Dag 4: Gammeléiret - Jordet - Nøsledammen 18 km, Jordet - Eltdalen 18 km

Alternative 1: From Gammeleiret via the hamlet Jordet towards Nøsledammen, (pilgrimstamp) an old dam constructed to provide sufficient water for the logfloating. Open cabin owned by Jordet hunting and fishing club. You will find a fireplace and benches, but no mattresses.

Alternative 2: From Jordet to the Community House at Eltdalen (NOK 50/pers) the distance is 18 km. Birthe Øverby has code for the lock +47 47455865.

In the hamlet Jordet there is a new church, built in 2000, 1,5 km west of the pilgrim track. In Jordet centre there is a grocery (open Mon-Thurs 09-17, Fri 09-18, Sat 09-17).

Dag 5: (Nøsledammen -) Eltdalen grendehus – Munkbetsætra 15 km

Walking in this mountain terrain you will cross the border into Rendalen Municipality. Before that you will find a sign Leirsetra, an old burial mound from year 600, discovered in 1964. The mound, a hunter’s grave at 820 m.asl. contained arrows, remnants of a sword a.o.

From here the pilgrim track is marked all the way through Rendalen and Tynset municipalities to Trondheim. Your first stop after Munkbetsætra (8 km) will be an open cabin at Osdalssjøen. It will be another 40 km before you reach the next centre with groceries, accommodation and bus transport at Åkrestrømmen in Rendalen Municipality.

Look for more maps and recommended day distances at “Østerdalsleden” on www.pilegrimsleden.no.

Practical Information:

Bus: TrysilExpress daily between Oslo and Trysil. Travel time 3,5 hours. Leaving from Oslo Bus Terminal or Oslo airport Gardermoen (+4748166900; trysil@boreal.no)

Accommodation: Sleeping bag is mandatory. Please contact in advance your favoured destination site. Be aware that mobile cover is not always optimal.

Contact person: Parish deacon Birthe Øverby (birthe.olverby@trysil.kirken.no; or birthe.olverby@gmail.com; +47 47455865 or the Church office +47 47455861.

Welcome to Trysil as a pilgrim!

(2019/06)
Day 1: Lutnes - Plassen 16 km
Arriving from Sweden you must notice that the Klara Elv changes its name to Trysilelva. It is possible to stay overnight in Dagfinnstua, a cabin by the community house Oddheim by the river in Lutnes, roughly 3 km on the Norwegian side of the border. There is an outdoor dry toilet. You can reach Plassen and Lutnes by the schoolbus. (Departure from Trysil centre Innbygda every schoolday at 14:21 hours and reach Lutnes East at 15:20. After 22. June contact Hedmark Trafikk tel nr 177).

The area around the community house Oddheim (pilgrimstamp) is very beautiful where the river Lutua meets Trysilelva. Here you find a suspension bridge and the official Trysil Pilgrim milestone, where it states that you 379 km away from Nidaros.

OBS. There is unfortunately still no bridge crossing the river Grøna. The river will be too strong to cross on feet, especially early summer. If you fail to contact someone to agree on transport (Marga: +47 97045221, Ola: +47 99458926, Birthe: +47 47455865) you will have to follow the small road 1,5 km to Rv 26 and follow this road to Plassen Church, about 10 km.

Gjerfloen Fluefske (Flyfishing) has one cabin 1 km south of Plassen and another cabin 3 km north of Plassen. (gjerflue@online.no, +47 62356012 / 90164139) (NOK 400/cabin)

Mandfloen, a charming small farm, restored in traditional style (NOK 100/pers), and situated close to the track that runs on a ridge with a good view to the farm, 2 km north of Plassen church. (Elfri Skjæraasen +47 98477324, elfrid@frisurf.no)

At the hamlet Plassen there is a grocery (open Mon-Thurs 09-17 hours, Fr 10-18 hours, Sat 10-15 hours, +47 62450955)

The picturesque Plassen church (pilgrimstamp), built in timber 1907.

Day 2: Plassen - Kolos 8,5 km, K - Nybergsund 11,5 km, N - Øråneset 5,5 km

Alternative 1: On foot from Oddheim, Mandfloen and Gjerfloen, stopping at the farm “Kristoffers” close to the track, 3 km south of Nybergsund (post@kristoffers.no, +47 48069111) or at Grasmo Villmarkscamp, (NOK 490/tomansshytte, 200/telt) also 3 km south of Nybergsund (www.trysilguidene.com; booking@trysilguidene.com) the distance will be approx. 15 km.

Alternative 2: If you stay overnight just north of Plassen and carry on to stay overnight close to Trysil centre Innbygda, the distance for the day will be 23-24 km. You can stay for the night at Trysil Hyttegrend & Camp, 2 km south of the centre, (NOK 230/d.r - 415/singlerom) (www.trysilhytte.com, +47 90132761, trysilhytte@trysilhytte.com), or at Trysil Hotel in the centre, Storvegen 24, +47 97940000, service@trysilhotell.net.

In the hamlet of Nybergsund you should visit the “King’s Park” (pilgrimstamp), where King Haakon and Crown Prince Olav found shelter for German bombers in 1940.

Dag 3: Nybergsund – Gammelleireit 18 km, Øråneset – Jordet 15-17 km

Alternative 1: If you have chosen to stay overnight before arriving Nybergsund you may choose Gammelleireit for your next stop. This place has probably been a campground for pilgrim also in the old time. Here you’ll find a small cottage (NOK 50/pers) with mattresses, situated just on the track about 11 km north of Trysil centre, (contact yngvildholt@gmail.com, +47 95840061) About 21 km.

Alternative 2: If you at the end of day 2 have slept over in Trysil centre, Innbygda, it will be relevant to walk all the way to either Trysil camp, Fredbo, a little north of the track in the hamlet Jordet (+47 41617077, post@trysilcamp.no) (NOK 350/cabin) or to the Community house in Jordet, just on the track (NOK 120/pers) (+47 41543705/ +47 41610954)

In Trysil Centre, Innbygda, you will find many shops, pharmacy, and Trysil Church from 1861 as well as the oldest outdoor museum in the country, just on the pilgrim track: Trysil Bygdetun (pilgrimstamp), post@tryengmus.no. The track towards Jordet leads us steeply up Grimsåsen, the path the pilgrims choose to be able to see the direction of the river and the track further north.

If you should wish to start your pilgrimage from Trysil Centre, you can easily reach the site with Trysilekspressen, bus from Oslo.