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CENTRAL NORWAY

# Steinkjer

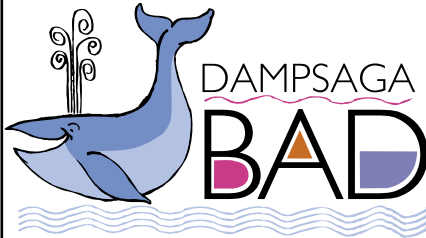


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For more information and booking:  
Steinkjer Tourist Office -  
Kystriksveien Reiseliv AS  
Tel: 74 16 36 17 - [www.rv17.no](http://www.rv17.no)

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Mon-Fri 10-20 Sat-Sun 11-17  
Phone: 74 12 16 90 Fax 74 12 16 91  
[www.dampsaga-bad.no](http://www.dampsaga-bad.no)  
Sagmesterv. 2b, 7725 Steinkjer

*The bathing  
ends 1/2 hr  
before closing*



**TOURIST GUIDE 2004**

- Maps
- Accommodation
- Sights

# Kystriksveien Info-Center



# Steinkjer Tourist Office

Mon-Fri 09-20 Sat 10-20 Sun 12-20  
Only between 23.6 to 10.8. Low season Mon-Fri 09-16



Tel: 74 16 36 17 Fax: 74 16 10 88  
Email: [turistkontor@rv17.no](mailto:turistkontor@rv17.no)  
[www.steinkjer-turist.com](http://www.steinkjer-turist.com)



# NTE

Nord-Trøndelag Elektrisitetsverk

Sjøfartsgata 3 - tel 74 15 02 00

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

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"Your knowledge partner!"



HØGSKOLEN I NORD-TRØNDELAG

Kongens gate 42, Steinkjer

Tel: 74 11 20 00 - [hint@hint.no](mailto:hint@hint.no) - [www.hint.no](http://www.hint.no)

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 Dining	 Wine and beer	 Solarium
 Kiosk	 Bicycle rental	 Breakfast included
 Cottage/cabin	 Boat rental	 Minigolf
 Camping site	 Beach	 Self-catering
 Tent	 Handicap-facilities	 Rorbu/fisherman's hut
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 Fishing	 Fully licensed	 Tourist information
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 Car repair shop	 Payment terminal	 TV room (common room with TV)
 Sauna	 Summer house	 Sight
 Indoor swimming-pool	 Riding centre	 Kiosk with groceries
 Exercise room/gym	 Discharge station for motor caravans	

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*The publisher carries no responsibility for any errors in this publication.*

# Welcome to Steinkjer

*Welcome to Steinkjer, the County Seat of Nord-Trøndelag.*

*Two hours north of Trondheim – you find us at the innermost point in the Trondheim Fjord. Here you are wandering among one of the core areas in Norway's history. If you make the trip to Ogdalen and continue to Skjækra, you will be standing at Norway's geographic centre point. (area balance point)*

*The town facilities include various stores, eateries and Steinkjer Church, which is adorned with glass paintings by Jakob Weidemann. The original works are on display at the City Hall.*

*The Steinkjer Turist Office is located in the middle of town centre and provides information about go-carting, golf, fishing, canoeing, bathing, historical monuments, grotto (cave) exploration, moose safari and much more.*

*Egge Museum is an important contributor to the dissemination of information about our rich history. The Viking Festival will be held at their complex between 16 – 18 July of this year.*

*Treat yourself to enjoyable visit to Steinkjer this summer!*

*The Steinkjer Travel Board and Steinkjer Tourist Office bid you a warm welcome!*



# The history of Steinkjer

## THE AGE OF THE SAGAS

As indicated by the Bøla rock carvings, Steinkjer has been inhabited for over 6000 years. Archeological findings such as these tell us about ways of life in the old days. The golden age of Steinkjer occurred about 100 years ago, when the mighty chiefs Eirik and Svein Jarl ruled large areas. Some of the most central persons in the process that led to the fall of the Saint King Olav, was the farmer Olve from Egge, his wife Sigrid and her brother Tore Hund. We know little about the history of Steinkjer in the years that followed the battle of Stiklestad, but it has been indicated that the town may have been abandoned for several hundred years.

## FROM FARM TO CITY

In 1801, only 14 families lived in Steinkjer. The most important people lived at the site of today's church, and their serfs lived at the river's mouth.. Towards the 20th century, increased traffic and military activity contributed to the growth of the town. Commerce picked up, and a blooming shipping trade shaped the town. The old trading ship "Pauline" still operates from Steinkjer. A royal permit for trading was issued on May 7th 1857, and Steinkjer finally became a city.



# The history of Steinkjer

## THE 20TH CENTURY

A dramatic fire in the southern end of town destroyed 62 buildings at the start of the 20th century. This was the start of a hectic growth period for the city. A railroad station was built, and an entirely new district was developed around it with architecture and deco-



rations in the Jugend style. Grøtangården in Strandvegen dates back to this period. The name of the city, originally “Stenkjær”, is composed of the words “stein” – rock, and “ar”, container, probably derived from rock structures built in the river to catch salmon.

## RECONSTRUCTION AND GROWTH



Steinkjer was bombed on April 21st and 22nd 1940, and left in ruins. After five years of occupation and temporary shelters, the rebuildings started in the functional style that was the most fashionable at the time. In the 1950's, Steinkjer grew by 25%, and new districts were added. In 1964, the counties of Beitstad, Egge,

Kvam, Ognndal, Sparbu and Stod were added to Steinkjer County. The number of inhabitants passed 20000 in 1968, and the city continued to grow in the seventies.

# The history of Steinkjer

## THE IT CITY

As a lot of military and farming jobs disappeared in the 80's and 90's, Steinkjer adapted by concentrating on information technology. The adaptation was successful, and the city is now positively buzzing with technology and know-how.

## HAPPENINGS

Jekta Pauline invites you to a day of boat life at Bogkaia in June. From the 16. to the 18. July there will be a Viking-festival at Egge.

If you're looking for concerts, childrens activities and an outdoor market, you should visit the Steinkjer Martnan on August 4th –7th.

The TA football cup is also arranged during the same period.



## THE COUNTY CAPITAL

Steinkjer is centrally situated in Northern Trøndelag, surrounded by Snåsa, Namdalseid, Inderøy and Verdal. The distance to Trondheim is 120 km. Kystriksveien - Rv17 – which ends up in Bodø, starts here in Steinkjer. Drive westwards for an hour, and you'll reach the coast, and in the east you'll find the Swedish border and towns like Åre and Østersund. St.Olavsleden, a culture trail based on the stories of St. Olav and the Karoliner, passes by Steinkjer and displays the common history in the region, including Jämtland and Härjedalen.



# Activity guide

*Here are some tips about activities in the region. Some are available every day, while others have limited opening hours. Contact the Tourist Information on tel. 74 16 36 17 for further information.*

## **DAMPSAGA RECREATIONAL BATHING FACILITY**

The family bathing facility is centrally located along highway E6 in Steinkjer. Free parking is available in the parking structure near Esso. Four swimming pools featuring temperatures from 28 to 34 degrees, water slides, saunas, solarium, training room, cafeteria and convenience store. Available services include spa treatments, aromatherapy and other varieties of skin and body care. A visit to Dampsaga is a fun experience for the whole family!



## **WELCOME TO THE BUNADBURET AND ØVER-BJERKEM**

We are set up to receive groups and gladly arrange farm tours, coffee service and guided tours of the Bunadburet boutique and museum. Øver-Bjerkem is located in Henning, about 15 km from Steinkjer town centre. We operate a traditional “trønder” farm based on the organic production of milk, meat and grain. The livinghouse at the farm is called “Trøndelåna” and was built in the 1830’s. Burial mounds near the farm have provided important finds from the Viking Age. Nord-Trøndelag Folkedraktsaum maintains a workshop and small museum at the Bunadburet. There are also displays that focus on traditional clothing customs originating from the county of North-Trøndelag from the period 1750 -1850. Here are also shown the history of the numerous variants of the Norwegian folk costume. Entry fee per group member: NOK 110. Tour duration: About 2 hours. Minimum/maximum group size: 5/20 Contact Berit and Jakob Bjerkem at TEL: 74146228 for details and tour reservation.



# Activities

## ELGSAFARI I BEITSTAD

Bring binoculars and a camera, and experience the moose in its natural surroundings. Our guide takes you along on a four-hour trip in an area with a very rich moose population. The area is also historically interesting. The guide will even prepare a nice evening meal of moose meat, cooked on a camp fire. You sit comfortably in a minibus, so fine weather is not mandatory. Min 6 participants.

Price: Adults NOK 350 / Children 150 ,-

For information, call tel. 74 16 36 17



## FØLLINGSTUA

In addition to offering overnight stays, Føllingstua also rents out canoes and boats. Situated by the Snåsa lake, 14 km northwards on the E6. Take along some lunch, and enjoy a day of canoeing along the Langhammer river, or try your luck fishing on the lake. Rental prices canoe: NOK.30,-/hour, NOK.125,-/day. Tel. 74 14 71 90



# Activities

## BRANDHEIA WILDERNESS CAMP

The Wilderness Camp offers a wide variety of activities ranging from boating and canoeing on Lake Østervatn, a challenging log course in the water and footpaths to explore. From “Skotthyll Casting” and axe throwing to tree and mountain climbing. Good times by the campfire under the stars or inside a tepee-style wooden hut. Accessible by car. Directions: First take highway Rv762 about 10 km and exit at Røysing and follow the signs leading to «Villmarksleir » for about 7 km. Activity packages available for small and large groups. For booking call us at Tel: 74 14 51 91. On 27 June and 1 August we will be holding Open Camp with Wilderness Cafeteria.

## SPORBRYTER SLED DOG KENNEL IN OGDAL

Bring your family, colleagues or friends to our “lavvo” – a large Sami-style tent with seating capacity for up to 40 adults. You sit warm and comfortably around a large, crackling open fire on a cushion covered with moose and reindeer skin. Simple menu. You may drive the dogsled yourself (six-dog team) or sit back and enjoy a larger team (10-14 dogs) in a round-trip among the terrain surrounding the tent. Duration: 2 – 4 hours. Price: NOK 70 for children and NOK 160 for adults (Min. price: NOK 1,500). We also arrange trips by the hour/day/week as well as trip transport. Trips to the geographic centre point of Norway, including lunch. Call for price info at Tel: 74 16 46 43.

## MOKK GÅRD

–Visit an old copper mine

The farm is an excellent starting point for hiking along marked trails in forests and mountains, and for lake fishing. There are old copper mines from the 1700’s half an hours walk from the farm. Guided tours, prices on demand, must be ordered in advance. Family friendly skiing terrain with prepared tracks. Mokk Gård is situated at the top of the Ogn valley (Ogndalen), 40 km from Steinkjer city centre. Hosts: Kristin and Kjell Delbeek. Tel.74 14 47 52



# Activities

## KANO/KAJAKK AND CAVING IN OGNDALEN

12 km east of Steinkjer along the Rv762, you'll find the farm Overrein. This is the base of INatura. Canoes and kayaks are rented out for use in a 10 km long adapted paddling route in the river Oгна from the Hyllbrua bridge to Støa. INatura also offers guided tours to caves with potholes, stalactites and stalagmites, mountain halls, waterfalls and narrow passages. Minimum price NOK 1000,-/trip, we're happy to take groups of max 8 persons. Canoe NOK 150- 200,-/day, kayak NOK 50,-/hour or NOK.125 -200,-/day. Call tel.922 99 190.

## STEINKJER RACING PARK

Located 12 km east of Steinkjer, on Route 762. Here are go-carts for young and old. Additionally a picnic spot by the river Oгна, a fun castle, rubber dinghies, bathing beach and play apparatus. Open on 21 Jun – 10 Aug: All days 12 – 19. Spring and autumn (from week 33), open weekends. Price Kr. 100/adults. Kr75/children. Discounts when purchasing punch card. For arrangements outside opening hours call tel. 74 16 12 01.

## YTTERVIK

Yttervik is a beautifully situated farm with its lofty view of Hjelbotn in the Beitstad Fjord. Here is a place where you can fully relax with a walk in our decorative garden complex, smell and taste a wide variety of herbs, have a rest in the "Lovers Nest" or at the view point. Let the kids get acquainted with our animals or catch some frogs in the farm's ponds.

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**A wonderful garden with herbfield, ponds, animals, shop and great view.**  
**Groups and visitors are warmly welcome to a "different" little farm.**

Price: Adult NOK 50/  
Children NOK 30/ Family NOK 100  
(coffee and cakes can be ordered)  
Groups: NOK 250,- pr. pers.  
for guiding and meal/beverage.

Tel: 74141818 eller 74148262  
Fax: 74148999  
Epost: aaeid@frisurf.no



# Activities

Summer exhibition at Bunadburet at Øver-Bjerkem 13.June – 15.August

## "WARM HANDS"

The exhibition displays a selection of reconstructed gloves and mitts from the book: "Gloves and mitts used with folk costumes" by Heidi Fosnes. Also displayed are old and newer made traditional gloves and mitts from the County of Nord-Trøndelag. Traditional clothing customs originating from the county of North-Trøndelag are displayed.

Opening hours: Wed 18-21, Sat 13-16 or on request.

Entry fee: Kr 50,- pr.pers. (allso in groups). Coffee can be ordered.



NORD  
TRØNDELAG  
FOLKEDRAKTSAUM



Bjerkem, 7718 Steinkjer Tel: 74 14 62 28

Email: berit.bjerkem@c2i.net

www.bjerkem.com



BRANDHEIA  
villmarksleir

### EXPERIENCES

- Conferences
- Teambuilding
- Activities:
  - "To the top of the tree"
  - Rock Climbing
  - Rappelling
  - Hiking etc.
- Food
- Accommodation

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3 Lægran, 7717 Steinkjer, Tel. 74 14 51 91  
Fax 74 14 51 41, Email: brandhei@online.no  
www.brandheia.no

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# Elk safari



www.vesterhus.com

Guided bus trips.  
Mon - Fri, including evening meal  
Price adult NOK 350  
children NOK 150.

Sign up at Steinkjer  
Tourist Information  
before 1800 on the  
same day. Tel.74163617

**Not subject to  
weather conditions!**

Arnfinn Vesterhus, N-7730 Beitstad, Email: arnfinn@vesterhus.com

# Activities



**5**

**Inatura**

Cave exploring,  
canoing & kayaking

I Natura: Overrein, 7718 Steinkjer  
Mob. 922 99 190 Email: [inatura@inatura.no](mailto:inatura@inatura.no)  
[www.inatura.no](http://www.inatura.no)



**Mokk Gård**

Ogdal, 7718 Steinkjer  
Tel. 74 14 47 52  
Mob. 957 88 852  
Email:  
[post@mokkgaard.no](mailto:post@mokkgaard.no)  
[www.mokkgaard.no](http://www.mokkgaard.no)

Accommodation and meals for groups,  
families, associations, parties, meetings etc.  
Exelent opportunities for hiking.  
Guidet tours to the old copper mines.  
Booking in advance. **News this year - lavvo!** **6**



Opening hours:  
Spring: Sat 12-16, Sun 12-18  
Summer: Week 25-33,  
ALL DAYS 12-19  
Autumn: Sat 12-16, Sun 12-18  
Booking all days for groups  
and companies.  
Family activities  
Welcome!

## **Steinkjer Racing Park** **7**

Rv 762  
12 km from  
Steinkjer



**GEORG SMISTAD**



**OGNDAL - STEINKJER**

Tel 74 16 12 01  
Fax 74 15 64 62

# Outdoor living – going on a trip

## HIKING TRIPS:

### BYAFJELLET

A popular hiking area in Steinkjer summer and winter. Follow the Rv 763 from Steinkjer and park by By Gård. Steinkjer Ski-stadion can also be a good starting point for hiking trips in the forest. Rungstadvatnet is idyllically situated by the E6, about 4 km north of Steinkjer. Here you may rent a boat by contacting the Esso-station at Asphaugen.

### OFTENÅSEN

Slightly east of Steinkjer city centre you'll find Oftenåsen. The reward for the trip to the top is a great view of Steinkjer. Follow the Rv759 eastwards towards Henning, past Lerkehaug. The trail to the top can be found by the entrance to the gravel works.

### HENNINGVOLA

A popular hiking area, especially in winter, with a well kept trail system. You can take your car all the way to the Henningvatnet lake. Here's a fishing spot that's adapted for wheelchairs. Follow the Rv 759 and the signs towards Henningvola. About 15 min. by car from Steinkjer.

### MOKK GÅRD/THE TURISTFORENING TRAILS.

From Mokka Gård you can follow a marked trail into the mountain Stortjønnfjellet. After 1,5 km of uphill hiking, one passes the abandoned Mokka and Gaulstad copper mines from the 1770's. The terrain becomes easier. The nearest open cabin is Lågvassbu by the lake Lågvatnet (about 10 km from Mokka). About 4 km further you'll find Skjækerosstu, which is an open cabin like Lågvassbu, belonging to Steinkjer kommuneskoger - Ognaldsbruket. The turistforeningen has two cabins in the area. Ask at the tourist office for more information.

### STEINKJER KOMMUNESKOGER/OGNDALSFJELLA

Marked and adapted trails leading to the proposed national park in Skjækra. Starting point Mokka Gård or Lustadvatnet lake. The trails pass through an area where the nature is proposed for protection. Free fishing in plenty of lakes. Boats and cabins for rent. Brochure Steinkjer kommuneskoger ("Fiske og friluftsliv").

# Outdoor living – going on a trip

## BIKING TRIPS:

### «THE EGGE ROUND TRIP»

Ride along Nordsipromenaden to Bogen, continue along Fv 285 to Paradisbukta. Turn right by the Prix shop and follow Egge-mountaintrack past Blåbyen to Egge Museum. Continue to Egge Church, where you cross the E6 to take a look at the ancient artefacts by Ølvisheim. Follow the bicycle trail down to the city centre. Stop by the Våttåbakken memorial over the first archeologically examined stone age settlement in Norway.



## CAR TRIPS:

### «STEINKJER -BEITSTAD -SUNNAN »

Drive along the Fv 285 towards Sør-Beitstad. Stop at Bardal to see the famous rock carvings. Follow the road past Skjevik and Bartnes to Vellamelen. Visit the unique Bygdasentralen for a bite to eat or some coffee. Follow the Rv17 to Asphaugen, and if you feel like prolonging the trip, return to Steinkjer via Følling and Sunnan where the boat Bonden II has its dock on the Snåsa lake.



# Outdoor living – going on a trip



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## Steinkjer Kommuneskoger OGNDALSBRUKET KF



- Recreation areas
- Marked paths
- Cabins to let
- Boats for hire
- Hunting areas
- Free fishing in 60 lakes



For information and booking:  
Steinkjer Town Hall tel. 74 16 90 00  
or the Forest Dep. tel. 950 29 500  
[ogndalsbruket@steinkjer.kommune.no](mailto:ogndalsbruket@steinkjer.kommune.no)

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Skillegrind, Ogdal  
7718 Steinkjer  
Tel/fax: 741 64 64 3  
Mob: 95 70 38 49  
[www.sporbryter.no](http://www.sporbryter.no)

**-Speed, -Excitement,  
-Struggle, -Joy**

**-Unique nature experience**

**-Silence, -Cooperation, -Managing**

Drive alone or be driven. Suitable for ALL, shorter or longer trips. We tailor-make trips for groups . The season starts in December. NB! Booking in advance of season!

We sell:

Bison-lavvos - Reima - Lowe Alpin  
- Troll-dogfood - Kamik-thermoboots



# Outdoor living – Fishing tips

Fjord fishing – Good spots for rod fishing

The easiest places to fish are the rocks along the coast.

The spot closest to Steinkjer city centre is the mouth of the river Steinkjerelva along the «Nordsipromenaden». In Paradisbukta, the pier is a good spot, so is the outer edge of Skåtangen. The north side of the islands Høøya and Kalvøya also lend themselves to fishing. Along the Hammerlandet towards Malmsundet there are many good spots. You will mainly catch cod or saithe, or, with a bit of luck, a sea trout.

## **Fishing tips:**

**Cod and saithe:** use a heavy bait, let it sink to the bottom, reel in slowly. Best cod fishing in months containing the letter «R»!!

**Sea trout:** use light bait and reel in quickly – the trout lives near the surface.



# Outdoor living – Fishing tips

## FRESH WATER FISHING - LAKES

Steinkjer Kommuneskoger, Ogdalsbruket has 60 lakes, where you may fish freely with a rod. Some of the lakes are along the road. You will mainly catch trout. Snåsavatnet lake is ideal for boat fishing. The lake contains trout, arctic char, burbot and eel. Leksdalsvatnet lake contains trout, arctic char, and eel. Several opportunities for boat rental around the lake

***Fishing tips:*** For those unfamiliar with jiggs or wobblers, we recommend using worms or fly fishing. When you buy your fishing card, ask for the best bait to use in that area.

***Good luck!***

## FISHING IN THE STEINKJER RIVER- DESINFECTION!

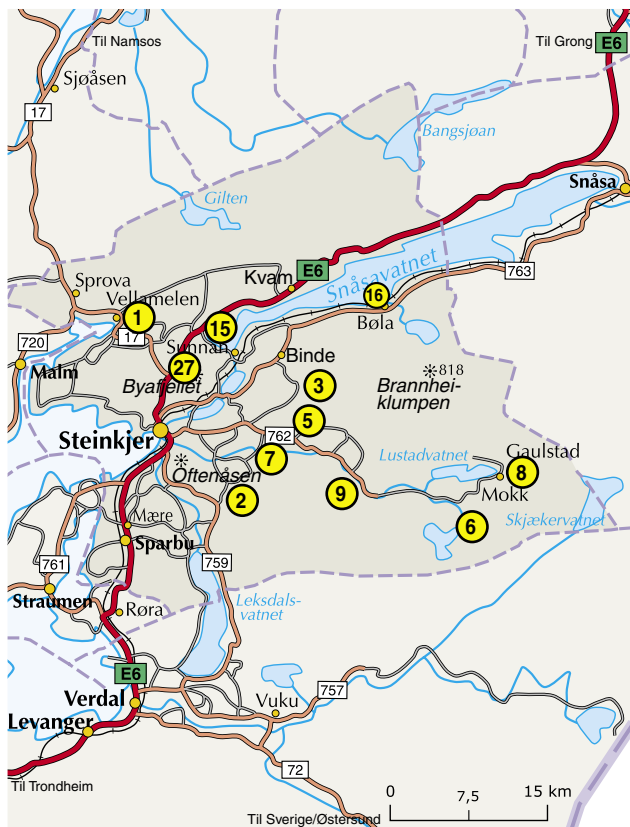
For the second time, the rivers; Figga, Steinkjer, Oгна and Byaelva have been treated with rotenon for the salmon parasite *gyrodactylus salaris*. Therefore, the disinfection rules are strict for those wishing to fish in one of these rivers. A certificate of disinfection must be shown in order to buy a fishing permit. You can get the certificate at Steinkjer Brannstasjon from May 31st - medio August (kl.08 -21). You pay 340 NOK for disinfection. After you've finished fishing and redesinfected your equipment, 300 NOK will be returned.

## NB!

The mandatory payment for freshwater fishing has been annulled. Any person over the age of 16 wishing to fish in salmon rivers must still pay the mandatory fishing fee. If you use immobile equipment to fish for salmon, sea trout and sea char, you must pay the mandatory fee of 180 NOK. Fishing cards for most rivers are sold at Sportshytta in Steinkjer.



# Maps



	N A M S S K O G A N	N A M S O S	G R O N G	S N Å S A	S T E I N K J E R	I N D E R Ø Y	V E R D A L	L E V A N G E R	F R O S T A	S T J Ø R D A L	T R O N D H E I M
Namsskogan											
Namsos	121										
Grong	73	48									
Snåsa	106	80	33								
Steinkjer	153	80	80	56							
Inderøy (Straumen)	175	102	102	78	22						
Verdal	184	112	112	88	32	18					
Levanger	194	118	122	97	41	28	12				
Frosta	235	159	162	138	82	69	53	41			
Stjørdal	242	164	172	146	88	74	59	47	42		
Trondheim	274	202	202	176	120	106	91	79	64	32	

Trondheim- Oslo: 496 km  
 Trondheim – Bodø: 734 km



Eggevammen

# HEGGELIA

10 Egge museum

Egge kirke

egge gård

28

11

25

NORD

19

22

Dampsaga kulturhus/bad

32

# NORDSILEIRET

Fylkets Hus

STEINKJERELVA

E6

17

20

23

31

22

12

26

TOURIST INFORMATION

4

# SØRSILEIRET

29

21

0

500 m



**bravida**

Digital kartografi: Bravida Geomatikk AS

Tel: 810 33 400/E-mail: [firmapost@geomatikk.no](mailto:firmapost@geomatikk.no)

Kartgrunnlag: Steinkjer kommune

Ny E6  
okt. 2007

FIGG



763

Guldbergaunet  
Camping

14

GNA

STEINKJERELVA

Steinkjerhallen

OSIHAUGEN

GULDBERGAUNET

762

REINA

18 30  
Steinkjer rådhus

Sannan

24

FURUSKOGEN

SKJEFTE

Kruthus-  
haugen

Politi/toll 13

Statens Hus

TRANA

R

# Cultural guide

## EGGE MUSEUM

Shows a complete farm from the 1800's counting 11 buildings. All have been moved here from different places in Steinkjer. The houses are equipped with correct furniture, equipment and tools. The farming department tells the farming history over the last 200 years. By the Østbyfossen, the museum has built up a water power environment containing a mill, a sawmill and a fulling mill. The area is also rich in archeological artefacts.



### Welcome to EGGE MUSEUM



The museum is located 2,5 km north of downtown Steinkjer. Daily guided tours at 1130 during season - other times please book in advance. Special arrangements for groups can be arranged. The outdoor museum at Egge Museum is open from 15. June to 20. August. Tue-fri 1000-1530, sun 1200-1600 Monday and Saturday: closed  
Admission NOK. 40,- Special events NOK 60,-  
Children under 12 years free

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**EGGE MUSEUM**  
- a living museum

Fylkesmannsgården, 7715 Steinkjer, Tel 74 16 31 10 Email: [post@eggemuseum.no](mailto:post@eggemuseum.no)  
[www.eggemuseum.no](http://www.eggemuseum.no)

JA Reklame Foto: Gekko Film og Foto, Leif Arne Holme

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FOR THE WHOLE FAMILY

**Steinkjer 16.-18. July 2004**

Childrens theater - Viking feast -  
Vikingmarket - Viking playground -  
Handicrafts - Food and foodtraditions -  
Exhibitions- Culture and entertainment -  
Historical walk - Exciting talks



See complete program on [www.vikingfestival.no](http://www.vikingfestival.no)

Phone 74 12 65 20

# Ancient monuments and burial sites

## ARCHEOLOGICAL ARTEFACTS AT VÅTTÅBAKKEN

Just north of Steinkjer city centre, by the E6 and at the bottom of the hill towards Eggevammen, there is a memorial over the first archeological excavation of a stone age settlement in Norway, performed in the 1860's. About 4500 years ago, the house was at the water's edge. The main findings were leftovers from meals, like shells and bones from different animals. In addition to an axe made from moose antlers, one also found weapons like arrow and spear tips made of bone and flint, and shale knives.

## THE EGGE AREA

The Egge farm by Steinkjer is a familiar name from the sagas. Persons like Trond Haka, Olve and Kalv Arnesson are said to have lived at the farm. Excavations show that there have been houses at the same sites in the viking age and the middle ages. Altogether 33 burial sites from different ages have been preserved. The oldest are the 5 stone circles at Ølvisheim. These rare burial sites have all been archeologically examined. They contained weapons, gold rings and imported bronze cups, findings that indicate that these are the graves of persons of a very high status.

## THE SIGRID PATH

Historical path along the hill, where you can see the burial sites. Benches and information boards.

## TINGVOLD

By Tingvold Park Hotel, there is a ship-shaped stone ring that today contains 38 stones. These are the last remains of a field with more than 20 burial sites from the younger iron age (600 – 1030 DC). During the viking age, the sea level was 4 m higher than today, so the sites must have been placed near the sea.

# Ancient monuments and burial sites

## THE HELGE FIELD

The Helge field is divided by the road Helgesveien, but both sides contain burial mounds and memorials. The name Helge means the holy place. This probably means that the area has been a religious place where one conducted offer ceremonies and services. A total of 22 burial mounds and other facilities have been found in the area, half of which have been preserved. The findings date back to the first six centuries DC. The 3 large monuments and the burial mounds; «Helgeshaugen » and «Ormshaugen » are easily visible. The field lies about 4 km from the city centre, follow the Rv762 to Fagerheim School and follow the sign to Gravfelt.

## SKEIFELTET

By following the E6 12 km southwards to Mære and further roads signs (4 km from E6) you'll get to the largest burial field in Nord- Trøndelag. Skeifeltet contains 113 burial mounds, monuments, cooking pits and a circular house arrangement with 8 house ruins. Many of the Skei graves have been dug out or plundered, only a few have been archeologically examined. The most impressive finding is a female grave from the 800's where several imported bronze artefacts bear witness of the viking raids to Ireland. Parking by the road, and information signs in Norwegian, English and German.

## THE BØLA REINDEER

An about 6000 year old hunting talisman, a rock carving. A very natural-looking full size reindeer. It is situated about 30 km east of Steinkjer along the Rv763 towards lake Snåsa.

## THE BØLA MAN

“Bølamannen” translates as “The Bøla Man” and he was discovered on 12 July 2001. The image depicts a full-scale, male figure with skis on both feet and a single pole in one hand. Professor Kalle Sognes at the Trondheim Museum of Science remarks that this is “Northern Europe’s best example of a full-scale rock carving of a man”.



# Rock carving/ Art and Churches

## BARDAL

You follow Fv285, around 15 km from Steinkjer. Follow signs to the Bardalfeltet 1,2 km from Fv285. This is one of Nord-Trøndelags largest rock carving selections. The field is especially rich due to the mixture of farming av hunting motifs. They are interwoven, and some say that the later farming carvings have been made to obliterate the older hunting carvings. Information signs in Norwegian, English and German.

## THE GLASS PAINTINGS FROM STEINKJER CHURCH

The original glass paintings that are now in Steinkjer church are exposed in the lobby of Steinkjer Rådhus (City Hall). You'll also be able to try an interactive video program that tells the story of the Steinkjer boy Jakob Weidemann (1923 – 2001), his life and his art. The Rådhuset is open weekdays 08 -16. For visits outside openign hours, contact the tourist office tel. 74 16 36 17



## WEIDEMANN-DECORATED CHIMNEY IN THE LIBRARY

In 1948 Weidemann started decorating the chimney in Ivar Bromstads paintshop at Sandvollan in return for painting equipment. The chimney is exposed next to the newspaper shelf in the library.

## STEINKJER CHURCH

Was inaugurated on March 25th 1965. The architect was Olav Platou, and it was decorated by Jacob Weidemann and Sivert Donali. The untraditional decoration makes the church unique, and gives you a very special cultural experience. This is the third church on the site. The first church, from 1865, was destroyed during the city fire in 1900. The second succumbed to the bombs that fell over the city in April 1940.



# Churches

## EGGE CHURCH

Built in 1870, Egge Church is typical of the era. The first time a church on this site is mentioned, is in the document “Reformatsen” from 1588. Lightning struck the church in 1726. It burnt down, and was auctioned to Rasmus Lyng at Gjevran.

A new church was erected

and finished in 1767. In 1870, one decided that the church was too small for all the parishoners, so a new church was built.



## MÆRE CHURCH

On the Mære hill, a 15 min drive south on the E6. The church was built towards the end of the 1100's. The altarpiece was carved between 1648 – 70. The pulpit dates back to 1646. One of the few medieval churches that still use the original roofing construction. The

end of each beam sports a carved wooden head. Other parts of the medieval furnishings are also preserved.

For informasjon about guiding and opening hours of the churches, contact Steinkjer Turistkontor, tel.74 16 36 17.



# Accommodation

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The Hotel in Steinkjer...

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# Accommodation

## Guldbergaunet

Sommerhotell & Camping AS

Boks 2073, 7708 Steinkjer

Telefon: 74 16 20 45

Fax: 74 16 47 35

Email: g-book@online.no

www.rv17.no/guldbergaunet

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1/1 - 31/12			
	395 - 950 Kr		140 Kr
	100 - 120 Kr		150 Kr
	330 - 450 Kr		



15



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	100 Kr
	20 Kr



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## BØLABUA

Bølabua is a combined restaurant/sales outlet for local handicrafts, which offers cosy atmosphere and is situated near the well known Bøla Rock Carving site. The new "Storstua" banquet room was opened in 2003 and has capacity for up to 50 guests. An entirely new restroom facility will be finished during the course of the 2004 season. Guests of all ages will find something tasty and refreshing to eat and drink at Bølabua. This year we are introducing a new and exciting menu based on fresh local produce. We bid you welcome!

## BØLABUA

**-FOOD**  
**-GIFTS**  
**-EXPERIENCES**

16

Tel: 454 26 588 - Email: bolabua@online.no



## Breidablikk

17  
*Kafeteria*



- Nice homemade dinner
  - Conference- and partyrooms
- Opening hours: Mon - Fri: 09-18  
Sat: Closed, Sun: 11-17

- Daily bingo in our own premisis
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Sun: 1345-1800

Kongensgt. 22-24  
7715 Steinkjer  
Tel: 74 16 22 05

## Coffeebar - Restaurant - Café - Bakery



Catering - 18  
from casseroles  
to gourmet food.  
Á la carte from kr. 49

Mon. - Tue. 11-17  
Wed. - Fri. 11-22  
Saturday 11-16

Kongensgt. 40, 7713 Steinkjer  
Tel 74 16 21 00 -  
906 27 759 - 926 19 226

**BRØD  
& CIRKUS**

# Restaurants

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- Turkish kebab

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RESTAURANT AS

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Dok&Rek

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**Steinkjergården**  
Mat & Vinstue

\*Menu: Norwegian kitchen of high quality, lokal ingredients, venison

\*Speciality: Soap stone beef

\*Outdoor restaurant

Mon - Sat: 14-22



**À la carte - Small dishes - Pizza - Takeaway**

Tel 74 16 04 00 - [www.steinkjergaarden.no](http://www.steinkjergaarden.no)



**Welcome**

Mon - Sat 10-22  
Sun 12-22

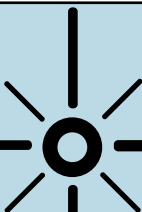
Located in Globus Storsenter  
(shopping centre) by the E6



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# Shopping

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## Design Diablo

Visit our glas factory/ shop  
in Ølvegata 12, Steinkjer

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Mon

Tue

Wed

09-17

Thu

09-19

Fri

09-17

Sat

09-15



THE GIFTSHOP w/ china, pottery, glas,  
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[www.designdiablo.no](http://www.designdiablo.no)



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## Lyspunktet

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and candles

Open:  
Mon-Tue-Wed-Fri  
1000-1630,  
Thu 1000-1800,  
Sat 1000-1400

Steinkjer "art club"  
exhibition area  
"Galleri Lyspunktet"  
in the basement



- Elvegt. 1, 7713 Steinkjer, tel 74 16 12 37 -

# Transportation



## STEINKJER SKYSTASJON

All public transportation starts at Steinkjer Skystasjon.

- Trains from Trondheim and Bodø stop here.
- Nor-way Bussekspress stops here on its way from Trondheim -Namsos -Trondheim
- Trønderbilene has several daily departures to different places in the region.



Sannan Bensin & Service AS  
Kongensgt. 45, 7713 Steinkjer  
Tel 74 16 19 00



- Open to 24
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- Tires/oil
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- Kiosk with
  - hamburger
  - pizza

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**Verdal / Levanger: tel. 74 04 65 50**  
**Steinkjer: tel. 74 14 90 50**  
**Avis Reservation: tel. 815 33 044**

**AVIS**  
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# Transportation

## Summer - the time for travel!

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South:	DX67	DX67	DX67	DX67	DX67	DX67	DX67	DX67	DX67
Namsos	0530	0630	0830	0930	1130	1430	1530	1730	1830
Steinkjer	0655	0800	1000	1055	1300	1600	1655	1900	1955
Levanger	0745	0845	1045	1145	1345	1645	1745	1945	2045
Værnes	0835			1235			1835		2135
Trondheim	0905			1305			1905		2205

North:	DX67	DX67	DX67	DX67	DX67	DX67	DX67	DX67	DX67
Trondheim			0800		1200			1700	2000
Værnes			0840		1240			1740	2040
Levanger	0630	0730	0930	1130	1330	1430	1730	1830	2130
Steinkjer	0720	0820	1020	1220	1420	1520	1820	1920	2220
Namsos	0845	0945	1145	1345	1545	1645	1945	2045	2345

NB: Also during the weekends, for info: [www.tronderbilene.no](http://www.tronderbilene.no)

Route information service: Tlf. 177



TrønderBilene as



FROSTABUSSEN

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# Kystriksveien

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



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Postboks 91 N-7701 Steinkjer

Tel: 74 16 36 17 - Fax: 74 16 10 88

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



**KYSTRIKSVEIEN**

# Event calendar 2004

## May

- 09.05 Saw, mill and "Stamp House" Day, Egge Museum
- 09.05 Steinkjer – Mo (Football 2nd Division)
- 12.05 Wednesday Meeting at Egge Museum; Dialects of Innherred
- 19.05 Steinkjer – Kolstad (Football 2nd Division)
- 28.05 Steinkjer – Harstad (Football 2nd Division)
- 29.05 Traditional "Jekt" – and Boat Day, Egge Museum

## June

- 02.06 West Side Story, the National Theatre's spring presentation at Dampsaga Culture Centre
- 02.06 Archaeology Week at Egge Museum
- 04.06 Fire and Wood – extended Wood Day at Egge Museum
- 12.06 Steinkjer – Levanger (Football 2nd Division)
- 13.06 Opening of the exhibition "Warm hands"
- 15.06 Season opening with premier of the Beitstad Exhibit, Egge Museum
- 23.06 St. Hans Celebration at Egge Museum
- 26.06 Steinkjer - Byåsen Toppfot. (Football 2nd Division)
- 24.06 Senior Citizen Day at Egge Museum
- 27.06 Children's Day at Egge Museum
- 27.06 Open Camp with Wilderness Cafeteria in Brandheia Villmarksleir

## July

- 16.07 – 18.07 Viking Festival at Egge
- 25.07 Children's Show - "Eskild and Nøkken" at Egge Museum
- 31.07 Steinkjer – Salangen (Football 2nd Division)



# Event calendar 2004

## August

- 01.08 Open Camp with Wilderness Cafeteria in Brandheia Villmarksleir  
04.08 – 07.08 Steinkjermartna  
04.08 – 08.08 Ta Cup at Guldbergaunet Stadium  
07.08 Steinkjer – Skarp (Football 2nd Division)  
08.08 Family Day at Egge Museum  
15.08 From Cradle to Grave at Egge Museum  
18.08 Wednesday Meeting at Egge Museum;  
”The Boat House on Hoøya”  
21.08 Steinkjer – Alta (Football 2nd Division)

## September

- 04.09 Steinkjer – Vesterålen (Football 2nd Division)  
13.09 Wednesday Meeting at Egge Museum;  
”Leinsleira from Sparbu”  
18.09 Steinkjer – Narvik (Football 2nd Division)

## Oktober

- 02.10 Steinkjer – Rosenborg 2 (Football 2nd Division)  
16.10 Steinkjer – Lofoten (Football 2nd Division)

## November

- 17.11 Wednesday Meeting at Egge Museum;  
”Food Traditions of Innherred  
28.11 Advent Gathering at Egge Museum  
30.11 Christmas preparations for Friends of the Museum at Egge Museum



# Useful information

**Fire:** 110  
**Police:** 112  
Police standby: Statens Hus, Strandvn. 38 Tel: 74 12 10 00

**Emergency medical assistance:** 113  
Emergency surgery: Tel: 74 16 70 00

**Chemist shop:**  
Apoteket Elgen, Zebra: Tel: 74 12 18 80  
Mon - Fri 10 - 18  
Sat 10 - 15

Apotek 1 Steinkjer, Globus Tel: 74 13 53 30  
Mon - Fri 10-18  
Sat 10 - 15

Apoteket Nordstjernen, Kongensgt. 28: Tel: 74 16 15 06  
Mon - Fri 08.30 - 16.30,  
Sat 09 - 13.30

**Post**  
Steinkjer Posthandel, Sjøfartsgt. 5,  
Customer service: Tel. 810 00 710  
Mon - Fri: 08 - 17  
Sat: 09 - 14

**Bank**  
Den Norske Bank ASA, Kongensgt. 41: Tel: 74 14 68 20  
Mon - Fri: 08 - 15

Fokus Bank, Bomvegen 3, Tel: 74 13 62 00  
Mon - Fri: 09 - 15, Thu: 09 - 16

Minibank in Kongensgata, like ved KG 33  
Gjensidige NOR, Skolegt. 14 Tel: 74 16 01 00  
Mon - Fri: 08-15.30

Sparebank 1 Midt - Norge AS,  
Kongensgt 34 Tel: 07300  
Mon - Fri: 09 - 15, Thu: 09 - 17

(Same opening hours as for the bank in Globus)  
Minibank in Kongensgt. 34, Globus and Zebra

**AGA gas retailer**  
AS Følstad og Jørgensen, Sjøfartsgt. 3, Tel: 74 15 05 50  
Mon - Fri: 08 - 18, Sat: 09 - 15

**All day petrol station**  
Dampsaga Serv.sentr. AS Esso,  
Namdalsvn.30 Tel: 74 16 11 67

**Toilet emptying facility**  
Closest one southwards: Røra  
Closest one northwards: Grong

# Useful information

## Internet Cafè

Elvegt. 1

Tel: 74 16 39 66

Mon-Thu: 08.30 - 21, Fri: 08.30 - 17

## Foreign newspapers/ magazines

Narvesen, Globus

Tel: 74 16 51 40

Narvesen, Zebra

Tel: 74 16 25 78

## The library

Dampsaga House of Culture,

Tel: 74 16 93 60

Mon-Thu: 10.00 - 19.00

Fri: 10.00 - 16.00

Sat: 10.00 - 14.00

24. juni - 18. august

Mon - Fri: 10.00 - 16.00. Saturday: Closed

## Car rescue:

NAF bilberging, Verksvn. 5.

Tel: 74 16 14 72

mob.: 94 78 90 85

Viking Redningstjeneste, Løsbergv. 2 A

Tel: 74 14 30 02

Servicesentral, free tel:

800 32 900

Falken AS redningstjeneste, Verksv. 5

Tel: 02222

## Car rental

One day, a week or a month

Holberg Bilutleie AS

Hertz Nord-Trøndelag

Tel: 74 17 09 00

Avis, Steinkjer

Tel: 74 14 90 50

## Transportation

Steinkjer Taxi, Strandveien 21

Tel: 74 14 44 80

NSB, Strandvn. 21

Tel: 74 13 45 00

Steinkjer Buss, Strandvn 21

Tel: 93 25 00 40

Trønderbilene, Strandvn. 21

Tel: 74 12 19 00

Route information

Tel: 177

