

ISSUE 5 · SEPTEMBER 2021

HUGIN & MUNIN



Cultural route
of the Council of Europe
Itinéraire culturel
du Conseil de l'Europe



FROM THE EDITOR



Welcome to issue 5 of Hugin & Munin.

Plagues and “Scott” the Old-Norse word for disease have been with the human race since the dawn of time, from the ‘Antoine plague’ brought back to the West by returning Roman legions campaigning in the Middle East to the ‘Black Death’ which wiped out at least 50% of the European population during the Middle Ages. The current Covid19 worldwide pandemic has hit us all very hard, whether it be physically, mentally or economically. With the vaccination process well underway the light is at the end of the tunnel and to keep your spirits up in this very difficult time, Odin’s eyes and ears ‘Hugin & Munin’ have travelled far and wide from the sunny Channel Islands off the coast of Normandy to the wilds of the Caucasus Mountains in Georgia and then North into the Viking heartland of Sweden before venturing on to Shetland in search of some stories from around the Viking world, including an exclusive from Don Hollway’s new book ‘The Last Viking’ The true story of King Harald ‘Hardrada’

Keep safe everyone and I will leave you with some words of wisdom from the Norse poem the Hávamál (The words of Odin, the High One).

Ben Baillie

“A man should know how many log stubs and strips of bark to collect in the summer to keep as stock wood for his winter fires”.

24



10





32



18



04

CONTENTS

04 THE FINAL FRONTIER
The Vikings in Georgia

10 SUNNY REFUGE
The Vikings and the Channel Islands

16 INSTAGRAM
#followthevikings

18 SEVEN FEET OF ENGLISH SOIL
The true story of Harald 'Hardrada'

24 THE VEGETARIAN VIKING
Leifur, a vegetarian from Viking age
Sweden

30 DVA NEWS

32 NECTAR OF THE GODS
Recreating Shetland's Viking age mead

36 HUGIN & MUNIN,
BOOK CORNER

38 VISIT THE VIKINGS
Visit the members of the Destination
Viking Association



Editor: Ben Baillie
Cover image: © Copyright, Rebeca Franco Valle.
Contributions and suggestions are more than
welcome. Submissions can be made directly to the
Editor by e-mail: benbaillie45@hotmail.com

Hugin & Munin is the official magazine of the
Destination Viking Association. Managers of the
Council of Europe's Viking cultural route.



THE FINAL FRONTIER

The Vikings in Georgia

By Jaba Samushia





Some 4000kms from Scandinavia the country of Georgia lies nestled in the Caucasus Mountains at the heart of the crossroads between Europe and Asia. As far away from the traditional Viking world as possible, but nearly a millennium ago Viking Varangian mercenaries fought their way across the rugged landscape, first during the Byzantine military campaign of 1022 AD and then in the legendary expedition of Ingvar the Far-Traveller. This is the story of the Vikings at the edge of the world.

Varangians

Since the 10th century, numerous military detachments of Scandinavians served as guards to the Byzantine Emperor. In the Empire's capital Constantinople, the place, where the Vikings (Varangians) lived, was referred to as "væringia skift" or "væringjaseta.". The Varangians principal mission was to guard the palace and the Emperor, but they were also used as shock troops during the Empire's internal and external military campaigns. The modern day state of Georgia was on the Byzantine Empire's eastern front and was divided up into a series of petty Kingdoms such as Abkhazia and Iberia. The Principate of Iberia was at the heart of the crossroads between Roman (Byzantine) and Persian influences for centuries and had successfully endured the Arab conquests of the 7th and 8th centuries. In 1008 AD Bagrat III of Abkhazia succeeded in uniting the petty Kingdoms and was proclaimed "King of Kings of the Georgians".



Autonomous or semi-autonomous, the Byzantine Empire would interfere in Georgian politics and support regime change in order to keep its influence in the region. In 1022 AD the Byzantine Emperor Basil II 'the Bulgar slayer' invaded Georgia and won a decisive victory at the battle of Svindax. The Varangian Guard closely accompanied the Emperor during the campaign and on one occasion they averted disaster during an ambush, forcing the assailants to flee.

The Civil war

In the 1040s, a terrible civil war was under way in Georgia. Bagrat IV, King of Georgia, and Liparit Baghvashi, Duke of Kldekari, confronted each other in order to become dominant. The war lasted for fifteen years, including intervals. Liparit appealed to the Byzantines for help. The royalist authorities of Georgia intern sort the help of

Varangian mercenaries under the command of Ingvar the Far-Traveller. Ingvar's fleet had sailed from Sweden and travelled down the Russian river systems reaching the Black and Caspian Seas during this pivotal period of Georgian history. The Georgians must have learned about the Viking Varangians from the Byzantine campaign some twenty years before and also through the traders who operated on the 'Silk Road'. The name Varang, attested in Georgian sources, corresponds to their Greek name. In the same period, Georgia had economic and cultural links with the Slavonic world where the Vikings were well known. Hence, Georgians would have had true and accurate information about the Varangians and their renowned courage and fighting spirit. This is what conditioned the decision of Bagrat IV, King of Georgia in the mid 11th century, to hire Viking



Left: A miniature depicting the defeat of the Georgian king George I ("Georgios of Abasgia") by the Byzantine emperor Basil. Skylitzes Matritensis, fol. 195v. George is shown as fleeing on horseback on the right and Basil holding a shield and lance on the left.

Main photo: Pages 4-5 © europe-1788317 JLB1988 copyright, pixabay.com

Deployment of the Varangians

Of the 3000 Varangians, deployed in the village of Bashi, the King of Georgia took only 700 warriors to Inner Kartli, to fight Liparit. This detail is salient as far as it is hardly comprehensible why Bagrat IV left 2300 Vikings in Western Georgia in that crucial moment of time when he needed military force, and it is strange enough that he took only 700 Scandinavians to fight against the Duke of Kldekari. What could have been his reason? Two things may be assumed. Firstly Bagrat may have left 2300 warriors in Western Georgia in order to guard Kutaisi and the mountain passes of Likhi. Vakhtang Goiladze advanced a rather bold approach which somehow was not supported in that period. In his opinion, the Vikings visiting Georgia, must have been the Scandinavian warriors (staying at the royal court of the Prince of Kiev) having been imprisoned during the 'Rus' Russian attack of Constantinople in 1043 AD. It was in 1043 AD when a united army of 'Rus' Russians and Viking Varangians surrounded and attacked the imperial city of Constantinople from the sea and the land. The participants of the Russian-Viking Varangian invasion of Constantinople were defeated by the Byzantines and then

(Varangians) to oppose Liparit Baghvashi, Duke of Kldekari. The Georgian Chronicle informs: 'Varangian mercenaries initially landed near the village of Bashi, at the mouth of the Rioni river (the village was part of the civil administrative and territorial polity, which was a royal domain). Bagrat IV invited 3000 Vikings to Georgia. The King then took a contingent of 700 Varangians to the decisive battle of Sasireti against his rival, Liparit'.

Varangians' ethnic background

What was the ethnic background of the Varangians? At first, the issue in point should not have been argued in Georgian historiography; however, it is true that many scholars questioned the Scandinavian origin of the Varangians. In 1871-1875, the journal of the Russian Ministry of People's Education published

Academician V. Vasilevsky's rather remarkable article "Varangian-Russian and Varangian-English detachment in Constantinople in the 11th and 12th centuries." In his work, the Russian Byzantologist referred to the Varangians, who visited Georgia, as Russian Varangians. It was V. Vasilevsky's article that gave an impulse to some generations of Georgian scholars to judge the information from The Georgian Chronicle within the context of Georgian-Russian relationship. Vakhtang Goiladze attempted to prove the identity of the Varangians of the Georgian source. In his opinion, the event, described in The Georgian Chronicle, and the history of Ingvar the Far-Traveller, as described in the Icelandic Sagas, must have been associated. The theme was elaborated by Bakur Sulakauri in his article "Vikings in Georgia."

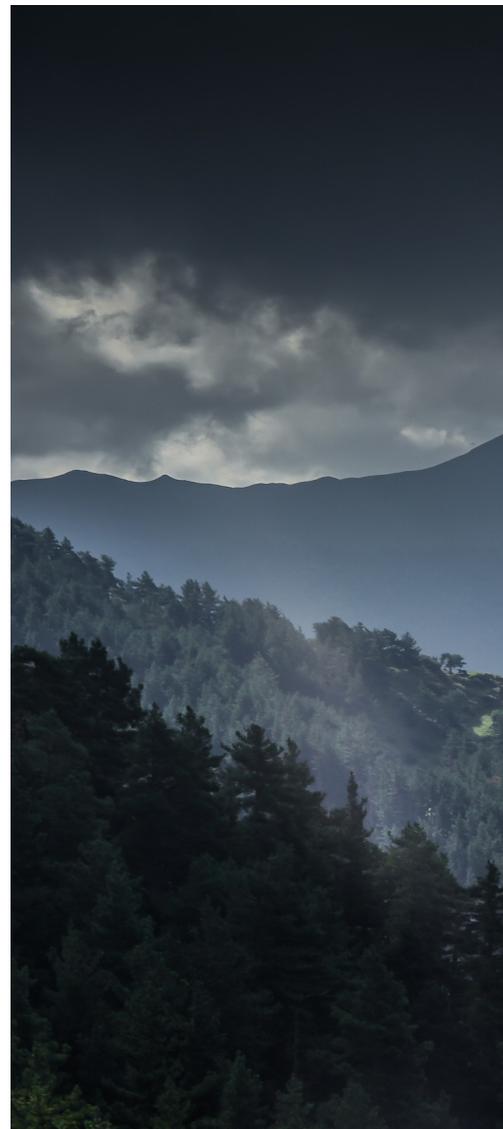


imprisoned. Upon their release some of them (those who had not lost their fighting efficiency) might have agreed (for some fee) to support Bagrat IV in his battle against Liparit. This can be viewed as certain revenge as far as Liparit was backed by the Byzantines, implacable enemies of the Vikings who had suffered from imprisonment at their hands. Unfortunately this theory dates to events that happened one year after the Battle of Sasireti. This being the case the most likely outcome is that the Vikings in Georgia were indeed Ingvar the Far-Travelled and his companions.

Above: Khertvisi fortress, Georgia. Protecting the mountain passes in the Meskheti region since the 2nd century BC. © georgia-3711253, pixabay.com

The decisive Battle of Sasireti

The decisive battle, as reported in *The Georgian Chronicle*, took place near the Sasireti forest. The place is situated in Inner Kartli, on the banks of the Tedzami river. Belligerents were likely to be stationed along the opposite banks of the river. Bagrat IV was not going to begin the fighting as he expected the arrival of additional forces from his loyal noblemen in Southern Georgia. However, an unpredicted action took place: confident in their own strength, the Vikings attacked Liparit's forces without the consent of the Georgian commanders. This forced the King's hand to enter the battle. The Duke of Kldekari, backed by Byzantine troops led his men forward into the fray.



“Confident in their strength, the Vikings attacked Liparit’s forces without the consent of the Georgian commanders”

The bloody bout ended in the defeat of the Vikings’ a small but important detachment in Bagrat’s army. The royal army lost heart and was severely defeated. Another version of the story relates that it was King Bagrat who fled the field first leaving the Vikings to hold their ground while most of the royalist troops were in disarray. After the battle Liparit did not kill the remaining Vikings and actually came to terms with them. Magnanimously he let them withdraw over the mountains to join their compatriots in Bashi. They were even given women servants to take with them. It seems that the Vikings promised Liparit to

leave Georgia together with the rest of 2300 warriors as soon as they returned to the banks of the Rioni. A promise that they duly kept. This is how the story of the Viking’s military presence in Georgia ended. As for the exploits of Ingvar the Far-Traveller, that is a story for another time.

Below: Battlefield of Sasireti © Jaba Samushia

Bottom: Rugged Georgian landscape © europe-1788309 JLB1988, pixabay.com





Sunny Refuge

The Vikings and the Channel Islands

By Ben Baillie
Editor, Hugin & Munin



“Islands’ played an important role during the Viking age. Whether it be Gotland (Sweden) or Rosala (Finland) in the Baltic Sea for the Varangians trading east towards Constantinople and the Silk Road or Shetland and Faroe as stepping stones to the Norse colonies of Iceland, Greenland and Newfoundland in the wild North Atlantic. Safe havens, raiding bases, trading posts or colonies they were in many ways the linchpins of the Viking world. Nestled perfectly on the western flank of the English Channel with the Atlantic Ocean to the west, the archipelago of the Channel Islands provided a safe haven for Viking raiders and traders travelling south towards the Atlantic coast of France, Ireland and the Iberian Peninsula”.

T

he Channel Islands would have certainly caught the attention of the first recorded Viking raiding party on ‘Francia’ in 799 AD on route to attack Noirmoutier island off the coast of Vendee (western Atlantic coast of France) and then in 820 AD when the raiders were repulsed from the Seine estuary, continuing on to attack the coast of Aquitaine once again. The infamous Viking warlord Hastein “the most wicked of all the pagans” as described by the Norman chronicler Dudo of St Quentin may have used the islands as a base in his attack on the Cathedral of Coutance (mainland Normandy) in 836 AD. Hastein was active along the Channel coast for over fifty years and the Channel Islands would have provided him with a safe haven for his raids on the western Carolingian empire until he met his end in the ill-fated attack on King Alfred’s Kingdom of Wessex (England) in 893 AD. On the southern coast of Jersey in the Parish of St Laurence the district of the “Vingtaine du Coin Hâtain”

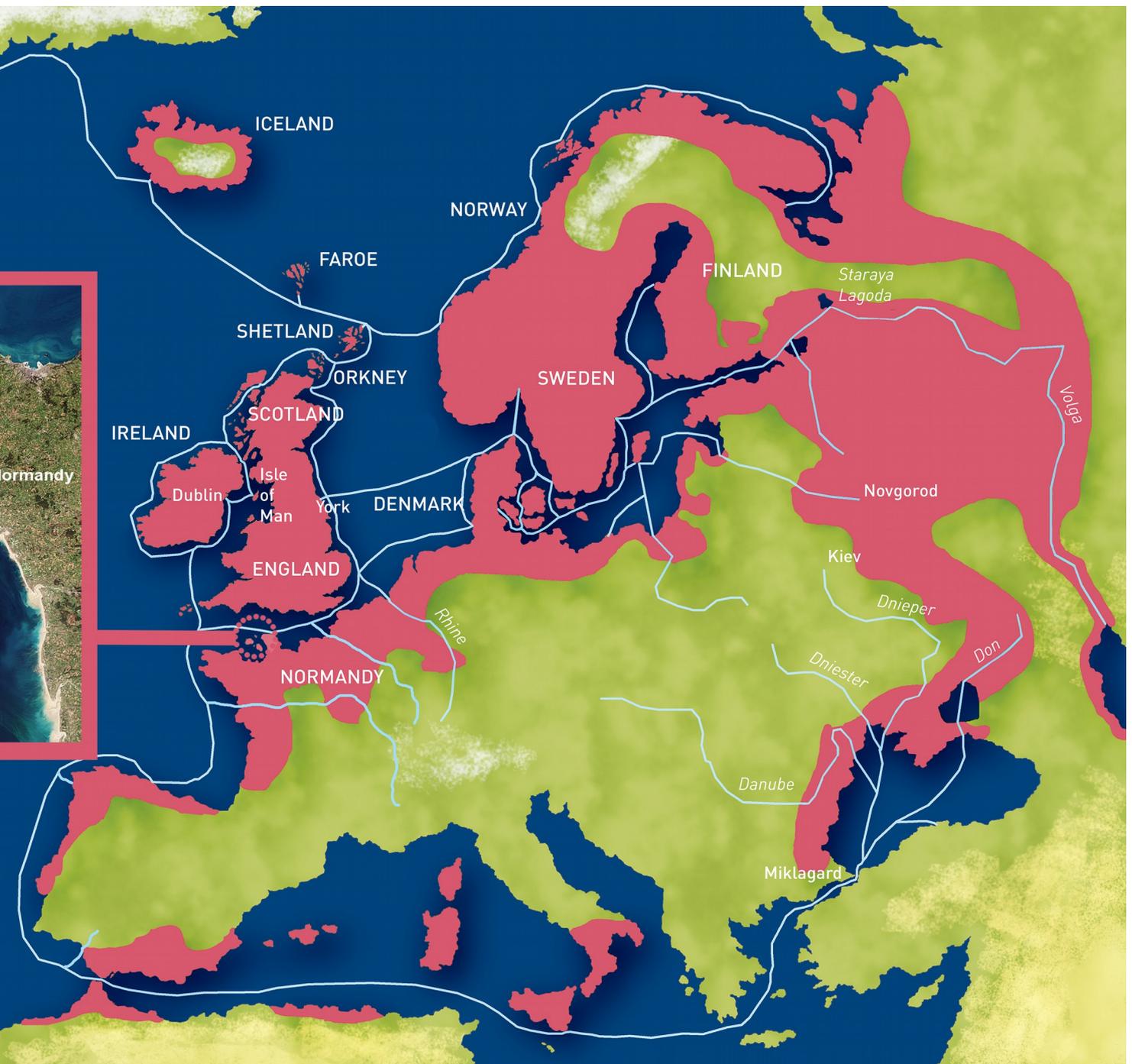
derives from his name. During this period the monastery of St Magloire on the island of Sark was ransacked by Viking raiders. According to the ‘Miracles of St Magloire’ the Saint’s relics were saved and eventually made their way to Paris where Count Hugh ‘the Great’ had them interned in the L’église Saint-Barthélemy. Another site of interest is Castel church on the island of Guernsey. It is believed that the church of Ste Marie du Castro is built on the site of a fortified Viking stronghold. Known locally as the ‘Chateau du Grand Sarrasin’ (Castle of the great raider). In 1967 a rare Viking gaming piece was discovered during an archaeological excavation at Cobo on the western coast of the island. Another Viking connection may be the recent discovery of a fabled navigational sun stone (Icelandic spar) found in the wreck of an Elizabethan warship which sank off the island of Alderney in 1592 AD. The solarsteinn or sun stone is described in the ‘Hrafn Saga’ when King Olaf raises it to the sky and



checks the sun’s position by studying the light in the stone.

From Vikings to Normans

The islands were brought under the authority of the newly created Viking colony of Normandy “land of the Northmen” by the Roujarl (Count of Rouen) William I ‘Long sword’ in 933 AD during his annexation of the Contentin and Bessin regions of modern day lower Normandy. In 1066 AD the islands became linked with England



when Duke William II of Normandy invaded the Anglo-Saxon kingdom and defeated King Harold II 'Godwinsson' at the battle of Hastings. They would remain part of the Duchy of Normandy even after King John lost the mainland to the French King Philip II "Augustus" in 1204 AD. Queen Elisabeth II still holds the title 'Duke of Normandy' through the Channel Islands and when toasting a drink on the islands it is custom to say "a notre Duc, la Reine" (to our Duke, the Queen).

Placenames

One of the enduring influences of the Vikings can be found in the islands place names. Most island groups around the British Isles take their names from Scandinavian/Old Norse origin and the Channel Islands are no exception. The three main islands of Jersey, Guernsey and Alderney all end with the Old Norse suffix *-ey* meaning island. Jersey possibly means 'the grassy island' or the 'island of Geir'. Alderney may be either

Above: Viking routes map © Destination Viking association

Main photo:Pages 12-13 Gorey, Mont Orgueil Castle © Visit Jersey, image1144

Below: Viking sun stone? The Alderney sunstone © AP Photo/ Guy Ropars





Above: Sunset over Gorey, Mont Orgueil Castle © Visit Jersey, image1090

Below: Viking gaming piece found in Cobo, Guernsey! © Guernsey Museum

a corruption of Old Norse 'Adreni 'island near to the coast' or 'Adlareenna' meaning the strong current island. Guernsey may be derived from a personal name 'Warinn' or from the Old Norse 'Grön' for green or pine. This may be further corroborated with the Gaulish/Celtic work for Oak. Possibly referring to the island covered with trees. The Scandinavian etymology of some of the less well known islands and reefs include Jethou 'the small island or small hill'. This contains the Norman -hou suffix taken from the Old Norse 'holm'. Other Channel Islands with this suffix include, Lihou, Burhou, Brecqhou and Les

Houmets. The island of Herm also derives from Old Norse meaning 'the arm island' due to its shape representing that of an arm.

Right: Viking gaming piece found in Cobo, Guernsey! © Guernsey Museum



Welcome to French Lane, the heart of
Jersey's French Quarter

Séyiz les beinv'nus à la Rue ès Français,
l'pallion du Quartchi Français

Bienvenue à la Rue des Français,
au cœur du Quartier Français

Above: Welcome sign to French Lane, Jersey. English (top) Jèrriais (middle) French (bottom)

The Language

Perhaps one of the most important legacies of the Vikings on the islands is the local dialects. On Jersey it is 'Jèrriais' on Guernsey it is known as 'Dgèrnésiais' and on the smaller island of Sark it is 'Sercquiais'. They have been spoken on the islands for over a thousand years and have been influenced by the Celtic, Gallo-Roman, Frankish and Old Norse languages. The islands dialects are part of the Norman language commonly known as Norman-French which was the language created by the second and third generation of Vikings who settled down in Normandy, giving up the sword and taking up the plough after the Treaty of St Clair sur Epte in 911 AD. The Vikings quickly assimilated with the Gallo-Roman population and became 'Normans'. They also introduced a large vocabulary of Old Norse words into the 'Norman' dialects. The vocabulary of Old Norse words in the dialects are heavily influenced by maritime practices from the fact that the Vikings were a seafaring people and they include species of fish, ships and navigation, but also everyday objects such as a jug/can (Kanna, Old Norse) and Canne, Jèrriais.

English	Jèrriais	Old Norse
sand dune	mielle	mellr
sea bird	mauve	már, mávar (pl.)
lobster	honmard	humarr
to chop	hadgi	hagga (Old Danish)
mound, hill	hougue	haugr
mast	mât	mastr
cape	nez	nes
bag	pouque	poki
kind of thin and long fish	horfi	hornfiskr
tinder	tondre	tundr
haven	hâvre	höfn; hafn
open meadow	hague	hagi
flock	fliotchet	flokkr
crab	crabe	krabbi
board	bord	bord

Conclusion

The Channel Islands have a rich and vibrant cultural history that through the Vikings has formed an everlasting and close link between mainland Normandy and the British Isles. The Vikings influenced the place names of the islands and also the language which is now in revival. Symbolizing a true testament to the Scandinavian people that settled down on these sun drenched islands over 1000 years ago and called home.

follow the vikings



1



Welcome to our Instagram feature. We have selected a few photos from around the Viking world for you to enjoy. We would like you, our readers, to follow us on Instagram and tag your viking-themed photos with **#followthevikings**. We will then repost and publish the best of them on our Instagram account and in future issues of the magazine.



2



1

#followthevikings

- 1. Queen Gunhilde, Follow the Vikings Roadshow
- 2. Rollo meets Rollo, Normandy, France
- 3. Waterford Treasures, Ireland
- 4. Catoira Viking festival, Spain
- 5. Jorvik Viking festival, England

4





SEVEN FEET OF ENGLISH SOIL

955 years ago this September, Norwegian King Harald 'Hardrada' launched the last great Viking invasion of England

by Don Hollway

Mention the year 1066 and your average history buff will think of the battle of Hastings that October: the Norman invasion and defeat of the Anglo-Saxon host, and the crowning of Duke William of Normandy, called "the Conqueror," as king of England. For modern Vikings, however, it's the month prior that matters. September 1066 saw the last great Norse invasion of England, and the two biggest battles on English soil to date. They changed the outcome of Hastings, and thus all of English history. King Harald III of Norway—called Harfager (Fairhair), the Burner of Bulgars, the Hammer of Denmark, the

Thunderbolt of the North, but never to his face Hardrada, the Hard Ruler had long sought to resurrect the Viking North Sea Empire of Knut the Great. He waged a fifteen-year war against the other third of that empire, Denmark, achieving little more than stalemate. In 1066, however, England was ripe for conquest. At the beginning of the year King Edward the Confessor had died, childless. The Witan, the Parliament of its day, had chosen the powerful earl of Wessex, Harold Godwinson, as his successor. (Harald and Harold both derived from

the Old Germanic here and weald, army and leader.) The Normans claimed, however, that years earlier Edward had promised his throne to Duke William, and further that Harold had sworn to uphold the oath. William saw his succession as a breach of honor, and planned an invasion to make good his claim. Normans crossing the English Channel were not Harold's only problem that summer. His brother Tostig, formerly earl of Northumbria but banished for ill treatment of his people, had designs of his own on the throne. To take

It, he needed a powerful ally, and in Norway he found one. “If you wish to conquer England,” he told Hardrada, “I can talk most of the lords there into becoming your comrades and allies.” England was not only much larger than Denmark, but better defended. The king’s axe-wielding huscarls, household troops, were famously said each to be worth two Viking warriors. But King Harold had mustered his army far to the south, on the Channel coast to meet William’s expected invasion. The North, Tostig swore, lay practically undefended. In the end Hardrada couldn’t resist. According to the Heimskringla, the saga of Norse kings, “He, too, longed to conquer new realms.”



“The king’s axe-wielding huscarls, household troops, were famously said each to be worth two Viking warriors.”

They crossed the North Sea with some 300 longships, half again the size of the fleet with which Knut had conquered England—and about 12,000 men. Plundering along the coast, they entered the Humber estuary and sailed up the river Ouse toward the Northumbrian capital of York, landing about ten miles downstream. At Fulford (“foul water ford” in Old English) the road ran between the riverbank and a riverside marsh. It was at this choke point the Vikings learned the North was not undefended after all. Along a waterlogged ditch stretching from swamp to stream, the earldoms of Northumbria and

neighboring Mercia blocked their path with a solid wall of shields and huscarls. For several hours the Viking tide crashed on the bulwark of England, to no avail. With dead men filling the swampy ditch, Tostig’s ex-pirates and bandits lost their nerve and fled. The Northumbrians broke formation to charge after them. Hardrada saw his chance. He ordered his battle flag—a black raven on white, called Landeydan, Land-Waster, said to bring victory to whoever followed it—into the gap between the Northumbrians and the Mercians, still holding the ditch. His Vikings followed. With their line cut in two, the English were outflanked. The Northumbrians were driven into the swamp, the Mercians into the river, and any survivors back to York. An anonymous Norse scribe wrote, “A greater slaughter will never be inflicted on a brave army.”

York surrendered. Harald and Tostig ordered hostages to be gathered from the surrounding earldoms, for exchange the next day at Stamford Bridge over the River Derwent.

“A greater slaughter will never be inflicted on a brave army.”

That night they celebrated victory. There was still the main English army to face, but King Harold was far to the south. York gave Tostig and Hardrada a firm base from which to launch their reconquest of England. Hardrada was so confident that in the morning he divided his force, deeming two-thirds sufficient for a simple hostage exchange. He left the rest behind with the ships. The weather was clear and hot. “So the men laid aside their armor,” records the Heimskringla, “and went



Above image by Peter Dennis from Viking Warrior vs Anglo-Saxon Warrior: England 865–1066 by Gareth Williams © 2017 Osprey Publishing

ashore with just their shields, helmets and spears, wearing their swords, and many had also arrows and bows. All were very merry.”

Halting at Stamford Bridge, Hardrada and Tostig crossed the narrow footbridge to reconnoiter the far side of the river, and saw dust rising in the distance. Tostig assumed it was the delegation from York. Hardrada was not so sure: “We had better halt and find out exactly who this is.”

It was the English army, spearpoints and armor glittering in the sun. Modern estimates put their number at 10,000 men afoot and 2,500 on horse, half again that of the Northmen at hand. For King Harold to have forced-marched them up from the south was one of the great feats of medieval history, and a terrible shock to Hardrada and the Norse. Hardrada hurriedly ordered his three best riders on his three best

horses to fetch the rest of his men, but they were hours away at best. Meanwhile an English knight rode forward alone to parley with Tostig, offering the wayward earl half the kingdom to call off the fight. But what reward, Tostig inquired, would Harald of Norway reap for his troubles? “Seven feet of English soil,” was the famous reply, “or as much more as he is taller than most men.”

Tostig, to his credit, not only refused the offer, but betrayed neither his ally nor his brother. For the English knight was no less than King Harold himself, whom Hardrada might easily have slain while he was in reach. The Vikings, though outnumbered, had one

“Seven feet of English soil,” was the famous reply, “or as much more as he is taller than most men.”

advantage: They held the bridge over the Derwent. Archdeacon Henry of Huntingdon, writing about ninety years after the battle, recounted, “A single Norwegian, whose name should have been remembered, posted himself on a bridge and, chopping down more than forty English with a battle-axe, his country’s weapon, halted the advance of the whole English army.” According to the legend, the Norseman was only felled by an assassin spearing him from below, through the planks of the bridge. His last stand gave the Vikings time to form a shield wall, bent around on itself to form a ring. The Anglo-Saxons attacked from all sides. From inside the encirclement, Hardrada must have felt the Valkyries, Odin’s choosers of the slain, coming for him. At 51 he had lived a long, adventurous life for a man of that violent time. As a

teenage boy he had seen his half-brother King Olaf II killed in battle, slain under a total eclipse of the sun. Starting over as a penniless exile in Russia, he had fought his way across half the known world, conquering eighty cities from Kiev to Sicily and the Holy Lands. He had washed away his sins in the river Jordan. As leader of the imperial Varangian Guard, he had served three Byzantine emperors, and personally blinded one of them. He had loved two empresses at the same time, for which he barely escaped Constantinople with his life. He had returned home married to a Kievan princess, writing poetry along the way and amassing such a fortune that he literally bought half of Norway.

There was nothing left for him to accomplish in life, except everlasting glory in death. "Gripping his sword in both hands, he hewed left and right," lauds a Viking saga. "He did not wait for his banner but cut his way through, slaying many champions in the process. It is agreed that no more valorous attack, made so boldly, has ever been seen."

In the end it was no man, but an arrow to the throat that struck Harald Hardrada down. As he lay dying he called Tostig to his side. "You should come to terms with your brother," he advised, "and tell him I accept that portion of the kingdom that he offered me." As it happened, Tostig was slain too, and most of the Vikings as well. King Harold

himself, forced by William's invasion to march all the way back down England, likewise died a few weeks later at Hastings. Historians quibble over what the Anglo-Saxons might have accomplished against the Normans, if not for the intervention of a Viking king. The autumn of 1066 was the dawn of a new age for England, and the end of another for Scandinavia. Not for nothing is Harald Hardrada remembered as "The Last Viking."

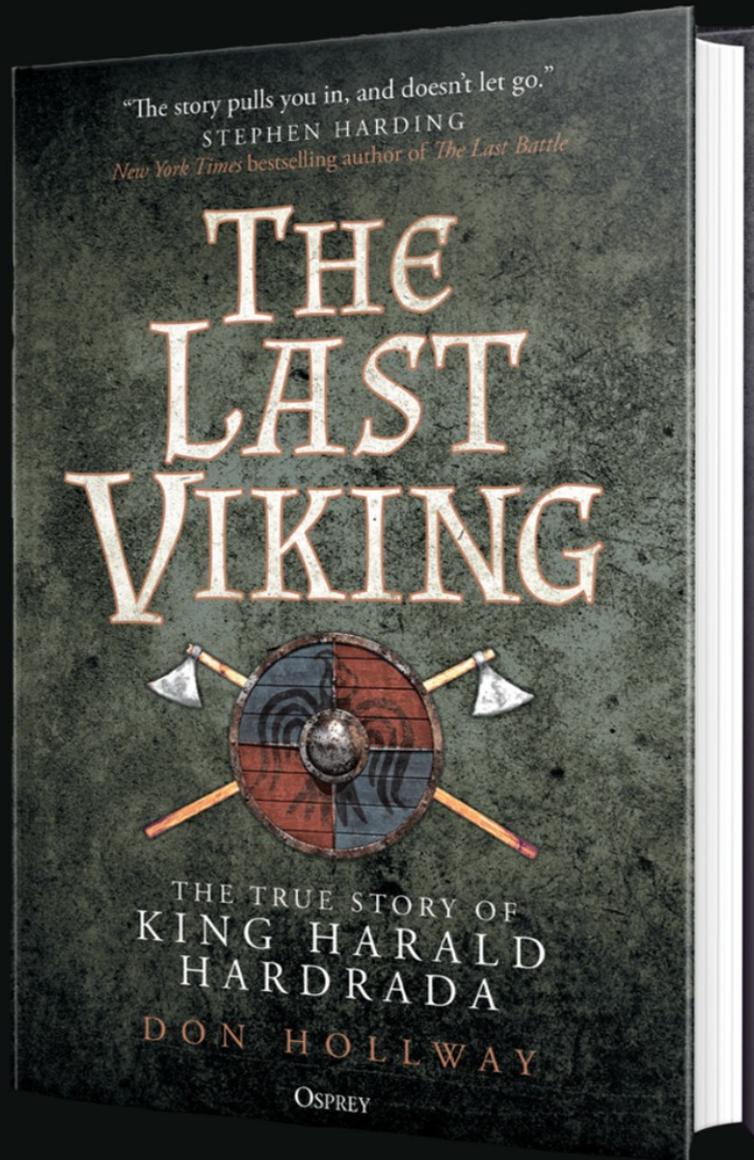
For the whole story, see Don Hollway's *The Last Viking: The True Story of King Harald Hardrada*, available in September 2021 from Osprey Publishing. Free sample chapters and links to order at <http://thelastviking.co/>



Commemoration monument for the Battle of Stamford Bridge © Ben Baillie

HUGGIN
&
MUNIN

OSPREY
PUBLISHING



20% off!

We have teamed up with Osprey Publishing to offer our readers an exclusive deal when ordering a copy of *The Last Viking* by Don Hollway. To receive 20% off the book, purchase your copy at www.ospreypublishing.com and enter **Vikings20** at checkout or call +44 1256 302692 to order and quote the discount code **Vikings20**. Offer valid from September 15th until November 30th 2021.



Leifur, a vegetarian from Viking age Sweden

By Emma van Eelen
The Viking Museum, Stockholm, Sweden



Have you ever wondered what a person from the Viking Age looked like? Meet individual 84001! This man lived and died in Sigtuna in Sweden. He was found at one of the oldest burial sites in Sigtuna and was dated to the late 10th or early 11th century. The specific area where the man was found is called “Nunnan”, which means “the Nun” in Swedish, and it is one of several sites in Sigtuna that have been excavated. Nunnan is one of the best preserved sites and it is the only cemetery without an attached church that has been excavated in Sigtuna.

THE VIKING VEGETARIAN



The man in question, individual 84001, resides at 'The Viking museum' in Stockholm. He is restored in great detail, step by step, from when he was alive. Osteologist and scientist Anna Kjellström from Stockholm University made the analysis of the skeleton, which can tell us about the sex, age, height and possible diseases or injuries. Then a reconstruction was built by sculptor and archaeologist Oscar Nilsson. The type of methods used making this man are the same as the FBI uses for facial reconstruction, which gives it a 94% accuracy. DNA-samples were taken from the man and gave us his eye- and hair colour.

“The type of methods used making this man are the same the FBI uses for facial reconstruction”

Since we don't know exactly who this man was, we left it up to our visitors to name him. For several weeks we collected suggestions from visitors from all around the globe and in the end, the result was clear - the public had spoken. His name was Leifur.

Leifur was thoroughly analysed osteologically. This showed that he was a man and that he was between 45 - 60 years old when he died. It places him above the average age, since the life expectancy in the Viking Age was 42 years old. The man's height was 179 centimeters, which places him much higher than the average height at the time. For men, the average height was 170 centimeters and for women it was 160 centimeters.



Above: Fish, staple of the Viking diet © pixabay.com

Right: Leifur © The Viking Museum, Sweden

Therefore he was of respectable length. Apart from all these basic facts, the skeleton can also tell us a bit about his health. The cause of death could not be seen by looking at the bones, therefore we don't know how he died. It could be from old age or any illness that is not discernible from the bones. What we could tell was that he had some problems with his back, probably caused by continuous hard work. These damages are visible both in the upper and lower back, probably affecting his left shoulder as well. His teeth showed signs of caries, which is not uncommon for this time period. It is complicated to tell what social class Leifur belonged to, but there are some indicators. Since his body was not burned it means that he probably was a Christian. When burying during pagan rituals the bodies were burned, but they ceased doing this when they started to embrace Christian customs. His grave was empty

of grave goods. This is not uncommon for Christian graves but it could be an indicator of low social status. Another aspect that could point to this conclusion is his diet. Through isotope analysis we could see that Leifur had a largely vegetarian diet. This is actually quite normal for the Viking Age, a lot of people ate a herbal diet, and this blows away the stereotype of the manly meat eating Viking warrior. The reason for this is probably not ethical, but instead economical. Meat is quite expensive so it is cheaper to eat a more vegetarian diet. If you also happen to have animals on your farm, you don't want to eat them straight away. Instead you want to use them for eggs, milk, wool and labour for the longest time possible. It is therefore more economical not to eat them.



From June 2018, Leifur did not have to be alone in the Viking museum anymore. He gained a friend, because Estrid moved in. She is, like Leifur, a reconstruction made by Oscar Nilsson. She was a woman of higher social class and we believe we know a lot about her life through several rune stones.

“She was a woman of higher social class and we believe we know a lot about her life through several rune stones”

By looking at the rune stones in Täby archaeologists could begin to see a family tree forming. A big family, often centered around the matriarch Estrid Sigfastdotter. It appears that this woman had been married twice and given birth to several children. When a grave emerged containing an elderly woman the pieces started to fall into place. This grave was in close proximity to the burial mound of Estrid's first husband Östen. What they found was a well preserved skeleton with several grave goods that indicates a individual of noble birth. There were jewellery, coins, remnants from a box and a scale. Regarding the skeleton, osteologists could tell that she was an elderly woman, nearly 80 years old. She had given birth, had broken an arm and had gingivitis sometime during her life.

The fact that Estrid is mentioned on several rune stones, her great age and the grave goods points towards a powerful woman from the Viking age. There is probably a big class difference between her and Leifur.

Sadly there haven't been any isotope analysis made on Estrid yet so we don't know what her diet looked like, she had probably a greater access to meat than Leifur did. Hopefully there will come a day when we can make these analyses on Estrid, which is what archaeology is all about - information may emerge all the time which puts historical

evidence into place. You can visit both Leifur and Estrid at The Viking museum in Stockholm, Sweden

<https://thevikingmuseum.com/>





Above: Leifur's homeland, Lake Mälaren, Sigtuna, Sweden ©, Canon EOS 80dsunset-2453483_1920 pixabay.com



Left: The transformation of Leifur © The Viking Museum, Sweden

DESTINATION VIKING ASSOCIATION NEWS



Cultural route
of the Council of Europe
Itinéraire culturel
du Conseil de l'Europe



Chairman's News

Dear all!

It is more than two years since the last edition of our Magazine. The Magazine was part of the Follow the Vikings (FTV) Creative Europe project. This huge project has now ended, and it is a great challenge for the Destination Viking Association to maintain and develop of the legacy of the project. Thanks to all of you who have contributed to this issue of Hugin & Munin and especially to Ben Baillie for his great job as the Editor.

The last couple of years have been difficult. We entered 2020 happily unaware of the pandemic that soon was to change our world. The pandemic has affected us all, both privately, at work and our organisation. Now we are all looking ahead. Let's hope the vaccine program will allow us to meet the future with optimism.

I was elected Chair of the Destination Viking Association (DVA) earlier this year. I am grateful for the trust that I and the rest of the Board were given at the Annual General Meeting. Becoming Chair of DVA is a task that I take very seriously. I work as Director at the University Museum, the Archaeological Museum in Stavanger, Norway.

Establishing a new secretariat replacing Shetland Amenity Trust was necessary too. The Archaeological Museum has secured funds for running the secretariat function for one year, but of course, without a good secretary money means nothing.

I am therefore happy that Geir Sør-Reime was willing to do this job. Many (most of you) know Geir already. Geir has been instrumental in the establishment and development of the DVA. On behalf of myself, the Board, and the entire organisation, I would like to send my warmest thanks for the great work that Shetland Amenity Trust has done for DVA. Also, a big thank you to our former Chair, Edmund Southworth. You did a tremendous job in a challenging time.

The Board is both ambitious and enthusiastic about the future, and we are eager to take the organisation into the post-Covid times. The Board considers it important that the organisation concentrates its work on the Viking Route for the benefit of our members. The DVA is the guardian and manager of the Viking Route of Cultural Heritage on behalf of the Council of Europe. The Board also see the importance of a slightly more agile organisation. Our members should have the options of meeting in the whole membership and in smaller, dedicated, themed groups. Access to information and files will be made easier. Throughout the pandemic, most of us have become more digital. The Board and the administration therefore would like us to use Microsoft Teams as a common communication platform as soon as possible. This will be up running soon.

The DVA continues to attract new members and the Board hopes that we will become even more attractive in the future and that our members are given the possibility to contribute more to the running and operations of the organisation.

It continues to be a great time to be following the Vikings – and I hope to meet more of you in the coming months. The next Annual General Meeting will take place in Stavanger in June next year. Our Meeting will coincide with the celebration of The Battle of Hafsrfjord that resulted in the unification of Norway. More information will follow. I hope to see most of you there.

Kind regards

Ole Madsen
DVA Chair

FORTHCOMING EVENTS 2021 - 2022



1150th Anniversary of the Unification of Norway

(Rogaland, Norway)

9th-19th June 2022

Festivities and commemorations will take place in Rogaland county to celebrate the Battle of Hafrsfjord (872 AD) and the 1150th anniversary of the unification of Norway. A once in a lifetime event not to be missed. More information to follow on the website below.
<https://rikssamlingsjubileet.no/>



Boyne Valley Viking Experience (The Irish military Museum, Starinagh, Ireland)

2nd - 3rd October 2021

The inaugural Boyne Valley Viking Experience takes place just north of Drogheda. Telling the story of the Vikings through living history displays, Viking age traders, battles, long ship display, music and much more. An autumn festival to look forward to.



Jorvik Viking Festival (York, England)

19th-28th February 2022

The Vikings are set to return to the capital of the 'Danelaw' in 2022. The 37th Jorvik Viking festival takes place in York, England with numerous events for all the family. Explore the trader markets, strongman competition, Viking parade or the festival extravaganza on the final weekend.

<https://jorvikvikingfestival.co.uk/>



The Viking Market (Hafnarfjörður, Iceland)

15th-19th June 2022

Travellers come from far and wide to enjoy the Viking Market in Hafnarfjörður, Iceland. Held at the high point of the Icelandic summer the festival brings to life the country's Viking heritage. Iceland's largest re-enactment group 'Rimmugýgur' celebrate their 25th anniversary next year, so the next market will be one to remember!

<https://visitreykjavik.is/viking-festival-hafnarfjordur>



NECTAR OF THE GODS

Recreating Shetland's Viking age mead

By Alistair Morgan from
Viking Mead Ltd



Above: Burwick (Broch Bay, Shetland) © Alistair Morgan

Right and bottom: Mead ingredients and the end product © Alistair Morgan
Pages 24-25 Edited photo, Lofotr Vikingmuseum-Foto-© Kjell Ove Storvik-3058[5352]



It's early September and at eight o'clock in the evening the sun is still high in the sky. At a latitude of 60 degrees north Shetland enjoys sunlight in the summer months that stretches on late into the evening. It's the perfect time to take a walk out into the hills of my farm at Burwick to gather some of the vibrant purple heather that is now in full bloom.

After gathering the heather and walking back down the hill, looking out over the various islands on Shetland's west coast, it is easy to imagine the Vikings that settled these islands hundreds of years ago making a similar pilgrimage to gather the ingredients for their brewing. Looking around I can see the remains of ancient stone settlements dotted

across the landscape including the remains of a broch on the southernmost tip of Burwick which gives the place its name (Burwick means broch bay). Living on these remote islands I am inspired by the resourcefulness and self-reliance of the people who came before. This is what started my journey to create Viking Mead. Shetland's Viking heritage is rich, you can see signs of their influence everywhere you go on these islands and after brewing as a hobby for some time I wanted to know more about how our Viking predecessors might have done it. I am by no means an academic expert on the ancient origins of mead however I have heard an interesting and "common

sense" theory about the possible origins of mead which seems quite plausible to me, at the very least it does make for an interesting story. In the times before domestic beekeeping the only way to get honey was to harvest it from wild hives. This of course presented the challenge of getting to the honey without getting stung by many angry bees. A possible solution to this was to take the hive and submerge it in a vat of water thus drowning the bees and allowing easier access to the honey. During this process some of the honey would have dissolved in the water and if the vat was then left undisturbed, wild yeast present in the environment would then begin to convert the sugars from the honey into

alcohol and carbon dioxide. The vat would start to bubble and fizz and become increasingly alcoholic, and of course if you had no concept of microscopic life you might naturally assume that this was the result of magic or a gift from the gods!

As time went on and this process was repeated and refinements were made, it became part of the process that different botanicals and flavours were added and the vats of honey water were stirred with a stick in order to mix in the honey. Colonies of yeast made themselves at home on the surface of these sticks and when they were used for stirring other vats the yeast would start to do their work and the process would begin again. These became "magic sticks" and were passed down from one generation to the next as family heirlooms and to this day still exist in some parts of Scandinavia.

Despite the advances in our knowledge and brewing techniques there is something magical about taking honey, water and yeast and turning it into delicious mead.

I start by filling a large metal pot with spring water from the well towards the North of the farm which provides all our water. The metal pot is hung over a large wooden fire and brought to the boil, the fresh heather is added along with some young nettle leaves and some Alehoof to add some bitterness. The pot is left uncovered and moved away from the flames slightly to allow a rolling boil for about an hour. After the boil is complete I take the pot off of the heat and sift out the larger pieces of Heather and nettles with a wooden spoon and allow the water to cool to a "blood warm" temperature. Now it is



time to add the honey. Shetland's climate means that there is currently not a great deal of honey produced locally, however in its warmer past wild hives may have been more common or given how long honey can keep for it would not be surprising if the Vikings imported honey to the islands. I have sourced some raw heather honey from one of my beekeeping friends to use in the brew. It's quality is undeniable when compared to an off the shelf jar of clear runny honey. The heather honey is thick with a rich sweet smell of heather. Emptying it into the pot is like scooping ice cream and it takes several minutes of stirring to dissolve it into the water. Next it is time to transfer the liquid to the fermenting vessel, which in this case is a small oak barrel. I place a fine meshed cloth over the barrels opening and pin it in place before slowly pouring the liquid through straining off any of the small bits of heather and botanicals as it goes. I then rinse off the cloth and replace it over the opening of the barrel. Now it's time to wait and hope that the yeast start their magic. Wild yeast is unpredictable so it is difficult to say how it will

perform and what the end result will taste like but sometimes that's half the fun. Fortunately, after checking on it anxiously over the course of a couple of days I can see and hear signs of fermentation. The cloth is removed and the barrel is sealed with an airlock. After a couple of weeks the mead is transferred to another barrel and left to age for a few months. It is now late November and the long winter nights have set in. It is dark by four o'clock in the afternoon and today there is a hard frost setting in, there is not a breath of wind and standing out on the decking at the front of the house it feels like the perfect night to start a small fire and open the mead. Drawing the bench in closer to the fire to stay warm I sit down and take in the balance of contrasting experience, the chill of the frosty air, the heat of the fire, the dry wood smoke - and the sweet taste of mead.

Skål !



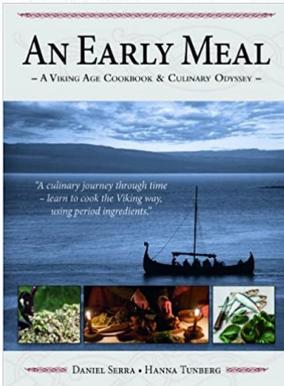


HUGIN & MUNIN

BOOK CORNER

WELCOME TO THE COVID-19 SPECIAL EDITION OF THE HUGIN & MUNIN BOOK CORNER. WE HAVE ASKED SEVERAL DVA MEMBERS FROM AROUND EUROPE TO SELECT A VIKING THEMED BOOK OF THEIR CHOICE FOR A CONFINEMENT/LOCK-DOWN SITUATION.

Paul Kavanagh
Lakes Vikings

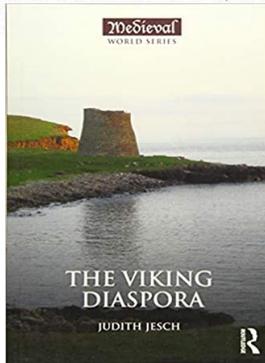


Early Meal- A Viking Age Cookbook & Culinary Odyssey

Author: Daniel Serra & Hanna Tunberg
Paperback: 1 Jan 2013

"An Early Meal" takes the reader on journey to discover the food culture of Viking Age Scandinavia. In the first part of the book one will learn about what and how the food was cooked and eaten. These facts are illuminated in the second part, which is a cookbook containing forty-two delicious recipes from seven different Viking Age settlements. Both parts of the book are thoroughly based on archaeological finds, historical cooking methods and current research.

Elin Tinuviel Torbergson
Museum Nord, Lofoten



The Viking Diaspora
Author: Judith Jesch
Hardcover: 8 June 2015

The Viking Diaspora presents the early medieval migrations of people, language and culture from mainland Scandinavia to new homes in the British Isles, the North Atlantic, the Baltic and the East as a form of 'diaspora'. It discusses the ways in which migrants from Russia in the east to Greenland in the west were conscious of being connected not only to the people and traditions of their homelands, but also to other migrants of Scandinavian origin in many other locations. Rather than the movements of armies, this book concentrates on the movements of people and the shared heritage and culture that connected them.

Ea Stevns Matzon
Museum Vestsjælland



Amatus of Montecassino
Normannernes Historie
HELIKON

Normannernes Historie by Amatus of Montecassino

Author: Amatus of Montecassino
Hardcover: 2019

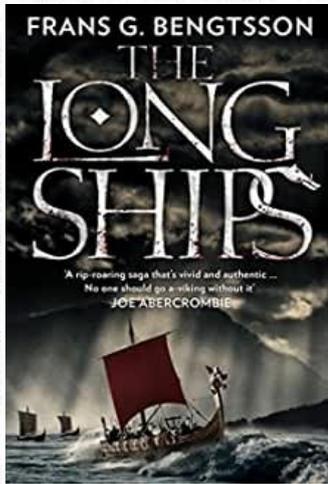
This book represents not only a key source to the Norman expansion in Italy in the 11th century, it is also a literary work that gives the reader an insight into the medieval human life conditions, way of thinking and the world of imagination in a time of breakthrough characterized by lawlessness, chaos and the weak submission under the stronger. With the French researcher Michèle Guerét-Lafertés new text critical edition of the manuscript this medieval classic is finally published in Danish as a whole, based on the latest research.

Non-fiction

Non-fiction

Non-fiction

Gun Bjurberg
Gunnes Gard Viking farm



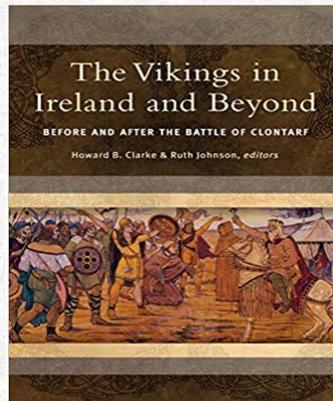
fiction

THE LONG SHIPS

Author: Frans G. Bengtsson & Michael Meyer
Hardcover: 13 March 2014

Acclaimed as one of the best historical novels ever written, this engaging saga of Viking adventure in 10th century northern Europe has a very appealing young hero, Orm Tostesson, whose story we follow from inexperienced youth to adventurous old age, through slavery and adventure to a royal marriage and the search for great treasure. Viking expeditions take him to lands as far apart as England, Moorish Spain, Gaardarike (the country that was to become Russia), and the long road to Miklagard. The salt-sea spray, the swaying deck awash in slippery blood are the backdrop to fascinating stories of King Harald.

Ole Madsen
DVA Chairman



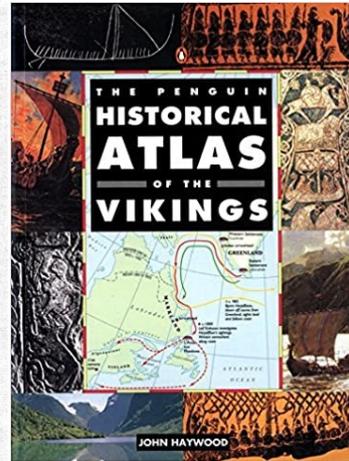
Non-fiction

THE VIKINGS IN IRELAND AND BEYOND: BEFORE AND AFTER THE BATTLE OF CLONTARF

Editors: Howard B. Clarke, Ruth Johnson
Hardcover: 25 Sept 2015

This book contains contributions by many leading scholars in Viking studies from Ireland, Britain, and Scandinavia, on diverse subjects including archaeological excavation, art historical analysis, linguistics, literature, politics, historical sources, numismatics, environmental remains, human remains, and artifact studies from c.795 to 1170. Aimed at both the non-specialist and the specialist reader, the book will prove to be a landmark publication in Viking studies for years to come.

Ben Baillie
Editor Hugin & Munin



Non-fiction

THE PENGUIN HISTORICAL ATLAS OF THE VIKINGS

Author: John Haywood
Hardcover: 01 Sept 1995

Viking marauders in their longships burst through the defences of ninth-century Europe, striking terror into the hearts of peasants and rulers alike for two centuries. But the Vikings were more than just marine warriors and this atlas shows their development as traders and craftsmen, explorers, settlers and mercenaries. With over sixty full colour maps, it follows the tracks of the Viking merchants who travelled deep into Russia, of Viking mercenaries who served in the emperor's bodyguard at Constantinople, and Viking mariners who sailed beyond the edge of the known world to North America.

VISIT THE
VIKINGS

Dublin
Ireland

DUBLINIA

THE HEART OF VIKING AND MEDIEVAL DUBLIN

**A LIVING
HISTORY**

OF VIKING AND
MEDIEVAL DUBLIN

STEP INSIDE

St Michael's Hill, Christ Church, Dublin 8

T: 01 679 4611 | E: info@dublinia.ie | www.dublinia.ie

VISIT THE VIKINGS

Birka
Sweden



BIRKA THE VIKING CITY

2022



THE MUSEUM & RESTAURANT

OUR MUSEUM IS FILLED WITH MINIATURE LANDSCAPES, FINDINGS, AND THE STORY OF THE CITY. IN THE NEWEST EXHIBITION THREE GRAVES FROM SEPARATE PERIODS HAVE BEEN PORTRAYED IN THE GREATEST DETAIL - FROM RECONSTRUCTED ARTEFACTS TO ANALYSIS OF THE BONES.

THE MUSEUM SHOP HAS A COLLECTION OF RECONSTRUCTED FINDINGS FROM DIFFERENT MANUFACTURES AS WELL AS GAMES, RURAL INTERIOR DESIGN, RUNE NECKLACES, LOTS OF GLASS BEADS, JEWELLERY, GLASSWARE, TOYS AND BOOKS FOR CURIOUS MINDS AS WELL AS FOR THE PROS ABOUT THE SWEDISH VIKINGS.

RESTAURANT SÄRIMNER MAKES GREAT PREMIUM FOOD WITH A TOUCH OF VIKING AGE - A LOT OF MEAT, ROOT VEGETABLES, FISH AS WELL AS VEGAN AND VEGETARIAN ALTERNATIVES. SIT CLOSE TO THE WATER TO WATCH THE SUNSET OR TAKE A SEAT INSIDE IN A HALL FIT FOR WARRIORS!



EVENTS

ON CERTAIN DAYS WARRIOR SCHOOL OR ARCHERY SCHOOL IS THE MAIN ACTIVITY OUTSIDE THE MUSEUM. KEEP AN EYE ON OUR WEBSITE FOR SPECIAL EVENTS LIKE STRENGTH COMPETITIONS, LIVE PODCASTING, LECTURES AND THEATRE SHOWS ON THE ISLAND.



THE TOURS & THE ANCIENT REMAINS

OUR GUIDES ARE ARCHAEOLOGISTS WITH DIFFERENT PASSIONS, WHICH REFLECT ON THE GUIDED TOURS. SOME GUIDES WILL GIVE YOU A MORE ELABORATE BACKGROUND ON THE CHANGING OF GRAVE COSTUMES WHILE SOME GIVE YOU THE FULL PACKAGE OF THEORIES AS TO WHY THE CITY WAS ABANDONED, LEFT OUT OR ATTACKED.



THE VILLAGE

DURING JULY MONTH THE VIKINGS OF BIRKA MOVE INTO THE RECONSTRUCTED VILLAGE. THEY DRESS IN CLOTHING BASED ON THE FRAGMENTS FOUND IN THE GRAVES AND RE-ENACT CHORES, AS THE COMMON PEOPLE OF THE CITY DID A THOUSAND YEARS AGO.



GLAMPING

IN SUMMER 2022 IT WILL FINALLY BE POSSIBLE TO CHECK IN TO OUR GLAMPING TENTS - A VISIT SPENT CLOSER THAN EVER TO THE VIKING HERITAGE. IN THE EVENING YOU WILL BE SERVED REAL VIKING FOOD IN THE RESTAURANT SÄRIMNER AND IN THE MORNING, YOU CAN WAKE UP TO THE VIEWS OF LÖGRINN (LAKE MÅLAREN).



WWW.BIRKAVIKINGASTADEN.SE/EN

ISSUE 6
COMING SOON



HUGIN
&
MUNIN



 /FOLLOWTHEVIKINGS

 #FOLLOWTHEVIKINGS