



I N D O O R S

1. LYDERHORN 396m 2. ULRIKEN 643m 3. RUNDEMANEN 568m 4. LØVSTAKKEN 477m 5. SANDSVIKSFJELLET 417m 6. DAMSGÅRDSFJELLET 317m 7. FLØYFJELLET 400m

1 2 3 4 5 6 7

7 CONSECUTIVE ONE DAY WALKS FROM AND TO BERGEN STATION VIA THE TOPS OF SEVEN SMALL MOUNTAINS NORWAY SEPTEMBER 2023

O U T S I D E

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THE SEVEN MOUNTAINS OF BERGEN



Like The Seven Hills Of Rome, The Seven Mountains of Bergen predate the evolution of human cities anywhere on Earth. Like all mountains, the altitudes of The Seven Mountains have been calculated from sea level...The Blue Planet is now threatened by human-induced rising sea levels. How high must a hill be before it becomes a mountain ? For thousands of years we humans counted on our ten digits. Decimal. Although there are more than seven coastal mountains surrounding Bergen, just the quantity of seven was chosen, perhaps because of a human fascination for the number seven ? Viewed one way, 6 precedes 7, and 7 is followed by 8. In the world of national number preferences, Japan prefers 7, and China prefers 8. Even the list of the world's 7 highest mountains, one on each of the 7 continents is not unanimously agreed on. The Seven Directions (East South West North Zenith Nadir Self.) In the English language, YinYang has 7 letters (the dark and sunlit faces of a mountain.) Seven, The Universal Readymade. The Seven Stars. Every rainbow has seven colours...r a i n b o w. (A completed walk is like a full rainbow.) A rainbow is no-thing. Ecology is a seven letter word...and importantly, the roots of the Deep Ecology movement originated in Norway... 'biosophy' ... 'ecosophy.' A mountain is not made of stone, it is stone. Nature exists, culture is made. The 'conventional materialism' of 20th Century contemporary art has caused critics and historians to cast a blind eye to the implications of 21st century Deep Ecology. I describe myself as A Walking Artist, an artist who 'specialises' in walking, not sculpture. In the English language...WALKING is a seven letter word (as is 'artwalk'.) I am an artist, and not in any way a mountaineer, but I have summited more than seven mountains and made more than 7, seven day walks. It is important to acknowledge, that for a variety of reasons, not

everyone is physically able to walk. Involving no vehicular assistance, my 'art-idea'... for walking up and down The Seven Mountains Of Bergen, no matter how easy, was... instead of ascending all seven in one day, was the reverse schedule, to acknowledge each individual mountain with the dedication of one whole day. (In so doing, I made a connection to all my previous 7 day walks in different locations.) As an old artist from the flat lands of south east England, walking up and down these various small mountains with views out to the North Sea, I was impressed by the quantities, age range, and fitness levels of local walkers and joggers. The Seven Mountains are a permanent and accessible resource for aiding the mental and physical health of Bergen citizens. Those urban people taking their regular exercise on trails up and down 'the seven mountains' are able to receive a diversity of influences from nature. (I was interested to observe Magpies on every one of the seven mountains. Magpies...is a seven letter word...) For some people, my obsession with the number seven may seem excessive, but for me it operates like an invisible interconnecting scaffold. Often, the particular work of art may have no desired relationship to the city where it is being exhibited. In the case of my Bergen wall painting titled, 'Indoors Outside' (2023) the relationship between the walk location, and the art venue is direct and obvious. The word - indoors, is a 7 letter word which relates to the (253.5cm x 489.5cm x 2mm) 2 dimensional, 'weightless' wall painting installed indoors. My 7 one day walks, out and back, were experienced - outside. Respectfully, I removed no 'natural objects' of any kind or size from any of the mountains, but I did temporarily add my boot prints to the then muddy trails, which in time would have disintegrated and disappeared... LEAVE NO TRACE, on the land. Hamish Fulton. England Spring 2024.