

THE ØSTERDALEN TRAIL - WEST – from Rena

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. 7,5 km	<p>ÅMOT MUNICIPALITY +47 62434000</p> <p>Åmot Church poi-k Church office +47 62442910 www.kirken.amot.no</p> <p>Rena Nesvangen poi-k Heritage from the pilgrim history - Lake Løpsjøen</p>	<p>Rena – village with several shops, café and hotel. church, train station on Rørosbanen, <i>OBS: Next grocery store in Otnes, Ytre Rendal</i></p> <p>Remember to charge your phone, take some drinking water with you - and get the information about the code for the cabins from Ingeborg Bø, Lia Gård +47 40413778</p> <p>Trudvang hotel, Rena, close to the trail, 3 star hotel, downtown, right across the church, +47 94805555, post@renahotell.no. Booking: www.renahotell.no</p> <p>Rena campsite, close to the trail, <i>NOK 450/cabin</i> +47 62440330, post@renacamping.no, Lars Ole Sveen can be contacted til 22 o'clock</p> <p>Ljørkoia at Løpsjøen, cabin poi-o <i>NOK 100/pers</i> copy of a traditional forest cabin with earthen floor, open fireplace and plank beds for 3 people (if you follow the lumberjacks' example and sleep foot-to-foot, space for 5). Outhouse, water close by, no equipment. Possible to set up a tent.</p>
2. 12,5 km	<p>Lake Løpsjøen - Tollefkoia</p>	<p>Tollefkoia, by the trail poi-o <i>NOK 100/pers</i> forest cabin, cooking equipment, water, firewood, outhouse. Possible to buy canned food, powdered soup, crisp bread. 8 people. Code for the cabin +47 40413778</p>
3. 10 km	<p>Tollefkoia - Perskoia</p>	<p>Perskoia, by the trail poi-o <i>NOK 100/pers</i> Cabin used by lumberjacks, cooking equipment, water, firewood, outhouse. Possible to buy canned food, powdered soup, crisp bread. 8 people. Code for the cabin +47 40413778</p>
4. 14 km	<p>Perskoia - Trollhytta</p>	<p>Trollhytta, by the trail poi-o <i>NOK 100/pers</i> Cabin used by lumberjacks and hunters, cooking equipment, water from creek Eriksbekken, firewood, outhouse. Possible to buy canned food, powdered soup, crisp bread. 8 people. Code +47 40413778</p>
5. 9 km	<p>Trollhytta - Netsjøhytta</p>	<p>Netsjøhytta, by the trail poi-o <i>NOK 100/pers</i> old fisherman's cabin by Lake Netsjøen, cooking equipment, firewood, outhouse. Drinking water in the lake. Fishing rod inside the cabin. Possible to buy canned food, powdered soup, crisp bread. 7 people. Code for the cabin +47 40413778</p>
6. 24 km	<p>Netsjøhytta - Lia Gård Lia Church open 24/7, year round. New Stave Church, consecrated June 24 2017</p>	<p>Lia Gård, by the trail, poi-o <i>NOK 150/pers in cabin, singleroom NOK 800 with bath and meals</i>. Book in advance. Retreat center at an old farm with pilgrim tradition. Welcome to take some days of rest here. Community prayers 3 times a day. Groceries can be purchased. Transport to/from Koppang train station. Ingeborg Bø +47 40413778, retreat@liagard.no, liagard.no.</p>

7. 17 km	Lia Gård RENDALEN MUNICIPALITY +47 62468501 - Fiskvik Gård	«Kneppstua» at Nordre Fiskvik Gård, near the trail poi-o NOK 100/pers beautiful, renovated chalet, along the Moraroad towards Åkre. Fully equipped kitchen with hot water, cooking facilities, refrigerator, but no provisions. Water closet with sink. One double bed, one sofa bed and some mattresses. A simple accommodation with two beds as well. Book in advance. Kari Fiskvik, +47 99793175, jo-fisk@online.no
8. 9 km +5 km	Fiskvik Gård - Pilgrim Stone Åkre poi-k - Otnes, Ytre Rendal Ytre Rendal Church poi-k Church office +47 41627971	Akre - a pilgrim traffic junction The trails from Trysil (EAST) and Rena (WEST) meet here <i>The Pilgrim Stone is a heritage from the pilgrims in the Middle Ages, poi-k with carved cross and ML (=halfway or year 1050) by the trail</i> Otnes – village with groceries, gas station and church Joker Store Otnes, +47 62467134, 9-18 Mo-Th / 9-20 Fr poi-h Gas station 8-22 Ma-Sa / 10-22 Su poi-h Pilgrim's cabin close to the church, Strandveien 16, poi-o NOK 100/pers Cabin with 2 beds, power, outhouse. Key, information and water at the gas station.
9. 17 km	Otnes - Øvre Rendal <i>Bull-museum poi-k</i> Øvre Rendal Church poi-k Church office +47 41627971 kirkevergen.rendalen@fjellnett www.rendalenkirke.com	Øvre Rendal - Village with grocery stores, Coop Marked 90703672 9-18/9-16 poi-h Joker Helstad 62468105 9-17/9-15 poi-h <i>Next place with groceries by the trail: Tynset.</i> 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
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, Tyllidalen Tyllidalen 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 Tyllidalen - a village with medieval history Tyllidalen 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 Tyllidalen close to the trail poi-o NOK 100/pers Fireplace. Belongs to Tyllidalen sports ass. Tove Fjerdingby +47 45004563.
12. 18 km	Småvangan, Tyllidalen -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 <i>Church and School Museum of Vingelen poi-k</i> 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.vingelsgaard.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.
17. 18 km	Storbekkøya Museumsseter (shieling) - Singsås Singsås Church, poi-k Church office +47 72403000 kirkekontoret@midtre- gauldal.kommune.no www.storen.kirken.no Gammelkirkegården <i>(the old churchyard)</i> , Stave Church i Singsås, poi-k	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 Bjørgen – Singsås church Coop marked Bjørgen , +47 72435110 8-20 poi-h Singsås – Village Coop marked Singsås , +47 72435125 9-20 poi-h <i>Last groceries before Ler (slightly more than 1 km from the pilgrim trail)</i> 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. 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.
18. 23 km	Singsås - Okstjønnna MELHUS MUNICIPALITY +47 72858000 - Samatun	Pilgrim's cabin by Okstjønnna , close to the trail, poi-o <i>without charge</i> Open cabin with 2 beds. Cooking facilities and wood stove. Egil Myhre +47 72435215 / +47 95751406, egil.myhre@gauldalen.no 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 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
19. 28 km	Samatun - Fremo - Kirkflå/Ler	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>Kirkflå, right by the trail poi-o <i>without charge</i> Simple accommodation in newly restored smithy on the Kirkflå farm, 2 beds. Outhouse. Access to water. Bring cooking equipment. Ole Henrik Engan +47 95024526</p> <p style="text-align: center;">Groceries at Ler, ca 1 km from the trail.</p>
20. 14 km	<p>Kirkflå (Ler) – Rødde folkehøgskole - Øyvindtjønna poi-k</p>	<p>Øyvindtjønna sælehus (cabin), close to the trail, poi-o <i>without charge</i> Open. 2 plank beds, very simple standard. No wood stove, no gas stove.</p> <p>Rødde folkehøgskole (college), Melhus poi-o <i>from NOK 370/pers</i> 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>
21. 18 km	<p>Rødde - Nidarosdomen</p> <p style="text-align: center;">TRONDHEIM MUNICIPALITY +47 72540000</p> <p style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">Distances for the Østerdalen trail: EAST: Lutnes - Åkre: ca 140 km WEST: Rena - Åkre: ca 80 km JOINT: Åkre - Trondheim: ca 280 km</p>

Changes can be reported to + 47 91357013, asashaugen@gmail.com