

friendlytrøndelag™  
CENTRAL NORWAY

*A taste of Kystriksveien!*



# Midtre Namdalen

Namdalseid - Namsos -  
Fosnes - Overhalla



## TOURISTGUIDE 2005/06

• Maps • Accomodation • Sights

# PLUSCAMP

KVALITETSHYTTER OG CAMPING - HELE ÅRET

## NAMSOS



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### Namsos Camping as

Tel. 74 27 53 44 Fax. 74 27 53 93  
 Email: [namscamp@online.no](mailto:namscamp@online.no)  
[www.pluscamp.no/namsos](http://www.pluscamp.no/namsos)



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Publisher: Kystriksveien Reiseliv AS  
 Layout/Repro: Lade Offset, Trondheim  
 Photos: Olav Breen, Jørn Gåsvær, Kystriksveien Reiseliv,  
 Morten Stene, Steinar Johansen, Oddvar Heilong, Rickhard Haltnes  
 Print: Lade Offset, Trondheim  
 Circulation: 30.000 copies, covering Norwegian, English and German

The publisher carries no responsibilities for any errors in this publication.

# Kystriksveien



**Olav Breen**

**Kystriksveien - Rv17**

English-German-Norwegian

**kr. 248,-**



Available at tourist informations or [www.rv17.no](http://www.rv17.no)

[www.rv17.no](http://www.rv17.no)

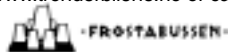

**THE COASTAL ROUTE - KYSTRIKSVEIEN**

The Coastal Route Rv17 is a 650 km long travel route between Steinkjer to the south and Bodø to the north and is a first choice among many visitors to Norway who are planning to travel by automobile. Experience one of Norway's finest tourist routes! We provide you with a detailed travel guide free of charge (route description, accommodation, ferry schedules, etc.). You only pay postage if you order the travel guide. The travel guide and accommodation can be ordered via the Internet: [www.rv17.no](http://www.rv17.no).

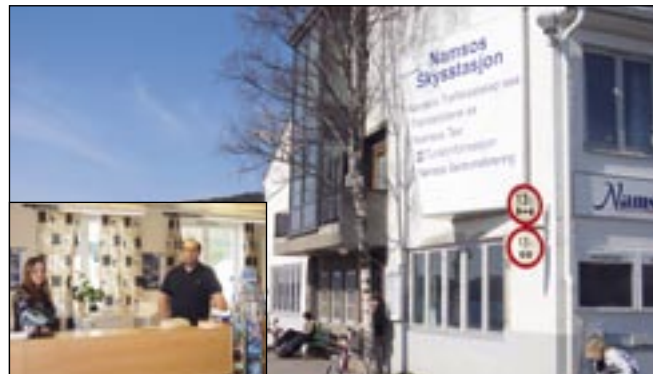
**Bus service: Namsos -Steinkjer-Trondheim**

South:	Dx67	Dx67	Tog	Dx67	Tog	Dx67	Dx67	Tog	Dx67	Tog	Dx67	Dx67	Tog	Dx67
Namsos	0530	0630		0830		0930	1130		1430		1530	1730		1830
Steinkjer	0655	0800		1000		1055	1300		1600		1655	1900		1955
Levanger	0745	0845	0905	1045	1105	1145	1345	1405	1645	1706	1745	1945	2005	2045
Værnes	0835		0957		1154	1235		1454		1754	1835		2054	2135
Tr.heim	0905		1031		1231	1305		1530		1831	1905		2131	2205
North:	Tog	Dx67	Tog	Dx67	Dx67	Tog	Dx67	Dx67	Tog	Dx67	Tog	Dx67	Dx67	Dx67
Tr.heim	0510		0610		0800	1010		1200	1310		1610		1700	2000
Værnes	0543		0645		0840	1045		1240	1345		1645		1740	2040
Levanger		0630		0730	0930		1130	1330		1430		1730	1830	2130
Steinkjer	0716	0720	0816	0820	1020	1216	1220	1420	1516	1520	1816	1820	1920	2220
Namsos		0845		0945	1145		1345	1545		1645		1945	2045	2345

Also weekend service, for information: [www.tronderbilene.no](http://www.tronderbilene.no) or call Tel: 177

Welcome to Skysstasjonen at the quay!  
 Skysstasjonen is the interchange of Namsos. Office counter for high-speed boat, buss, taxi and tourist information all gathered under the same roof.



**THE TOURIST INFORMATION**

- The travel guide for Kystriksveien
- Tourist information mainly for this region
- Post cards, maps and souvenirs
- Booking
- Cycle rental in the summer season
- Fjord rafting (min.numbers)

**NAMSOS TRAFIKKSELSKAP**

- Freight transportation by the high-speedboat Namdalingen
- Charter rental for groups with Namdalingen
- Roundtrips in the summer to the fishing village SørGjæslingan every Saturday

**TRØNDERBILENE**

- Local buses in Namsos and Namdalen
- Express bus: Namsos – Trondheim
- Express line: Namsos -Levanger (correspond with train service in Steinkjer/Levanger).
- Reservations and sales of train tickets for the NSB

## TAXI

The taxi stand in Namsos. Telephone: 74272828

## Tourist Information for Namsos, Fosnes and Overhalla:

Kystriksveien Reiseliv AS avd.Namsos

Skysstasjonen, Dampskipskaia

Boks 306

N-7801 NAMSOS

Tel: +47 74 22 66 04 Mob: +47 92 26 93 71

Fax: +47 74 22 66 01

Web Kystriksveien: [www.rv17.no](http://www.rv17.no)

Web Namsos: [www.namsosinfo.no](http://www.namsosinfo.no)

Email: [namsosinfo@rv17.no](mailto:namsosinfo@rv17.no)

## Tourist Information in Namdalseid;

Sentrum Auto, 7750 Namdalseid

Tlf.: +47 74 27 82 50 Fax: +47 74 27 84 56

Mon – Sat: 07.00 - 21.00 Sundays: 13.00 - 21.00

Email: [sentauto@online.no](mailto:sentauto@online.no)

[www.namdalseid.net](http://www.namdalseid.net)



# NTE

## Nord-Trøndelag Elektrisitetsverk

Hestmarka - tlf. 74 21 27 00

[www.nte.no](http://www.nte.no)

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## NAMSOS

- The rock'n'roll town
- The culture-oriented town
- The town of timber industry
- ... Namdalen's commercial centre!



In more recent times, Namsos has become known as the birthplace of "Trønder-rock". Åge Aleksandersen, Terje Tysland, DDE, Askil Holm among other popular artists were born and raised here. Several new local rock bands are well on their way. Namsos wants to position itself as a rock town and the annual Namsos Rockfestival ([www.namsosrockfestival.no](http://www.namsosrockfestival.no)) is one of more proofs in this respect. Visit "Rockegata" in Namsos Storsenter and get a touch of both the present and nostalgia.



Namsos.

## History

Namdalen's large, natural forest areas along with top quality timber were the main factors behind parliament's decision on June 7, 1845 to establish a town near the mouth of the Namsen River. The country's first-ever steam-powered sawmill, Wullum-saga in Spillumsvika, became operational in 1852, and was followed by yet another sawmill being established by Carl Gulbranson at Verftstangen within the town limits of Namsos, just across the fjord. There was nonstop activity following this and Namsos soon achieved status as a timber-town on a par with Lillestrøm and Fredrikstad.

Modern day Namsos is a town that bears the mark of having been reduced to ruins on three occasions; in 1872 and 1897 as the result of major fires and a third time as the direct consequence of German bombing on 20 April 1940. However, this town has proven its vitality and was repeatedly reconstructed over the course of a short period.



The moose, as rendered on the Namsos municipal coat of arms, is a common sight in Namsos' forest and throughout the entire Namdalen Valley. There is an outdoor "moose park" in summer featuring local works in connection with the culture centre.

You may buy fresh shrimps at the quayside in Namsos every Friday from a fishing boat. During summer there is frequent live dance band music at the quay in Finnanger, Otterøya. On Otterøya you find the world's northernmost red deer population with over 600 deer. It is almost unavoidable to catch a glimpse of red deer out there!



Namsos town centre.

### Transportation

Airport with connecting flights to Trondheim, Rørvik, Brønnøysund and Mosjøen. Express- bus to Trondheim corresponding with the high-speedboat "Namdalingen" (to Jøa, Vikna and Leka.). Local bus "Elgen" (the moose) and daily bus departures to Steinkjer, Levanger, Grong which corresponds with train service to Bodø and Trondheim.

### Lokstallen (Train Depot) and Lysstøperiet (Candle Foundry)

Let your senses run wild in the most special candle factory in the county of Nord-Trøndelag, which is located in an old train engine shed built in 1933. The renovated stone building is itself an attraction worth seeing. Lysstøperiet has transformed this building into a thriving business where you will find candles in all imaginable colours and designs. Take time to browse the 600m2 display room that features candles, soaps, decorative vases, candle holders, napkins, flowers and all sorts of fabulous interior ornaments. Relaxing atmosphere. The colours and scents along with the calming sound of the "beck" render your visit to the boutique an experience to be savoured. The foundry is open to the public and if time permits guests are sometimes invited to decorate their own candles.





Namsos Lysstøperi as  
Lokstallen, N-7800 Namsos  
Tel: 74 21 29 00 - Fax: 74 21 29 01  
Email: [post@lysstoperiet.no](mailto:post@lysstoperiet.no)  
[www.lysstoperiet.no](http://www.lysstoperiet.no)






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**Open:**  
**Mon-Fri: 10 - 18 Sat: 11 - 16 Sun: open in high season**

## Oasen

Namsos' swimming-pool. The facility was renovated in 2004.



**OASEN**  
Namsos swimming centre

Open:  
Mon-Fri: 10-20  
Sat/Sun: 10-16  
Tel. 74 21 90 40

- 50 m pool (28C) • Divig tower • water slide
- Childrens/training pool (34C) • Jacuzzi
- Gym • Café

Europe's largest swimming pool inside a mountain.

OASEN

## Nord-Trøndelag Fylkesgalleri

### - Namsos Kulturhus

Sales exhibitions of works by Norwegian and international artists. You will also find an art shop and exhibitions from the galleries own collection emphasizing local arts and crafts.

Mon, Tue, Wed, fri: 11-16 Th: 11-18  
Sat: 11-15 Sun (July only): 12-16



N-7800 Namsos, tel: 74 21 73 30 Fax 74 21 73 01  
E-mail: fylkesgalleriet@ntfk.no www.fylkesgalleriet.no



"Blått og svart mot purpur helios", by Johs. Rian.

## The Nord-Trøndelag County Gallery

Continuous art exhibitions with varying themes. Art boutique. Summer Exhibition featuring specially invited local and national artists. There is also a sculpture park outside the Culture Centre where you will find three tarred wooden sculptures created by Svein Tore Kleppan, which respectively depict the lumberjack, log-floater and sawmill worker in action. All played an important role in Namsos' history. In close proximity you will find the Namsos Moose or "Namsoselgen" by Skule Vaksvik.

## Norwegian Sawmill Museum, Spillum Steam-powered Saw

A living museum based on our recent past. Norway's only steam-powered saw museum. 150 years have passed since the country's first steam sawmill was opened at Spillum, but time has stood still at the sawmill museum since 1947 where work is done in the same way as then. Guided tours Tuesdays - Sundays during the summer season.

## The Namdal Museum

Namdal Valley's regional museum. Features fields such as mountains, forests and rivers as well as Namdal's traditional "fem-boring" wooden sailboats and more than 7,500

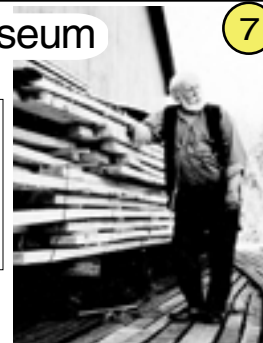
## Norsk Sagbruksmuseum

### Spillum Dampsag og Høvleri

Sawmill from 1885 is today Norsk Sagbruksmuseum. The old machinery produces old fashioned panels and mouldings used in the restoration of old buildings.

20/6 - 20/8: Tu e-Sat - 21/8-19/6 Mon-Fri  
Guided walks. 10-12-14-16  
Groupes by appointment

N-7820 Spillum www.museumsnett.no/sdh  
E-mail: norsk.sagbruksmuseum@namsos.online.no  
Tlf. 74 27 13 00 Fax. 74 27 60 59



unique artefacts from the entire region. Norway's only museum featuring exhibits of hospital equipment presented in chronological order.

### Randis Gallery

Workshop, showroom and outlet for ceramics, glassworks and paintworks at Bangsund.

### Klompen Viewpoint

A 115-metre high hill overlooking the city offers the best views of Namsos and beyond. About 20 min. walk from the town centre. You may follow the road or choose to ascend one of the paths leading up the steep hillside from the Fredriksberg Park. You can also drive all the way to the top.



Klompen.

### Rockegata – the Rock street

One of the "streets" in Namsos Storsenter (shopping centre) is decorated with record covers from the history of "Trønderrock"; Åge Aleksandersen, Terje Tysland, Stein Ingebrigtsen, Askil Holm m.fl. Wall with photographs and trophies.

### Fredriksberg WWII Bunkers

Along the foot of the Klompen hill you can explore the remains of canon emplacements from the Second World

War. One of the positions has been preserved as part of the municipality of Namsos' "Footprints to the North" project (see related brochure for sale at the tourist information). Along the stairs leading up to the canon positions, you will find air defence and gun positions as well as rooms built into the hillside.

### Island hopping by "Namdalingen"

Go with the high-speedboat "Namdalingen" to the old fishing village Sjørgjæslingen; in the early days one of the most important fishing villages south of Lofoten. Among the sites that have been preserved are the shacks, rows of fish-drying racks, the fish reception area, the proprietor's home and the local shop, the saltery and the cod liver oil factory. Half-hour guided walk is included in the price. Refreshments and souvenirs for sale after the guided tour.

- Daytrip/roundtrip from Namsos every Saturday at 09.30<sup>1</sup>
- Visitors can stay in one of the old fishermen's shacks<sup>2</sup>.  
Departure Saturday, Wednesday or Friday.  
Return Saturday or Sunday.



Cyclist on board "Namdalingen".

<sup>1</sup> Only during the summer season 21.05. – 15.08. Valid for 2005.  
For 2006 – please contact the tourist information.

<sup>2</sup> Reservations; contact: Nord Trøndelag Kystmuseum tel: +47 74390441

### Round the island of Jøa by bike

Departure from Damskipskaia in Namsos Saturday at 09.30<sup>1</sup>

– arrival at Seierstad on Jøa at 10.00. You have four hours at your disposal before the boat returns to Namsos at 14.00. Cycling map at the tourist information.



Cycling at Jøa.

The bike is free of charge.

<sup>1</sup> Only during the summer season 21.05. – 15.08. Valid for 2005. For 2006 – please contact the tourist information.

### Trolley-cycling along the river Namsen

Starting point at Namsos Camping: From here you can cycle on new, red trolleys on a stretch of abandoned train tracks through beautiful countryside along the Namsen river, “Queen of Rivers” up to the go-cart track at Skage. The distance is about 13 km through 3 short tunnels and you pass rocky coastal shores with good bathing sites along the way. Trolley-cycling is also available on a 4-km stretch of tracks in the direction of Namsos town centre.



Rental of Trolley-cycles at Namsos Camping.

### Fjord Rafting on Fridays:

Operator Namdal Arrangement has regular departure times for a round-trip tour by a rib-boat in the inner part of the Namsen Fjord. Departure depends of sufficient number of reservations. Booking and payment may be made at the tourist information. Departure site is the Namsos Quay by Brygga Båt og Fritid.

In 2005, regular dep. after 22.07.

In 2006, ask the tourist information.

**Exiting adventures with Rib-boat in ocean areas along the Namsos coast.**

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**Namdal Arrangement**

N-7822 Bangsund - E-mail: firmapost@collett.no  
Tel.74 28 71 01

### Bathing, miniature golf, canoes and pedal-boats

at Høknesøra. Please contact the reception at Namsos Camping for rental. The area has paths suitable for wheelchair users as well as a kiosk and toilets at the camp site. The camp site also has cycles for rent.

### Sævik Golf Course

is Namsen Golf Club's 6-hole training course.

**Events; visit [www.namsosinfo.no](http://www.namsosinfo.no)**

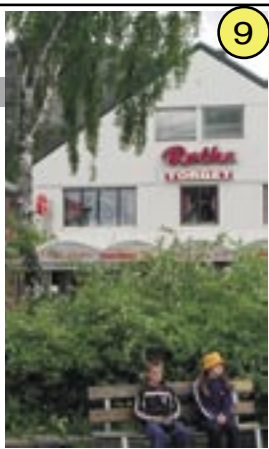
## Café Røthe

CAFE/RESTAURANT TEL. 74 20 93 08

Café Røthe lies in the heart of Namsos, by the town square, across from the church. Café Røthe is tastefully decorated in a country style and serves food and drinks in an appealing environment.

We welcome you for  
coffe, lunch and dinner

**Røthe** **TORGET**  
FOOD • SHOES • CLOTHES • CAFE



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## KRUS

KAFFEBAR

We have a great variety of coffe-drinks, baguettes, cakes and soups.

Take-away meny!

1. floor in Namsos Storsenter (shopping-Centre).

Tel. 74 27 49 10

10

Fresh pasteries and delicious cakes

## Hamstad Bakericafé

Dep. Namsos Storsenter  
Tel. 74 27 25 55  
Open: 08-18

Dep. Amfisenteret  
Tel. 74 27 00 20  
Open: 09-20 (18)

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## Himmel & Hav

Namsos best view over the fjord!



A nice place for lunch or dinner.

Large outdoor terrace



You will find us on the second floor in Namsos Storsenter (shopping centre)

Himmel & Hav  
-et spisested-

Tel. 74 27 21 50

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**NAMSOS STORSENTER**  
- A town in the town -

**Namsos new tourist attraction**

- 52 shops (19.000 m<sup>2</sup>)
- Downtown
- It's own Rock Street
- Own promenade by the sea.

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Velkommen til  
**NamsosMartnan**

Marked - fairground and entertainment  
in Namsos town in week 33!

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Namsos Martnan - Postboks 2 - 7801 Namsos  
Tel. 74 27 08 90 - Fax: 74 22 62 61  
E-mail: martna@namsosmartnan.net



**Dekkmann**

**Tires - Rims  
- Batteries**

Dekkmann AS  
Sverres gt. 35 P.b. 225 7800 Namsos  
Tel: 74 21 90 60  
E-mail: butik.k.namsos@dekkmann.no

The comforts of home at Børstad Hotel & Gjestegiveri




12 cozy rooms with hotel standard. 2 large suites with jacuzzi and fireplace. Shower/toilet and TV in all rooms. Bike rental. Free admission to Oasen Swimming pool

**Børstad**  
HOTEL & GJESTGIVERI AS

Carl Guldbrandsens gt.19, 7800 Namsos Tel. +47 74 27 21 31  
Fax: +47 74 27 14 48 E-mail: gjestgiv@online.no

**Italian hotel &  
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nice Italian  
surroundings



**STINO'S**  
13 doublerooms  
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Verfsgt. 5, 7800 Namsos  
Tel. 74 21 80 00  
Fax. 74 21 80 20

**Namsen Motor Hotell**



Navarveien 2, N-7820 Spillum  
Tel: 74 22 66 10  
Fax: 74 27 61 01  
post@namsen-motor-hotell.no  
www.namsen-motor-hotell.no

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self-catering  
Kr 920-1020 Kr 700 2a+2c

F TV

**Stay close to the Atlantic Ocean!**

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- Kiosk
- Seafishing
- Trollpark
- 40 km to Namsos
- Boatrental

**Aglen Camping as**  
7819 Fosslandsosen  
Tel. 74 28 41 38 - Fax. 74 28 41 38

Citymap, page 21



Finnvollen in Namdalseid.

## NAMDALSEID

- the gateway to Namdalen
- small salmon fishing

This municipality encompasses mountains and fjords and features a variety of outdoor activities. Namdalseid has much to offer those seeking a Wilderness holiday experience. There is wide-open country that is well-suited for both hunting, fishing and outdoor recreation. Some of Norway's best small salmon rivers are in this area including; Årgårdselva, Øyensåa, Ferga, Oksa and Austerelva. Fly-fishing is a popular activity. Fly-fishing is considered an exclusive form of fishing and some training is generally required before this art may be mastered. It was Englishmen who taught district locals how to fly-fish during the 1830's.



Salmon fishing.

**Sjøåsen** is a community centre where you will find a variety of shopping options including shops selling fishing gear as well as grocery stores, tanning factory, glass works and a

combined hotel/cafeteria. There is a beautiful outdoor area alongside the river with grilling units, a fishing dock for handicapped visitors and culture / walking paths. In brief, this is an area the whole family will enjoy. For a taste of "Southern Coastal Idyll" and a breathe of salty sea air, take a trip to **Statland**, beautifully situated along the Namsenfjor-



den about 30 km from Sjøåsen. **Namdalseid** is the area's administrative centre where you will find our Tourist information at the gas station and other vital service facilities.

### Transportation:

Daily bus departures between Namdalseid, Flatanger, Namsos, Steinkjer, Levanger and Trondheim. It is approx. \_ hour drive from Sjøåsen to the airport and the commercial centre Namsos.

### Aasnæs Glasværk

Aasnæs Glasværk is a glass factory that was in operation from 1813 until 1883 and consisted of the largest and most significant among the 6 glassworks in Namdalen. The glassworks boasts an impressive collection of glass products from the 1800's. The main building was constructed in 1840 and is well worth a visit. Your hosts gladly give you a guided tour of the facility's buildings and their history. The Aasnæs Glassworks also offers simple and good coffee service in an old-fashioned cottage, a gallery with original glass artworks and guest artist exhibitions.

### Cultural path at Åsneset

The area around Aasnæs Glassworks (200 metre from the Sjøåsen Hotel) has about 5 km of marked and cleared trails; varied and pleasant terrain, viewpoint, rest areas, cultural monuments and rustic countryside. Natural starting points for walks are Åsneset and the bathing area on the west side of the fjord. Here you will find information and maps.

### New Tanning Factory or "Pelsberederiet"

accepts orders for the processing of all types of hides and skins. Skins from reindeer, sheep, seal, red deer, moose, roe deer and beaver are treated here. This is the northernmost tanning factory in Norway and specializes in reindeer skins. Sales outlet. Feel free to contact them to arrange a guided tour.

### Aasnæs Glassværk

- Handmade glassproducts from the farm
- Summer café
- Cultural paths
- Guided tours on the farm from 1840

Open every day from 1.July to 15.August. 11-18.

Sjøåsen, N-7750 Namdalseid  
Tel. 74 27 87 85 Fax 74 27 87 93  
E-mail: altin@aaanes-glass.no  
www.aaanes-glass.no



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### Nye Pelsberederiet

Sale of skin and fure from:

- Sheep -Elk
- Reindeer -Deer

Visit our store at Sjøåsen!  
Open: Mon-Fri 0800-1530

Sjøåsen N-7750 Namdalseid ☎ 74227050 Fax 74227060  
e-mail: post@pelsberederiet.no www.pelsberederiet.no

## Sjøåsen Hotell

*Sjøåsen Hotel is located by the river Årgårdselva, wellknown for excellent fly-fishing.*



Sjøåsen, N-7750 Namdalseid  
☎ 74 27 87 00 - Fax: 74 27 88 30  
Email: sjoasen@argard.nu  
www.argard.nu

22

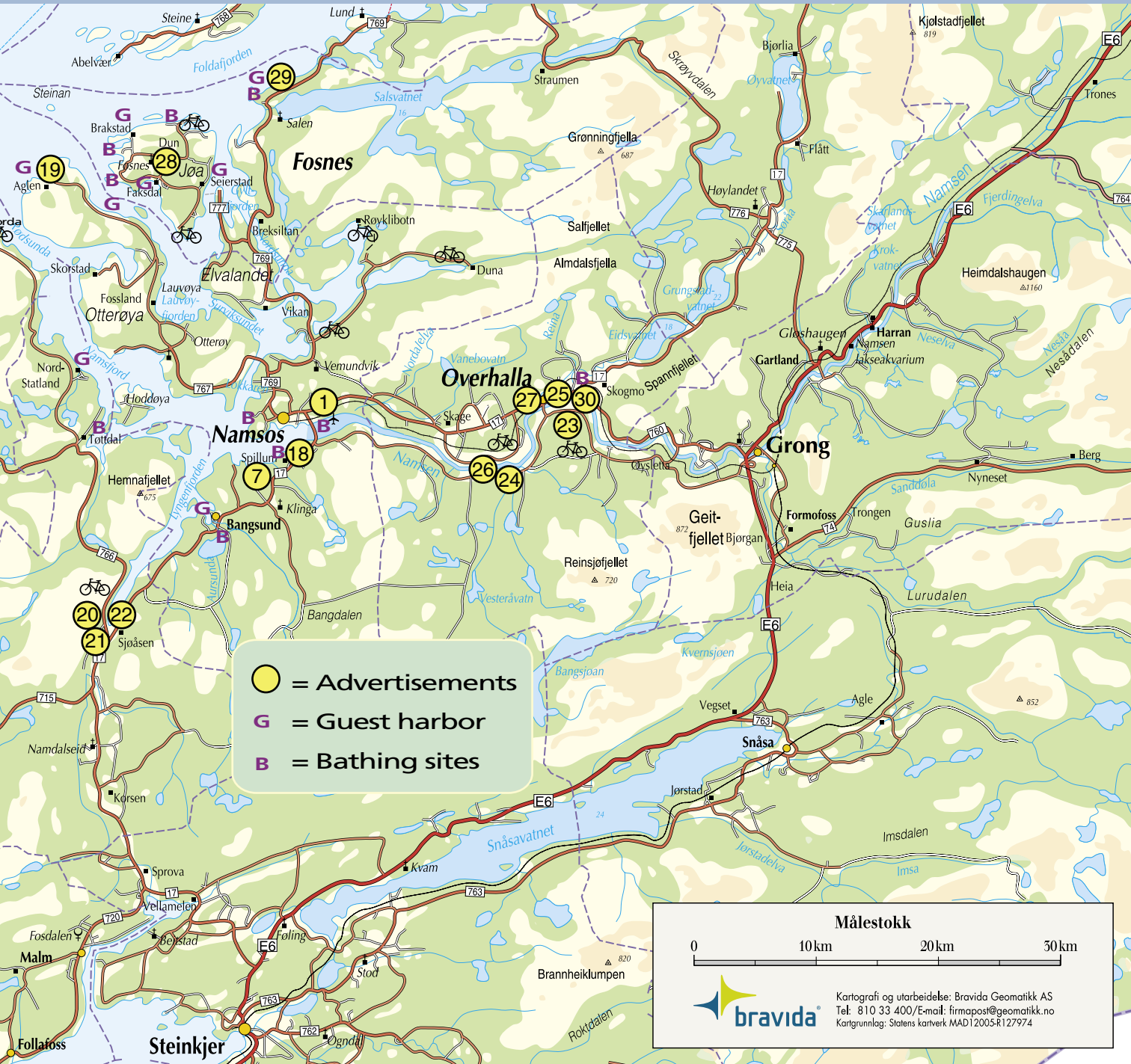
850 Kr 740 Kr  
Fjord-Pass-cat.B - All year



### Attraction and activity survey

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and Ågårdsvassdraget	Namdalseid		28
Namdal Golf course by the river Namsen	Overhalla		



● = Advertisements  
G = Guest harbor  
B = Bathing sites

**Målestokk**

0 10 km 20 km 30 km


 Kartografi og utarbeidelse: Bravida Geomatikk AS  
 Tel: 810 33 400/E-mail: firmapost@geomatikk.no  
 Kartgrunnlag: Statens kartverk MAD12005-R127974



## OVERHALLA

- Historical centre of power
- The salmon angler's paradise
- ... "The queen of rivers"!

Overhalla was a centre of power during a long period, and remnants from its time of greatness – especially the roman iron age – are clearly present. More than 800 burial mounds are listed in the municipal registry, and some of these are prepared for visitors. You will find the largest of the burial mounds at Bertnem (rv760) while there are also several easily accessible burial mounds at Hunn (Skage, rv17). Some of these are estimated as dating back to 400 – 500 AD.

The river Namsen, one of Norway's finest and most popular salmon-rivers, divides the district of Overhalla in two as it flows towards the sea. Close to the town centre, the Namsen is joined by the Bjøra river, which is almost as famous and boasts its own salmon population. Many celebrities, including Norway's King Harald, have tried their luck at fishing in these great salmon rivers. And the catch is well worth a boast: Salmon tipping the scales at over 20 kg are caught in both of the main rivers year after year. The record in the Namsen river is 31.5 kg and 31.2 in the Bjøra river. During a typical season, over 3,000 salmon are caught in the rivers of Overhalla. In Overhalla, salmon fishing in all price categories are offered, both by boat and from shore.



Overhalla. Photo: Steinar Johansen.

On either side of the river are big, well-kept farms, surrounded by a majestic spruce forest that gradually gives way to barren mountains. A number of good forest roads give easy access to the lush and green Overhalla nature.

### Transportation

The district of Overhalla- is centrally situated in Namdalen on the RV17/ "Kystriksveien" and the "Angler's Road". 20 km from Namsos Airport, 25 Km from the railway station at Grong. Daily bus departures to Namsos and Grong corresponding with the train service Bodø/Trondheim and the high-speedboat "Namdalingen".



Bertnem.

### The Burial Mounds at Bertnem

At Bertnem about 8 km from Overhalla town centre on the road to Grong (rv760), there existed a chieftom during the Merovingian Age (from 400 - 500 AD until the Viking Age) that ruled over most of Namdalen valley. Archaeologists believe the chieftains may have belonged to the well-known Ynglinge line of kings (related to the Härfagre lineage), who originated from Uppsala in Sweden. Today it is possible to view 3 large burial mounds, 6-7 metres in height and 50 metres in diameter. Due to a lowering of the sea level, the geography has a different layout than it did 1,000 years ago, however a bit of practise will allow most observers to visualize the area as it was when the sea was high enough to allow the chieftains to sail their magnificent vessels all the way to Bertnem.

### Haugen Pottery Shop

At Haugen on the south bank of the Namsen river you will find an old cotter's farm with great views of the river. This is where Liv Aursand has her ceramics workshop/sales outlet. She is an acclaimed artist who has had her workplace at Haugen for over 30 years. Her specialty is white open-worked ceramic pieces. Exit at the Namsen river near the centre of Overhalla, Ranemsletta, cross the bridge. About 2 km from Ranemsletta.

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## Haugen Keramikk



- Artistic handcrafts. Workshop and sales.
- 2 km from Overhalla in direction Øysletta
- July: Tu-Fr: 11-17 Sat: 11-15*
- June and Aug.: Tu-Fr: 11-15*
- Sat: 11-13.*
- or by appointment**

Liv Aursand: N-7863 Overhalla Tel. 74 28 11 52 - E-mail: livaur@online.no  
www.haugenkeramikk.no

### Ranem Church

The large church in Overhalla town centre celebrated its 800-year anniversary in 1987. It was built in the Roman style of granite on a marble foundation, with a wooden roof and tower. The church has a very distinct and beautiful alter piece from 1678, which was the only structure that could be saved during a fire in 1899. Meticulous efforts are now being made to restore the church to the style it had prior to the fire. Partially open during summer.

### Salmon museum

In the old mill, Mølla, at Ranemsletta, the centre of Overhalla, a salmon museum is being established by the Namdal Museum. According to plans it will be open in the summer of 2006.

### Go-kart and paint ball at Skage

Opportunities for renting equipment for go-kart and paint-ball. Open every day from the beginning of July until the middle of August.

**Pub night every Friday**

at 21.00 near the river bank of Namsen. Refreshments and light meals in a characteristic timber "lavvo". Take a stroll by the river and feel the atmosphere among the salmon anglers who all are waiting for the big catch, or try to catch the sight of a salmon in the pond outside the pub.

**Golf – Namdal Golfcourse**

Self serve 9-hole course at the south side of Namsen. About 2 km from Ranemsletta, Overhalla.

**Bathing site**

near Namdal Golf Course. Although the water temperature in the Namsen river is seldom very high, the water is shallow and the current is not strong. There are toilets at the golf course.

*Opplev Namsen - elvenes dronning*

**NAMSEN  
ADVENTURE**

**www.namsen.no**

- Cabins with shower/toilet, radio/TV, located with great view over the river Namsen
- Salmon fishing in the best parts of Namsen
- Pub and food in our own timber "lavo". Naturewalk.
- See the salmon in our salmon pound.

Location: Next to Sellæghylla at Oppdal, ca.20 km from Namsos (fv 401).

Namsen Adventure as Tel. +47 97 60 00

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**Overhalla Hotel**  
www.overhalla-hotel.no

MITT HOTEL  
ECONOMY

Host and hostesses welcomes you!

- Salmon fishing - equipment rental
- Golf - equipment rental
- Great nature - marked trails
- Good food - nice rooms.

N-7863 Overhalla  
☎ 74 28 15 00 Fax: 74 28 14 32  
Email: oddvar@overhalla-hotel.no

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**Salmonfishing in Namsen**  
Salmonfishing in licenced area of the river Namsen at Lilleøen, Krukåren and Selæghylla.

High standard log cabins in beautiful country settings near the river.

Summer home with sauna. Campsite with electricity and new wash/toilet facilities.

LILLEØEN GÅRD

N-7863 Overhalla Tel.74 28 21 11 Fax. 74 28 21 11  
mobil: 913 76 639 E-mail.sromund@online.no

Booking at internet: [www.rv17.no](http://www.rv17.no)

## Overhalla Shopping centre

next to the roundabout in Overhalla

## Salmon fishing

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### Namsen - Bjøra

We update our "salmon score" every day during the salmon-season, for two of the best rivers Namsen and Bjøra.

A fishing trip in our rivers should start with the information and equipment found at G-Sport Overhalla.

- Professional advice
- Norway's best selection of salmon wobblers
- Fishing licence
- Tales and stories...

-a lifetime experience

#### G-SPORT OVERHALLA.

Tel. 74 28 15 75 Fax. 74 28 12 01

E-mail: [post@overhalla.g-sport.no](mailto:post@overhalla.g-sport.no)  
[www.namsen.org](http://www.namsen.org)

Foto Anne O. Hagerup - største laks sesongen 2004 - 24,3 kg Fisker Ole Vidar Aasbakk, roer Jonny Rian



# SPAR



- Grocery store
- AGA Propan
- Post office
- Medicine

Tel. 74 28 12 03

# JB bok&café

Tlf. 74 28 16 66

E-mail: [je-boe@online.no](mailto:je-boe@online.no)

Cafè - Books - Maps

## FOSNES

- Jøa
- Salsnes
- Round the island of Jøa by bike
- ... "in the land of Olav Duun"

1 hour drive from Namsos (incl. ferry Ølhammeren - Seiers-tad) you come to the island; **Jøa**, and the community centre Dun. **Salsnes** is the village at the mainland (rv769).

Agriculture is an integral part of the commerce of Fosnes while aquaculture is another key industry. Jøa is depicted as a "Fairytale Island" in the beautiful poetry of Olav Dunn who was born and raised here. His description of the area was very vivid in his writing. Literature fans will recognize numerous sites in the municipality of Fosnes based on Dunn's literary depictions.

Both Salsnes and Jøa have a wealth of cultural monuments such as the rock carvings at Salsnes, which may be approximately 5,500 years old. Near Salsnes you will also find Salsvatnet, Northern Europe's second deepest lake at 464 metres. At Salsnes you have a wonderful view over the sea, at Folla. Jøa is an excellent destination for bicycle tourists as the island features fertile countryside and varied animal life. You can count on spotting sea eagle, moose, deer and perhaps even beaver, otter and crane. Here you find white sandy beaches, numerous good fishing spots and great places for camping in the open.



Fosnesvågen on Jøa.

### Transportation:

Daily departures from Jøa with the high-speed boat "Namdalingen" to Namsos, Rørvik og Leka. Roundtrips to the fishing village SørGjæslingan during the summer season. Buss connection from Salsnes to Rørvik and Namsos.

### In Olav Duun's Footprints

Ole Raabye, Ole Julius Johannesen, and later Ole Øverdun, was born in 1876 and grew up on the island of Jøa in the municipality of Fosnes. He was ultimately known by the

name Olav Duun, and is now considered to be one of Norway's finest authors of all time. Olav Duun wrote a total of 31 books, among which two were children's books. He did in 1939. Cultural path starting at the poet's memorial at Dun. Pamphlet for sale at the tourist information that helps you discover the spots where Olav Duun obtained his inspiration as well as the old haunts of his main characters

### The traditional "Åfjordfembøring" sailboat Siglurd

The "Åfjordfembøringen" Siglurd is an open fishing/cargo boat that is built using an uncommon building technique and is a further adaptation of the Viking skips and their square and topsail. Siglurd is docked at Brakstad Harbor



Brakstad Harbour.

about 500 m from Seglloftet. Free sailing trips every Wednesday except from the period the boat is busy at sea (2005: week 29, 30, 31 and 32 – for 2006 please contact the tourist information.) Meeting place at Brakstad Harbour on the island of Jøa before 20:00. The evening can also be rounded off with a visit to the local pub at the harbour.

### "Pøbben" - the pub at Brakstad Harbour

Pub in an old boat house with a fantastic view over the sea. Open every Wednesday, Friday and Saturday in the summer season from 20.00 at night! Weather precaution!

### The Sail Loft "Seglloftet"

Seglloftet is a sail workshop where sails for traditional sailboats are sewn. Sales of various products related to raw materials.

## Fosnes Bygdemuseum

Dun, 7856 Jøa

Open: 17. June - 14. August:

Fri: 10-14, Sat-Sun: 12-16

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For guided tours at other times please call,  
tel. 74 28 67 41 or 74 28 64 00

### Fosnes Rural Museum

The museum is located on Jøa, near the school and administrative centre at Dun. The complex consists of an old storehouse, a residence, a tool shed and a renovated residence with an exhibition of old school equipment. A Peat Museum at Skjærvikkorsen with a reconstructed production equipment for peat. Information board with historical information about peat production in the factory in 1920-ies.

### Iron Age Farm at Tranås on Jøa

there is an old homestead from an iron age farm situated at a spot where the island meets the open sea. Guiding and iron age lunch may be arranged on request.

### Canoeing in the Vassleia lakes;

Two long and one narrow lake with calm water and lots of trout. The canoe must be carried by at least two persons when crossing the narrow strip of land between two of the lakes at Vassleia,









as dragging the canoe would damage its woodwork. There are rest areas equipped with timber shelters are placed along Vassleia. Maps are available at Salsnes Kro along with a key to the road barrier.

## Salsnes Kro

The eatery with a view of Folla

Great hiking area.  
Map with hiking trails.  
Canoe rental and guest dock.



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**Summer open: Mon-Fri (ca.15.6-15.8) 10-19.**  
 Winter open: Mon-Fri: 12-17 Søn: 12-18  
 7817 Salsnes Tel. 74 28 63 22 Fax: 74 28 68 24  
[www.mamut.no/salsneskro](http://www.mamut.no/salsneskro)

### Around the island of Jøa by bike.

Jøa has a limited amount of traffic, which makes it all the more suitable for cycling. The terrain is varied with numerous alternative routes including ocean views as well as boggy landscapes. A cycling map with suggested routes and designated bathing and rest areas, and other information is available at the tourist information and from travel businesses at Jøa. Cycle rental is available at the tourist information in Namsos or at Brakstad Harbor.



Jøa.

### The Olav Duun Gathering 2006

At Jøa and in Rørvik (Norveg) 3. – 6. August. Theme: Love in the poetry of Olav Duun. Literature seminar, theatrical performances, readings, walks in the landscape of Olav Duun, concerts, dance performances, boat trip along the coast of Namdalen incl. program and guided tour at the coastal centre NORVEG in Rørvik.

### HUNTING AND FISHING

Hunting and fishing are two of Namdalen's greatest assets and are available in a variety of categories. The main providers of hunting and fishing vacation packages are UtmarksCompagniet ([www.jakt-og-fiske.no](http://www.jakt-og-fiske.no)), Statskog ([www.inatur.no](http://www.inatur.no)) and Norske Skog Skogene ([www.norske-skog-utmark.com](http://www.norske-skog-utmark.com))

### FRESHWATER FISHING

Namsos can offer everything from idyllic mountain lakes to «the Queen of Rivers», the Namsen. Some of the lakes are easily reached by car, whereas others are more isolated in rugged terrain far from the trodden path. The Namsos Permit applies to areas controlled by the landowners' associations and government land in Namsos. Fishing and hunting permits are sold by: Shell at Bangsund tel: 74287444 and L. Johansen Sport shop in the centre of town, tel: 74217030

**In Namdalseid** most of the fishing lakes are situated on state-owned properties. There is easy access to many of the lakes by car. Boat and cottage rental is available at some of the lakes. Fishing and hunting permits can be obtained at Sentrum Auto tel: 74278250

**Overhalla** abounds with lakes and forest tarns. Here are 390 large and small lakes holding good stocks of trout and char - well suited for fishing with a variety of tackle, from otter and net to fly and worm.

Many of the best spots are accessible by car, others are found in more remote areas in the mountains. During winter you can have a go at some thrilling ice fishing. We sell the fishing permit "Overhallakortet" - which gives you access to lakes in the whole district. Permits may be purchased at G-Sport Overhalla, tel:74281575 and the Statoil service station tel: 74281306



Vesteråvannet.

In **Fosnes** there are numerous lakes, both at the mainland and at the island of Jøa. The Lake Salsvannet is 464 m deep. Fishing permit for the island of Jøa, Elvalandet or Salen may be purchased at the Fosnes City Hall tel: 74286400 . Salsnes Kro sells fishing permits for Lake Salsvannet and Lake Vassleia tel:74286322

### SALMON FISHING

#### Namsen, the “Queen of Rivers”,

has proven to be among Norway’s top three salmon rivers during recent years based on total catch. Fishing from shore or by boat with hired rower and local guides. Annual season grand opening on the eve of 1 June with a special show at Namsen Adventure at Sellægghylla. There are several special-

ly developed fishing places for disabled fishing enthusiasts. Updated regional catch statistics are available daily at G-sport in Overhalla. Salmon



season in Namsen River from 1 June – 31 August.

## SALMON FISHING

**Namsen - Bjøra - Eida**

Exciting opportunities for salmon or trout fishing. Accommodation with reasonable prices in a Wilderness camp, in a cabin or a house by the river. Guesthouse incl./excl. full board. The experienced guides have extremely good knowledge the local area. Updated information about Namsen and Namdalen:

[www.namsen.info](http://www.namsen.info)

Contact: Namsenfiske, tel. +47 996 21 022

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Operators arranging salmon fishing are listed at page 43

### Bjøra

has its own salmon population, which are shorter and rounder than the salmon in the Namsen, however, as the rivers join at Overhalla you can catch both types of salmon in the lower part of the Namsen. The Bjøra salmon start migrating earlier than the Namsen salmon, so the fishing season begins on 15 May in the Bjøra. The freshwater mussels in the Bjøra are evidence of its clean water, as these would



Salmon caught by fly.

not survive if the river were polluted. Salmon season from 15 May – 31 August.

The **Bogna**, The **Lower Namsen** and the **Aur-sunda** are attractive salmon rivers, espe-

cially for grilse, just outside Namsos. Fishing permit may be purchased at the Shell station in Bangsund tel: 74287444

### The Årgårdsvassdraget

has a total of about 45 km of salmon-inhabited waterways, which consist of four rivers: Årgårdselva, Øyensåa, Austerelva and Ferga. The three other rivers flow into Årgårdselva, which is about 6 km long. Fly-fishing: Årgårdselva flows alongside highway Rv17 between Steinkjer and Namsos. This river boasts the highest production of salmon per square metre of water both as concerns quantity and weight, and is considered to be one of Norway’s best waterways for Small Salmon. The total annual catch is between 1,000 and 2,500 salmon by a restricted to a limited number of fishermen. Although larger fish weighing up to 6 – 7 kg are often caught, the majority are of the Small Salmon variety. Anglers are currently allowed to catch a maximum of five salmon per day. Expert anglers were previously able to catch as many as fifty small salmon per day under good conditions. Salmon season: 1 June – 15 September.

Operator arranging salmon fishing in Årgårdsvassdraget is listed at page 43.

### At the island of Jøa

you may take part in the old-fashioned style of fishing for wild salmon from a boat using salmon netting at Skredder-neset Point. You even get to take your catch home with you!

NB! Remember the National Fishing License. All anglers who have reached the age of 16 years and intend to fish salmon, sea trout and sea char in rivers or lakes must pay a government fee. May be purchased at the post offices of via <http://www.inatur.no/fiskeravgift/>

### COASTAL AND DEEP SEA FISHING

Boat rentals at Ledang in **Namdalseid**, about 3 km from Statland. Choose to rent a small fishing boat or join a fishing guide and set salmon netting in the Namsen Fjord.

Excellent deep sea fishing aboard the **Otterøya** in Namsos. Shoreline fishing with rod and reel. Boat rentals at Aglen Camping. Rich variety of fish species.



Otterøya.

Shoreline fishing on the **island of Jøa** at several designated fishing areas. Boat rental of "seksring" traditional Norwegian boat with oars and sail at Brakstad.. Here you may choose among fishing trips at sea or in tranquil fjords. A fishing vessel may take groups up to approx. 20 people.

NB! No fishing license or permit necessary for fishing in the sea.

### Overhalla

**Bangdalen Vally.** Footpaths and forestry roads make this area ideal for walks through the local forest and fields. A special map covering large parts of the area; "Oppdag Overhalla", ("experience Overhalla") is available at the tourist information. Access to the area both from rv17 at Gryta (municipal border between Namdalseid/Namsos) towards Bogn Fritidsområde or from Klinga between Namsos and Bangsund. From Spillum follow the road towards Oppdal. From across the bridge at Ranemsletta, follow fv 401 south-bound. Marked forestry road to Vesterå at Homstad.

**Vesteråvannet.** At the Vesterå lake there is a footpath from the parking place by the lake. The area is splendid for cycling, paddling and walking. Walk description and detailed map available at the tourist information.

Popular tour destinations are at **Solum** (to Himovatnet lake), **Reinbjør** (to Koltjønnhytta cottage) and **Skistad** at Øysletta.



Picking mushroom.

### Namsos

**Bangsund** south of Namsos; a trail in the forest which starts at the Shell gas station.

**Granåsen Nordic Ski Centre** is the starting point to skiing on lighted cross-country trails in the winter and is an excellent point of departure for walks in the outdoor area near town in the summertime.

In **Spillumsmarka** you will also find lighted ski trails and good footpaths for use respectively in winter/summer seasons.

From **Pålhaugen at Elvalandet**, north of Vemundvik you have a fantastic view over the mainland and the isles at the Namdal coast. Trail from the parking place by the rv769.

### Namdalseid

Marked trails with designated rest areas in Namdalseid: From Statland to Hjertvikfjellet, - from Myrmoen to Øyenskavelen (Namdalseid's highest mountain), - from Lie to Liaberget, -from Bjørg to Høytømte. Further information at the tourist information in Namdalseid.



### Fosnes

“Botnveien” at Salsnes, a path that leads to an idyllic, cove isolated by sheer mountain faces on both sides.

From **Salsnes Kro**, you may walk along the beach to the river mouth of Moelva. Continue along the river to Salsvatnet lake to the left of the river. You might even want to walk down along the shoreline so you can go barefoot part of the way! Please contact the staff at Salsnes Kro for map covering the walking alternatives.



Salsnes.

From parking place in **Brakstad, Jøa**, there is a marked footpath marked with green poles in the footsteps of Olav Dun in the area where the poet grew up at Kjevika. Excellent walk on footpaths around Sandviksfjellet Mountain from Tranås and Sandvika.

## SUGGESTED CYCLING ROUTES

### Sørenget school – Leirvika or Duna:

turn off the rv769 north of Vemundvik north of Namsos. Parking by the school. Cycle along the fjord on a gravel road in idyllic and peaceful surroundings. Nice rest area with benches under the second bridge after cycling about 10 km. Turn off towards Leirvika. Take to the left in the next crossing, cycle down to the lake at Leirvika or continue to Foss and Røyklibotn. Toll road. Cycles free of charge. Alternatively you choose to continue along the fjord to Duna. At the end of the road, it is nice to rest by the river mouth. Sørenget – Duna is about 17 km one way.

### Sjøåsen – Utvorda:

A recommended tour on asphalt: Exit Rv 17 at Sjøåsen and cycle in the direction of Utvorda (past Tøtdal and Statland). The trip covers 50 km and takes you through beautiful and varied scenery featuring a rich variety of animal life. At Utvorda we recommend you take a rest at Sjøbua Spiseri – a renowned restaurant that specializes in delicacies of the sea. Visit the Utvorda fortress from the world war II nearby.

### Ranemsletta – Øyesvoll – Mælen – Skage- Ranemsletta:

Follow Kystriksveien (Rv17) from Ranemsletta, the centre of Overhalla towards Skage. Exit to the left towards Øyesvoll (road sign) and follow the road around Mælen and enjoy the tranquillity and the view. The road meets back up with Rv17 at Skage and follow this road back to Ranemsletta. About 23 km.

### Ranemsletta – Oppdal – Grandaunet – Ranemsletta:

From Ranemsletta in Overhalla, cross the Namsen river and cycle south along rv401 to Oppdal. After the bridge (7-8 km) you turn left after the dismantled sawmill, towards Grandaunet and follow the gravel road. South of Øysletta you meet back up with asphalt and rv 401. Follow this road back to the bridge. About 20 km.

**Round the island of Jøa by bike.** Route description and map available at the tourist information. See also page 34

**Trolley cycling** on abandoned train tracks from Namsos to Skage. See page 12



### Namsos

Fjord rafting, Rib-Boat, groups Tel: 74287101

The High-speed boat "Namdalingen", charter, roundtrips, island hopping Tel: 74226606

Motor boats, Aglen Camping tel: 74284138

Canoe and pedal boats, Namsos Camping tel: 74275344

### Namdalseid

Boat and canoe rental, Sentrum Auto, Namdalseid tel: 74278250

Boat rental in Ledang tlf: 74279405

### Overhalla

Canoe rental, Bjøra Camping tlf:74281308

### Fosnes

Sea kayaks, oar- and sailboat, Brakstad Hamn tel: 74286190  
Åfjordfembøringen "Siglurd", charter, courses and free sailings tel: 74286190

Experience trip with the fishing vessel M/K Straumingen, Brakstad Hamn tel: 74286190

Canoe rental, Salsnes Kro tel: 74286322

### SIGHTS AND ACTIVITIES

Fosnes Bygdemuseum	tel: 74286741 (-6470)	page 33
Nord Trøndelag Fylkesgalleri	tel: 74217330	page 8
Lysstøperiet Namsos	tel: 74212900	page 7
Norsk Dampsgasmuseum avd. Spillum	tel: 74271300	page 9
Oasen Swimmingpool	tel: 74219040	page 8
Namdal arrangement	tel: 74287101	page 13
Haugen Keramikk	tel: 74281152	page 27
Aasnæs Glasværk	tel: 74278785	page 20

### SALMON FISHING

Namsen:

G-sport Overhalla (also Bjøra)	tel: 74281575	page 30
Overhalla Hotell	tel: 74281500	page 29
Lilleøen Gård	tel: 74282111	page 29
Namsen Adventure	tel: 97976000	page 28
Namsen fiske (also Bjøra)	tel: 99621022	page 36
Sjøåsen Hotel (Ågårdsvassdraget)	tel: 74278700	page 20

### SHOPPING

Lysstøperiet	tel: 74212900	page 7
Amfisenteret	tel: 74287988	page 45
B Røthe AS Café Røthe	tel: 74209308	page 14
Namsos Storsenter	tel: 74214400	page 15
Haugen Keramikk	tel: 74281152	page 27
G-sport Overhalla	tel: 74281575	page 30
JB Bok og Papir	tel: 74281666	page 30
Spår Overhalla	tel: 74281203	page 30
Dekkmann AS	tel: 74219060	page 16
NamsosMart'n	tel: 74270890	page 16
Nye Pelsberederiet	tel: 74227050	page 20

### TRANSPORTATION

Namsos Trafikkselskap	tel: 74226606	page 46
Trønderbilene	tel: 74226603	page 2

## Our advertisers

### CAFÉ/RESTAURANT

B Røthe AS Café Røthe	tel: 74209308	page 14
JB Bok og Café	tel: 74281666	page 30
Overhalla Hotel	tel: 74281500	page 29
Himmel og Hav	tel: 74272150	page 15
Hamstad Bakericafé	tel: 74272555/74270020	page 14
Krus Kaffebar	tel: 74274910	page 14
Oasen kafé	tel: 74219040	page 8
Salsnes Kro	tel: 74286322	page 34
Sjøåsen Hotell	tel: 74278700	page 20
Aasnæs glasværk	tel: 74278785	page 20

### ACCOMODATION

Tinos Hotell og Restaurant	tel: 74218000	page 17
Børstad Hotell – og Gjestgiveri	tel: 74272131	page 16
Namsen Motor Hotell	tel: 74276100	page 17
Namsos Camping	tel: 74275344	page 2
Aglen Camping	tel: 74284138	page 17
Sjøåsen Hotell	tel: 74278700	page 20
Overhalla Hotel	tel: 74281500	page 29
Lilleøen Gård	tel: 74282111	page 29
Namsen Adventure	tel: 97976000	page 28
Namsen fiske	tel: 99621002	page 36
Salsnes Kro (planned development)	tel: 74286322	page 34

### OTHERS

Nord Trøndelag Elektrisitetsverk; NTE tel: 74150200 page 4

### EVENTS:

[www.namsosinfo.no](http://www.namsosinfo.no) and contact the tourist information.

#### EMPTYING CARAVAN CARS

Namsos camping, tel: 74275344  
Shell, Østre Byområde, Namsos, tel: 74273490  
Gas Station, Bjøra Camping, Overhalla, tel: 74281308

**POLICE 112**

**MEDICAL EMERGENCIES 113**

**FIRE 110**

**OUTPATIENTS (hospital) 74215400**

the meeting point

# Family friendly Shopping Center

**Open:**

10-20 (18) - Rema/common area: 8-22 (20)

- Groceries
- Florist
- Clothes
- Toys/Leather goods
- Hairdresser
- Photo equipment
- Kiosk/Music
- Fresh meat/fish
- Sports equipment
- Sports equipment
- Pharmacy
- Bakery /Café
- Gift shop
- Travel Agency
- Parfumery
- Cafeteria
- Shoes
- Watchmaker
- Textiles
- Hunting/fishing
- Communication computer centre
- Jewellery



Norsk  
Tipping

Everything you need in 26 shops!

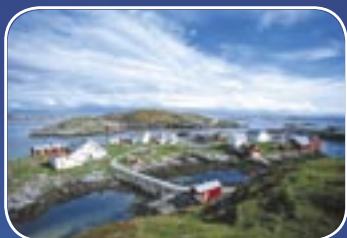
## Easy parking!

31

AMFI  NAMSOS

[amfi.no](http://amfi.no)

Where people meet!



## Experience the fjords and islands of Namdalen



"MS Namdalingen" brings you to the fantastic fjords and islands of Namdalen. The regular route is between Leka, Rørvik, Abelvær, Seierstad and Namsos. Year round, you can take a round trip from Namsos to Rørvik, and during the summer, also from Namsos to Sør-Gjæslingan.

### Monday-Friday (all year)

From Namsos	11.45 <sup>1)</sup>
To Rørvik	13.00 <sup>2)</sup>
From Rørvik	14.00
To Namsos	15.15

### Saturday: 21.5.-20.8.\*

From Namsos	09.30
To Jøa	10.00
To Sør-Gjæslingan	10.50
From Sør-Gjæslingan	13.15
To Jøa	14.00
To Namsos	14.30

### Søndag fra 22.5.-21.8.\*

From Rørvik	12.00
To Sør-Gjæslingan	12.35
From Sør-Gjæslingan	14.20
To Rørvik	14.55

<sup>1)</sup> 25.05.05-19.08.05 11.15

<sup>2)</sup> 25.05.05-19.08.05 12.30

\*)Reservation/booking: 74 21 63 00 - 74 22 66 00

\*)Children u.16 years accompanied by an adult: Free.

### Sør Gjæslingan

Stay overnight in a fishermans hut. Booking phone: 74 39 04 41.

Outbound on Sat, Wed or Fri. Return Sat or Sund.

### Visit the island Jøa on bike

Depart Saturday at 09.30. Return to Namsos 14.00. Four hours on the island. Ask for the bike-map for Jøa at the touristinformation.

**No charge for the bike on the boat.**

Please note that the time table is valid only for 2005

For 2006 see [www.ntsasa.no](http://www.ntsasa.no) or call phone 74 22 66 00

  
**Namsos Trafikkselskap asa**

E-post: [firmapost@ntsasa.no](mailto:firmapost@ntsasa.no)

[www.ntsasa.no](http://www.ntsasa.no)