



OFFICIAL TRAVEL GUIDE 2026

NAMDALEN





WELCOME TO NAMDALEN!



When visiting the Namdalen/Nååmesjevuemie region you will feel the impact of nature: From the mighty mountains in the east, via forests, heaths, and the river valley with the very best of salmon angling, to the archipelago and Atlantic Ocean in the west.

But Namdalen is so much more than nature: Here you will find authentic, locally produced food. Entertaining cultural events and museums. And a warm community.

Where is Namdalen?

Namdalen is part of Trøndelag county.

The landscape stretches from the shores of Flatanger, Nærøysund and Leka, via Namsos and Grong to Lierne, Røyrvik and Børgefjell along the Swedish border. You can get to Namdalen by boat, air, rail or along the country roads. Timetables can be found on page 60.

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Your kayak paddle glides through the waves. The only sounds are the rumbling of waves and gulls calling in the distance. A gentle breeze touches your face, and you smell the salt in the sea air. The destination is a historic fiskevær, a fishing village, where waffles and coffee are waiting. A few boats are heading in the same direction. Welcome to the Namdalen coast!

Here you'll meet welcoming locals and rich birdlife, sheltered coves and white sand beaches. The Namdalen coast is an undiscovered archipelago with thousands of islands and skerries, from Flatanger in the south to Leka in the north. You can island hop along the coast by bicycle, kayak, express boat or campervan.

Towns and culture

Start your journey in Namsos with visits to some of the town's interesting museums:

Kunstmuseet NordTrøndelag, Namdalsmuseet and the Norwegian Sawmill Museum. Walk to the top of Klømpen for the view and a glimpse into the town's war history. You can also explore the shops in the town centre. Travel onwards to Jøa island, known as "landet i eventyret", or "the fairytale land" from the novels of author Olav Duun. Jøa has its own wooden mountain staircase, a cultural landscape shaped by history and tasty local food waiting to be experienced. Read more about Jøa on p 26.



If you choose to start your adventure in beautiful Flatanger you should visit Villa Fyr and stay overnight in the former lighthouse keeper's house for a special experience. A walk by the sea in the area surrounding Utvorda Fort is also recommended.

Echoes of history at sea

The express boat brings you from Jøa to the protected island fiskevær Sør-Gjæslingan, once the largest fishing village south of Lofoten. Kystmuseet Norge offers guided tours, food and refreshments throughout the summer. If you continue to the fishing village of Abelvær you can paddle through beautiful skerries and enjoy stops at the white sand beaches of Kjeksvika and Hesthagan. Spend some time in Rørvik and make sure to visit the exhibitions at Kystmuseet Norge or join
















in a journey through modern seafood production with Salmon Center Rørvik.

Geological wonders on Leka island






From Kolvereid, known as the smallest town in Norway, journey onwards to the spectacular geological island of Leka. Leka is Norway's geological national monument, and part of the Trollfjell UNESCO Global Geopark. Here you can walk across red-golden mountains formed deep within the earth millions of years ago. The landscape is distinctive, and we dare say that sunsets over the red mountains of Leka are among the most beautiful in the world.

20 GREAT COASTAL EXPERIENCES






BEACHES AND SWIMMING SPOTS:

Vikvatnet	Flatanger	Freshwater	    
Gullholmstranda	Namsos	Seawater	
Kjeksvika and Hesthagan	Nærøysund	Seawater	   
Ryumsjøen	Nærøysund	Seawater	  
Årdalssanden	Leka	Seawater	 






KAYAKING ROUTES:

 Fosnes - Brakstadsundet Jøa, Namsos	11,8 km
 Abelvær round trip Nærøysund	5,1 km
 Leknessjøen – Steinsøya Leka	6 km
 Lauvøya round trip Flatanger	8,3 km
 Storjuvika - Småværan Nærøysund	21,1 km

CYCLING ROUTES:

 Landnåmsvegen Nærøysund	37 km
 Leka round trip Leka	28 km
 Seierstad - Fosnes Jøa, Namsos	11,9 km
 Namsos – Namsos via Vemundvik	26 km
 Riverside Namsen Grong – Ranemsletta	47 km

WALKS AND HIKES:

 Storfjellet, Flatanger	239 masl. 2 km return
 Valøytind, Nærøysund	135 masl. 2,2 km return
 Jøatrappa, Jøa, Namsos	Ca 200 masl. ca 2km return
 Støppet og Ørnrovet, Leka	75 masl. 1,5 km return
 Øyensskavlen, Namsos	687 masl., 13 km return





MARIUS RUA / BUCKETHAUS BOLET JOA

SEA FISHING

Deep sea fishing is the foundation for settlement and business development on the Namdalen coast. The Skrei (migrating Atlantic cod) spawns on the coast-line every winter, and the rest of the year people fish regular cod, pollock and halibut, to name a few.

There is a lot of large fish outside the Namdalen coast. Maybe going fishing with a local fisherman sounds good? Nothing beats spending a day fishing, then ending the day with dinner made from the catch of the day. The locals always know where the big fish bite. There are many businesses with boat rentals (with or without motors),

fishing gear and knowledgeable guides in the municipalities of Namsos, Flatanger and Nærøysund. Set sail!

THE SKREI FESTIVAL

Every winter something magical occurs in the sea off the shores of Namdalen. Millions of skrei – a Norwegian cod sus-



tainably fished while in its prime—congregate on the spawning grounds intent on ensuring the survival of the species. At the same time the communities on the Vikna islands become a hive of activity. Cod has formed the basis for all trade and settlement here since time immemorial. The Skrei Festival is a tribute to coastal culture, presenting the biggest cod fishery south of Lofoten. During the Skrei Festival you can join a trip to idyllic Vandsøya and sample the atmosphere at a fish landing station far out at sea. In Rørvik you can stroll around

the pleasant market street and perhaps find a bargain among all the providers of traditional handicrafts. You can also buy locally caught cod, liver and roes here at very reasonable prices. There are several cultural events during the festival, and, of course, skrei served in both traditional and more innovative ways.

Read more about fishing on visitnamdalen.com.

FROM FARM TO TABLE



The journey from farm to table is short in Namdalen. The green cultural landscape reflects the generations of people who have lived, worked, sown and harvested here. Welcoming farmyards and historic Trønderlån farmhouses can be found throughout the region. Life here is close to nature, and the food is locally sourced and full of flavour.

FARM FOOD AND FARM LIFE

Namdalen is home to many local food producers, with farm shops and stalls selling regional produce. In some places you'll come across small roadside egg stalls or fridges with fresh vegetables. In other places, larger farm shops offer meat, wool and a variety of products from nearby farms.

Along the river Namsen there are several charming farm shops you can visit, including the farm bakery Jørem ved Namsen. At Bedehuset Bar & Bistro or Matgarasjen at Dun Gård on Jøa island you can try some local flavours. Toddum Gård outside of Namsos produces award-winning Norwegian mozzarella and other cheeses.

Gammel Erik in Namsskogan makes prize-winning cheeses, and has recently started making traditional brunost (brown cheese). At LiVERTEN you'll find ingredients and produce from across the mountain region.

A TASTE OF THE WILD

Hunting and fishing in the forests and rivers of Namdalen have long traditions and remain an important part of the region's food culture. Salmon, trout and Arctic char from rivers and mountain lakes, moose from the forest, and reindeer and ptarmi-

gan from the mountains find their way to dinner tables across the region. In autumn blueberries, lingonberries and cloudberries are abundant, and foraging for mushrooms like chanterelles and porcini is a common activity for locals

STAY ON THE FARM

If you'd like to get a proper taste of rural life you can stay overnight at a farm. The traditional stabbur once functioned as the farm's food store. Today many of these traditional buildings have been converted into warm and atmospheric places to stay. Lensmannsgården at Namdalseid and Stabburet Madam Meyer at Mælen Gård in Overhalla are two such places. In several places you can also stay or dine in a traditional Trønderlån, the region's characteristic wooden farmhouses. At Fru Opdal Gårdshotell, historic surroundings are combined with local cuisine and welcoming hosts. Experiences that offer a taste of farm life include family farm stays where guests can take part in daily farm activities, riding lessons, baking courses with heritage grains and traditional crafts.

SALMON FISHING



Namdalen has been one of Norway's best regions for salmon fishing ever since the British «salmon lords» started to visit the region in the 1800s. During the salmon season fishing enthusiasts from all over the world try their luck in Namdalen. Here you can fish from the riverbank or from a boat, with or without a guide.

NAMSEN - THE QUEEN OF RIVERS

- emerges from Store Namsvatnet lake in the municipality of Røyrvik, before meandering 229 kilometres through majestic countryside to its estuary in Namsos. Every year large salmon over 20kgs is caught in the river. Among enthusiasts at home and abroad, the Namsen is one of the country's most coveted salmon rivers. Fishing from boats and from the banks of the river are long-standing traditions. Along the river you will find an increasing number of places offering you a "complete package" including high standard overnight accommodations, mouth-watering culinary experiences, access to exclusive salmon spots, organized activities, and nature and culture experiences.

BJØRA

is a classic salmon fishing river that meanders slowly past large farms and delightful cultural landscapes before merging with the Namsen. This river is the home of the biggest salmon in the Namsen watercourse and is regarded by enthusiasts as one of Norway's very rivers for salmon fishing. You can fish from the riverbank or from a boat. Many of the anglers who travel to Bjøra every year prefer single or two-handed fly rods, but you can fish with lures or worms too. Bjøra river is also known for its excellent sea trout fishing. The salmon fishing season in Bjøra starts on May 15th, while the fishing season in Namsen starts on June 1st.

SANDDØLA

converges with the Namsen river in the center

of Grong. The salmon-populated part of the Sanddøla is particularly popular for fishing from the banks. In the lower parts of the river you will also find two mighty waterfalls – Formofossen and Tømmeråsfossen, offering exciting and challenging fishing spots. The Sanddøla offers fishing in peace and quiet. Spend some time exploring the river and you will soon discover exciting rapids, pools and deep channels that are difficult to spot at first glance.

HØYLANDET WATERCOURSE

The Høylandvassdraget watercourse includes the rivers Søråa, Eida, Flakken and Flåtvelva. The Søråa is the longest of the rivers in Høylandvassdraget watercourse, with a salmon populated stretch of about 20 kilometres. Large parts of the river run slowly through the cultivated fields and cultural landscapes. For the most part the fishing takes place from the banks. The Søråa is a great river for fly fishing, especially for one-handed fly rods.

OPLØELVA

river runs through the village of Salsbruket and has a considerable number of salmon, offering thrilling experiences for most anglers. The lower part of the river is adapted for sport fishing with manmade rapids and thresholds that encourage the salmon run up the river. You can also fish salmon in the Salsvassdraget watercourse.

Her we only present some of the largest rivers and watercourses in Namdalen. You can find more information about salmon fishing on visitnamdalen.com.

Jenny Domås from Jørem ved Namsen runs her own farm bakery where she sells flour and baked goods, made with heritage grains from her own farm. She has kindly shared her recipe for cinnamon buns with us.

“Ancient grain varieties such as spelt and emmer have undergone less modern crossbreeding and therefore retain their original qualities. They usually have a rich flavour, but a weaker gluten structure. The weaker gluten makes the flour easy to digest, but means the dough needs to be kneaded gently and allowed to rise for longer. A long proving time allows the dough to absorb more liquid and releases more nutrients in the flour, making them easier to absorb.” – Jenny

Jennys Cinnamon Buns

Dough:

1 kg spelt or emmer flour (sifted)
600-700 ml whole milk
125 g cane sugar
10 g fresh yeast
1 egg
125 g butter (softened)
5 g salt

knead gently until the dough is smooth.
Add the salt last.

Leave the dough to prove overnight or 8–10 hours in the refrigerator.
Mix the filling ingredients. Jenny recommends Ceylon cinnamon, known as “true cinnamon”, which has a richer flavour than the more common cassia cinnamon.

Filling:

100 g butter (softened)
100 g cane sugar
Cinnamon

Roll out the dough, spread with filling and roll into a log. Cut into buns and place on a baking tray. Leave to prove a second time for 1–2 hours.

Bake 7–10 minutes at 220°C.

Method:

Dissolve yeast and sugar in cold milk and add the beaten egg. Save a little milk for later when kneading the dough. Knead in the flour and add more milk if the dough feels dry. Add butter in small cubes and



MARIUS RUA / REN RØROS, GRØNG



BIG ADVENTURES FOR LITTLE EXPLORERS

In Namdalen, little explorers can take part in big adventures. Open landscapes, accessible outdoor areas and family-friendly accommodation create a relaxing setting for your holiday. Here children can learn about the Nordic predators and other animals, meet farm animals, or experience the joy of achievement on guided tours with the whole family.

Meet Nordic animals

Park Nordica in Namsskogan is the largest attraction in Namdalen. Here children can see and learn about Nordic animals, including the large predators in Norway. Bears, wolves, foxes and lynx can all be seen here, along with moose, reindeer, otters and many other animals. A zipline, a climbing tower and other activities make this a great day out for visitors of all ages. If an idyllic summer holiday on a farm is the dream, then Setran Gård at Salsbruket is the place to go. Here you stay on the farm, help feed and care for the animals, and can try your hand at fjord fishing or trout fishing. The surrounding area also has a range of walks and treks of varying difficulty. If horses are your child's passion, Jørum Gård in Grong offers riding lessons and riding courses throughout the year.

Small explorers, big nature

The nature of Namdalen is open to everyone. Many areas have well-prepared trails and outdoor facilities, making nature accessible to even the smallest of adventurers. Take the family on a short hike to

get some fantastic views, such as Valøytind in Nærøysund or the Jøa staircase in Namsos. In Grong there is a short and signposted heritage trail. A morning at the scenic Tømmeråshøla swimming spot in Grong is also recommended (see p.) A walk to the impressive Sissselfossen waterfall in Lierne is thrilling for all ages.

Fishing from the quay, canoeing on small mountain lakes or exploring the shoreline at low tide create space for play and discovery.

Stay close to nature

Slow mornings with the family before active summer days. Long evenings with card games, board games and cosy cabin life. Namdalen offers family-friendly accommodation from the coast to the mountains, with rental cabins and campsites throughout the region. For a special overnight stay, you can sleep in a treetop cabin at Himmelhøy or try mountain glamping with Arctic Dome Namdalen.



THE MOUNTAINS ARE CALLING

Turn off the E6 in Namdalen and you are only a short drive away from vast nature and wild landscapes. Rivers flow from roaring waterfalls and quiet mountain lakes through the green valleys and westwards. In the inland areas of Namdalen you'll find tranquil nature alongside lively villages. Three epic national parks. Cabins available to rent and excellent opportunities for hunting and fishing.

Life in the mountains

Life in the mountains is shaped by centuries of traditions, traces of earlier generations and old industry. From Kongsmoen in Høylandet to Skorovas in Namsskogan there are remains of the aerial ropeway that used to transport sulphur ore and copper across mountains, lakes and rivers. Gamle Lifjellvei from Grong and into Sweden was the first road across the border for those who lived in the area. You can walk a part of this historic road today if you wish. For some of the mountainous municipalities farming used to be the main occupation for locals, while others lived on fishing in rivers and lakes.

Today this part of Namdalen is still a living cultural landscape with a strong South Sami presence and reindeer husbandry. Sami place names and traces of Sami cultural heritage are a part of the landscape, particularly in Røyrvik (Raarvihke) and Lierne (Lijre). When exploring the nature here we

follow the Leave No Trace principle, and show respect for any cultural heritage sites we come across as well as the reindeer that still graze in the mountains.

A wild detour

From E6 you can take a wild detour through the national park municipalities of Lierne, Røyrvik and Namsskogan, passing some of Norway's largest lakes. Experience outstanding lake fishing with a guide or enjoy local flavours at LiVERTEN. If you want to experience a classic Norwegian hyttetur (cabin trip) there are many cabins for rent from Namsskogan Fjellstyre, Røyrvik Fjellstyre, Visit Børgefjell and Fjelladelen. You can also visit Kvelia Utvalgte Kulturlandskap (nationally recognised and protected agricultural landscape) in Lierne or walk to the Viewpoint Børgefjell for views of the national park in Røyrvik. Spend three or four days here and get a taste of true wilderness.

10 GREAT MOUNTAIN EXPERIENCES



ELLEN HJØNSTAD / EXPLORE TRONDLAG, LIERNE

WALKS AND HIKES:

-  Rognsmoen heritage trail, Grong 2,3 km round trip.
-  Tunnsjøåsen, Namsskogan 344 masl., 4 km round trip, approx., 200m elevation.
-  Sisselfossen, Lierne 420 masl., 3,7 km round trip, 176m elevation
-  National park monument stone, Blåfjella-Skjækerfjella, Lierne 677 masl., 5,8km round trip
-  Dærga /Jillie-Daerka, Røyrvik 1108 masl., 8 km round trip, approx. 600m elevation.

CYCLING ROUTES:

-  Bremsurunden, Høylandet 4,5 km round trip
-  Gamle Steinfellvei, Namsskogan 3,5 km each way
-  Trollvika / Staaloenloekte, Røyrvik 5,7 km each way
-  Skottleiken rundt, Grong 18 km round trip
-  Kvelli-round trip, Lierne 50 km round trip

HUNTING AND MOUNTAIN FISHING



© JARVIS BERGHA / REN RONDOS, NAMDALEN

You are standing on the bank of a lake with the fishing rod in your hand, surrounded by wild nature. This is where the battle will be fought. Trout, char, grayling, pike... if you win the battle you will have a tasty campfire dinner tonight.

There are massive areas of untouched nature in Namdalen, with hiking areas, hunting grounds and thousands of fishing lakes and rivers. In Namskogan alone there are more than 800 lakes and 35 rivers with trout and char, and 180 000 acres of big game hunting grounds. Namsskogan mountain board have wilderness cabins for rent, many of which are near fishing lakes. Some of the cabins are close to roads and therefore well suited for family trips. In coastal area you can also get a trout or two on the hook, e.g., in the beautiful area of Salen in Namsos. Utmarkscompagniet sells fishing and hunting licenses here. Namdalen is a freshwater fishing paradise.

FISHING IN THE NATIONAL PARKS

In Børgefjell National Park you can wander from excellent mountain fishing lake to excellent fishing lake, searching for a trout fisherman's dream catch. Simskardvatnet and Orvatnet are among the national park's best fishing lakes, and both the Namsen and the Vefsn river originate here. Visit Børgefjell can give you the best tips for fishing in this area. The low-lying mountain areas of Lierne

National Park and Blåfjella- Skjækerfjella are renowned for their excellent fishing. Innumerable first-rate fishing lakes and miles of river await you here. In most of the mountain lakes there is trout, and in some of them there is char. In Kvesjøen you can fish lake char, trout, grayling, burbot and pike. Those who venture to this large lake can expect to catch some magnificent specimens and maybe even get a record-breaking fish on the hook. And don't forget the good stories of course – you should have seen the one that got away ...

HUNTING

Hunting has a long history in the Namdalen region, with knowledge and traditions being passed down from generation to generation. Especially big-game hunting for moose and deer, and grouse hunting are common. There are several companies who will bring you on exclusive hunting and fishing tours, with a guide, food and accommodation included.

Find your hunting or fishing experience at visitnamdalen.com

NATIONAL PARKS



Lierne National Park

The national park is characterized by low-lying, open mountainous areas, apart from the Hestkjølen mountain range, 1,300 metres above sea level. The varied landscape is home to a number of different bird species, especially waders, ducks and divers. There are few marked trails or open cabins, but the local mountain authority has cabins for rent both inside and outside the national park.

Facts about Lierne National Park:

Established: 2004. Size: 333 km². **Entry points:** Raudberglia in Muru, Mebygda in Sørli. **Visitors centre:** Visitor Centre National Park Lierne www.nasjonalparken.no.

Fishing license: Nordlikortet og Sørlikortet.



Blåfjella-Skjækerfjella National Park

The national park is known for its abundance of ptarmigan and woodland game birds. Moose may also be hunted here. The valleys and hillsides are home to red deer and roe deer. With the help of your camera lens, you may spot wolverines, lynx, and bears. The area is ideal for birdwatchers, providing plenty of opportunities to observe wetland birds, birds of prey and owls. The wide range of marked trails make Blåfjella-Skjækerfjella a good starting point for family outings. You will find several hiking suggestions and accommodations in and around the park online.

Established: 2004. Size: 1931 km². **Entry points:** Lifjellet along Rv74 in Lierne, Tjallia by Lakavatnet in Lierne, Trongen in Grong.

Visitors centre: Visitor Centre National Park Lierne www.nasjonalparken.no. **Fishing licence:** Nordlikortet, Sørlikortet, Heggsjøan, Luruvatnet, Skjækerfjella, and several in Snåsa.



Børgefjell National Park

Børgefjell/ Byrkjelo National Park is a grand national park with a true wilderness feel. There are few cabins and no marked trails, making the park best suited for experienced trekkers. The national park is known for excellent fishing and top-quality outdoor experiences. There are several opportunities for day-trips and hikes during the summer from the park's entry points.

Facts about Børgefjell:

Established: 1963. Størrelse: 1447 km².

Entry points: Smalåsen / Smelehaesie by E6 in Namsskogan, Namsvatnet / Nååmesjenjaevrie at the end of Fv361 in Røyrvik.

Fishing license: Børgefjellkortet.

Information: borgefjellnasjonalpark.no.

HIKING SUGGESTIONS FOR THE NATIONAL PARKS

Lierne National Park monument stone, 793 masl, Lierne

There is a national park monument stone in Lierne National Park, to commemorate when HRH Crown Princess Mette-Marit opened the park in 2006. From E6, drive eastwards on Fv74 towards Gäddede. Turn right at Muru by the brown sign to Lierne (national park). Continue on the toll road to Øvre Jakthytta, pay fee by SMS or cash. Start your trip by the campfire area and informational sign for the national park. Signposted trail into the park, approx. 3 km each way. **Please note:** Reindeer in the area. Be considerate of the plant life and wildlife inside and outside the national park. Approx. 236 metres of elevation from start to finish.

Blåfjella-Skjækerfjella Nationalpark Monument Stone, 677 masl, Lierne

Drive westwards on Fv74 towards Lierne from the E6 road, and park on the signposted parking area for (one of) the official gateways to Blåfjella-Skjækerfjella National Park. Walk westwards along Fv74 and cross over the bridge close to the entrance of the parking area. The trail starts by the informational sign on the other side of the bridge. Follow the path and signs for approx. 3 km until you reach the monument stone. Some marshland in the beginning, then rocky and dry ground. Slow incline throughout, approx. 250 metres of total elevation. The stone is located on the border of the national park and is a good starting point for further wilderness adventures. **Please note:** There may be reindeer in the area, be considerate and keep your distance.

Viewpoint Børgefjell, Vektarklumpen 638 masl, Røyrvik

Viewpoint Børgefjell is located at the top of Vektarklumpen/Vuakteren-vaartoe. A hike to this viewpoint will give you a panoramic view of the wild landscape and mountains in the national park. Start in the centre of Røyrvik by Limingen Gjestegård and follow the green signs towards Børgefjellsenteret. After a while the wide path divides into several trails. Follow the trail to the right all the way to the top. 5-6 km return walk, approx. 200 metres of elevation.

LEKA

The northernmost municipality on the Namdalen coast is Leka - Norway's geological national monument and home to world-class experiences.

Large parts of Leka island consists of exotic red and yellow rocks, part of the ancient bedrock. The island is therefore considered to be one of the best places on earth to observe the types of rock that you would usually only find from the seabed and into the earth's interior. Leka and parts of the Helgeland region were awarded the status as a UNESCO Global Geopark in 2019.

In the Skei cultural landscape area there is a bird sanctuary, rare coastal heaths and a rich cultural heritage.

Herlaugshaugen is located here, one of the largest burial mounds in Norway. You can visit the cave paintings in Solsem with a guide during the summer.

Leka is well-suited for hiking, kayaking and cycling. The 18 kayaking routes vary in length and difficulty. Cycling the 28 kilometres around the island lets you experience some of its highlights. Fishing in the sea, via boat or from land, is also a popular activity.

You can travel to Leka with ferry or express boat.

HIKING SUGGESTION:

Støypet and Ørnerovet, Leka Island

The story about Ørnerovet, the eagle abduction, put Leka on the map in 1932. Three year old Svanhild was taken by an eagle and flown away. Just like with fairy tales however, this story also ends well. The girl was found alive on a mountain ledge after 7 hours. The trail to Støypet and to Ørnerovposten starts in a large parking area in Kvaløya on Leka. The trail is signposted. After a while it divides into two trails, one towards Støypet and one to Ørnerovposten.

The trail towards Ørnerovposten can entail some scrambling, but the view from the end of the trail is lovely.





© MARIUS RUA / REN ROBOES, LEKA.



1

Slipen Fritid Gutvik


Nesahaugen 7, 7993 Gutvik


+47 91302387 / slipengutvik@outlook.com

www.slipengutvik.no

Located on the mainland in Leka municipality, by the ferry and express boat quay in Gutvik. Beautiful sea views. High-standard cabins with a well-equipped kitchen, bathroom, bedroom, loft, TV, WiFi and private terrace. Free bicycle rental.

Booking via Airbnb

 Slipen Gutvik

 slipengutvik

Trollfjell Geopark

2



The island of Leka is an integral part of Trollfjell UNESCO Global Geopark where the unique natural heritage is deemed to be of international importance.

Leka reveals fascinating chapters of earth's geological history and has many treasures to explore. There is a large network of hiking trails and kayaking routes. Look for our brochure GeoBike Leka, which guides you through Leka's adventurous natural and cultural heritage.

The geopark focuses on sharing knowledge and insights about our unique heritage and ensures sustainable geotourism and development in our region. The geopark embraces the municipalities of Leka, Vega, Brønnøy, Vevelstad, Sømma and Bindal.

**A GEOLOGICAL
ADVENTURE
THROUGH
MILLIONS OF
YEARS**

trollfjellgeopark.no





JØRGEN HELMSØY / KYSTRISVENEEN.NAMSOS

NAMSOS / NAAVMESJENJAELMIE

Namsos is a large municipality with the islands of Jøa and Otterøya in the west, Namdalseid in the south and Salsvatnet lake in the north. At the mouth of the majestic Namsen river, you will discover the regional town of Namsos.

Few towns have played such important roles in Norwegian music:

It is now 40 years since Åge Aleksandersen and Terje Tysland revolutionized the Norwegian music scene with their distinctive “Trønderrock”. To this day Namsos is a vibrant rock town and home to some of Norway’s most beloved artists.

There is an active cultural scene in the town with a cinema, several large music venues, pubs with live music and concerts in the local church. There are markets in the town square on a regular basis.

Explore Namsos with loved ones. Visit the shops and taste the locally produced food from both sea and land. Discover Oasen, the water park inside the mountain, and be inspired in the town’s galleries and museums. Go on peaceful strolls in town or in the surrounding nature. With the river, the fjord and a network of marked trails, memorable nature-based experiences are never far away. Marked trails to Svartfjellet, Vattafjellet and Klompen are popular afternoon walks.

Hiking suggestion: **Jøatrappa (the Jøa stairs), 215 masl.**

Jøatrappa has 932 steps from the start of the hike to the top of Ramnfjellet. At the top you will get gorgeous view over the western side of Jøa island and the ocean beyond. The islets and skerries around Jøa serve as the backdrop to the works of local author and poet Olav Duun. The summit is therefore called the Olav Duun Plateau.



Follow signs to Jøatrappa from the ferry quay at Seierstad, approx. 10 km. The hike starts at the large parking area at Brakstadvågen. The parking fee helps Jøa IL maintain the stairs, trails, parking and sanitary facilities. From the parking to the viewpoint you walk approximately 1 km, with 200 metres of elevation. If you prefer a longer walk you can follow Eventyrstien, or The Fairytale Trail, from the parking area, over Dunafjellet mountain and down to the other parking area at Svarvan, 700 metres east of Dun. The stairs and trails are only recommended to use from April to October, when there is little to no ice or snow.



3

Experience Jøa

+47 400 08 275

www.opplevjoa.no



Tasty local food, unique accommodation, the Jøa staircase, a local brewery, coffee roastery, farm shops, a 24-hour store, culture, an Iron Age farm and the legacy of Olav Duun.

Sea and mountains with sweeping views. Soft forest paths and cycling routes through a beautiful cultural landscape.

Peace and quiet.

Opplev Jøa is a network of local businesses offering activities and travel experiences on Jøa.

Could this be your next holiday?

Let us tailor your experience on Jøa and show you what our beautiful island has to offer.

Together, we can create a truly special experience.

Opplev Jøa



4

Matgarasjen – Dun Gård on Jøa island

Farm-to-table dining – Accommodation in an authentic farmhouse – Farm shop

Hovsvegen 10, 7856 Jøa / +47 46904544 / sissel.thorsen@gmail.com

www.dungard.no

Dun Gård is run with love for the animals, the land and the people. We produce organic, grass-fed beef, vegetables and herbs for sale in our farm shop, and for use in our own restaurant.

At **Matgarasjen**, our skilled chefs create memorable dining experiences using local ingredients – fish from the sea and mountain lakes, game from the forest, and wild plants foraged from nature. We serve locally brewed beer on tap, along with wines thoughtfully selected by our in-house sommelier.

Stay at Dun Feriehus: A small, private farmstead set in peaceful surroundings, with views of fields, mountains and a beautiful cultural landscape. Located at the foot of the mountain with the impressive Jøa staircase, it offers excellent hiking with sea views, as well as walking trails and scenic cycling routes.

Matgarasjen Dun Gård



5

Visit Olav Duun's childhood home

Øver-Dun, 7856 Jøa / +47 415 62 531

www.olav-duun.no

Norwegian author Olav Duun's childhood home at Øver-Dun, Jøa, is open every day from 12:00 to 16:00 between July 11th and August 9th 2026.

Guided tour for adults: NOK 100, children and youths (6-19 years): NOK 20. Group price: NOK 1,000.

Guided tours of the childhood home outside opening

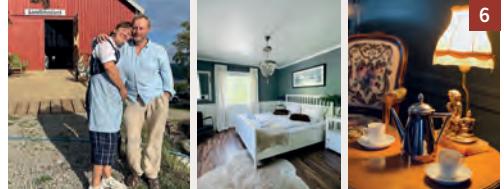
Hours or a Duun-themed tour of the Jøa staircase available on request.

The **Olav Duun Festival in Namdalen 2026** will take place on Jøa from **19–21 June**.

See the full programme at: www.olavduun.no

Tickets can be booked at: namsos.kulturhus.no

OlavDuunNettstad



6

Segelsund på Jøa

Holvikvegen 66, 7856 Jøa
+47 992 13 414 / post@segelsund.no

www.segelsund.no



Farmstead life, accommodation and bistro – VISIT JØA

Randi and Eirik welcome you to their charming farm. Here you can experience countryside and farm living up close, eat delicious food and meet all the animals. In our boutique guesthouse and our traditional "stabbur" we have cosy rooms with comfortable beds.

At "Bedehuset Bar & Bistro" you can enjoy a wonderful meal based on local ingredients in a unique setting: our old congregation house.

Segelsund is the perfect starting point for those looking to discover everything Jøa has to offer. We tailor experiences for groups of all sizes, couples and others who want an exciting stay on the island.

segelsund

Segelsund_randi_lie



The Norwegian Sawmill Museum – A journey through time

Linbergvegen 16, 7820 Spillum
+47 47 47 84 30 / sagbruksmuseet@museetmidt.no

www.sagbruksmuseet.no

Norsk Sagbruksmuseum manages the industrial heritage site Spillum Dampsag & Høvleri located just south of Namsos.



This is a living museum where timber cladding and mouldings are still being produced. Here you can explore frame saws, a JaJod planer, a waterwheel system, a log boom, forge and a mechanical workshop in an authentic setting.

At our **Visitor Centre** you'll find exhibitions, a café, a museum shop, acinema, a play area for children, and excellent views towards Namsos. The oldest building on site, Snedkeriet, is available for meetings, events and overnight stays. Visitors are also welcome to enjoy the museum's spacious outdoor area, which includes a barbecue hut, play areas, and a quay.

We are open Tuesday-Saturday: 10:00-15:00

Guided drop-in tours Wednesday and Friday at 12:00

Tickets 100 NOK entrance, 200 NOK for entrance and guided tour. Free entry for children under 18.

  [Norsksagbruksmuseum](https://www.facebook.com/Norsksagbruksmuseum)



Namdalsmuseet – Part of Museet Midt

Kjærlighetsstien 1, 7804 Namsos
namdalsmuseet@museetmidt.no
+47 488 80 034



www.namdalsmuseet.no

Museum of cultural history in Namdalen
Guided tours June–August, or on request.

Several large cultural events throughout the year, for example the annual Christmas market, and cultural market.



Visit our website for information.

Norway's only hospital museum in a museum of cultural history.



  [Namdalsmuseet](https://www.facebook.com/Namdalsmuseet)





 KunstmuseetNordTrøndelag - Museumsbutikk
 kunstmuseet_museumsbutikk



 KunstmuseetNordTrøndelag
 kunstmuseet

© MARIE KONSTANSE BRUUN

Kunstmuseet NordTrøndelag

Stasjonsgata 3, 7800 Namsos
 +47 400 39 240 / kunstmuseet@museetmidt.no /
kunstmuseet.no

Kunstmuseet NordTrøndelag is one of five departments within Museet Midt. It is located in Kulturhuset in Namsos.

The art museum hosts a variation of contemporary exhibitions, and exhibitions from their own collection. The art museum offers guided tours and creative workshops for children, students and others. It also has its own art shop with a variety of art and design pieces for sale.

Visit our website for more information about opening hours, exhibitions and events.



**KUNSTMUSEET
NORDTRØNDELAG**

9



10

Lensmannsgården

Namsosvegen 2498, 7750 Namdalseid
 +47 971 83 676 / altiane@lensmannsgaarden.com

www.lensmannsgaarden.com


Our cosy summer café is open again this season!


New: The dining experience "La Humla Suse" every Saturday and Sunday from 19:00 to 22:00, and pizza evenings in the orangery on Mondays, Tuesdays and Fridays from 19:00.

We offer charming accommodation in our traditional *stabbur* and *Trønderlån*.

Feel free to stop by, whether you're looking for a up of coffee, a memorable meal or a good night's sleep. We are looking forward to welcome you to Lensmannsgården.

Visit our website for opening hours.

 [lensmannsgården – altiane](https://www.facebook.com/lensmannsgarden)

 [lensmannsgården _ altiane](https://www.instagram.com/lensmannsgarden_altiane)



11

Stenegården on the island of Otterøya

Skomsvollsjøen 7, 7819 Fosslandsosen
Stenegarden@gmail.com

www.stenegarden.no

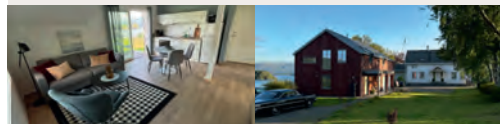
Stenegården offers four well-equipped apartments for short stays, holidays and leisure. Here you can enjoy stunning views of the sea and mountains.

The farm's location right by the shoreline provides excellent opportunities for fishing or simply enjoying the peace and quiet by the water. Boats or kayaks are available for hire, with life jackets included.

Otterøya is ideal for walking, with trails that allow you to experience unspoilt nature. The island's shop is just a five-minute walk away, giving you easy access to everyday essentials.

Stenegården is a perfect place to for a longer stay in a peaceful setting.

Booking: www.booking.com



Accommodation and food in Lund



Lundstua

Lundavegen 625, 7818 Lund
+47 91 99 46 97 / silje.jakobsen@lundstua.com

www.lundstua.com

Lundstua is located about 50 km north of Namsos, at Lund ferry port with great views of the Folla fjord. Newly renovated café with indoor and outdoor seating, takeaway, kiosk, pitches for motorhomes, guest quay and all rights reserved.

 Lundstua AS



Hotell Skolestua

Bygdavegen 98, 7818 Lund
+47 97 00 78 18 / post@hotell-skolestua.no

www.hotell-skolestua.no

Small and intimate hotel with a high standard. 4 double rooms and 2 family rooms. All rooms have a private bathroom with shower, TV, wifi and balcony / patio. We offer boats and e-bike rental. Electric car charging.

 Hotell Skolestua

 hotell_skolestua



Camping, Fiske, Natur

Welcome to Selnes Camping

You'll be like ebb and flow of the tide - you'll come back regularly.

Here you will encounter quiet fjord landscapes, long summer days and a real closeness to nature. At Selnes Camping you can experience pleasant campsites, cozy cabins and a popular area for fishing in the fjord - perfect for both experienced fishermen and curious beginners. Enjoy quiet evenings by the water and day trips in the beautiful surrounding nature.

More information can be found at: www.selnes-camping.de/en



OPEN 9-19 (17) • thonsenter.no/braholmen

Welcome to summer shopping

250 parking spots.
Parking for campers/caravan.

THON
SENER

BRÅHOLMEN

Open 10-20 (18) • thonsenter.no/namsos

Summer shopping for small and big moments.

39 shops.
400 parking
spots.

THON
SENER

NAMSOS



16


Scandic Rock City

Sverresgate 35, 7800 Namsos
+47 74 22 40 00 / rockcity@scandichotels.com

www.scandichotels.no/rockcity

In Namsos you will find the only Trønder Rock hotel in the country. Scandic Rock City is a full-service hotel, suitable for the whole family. The hotels interior reflects the city's rock 'n' roll history. Situated in immediate vicinity of the town centre, shopping center and cinema.

Free parking.

 Scandic Rock City





17

Namsos Camping

Flyplassvegen 10, 7805 Namsos
+47 74 27 53 44 / booking@namsos-camping.no

www.namsos-camping.no

Welcome to Namsos Camping. We have cabins and caravan/tent camping, all year long. Try out mini golf, swim at the beach, hire a canoe, or cycle on our draisines – a unique and memorable ride along the banks of Namsen river.

  Namsos Camping



 **Namsos kommune**
Nåavmesjenjaelmien tjielte



18

Welcome to the municipality of Namsos

On our website you will find information about activities, events and things to see.

We hope you make memories while visiting!

The municipalities citizens offices and desks are our tourist information offices.

Here you can learn more about what to do and what's on.

Namsos:
Stasjonsgata 3 (Kulturhuset Namsos), tlf. 97 97 69 77

Namdalseid:
Gløttvegen 2 (Namdalseid samfunnshus), tlf. 74 21 71 00

Joa:
Dunavegen 550 (Flerbrukshuset Fyret) tlf. 90 80 13 70

Community contact desks at Lundstua and Matkroken Statland

www.namsos.kommune.no –
Opplev Namsos: namsos.friskus.com





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Dråpen Fjordbad

Angelskjæret beach, at the end of Saltbuvegen.
www.draapen.no or contact 90096901 / 91575709.

Dråpen Sauna is a wood-fired sauna located on Angelskjæret beach in Namsos, just 5 minutes from the city center. Here, you can enjoy panoramic views of the Namsen river and experience the magical contrast between a soothing sauna and a refreshing dip in the river. You can find peace of mind and an energy boost all at once! Join a shared sauna session or rent the sauna privately. Free parking is available 50 meters from the sauna.

  draapenfjordbad



Pleasant accomodation with possibilities for hunting, fishing and outdoor activities

Salsbruket

Welcome to the historic industrial settlement of Salsbruket, located by the River Oplø at the head of the Oplø Fjord. Here you will find excellent opportunities for fishing and outdoor activities

Enjoy wonderful nature experiences such as:

- Salmon fishing in the River Oplø
- Walks in the forests and mountains
- Canoeing and kayaking
- Fjord and freshwater fishing
- Visiting the Salsbruket Industrial Museum

We offer five charming apartments centrally located in Salsbruket. The apartments range from one double room to a larger flat with four bedrooms and eight beds. At salsbruket you can experience nature up close, and you also can purchase hunting and fishing permits.

The Farms in Salen

Hende Farm, Saksen Farm and Øvre Strømmen Farm are idyllically situated by Lake Salvatnet and the Salvassdraget watercourse. Here you can enjoy the wilderness, beautiful walking areas and fishing, entirely on your own. The farms, all accessible by car, have between four and eight bedrooms. They are equipped with electricity and running water. These locations are perfect for gatherings of friends and families but are equally suitable for meetings and company retreats.

E-post: firmapost@collett.no
Tel.: +47 74 28 71 01



www.utmarkscompagniet.no

NÆRØYSUND



Nærøysund has the longest coastline out of all the municipalities in Norway; 3600 kilometres, stretching along 7000 islands, islets and skerries. Here you can experience varied and rugged coastal nature. Journey from the open sea in the southwest, up towards the Helgeland coast in the north, or towards the mountains in the east. The archipelago in Nærøysund is perfect for kayaking, hiking and cycling in beautiful surroundings.

Nærøysund has two charming cities, Rørvik and Kolvereid. Kolvereid is Norway's smallest city. Here, you can visit the Kolvereid Presteårdsmuseum and its exhibition with pieces from local Magne Olav Aarsand's art collection. In Rørvik you can visit the Kystmuseet Norge to learn about the history and culture of the coast going back thousands of years. At Salmon Centre Rørvik you can learn about modern aquaculture. We recommend visiting one of the municipality's fishing villages, such as the beautiful Sør-Gjæslingen. Abelvær – located in the south– is an old trading post, surrounded by white sandy beaches that invite you to get some fantastic kayaking experiences. If you're travelling from the south, Skrøydalsvegen is an entry point to Nærøysund. It will take you first to the old industrial area of Salsbruket, known as an excellent starting point fishing in rivers and fjords alike.

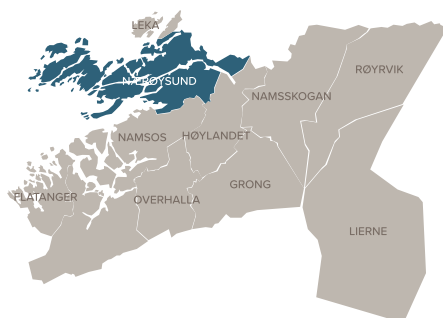
Sør-Gjæslingen

Sør-Gjæslingen is an historic fishing village, is situated on several small islands in the wild waters off the coast of Nærøysund. In its heyday it was the largest and most important fishing village south of the Lofoten Islands.

Today, the former island settlement is a listed vacation paradise where you can find peace and quiet in authentic surroundings. Do as the the fishermen do, and stay in charming fishermen's cabins, often called "rorbu". Outside of the rorbu accommodation you can enjoy the character and charm of the old fishing hamlet. The fisherman's cabins, the fish racks, fish landing station, manor house, shop, fisherman's hostel, saltery and cod-liver oil refinery have all been preserved for posterity, allowing you to explore life as it was when the Vikna fishery was the main source of income among the people on the coast of Namdalen.

Sør-Gjæslingen is accessible by express passenger boat from Namsos and Rørvik several days a week from the end of May to the end of August.

There is a guest harbour for those travelling with their own boat.



Booking: kystmuseetnorveg.no.



Kystmuseet Norveg

Strandgata 7, 7900 Rarvik
+47 48 88 00 24

resepsjonnorveg@museetmidt.no

kystmuseetnorveg
kystmuseetnorveg.no

Explore Norwegian coastal history

- Join us on a journey from the Stone Age to the present day
- Discover the history of telecommunications
- Step inside the Berggården trading house
- Vågsengtunet and Woxeng's collections
- Get to know historic boats and engines

Sør-Gjæslingan

- A protected fishing village and idyllic holiday destination
- Accessible by scheduled boat service during the summer season
- Accommodation in traditional fishermen's cabins
- Guided tours and rental of boats
- Guest harbor with approximately 20 berths





Bogen Feriehus

Horsfjordveien 23, 7982 Bindalseidet.
Tlf. +47 480 66 394 / 993 84 715 / bogenferie@gmail.com
www.bogen-feriehus.no

Right on the border between the counties of Nordland and Trøndelag.

Apartments from 55-72 sqm.
Cabin 52 sqm + loft 30 sqm.
Prices from 1100-1250,- per day.

10 boats, from 16-20 ft. 600-900,- per day.
Spaces for caravans 230,- per day,
electricity 40,- per day.
Our BBQ-hut is free to use for our guests.




ELLEN HOLMSTAD / SØR-GÅSSELINGEN, NERØYSUND



Kysthotellet Rørvik

Storgata 20, N-7900 Rørvik
+47 74 36 66 00 / post@kysthotellet.no
www.kysthotellet.no

Welcome to Kysthotellet Rørvik – a small hotel with a big heart!
Enjoy comfortable accommodation with easy access to all the main attractions.
Excellent starting point for cycling or walking in the area. We also have “rorbuer” (fisherman’s cabins) with 2 or 3 bedrooms available. Rorbuer can be booked at post@kysthotellet.no or phone +47 74 36 66 00

 Kysthotellet Rørvik




Nordøyen

PB 93, 7900 Rørvik / post@nordoyan.no
+47 957 97 077 / 905 09 885 / 911 11 584
www.nordoyan.no

Nordøyen, Nordøyen, where the land ends and the sea begins. Visit Nordøyen, a special island outpost that leaves a lasting impression. No one returns unmoved. Take the opportunity to visit this unique fishing village this summer.

Nordøyen manages the rental of accommodation at Nordøyen Lighthouse. A special destination for those looking to get off the beaten path. Contact us for booking. We handle transport, supplies etc.

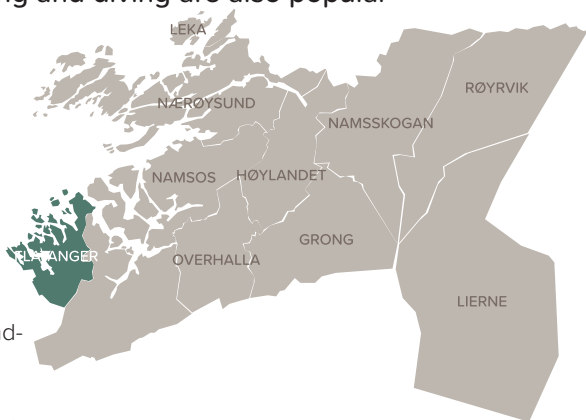
 Nordøyen

FLATANGER



The municipality of Flatanger consists of mainland areas, several smaller fjords and 1084 islands of varying sizes. The rich fishing grounds off the coast lend themselves to excellent deep-sea fishing, with or without a guide. You may catch cod, coalfish, mackerel and halibut while fishing here. Kayaking and diving are also popular coastal activities in Flatanger.

During the summer, the archipelago is teeming with birdlife and the majestic white-tailed eagle is a popular subject for photographers. "The Eagle Man" takes eager photographers out by boat into the archipelago to experience Northern Europe's largest bird of prey up close. Seagulls follow along and are happily hand-fed fresh fish.



If you are a history buff, local guides can take you by boat to Villa Fyr lighthouse, Norway's last coal-fired lighthouse. The WWII Utvorda fortress represents a thought-provoking part of the wartime history in the area.

Several of the world's best climbers have explored Flatanger's impressive natural climbing areas, most notably the Hanshelleren overhang and cave. The massive overhang means the rock remains dry and free from moss. The world's climbing elite travel to Strøm in Flatanger to challenge themselves to some of the world's toughest climbing routes, but there are more than 40 routes of varying difficulty. Hanshelleren has made Flatanger an internationally renowned climbing destination. In Lauvsnes and nearby villages you can stay overnight in traditional fishermen's cabins, holiday homes or campsites. Hasvåg Sjøcamping has its own beach and excellent facilities.



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Hasvåg Sjøcamping

Sørnessveien 1091, N-7746 Hasvåg / +47 900 55 633
 post@hasvaag.no
www.hasvaag.no

Camping site by the sea, surrounded by nature.

Enjoy the coast in Flatanger, sunsets over the ocean, marked trails and fishing from land or from boat.

Pitched available along a beautiful beach for motor-homes, caravans and tents. Modern service building with kiosk. Quiet and family-friendly area.

Apartments for rent in the main building. Friendly hosts welcomes you to Hasvåg.



Hasvåg Sjøcamping



OVERHALLA

Overhalla municipality is located on both sides of the Namsen salmon river. While journeying through Overhalla you may appreciate the idyllic cultural landscapes, well-kept farms, and the timber “Trønderlån” buildings along the river. On an old railway bridge over Namsen there are old NSB train carriages, converted into unique accommodation and a summer café.

Here you can wake up on the bridge and revel in the view of the river as salmon jump along. The Sørsivegen road along Namsen is a particularly nice drive. There are plenty of accommodation along the river, most of which sell fishing licences.

HISTORIC OVERHALLA:

Overhalla is first mentioned in the saga of Harald Hairfair. The name of the municipality originates from the Norse “Æfri Halfa”. There are more than 50 burial grounds, with in excess of 800 burial mounds in Overhalla, mainly along the rivers of Namsen and Bjøra. The rivers were used for transport. The burial mounds at Bertnem almost 7 metres high and nearly 50 metres in diameter. There are also large burial grounds in Skage and Hunn. The medieval church (from 1187) in Ranemsletta is worth a visit.



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Namsen Salmon & Train Experience



Sørsivegen 3314, 7863 Overhalla
+47 414 52 535 / namsen.train@outlook.com

www.nste.no

Unique experiences in the heart of Namdalen.

Stay in a historic sleeping car, on a railway bridge over one of Norway's best salmon fishing rivers, the Namsen. Salmon fishing I Namsen and trout fishing for children and other guided tours available.

Please contact us for more information or visit our website/Facebook page.

 Namsen Salmon & Train Experience

GRONG/KRÅANGKE



The regional centre in inner Namdalen is Grong, a natural junction on the E6 with a train station and bus connections. Here you can spend a night on a traditional farm by the Namsen and Bjøra rivers and try your hand at salmon fishing in season. A trip along Namsen with stops at some of the quaint places and farm shops along the road is recommended. There is a wonderful artisan farm bakery at Jørem, and close by at Jørum you can go horse riding.

In the winter season the Grong ski resort at Bjørgan, the largest ski resort in northern Trøndelag, offers great slopes for downhill skiing, several lifts and many tracks for cross-country skiing. There are also some excellent back country ski touring trails in the surrounding mountain area. During the summer you can play disc golf by the ski resort or go hiking on Geitfjellet to get some wonderful views. If you prefer wilderness adventures, you can head to the gateway to Blåfjella- Skjækerfjella National Park and start your adventure.

TØMMERÅSHØLA – NORWAY'S COOLEST NATURAL BATHING SPOT

Mother Nature herself is the architect behind what is possibly Norway's finest open-air bathing spot. This distinctive bathing spot, Tømmeråshøla, is situated in Sanddøla river, close to Grong town centre. Here you can frolic in the rapids, or go with the flow down the spectacular slide which has been formed in the rock.

Below the falls you can bathe and sunbathe in calmer surroundings. Always keep an eye on children or others who struggle with swimming when visiting Tømmeråshøla.



Langnes Camping


7870 Grong / +47 476 88 333
post@langnescamping.no

www.langnescamping.no

4-star camping site by Sanddøla and Namsen – relaxed surroundings.

Around the camping site you will find several walking and cycling trails. You can cycle along the river, or into the town centre. By the river is a sandy beach.

We have a playground, and we have child-friendly sanitary facilities.

 Langnes Camping



Langnes
CAMPING · GRONG

HØYLANDET



Høylandet is a picturesque agricultural municipality, beautifully situated in the valley along the rivers Eida, Søråa, and Kongsmoelva. Between the rivers are Eidsvatnet, Grongstadvatnet, and Øyvatnet. These lakes offer abundant opportunities for fishing, kayaking or canoeing, and other relaxing nature experiences. The cultural landscape is characterised by lush meadows and a rich agricultural history that gives the villages its unique character.

Høylandet is most famous for hosting the Norsk Revyfestival (The Norwegian Revue festival), – Norway's funniest festival. Every other year, the village transforms into the heart of humour, where thousands of joyful festivalgoers gather to experience one of the country's leading comedy events. The spirit of volunteerism among the locals is impressive, and on opening day, coffee is served from the world's largest campfire coffee pot, which holds as many as 39,000 cups!

Grongstadfossen waterfall is a spectacular sight with its 75-metre-high drop, especially when the water flows during the spring melt. The waterfall is easily accessible and signposted from the FV17 road with parking facilities and paths that bring you close to this majestic view.

CYCLING SUGGESTION:

There are several signposted cycling routes that allow you to explore Høylandet at your own pace. Øyvatnet Around is approx. 20 kilometres long loop where you can cycle through cultural landscapes with grazing horses at Bjøllia and enjoy the teeming birdlife in the Øie Nature Reserve.

The Kjøgglum Loop, or Sørsirunden, is a 4,5-kilometre route suitable for everyone to cycle, walk, or go on a stroll with a pram. This route follows the quiet Sørsiveien. Hammarsbrua is the world's longest covered bridge, located just south of the village centre in Høylandet and signposted from FV17. It offers an intriguing glimpse into old construction methods and history.

The Orsgrønning Loop is a 15-kilometre route that follows the Orsgrønningen lake. On this trio you can choose to take a short detour on foot to the majestic Grongstadfossen, where the water plunges 75 metres into the valley – a sight you won't want to miss.

The Lille Flakken route is another scenic cycling route that takes you through calm and beautiful surroundings. Perfect for those who want to experience nature up close and enjoy some fresh air.





MARIUS EILÅ / REN RØRCS / VISIT NAMDALEN, NARVISSKOGAN

NAMSSKOGAN

Namsskogan is situated in the northern part of Namdalen, with a branch stretching into Børgefjell National Park. Here you are met by a varied wilderness consisting of deep valleys, wooded hillsides, and high mountain ranges. In Namsskogan experiences in nature are easily accessible from forest roads and trails. Enjoy wild nature, fishing in hundreds of lakes or walk along marked trails.

About half of the wilderness areas are on state-owned ground. In these areas the local mountain authority administers hunting rights and fishing licences. The mountain authority also have several rental cabins and shelters, offering you fantastic starting points for memorable hunting and outdoor experiences.

In Namsskogan you can visit Park Nordica. In the adventure park you will find Norway's largest collection of Nordic animals with more than 30 species, among them wolverine, lynx, wolves, and bears who live in large and natural enclosures. The zipline, climbing park and close encounters with farm animals create large smiles on visitors faces. In the winter there are ski trails and recreational tracks for snowmobiles all over Namsskogan.

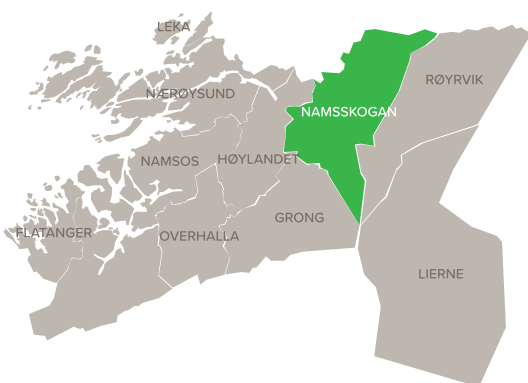
SKOROVAS - THE MINING VILLAGE IN THE MOUNTAINS

Skorovas, or Skorovatn, is a former mining village in the mountains, more than 450 metres above sea level.

After many decades of operation, the mine closed in 1984, and today only a few dozen people live in the small village.

From Skorovas, you can set out on multi-day hikes in several directions through beautiful mountain landscapes.

After a few days in the mountains, a visit to the charming Skjenkestova is a perfect way to round off your trip. Read more about Skorovas and life in the mountains on p. 15.

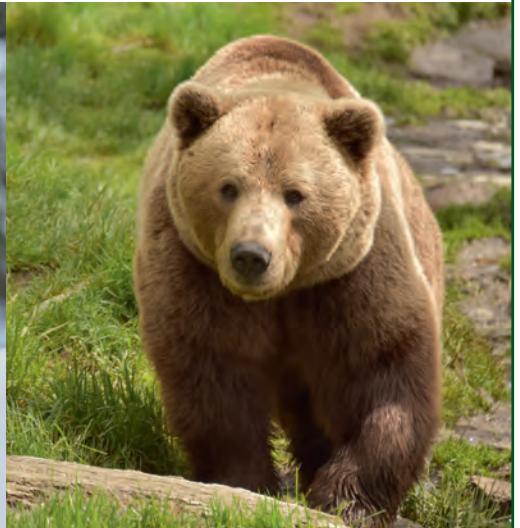




PARK NORDICA

DYRE OG EVENTYRLAND NAMSSKOGAN

Opening
mai 2026



park-nordica.com



Vertshuset Nams-Inn

7890 Namsskogan
+47 74 33 44 99

www.nams-inn.no

Located in the centre of Namsskogan, 30 km north of Park Nordica!

The inn has 18 guest rooms and a fully licensed café serving tasty homemade meals.

Situated on the banks of the river Namsen close to hiking trails – a great base for trout fishing and hiking in Børgefjell National Park.



Namsskogan Fjellstyre

Turistveien 2, 7890 Namsskogan
+47 415 58 176 / namsskogan@fjellstyre.no

www.namsskogan-fjellstyre

Namsskogan mountain authority manage more than 13 500 acres of forests and mountains with wonderful opportunities for year-round trout fishing. Fishing licences and cabin booking at www.inatur.no



fjellstyret



namsskogan_fjellstyre



www.skjenkestova.no

www.fjelladelen.no

Lokal cuisine!

Beerdorado!

Booking:

post@skorovasmal.no

(+47) 92833702





VISIT NAMSSKÖGAN



Byrkjje/Børgfjell nasjonal park



Trout fishing



Family-friendly activities

Hiking

Fishing

Hotels & Inn

Mountain cabins and camping

Food & Drink



[f Visit Namsskogan](#)

[@ Visit Namsskogan](#)

EN SMAK AV LOKALE RÅVARER SOM ELG, REIN OG EINEBÆR!

BØRGEFJELL- BURGER'N



For sale at: Trones hotell, Vertshuset Nams-Inn, Nyrudstu Cafe and Porten til Nord-Norge.

VISIT NAMSSKÖGAN

VED:

BY THE:



Bergfjell
nasjonalpark

RØYRVIK/RAARVIHKE



At the foothills of Børgefjell National Park is Røyrvik municipality/ Raarvikh Tjfelte. This mountainous municipality started as Sámi settlements and is home to numerous cultural heritage sites. Røyrvik is part of the administrative area for Southern Sámi language and all public communication must be available in Norwegian and Southern Sámi. Røyrvik rural museum has its own Sámi section.

Røyrvik is a national park municipality and has one of the most popular gateways to the wilderness of Børgefjell National Park. Fishing enthusiasts from near and far often start their adventures at Namsvatnet lake before walking north or east in search of legendary trout fishing spots.

If you prefer a taste of wilderness somewhat closer to civilisation you can try some of the marked walking trails or cycling routes near Røyrvik village. The Gamle

Steinfjellvei gravel road between Namsskogan and Røyrvik is also a good cycling trip in impressive landscapes. In the winter there are ski trails and recreational tracks for snowmobiles in Røyrvik.



Visit Børgefjell

Buenget 11, 7898 Limingen
74335745 / post@visitborgefjell.com
www.visitborgefjell.com



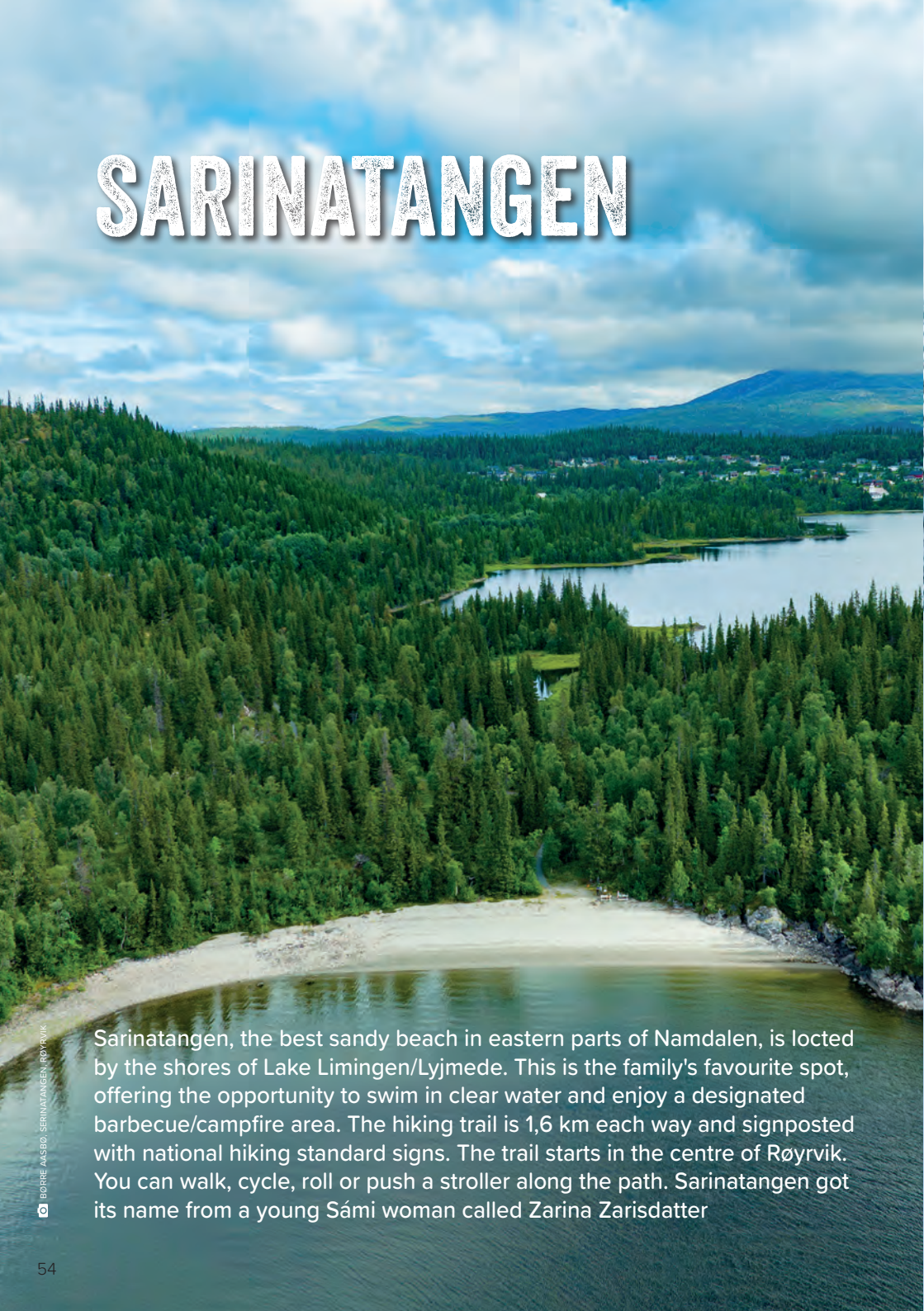
Welcome to Visit Børgefjell, the tourist information in Røyrvik. Localized together with YX gas station and the Arctic Fox Center in Røyrvik. Visit our popular exhibition about Børgefjell and the Arctic Fox.

The tourist information offers and can give you information about:

- Cabins for rent
- Fishing
- Boats for rent, kayaking and canoeing
- Hiking
- Cycling
- Transport across Namsvatnet lake to Børgefjell
- We help you plan your adventure.



SARINATANGEN



Sarinatangen, the best sandy beach in eastern parts of Namdalen, is located by the shores of Lake Limingen/Lyjmede. This is the family's favourite spot, offering the opportunity to swim in clear water and enjoy a designated barbecue/campfire area. The hiking trail is 1,6 km each way and signposted with national hiking standard signs. The trail starts in the centre of Røyrvik. You can walk, cycle, roll or push a stroller along the path. Sarinatangen got its name from a young Sámi woman called Zarina Zarisdatter



LIERNE/LIJRE

Lierne is a national park municipality with all of Lierne National Park and parts of Blåfjella-Skjækerfjella National Park within its borders. It is the largest municipality in Trøndelag county with its 2 962 km², but one of the smallest in terms of population. The area encompassing forests and marshes, some mountain plateaus and many lakes and ponds.

More than half of the municipality is 600 metres above sea level or more. Hunting, pike fishing and trout fishing are popular pastimes, all year around. Lierne has almost 500 kilometres of recreational snowmobile trails. “Liernetur” is a network of marked hiking trails of varying difficulty spread across the whole of Lierne, many with fantastic views over villages and wilderness. Maps and information about “Liernetur” can be found by scanning the QR code:

At the **Lierne National Park Visitor Centre** young and old alike can learn about Norway's national parks and the rich biodiversity surrounding us. Visitors can discover the stories of some of those who have lived in the mountain areas connected to the Blåfjella-Skjækerfjella and Lierne National Parks for centuries and learn about the nature in the area. At the Lierne Geopark visitors can also delve into fascinating geological features of the national parks.



Kvelia Utvalgte Kulturlandskap (Kvelia Cultural Landscape)

In Lierne you'll find Kvelia, selected as one of Norway's most valuable cultural landscapes, with 11 protected farm buildings. Among them is the protected farmstead Oppgården, which is home to Pe-Torsa, an outdoor theatre known far beyond Lierne for its distinctive humour and wild antics. Kvelia UKL has a new exhibition at the municipal building in Sandvika. Lierne's local culture and history are also presented through the Sørli museum and the Nordli village museum.





© KRISTIAN F. NÆSSEN / VISIT NARDALLEN, LIERNE

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CAFE • EVENTS • CATERING • FOODTRUCK
BAKERY • LOCAL FOOD SHOP • TOURIST INFORMATION

LiVERTEN Servicestasjon – your natural stop in LIERNE!

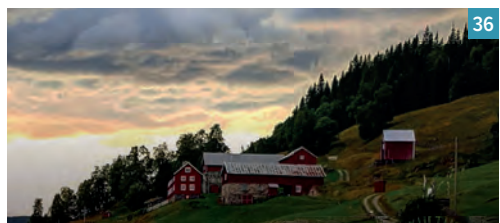
Heggvollveien 1, NO-7882 Nordli
+47 74 34 31 00 / post@liverten.no
www.liverten.no

Treat yourself to a EN SMAK AV LIERNE!

Local food features on all our menus.
Good hosts, good service. Open every day!
Read more on our website.



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Kvella is a selected cultural landscape, which means it is one of Norway's most important cultural landscapes. There are plenty of things to see and do here, including several signposted walks and hikes!



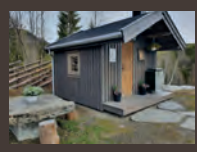
We recommend a visit to our local shop Kvellibua for groceries, a look in the local crafts corner and a cup of coffee.



Next to Kvellibua is Råvassbua.

This is an old hunting lodge, restored and decorated like it was 100 years ago.

There is caravan and camper parking, and a waste station,



at Kvelli Samfunnshus. Find more information about Kvella, what to see and what to do here on kvellaulk.no

GUEST MARINAS

on the Namdalen coast

Namsos

Namsos havn	3 slips
Namsos gjestehavn	6 slips
Vik gjestehavn	3 slips
Salsnes gjestehavn	20 slips
Faksdal gjestehavn	12 slips
Seierstad gjestehavn	6 slips
Brakstad gjestehavn	10 slips

Flatanger

Havnavika på Utvorda	20 slips
Jøssund gjestehavn	8 slips
Kvaløyseter havn	7 slips
Lauvsnes gjestehavn	8 slips
Øra båtforening	8 slips
Hasvåg gjestehavn	4 slips
Utvorda gjestehavn	6-7 slips
Småværet gjestehavn	6-7 slips

Nærøysund

Abelvær	10 slips
Eidshaug båthavn	3 slips
Kolvereid	5 slips
Langnes havn, Salsbruket	9 slips
Måneset	3 slips
Valøya	3 slips
Ottersøy	5 slips
Nordøyan	15-25 slips
Sør-Gjæslingan	20 slips
Rørvik småbåthavn	38 slips
Lund gjestehavn	3 slips
Borgann	4 slips
Tjønnsøya	2 slips
Vandsøya	10 slips

Leka

Skei småbåthavn	10 slips
-----------------	----------

WASTE STATIONS

for motorhomes/caravan

Harran camping

7873 Harran

Bobilsenteret Namsos

7820 Spillum

Ved gjestehavna

7900 Rørvik

Skorovatn

tømmestasjon

7893 Skorovatn

Langnes Camping

Sørsivegen 4800,
7970 Medja

Bjøra Camping

7863 Overhalla

Foldereid,

ved bensinstasjon

7985 Foldereid

Tømmestasjon Hårstad

7746 Hasvåg

Namsos Camping

Flyplassvegen 10
7800 Namsos

Shell Østre

Søren R Thornæs veg
7800 Namsos

Miljøtorget Leknes

7994 Leka

TRONES Hotell

7892 Trones

Vik

7070 Flatanger

Kveli Samfunnshus

Leirbakkveien 162,
7882 Nordli

Høylandet

Lonbakkvegen 8,
7877 Trones

CHARGING STATIONS

for electric vehicles

You will find information about charging stations at visitnamdalen.com, or updated information in the app for your car/charging supplier.



ROUTES AND TIMETABLES



TRAVEL TO NAMDALEN BY CAR

The European Route E6 runs straight through Namdalen, allowing easy access from north and south. The highway takes you to Grong and Namsskogan, and you can take detours to a large number of destinations, including Namsos along The Coastal Route (FV route 17), Lierne (FV route 17), Flatanger (FV route 766), Nærøy and Vikna (FV route 17/769/770) and Leka (FV route 771).

TRAVEL TO NAMDALEN BY PLANE

From Namsos Airport, there are direct flights daily to/from Rørvik and Trondheim Airport Værnes. From Rørvik Airport Ryum, there are direct flights daily to/from Namsos and Trondheim Airport Værnes. Trondheim

Airport Værnes offers connections to other Norwegian and European destinations.

TRAVEL TO NAMDALEN BY TRAIN

The Nordland Line, which runs between Trondheim and Bodø, has stops in several locations in Namdalen, including Grong, Harran, Lassemoen and Namsskogan.

TRAVEL TO AND AROUND NAMDALEN BY BUS

You can travel to Namdalen by bus from Steinkjer to Namsos or Grong, and onwards via local bus. The buses from Steinkjer and Grong correspond with trains from Trondheim and Bodø. View timetables on atb.no or in the AtB app.

Distances	Rørvik	Kolvereid	Leka	Høylandet	Namsos	Grong	Nordli	Namsskogan	Rørvik	Trondheim lufthavn	Østerund	Oslo	Bodø (E6)
Rørvik		22	82	109	87	133	209	158	206	301	404	822	620
Kolvereid	22		60	88	74	111	187	136	184	279	381	800	598
Leka	82	60		102	152	124	201	149	198	293	395	817	557
Høylandet	109	88	102		50	25	100	49	97	192	294	717	511
Namsos	87	74	152	50		48	124	92	140	163	311	688	554
Grong	133	111	124	25	48		77	44	92	169	271	694	507
Nordli	209	187	201	100	124	77		121	71	226	195	751	520
Namsskogan	158	136	149	49	92	44	121		48	212	314	737	463
Rørvik	206	184	198	97	140	92	71	48		261	308	785	467
Trondheim lufthavn	301	279	293	192	163	169	226	212	261		232	527	675
Østerund	404	381	395	294	311	271	195	314	308	232		650	721
Oslo	822	800	817	717	688	694	751	737	785	527	650		1200
Bodø (E6)	620	598	557	511	554	507	520	463	467	675	721	1200	

Table shows distance along quickest route.

SHUTTLE TRANSPORT SERVICE IN NAMDALEN

The flexible shuttle transport service complements the region's public transport system. With shuttle transport, you get door-to-door transport in all of Namdalen. Best of all: You only pay the standard bus fare. More information: www.visitnamdalen.com

FERRIES IN NAMDALEN

This travel guide was printed in March 2026. Some of the routes and fares may have changed since then. Departure times and fares may be subject to errors. We recommend that you check the updated ferry routes online before your journey. Use the QR code to get the routes directly to your phone or tablet, or visit the websites of the ferry operators.



Seierstad (Jøa)
– Ølhammeren



Ramstadlandet
– Borgan



Lund – Hofles:



Vennesund – Holm



Eidshaug – Gjerdinga



Gutvik – Skei (Leka)



TOURISM IN NAMDALEN

– MEMBERS OF VISIT NAMDALEN

Visit Namdalen work with, and cooperate with, many tourism businesses in the 10 municipalities in the Namdalen region. On the next few pages we have listed them, but you will find more information about what to see, do, where to sleep, eat and drink at our website visitnamdalen.com.

See & Do

Name	Municipalities	Website/contact
Explore Ytre Namdal	Nærøysund	www.exploreyn.no
Fjelladelen	Røyrvik	fjelladelen.no
Grong Skisenter	Grong	www.grong-skisenter.no
Jørum Gård	Grong	www.jorum-gard.no
Kvelia utvalgte kulturlandskap (Kvelia UKL)	Lierne	kveliaukl.no
Kunstmuseet NordTrøndelag	Namsos	kunstmuseet.no
Kystmuseet Norge	Nærøysund	kystmuseetnorge.no
Lensmannsgården	Namsos	lensmannsgaarden.com
Lierne Nasjonalparksenter	Lierne	nasjonalparken.no
Namdalsmuseet	Namsos	namdalsmuseet.no
Norsk Revyfestival	Høylandet	www.norskrevyfestival.no
Norsk Sagbruksmuseum	Namsos	sagbruksmuseet.no
Norway Nature	Flatanger	norway-nature.no
Olav Duun barndomsheim, Stiftinga i Namdalen	Namsos	olavduun.no
Salmon Center Røyrvik	Nærøysund	salmarcenter.no
Setran Gård	Nærøysund	www.setran.no
Villa Fyr	Flatanger	villafyr.no

Shopping and local farm shops

Name	Municipalities	Website/contact
Alti Rørvik	Nærøysund	alti.no/rorvik/
Bonden & Bohemen	Namsos	frivillignamsos.no
Brukt & Bevart	Namsos	frivillignamsos.no
Dråpen Fjordbad - badstue	Namsos	Draapen.no
Eldhuset	Overhalla	www.eldhuset-haugum.no
Gammel Erik	Namsskogan	gammelerik.no
Jørem ved Namsen	Grong	jorem.no
Kystmuseet Norge	Nærøysund	kystmuseetnorveg.no
Li-Snadder	Lierne	
Liverten	Lierne	liverten.no
Porten til Nord-Norge	Namsskogan	www.ptnn.no
Segelsund	Namsos	segelsund.no
Spar Flatanger	Flatanger	spar.no
Sør-Gjæslingan	Nærøysund	kystmuseetnorveg.no
Thon Senter Bråholmen	Namsos	thonsenter.no/braholmen/
Thon Senter Namsos	Namsos	thonsenter.no/Namsos/
Toddum Gårdstysteri	Namsos	www.toddum.com



Eat & Drink

Name	Municipalities	Website/contact
Bedehuset Bar & Bistro (Segelsund)	Namsos	segelsund.no
Faksdal Brygge	Namsos	faksdalbrygge.no
Grong Hotell	Grong	gronghotell.no
Hamstad Bakeri Thon Senter Bråholmen	Namsos	hamstadbakeri.no
Hamstad Bakeri Thon Senter Namsos	Namsos	hamstadbakeri.no
Hamstad Bakeri Rørvik	Nærøysund	hamstadbakeri.no
Himmel & Hav	Namsos	hamstadbakeri.no
Krus Kaffebar	Namsos	hamstadbakeri.no
Matgarasjen	Namsos	dungaard.no
Lierne Gjestegård	Lierne	www.liernegjestegard.no
Limingen Gjestegård	Rørvik	www.limingen.no
Liverten	Lierne	liverten.no
Lundstua	Namsos	hotell-skolestua.no/lundstua/
Namsentunet	Grong	www.namsentunet.no
Park Nordica	Namsskogan	park-nordica.com
Porten til Nord-Norge	Namsskogan	www.ptnn.no
Scandic Rock City	Namsos	www.scandichotels.com
Skjenkestova / Skorovasmat	Namsskogan	skorovasmat.no
Vertshuset Nams-Inn	Namsskogan	nams-inn.no

Accommodation

Name	Municipalities	Website/contact
Aasnes Gard	Namsos	www.aasnesgard.no
Aglen Camp og Bobilparkering no	Namsos	www.aglencampogbobilparkering.no
Arctic Dome Namdalen	Høylandet	arcticdomenamdalen.com
Asplia Feriehus	Nærøysund	
Dun Feriehus	Namsos	dungaard.no
Einrika Overnatting og Havfiske	Flatanger	einrika.no
Fjelladelen	Rørvik	fjelladelen.no
Fjukstad Camping	Nærøysund	
Flatanger Camping	Flatanger	flatangercamping.no
Fosnes Prestegård	Namsos	
Fru Opdal Gårdshotell	Overhalla	fruopdal.no
Grong Hotell	Grong	gronghotell.no
Hasvåg Fritid / Hasvåg Sjøcamping	Flatanger	hasvaag.no
Herregård i Flatanger, Einrika Eiendom	Flatanger	
Himmelhøy tretoppfytte	Namsos	www.himmelhoy.no
Hotell Skolestua	Namsos	hotell-skolestua.no
Ingulfsvann Vestre	Lierne	www.ingulfsvann-vestre.no
Jørem ved Namsen	Grong	jorem.no
Kleiva Camping	Nærøysund	www.kleivacamping.no
Kolvareid Camping	Nærøysund	www.kolvareidfamiliecamping.no

Kysthotellet Rørvik	Nærøysund	kysthotellet.no
Langnes Camping	Grong	langnescamping.no
Ledang Rorbuer	Namsos	
Lensmannsgården	Namsos	lensmannsgaarden.com
Limingen Gjestegård	Rørvik	www.limingen.no
Lierne Gjestegård	Lierne	www.liernegjestegard.no
Mælen gård, Stabburet Madam Meyer	Overhalla	namsenfiske.no
Namsen Hotell	Namsos	namsenhotell.no
Namsen Salmon & Train Experience	Overhalla	www.nste.no
Namsentunet	Grong	namsentunet.no
Namsos Camping	Namsos	namsos-camping.no
Namsskogan Fjellstyre	Namsskogan	www.namsskogan-fjellstyre.no
Nordsalten AS, Feriehus og leiligheter i Bogen	Bogen	Nærøysund
Nordøyan, Nordøyan Fyr	Nærøysund	nordoyan.no
Nyheim Camping	Namsskogan	www.nyheimcamping.no
Nyrestaurert hytte til leie i Lierne, Fagerstrand Eiendom		Lierne
Park Nordica	Namsskogan	park-nordica.com
Rørvik Fjellstyre	Rørvik	www.royrvik-fjellstyre.no
Scandic Rock City	Namsos	www.scandichotels.com
Segelsund Boutique Gjestehus	Namsos	segelsund.no
Selnes Camping	Namsos	selnes-camping.de
Setran Gård	Nærøysund	www.setran.no
Slipen		
Stenegården på Otterøya	Namsos	www.stenegarden.no
Sør-Gjæslingen	Nærøysund	kystmuseetnorveg.no
Veium Bjerke, Rønningen	Grong	
Vertshuset Herlaug	Leka	
Vertshuset Nams-Inn	Namsskogan	nams-inn.no
Villa Fyr, Fyrvokterboligen	Flatanger	villafyr.no
Utmarkskompaniet	Namsos / Nærøysund	utmarkskompaniet.no



Meeting and events

Name

Eldhuset
Fru Opdal Gårdshotell
Grong Hotell
Jørem ved Namsen
Kysthotellet Rørvik
Kystmuseet Norveg
Lensmannsgården
Lierne Gjestegård
Limingen Gjestegård
Namsentunet
Park Nordica
Scandic Rock City
Stabburet Madam Meyer, Mælen gård
Utmarkscompagniet

Municipalities

Overhalla
Overhalla
Grong
Grong
Nærøysund
Nærøysund
Namsos
Lierne
Rørvik
Grong
Namsskogan
Namsos
Overhalla
Namsos / Nærøysund

Website/contact

www.eldhuset-haugum.no
fruopdal.no
gronghotell.no
jorem.no
kysthotellet.no
kystmuseetnorveg.no
lensmannsgaarden.com
www.liernegjestegard.no
www.limingen.no
namsentunet.no
park-nordica.com
www.scandichotels.com
namsenfiske.no
utmarkscompagniet.no

Transport

Name

Bangdalsruta
Trøndertaxi

Municipalities

Namdalen
Namdalen

Website/contacto

www.trondertaxi.no

Local online tourist informasjon

Name

Visit Børgefjell
Visit Namsskogan

Municipalities

Rørvik
Namsskogan

Website/contact

visitborgefjell.com
www.visitnamsskogan.no







HOW TO READ THE ROUTE TABLES: D = daily / X = except / 1 = Monday, 2 = Tuesday, 3 = Wednesday etc.
 Example: Dx67 = daily, except Saturdays and Sundays

SEIERSTAD (JØA) - ØLHAMMEREN

D	Dx7	Dx7	D	Dx67	D	D	D	D	Dx67	D	Dx67	D	Dx7
0615	0645	0715	0745	0815	0845	0945	1045	1145	1310	1345	1415	1445	1515
D	Dx67	D	Dx67	D	D	D	D	D	D				
1545	1615	1645	1715	1745	1845	1945	2045	2145	2245				

ØLHAMMEREN - SEIERSTAD (JØA)

D	Dx7	Dx7	D	Dx67	D	D	D	D	D	Dx67	D	Dx67	D
0630	0700	0730	0800	0830	0900	1000	1100	1200	1300	1330	1400	1430	1500
Dx7	D	Dx67	D	Dx67	D	D	D	D	D	D	D		
1530	1600	1630	1700	1730	1800	1900	2000	2100	2200	2300			

Free ferry for vehicles and passengers. No ticket required.

M/F Geisnes: Capacity: 24 cars. Crossing time: 5 min. Phone: 95 19 09 50

HOFLES - LUND

Dx67	Dx67	6	D	D	D	Dx67	D	D	D	Dx6	D	D
0550	0710	0715	0830	0950	1110	1300	1400	1520	1640	1800	2000	2130

LUND - HOFLES

Dx67	Dx7	D	D	D	Dx67	D	D	D	Dx6	D	D
0620	0740	0900	1020	1140	1330	1430	1550	1710	1830	2030	2200

Fares: Vehicles, up to 6m 100,- Discount for electric vehicles. / Vehicles 6-8 m 223,- / Vehicles 8-10 m 307,- / Vehicles 10-12 m 371,- / Vehicles over 12,5 m fra 431,- / MC 39,- Discount for electric vehicles.

M/F Olav Duun: Capacity: 60 cars. Crossing time: 30 min. Phone: 95 19 09 30

GEISNES - HOFLES

Dx67	D	D	D	D	6	D	D	D	Dx6	D	D
0655	0815	0935	1055	1245	1345	1505	1625	1745	1905	2105	2235

HOFLES - GEISNES

Dx67	D	D	D	D	6	D	D	D	Dx6	D	D
0650	0805	0930	1050	1240	1340	1500	1620	1740	1900	2100	2230

Fares: Vehicles, up to 6m 55,- Discount for electric vehicles. / Vehicles 6-8m 125,- / Vehicles 8-10m 184,- / Vehicles 10-12,5m 235,- / Vehicles over 12,5m 283,- / MC 27,- Discount for electric vehicles.

M/F Olav Duun: Capacity: 60 cars. Crossing time: 10 min. Phone: 95 19 09 30

EIDSHAUG - GJERDINGA

Dx67	Dx67	Dx67	6	13	3	Dx67	Dx67	7	6	Dx67	Dx67	7	1	35
0730	0800	0845	1010	1230	1330	1430	1540	1520	1600	1620	1800	1910	2010	2110

GJERDINGA - EIDSHAUG

Dx67	Dx67	Dx67	6	13	Dx67	Dx67	7	6	Dx67	Dx67	7	1	35
0655	0740	0830	1000	1215	1415	1510	1505	1545	1600	1730	1900	2000	2100

Free ferry for vehicles and passengers. No ticket required.

M/F Vikna: Capacity: 11 cars. Crossing time: 10 min. Phone: 95 19 09 25



HOW TO READ THE ROUTE TABLES: D = daily / X = except / 1 = Monday, 2 = Tuesday, 3 = Wednesday etc.

Example: Dx67 = daily, except Saturdays and Sundays

BORGAN - RAMSTADLANDET

Dx67	Dx67	6	7	12	5	34	6	Dx67	7	Dx67	15	3
0620	0805	0910	1015	1015	1130	1330	1430	1525	1600	1730	2030	2200

RAMSTADLANDET - BORGAN

Dx67	Dx67	6	1257	34	6	Dx67	7	Dx67	15	3
0550	0735	0840	0945	1300	1400	1455	1530	1700	2000	2130

Free ferry for vehicles and passengers. No ticket required.

M/F Haranes: Capacity: 13 cars. Crossing time: 20 min. Phone: 95 19 09 26

SKEI (LEKA) - GUTVIK

Dx67	D	Dx7	7	Dx7	Dx6	D	D	Dx67	Dx67	67	Dx7	Dx6	Dx7	7	Dx67	Dx67
0650	0800	0935	1000	1035	1240	1340	1440	1540	1640	1700	1815	1915	2100	2130	2200	2315

GUTVIK - SKEI (LEKA)

Dx67	D	Dx7	7	Dx7	Dx6	D	D	Dx67	Dx67	67	Dx7	Dx6	Dx7	7	Dx67	Dx67
0730	0830	1005	1030	1105	1310	1410	1510	1610	1710	1730	1845	1945	2130	2200	2230	2340

Free ferry for vehicles and passengers. No ticket required.

M/F Leka: Capacity: 38 cars. Crossing time: 20 min. Phone: 95 73 70 53

VENNESUND - HOLM

Dx67	Dx67	6	D	D	7	D	Dx6	D	Dx7	D	D
0610	0710	0710	0810	0910	1010	1110	1210	1310	1410	1510	1610
D	D	D	D	D	D						
1710	1810	2010	2110	2210	2310						

HOLM - VENNESUND

Dx67	Dx7	D	D	7	D	Dx6	D	Dx7	D	D
0640	0740	0840	0940	1040	1140	1240	1340	1440	1540	1640
D	D	D	D	D	D					
1740	1840	2040	2140	2240	2340					

Fares: Free for passengers. Vehicles, up to 98,- / Vehicles 6-8m 219,- Vehicles 8-10m 304,- / Vehicles 10-12,5m 370,- / Vehicles over 12,5 m from 425,- / MC 38,- Discount for electric vehicles.

M/F Heilhorn: Capacity 60 cars. Crossing time: 20 min. Phone: Torghatten Midt AS – 73 89 07 00

NAMSOS - JØA - ABELVÆR - RØRVIK - GUTVIK - LEKA NAMSOS - NORDØYAN / NAMSOS - RØRVIK - SØR-GJÆSLINGAN

Visit www.atb.no for up to date express boat routes,
or use this QR code to display the routes on your mobile or tablet:



The numbers on the map correlate with the numbers of the adverts in this brochure.





THANK YOU FOR CARING FOR OUR NATURE



Leave no trace. Bring any garbage to appropriate waste and recycling bins. Do not disturb cultural heritage sites, plants or wildlife. Follow existing trails and paths where possible.



Plants in national parks and nature reserves are all protected and should not be removed/disturbed. Berry picking is allowed.



There is reindeer husbandry in Namdalen. Be considerate and let reindeer wander and graze in peace. Walking towards a herd can be stressful for the animals, even if it does not appear that way.



Camping in wilderness areas is allowed but must be at least 150 metres from the closest house or cabin. Never camp more than two nights in the same place.



According to Norwegian law it is not permitted to light campfires between April 15th and September 15th due to wildfire hazards.





All dogs must be on leashes between April 1st and August 20th to avoid disturbing or injuring farm animals or wildlife.



Always bring a valid fishing licence and hunting licence where required.

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TRØNDELAG - NORGE



Municipalities:

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- Nærøysund
- Namsos
- Flatanger
- Overhalla
- Grong
- Høylandet
- Namsskogan
- Røyrvik
- Lierne