

trail until this turns into a blue trail, then a yellow one. From here you can choose two trails, both marked with white wolves. We recommend that you go over Rovikfjellet, the Adventure Bridge to Crow Hill (Krågeberget). From here you can follow a green wolf trail, then a black trail. You then enter the edge of the Wolf Hills (Ulvanutane). Returning towards the city centre you can follow the green wolf trail, then the white, yellow, red and dark blue trails. Then you are on Magpie Hill (Skjærabergget) and have finished the entire trail.

1: Mindenuten: The old scenic view point over the city of Sandnes from 1860. A spectacular view of the city harbour and inner city centre. Here you find the memory board of the wolf cub named Ganda.

2: Crow Hill/Skjeraberget: The adventure hill with exciting surroundings and beautiful nature. There are two hilltops, one facing Austrått in the east and one facing the valley of Hana and Gandsfjorden in the north. The wolf cub called Austrått resides here dressed in dark blue and white.

3: School Hill/Skulefjedle: On this hill there is a flag pole with a wolf flag. This hill is right above the old Hana primary school. The wolf cub called Trones stands here, dressed in light blue and white, the colours of Sandnes Ulf.

4: Hanafjedle: This is the main hill of the trail, with the most spectacular outlook. Outside the fence you

can see Hana, the wolf cub which is dressed in a yellow and blue uniform.

5: The Highest Point/Høgaste: The wolf cub called Boga stands on his own hill dressed in white and black. There is a natural formation in the granite here, which forms a sitting group called «The King and Queen». The King is the chair facing east.

6: Magpie Hill/Krågeberget: This area used to be called «Losjen» It has an incredible view of Rovika and the city harbour. One can see Rovikfjellet with a granite hammer weighing many tons hanging over the edge of the mountain. The wolf cub called Sanda dressed in white and green is your company here.

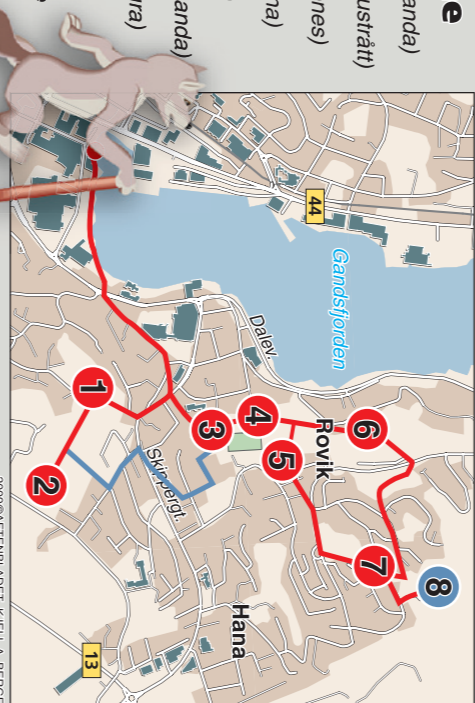
7: The long Hill/Langafjedle: On the top of Rovikfjellet, the wolf cub named Lura in her green suit is trying to hide in the terrain. This hill has the best view of Stavanger and Ryfylke. On the highest point here, you can also find grave remains from the area of migration.

8: His Majesty's view/Majestetsutsikten: From this point you can see almost the entire region. The telescope is here, which you can use for free. This is almost at the top of the western Wolf Hill. There are three wolf hills in total. The Wolf Hills received their names because the last wolf of Sandnes lived and died here in 1876. From the edge of Wolf Hill there is a marked trail to «Kubbetjønn» and «Dalsnuten».

De sju ulvungane

- 1 Mindenuten (Ulvungen Ganda)
- 2 Sjørabergget (Ulvungen Austrått)
- 3 Skulefjedle (Ulvungen Trones)
- 4 Hanafjedle (Ulvungen Hana)
- 5 Høgaste (Ulvungen Boga)
- 6 Krågeberget (Ulvungen Sanda)
- 7 Langafjedle (Ulvungen Lura)
- 8 Kikkert.

På kanten av Ulvanutane kan du gjennom kikkert se til store deler av Sandnes kommune.



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Grafisk produksjon: Lura Trykkeri AS

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THE 7 WOLF CUBS - A REAL ADVENTURE



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THE 7 WOLF CUBS - A REAL ADVENTURE

A hiking trail with 7 spectacular scenic views overlooks the city of Sandnes, Gandsfjorden and the north of Jæren. On the edge of the Wolf Hills (Ulvanutane) you find His Majesty's View. You can use the telescope provided here to get to know the city of Sandnes and its neighbouring municipalities. You can view Sola and the North Sea in the west, Stavanger and Karmøy in the north, Bryne, Klepp and Hå in the south and Bynuten in the east.

INFORMATION BOARDS

Along the trail you can find four information boards: at Hanabanen, Crow Hill, Mindebanen and Wolf Hill. Here you can find maps over the district of Hana and information about the other districts of Sandnes.

HANATRAPPENE

The stairs of Hana, the world's longest city stairs, is one part of the trail. This is an attraction in itself with 306 steps straight up the mountain. The stairs were built in 1952, and this is probably the longest concrete staircase in nature.

THE COLOURS

On every hill there is an individual granite wolf cub

dressed in the colours of one of the seven largest sports clubs in the city. They also have the same colours as large Norwegian football clubs as Viking, Rosenborg, Odd Grenland and Vålerenga.

The suits are also similar to the national costumes of Denmark, France, Germany, Sweden, Switzerland, Slovenia and Croatia. This is especially exciting for children.

UNIVERSAL DESIGN

The tables are marked with the districts in Sandnes and the seven benches are marked with the neighbouring municipalities Randaberg, Stavanger, Sola, Klepp, Time, Hå og Gjesdal. Some hills have been adapted to serve the needs of wheelchair users.

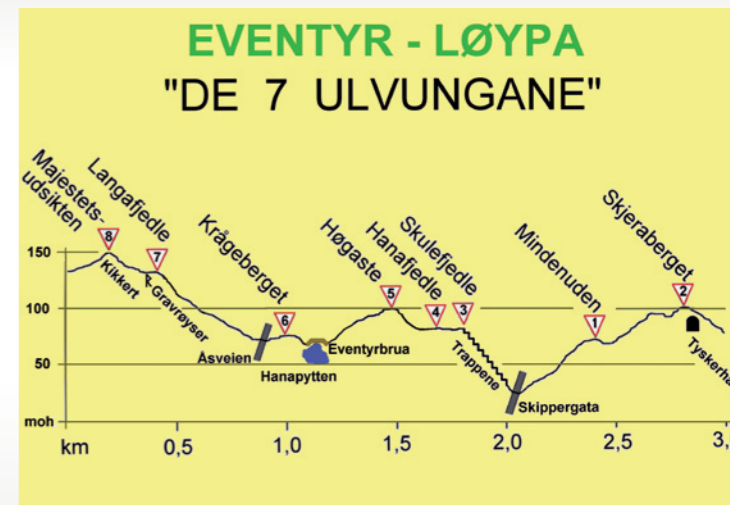


THE SECRET

Along the trail there is a good opportunity to find the secret cave, «Håla». This is a big and secret cave, which very few know of. If you want a clue, it is close to the bench with a ram on its coat of arms.

IN ORDER TO REALIZE THE ADVENTURE...

The board of Hana district would like to thank the following: Austrått, Ganddal, Høle, Sandved, Stangeland, Trones og Sentrum, Sparebankstiftelsen DnB NOR, Egersund byutvikling, Fjord Line, Hana Idrettslag, Hetland Sport, Monier, Monter Sandnes, Motek, O.C. Østraadt, Sandnesposten, Stavanger Aftenblad, Thu Betong, Tegel og Granitt, Velde Pukk, Kronengruppen and the municipality of Sandnes` section of park and



sports, which all have contributed to the realization of this adventure.

HIKING PROPOSAL

Follow the signs where the mother wolf walks with her stick. You can start and end wherever you wish along the 7 km trail. If you start by Mauritz Kartevolds plass in the harbour, there is a linear distance of 1880 meters to the telescope. You can follow the black wolf

