

THE ØSTERDALEN TRAIL - EAST – from Trysil

Stage, accomodation, grocery, catering, cultural heritage and church

(updated July 2019)



You should contact the accommodation in advance.

Keep in mind that there is poor coverage for mobile phones on parts of the trail.

More information on these points: www.pilegrimsleden.no: Poi = Point of Interest.

poi-o (accomodation), **poi-k** (cultural heritage), **poi-h** (groceries), **poi-s** (catering).

Ca. km	Route MUNICIPALITY Churches	Accommodation Village with catering / groceries cultural heritage
1. 16 km	<p>TRYSIL MUNICIPALITY +47 62457700</p> <p>Lutnes (at the border) -Plassen Church</p> <p><i>No bridge crossing the river Grøna. For transport call Marga: +47 97045221, Ola: +47 99458926, Birthe: +47 47455865 – or follow the road to Rv 26 and this road to Plassen Church, about 12 km.</i></p> <p>Plassen Church poi-k Church office+47 47775995 post@trysil.kirken.no</p>	<p>Långflons Shop at the Swedish side of the border. poi-h Shopping center with restaurant, 4 km from Lutnes, 9-20, +46 56421130, www.langflon.se</p> <p>Oddheim community house, Lutnes, Vonfurustubben poi-k Dagfinnstua by the trail poi-o kr 150/pers Timbercabin with 5 beds, kitchen, el, water outdoors, outhouse. +47 93413218, post@oddheim.no, www.oddheim.no</p> <p>Skinningскоia bu the river Grøna, 1,3 km from the trail poi-o NOK 550/cabin for 4-5 pers, gasskomfyr, sun-el, water from the river, outhouse. www.airbnb.no</p> <p>Søre Trysil Grocery, Plassen, +47 62451600, 10-17/10-15 Sa poi-h</p> <p>Gjerfloen Fluefiske, Plassen poi-o NOK 400/cabin 1 cabin by the trail 3 km South of Plassen, 1 cabin by the trail 1 km North. Snorre Grønnæss,+47 90164139, gjerflue@online.no www.fluefiske-trysil.com</p>
2. 17 km	<p>Plassen - Grasmo (3 km South of Nybergsund)</p>	<p>Mandfloen Husmannsplass by the trail poi-o NOK 100/pers An old smallholding with cottager's cabin and farmhouse from the 1850s, room for 10 people. Elfrid Skjæraasen, +47 98477324, elfrid@frisurf.no,</p> <p>Engemoen School by the trail poi-o Simple housing, ca 12 km from Plassen, 6,5 km South of Nybergsund. Hans Jørgen Sørensen,+47 91119989</p> <p>«Kristoffers» 3 km South of Nybergsund, by the trail, poi-o Big house on a smallholding, suitable for groups. Halvor K. Sætre +47 48069111, post@kristoffers.no, www.kristoffers.no</p> <p>Grasmo Villmarkscamp, Grasmo by the trail poi-o NOK 490/cabin for 2, 200 for tent By the river Trysil, ca 3 km South of Nybergsund. Villmarkskompaniet AS,+47 62448500 booking@trysilguidene.com www.trysilguidene.com</p>
3. 10 km	<p>Grasmo - Nybergsund <i>Park Kongeparken poi-k</i></p> <p>- Innbygda (downtown Trysil)</p> <p>Trysil Church poi-k Church office +47 47775995 post@trysil.kirken.no www.kirken.no/trysil</p> <p>Trysil bygdetun poi-k (open air museum), +47 62451300, www.tryengmus.no 11-16</p>	<p>Nybergsund – Village. No catering/groceries</p> <p>Trysil Hyttegrend, Øråneset 200 m from trail poi-o NOK 230 p.p d.r /415 s.r 2 km South of Innbygda, by the river of Trysil. Tent, rooms and cabins. Evander Nelissen, +47 90132761 www.trysilhytte.com trysilhytte@trysilhytte.com</p> <p>Trysilelva Camping, near the trail poi-o NOK 440/cabin 600 m south of Innbygda, Sundberg, +47 90561173, info@trysilelvacamping.no, www.trysilelva.camping.no</p> <p>Innbygda (Downtown Trysi) - Village with catering/groceries and more Sørhusjordet Kiwi groceris +47 62450757 poi-h Apotek 1 (pharmacy) Innbygda, +47 62448430, 9-17/9-14 poi-h</p> <p>Trysil hotel, downtown Trysil 5 min from the trail, <i>from</i> NOK 890 Storvegen 24, +47 97940000, post@trysilhotell.net, www.trysilhotell.net</p>

<p>4. 15 km</p>	<p>Innbygda – Jordet</p> <p>N. Trysil Church Trysil Church office +47 47775995 post@trysil.kirken.no www.kirken.no/trysil</p>	<p>Gammelleiret, 11 km North of Innbygda, by the trail poi-o NOK 50/person Simple cabin, space for up to 7 people, early pilgrims have stayed here. Cooking facilities. +47 95840061, yngvildholt@gmail.com</p> <p>Trysil Camp - Fredbo, Jordet 1,4 km fra leden poi-o from NOK 350/cabin “pilgrim’s cabin” with 4 beds , +47 41617077 post@trysilcamp.no www.trysilcamp.no</p> <p>Jordet Community House, by the trail poi-o NOK 120/person right before the trail turns West. Cooking facilities. Bekkevold, +47 41543705</p> <p>Jordet - Village with groceries and gas station (1 km from the trail) Remember to buy food for the next days until Åkrestrømmen! Joker Store in Jordet +47 62457003/ 90599463 9-18 poi-h</p>
<p>5. 18 km</p>	<p>Jordet – Nøsledammen - Eltedalen / <i>Trysil-Knuts fjellverden</i> <i>(mountain area where</i> <i>Trysil-Knut used to live)</i></p>	<p>Nøsledammen, by the trail, poi-o no charge simple cabin for hunters and fishermen, usually open, ca. 3,5 km before Eltedalen community house, “Jordet hunting+ fishing association” Arne Storløpa Sneli +47 90559797 /+4741261715</p> <p>Grendehus (community house) in Eltedalen by the pilgrim trail poi-o Cooking facilities, WC and shower (bring your own mat) Birthe Øverby +47 47455865 has code for the cabin</p>
<p>6. 17 km + 8 km</p>	<p>Eltedalen RENDALEN MUNICIPALITY +47 62468501 - <i>Munkbetsetra</i> - Osdalsjøen</p>	<p>Munkbetsetra Old shieling with history back to the pilgrim’s traffick. poi-k A cabin will be build here</p> <p>Osdalsjøhytta, Osdalsjøen close by the trail poi-o no charge Open cabin with 3-4 spots for sleeping. Simple cooking facilities. Outhouse.</p>
<p>7. 19 km</p>	<p>Osdalsjøen - Rensjøene</p>	<p>Pilgrim’s cabin, Nordre Rensjøen close by the trail poi-o no charge Open cabin with 4 spots for sleeping. Outhouse. No cooking facilities.</p>
<p>8. 10 km + 12 km</p>	<p>Rensjøene - <i>Rosemarie’s well</i> poi-k - Åkrestrømmen</p> <p>Alternative starting point: Lia Gård, 25 km to - <i>Pilgrim Stone at Åkre</i> along the Moraroad, old transport road between Koppang (Kaupanger) and Rendalen</p> <p>Lia Church and New Stave Church, consecrated June 24 2017, is open year round.</p>	<p>Åkrestrømmen - Village with groceries, cafeteria et al. Joker Åsheim groceries, +47 62469160, 8-19/9-18 poi-h</p> <p>Storsjøenteret Camping close by the trail poi-o NOK 450/cabin Campsite towards lake Storsjøen, Café offering simple meals. +47 62468888 /+47 47803486, post@storsjosenteret.no, www.storsjosenteret.no</p> <p>Øiseth Hotel, Åkrestrømmen poi-o where the pilgrim trail leads to the main road. Cafeteria +47 62466200, post@oiseth-hotell.no, www.oiseth-hotell.no</p> <p>Lia Gård, poi-o NOK 150/pers in cabin, s.room w/bath and meals NOK 800. Retreat center at an old farm with pilgrim tradition, about 20 km from Trail East. The Trail West from Rena is passing here. Picking up from train at Koppang or Åkrestrømmen. Ingeborg Bø, +47 40413778, retreat@liagard.no, www.liagard.no</p> <p>«Kneppstua» at Nordre Fiskvik Gård, 17 km from Lia Gård poi-o NOK 100/pers along the Moraroad towards Åkre, 13 km to Otnes. Kari Fiskvik, +4799793175</p>
<p>9. 4 km + 6km + 18 km</p>	<p>Åkrestrømmen - Pilgrim Stone – a heritage <i>from the pilgrim history, with</i> <i>carved cross</i> poi-k Ytre Rendal Church poi-k</p> <p>Øvre Rendal - Bull Museum poi-k</p> <p>Øvre Rendal Church poi-k Church office +47 41627971 kirkevergen.rendalen @fjellnett.no www.rendalenkirke.com</p>	<p>Åkre - a pilgrim traffic juntion The trails from Trysil (EAST) and Rena (WEST) meet here</p> <p>Otnes – village with groceries, gas station and church Joker Store Otnes, +47 62467134, 9-18 Mo-Th / 9-20 Fr poi-h Gas station open 8-22 Ma-Sa / 10-22 Su poi-h</p> <p>Pilgrim’s cabin close to church, Strandveien 16. poi-k NOK 100/pers Cabin with 2 beds, power, outhouse. Key, info and water at the gas station.</p> <p>Øvre Rendal - Village with grocery stores, library, church Coop Marked 90703672 9-18 poi-h Joker Helstad 62468105 poi-h <i>Next place with groceries by the trail: Tynset.</i></p> <p>Smedberget Pilegrimstun, Øvre Rendal by the trail poi-o NOK 100/pers Smallholding, 1,5 km North of the church. Pilgrim’s cabin with 5 beds in 3 rooms, open June-Sept. Self catering. Outhouse. Asbjørn Haugen, +47 90756922, asashaugen@gmail.com, www.ashaugenas.com</p>

10. 18 km	Ø Rendal - Skorsåsetra	New pilegrim cabin at the mountain farm Skorsåsetra comes July 2019 Lavvo-tent stands here in the meantime
11. 12 km +15 km	Skorsåsetra TYNSET MUNICIPALITY +47 62485000 - Søndre Kvanntjønna - Småvangan, Tyllaldalen Tyllaldalen Church poi-k 1,1 km from Bygdetunet	Pilgrimslavvo at Søndre Kvanntjønna, by the trail poi-o NOK 100/pers Fireplace. Tove Fjerdingby, +47 45004563, tobraby54@gmail.com Tyllaldalen - a village with medieval history Tyllaldalen Bygdetun poi-k open air museum at the old parsonage, where the old road came from the mountains. Open air plays from pilgrim history. Småvangan ski cabin in Tyllaldalen close to the trail poi-o NOK 100/pers Fireplace. Belongs to Tyllaldalen sports ass.Tove Fjerdingby +47 45004563.
12. 18 km	Småvangan, Tyllaldalen - Tynset Tynset Church poi-k Office +47 62485560 post@tynsetkirke.no www.tynsetkirke.no	Tynset – town with groceries, catering, pharmacy, train station on "Rørosbane" Tynset hotel , downtown Tynset, near the trail poi-o Restaurant ,+47 62480600, mail@tynsethotel.no, www.tynsethotel.no Tynset Camping , along the trail poi-o from NOK 420/cabin Kiosk. +47 62480311, post@tynsetcamping.no, www.tynsetcamping.no
13. 19 km	Tynset TOLGA MUNICIPALITY +47 62496500 - Vingelen Church and School Museum of Vingelen poi-k Vingelen Church poi-k Church office +47 62496593 kirkekontoret@tolga.kirken.no www.tolga.kirken.no	Vingelen - Mountain community , info center "Forollhogna" Coop Store Vingelen , +47 62494593, 9-18/9-17 poi-h Bunåva Café , +47 62780870, open daily 20 Jun-10 Aug poi-s Vingelsgaard Inn , Vingelen poi-o from NOK 725 / d.room with breakfast. Ingrid Vingelsgaard, +47 99368262, gjest@vingelsgaard.no, www.vingelsgard.no Tollefsa Gjestegård (inn), Vingelen poi-o from NOK 500/pers Old fashioned farm surrounding from the 16th c. Marte G.Vingelen, +47 62496200 / 91145958 Malmplassen Gjestegård (inn) in downtown Tolga, ca 5 km from the trail poi-o 14 rooms with 40 beds. Cafeteria. www.malmplassen.no, + 47 62496305
14. 28 km	Vingelen OS MUNICIPALITY +47 62470300 - Dalsbygda Dalsbygda Church poi-k Office +47 62470343 kirkekontoret@os.kirken.no www.kirken.no/os-hedemark	Dalsbygda - Mountain community Joker 62470090 9-18/9-16 sa poi-h , café 20.6-20.8, otherwise fr/sa <i>Last groceries along the trail before Singsås</i> Meierigården , Dalsbygda, close to the trail. poi-o NOK 200/pers Apartment with 4 beds, downtown. Run by "Fjellfølge" Randi Brænd, +47 92428141, www.dalsbygda.no, post@fjellfolge.no
15. 20 km	Dalsbygda - Såttåhaugen	Spellmovollen, Såttåhaugen , 900 m.a.s.l., near the trail poi-o NOK 275/pers at the gateway to the national park "Forollhogna", at the end of the road "Vangrøftdalsveien". Accommodation and traditional cuisine on reservation post@spellmovollen.no,+47 90936246 /+47 91884788
16. 20 km	Såttåhaugen MIDTRE GAULDAL MUNICIPALITY +47 72403000 - Storbekkøya	Open cabin at Lake Forollsjøen by the trail, poi-o NOK 50/pers open, one bed. Locked room with 4 beds can be booked on www.inatur.no Trond Are Berge +47 99554891 Stenfjellbua poi-o NOK 50/pers Svarttjønnbua poi-o NOK 50/pers Open cabin with 4 beds ca 1 km from trail. Trond Are Berge +47 99554891 Storbekkøya museumssæter (shieling), Budalen by the trail poi-o Accommodation and traditional food on order. Café during the summer , check online, www.storbekkoya.com. +47 47686230, Heidi Tovmo +47 91845541, Odd Vårvik +47 90152384. Klettheim samf.hus , Tjønnåsen, close to the trail poi-o NOK 200/pers Up to 20 people, Selfcatering. (Note that the route to Klettheim is ca 5 km longer than to Storbekkøya) Heidi Tovmo +47 91845541 or Odd Vårvik +47 90152384.

<p>17. 18 km</p>	<p>Storbekkøya Museumsseter (shieling) - Singsås</p> <p>Singsås Church, poi-k Church office +47 72403000 kirkekontoret@midtre- gauldal.kommune.no www.storen.kirken.no</p> <p>Gammelkirkegården (the old churchyard), Stave Church i Singsås, poi-k</p>	<p>Pilgrim's cabin by Vardan, along the pilgrim trail poi-o between Storli and Singsås. Open cabin, beds for 2. Gas stove/woodstove. Egil Myhre +47 72435215 / +47 95751406</p> <p>Bjørgen – church and Coop marked Bjørgen, +47 72435110 8-20 poi-h Singsås – Village with Coop marked Singsås, +47 72435125 9-20 poi-h <i>Last groceries before Ler (slightly more than 1 km from the pilgrim trail)</i></p> <p>Kari Maries Sommerresidens (summer house), poi-o NOK 350/pers 1 km from the trail in the old part of Bjørgen, 4 beds in 2 annex buildings. Kitchen, bathroom, WC. Selfcatering. Open May-August. kari.marie@helmersen.biz, +47 917 46 303.</p> <p>Stave Church in Singsås, by the trail poi-k (consecrated in 2012 at the old churchyard) Offers shelter. 2 mattresses in the tool shed next to the church.</p>
<p>18. 23 km</p>	<p>Singsås - Okstjønna</p> <p>MELHUS MUNICIPALITY +47 72858000</p> <p>- Samatun</p>	<p>Pilgrim's cabin by Okstjønna, close to the trail, poi-o without charge Open cabin with 2 beds. Cooking facilities and wood stove. Egil Myhre +47 72435215 / +47 95751406, egil.myhre@gauldalen.no</p> <p>Fjellstyre-cabin by Lake Samsjøen, close to the trail poi-o NOK 700/cabin 5 beds, wood stove and cooking facilities. Only on pre-order. Trond Are Berge, +47 99554891, singsaas@fjellstyrene.no</p> <p>Samatun, right by the trail poi-o NOK 150/pers Great cottage between lake Håen and lake Samsjøen. Beds for up to 20 people. Kitchen, bathroom, drying rack for clothes and boots. Owned by Melhus Red Cross. Trygve Eggen, tryeggen@online.no, +47 92616111</p>
<p>19. 28 km</p>	<p>Samatun - Fremo - Kirkflå/Ler</p>	<p>Heimvollen, close to the trail poi-o NOK 100/pers on the way from Flåmarka towards Fremo. Simple cabin, 6 beds (extra space on the floor, room for up to 9 people). Gas stove and wood stove. Outhouse. Tone Birgitte Bjørseth, +47 92086343, tone@oya.vgs.no.</p> <p>Kirkflå, right by the trail poi-o without charge Simple accommodation in newly restored smithy on the Kirkflå farm, 2 beds. Outhouse. Access to water. Bring cooking equipment. Ole Henrik Engan +47 95024526 Groceries at Ler, ca 1 km from the trail.</p>
<p>20. 14 km</p>	<p>Kirkflå (Ler) - Rødde folkehøgskole</p> <p>- Øyvindtjønna poi-k</p>	<p>Øyvindtjønna sælehus (cabin), close to the trail, poi-o without charge Open. 2 plank beds, very simple standard. No wood stove, no gas stove.</p> <p>Rødde folkehøgskole (college), Melhus poi-o from NOK 370/pers Breakfast, All rooms have access to a small kitchen. No accommodation in the school term. +47 72852910, booking@rodde.fhs.no, www.rodde.fhs.no</p>
<p>21. 18 km</p>	<p>Rødde - Nidarosdomen</p> <p>TRONDHEIM MUNICIPALITY +47 72540000</p> <p>Nidaros Cathedral Cathedral of Trondheim poi-k +47 73890800, postmottak.ndr@kirken.no www.nidarosdomen.no</p> <p>Church office in Trondheim +47 994 36 000 post.trondheim@kirken.no www.kirken.no/trondheim</p>	<p>Trondheim - pilgrimage destination</p> <p>Nidaros Pilegrimsgård – off. reception center for pilgrims and regional pilgrimcenter, accommodation, meeting point. Registration, stamps for the pilgrim passport, the Olav letter (pilgrim diploma, if you have walked the last 100 km into Trondheim), free entrance to the Nidaros Cathedral for pilgrims. Volunteers offer a cup of coffee and a chat. Pilgrim library. Kjøpmannsgata 1, right by the Nidaros Cathedral. post@pilegrimsgarden.no, www.pilegrimsgarden.no, +47 73525000</p> <p>Pilgrim's priest Einar Vegge, +47 92200171, ev676@kirken.no Centerleader Toralf Neraas, +47 95400691, toralf@pilegrimsgarden.no</p> <p>Distances for the Østerdalen trail: EAST: Lutnes - Åkre: ca 140 km WEST: Rena - Åkre: ca 80 km JOINT: Åkre - Trondheim: ca 280 km</p>