

Supplementary Table S4. Content of heavy minerals from the rock formations of Flakraket, Ulvesund, and Runde. Abbreviations: Hbl – hornblende, Ep – epidote, Zo – zoisite, Czo – clinozoisite, Grt – garnet, Ky – kyanite, Cpx – Clinopyroxene, Omp – Omphacite, Amp – Amphibole, Ilm – Ilmenite, Aug – Augite, Opx – Orthopyroxene, Spn – titanite, Rt – rutile.

	Metamorphic facies/Rock type	Gneiss (felsic, intermediate, megacrystic)	Garnetiferous gneiss	Mafic dykes, layers, pods	Meta-anorthosite	Allochthonous
Flakraket	amphibolite facies ¹	Hbl, ± Czo, ± Zo, ± Grt	Hbl, ± Czo, ± Zo, ± Grt	Amp, Ep (symplectite)	Amp, Czo, Ep, Ky	
	granulite facies ¹	Grt, Ilm, ±Aug, ± Hbl, ± Grt	Grt, Aug, ± Ilm	Grt, Aug, Ilm	Grt, Aug, Opx, ± Ilm	-
	eclogite facies ¹	-	Omp, Grt, ± Rt, ± Zo	Grt, Omp, Cpx, ± Zo, ± Ky, ± Rt	Zo, Ky, ± Grt, ± Omp, ± Rt	
Ulvesund	amphibolite facies ¹	Ep, ± Hbl	Ep, Hbl, ± Grt, ± Spn	Hbl, Ep (symplectite), Ep		
	granulite facies ¹	Grt	Grt, Cpx	Grt, Cpx	-	-
	eclogite facies ¹	-	Zo, Grt, Cpx, ± Rt, ± Ky	Grt, Omp, Cpx, ± Zo		
Runde	amphibolite facies	Hbl, ± Czo, ± Zo, ± Grt ²				
	granulite facies	Grt, Ilm, ±Aug, ± Hbl, ± Grt ²			-	Hbl, Grt, Ky ²
	eclogite facies			Grt, Cpx, Rt ²		

¹Krabbendam, M., Wain, A., Andersen, T.B. 2000. Pre-Caledonian granulite and gabbro enclaves in the Western Gneiss Region, Norway: indications of incomplete transition at high pressure. *Geological Magazine* 137, 235–255.

²Root, D.B., Hacker, B.R., Mattinson J.M., Wooden J.L. 2004. Zircon geochronology and ca. 400 Ma exhumation of Norwegian ultrahigh-pressure rocks: an ion microprobe and chemical abrasion study. *Earth and Planetary Science Letters* 228, 325– 341.