hemsetunet.no

**Skogstad Hotell**

The oldest hotel in Hemsedal at more than 100 years old, Skogstad Hotell offers comfortable and stylish accommodation with good food.

**Category**

Moderate

**Thoroughfare**

XXX

**Neighborhood**

XXX

**Locality**

Hemsedal 3561

**Sub Admin Area**

XXX

**Admin Area**

XXX

**Postcode**

XXX

**Country**

Norway

**Telephone**

32 055 000.

**Website**

http://www.skogstadhotell.no