

Lidhandesnes, is a succession of buttresses or limbs of the central Doverfell backbone, stretching seawards at right angles to it, and parted by sheer deep valleys half filled with water running far up into the land; round these deep firths lie little scattered plots of arable land, about the mouth of a stream or in a combe of the hills; above lie black woods, and on the upper hill here and there pasture-slopes where the cattle graze in the summer. Each of these firths has a life of its own, its only outlet is the sea; outside, clustered about the mouths of each firth and its headlands, is a fringe of islands, large and small, which farther north form a regular skerry or barrier-reef such as our Hebrides, but here lie closer to land, like Skye, and Mull, and Isla. In this part of Norway there are three great inlets—*Sogn*, belonging to the Haurds; *Hardanger*, the HAURDS' Firth, with the famous stations, Bergwin (Bergen), and Alrecstead (Alrecsstad) on the coast; and *Stafanger*, the Firth of the RUGIANS, with Stafanger, Ogwaldsness, Out-stone (Ut-stan) on its isles and coastlands, and the Goat's Firth (Hafrs-Firth) just outside it.

The southern ness of Norway with its port, Qwin, and the coast eastward halfway to the head of the Great Wick, belongs to the Egda-folk, a division of the Haurds. Next to them up to the top of the bay lies Westmere, then the Land of the GRENS (which just touches the Wick), and then Westfold, probably a REAM settlement; Sciringshall is its great port near the great Most and above it lay the later Tunsberg. Opposite Westfold comes Wingul-mark, with Sarpborg