Day 9: Øvre Rendal - Fonnås fret - Skorsåsetra, ca. 18 km. Steep climb from Fonnås Gård (farm) in Elvål up to mount Fonnås, but great view there. Then easy walking on a mountain trail via mountain pasture to Skorsåsetra. Stay in a cabin at the mountain farm.

Day 10: Skorsåsetra – passing Skarsjøen to Søndre Kvanntjonna, Tyldalen, ca. 12 km. New mountain cabin. Fireplace and some food. More information: Tove Fjerdingby, +47 45004563, tobraby54@gmail.com

Day 11: Søndre Kvanntjonna – Småvangan ca. 12 km. Staying in a small cabin. Possible to make fire and cook. Tove Fjerdingby, +47 45004563, tobraby54@gmail.com

Day 12: Småvangan - Tynset, ca. 18 km. Tynset Camping and Motel at the Tynset bridge crossing the river Glomma: +47 62480311 or Tynset Motel and Hostel, (Brugata 6, +47 62 480600). Shops, museum, Tynset Church and Tynset station.

Map and further stages: “Østerdalsleden” at www.pilegrimsleden.no

Practical information:

Arrival/departure:
By train; train from Oslo via Hamar and Elverum to Rena station. Train also stops at Koppang and Tynset. www.vy.no
Buss: www.hedmark-trafikk.no, +47 73 88 39 00
Gauldal – Østerdalbuss: www.gobuss.no

Accommodation: bring a sleeping bag.

Prices: most cabins cost NOK 100/night/person.

Information on combination locks for the cabins: Lia Gård v/ Ingeborg Bø, +47 40413778, retreat@liagard.no.

There is no good mobile reception on the trail, so book and ask beforehand.

(2019/07)
Proposal for a 12 day’s walk on the pilgrims’ trail from Rena to Tynset

Arrival: Rena station

At night: Rena Camping (+47 62440330, post@renacamping.no, Lars Ole Sveen, available till 10 pm) or Trudvang hotel (+47 91011123) both accommodations should be booked beforehand. Grocery store and café in Rena are open till 10 pm.

At daytime: Walk 7, 5 km to Ljørkaio ved Løpsjøen, this cabin is rebuilt like a traditional forest shelter with clay floor, open fireplace and sleeping pallets for 3 persons - or do as forest workers and lie foot to foot, there is room for 5! Privy, water nearby, without equipment. Possible to set up tents.

Remember to recharge your mobile and contact Lia concerning the combination locks for the cabins – and bring some drinking water with you.

Day 1: Nesvangen, Rena – Tollefkoia, ca. 20 km. Well marked path on pine-heath with light-grey reindeer moss that is typical for the region. Tollefkoia is a forest shelter with equipment for cooking, water, wood, privy. Cans, packet soup, crisp bread can be bought. 8 pers. Combination lock.

Day 2: Tollefkoia-Perskoia, ca. 10 km. Well marked path. Cabin used by lumbermen. Equipment for cooking, water, wood, privy. Cans, packet soup, crisp bread can be bought. 8 pers. Combination lock.

Day 3: Perskoia – Trollhytta, ca. 14 km. Well marked path, later ca. 6 km on Storsjøveien (gravel road), followed by an uphill path to Trollhytta, a cottage used by lumbermen and hunters. Equipment for cooking, wood, privy. Water from the brook Eriksbekken. Cans, packet soup, crisp bread can be bought. 8 pers. Comb. lock.


Day 5: Netsjøhytta – Lia Gård, ca 24 km. Woodland, walking on marked path, road or trail. Possible to be picked up by car at Bakmyra, 4 km south of Lia. Lia Gård offers various accommodations from single room with bathroom and full board to cabins with equipment for cooking, electricity and privy. Possible to spend a resting day here. Food can be bought. Transport to Koppang station. Lia Church is opened all day, three prayers every day. (Ingeborg Ø, +47 40413778, retreat@liagard.no, www.liagard.no)

Day 6: Lia Gård- Fiskvik Gård, ca 17 km. From Lia leads the path across the hill Bjønnåsen, passing the Greek Orthodox Chapel “Fotini”, further down to the road rv 30, uphill to the Blueberry Path then to the Old King’s Road, Moraveien. In 1206 the Birkebeiners used this road to take the two-year-old prince Håkon to safety in Trondheim. The path is well marked. Overnight-stay at Fiskvik Gård; in a nice and renovated chalet. (+47 99793175 – Kari Fiskvik)

Day 7: Fiskvik Gård – pilgrim’s stone – Pilgerim-cabin, Otnes, ca. 14 km. Follow the Moraveien, pass the pilgrim’s stone at Åkre to Otnes. Shops open till 6 pm, petrol station with food/mail till 9 pm. Overnight-stay in a pilgrim-cabin in Standveien, beside Ytre Rendal Church (+47 40806840 – church) Ask for water and key to the cabin at the petrol station. No shower.

Day 8: Otnes - Bull-museet - Smedberget Pilgrimstun, Øvre Rendal, ca 17 km. Road rv 30 northwards, turn to your right after 2 km and follow the farm road to Hornset, further northwards along the river. In Øvre Rendal, you will pass by the Bull museum (open june-august) and the Øvre Rendal Church (+47 40806840 – church office). Shops open till 6 pm.

Ca 800 m behind the church, you turn left to walk on the pilgrim’s trail (gravel road - Bergevegen) to the farm Smedberget Pilgrimstun. The pilgrim cabin includes solar power, 5 beds in 3 rooms and mattresses. Privy, shared shower and cooking facilities in the main house’s basement. (+47 90756922 – Asbjørn Haugen)