

Day 9: Øvre Rendal - Fonnås fjellet - 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 (+47 90917587 - Johan Grindflek) Stay in a permanent tent or lavvo at the mountain farm.

Day 10: Skorsåsetra – pasing Skarsjøen to **Søndre Kvanntjønna, Tyllidalen**, ca. 12 km. New mountain cabin. For more information contact Tynset's culture manager (+47 90619060 - Beate Hjertager).

Day 11: Søndre Kvanntjønna – Småvangan ca. 12 km. Staying in a small cabin. Possible to make fire.

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.nsb.no

By bus: Østerdalekspressen, www.osterdalekspressen.no

Local bus Rena-Rendalen-Tynset: Gauldal-Østerdalbuss, www.gobuss.no and www.hedmark-trafikk.no (+47 177 / 73883900)

Accommodation: bring a sleeping bag.

Prices: most cabins cost NOK 150/night/person.

Information on combination locks for the cabins: Lia Gård, +47 62 46 65 00, retreat@liagard.no.

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

(2018/05)



The Pilgrims' Route in Norway

The St. Olav's Trails toward Trondheim



Walking on the pilgrim's trail through Østerdalen

From Rena to Tynset

via Lia Gård and the pilgrim's stone in Åkre
- for single pilgrims and groups up to seven people

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 "Løpsjøkoia", this cabin is rebuilt like a traditional forest shelter with clay floor, open fireplace and sleeping pallets for 3 persons - or if you want to 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 drinkingwater with you.

Day 1: Rena – Tollefkoia, ca. 24 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. 14,5 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. 19,5 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 4: Trollhytta - Netsjøhytta, ca 8,5 km. Woodland, marked path, but parts without trail, partly wet, passes the mountain lake Trolltjønn. Netsjøhytta, an old fishing hut by the lake Netsjøen. Equipment for cooking, wood, privy. Water from the lake. Fishing rod inside. Cans, packet soup, crisp bread. 7 pers. Comb lock.

Day 5: Netsjøhytta – Lia Gård, ca 20 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. (+47 62466500, 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 – Pilgrim-cabin, Otnes, ca. 15 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 62468469 – 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 6248469 – church office). Shops open till 5 pm.

Ca 800 m behind the church, you turn left to walk on the pilgrim's trail (gravel road) 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 – Aslaug and Asbjørn Haugen)

