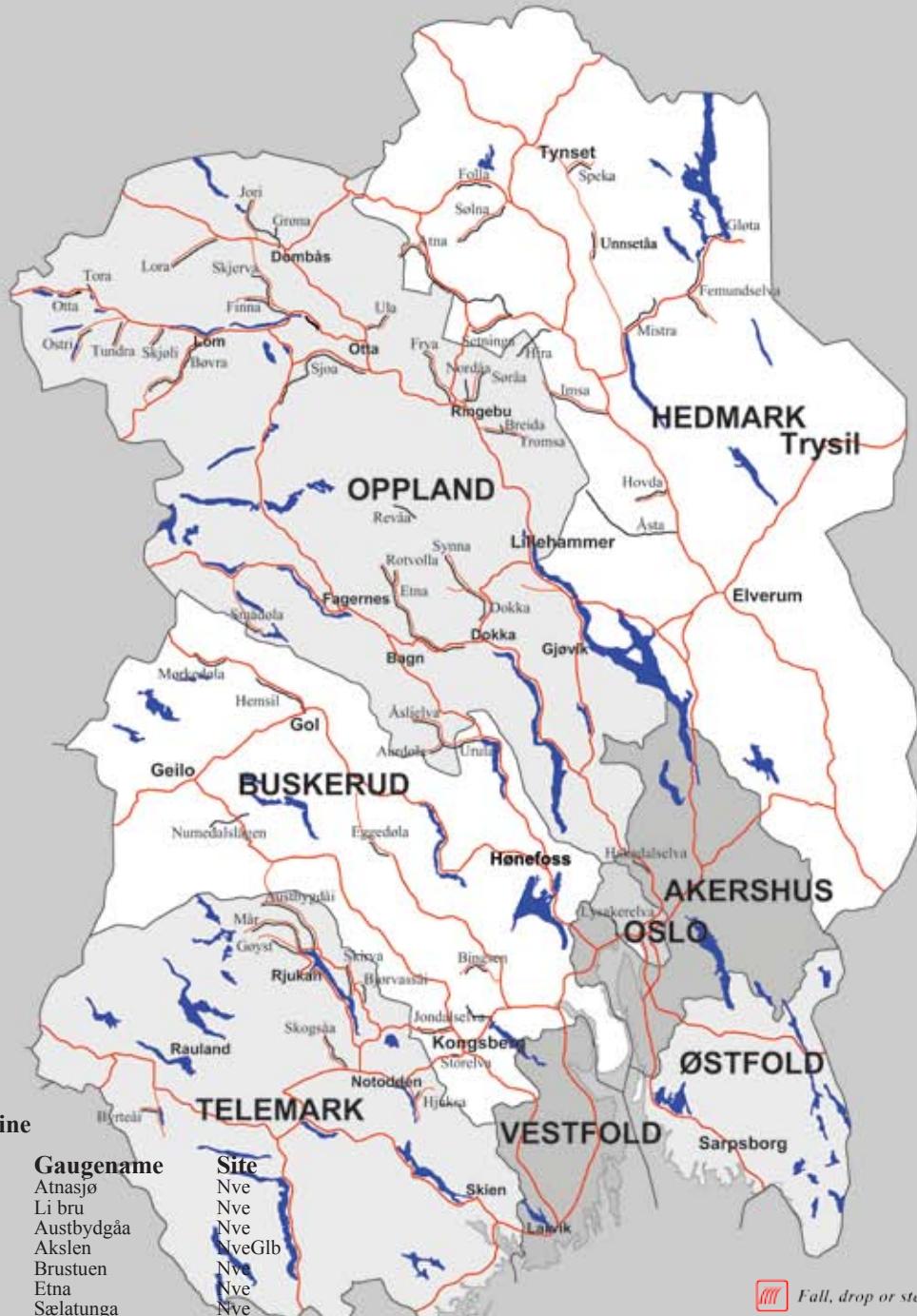




EASTERN NORWAY



GAUGES online

River	Gaugename	Site
Atna lower	Atnasjø	Nve
Atna upper	Li bru	Nve
Austbygdåi	Austbydgåa	Nve
Bøvra lower	Akslen	Nve
Bøvra upper	Brustuen	Nve
Etna	Etna	Nve
Finna	Sælatunga	Nve
Gudbrandsdalslågen	Rosten	Nve/Glb
Hakadalselva	Fossen	Nve
Jondalselva	Jondalen	Nve
Jori lower	Dombås	Nve
Jori upper	Nysætra	Nve
Leira	Elvestad	Nve
Mistra	Mistra	Nve/Glb
Mørkedøla	Storeskard	Nve
Sjoa	Faukstad	Nve/Glb
Sjoa	Nedre Sjodalsvatn	Nve
Skogsåa	Sønlandsvann	Nve
Imsa	Søndre Imssjøen	Nve
Unnsetåa	Unnsetåa	Nve

- Fall, drop or steep slide
- Normally not run or not runnable
- Put-in, normally preferred
- Take-out, normally preferred
- Awareness point, inspection might indeed be necessary
- Gauge
- Total blockage, always/certain water levels
- Mandatory portage

EASTERN NORWAY

The geographical area of eastern Norway, covers the counties Oppland, Hedmark, Buskerud, Telemark Østfold, Vestfold, Oslo and Akershus. Eastern Norway is the main and largest area for kayaking in Norway. Around 70% of the rivers in this guide are located in eastern Norway. Here you'll find whatever your heart desires. But, which river is the most spectacular? Which one is the best? Top 5? It is for you to explore!

Tip; don't go totally mainstream as most kayakers do...boring!

Telemark

Telemark is normally the region with the earliest start. If you make aggressive plans for a whole season of kayaking in Norway, remember that rivers like Skogsåa, Hjuksa, Storelva and Jondalselva most likely are perfect in the last week of April. Other rivers in the area like Austbygdåi, Gøyst, Mår, Skirva, and Bjørvassåi will normally be good a week later. Whatever the beginning, the definitive truth is attainable by checking the automatic gauges and snow maps available on the internet. The snow melting season in Telemark lasts until end of May. The possibilities may be extended a few weeks if there's more snow left in the high mountains combined with some rain. If you come to Norway for just a week or more in May, going to Telemark will give you the best time you can have in Norway. Telemark rivers have endless variations of class IV+/-.

Many think the Telemark rivers are a fairly new discovery, but the a matter of fact is that kayakers were all over the place as early as in the mid 80ies, they were mostly Germans, of course. Norwegian kayakers can thank Pål Kalleberg for having brought their attention to this area, and other areas too for that matter. Pål is the man with the largest number of first descents in Norway.

Hedmark

Hedmark comprises the drainage of two rivers, Glomma and Trysilelva. For rivers in lower areas the season in Hedmark may start as early as late April and up to two weeks later for rivers coming from higher up in the mountains. As always the automatic gauges will tell you all about it. The Hedmark area is historically known for easy cruising on rivers with long continuous rapids and few inspections. The area is well known for its easy rivers like Åsta, Imsa, Atna, Folla, Femundselva and Setninga. Hedmark was the first area that really got popular among Norwegian kayakers back in the 70ies. The area has more to offer than old descriptions show. During the past few years stories have been told of super fun waterfalls and steep rapids. Hovda and Hira are two of the rivers with very nice waterfalls. The area has several more steep rivers rediscovered by kayakers. Rivers like Røa, Eldåa, Rokka, Neta, Øksna and more (though not in the guide yet) are examples of just that. Rokka and Neta were paddled for the first time the spring of 2010 by author.

Oppland

Gudbrandsdalslågen, with all its tributaries, is the largest river system in Norway. It has over 20 good whitewater tributaries. Rivers in the western area (tributaries to Otta) of the river system mostly come from high mountain areas with glaciers. These rivers are normally best reasonably late in the season and sometimes early in the season before the flood in June/July. Rivers in the east of the river system are not glacier fed and have a "normal" seasonal flow. All the rivers are worth a visit but the rivers most spoken of are Finna, Frya, Jori, Sjoa, Store Ula, Bøvra, Ostri and Skjøli. But if you widen your horizon a bit you will find rivers like Søråa, Skjerva, Tromsa, Ula, Grøna, Tundra and Lora in your sight. The most famous river in Norway is the large glacier fed Sjoa. Extremely easy river access, and over 40 kilometres of continuous rapids, makes it a natural choice for your stay in Norway. But why go there? Is it lack of fantasy or seasonal lack of water elsewhere?

The Valdres region is not too well known to foreigners. When the area has a sufficient water level in the spring, or when it rains, the area offers you some of the nicest white water you'll find in Norway. Rivers like Etna, Urula and Åslielva are some of the author's favourite rivers. A spectacular run is found in the Aurdøla with its one kilometre long steep slide and fall section. If you love long slides Aurdøla and Åslielva are good spots for you. When everything goes high in the area Synna can offer some really special waterfalls. If you don't run them Synna can offer some spectacular portages that may motivate you to run the falls after all.

Atna (Dørålen section) has been paddled from Dørålseter down to Berg. The very narrow gorge, which has been cut 20-30 meters straight down into the rock, is very unlike other Norwegian rivers. The river is not visited often. Go there on the right water level and fall in loooove.

From Dørålseter the river runs through open terrain, but shortly after it starts to touch the bedrock the river gradually cuts into a long gorge. The "Dørålen section" of Atna is characterised by narrow rapids and small drops.

The water level in Atna ought to be low or else some critical eddies will be washed out and portages made impossible.

In beginning of June the road to Dørålseter opens, and the upper part of Atna is available. The road closes 20th of September.

Mandatory portages:

The first one is a total blockage, which has to be portaged on the right side from the second last eddy.

The second one is located shortly after the bridge at Elgvasslii. This is a blocked fall, which is easiest to portage on the left side. Eddies above the fall will be washed out on higher water levels.

Special warning

Some years, changes in the build up of rolling stones can make severe difficulties in finding an exitable eddy on top of the three narrow drops. It could be wise to climb out and make a portage 150m before on the left side. The walls in the first drop of the three are twisted, so it is quite possible to get pinned.

Waterlevel

The water level of the upper Atna can be determined by checking the automatic/manual gauge "Libru". An optimal water level is between 0,64m/5,3m³ – 0,75m/7,3m³.

The upper Atna is very sensitive when it comes to water level. At higher water levels serious problems finding eddies to for inspection and portage could become a serious reality. If you put on at higher than optimal water levels then you ought to know the river from previous descents.

Put-in **Put-in**

Narrow, steep rapid with closed in walls
Mandatory portage, total blockage

Blocked rapid with five steps

Three narrow drops, the first with severe twisted walls

Narrow, 90 degrees left-turn, tricky entrance

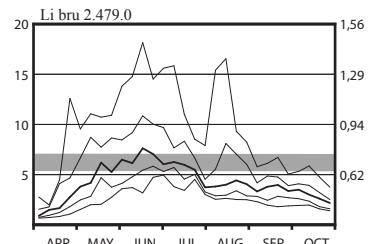
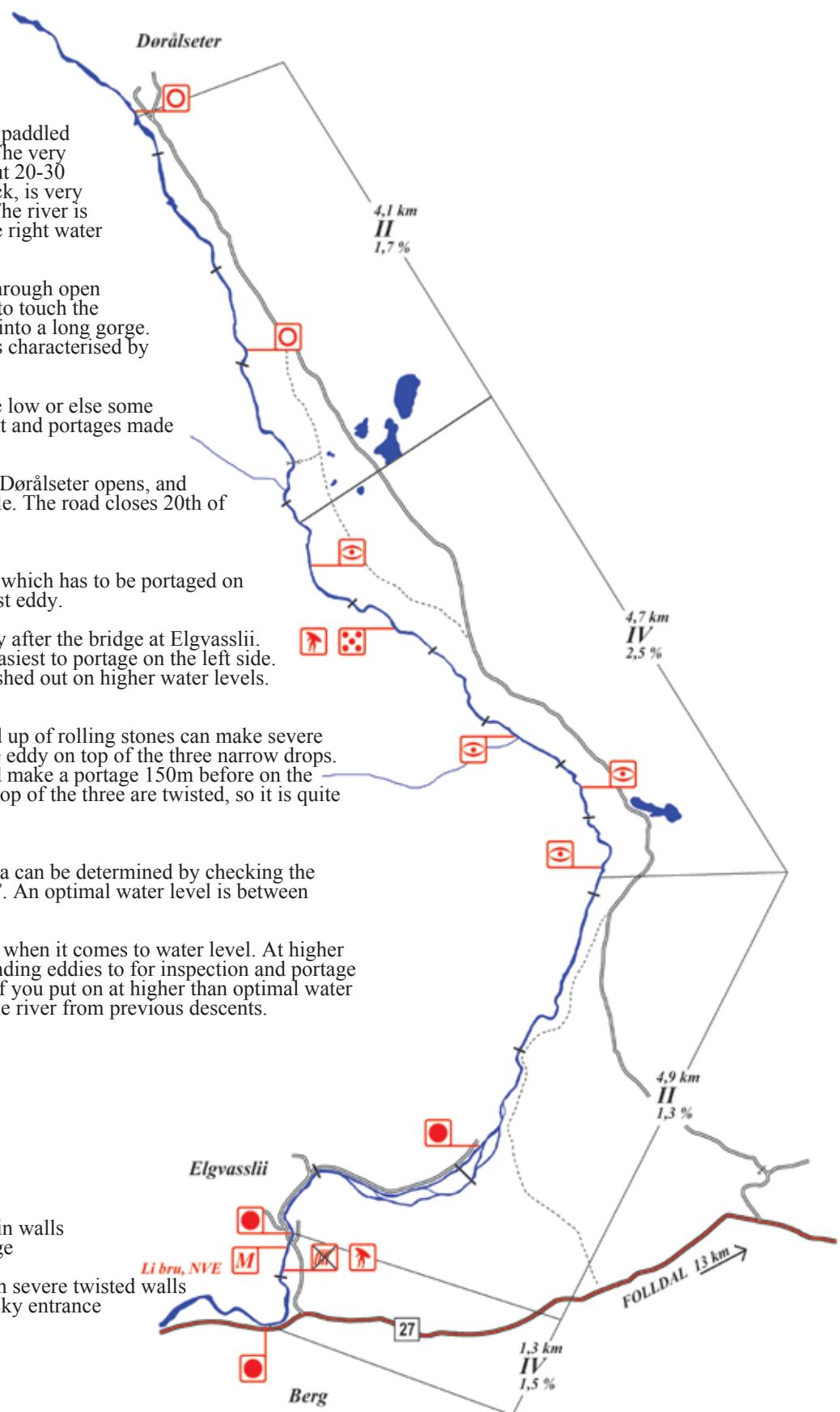
Take-out

Take-out, "Elgvasslii"

Gauge, "Li bru"

Fall, 4m, mandatory portage

Take-out, "Berg"



The lower Atna has been run from Atnasjø down to the confluence with Glomma. As for many other rivers in Hedmark, Atna is a fairly easy going river. With enough water, you get a good and long kayaking trip through a beautiful area. If you are allergic to flat sections this river will give you a rash, but as long as there's a resonable water level, the rapids make up for it.

The lower Atna runs through open terrain and is characterised by long, wide gravel bed rapids and some ledges.

To carry out is easy, but after Trøbra there is no open road.

Other sections

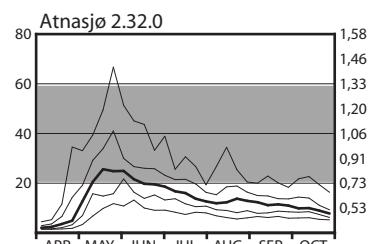
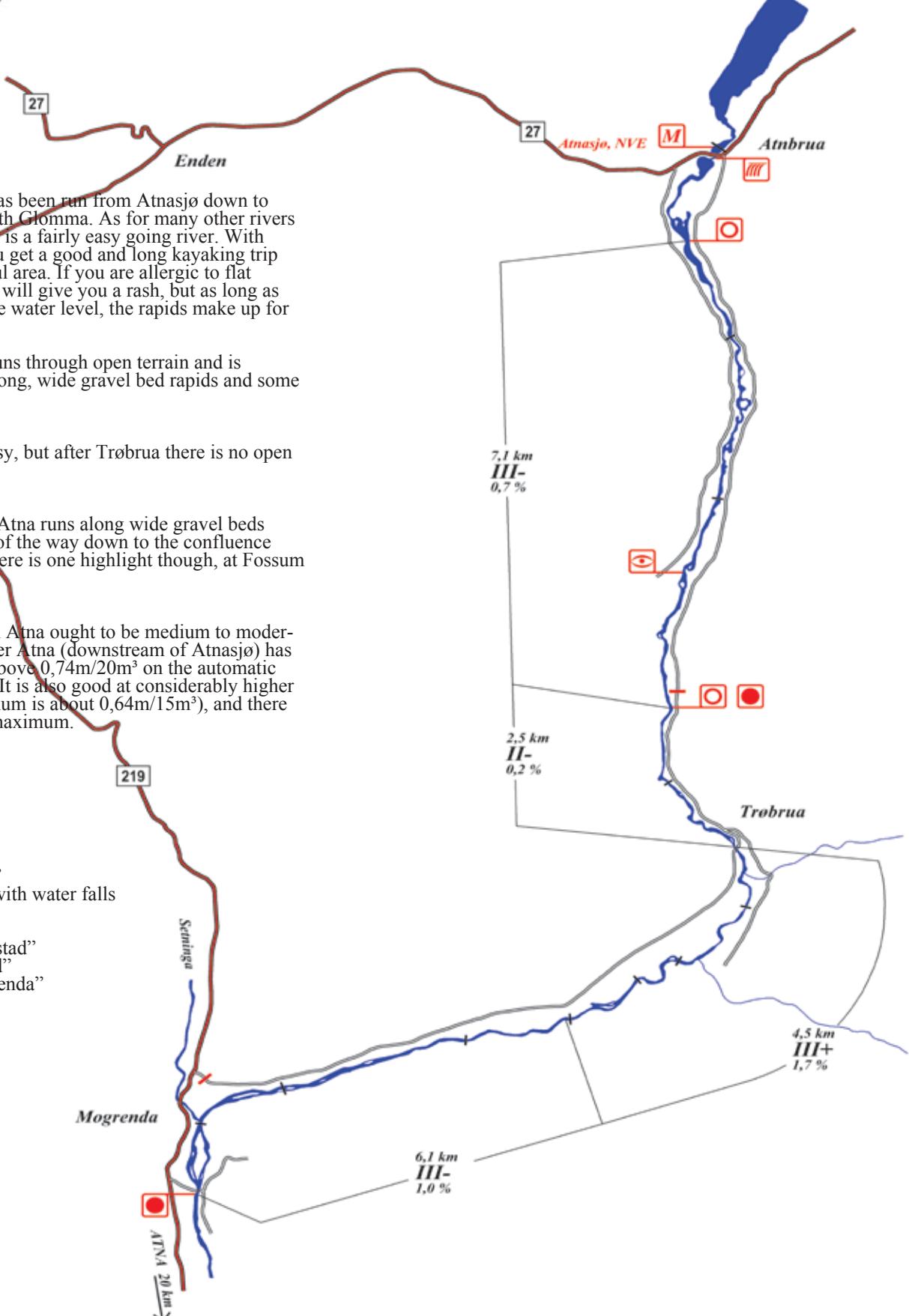
From Mogrenda, Atna runs along wide gravel beds class I-II the rest of the way down to the confluence with Glomma. There is one highlight though, at Fossum bridge.

Waterlevel

The water level in Atna ought to be medium to moderate high. The lower Atna (downstream of Atnasjø) has its optimal flow above 0,74m/20m³ on the automatic gauge "Atnasjø". It is also good at considerably higher levels. The minimum is about 0,64m/15m³, and there is no established maximum.

Gauge, "Atnasjø"
Rebuilt log-dam with water falls

Put-in
Slide
Take-out, "Lyngstad"
Put-in, "Lyngstad"
Take-out, "Mogrenda"



Aurdøla has been run from Fjellelva down to the confluence with Urula. If you wish to paddle this river, ask you self this: Do you feel lucky - punk? This super steep shit runs on bedrock all the way and there's not much more to say about it really.

Aurdøla runs in an open terrain and is characterised by its steep bedrock formations with multiple drops and slides.

To carry out is easy.

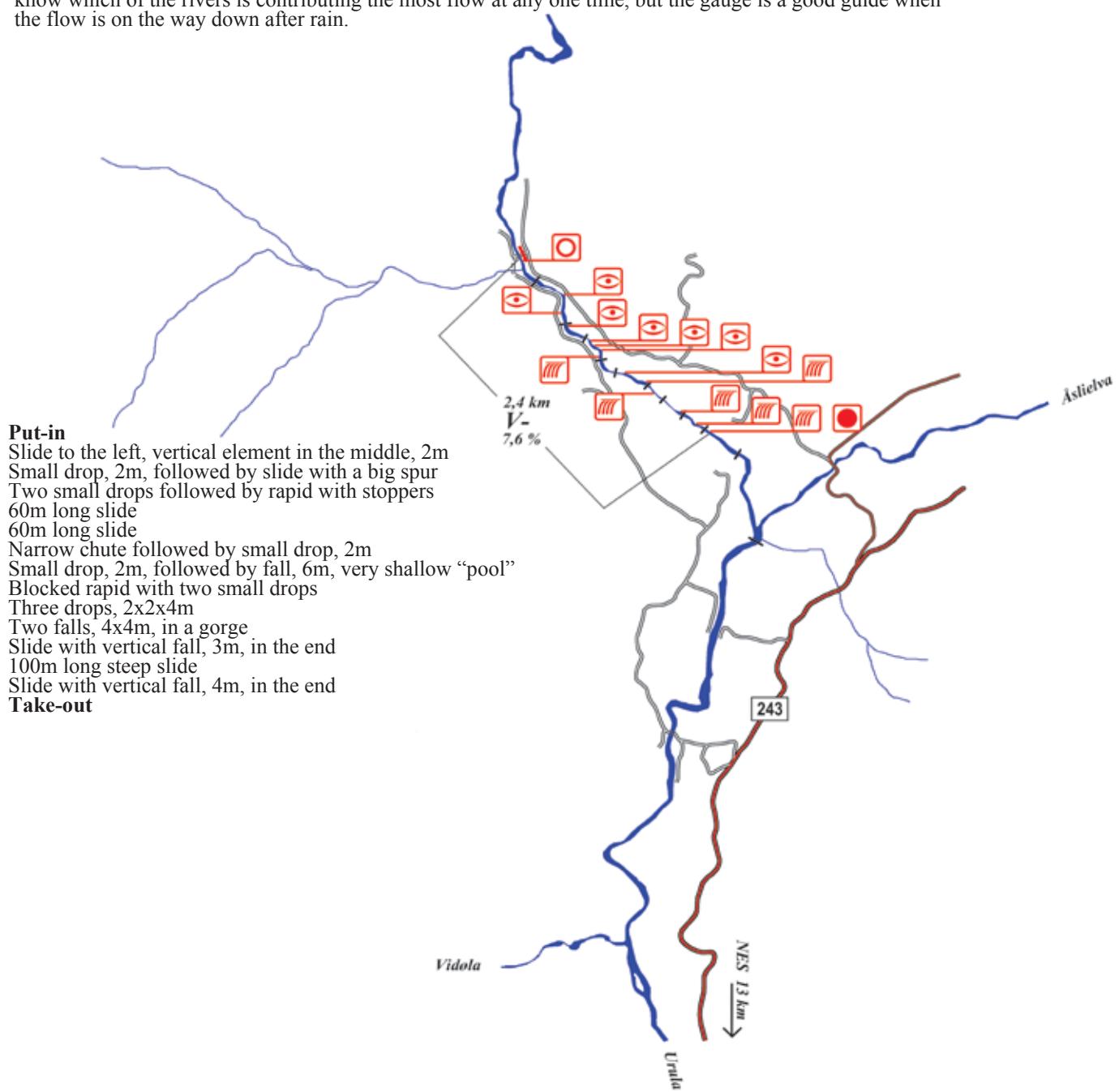
Special Warning

You have to inspect long sections at a time because the distance between the highlights is close to zero.

Waterlevel

The water level ought to be fairly low and since there is no manual gauge in either Aurdøla or Urula you will have to rely on the phone or web to get a fairly accurate measure of the water level.

The water level in Aurdøla can be determined by checking the automatic gauge "Urula". An optimal water level is between 219,25m/8,6m³ – 219,60m/15,5m³ measured on the "Urula" gauge. Aurdøla needs very little water to be navigable, but the water level can easily get too high. Minimum and maximum levels are difficult to determine since the gauge in Urula covers three rivers (Åslielva, Aurdøla, Vidøla), but less than 219,15m/7,2m³ will mean a very scratchy run! Maximum is about 220,10/31m³(class V). It is difficult to know which of the rivers is contributing the most flow at any one time, but the gauge is a good guide when the flow is on the way down after rain.



Austbygdåi has been run from Skålbo down to Austbygda. Frankly, this river has it all; gravelbed sections-well they all have, small drops, high drops, small falls, big falls, nice slides, hideous slides, open rapids, narrow rapids, undercutts, rapids to inspect, rapids to portage, rapids to avoid, no water, too much water, perfect water and bad swims-how we love this river. Looooove!

From Nyland the river runs through open terrain, but after Vollteit the river passes through small gorges now and then. Austbygdåi has been paddled on water levels from 25 cm. On levels over 55 cm the general grading can go up as much as one level.

To carry out is easy almost everywhere.

Waterlevel

The water level in Austbygdåi is given by the automatic/manual gauge "Austbygdåi".

Upper section

An optimal water level for the upper section is between 200,60m/27m³ – 200,80m/45m³. A reasonable minimum is about 200,50m/20m³.

Middle section

An optimal water level for the middle section is between 200,45m/17m³ – 200,60m/27m³, and the minimum is about 200,30m/11m³.

Lower section

An optimal water level for the lower section is between 200,30m/10,5m³ – 200,50m/20m³. The minimum is about 200,22m/7,3m³.

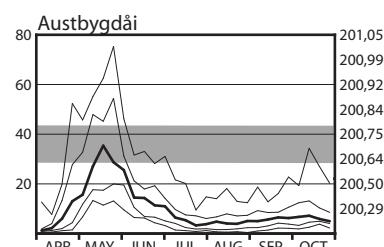
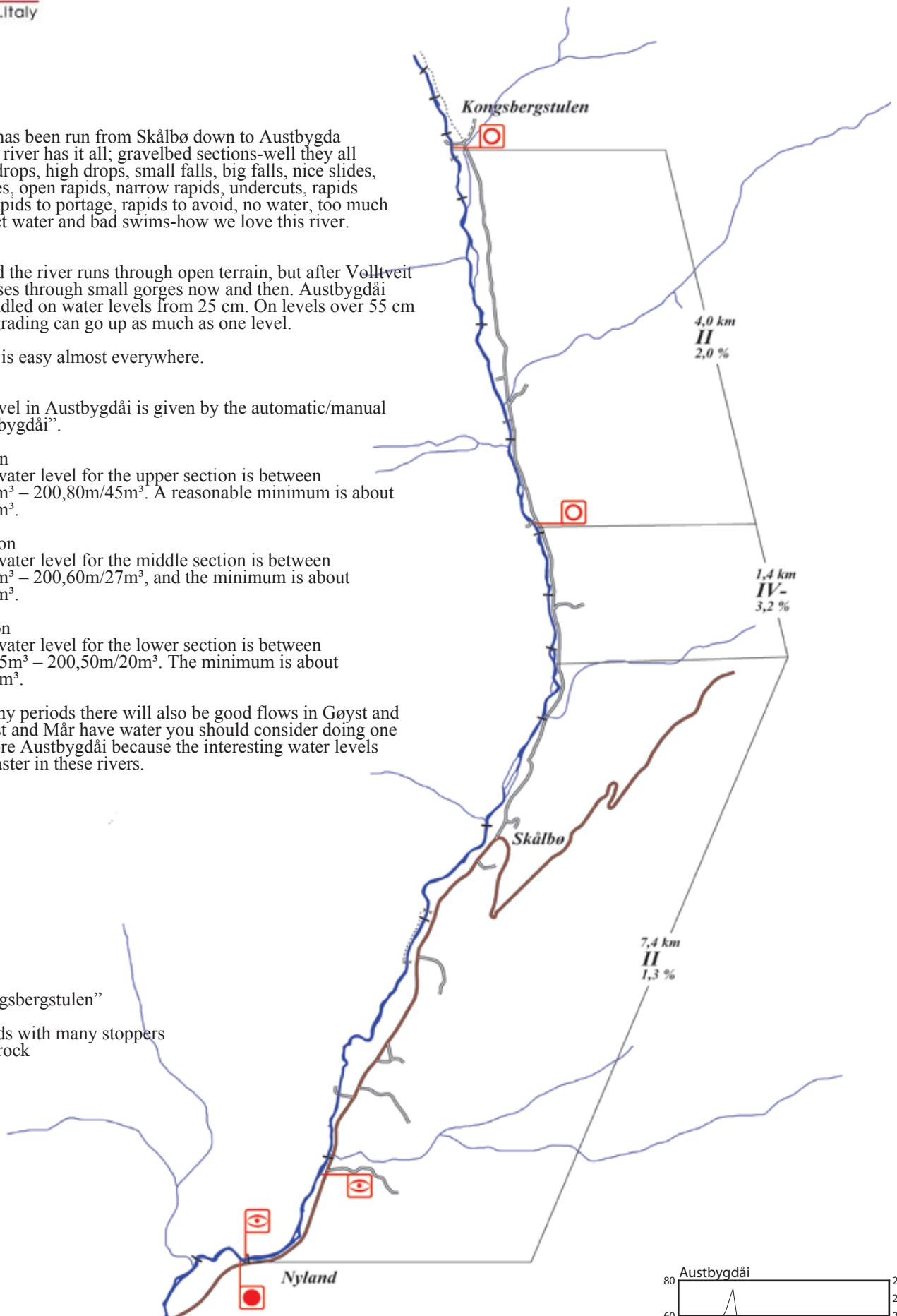
In longer rainy periods there will also be good flows in Gøyst and Mår. If Gøyst and Mår have water you should consider doing one of these before Austbygdåi because the interesting water levels disappears faster in these rivers.

Put-in, "Kongsbergstulen"

Put-in

Bedrock rapids with many stoppers
S-turn in bedrock

Take-out



Put-in, "Nyrud"

S-turn in bedrock
 Small slide, slightly blocked in the middle
 Blocked rapid with small entrance drop
 Small drop, 1m
 Fall, 3m, in the middle, shoulder to the left
 Small slide
 Small drop
 Narrow chute with stoppers
 Small slide with block in the middle
 Slide, 2.5m, three chutes, left is very narrow
 Long, wide slide with some tricky stoppers
 Small drop with a very tricky entrance

Take-out

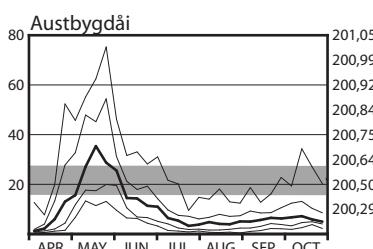
Mandatory portage, gigant slide, ending with an unrunnable fall, 9m
 Small drop, 1m, before bridge ruins
 Blocked rapid
 Big stopper
 Vertical fall at Hagan, 6m

Take-out
Take-out
Put-in

Small drop, 2m
 Slide with 3 chutes, left is undercut
 Slide with huge boiler up against the wall
 Small drop followed by a double drop, 2x2m
 Fall, "unrunnable" through 1m wide chute
 Fall, 3m, with an impressive boiler on the right
 Slide with big stopper in the end, followed by small drop 1m
 Small drop, 1m
 Rugged slide under bridge ruins
 Steep blocked rapid with vertical element on the right
 Small rugged slide followed by a ledge
 Fall in two steps, 6m total, with slide elements
 Small drop, 1.5m
 Small drop, 1m
 Very long slide in two steps
 Slide, river-wide ledge with twister, shoulder to the left
 Small drop, 1m
 Big slide with large twister
 Slide

Take-out
Take-out

Fall, 4m, shoulder to the left
 Small drop, 2m
 Small drop, slide
 Very narrow chute with 1m drop
 "Unrunnable" section, serie with falls in closed gorge
Take-out, "Austbygd"
Gauge, "Austbygdå"



8,2 km
 IV-
 2,9 %

Spaandumfossen
 Hagen

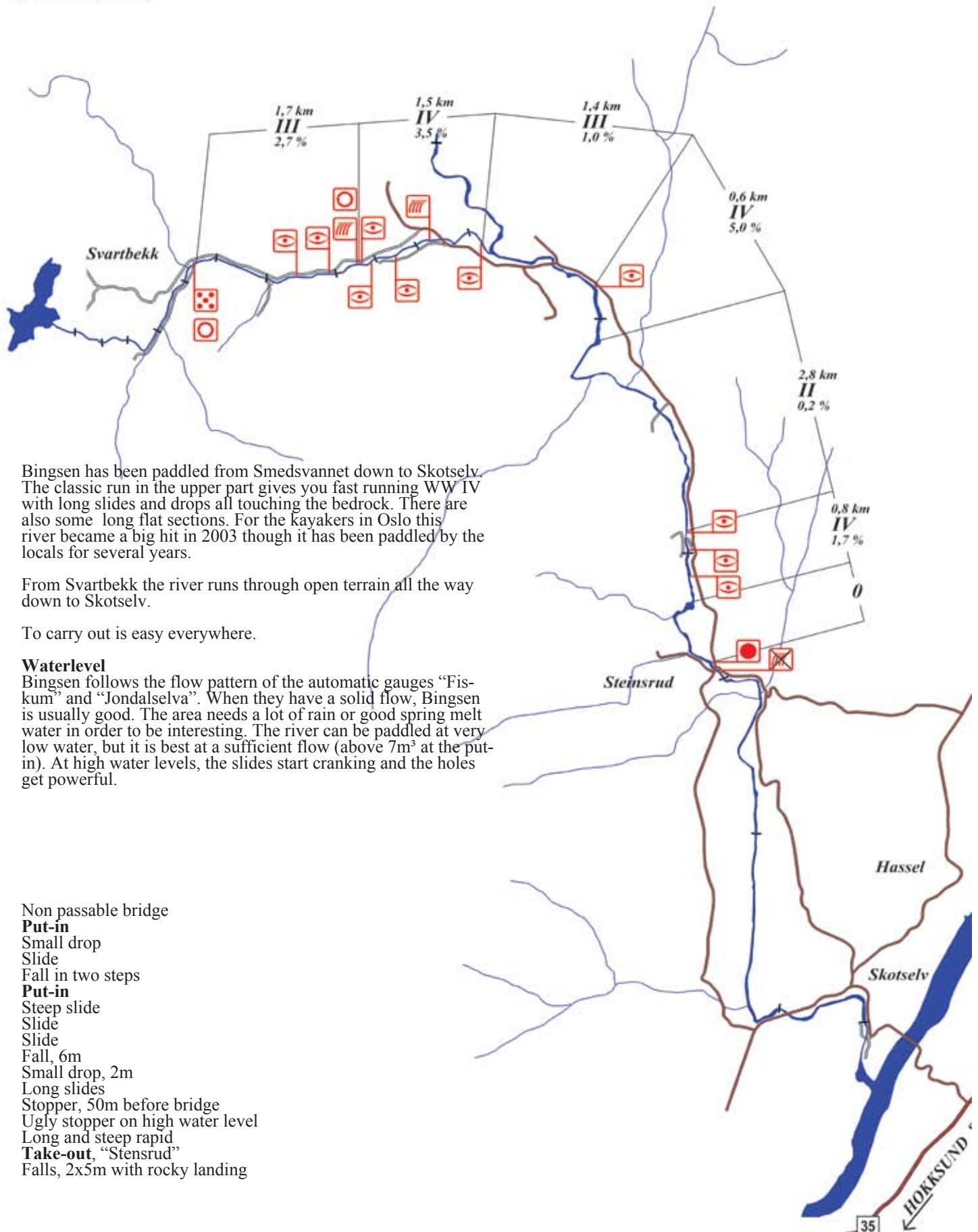
Lure

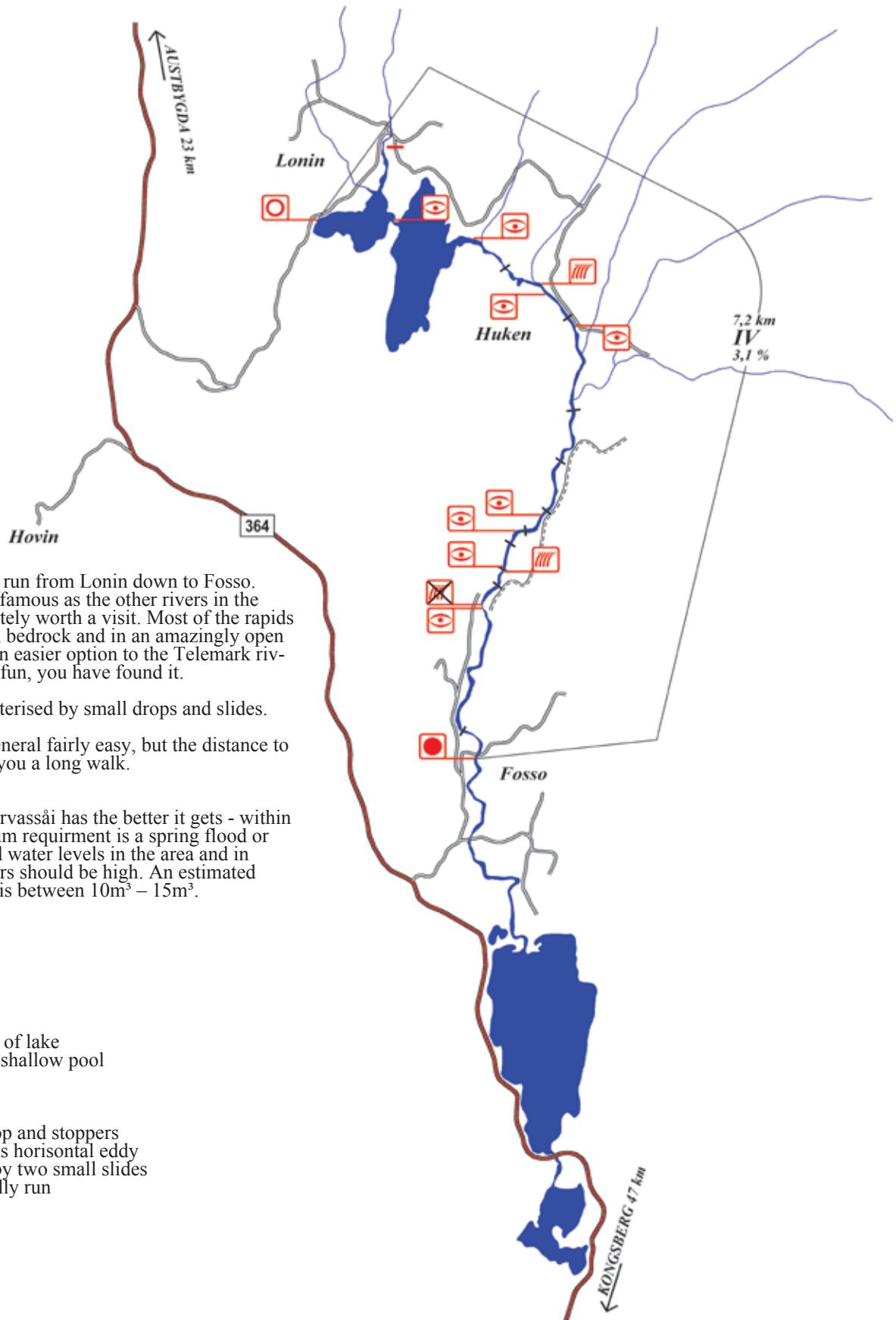
Mogefossen

Austbygdå NVE
 M
 Austbygd

364

KONGSBERG
 79 km





Bjørvvassåi has been run from Lonin down to Fosso. Bjørvvassåi is not as famous as the other rivers in the area, but it is absolutely worth a visit. Most of the rapids in Bjørvvassåi run on bedrock and in an amazingly open terrain. If you like an easier option to the Telemark rivers, but still a lot of fun, you have found it.

Bjørvvassåi is characterised by small drops and slides.

To carry out is in general fairly easy, but the distance to open road can give you a long walk.

Waterlevel

The more water Bjørvvassåi has the better it gets - within reason! The minimum requirement is a spring flood or a heavy rainfall, and water levels in the area and in "neighbouring" rivers should be high. An estimated optimal water level is between 10m³ – 15m³.

Put-in, "Lonin"

Rugged, steep rapid
Small drop, 1m, out of lake
Fall with shelf, 6m, shallow pool
Small drop, 1.5m

Slide

Narrow slide
Steep rapid with drop and stoppers
Slide with dangerous horizontal eddy
Fall, 4m, followed by two small slides
Fall, 5m, not normally run
Small drop, 1.5m

Take-out, "Fosso"

Put-in, "Skotten"
Put-in, "Nere Slårake"

40m long slide

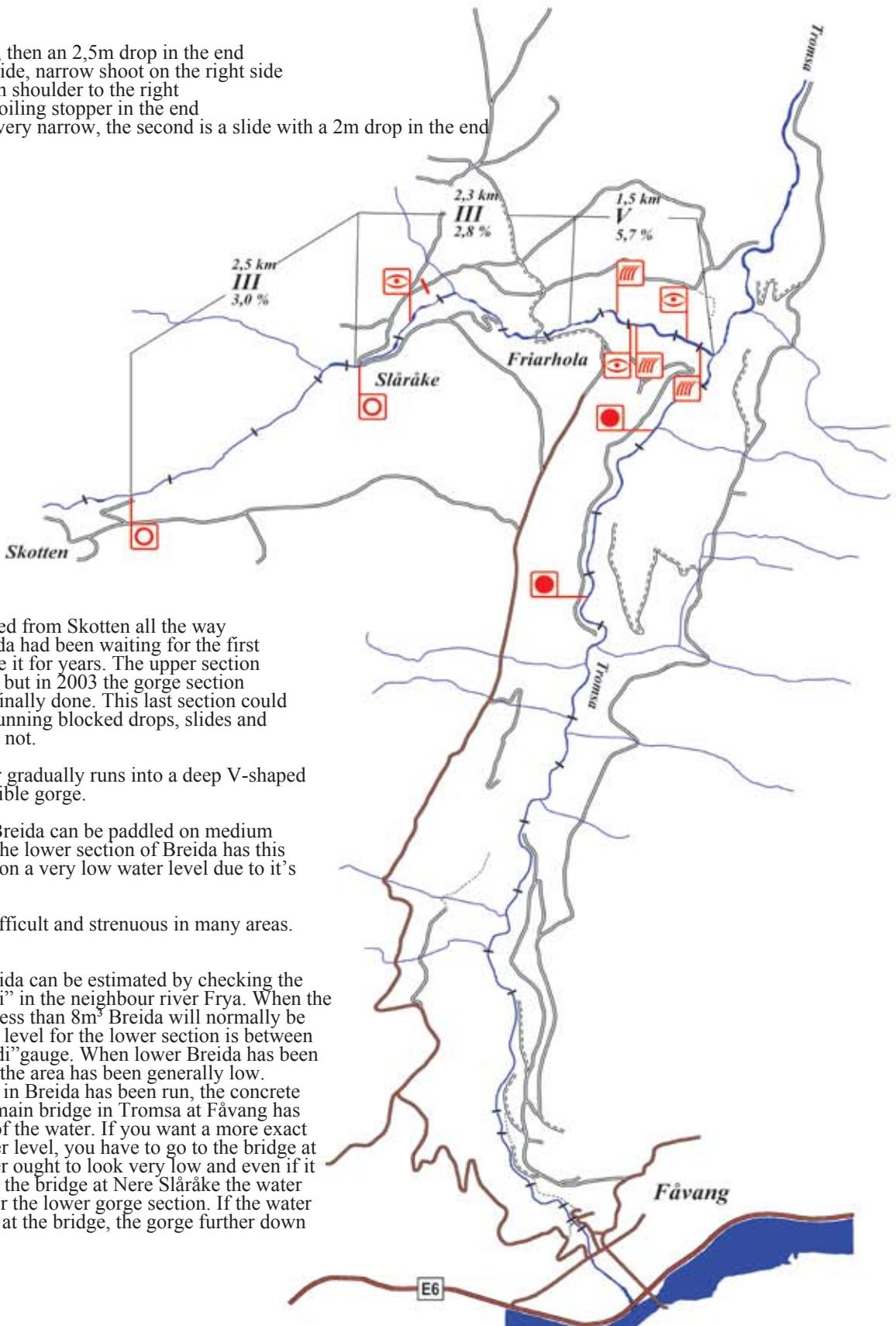
Rocky drop. Slide first, then an 2,5m drop in the end

Slide, ugly on the left side, narrow shoot on the right side

Must-run, 2m drop with shoulder to the right

Narrow passage with boiling stopper in the end

Two drops, the first is very narrow, the second is a slide with a 2m drop in the end

Take-out
Take-out


Breida has been paddled from Skotten all the way down to Tromsø. Breida had been waiting for the first descenders to complete it for years. The upper section was paddled long ago, but in 2003 the gorge section down to Tromsø was finally done. This last section could give you a good timerunning blocked drops, slides and steep rapids, or maybe not.

From Skotten the river gradually runs into a deep V-shaped valley and an inaccessible gorge.

The upper section of Breida can be paddled on medium to high water levels. The lower section of Breida has this far only been paddled on a very low water level due to it's character.

To carry out is very difficult and strenuous in many areas.

Waterlevel

The water level in Breida can be estimated by checking the automatic gauge "Rudi" in the neighbour river Frya. When the water level in Frya is less than 8m³ Breida will normally be OK. An optimal water level for the lower section is between 5m³ – 7m³ on the "Rudi" gauge. When lower Breida has been run, the water level in the area has been generally low. When the lower gorge in Breida has been run, the concrete framework under the main bridge in Tromsø at Fåvang has been about 20cm out of the water. If you want a more exact impression of the water level, you have to go to the bridge at Nere Slårake. The river ought to look very low and even if it looks quite scratchy at the bridge at Nere Slårake the water level will still be ok for the lower gorge section. If the water level looks like plenty at the bridge, the gorge further down could be problematic.

Byrteåi has been paddled from Listøl down to Byrtrevann. Byrteåi is a very exciting little river located in the remote parts of Telemark. If this river had been in an area where kayakers would normally go, Byrteåi would have been famous. Well its not – so Byrteåi stays unknown, but loved by the few who have been there. If you, by any chance, are in the area when the water level is good, do not hesitate – GO.

The river with its qualities, will make your day an extremely exciting one.

Byrteåi runs through both open terrain and some small gorges.

The river is characterised by blocked rapids, slides, small drops and falls of up to 10 metres.

All the major rapids are running over bedrock.

To carry out is fairly easy everywhere.

Waterlevel

The water level in Byrteåi can be determined by checking the manual gauge at Svelgen. An optimal water level is between 1,95m³/4m³ – 2,05m³/6m³.

The water level is pretty damn difficult to determine in advance. If you are at the bridge at Byrte, take a look at the river and if it looks like it has a fairly low water level (6 – 9m³), you will have a good time if you are up to it!

When the snowfields in the mountain area that feeds Byrteåi are “almost” melted, usually late spring, the water level in Byrteåi ought to be optimal.

Put-in, “Listøl”

Steep and blocked rapid in S-turn

Blocked rapid

Blocked rapid

Totally blocked drop, mandatory portage

Fall in a very narrow chute, 4m

Steep slide, 4m

Gauge, “Svelgen”

Rugged fall normally not run, 5m

Blocked drop

Double fall normally not run, 6+5m

Seven small drops in one go

Fall, 3m, under bridge

Fall, 5m

Fall, 6m, shallow to the left, vertical towards the right

Fall, 5m

Big fall, 9m

Double drop, totally 3m

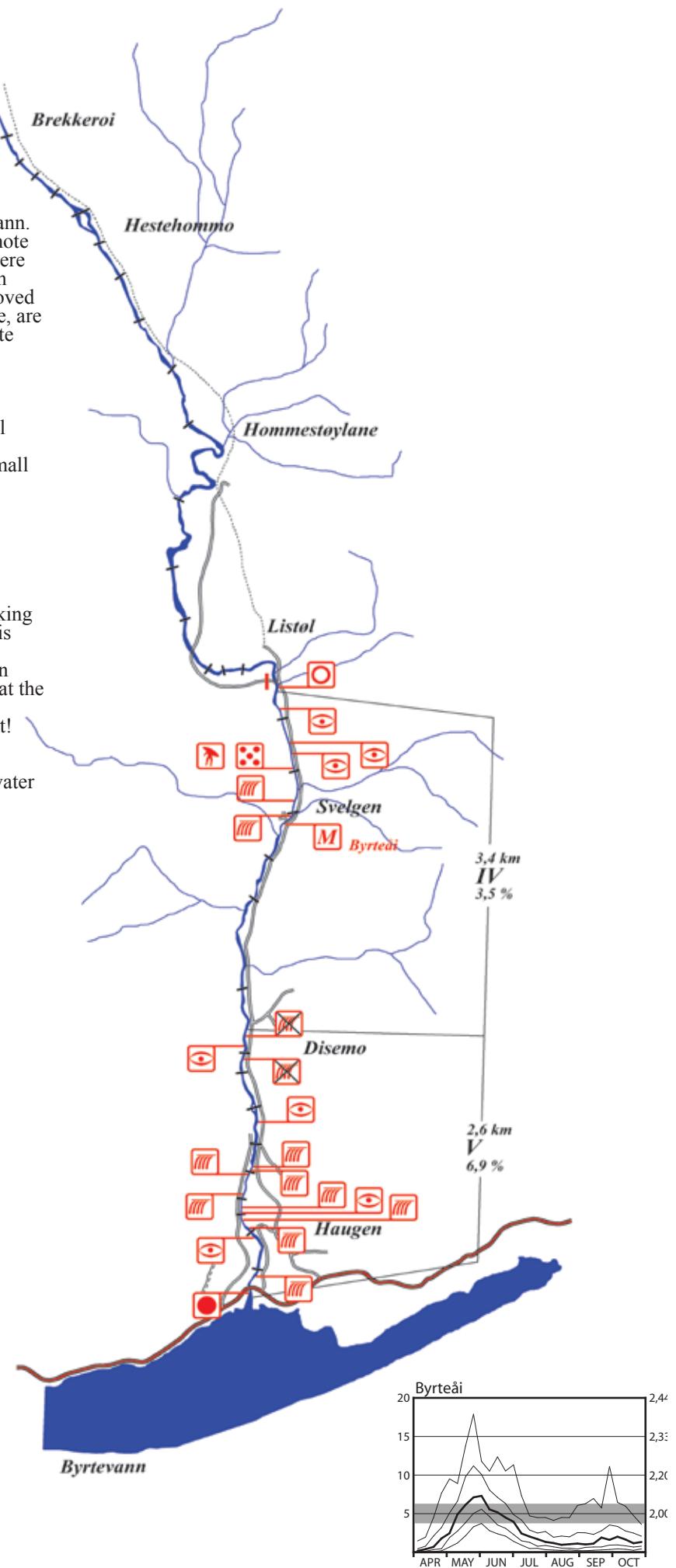
Big double drop, 6m

Rugged and blocked drop, 4m

Slide

Long steep slide, narrow in the end

Take-out, “Haugen”



BØVRA Upper section, Rustad gorge, Galdesand gorge

Bøvra has been paddled from Dalsvatnet down to Lom. The upper section is well known for its more technical rapids, narrow step gorges, small drops and for the hair runs "Rustadjuvet" and "Galdesandjuvet". If you are looking for high volume rapids, the sections after the confluence with the glacier rivers Leira and Visa will give high volume rapids.

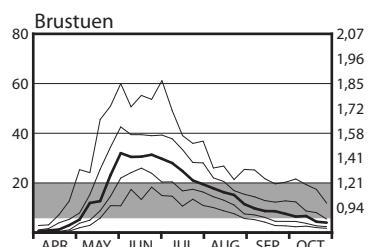
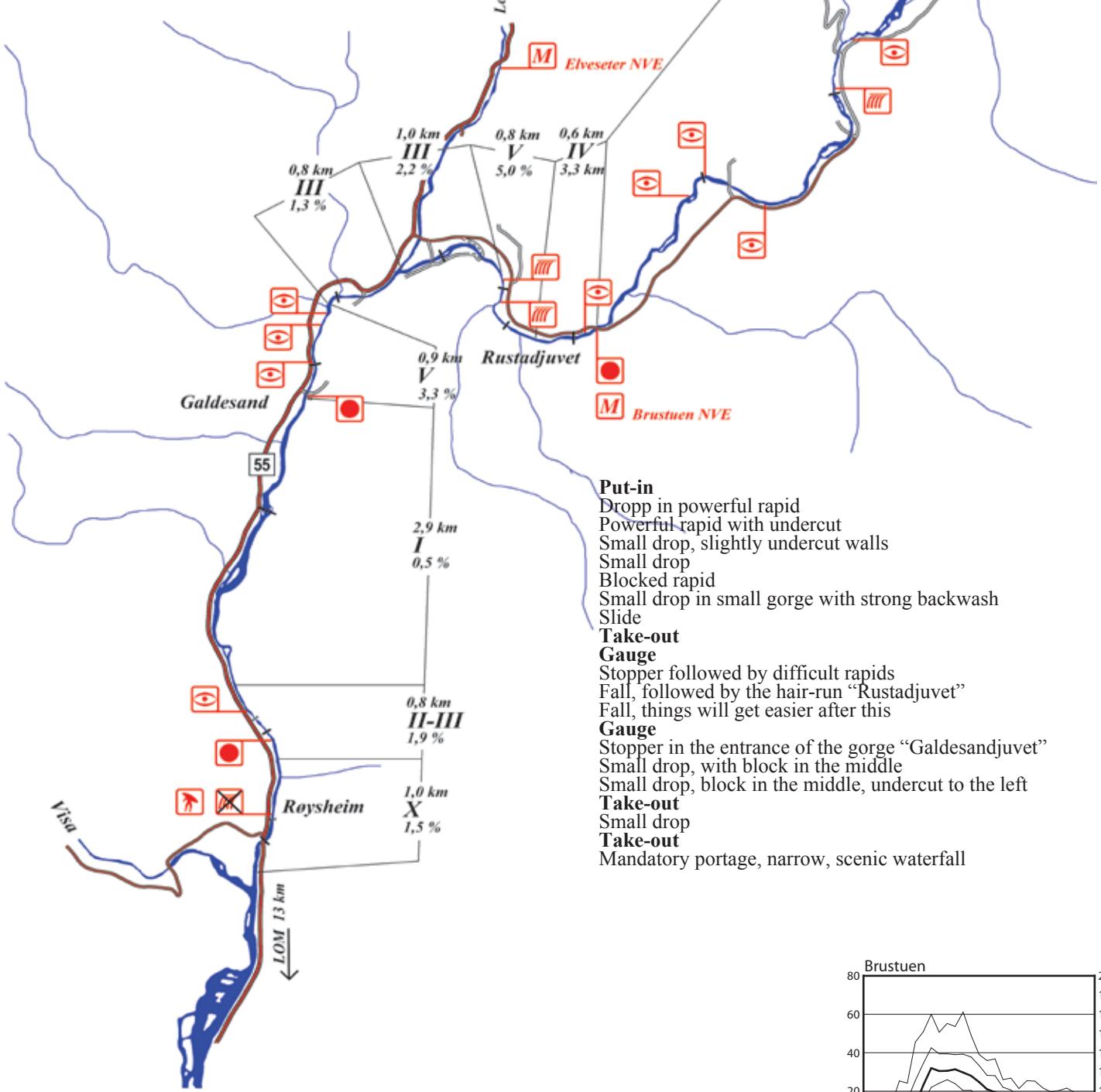
Upper Bøvra runs mostly through open terrain with some small gorges. The two gorges "Rustadjuvet" and "Galdesandjuvet" needs special attention.

This glacier fed river has its highest water levels in May-June-July and a careful approach to several of the rapid sections is highly recommended. When the level is up, it can look deceptively easy at the start, and has caught many a group out.

To carry out is easy most places except for the two gorges, which is extremely difficult to get out of.

Special warning

The hair-runs "Rustadjuvet" and "Galdesandjuvet" should only be attempted after very close inspection and only on the very low water level that you normally find in late August and September.



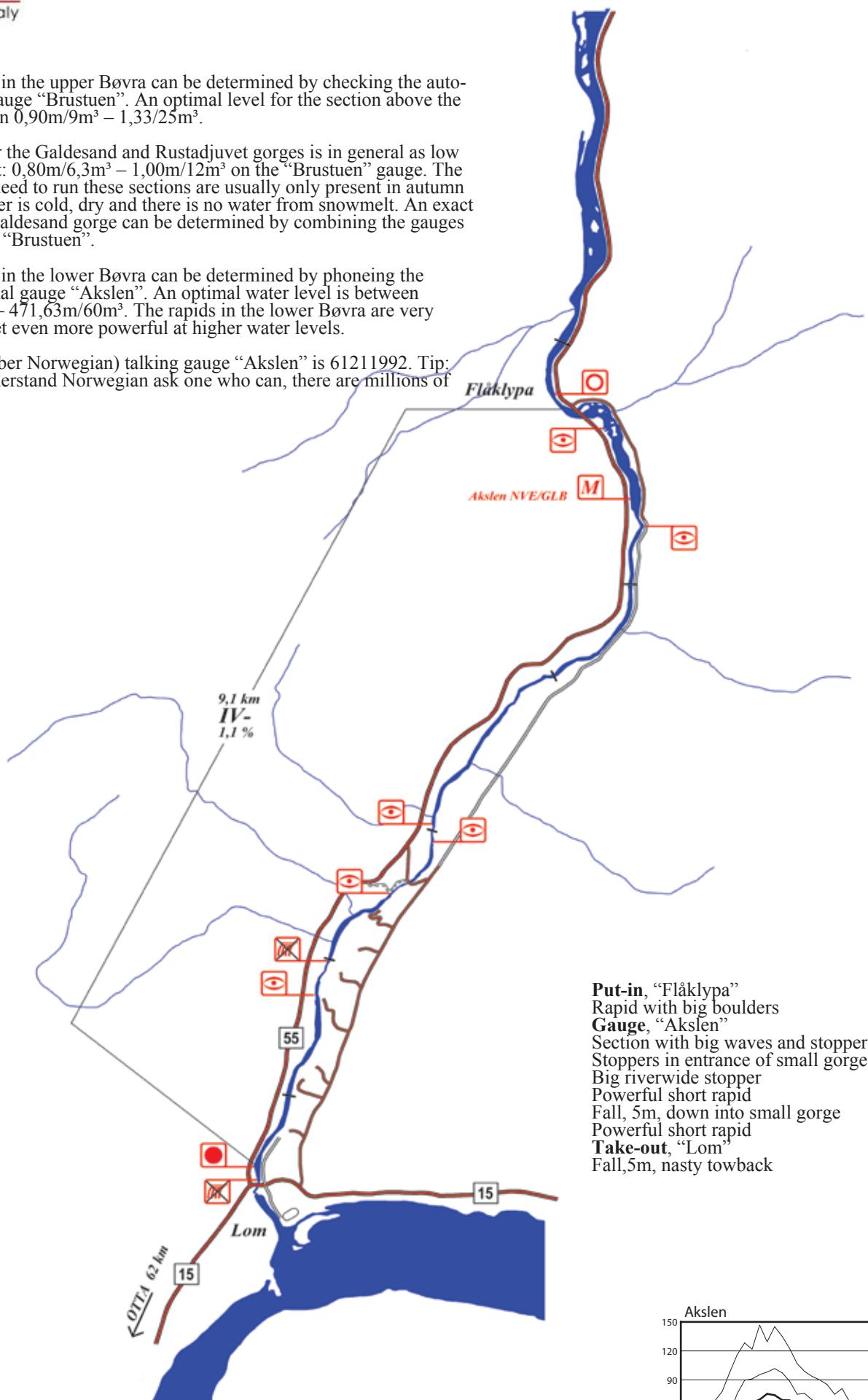
Waterlevel

The water level in the upper Bøvra can be determined by checking the automatic/manual gauge "Brustuen". An optimal level for the section above the gauge is between 0,90m/9m³ – 1,33/25m³.

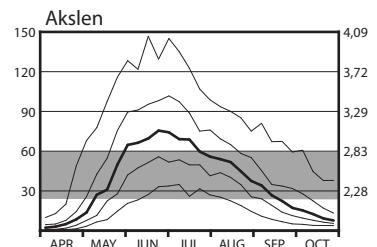
An optimum for the Galdesand and Rustadjuvet gorges is in general as low as you can get it: 0,80m/6,3m³ – 1,00m/12m³ on the "Brustuen" gauge. The low flows you need to run these sections are usually only present in autumn when the weather is cold, dry and there is no water from snowmelt. An exact water level in Galdesand gorge can be determined by combining the gauges "Elveseter" and "Brustuen".

The water level in the lower Bøvra can be determined by phoneing the automatic/manual gauge "Akslen". An optimal water level is between 470,88m/25m³ – 471,63m/60m³. The rapids in the lower Bøvra are very powerful and get even more powerful at higher water levels.

The phone number Norwegian talking gauge "Akslen" is 61211992. Tip: if you don't understand Norwegian ask one who can, there are millions of them.



Put-in, "Flåklypa"
Rapid with big boulders
Gauge, "Akslen"
Section with big waves and stoppers
Stoppers in entrance of small gorge
Big riverwide stopper
Powerful short rapid
Fall, 5m, down into small gorge
Powerful short rapid
Take-out, "Lom"
Fall, 5m, nasty towback



Dokka has been paddled from Grønvold bridge down to the dam. After the dams were built the rumour was that there was no water at all left in the river. Not true. The tributary Gjerda and Lijassselva holds most of the water that goes into Dokka today and gives a good flow in the spring and when it rains. When the Valdres area has water, Dokka is among the many excellent rivers in this region.

From Grønvold the river runs through a gorge where the walls close in toward the dam. Dokka is characterised by small falls, blocked rapids and narrow sections.

This section of Dokka is usually run on low water levels ($11m^3$), but it can be run on higher water levels too, although the closed in nature of the gorge can make inspecting the rapids difficult. When the dams higher up are flooded the water level easily get too high for this section.

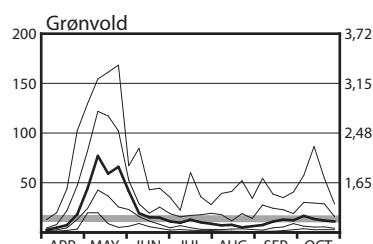
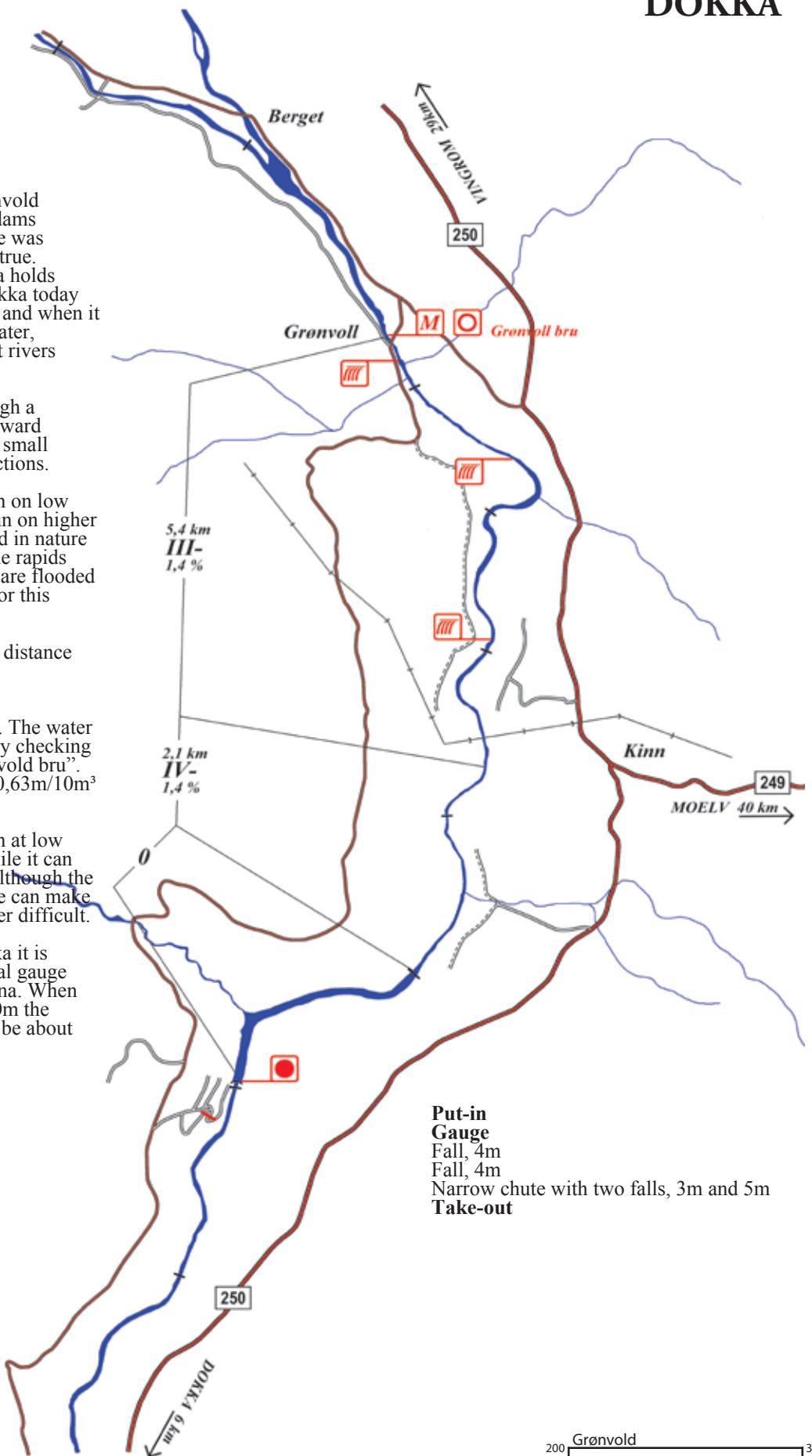
To carry out is strenuous due to the distance to open road.

Waterlevel

The gauge "Grønvold" is not online. The water level in Dokka can be determined by checking the automatic/manual gauge "Grønvold bru". An optimal water level is between $0,63m/10m^3$ – $0,81m/15m^3$.

This section of Dokka is usually run at low water levels (around $11m^3$), and while it can also be run at higher water levels, although the closed in nature of the narrow gorge can make inspection of the rapids at high water difficult.

To estimate the water level in Dokka it is possible to use the automatic/manual gauge "Etna" in the neighbouring river Etna. When Etna has a water level of about $2,10m$ the water level in Dokka will normally be about $12m^3$.



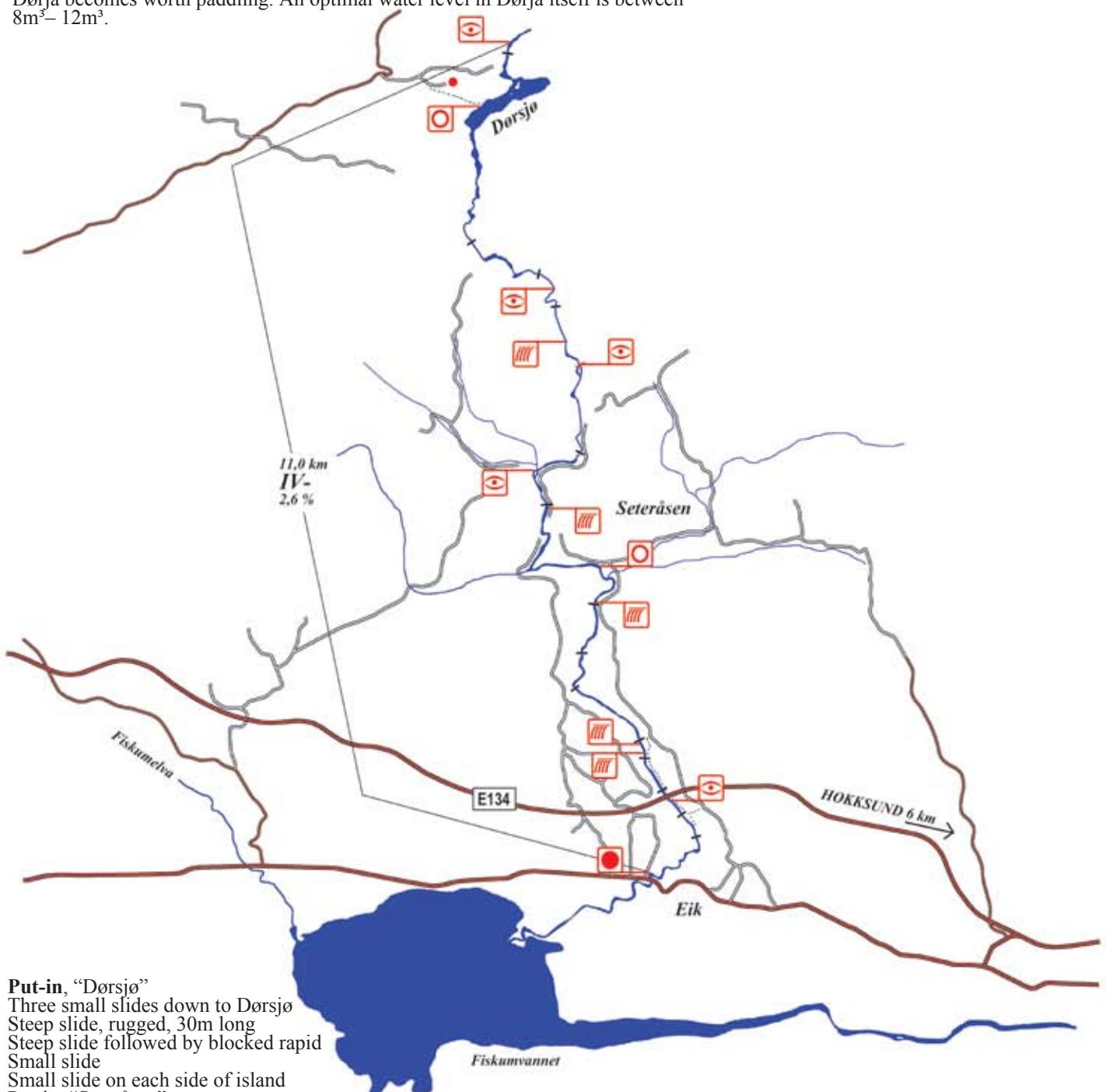
Dørja has been paddled from Dørsjø down to Fiskumvannet. Dørja is one of the best kept secrets in the Oslo area. Running through the woods, you will find many challenging rapids. Dørja ends in a civilized area, but the challenges are far from civilized towards the end.

Dørja runs through open terrain, but narrows into a small gorge toward the end.
Dørja is characterised by small drops and slides.

To carry out is strenuous due to the distance to accessible road.

Waterlevel

The water level can be estimated by checking the atomic gauge "Fiskum" in the neighbouring river Fiskumelva. Dørja is by far the larger river of the two, but has no gauge of its own. The Fiskum gauge ought to show around 0,91m/4m³ before Dørja becomes worth paddling. An optimal water level in Dørja itself is between 8m³- 12m³.



Put-in, "Dørsjø"

Three small slides down to Dørsjø
Steep slide, rugged, 30m long
Steep slide followed by blocked rapid
Small slide

Small slide on each side of island

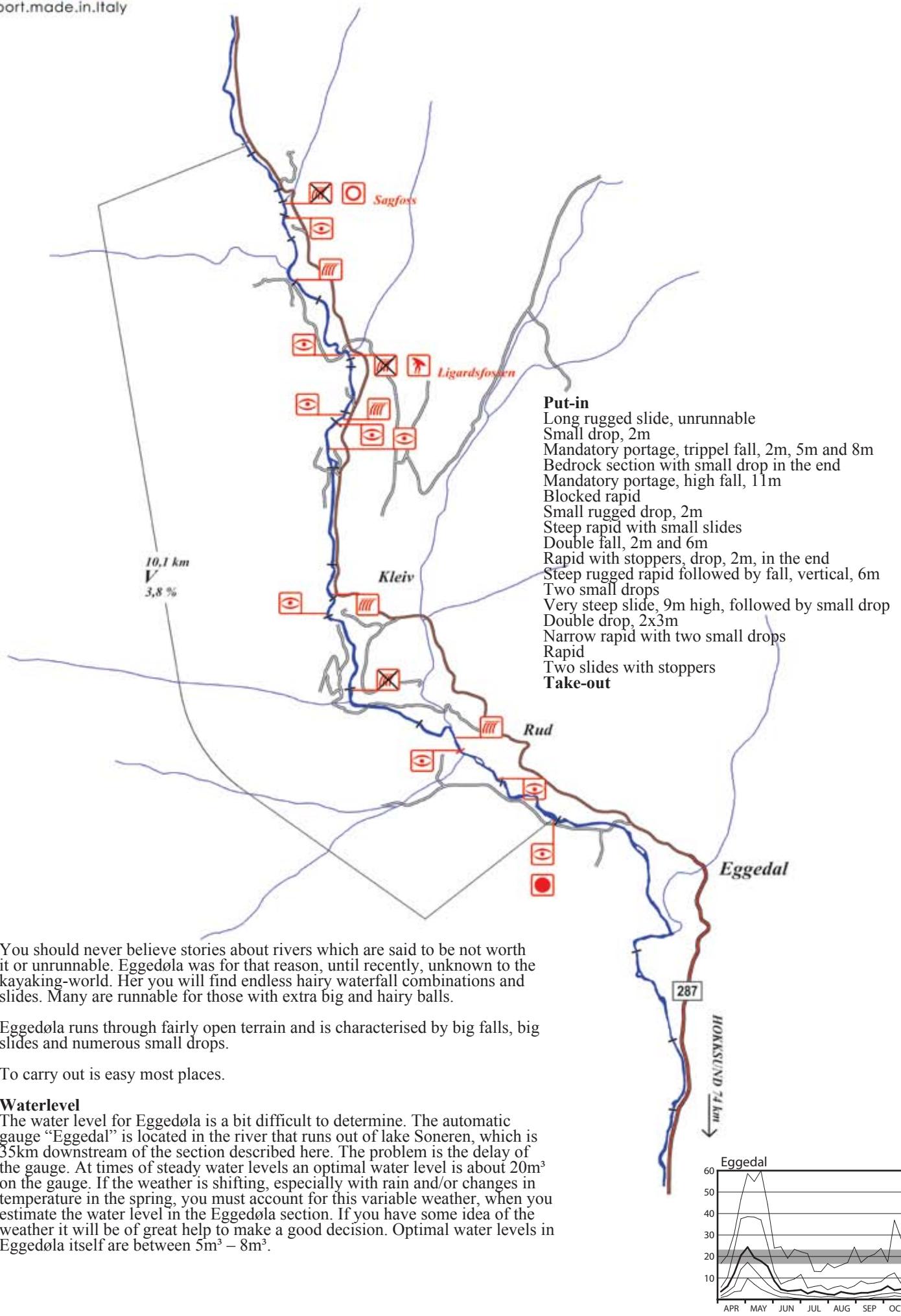
Put-in, "Seteråsen"

Two small drops followed by 3m drop, in narrow gorge
Small drop followed by step slide with vertical element
Long slide in two steps

Fall in narrow chute, 6m

Small weir, 1m, followed by 150m long slide

Take-out



Eidsåa has been run from Hågåset down to the bridge at Bolkan.

There are not many rivers like this about. The narrows of lower Eidsåa are classics for the brave. The Ula falls is by comparison shit boring. If you are up to it, you will definitely have a story to tell. For those who like steep and blocked rapids, the upper section will keep them going for hours.

Eidsåa runs in a deep and inaccessible V – valley. The river is characterised by steep continuous blocked rapids in the upper section and by big water falls in the lower.

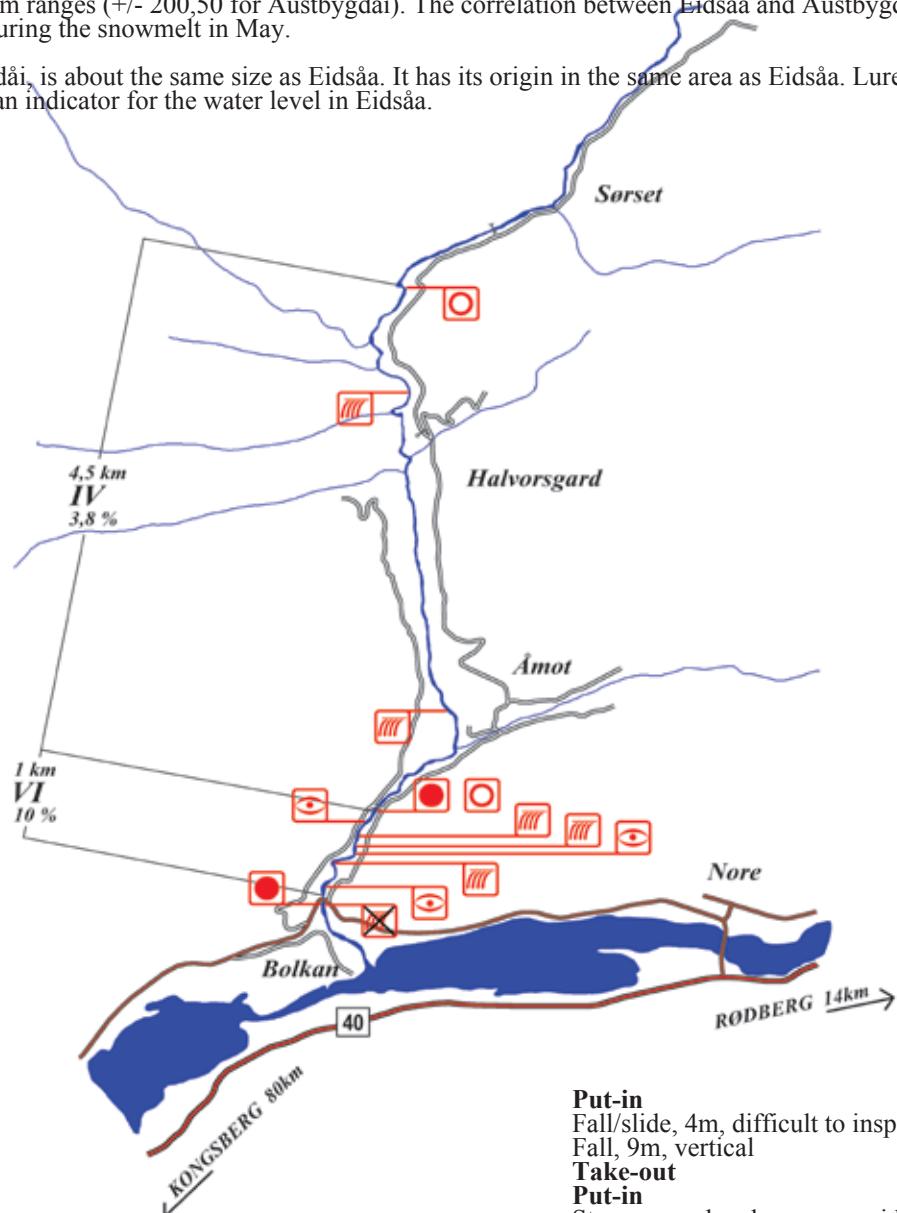
To carry out is strenuous in the upper section and easy in the lower.

Waterlevel

The water level in Eidsåa is pretty damn difficult to determine in advance. If you are at the bridge at Bolkan, take a look at the river and if it looks like it has a fairly low water level then you will have a good time - if you are up to it. Optimal water levels for the upper section are $5m^3 - 7m^3$, and for the lower section $4m^3 - 5m^3$.

In general the water level in the area should be moderate, which means that comparable rivers like Austbygdåi ought to be in their optimum ranges (+/- 200,50 for Austbygdåi). The correlation between Eidsåa and Austbygdåi is a bit vague, especially during the snowmelt in May.

Lure, tributary to Austbygdåi, is about the same size as Eidsåa. It has its origin in the same area as Eidsåa. Lure can therefore be useful as an indicator for the water level in Eidsåa.



Put-in

Fall/slide, 4m, difficult to inspect
Fall, 9m, vertical

Take-out

Put-in

Steep rugged and narrow rapid

Double drop, 2x2.5m

Fall, near vertical, 6m

Small drop, 2,5m

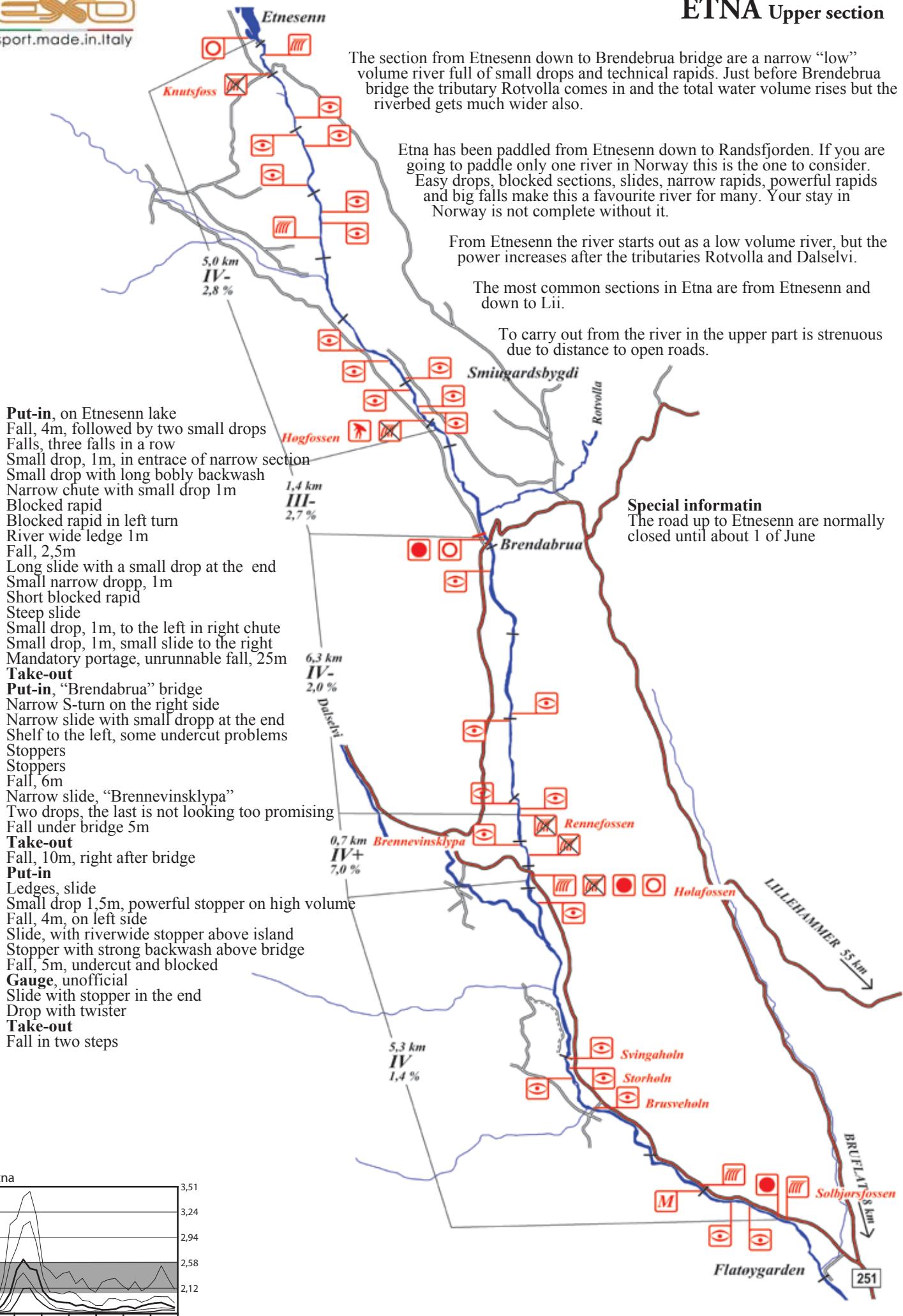
3 high falls:

- 7m, narrow, restricted landing
- 8m, vertical, restricted landing area
- 6m, narrow

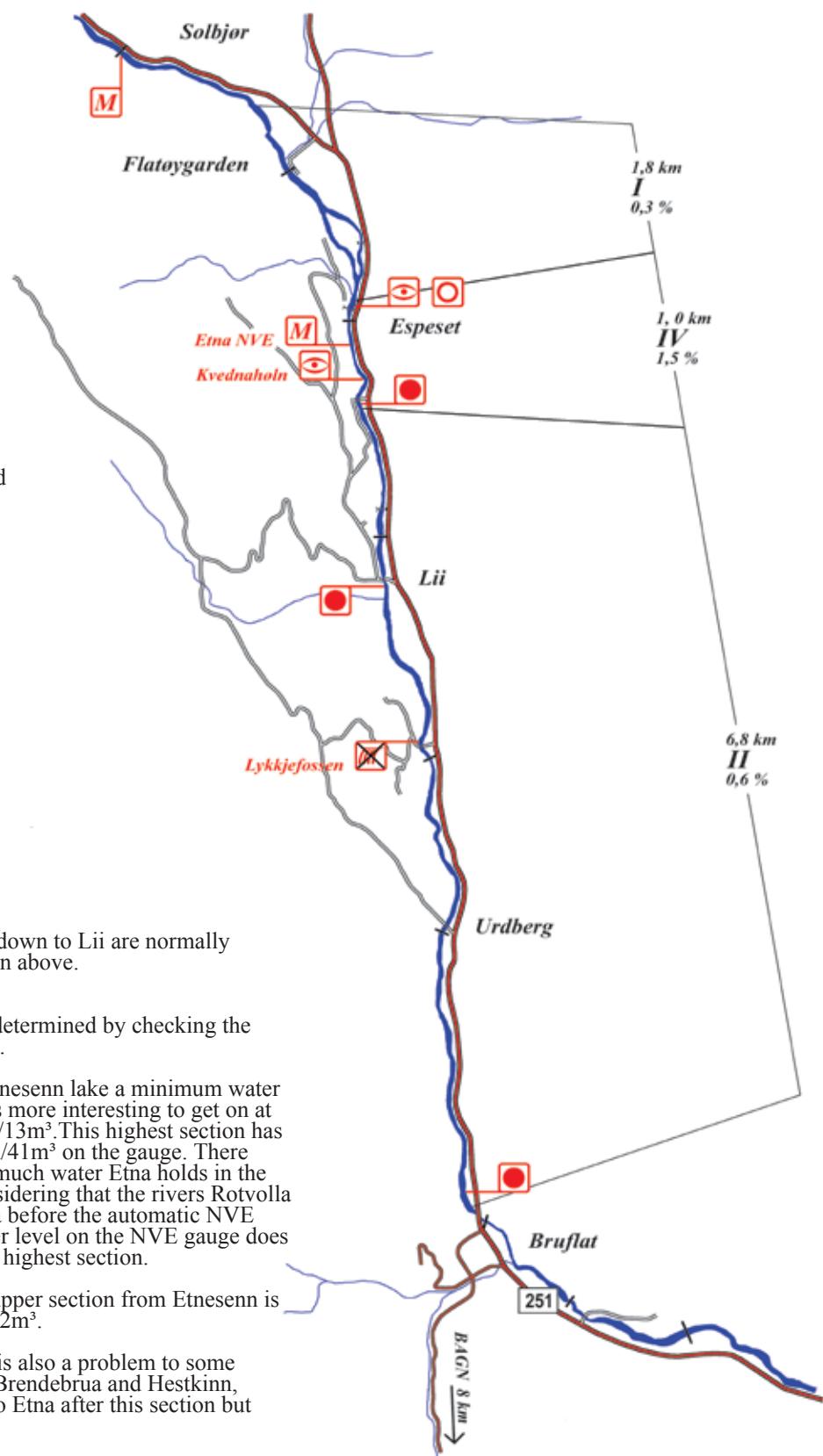
Section with several small drops down to bridge

Take-out

Fall in steps, 12m, not normally run



Gauge, non official
Put-in, "Espeset"
Take-out, "Espeset"
 Small gorge with powerful rapid
Gauge, "Etna"
 Powerful rapid down to bridge
Take-out, "Lii"
 Fall, 3m
Take-out, "Bruflat"



The section from Flatøygarden down to Lii are normally paddled together with the section above.

Waterlevel

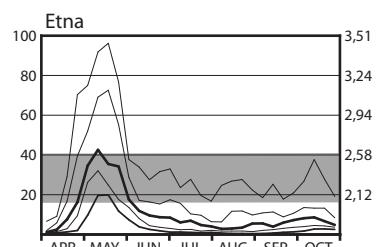
The water level in Etna can be determined by checking the automatic/manual gauge "Etna".

If you are going to start from Etnesenn lake a minimum water level is ca. 1,80m/11m³, but it is more interesting to get on at a water level higher than 1,90m/13m³. This highest section has been paddled up to about 2,60m/41m³ on the gauge. There is some uncertainty about how much water Etna holds in the highest sections, especially considering that the rivers Rotvolla and Daleelva come into the Etna before the automatic NVE gauge. This means that the water level on the NVE gauge does not give the true volume for the highest section.

An optimal water level for the upper section from Etnesenn is between 2,00m/16m³ – 2,40m/32m³.

The "correctness" of the gauge is also a problem to some degree for the section between Brendebrua and Hestkinn, because the Daleelva comes into Etna after this section but before the gauge.

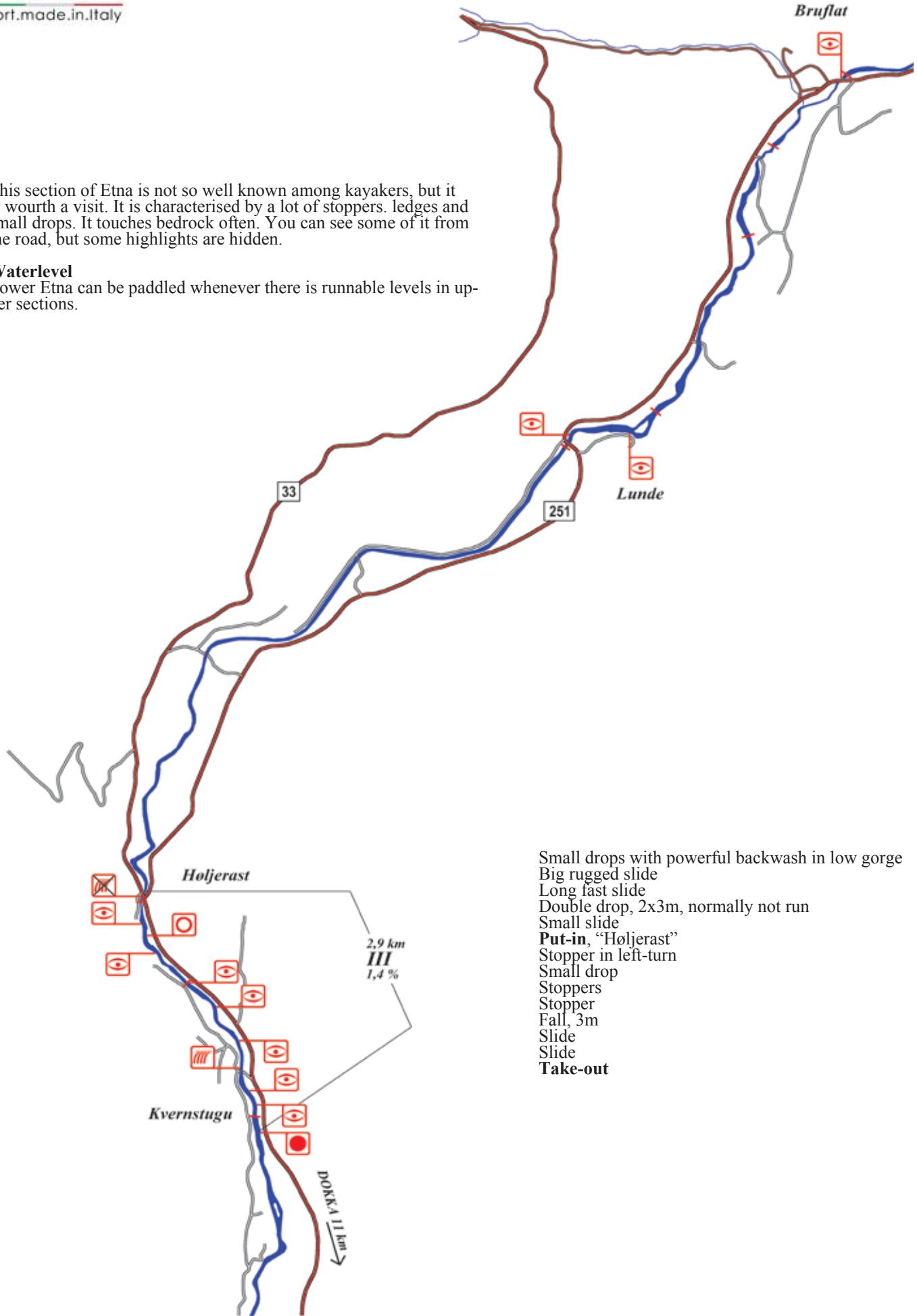
The section between Hestkinn and Flatøygard as well as downstream of Flatøygard have their optimal water levels between 2,15m/21m³ – 2,60m/41m³. A minimum water level is about 2,00m/16m³.



This section of Etna is not so well known among kayakers, but it is worth a visit. It is characterised by a lot of stoppers, ledges and small drops. It touches bedrock often. You can see some of it from the road, but some highlights are hidden.

Waterlevel

Lower Etna can be paddled whenever there is runnable levels in upper sections.



Small drops with powerful backwash in low gorge
 Big rugged slide
 Long fast slide
 Double drop, 2x3m, normally not run
 Small slide
Put-in, "Høljerast"
 Stopper in left-turn
 Small drop
 Stoppers
 Stopper
 Fall, 3m
 Slide
 Slide
Take-out

Finna has been paddled from where the road ends at Sørstulen down to Vågåmo. In the early days of kayaking the gorge "Finnjelet" was considered to be unnavigable by the Norwegians. Some Germans who didn't know better went on to find a gorge full of goodies back in 1985. At an optimum water level the river is easy WW IV spiced up with drops and narrow chutes. At higher water levels it's all but easy.

From the Skjerva bridge the river runs through a deep V-shaped valley, often with vertical walls, and characterised by short and steep rapids. The most common put-in for running Finna is at the bridge in lower Skjerva. The section down to Finna might feel hectic, but it gives an idea of the level of difficulty in Finna.

To carry out of the gorge is very difficult and strenuous in many areas.

Waterlevel

The water level in Finna can be determined by checking the automatic/manual gauge "Sælatunga". An optimal water level is between 406,30m/14m³ – 406,43m//22m³.

If the water level is less than 406,20m/9m³ then Skjerva might be too low to paddle down to Finna. Finna has been paddled on water levels from 406,10m/5,4m³ up to 406,85m/69m³. It is advisable for most kayakers to stay under 406,55m/32m³. On water levels above 406,60m/37m³ the general grading goes towards WW V.

Put-in, Skjerva bridge

Put-in

Sharp turn with small drop, 1m

Sharp turn with small slide

Narrow chute with big pillow

Very narrow chute with stoppers and blocked entrance

Small drop ,1.5m, with a rock sword

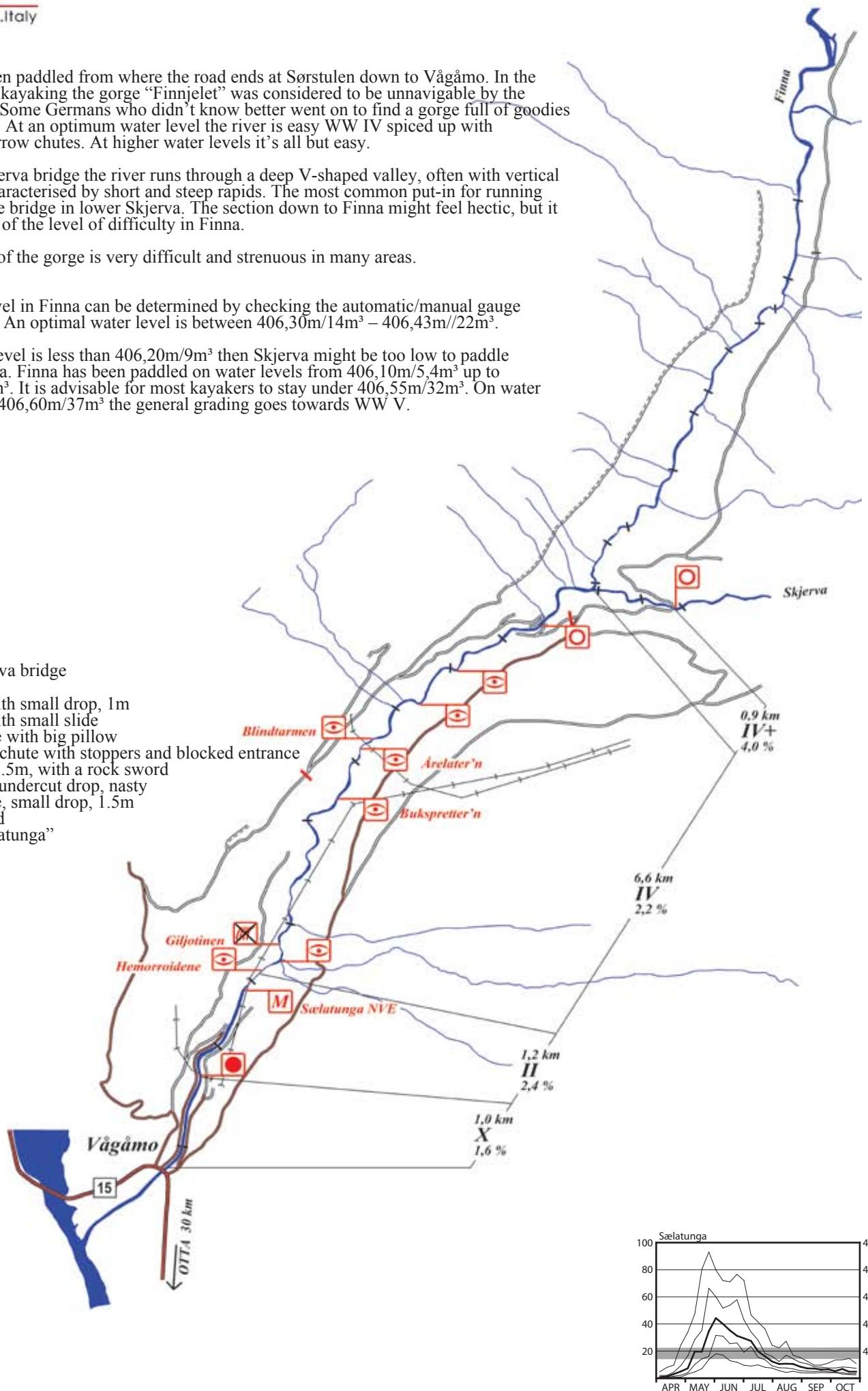
Blocked and undercut drop, nasty

Narrow chute, small drop, 1.5m

Blocked rapid

Gauge, "Sælatunga"

Take-out



Folla has been run from above Hjerkinn down to Alvdal. This river gives possibilities of good kayaking for groups of different skill levels. Reason: fairly easy going rapids and good access to the different sections. It is not a favorite among todays hard-core kayakers, although it in flood condition can be quite exciting.

Folla runs in a wide valley, but from Moan where the interesting white water begins the river digs deep into the gravel deposits.

The river is characterised by its wide, long, continuous gravel bed rapids and high volume in the early season.

To carry out gets easier the further down you get.

Other sections

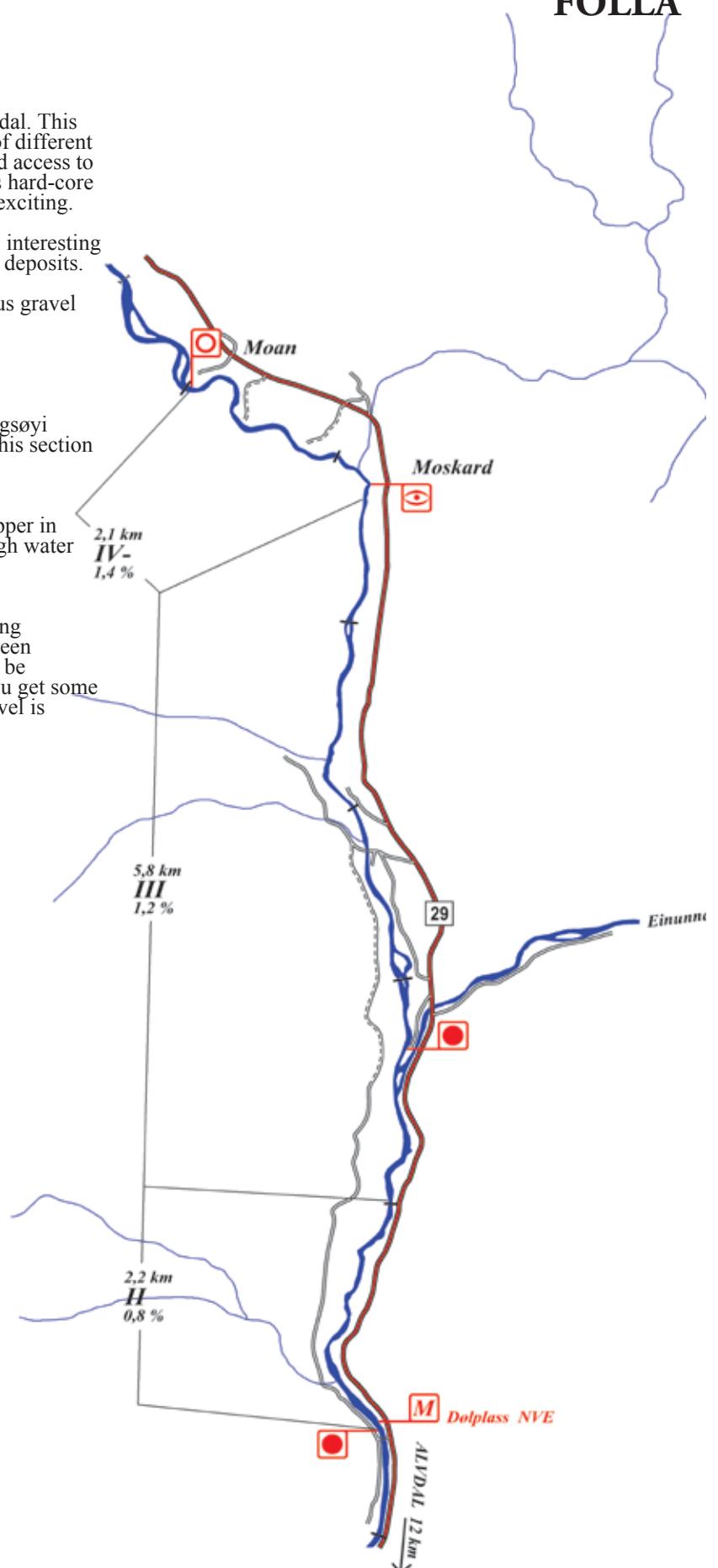
From Grautásætri near Hjerkinn and down to Rydningsøy (3km) the river runs in an open terrain WW III-IV. This section needs a high water level to be interesting.

Special warning

In spring flood some stoppers get enormous. The stopper in the sharp right turn at Moskard gets awfully big at high water levels.

Waterlevel

The water level in Folla can be determined by checking the gauge "Dølplass". An optimal water level is between 524,63m/25m³ – 524,00m/50m³. In general Folla can be paddled at many water levels. At super high water you get some awesome stoppers here and there. Minimum water level is estimated to be 524,42m/15m³.

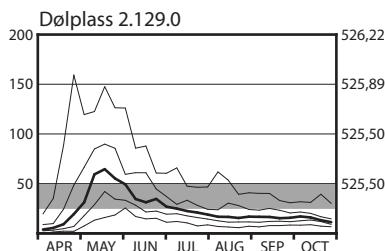


Put-in, "Moan"

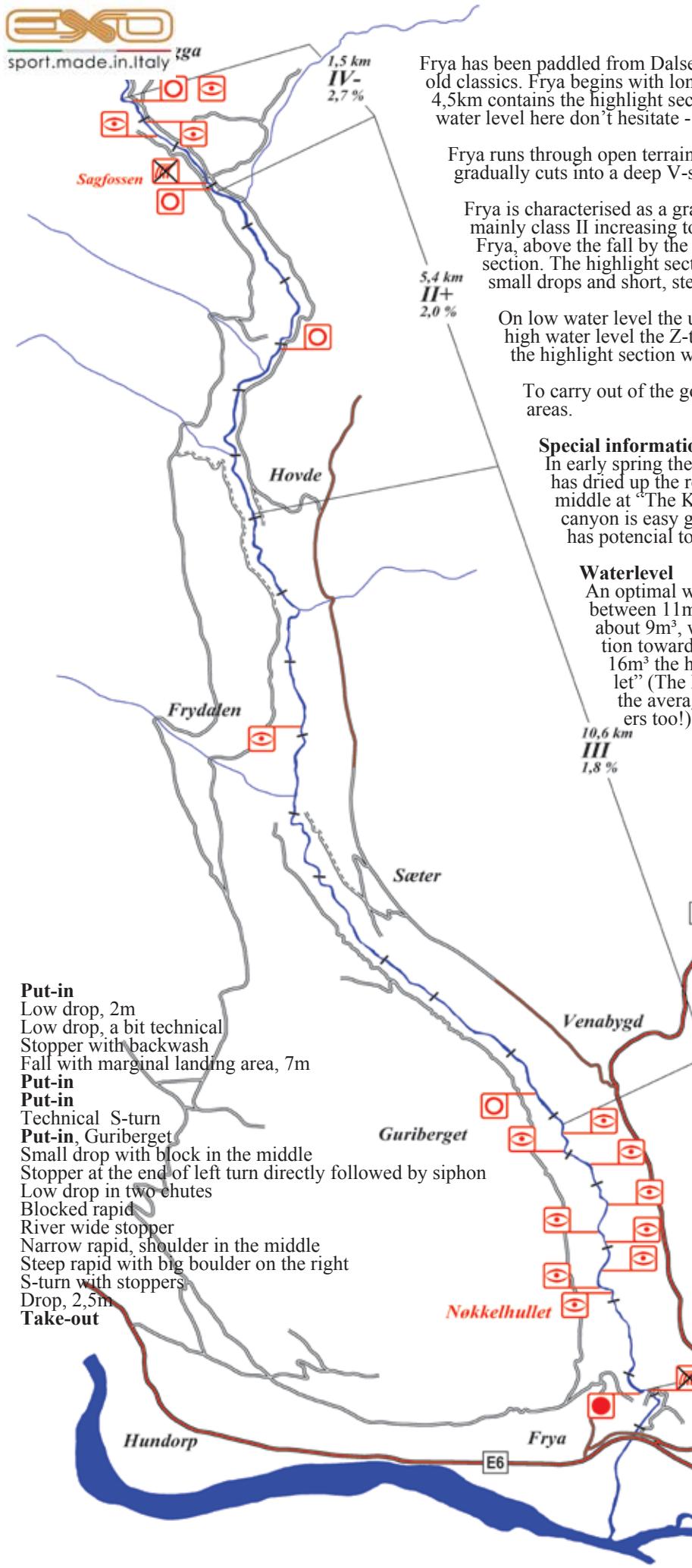
Enormous stopper at high water

Take-out, "Einunna"

Take-out, "Dølplass"



FRYA



Frya has been paddled from Dalsegga down to Dalen. This is really one of the old classics. Frya begins with long and “easy” continuous rapids. The last 4,5km contains the highlight section with a lot of fun. If you find a good water level here don’t hesitate - GO!

Frya runs through open terrain in the beginning. From Sagfossen it gradually cuts into a deep V-shaped valley and inaccessible gorge.

Frya is characterised as a gravel bed river with continuous rapids mainly class II increasing to class III gradually. The upper part of Frya, above the fall by the old sawmill, is characterised as a pool drop section. The highlight section toward the end is characterised by small drops and short, steep rapids class IV.

On low water level the upper section will be somewhat scratchy. At high water level the Z-turns at Haugsjordet will be demanding. Also the highlight section will be heavy at high water.

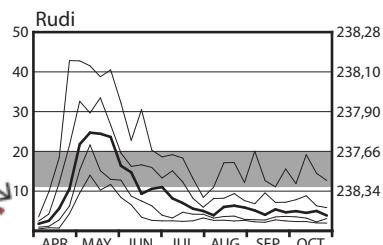
To carry out of the gorge is very difficult and strenuous in many areas.

Special information

In early spring the toll bar at Hovde is closed. When the road has dried up the road will open. Keep anywhere left of the middle at “The Keyhole”. Do not go right. The following canyon is easy going. On higher water levels “The Keyhole” has potential to be difficult to get through.

Waterlevel

An optimal water level when paddling the whole river is between 11m^3 – 16m^3 . A minimum for the whole river is about 9m^3 , while the minimum for the “highlight” section towards the end is 7m^3 . At higher water levels than 16m^3 the highlight section and especially “Nøkkelhullet” (The Keyhole) can begin to be “problematic” for the average kayaker (and sometimes for good kayakers too!).



Gløta has been paddled from Femunden down to Isteren. Gløta is only 2 kilometres long, but consists of 5 longish rapids with calm sections in between. On “lower” water levels the section gives a good area to train technical skills for low-level kayakers. It must be admitted that it can be charming for the better ones too.

Gløta runs through open terrain down to Isteren, and is characterised by long slightly blocked rapids. Gløta can be run on nearly any water level.

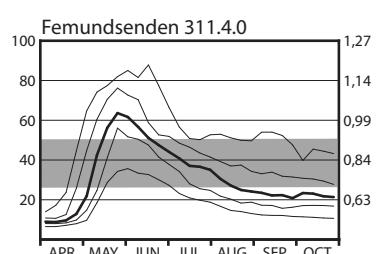
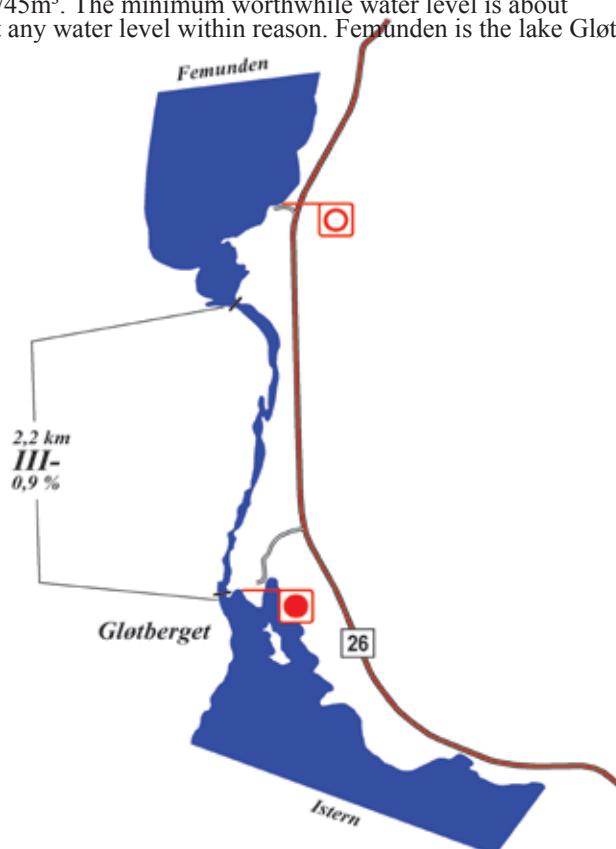
To carry out is easy everywhere.

Special warning

The first rapid out the lake has some fast running water over a shallow part towards the end. Being upside down here has had a detrimental affect on the necks of several kayakers.

Waterlevel

The water level in Gløta can be checked using automatic/manual gauge “Femundsenden”. An optimal water level is between 0,63m/20m³ – 0,87m/45m³. The minimum worthwhile water level is about 0,56m/15m³. Gløta can be paddled at almost any water level within reason. Femunden is the lake Gløta runs out from.



Grøna has been paddled from the big fall down to the confluence with Jori. After a short warm up, you will enter Norway's not blocked or extremely blocked, but Norway most insanely blocked rapids, spiced up with small drops and some spectacular steep slides. Everything on this three kilometre long section has been run. Grøna has potential to be very time consuming if you feel like inspecting the rapids and it is very likely that you will feel like it. Bring your crash boat and enjoy hours of technical fun. Um-you must carry your kayak up to the put-in. Um-the road you must drive is really bad...if it is at all open.

Grøna runs through a very deep and inaccessible gorge all the way down to the confluence with Jori.

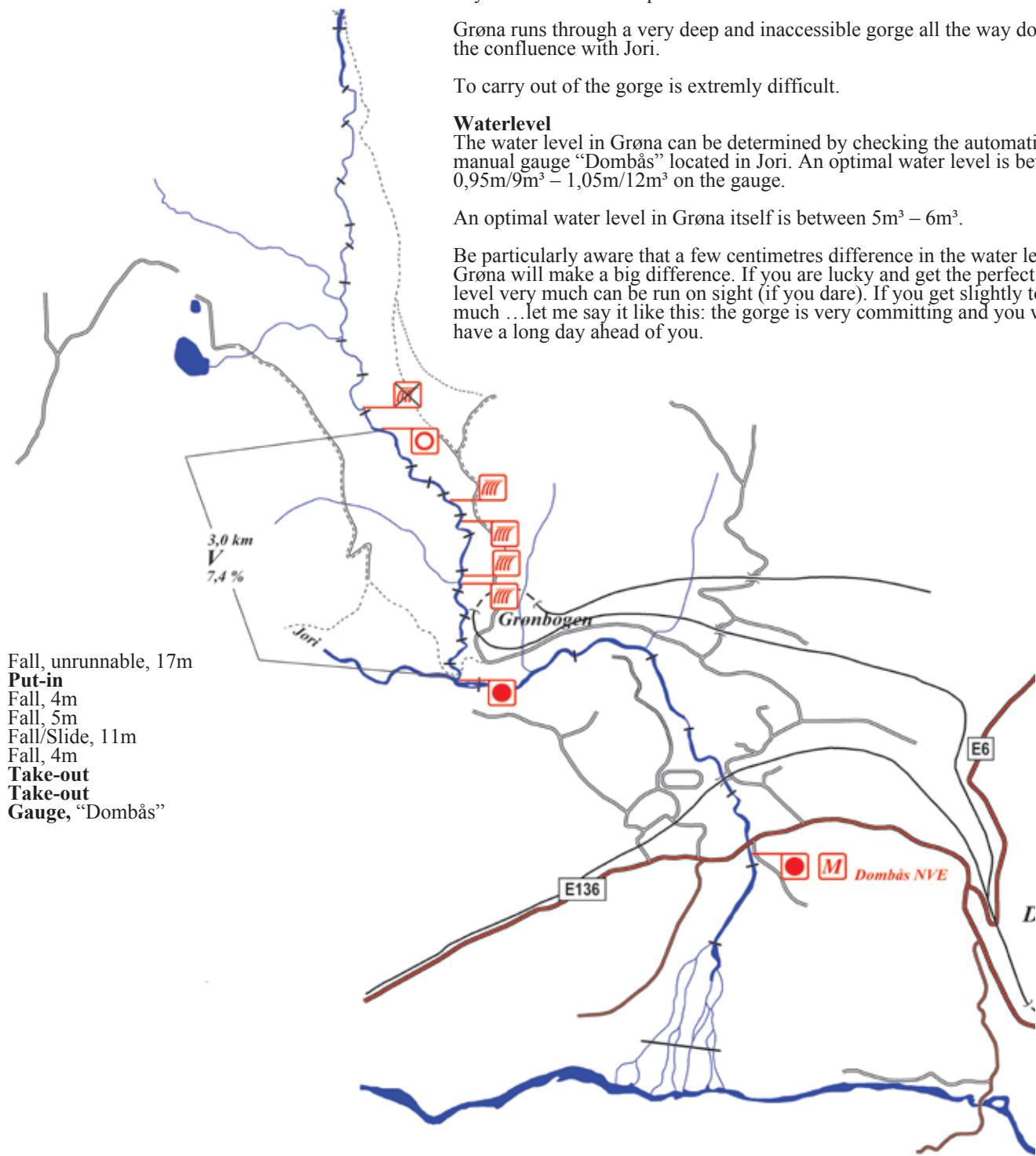
To carry out of the gorge is extremely difficult.

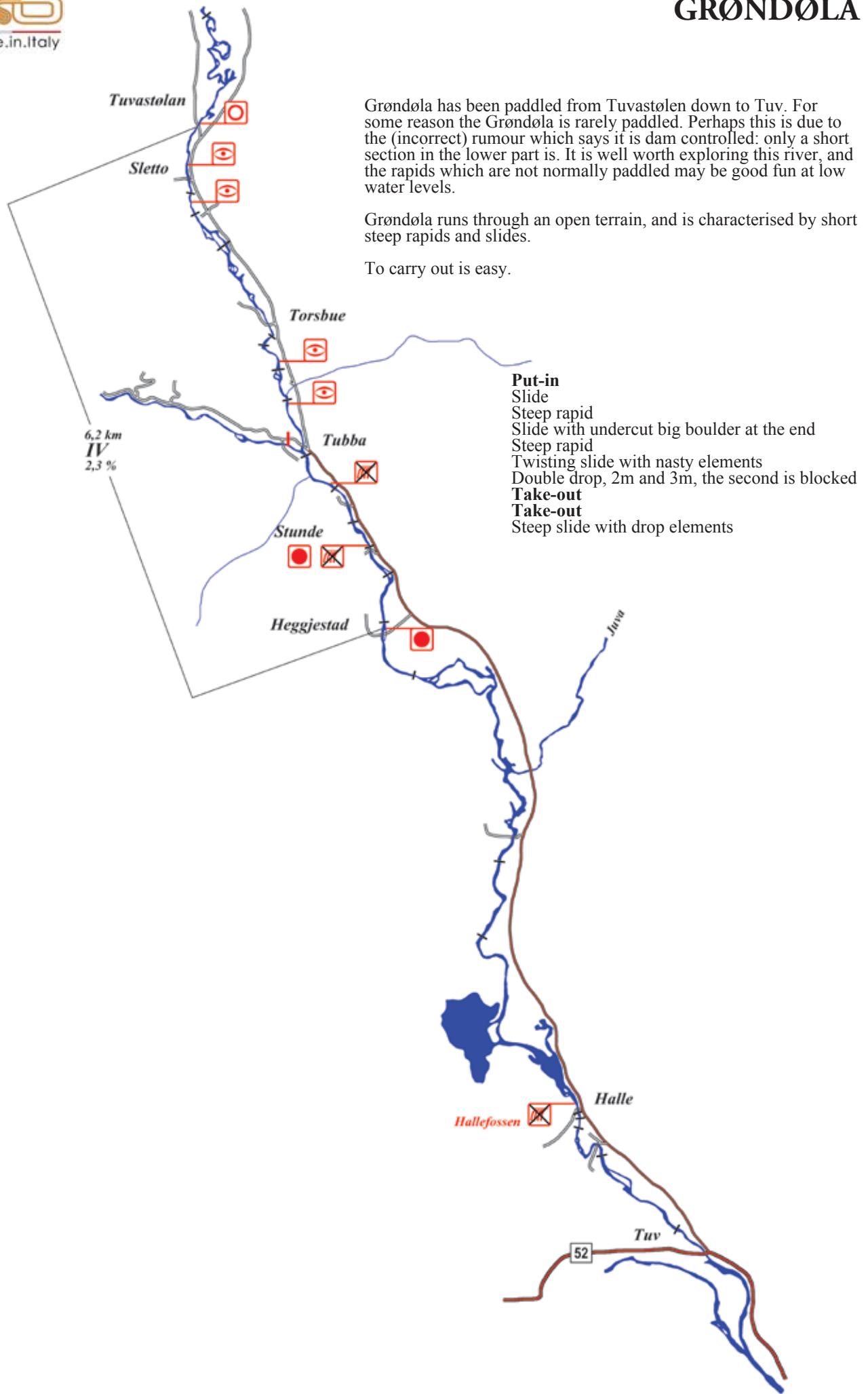
Waterlevel

The water level in Grøna can be determined by checking the automatic/manual gauge "Dombås" located in Jori. An optimal water level is between 0,95m/9m³ – 1,05m/12m³ on the gauge.

An optimal water level in Grøna itself is between 5m³ – 6m³.

Be particularly aware that a few centimetres difference in the water level in Grøna will make a big difference. If you are lucky and get the perfect water level very much can be run on sight (if you dare). If you get slightly too much ...let me say it like this: the gorge is very committing and you will have a long day ahead of you.





The Rosten section is run from Rost down to the bridge at Sel. It is an absolutely stunning section on the right water level. It is also a place for epic runs, maybe because the distance between the skills needed and the kayaker's ability to cope with the difficulties. Never the less, the rapids are highly interesting.

Rosten section runs gradually into a gorge. It is characterised by blocked rapids and drops.

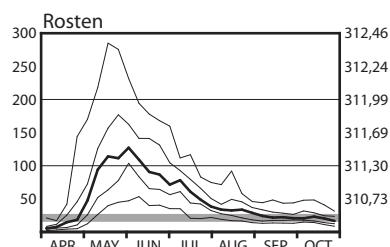
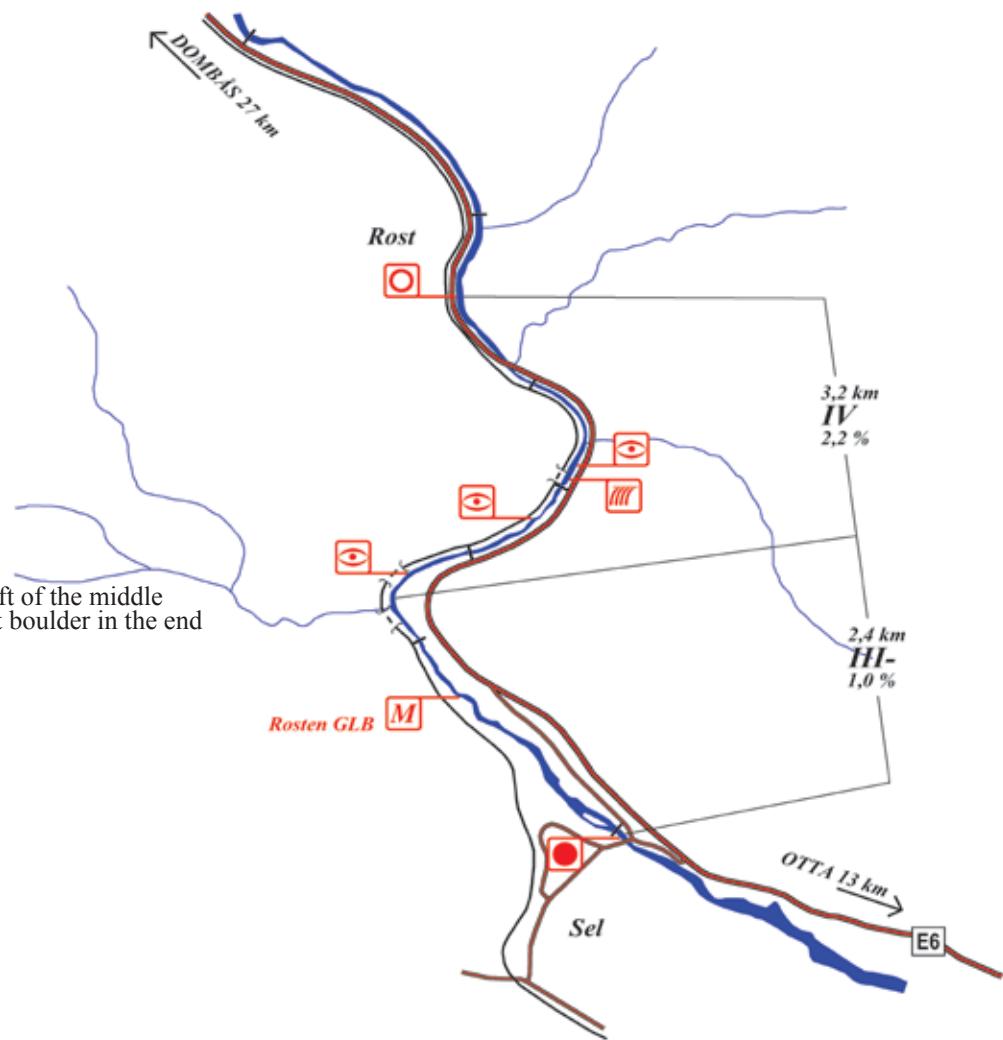
To carry out is fairly easy most of the way.

Waterlevel

The water level in this section of Gudbrandsdalslågen can be determined by checking the automatic/manual gauge "Rosten". You can also reach the gauge by phone. An optimal water level is between 309,90m/13m³ – 310,13m/20m³. The minimum worthwhile level is about 309,70m/10m³. There is no defined maximum as such, but the river is visible from the road: if you have some contact with your inner self you should know when to stay away.

The phone number for the Norwegian talking gauge is 61233102. Tip: if you don't understand Norwegian ask someone who does, there are millions of them.

Put - in
Powerful stopper
Fall, 4m
Drop, 1,5m, very blocked left of the middle
Blocked rapid with undercut boulder in the end
Gauge
Take - out



Gøyst has been run from Lien down to Tinnsjøen. You will have a good time here, that's for sure. It is quite boring to repeat it, but in this area of Norway the whitewater is just amazingly good. The variety of whitewater will make your day. Especially famous are the giant slides towards the end.

Gøyst runs in a gorge gradually opening up. Gøyst is characterised by long continuous rapids and drops.

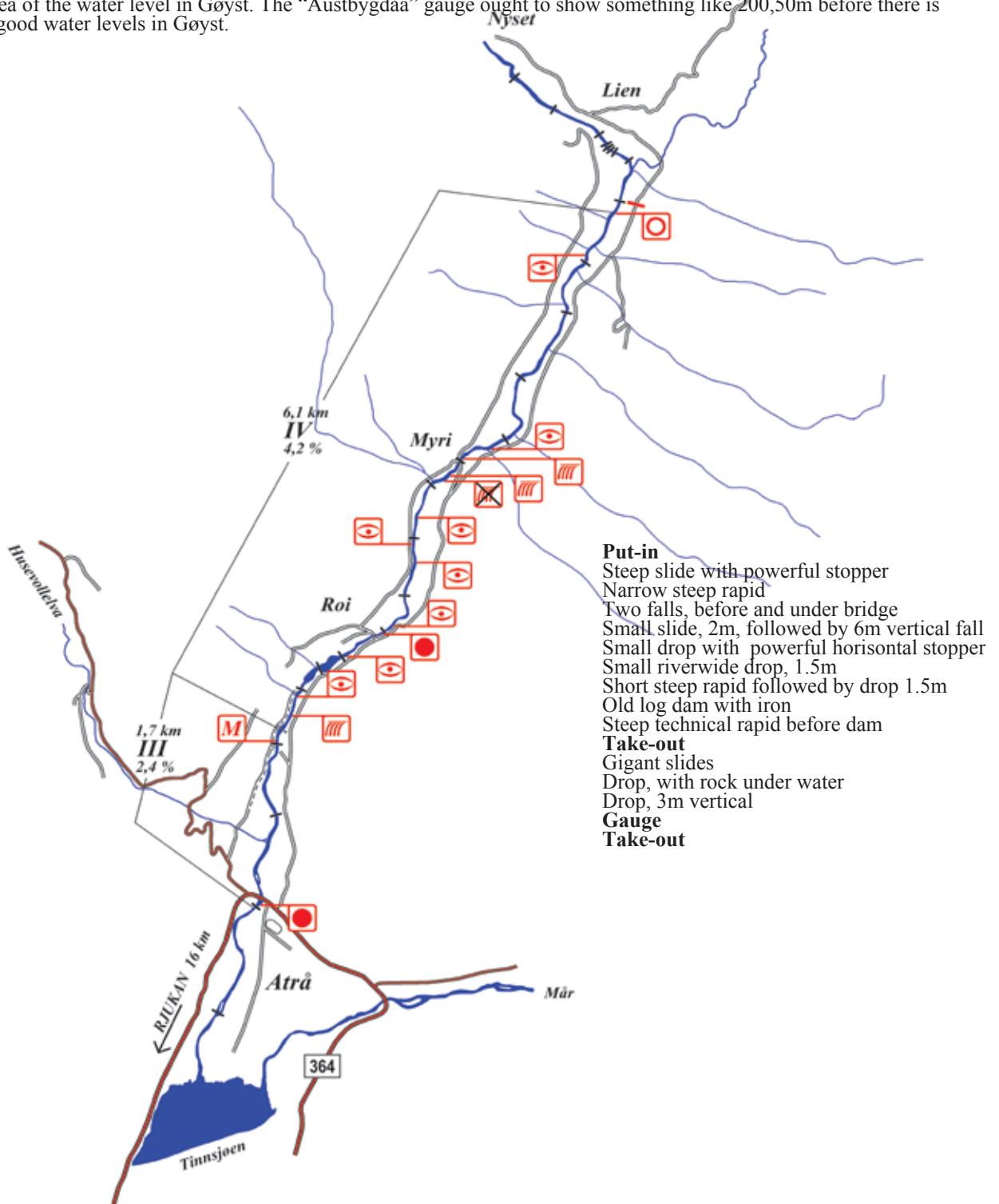
To carry out is fairly easy most places.

Waterlevel

The water level in Gøyst can be determined by checking the manual gauge. The optimal range of water levels is between 0,85m/10m³ – 1,05m/15m³.

Gøyst has only a manual gauge which is placed on the “wrong” side of the river. If viewed from the river left you can see that it is mounted with solid bolts. The lowest of the three bolts is equivalent to 0,90m. A minimum water level is 0,73m, but is scratchy.

Gøyst is dam controlled and therefore all of its water comes from tributaries below the dam. In the spring the water comes from snowmelt and in the summer the area needs lot of rain for Gøyst to be runnable. By using the gauge “Austbygdåa” you can get an idea of the water level in Gøyst. The “Austbygdåa” gauge ought to show something like 200,50m before there is any hope of good water levels in Gøyst.



Hakadalselva has been paddled from Stryken down to Lillestrøm. Even though this river is one of the closest white water river to Oslo it is not much used. In the spring or when ever it rains for a couple of days the possibilities are there for a fine afternoon on the river. When it has water it has many fun playspots.

Hakadalselva runs through open terrain all the way. It is characterised by long continuous rapids.

The river needs a lot of rain, the more the better.

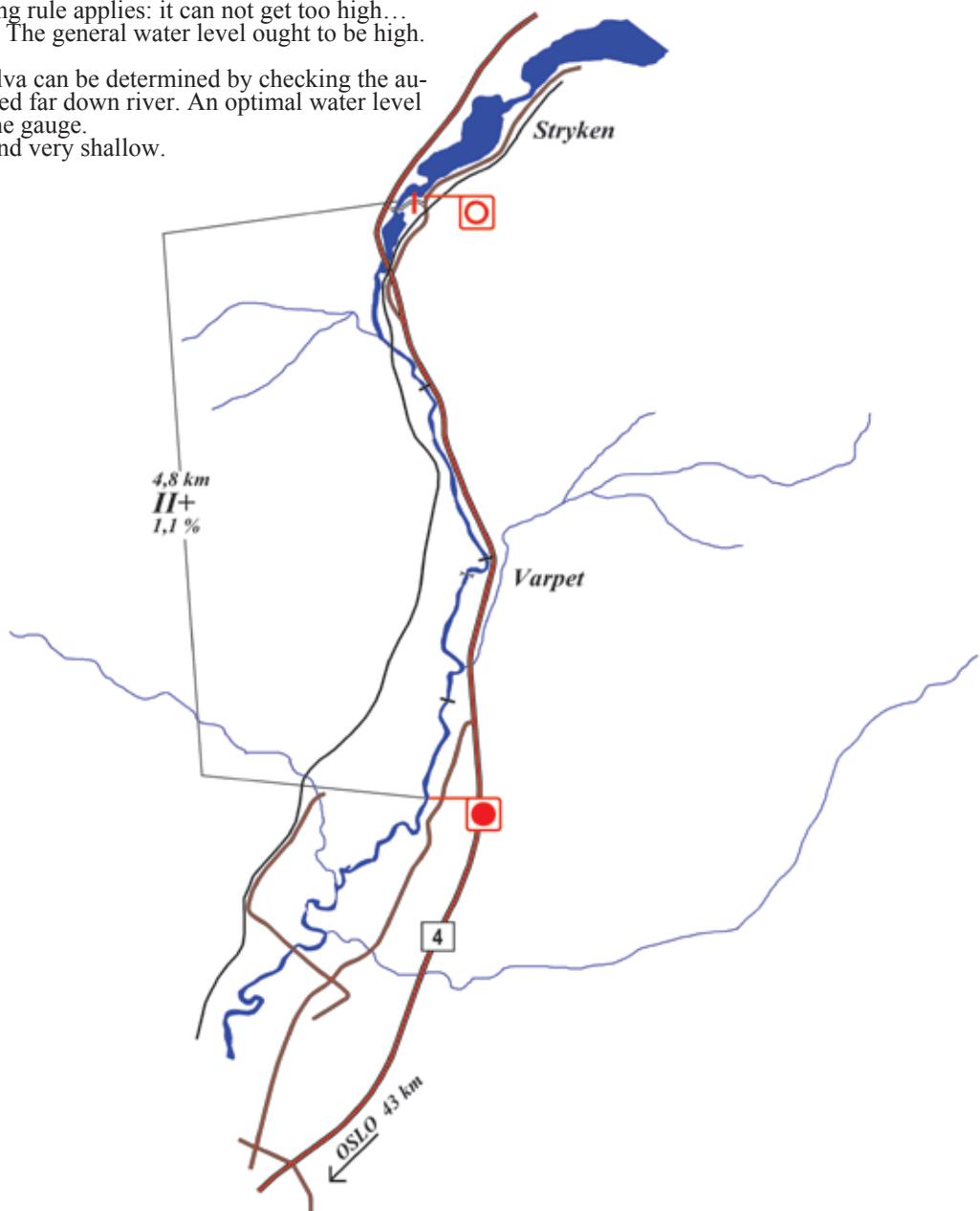
To carry out is easy everywhere.

Waterlevel

For Hakadalselva the following rule applies: it can not get too high... but the bridges can be to low. The general water level ought to be high.

The water level in Hakadalselva can be determined by checking the automatic gauge "Fossen" located far down river. An optimal water level is between $13\text{m}^3 - 20\text{m}^3$ on the gauge.

Absolute minimum is 11m^3 and very shallow.



Hemsil has been paddled from Tuv all the way down to Gol. Hemsil is dam controlled, but when it has water the run from Grønli down to Gol gives you some of the best continuous white water in Norway. Hemsil has it all.

Hemsil runs in an open terrain from Eikerdammen and down to Grønli. After Grønli Hemsil runs in a small gorge down to Robru. After Robru the river runs in an open terrain down to Bremsebrua before it plunges into a V-shaped valley with more vertical walls towards Gol. It is characterised by small drops, blocked rapids, slides and falls.

To carry out is easy before Bremsebrua and strenuous after it. Towards the crux 700m before Gol it becomes very difficult to exit the area.

Waterlevel

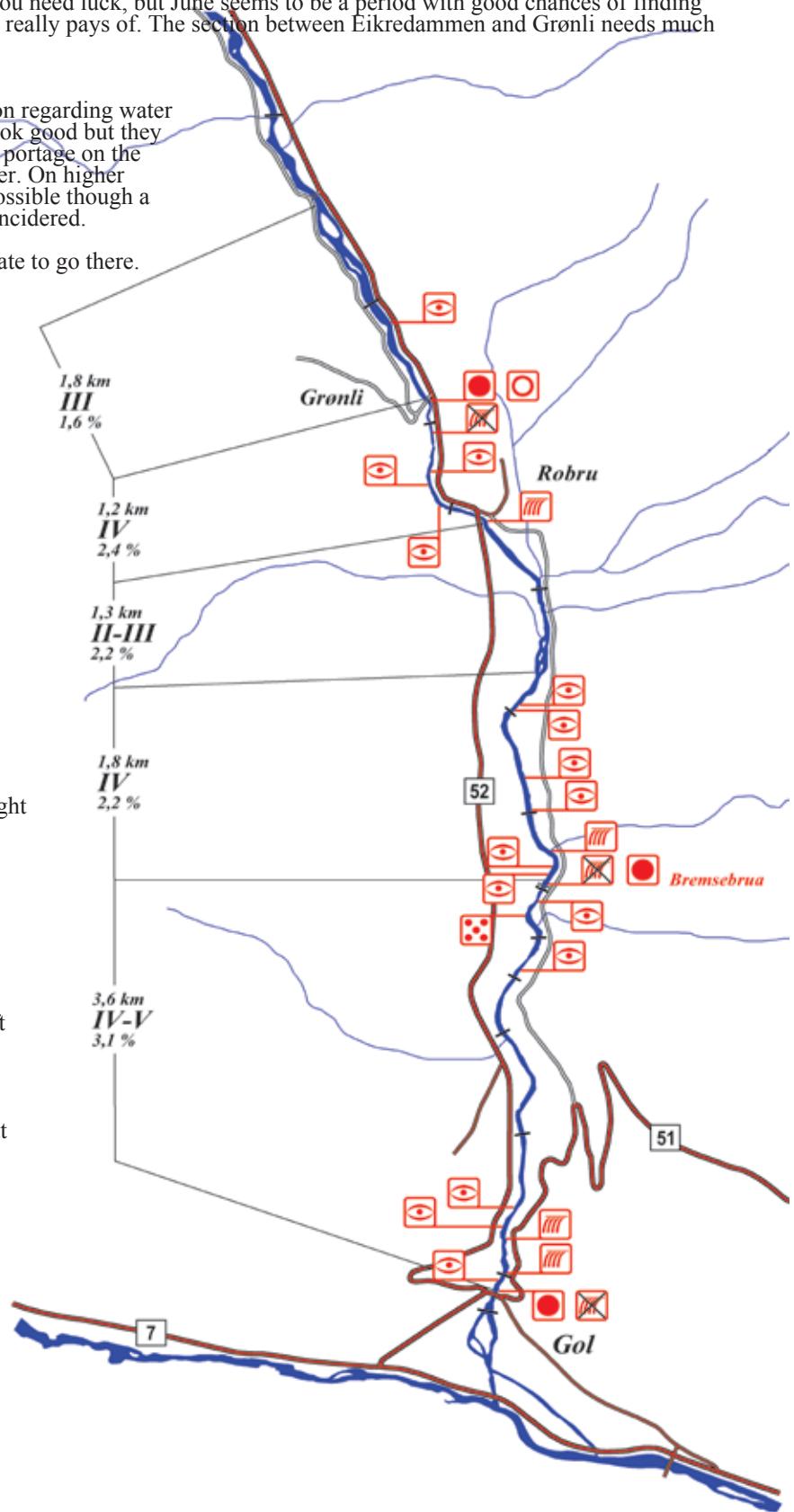
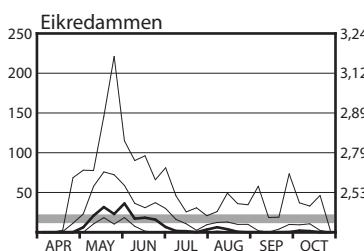
To find a sufficient water level in lower Hemsil you need luck, but June seems to be a period with good chances of finding the right waterlevel. It is first at 12m³ that the trip really pays off. The section between Eikredammen and Grønli needs much more water than the section down to Gol.

Additional information

The crux shortly before Gol needs special attention regarding water levels. None of the chutes in this blocked rapid look good but they are all possible in a way. At 12m³ it is possible to portage on the right side, and in the middle on slightly more water. On higher water levels a short portage might no longer be possible though a portage over the boulders in the middle can be considered.

If you find a suitable water level here, don't hesitate to go there.
It is damcontrolled for heaven's sake.

Small drop
Take-out, "Grønli"
Put-in, "Grønli"
Fall, 4m, a bit tricky
Small drop
Small drop
Slide
Fall, 5m, old ironbars probably still in the fall
Rapid with big boulders near old mill
Rapid in bedrock near bridge ruins
Short rapid with rock, stopper in the end
Very good skijump/boof to the left, slide to the right
Fall, 3.5m, very blocked before the fall
Slide
Slide
Take-out, "Bremsebrua"
Fall 8m, absolutely not recommended
Gigant steep slide
Total blockage
Slide with undercut rock in the end
Very blocked rapid
Slide with pillow on the right, undercut on the left
Fall, 9m, new timber dam
Fall, 7m
Small drop
Take-out, "Gol"
Fall, 7m, bad landing followed by severe undercut



Hira has been paddled from 2km above Storfjellsætra down to Dammyra. This is basically an easy going trip. Be aware of things coming quickly upon you if you relax too much.

Hira runs through open terrain and is characterised by long flat sections in beautiful landscape and occasional drops and rapids.

To carry out is fairly easy, but the road is not always close.

Waterlevel

There is no gauge in Hira and exact experiential data on water levels are not available. The rule of thumb is that Hira is good when other rivers in the area (Imsa, Setninga, Atna) have good water levels.

An optimal water level in Hira itself is between 7m³ – 14m³.

Put-in, "Storfjellsetra"

Small, narrow slide

Fall, 4m, vertical

Steep technical rapid

Small drop, 2m

Fall, 3m, vertical, shallow pool

Fall, 4m, vertical

Slide, tilted, with stoppers followed by small boily drop

Slide, tilted, with two stoppers

Take-out, "Hirkjølen"

Slide, running into wall

Fall, 5m, with very rotating pool

Drop, 2m, followed by stopper

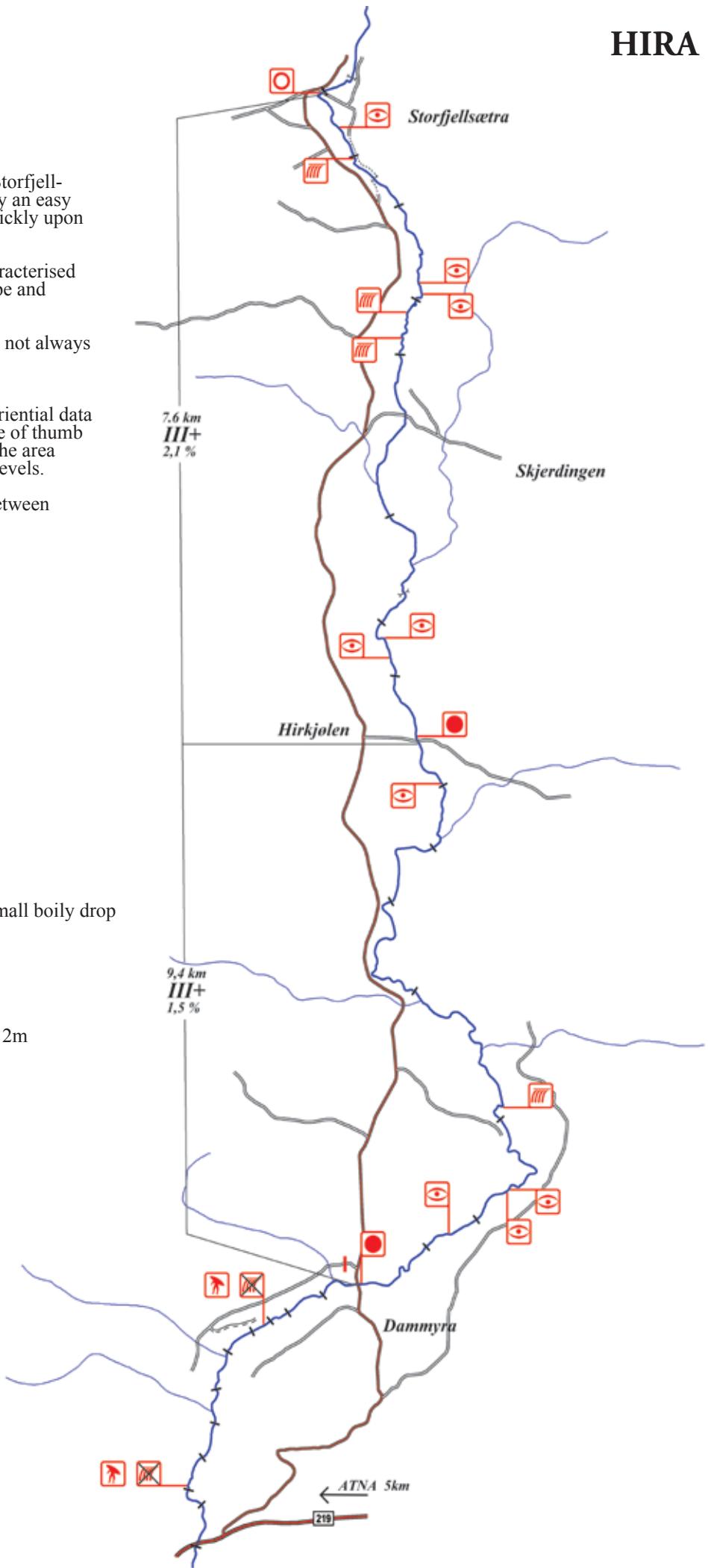
Drop, 3m, with solid stopper

Slide, 70m long, ending with small drop, 2m

Take-out, "Dammyra"

High fall, mandatory portage

High fall, mandatory portage



Hjukseelva has been paddled from Vårbumoen down to the main road bridge. The narrows of Hjukseelva was first paddled in late April 2000. Even if the section is short it is full of highlights. This is a river kayakeres should concider closely - in the sence - go there. The rapids will give you continuous enetrainment all the way.

Hjukseelva run through a very narrow gorge, often with vertical walls. It is characterised by narrow chutes, small drops and blocked rapids.

When you stand on the bridge and look upwards, the water level should appear fairly low bur cover most of the rocks. If it looks like there is plenty of water some of the rapids might cause problems.

To carry out is strenuous, but possible everywhere.

Waterlevel

There is no gauge in Hjuksa. If standing on the lower bridge across Hjuksa and the water just covers the rocks and it looks like fairly high, but still OK, you will likely have an epic run - in the negative sense of the word. Choose a lower water level.

It is not easy to find out the exact water level in Hjuksa. With help of the gauge "Jondalselv" it is possible to estimate the water level. The water level in Jondalselva ought to be above 1,48m/11m³. In the spring period Hjuksa will of course have a more stabil flow.

An optimal water level in Hjuksa itself is between 5m³ – 8m³.

Put-in

Fall, 6m, not usually run

Small, slightly blocked slide

Small drop, 1m

Rockslide with small drop before and after

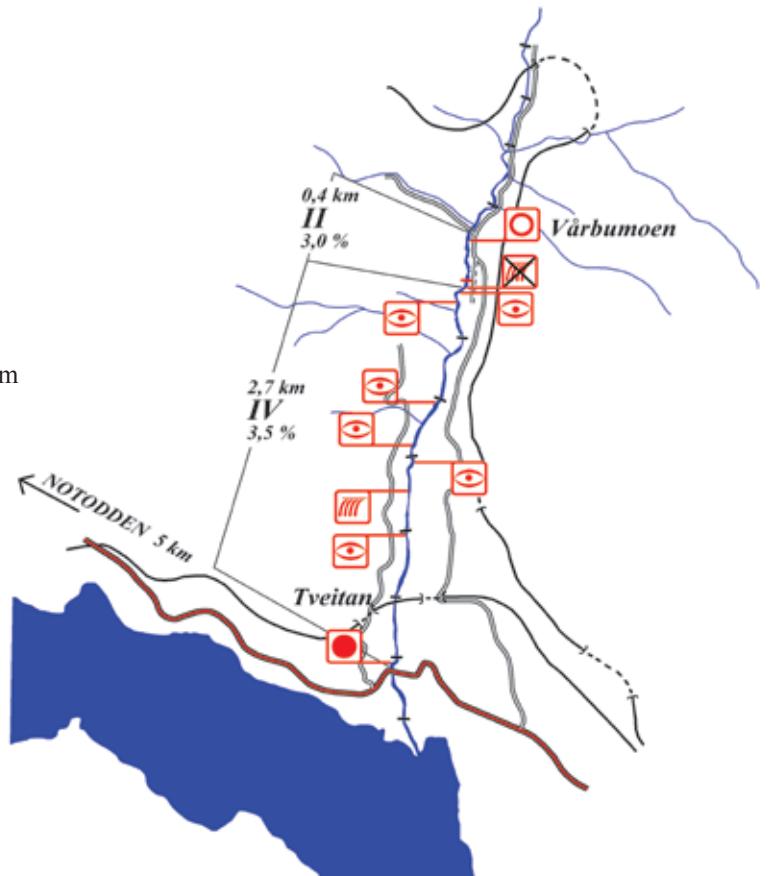
Small drop, 1,5m

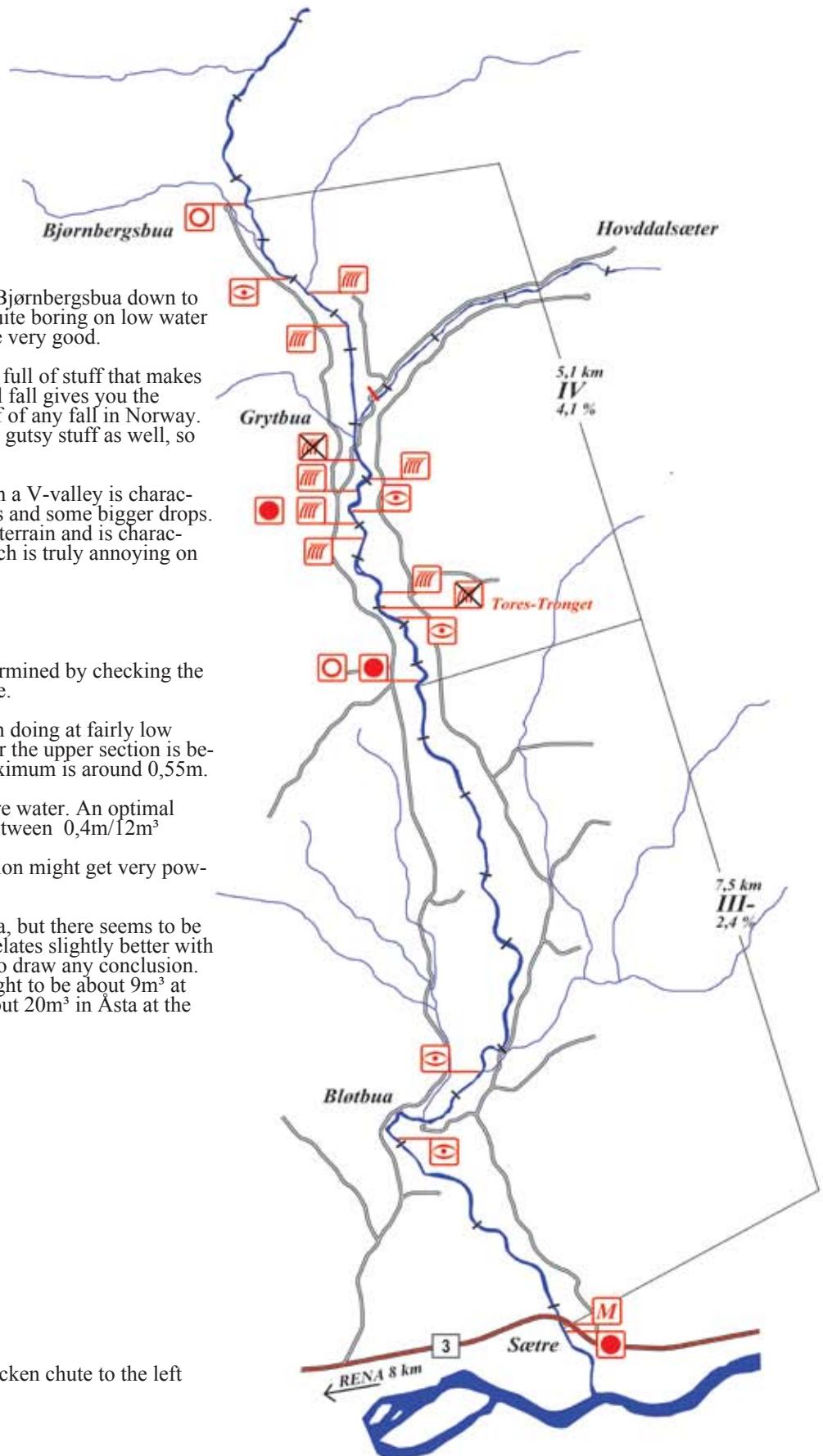
Steep rapid with big boulder, followed by small drop, 1,5m

Narrow gorge with a fall, 2m

Small drop, difficult to inspect

Take-out





Hovda has been paddled from Bjørnbergsbua down to the main road. The lower Hovda is quite boring on low water except for two short gorges which are very good.

The upper section, on the contrary, is full of stuff that makes this river a must. The 7-metre vertical fall gives you the fastest and cleanest horizontal takeoff of any fall in Norway. But don't worry there's plenty of less gutsy stuff as well, so there's no excuse to chicken out.

The upper Hovda, which runs through a V-valley is characterised by blocked rapids, small drops and some bigger drops. The lower section runs through open terrain and is characterised by long gravel bed rapids which is truly annoying on none sufficient water levels.

To carry out is not too hard.

Waterlevel

The water level in Hovda can be determined by checking the gauge just above the main road bridge.

The upper gorge section is only worth doing at fairly low waterlevel. An optimal water level for the upper section is between 0,25m/6m³ – 0,40m/12m³. Maximum is around 0,55m.

The lower section can take much more water. An optimal water level for the lower section is between 0,4m/12m³ – 0,6m/25m³.

The two low gorges in the lower section might get very powerful on "high" waterlevels.

There is no automatic gauge in Hovda, but there seems to be a tendency that the flow in Imsa correlates slightly better with Hovda than Åsta does. It is difficult to draw any conclusion. The water level, at the same time, ought to be about 9m³ at the gauge "Imssjøen Søndre" and about 20m³ in Åsta at the gauge "Kvarstadseter".

Put-in

Steep and blocked rapid

Steep and narrow slide, 5m

River wide fall, 4m

Shallow and rugged fall, 4m

Fall, 3m, slightly blocked entrance

Vertical fall, 4m

Section with ledges and stoppers

Fast water, clean exit, 7m fall

Fall, 2m, with twister to the right, chicken chute to the left

Steep slide, stopper in the end

Double fall, 2m+6m, Tores-Tronget

Slide with big twister towards wall

Take-out

Short gorge with many steps

Short narrow gorge with many steps

Take-out

Put-in, Imssjøen
Gauge, "Imssjøen
 Slide

Steeper rapid

Take-out, Kvitkallen

Mandatory portage, section with slide and falls

Put-in, Nybru

Riverwide stopper with serious towback

Two slides, re-built to be safe

Take-out, Imsroa

Imsa has been run from Søndre Imssjøen down to the main road at Imsroa and is at its best at high water levels. You can find two long sections with good white water and some nice playspots here and there. With enough water this is one of the really good class III rivers in Norway.

Imsa runs through open terrain and in the lower section the river has worked its way down into the gravel deposits. It is characterised by long continuous rapids with varying difficulty.

To carry out is easy everywhere.

Other sections

After the take out in the upper section and Kvitkallen falls there follows a section of 9 km with easy class I rapids. One drop, which can be problematic for novices, is coming up one kilometre after the falls.

Warning

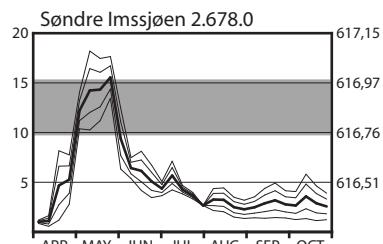
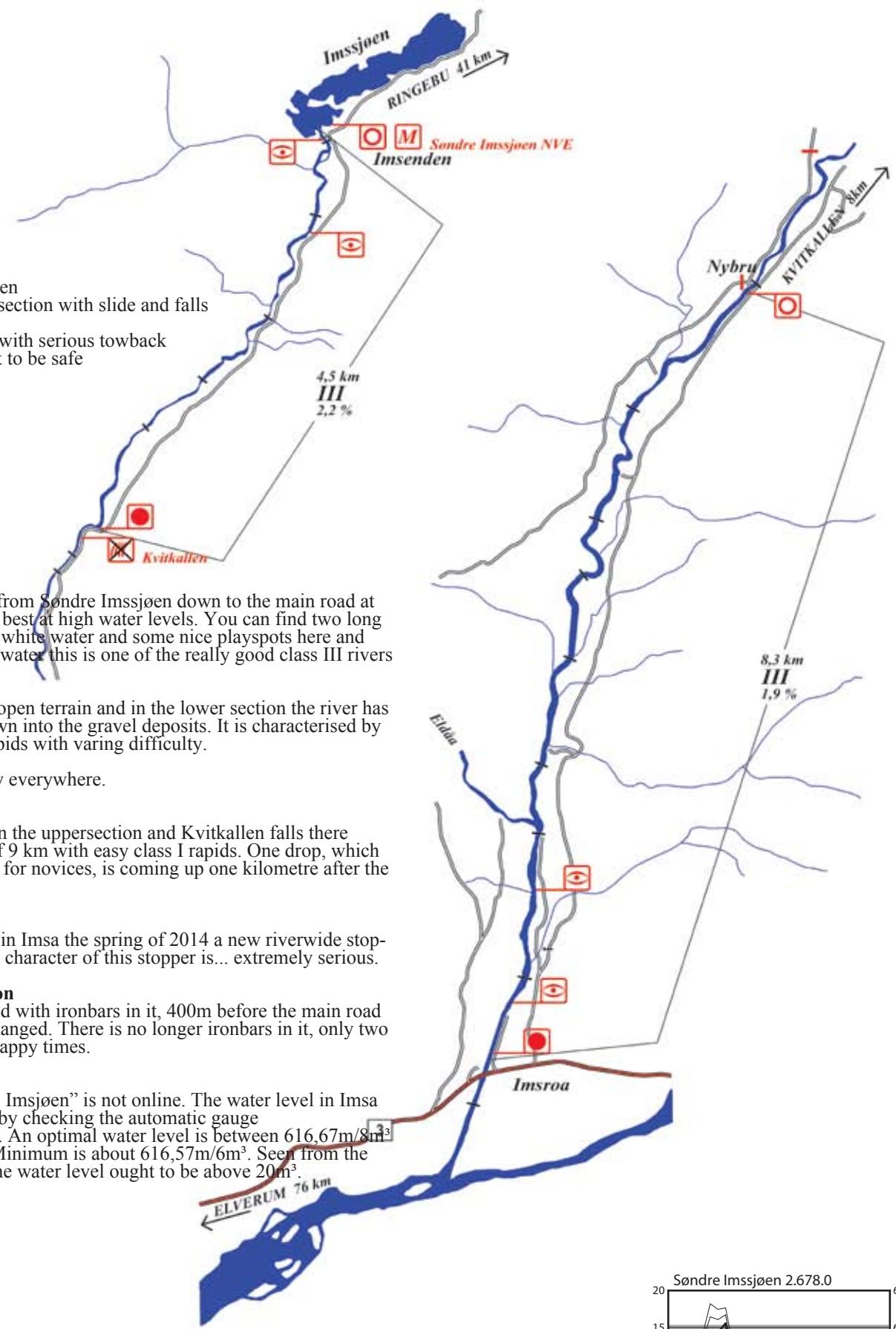
After the big flood in Imsa the spring of 2014 a new riverwide stopper developed. The character of this stopper is... extremely serious.

Special information

The dangerous rapid with ironbars in it, 400m before the main road bridge, has been changed. There is no longer ironbars in it, only two easy going slides-happy times.

Waterlevel

The gauge "Søndre Imssjøen" is not online. The water level in Imsa can be determined by checking the automatic gauge "Søndre Imssjøen". An optimal water level is between 616,67m/8m³ – 617,00m/16m³. Minimum is about 616,57m/6m³. Seen from the main road bridge the water level ought to be above 20m³.



JONDALSELVA

Jondalselva has been paddled from Buvatnet down to the main road. Jondalselva is maybe the best boring river in Norway. We have been there and found out it is not boring at all. If you are totally allergic to flat sections you should maybe stay at home. The rest of us can go to the upper section and enjoy the drops, slides and cruise the rapids. The lower section has easy going continuous rapids. Let's get bored together.

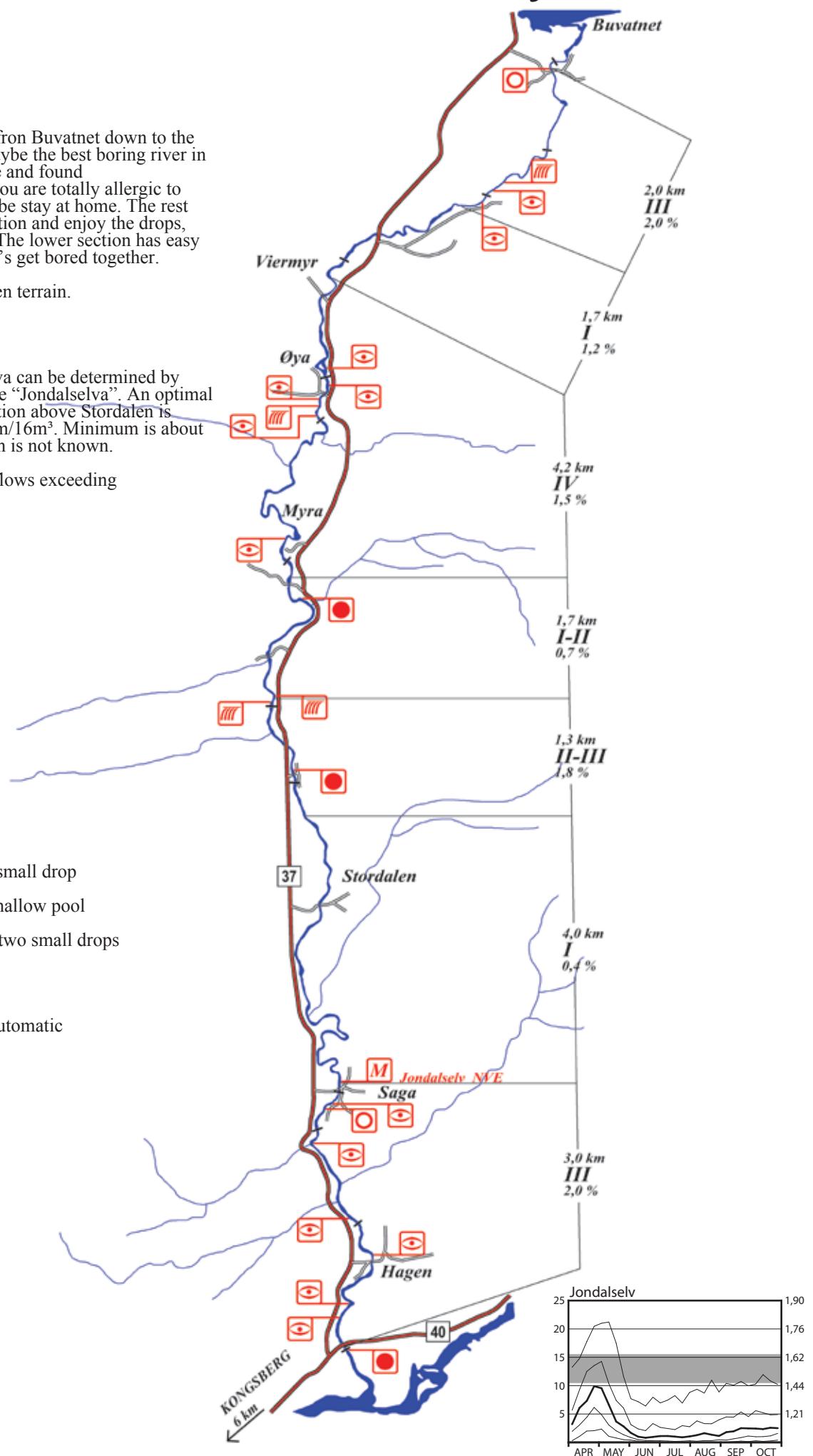
Jondalselva runs through open terrain.

To carry out is easy.

Waterlevel

The water level in Jondalselva can be determined by checking the automatic gauge "Jondalselva". An optimal water level for the upper section above Stordalen is between 1,48m/11m³ – 1,65m/16m³. Minimum is about 1,36m/8m³ and the maximum is not known.

The lower section is best at flows exceeding 1,62m/15m³ within reason!



Put-in

Fall, 3m, rocky and shallow
Long easy slide
Small drop, 2m
Steep, long bumpy slide
Slide at the top followed by small drop
Steep slide
Fall in two steps, 6m, very shallow pool
Small drop, 2m
Steep slide, 5m followed by two small drops

Take-out, Myra

Small drop, 2m
Small drop, 2m

Take-out

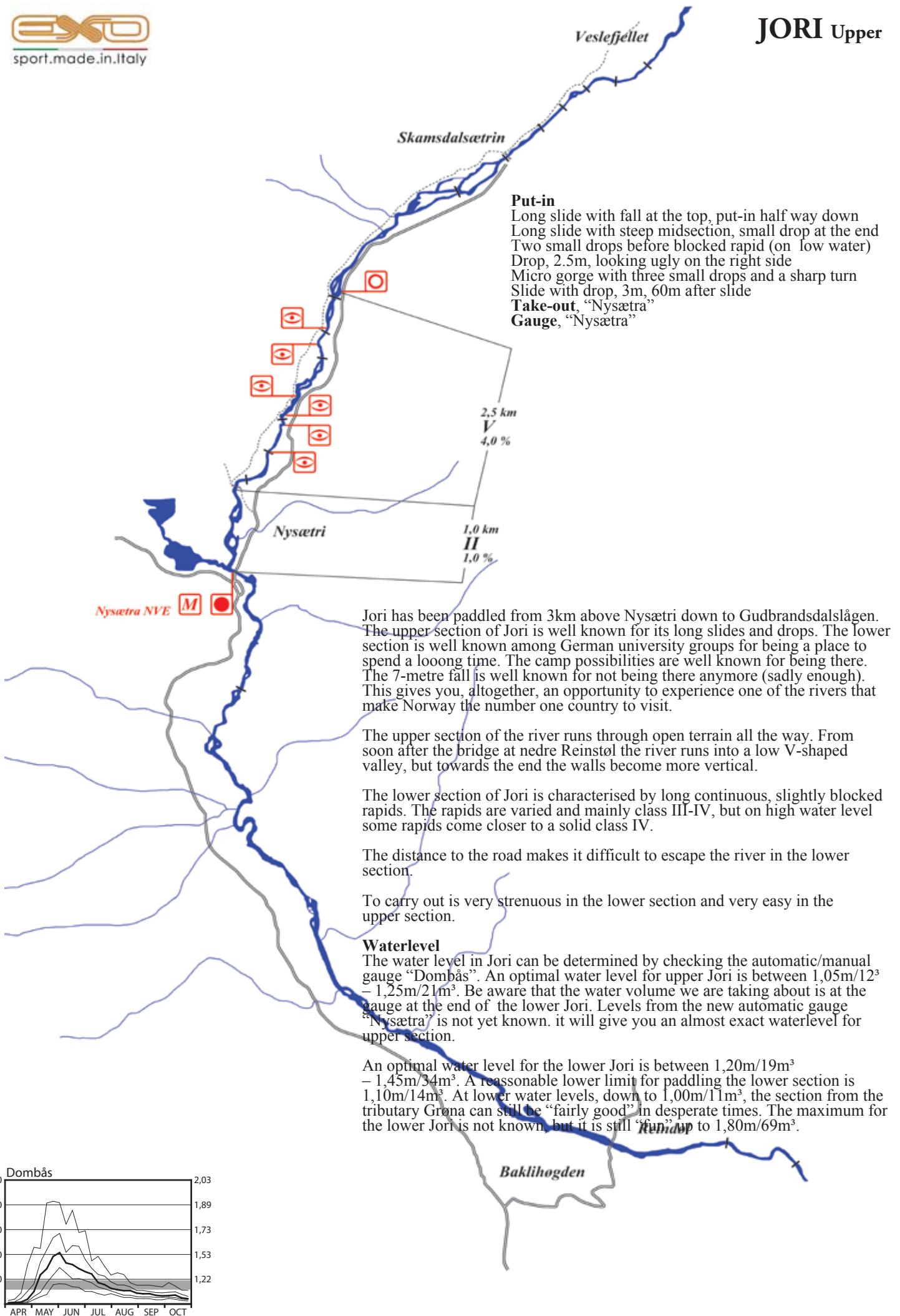
Gauge, "Jondalselv", only automatic

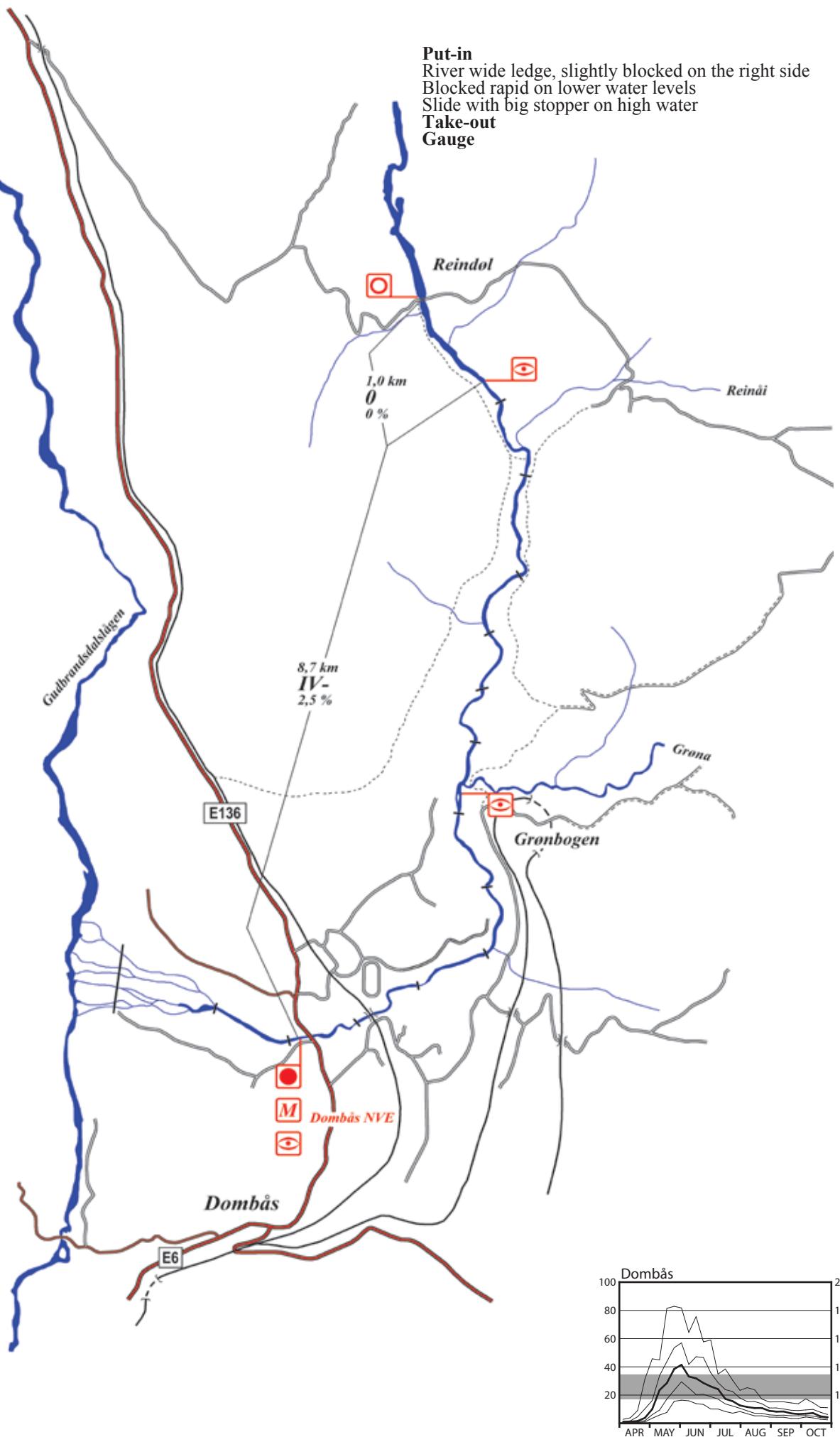
Slide, steep

Put-in

Stoppers
Stoppers
Stopper under bridge
Stoppers
Stoppers

Take-out





Kopperbergselva has been paddled from Bratt down to Saggrenda. OK, so you are stressed out at work, your wife is screaming for a divorce or your mother-in-law is threatening to visit... time to get out your crash kayak! This babe will get your mind thinking on something else. An evening run here - and the next time you are asked to join, you just may stay at home and drink tea with your mother-in-law.

Kopperbergselva runs through a small gorge and is characterised by continuous rapids spiced up with a good many slides and falls.

Kopperbergselva has no gauge of its own. An indication of the water level can be given by checking the Jondalselva gauge on the web or wap. If Jondalselva is above 1,45m/10m³, then there is hope.

To carry out is not too bad, better than being at work at least!

Waterlevel

There is no gauge in Kopperbergselva. The general water level in the area should be on the high side, but not too high of course. It is not easy to get knowledge about the water level in Storelva. With help of the gauge "Jondalselva" it is possible to determine the possibilities of water in this river. The water level in Jondalselva ought to be good. It means above 1,52m/12m³. In the spring period Kopperbergselva will of course have a more stable water flow. When the water level in Jondalselva is 1,31m/7m³ and dropping, and it has not rained during the previous days, the water level on Kopperbergselva will normally be uninteresting.

Put-in

Two steep slides with in short distance

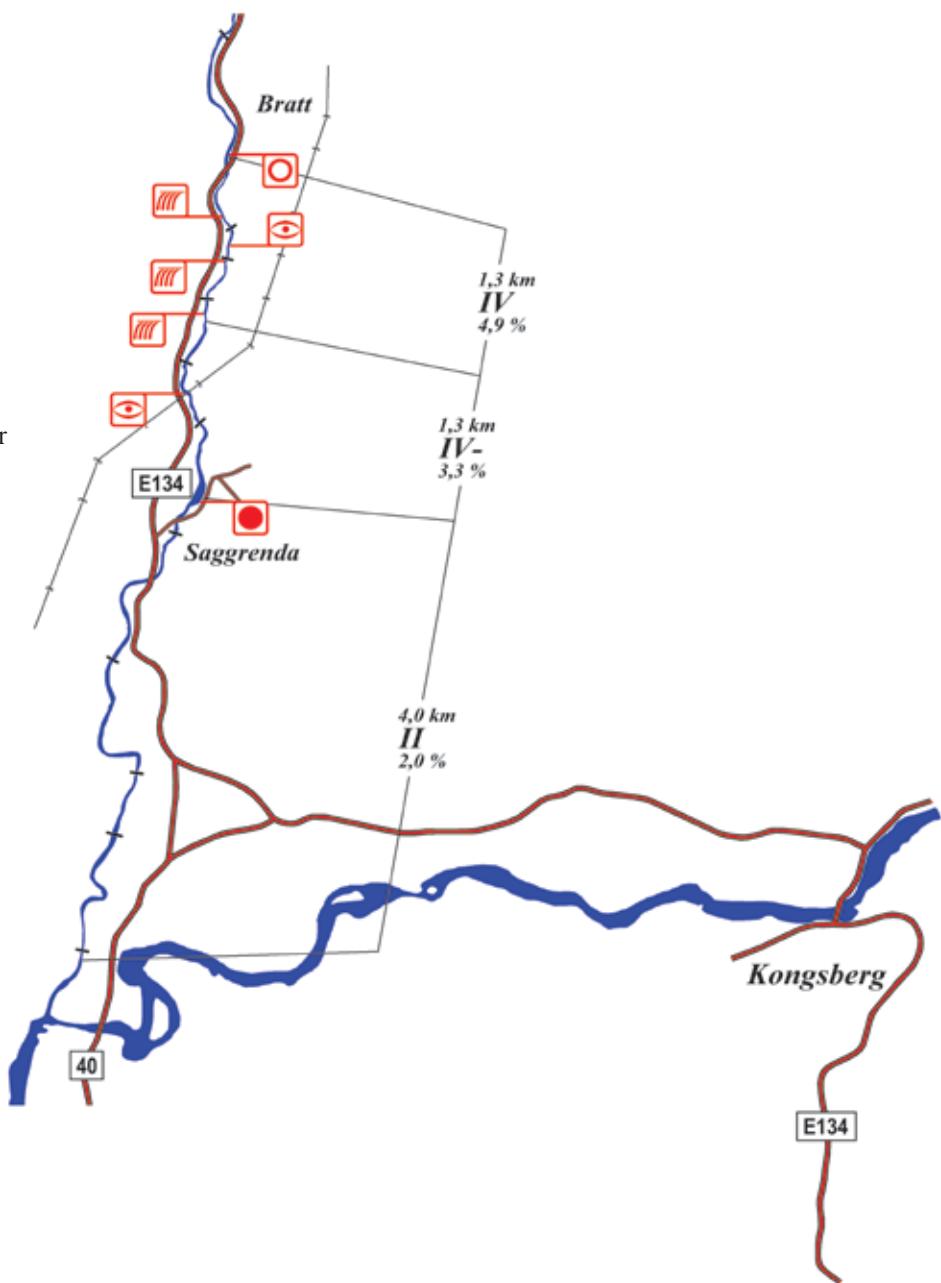
S-turn manoeuvre

Steep slide

Slide with vertical element

Stoppers need inspection on high water

Take-out



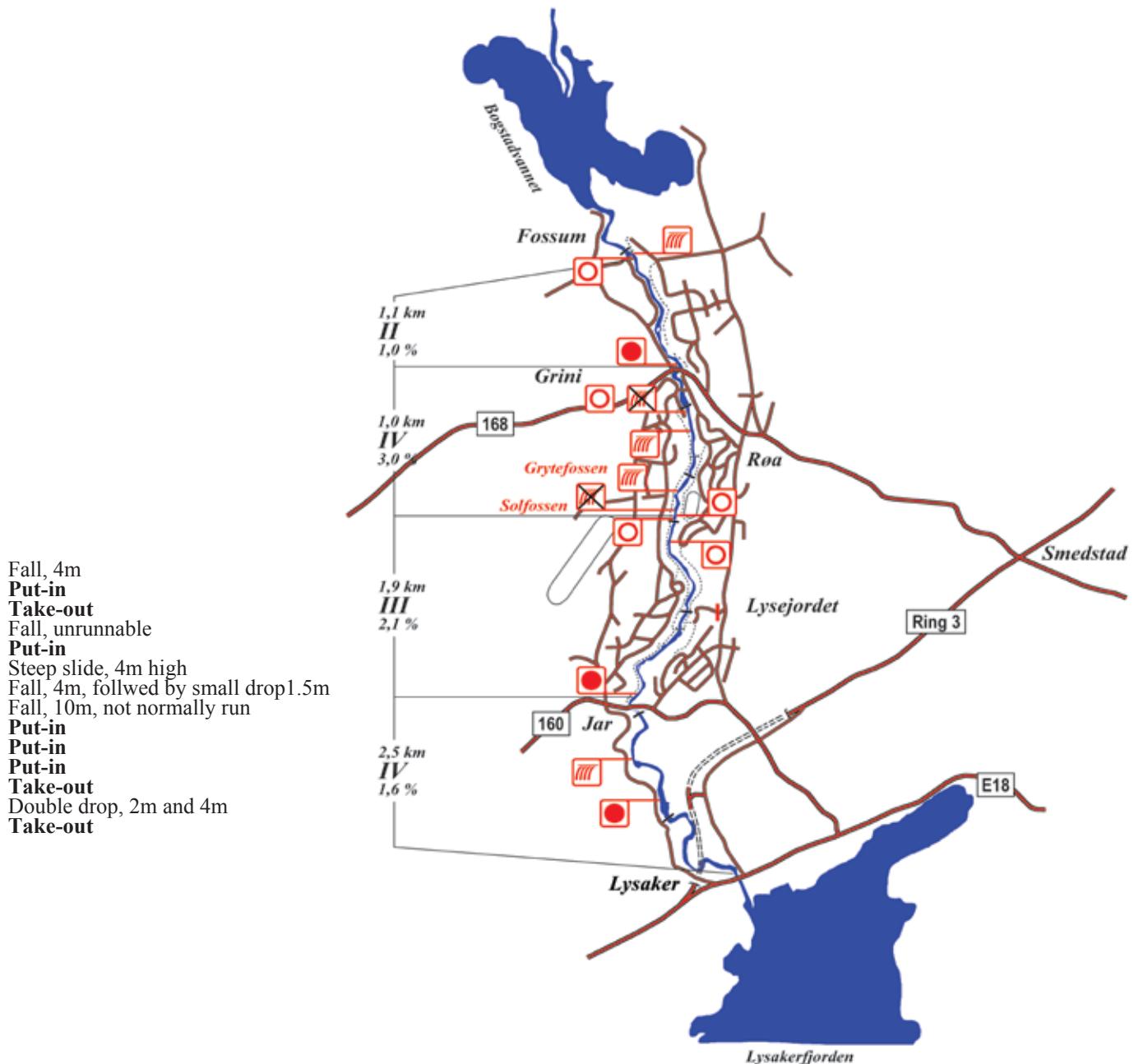
Lysakerelven has been paddled from Bogstadvannet down to the Oslofjord. The river is still quite unknown to many kayakers, because of its many well-hidden put-ins. The section above Grinidammen gives possibilities for beginners. The section between Grinidammen and Solfossen contains the falls and the section after Solfossen down to the tunnel has more continuous rapids. So far there has been no problems running the tunnel.

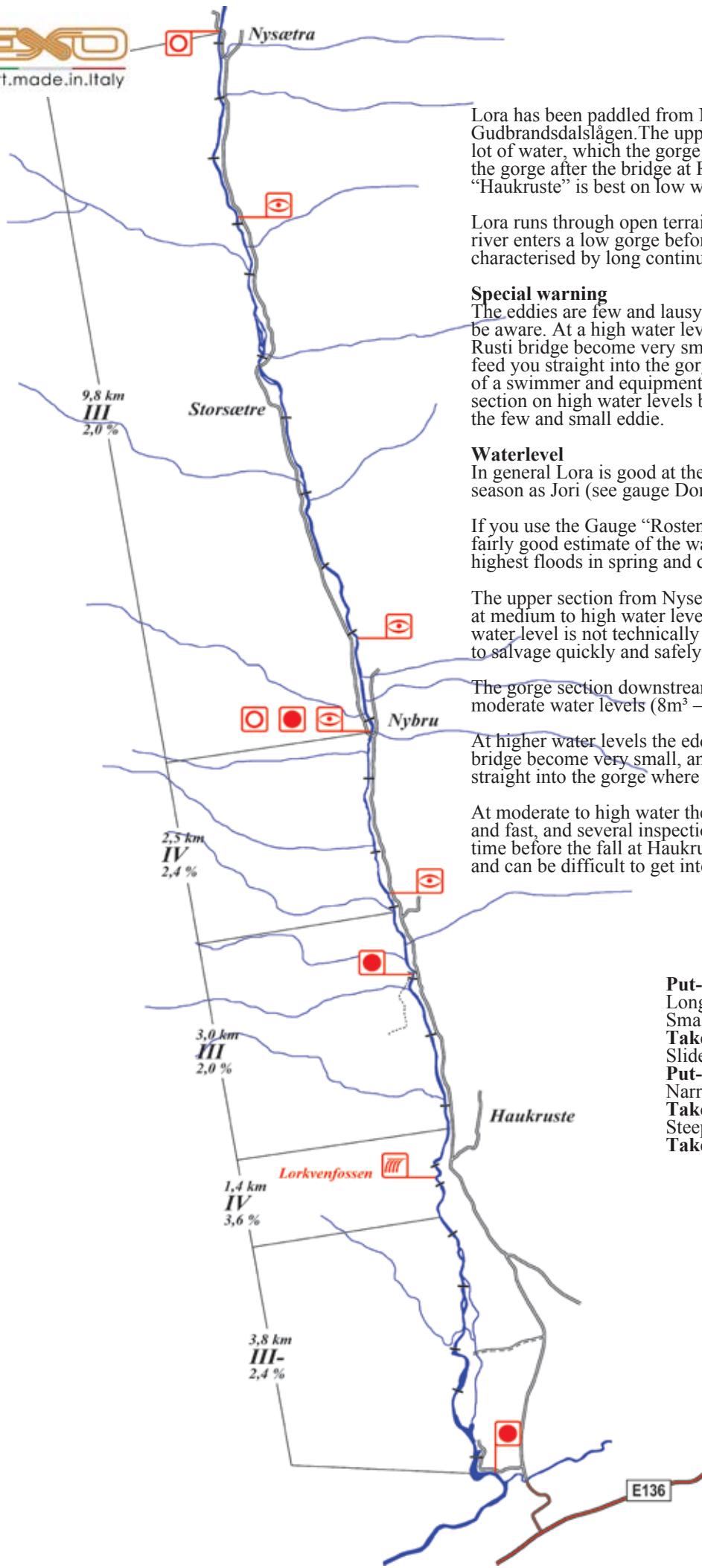
Lysakerelven runs through a small gorge and is characterised by continuous rapids and falls. The river has water in the spring and after a solid rainfall.

To carry out is fairly easy most places.

Waterlevel

Lysakerelva has water in the spring melt and when it rains heavily. An optimal water level is between 12m^3 and 16m^3 . The waterfall section has its optimal water level between 10m^3 and 12m^3 . Minimum is around 8m^3 . The estimated water volume given on the net (www.llv.no) is based on very poor amateur work and show about half of the true water volume given within this guide interval. Sadly, it is still the best “gauge” we have at the moment.





Lora has been paddled from Nysætra down to the confluence with Gudbrandsdalslågen. The upper section from Nydalsætra needs a lot of water, which the gorge don't. The best run do you find in the gorge after the bridge at Rusti on medium water level. The fall "Haukruste" is best on low water levels.

Lora runs through open terrain down to Rusti. After Rusti the river enters a low gorge before the terrain opens up again. Lora is characterised by long continuous rapids.

Special warning

The eddies are few and lausy before the fall "Haukruste". So, be aware. At a high water level the eddies before the slide under Rusti bridge become very small, and a mistake in the slide will feed you straight into the gorge where rescue is difficult. Rescue of a swimmer and equipment is in general difficult in the upper section on high water levels because of the high water speed and the few and small eddie.

Waterlevel

In general Lora is good at the same time, flow pattern, volume and season as Jori (see gauge Dombås).

If you use the Gauge "Rosten" and divide it by three you get a fairly good estimate of the water level in Lora, except under the highest floods in spring and during unstable weather conditions.

The upper section from Nysetri down to the Ruste bridge is best at medium to high water levels ($15m^3 - 25m^3$). A descent at high water level is not technically difficult, but a swim can be difficult to salvage quickly and safely.

The gorge section downstream of Ruste bridge is best at low to moderate water levels ($8m^3 - 15m^3$).

At higher water levels the eddies before the slide under Ruste bridge become very small, and a mistake in the slide will feed you straight into the gorge where rescue is difficult.

At moderate to high water the gorge section becomes powerful and fast, and several inspections may be required. Stop in good time before the fall at Haukrusti. Eddies before the fall are small and can be difficult to get into.

Put-in, "Nysætra"

Long rapid through low gorge
Small slide, 2.5m, with undercut back wall

Take-out, "Rusti"

Slide under bridge

Put-in, "Rusti"

Narrow passage

Take-out

Steep, long slide

Take-out

Put-in

 Wide stopper
 Put-in, "Balstadmistersætra"

Put-in

Rapid in small gorge

Put-in

 Stoppers
 Small drop, 1m

Small drop into pool

Small blocked drop, 1m

Put-in

Stoppers

Small drop, 1m, blocked on low water

Take-out

Gauge "Mistra bru"

Small slide

Take-out, "Åkrestømmen"

Renåa

 7,2 km
 II
 1,4 %

 7,8 km
 III-
 1,8 %

Mistra has been paddled from Grønholmen down to Åkrestømmen. This is one of the rivers the tough guys in the old days told scary stories about... and some kayakers still do. Bullshit stories. It starts out easy and get gradually more difficult toward the committing gorge section in the end. This river is one of the highlights in Hedmark and if you go there on a comfortable water level you will have a good time if you are up to it.

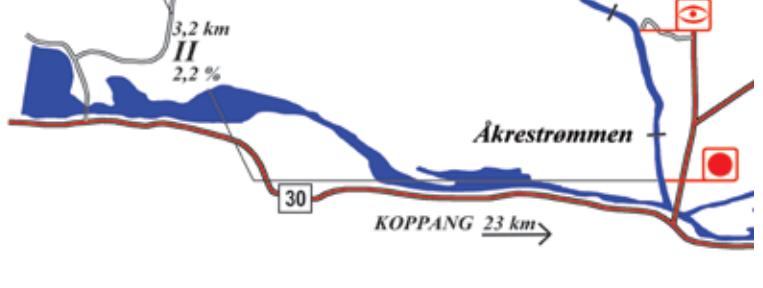
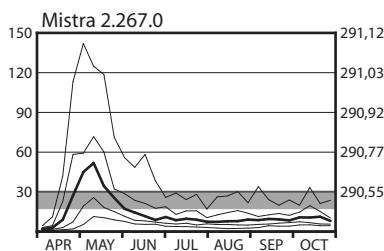
Mistra runs through open terrain before it gradually cuts into a deep V-shaped valley becoming an inaccessible gorge. It is characterised by long, wide, continuous rapids and by the steeper more blocked rapids toward the end of the gorge.

To carry out of the gorge is very strenuous and also difficult at some points.

 2,7 km
 IV
 2,2 %

Waterlevel

The water level in Mistra can be determined by checking the automatic/manual gauge "Mistra". An optimal water level is between 290,35m/14m³ – 290,55m/30m³. A minimum level is about 290,25m/9m³. The lower section becomes very powerful at higher levels than the optimum. The upper section above the steepest section is best at water levels above 290,55m/30m³, but the walk out can be long.



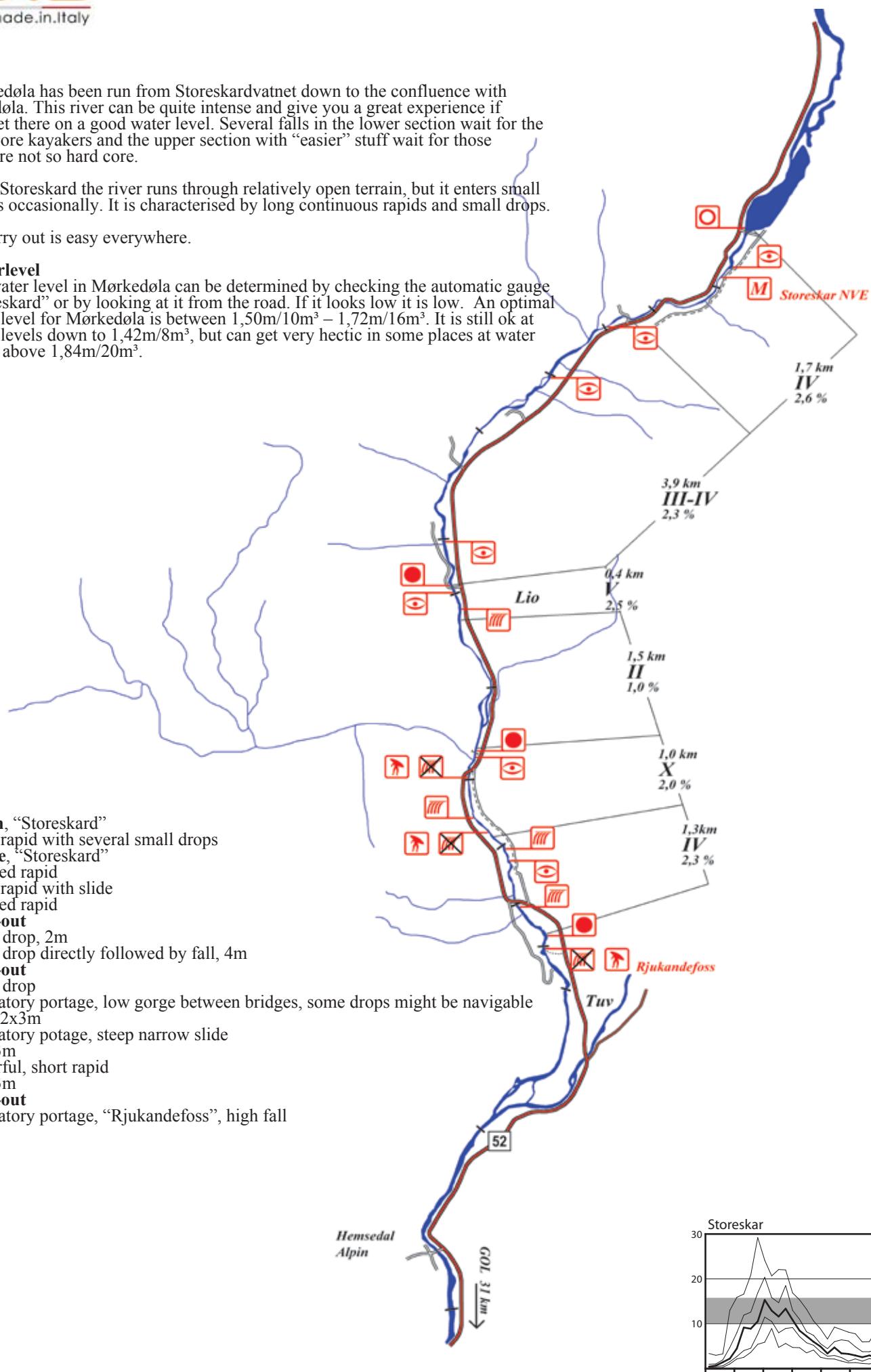
Mørkedøla has been run from Storeskardvatnet down to the confluence with Grøndøla. This river can be quite intense and give you a great experience if you get there on a good water level. Several falls in the lower section wait for the hard core kayakers and the upper section with “easier” stuff wait for those who are not so hard core.

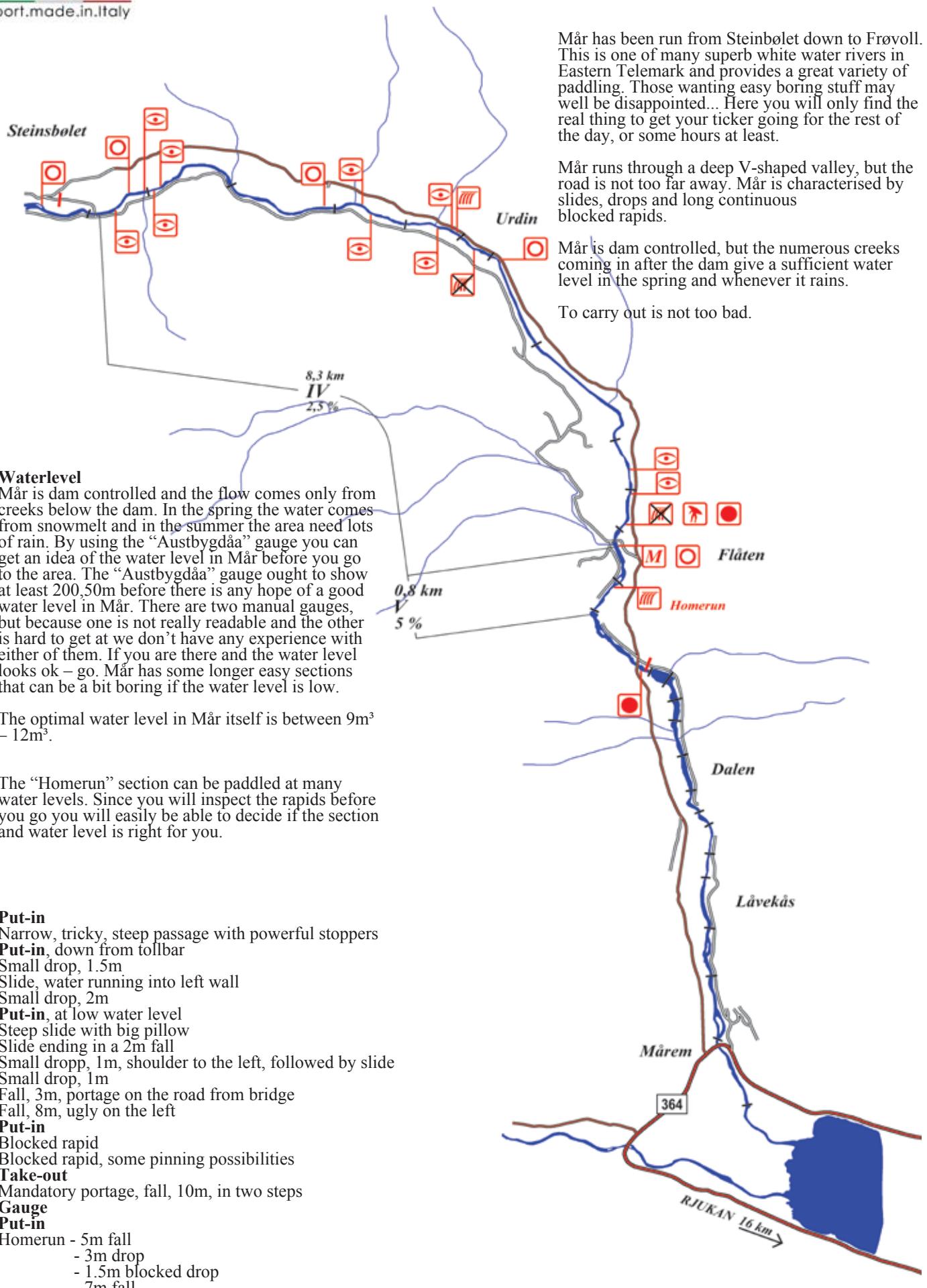
From Storeskard the river runs through relatively open terrain, but it enters small gorges occasionally. It is characterised by long continuous rapids and small drops.

To carry out is easy everywhere.

Waterlevel

The water level in Mørkedøla can be determined by checking the automatic gauge “Storeskard” or by looking at it from the road. If it looks low it is low. An optimal water level for Mørkedøla is between 1,50m/10m³ – 1,72m/16m³. It is still ok at water levels down to 1,42m/8m³, but can get very hectic in some places at water levels above 1,84m/20m³.





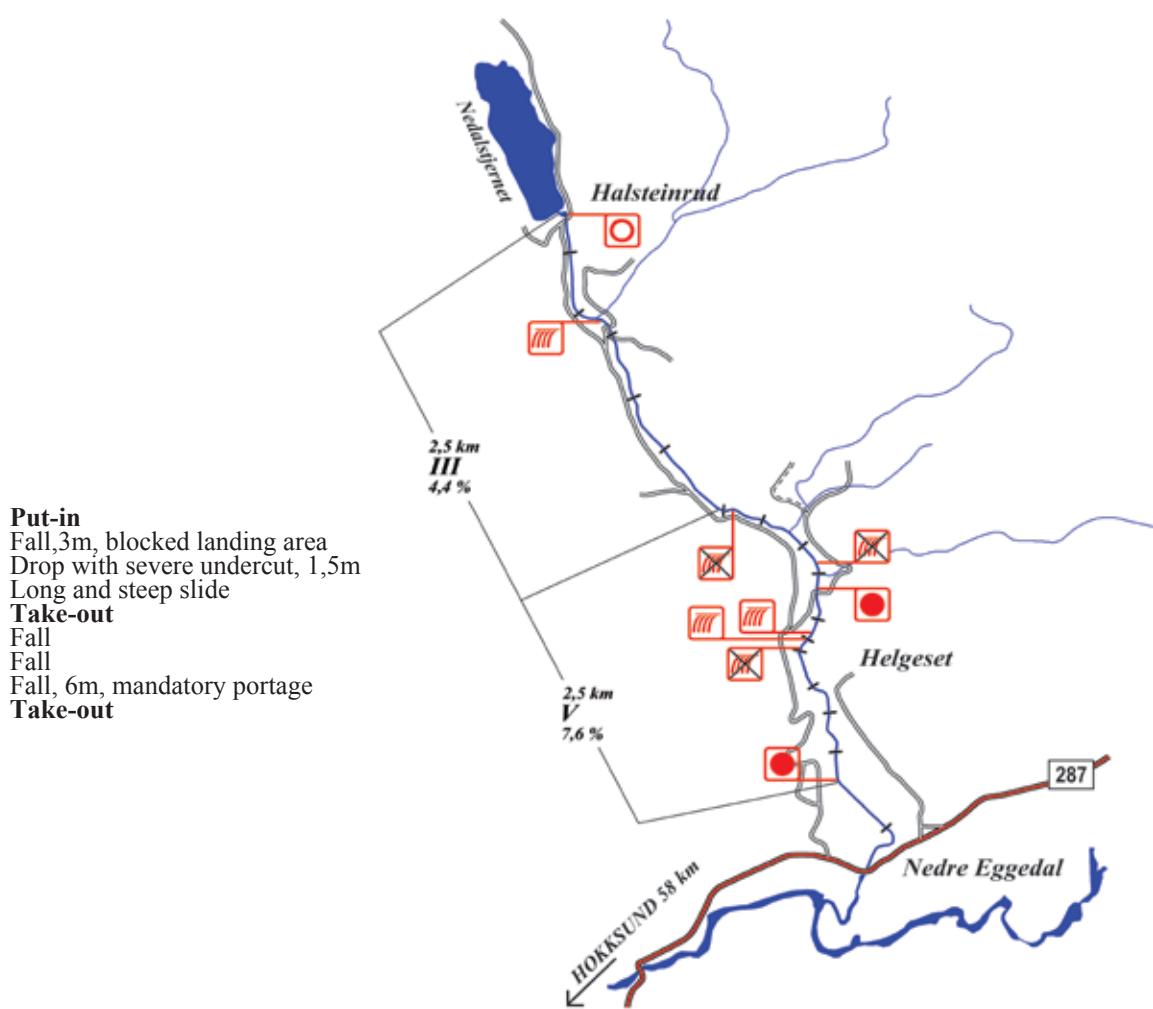
Nedalselva has been paddled from Halsteinrud down to the main road bridge. Nedalselva is rarely paddled, but those who have, remember it as a very entertaining and tricky river. A good advice regarding this river is not to swim due to some serious siphons and falls.

Nedalselva run in a small gorge.

To carry out is sometimes hard.

Waterlevel

Nedalselva needs little water before it becomes navigable. The automatic/manual gauge "Eggedal" ought to have something like 1,02m/10m³ before Nedalselva gets navigable. An optimal water level in Nedalselva is anything between 4m³ – 6m³.



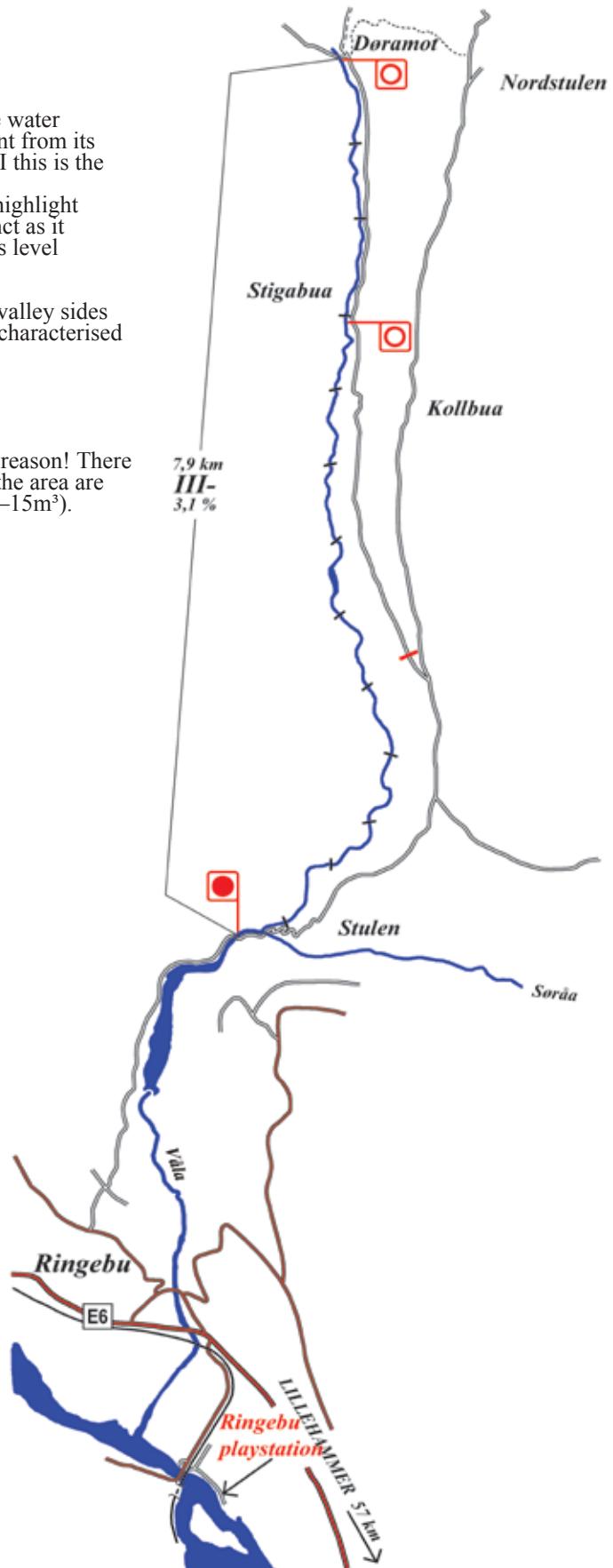
Nordåa has been paddled from Døramot down to the water reservoir above Ringebu. Nordåa is radically different from its neighbour Søråa. With its long sections of class II-III this is the easiest river in Gudbrandsdalen. The last two kilometres are the highlight section of Nordåa and the formations get more distinct as it gradually goes into a gorge seldom experienced at this level of difficulty.

Nordåa runs through a deep V-shaped valley and the valley sides gradually steepen becoming vertical at the end. It is characterised by continuous gravel bed rapids.

To carry out is strenuous.

Waterlevel

In general Nordåa can't get too much water - within reason! There is no gauge in Nordåa, but when the water levels in the area are high the water level in Nordåa should be good ($9m^3 - 15m^3$).





Numedalslågen has been run from above Ossjøen down to Pålsvbufjorden. This section of Numedalslågen is known for its big volume in late spring. For those not that confident with big volume it is worth mentioning that the river has a much friendlier flow before and after the few weeks of flood. But to experience the Dagali section at its best, you need to run it at a reasonably high flow.

Numedalslågen runs through open terrain and is characterised by steep and long rapids. There are also some long flat bits, which accounts for the low average gradient.

To carry out is easy.

Waterlevel

The gauge "Ossjøen" is not online. The water level in the Dagali section can be determined by checking the automatic gauge "Orsjøren". An optimal water level is between 1,32m/25m³ – 1,95m/100m³. What this interval is equivalent to, in terms of the painted gauge on the main road bridge, is a bit of an unknown, but an estimate is between 2 – 7.

Put-in, "Ossjøen" Gauge, "Orsjøren"

Put-in

Powerful small drop in several chutes, "Gvonnestulfoss" Drop, 2m, in right turn

Low gorge with many powerful stoppers

Put-in

Slide

Slide

Slide

Take-out, "Nysætre"

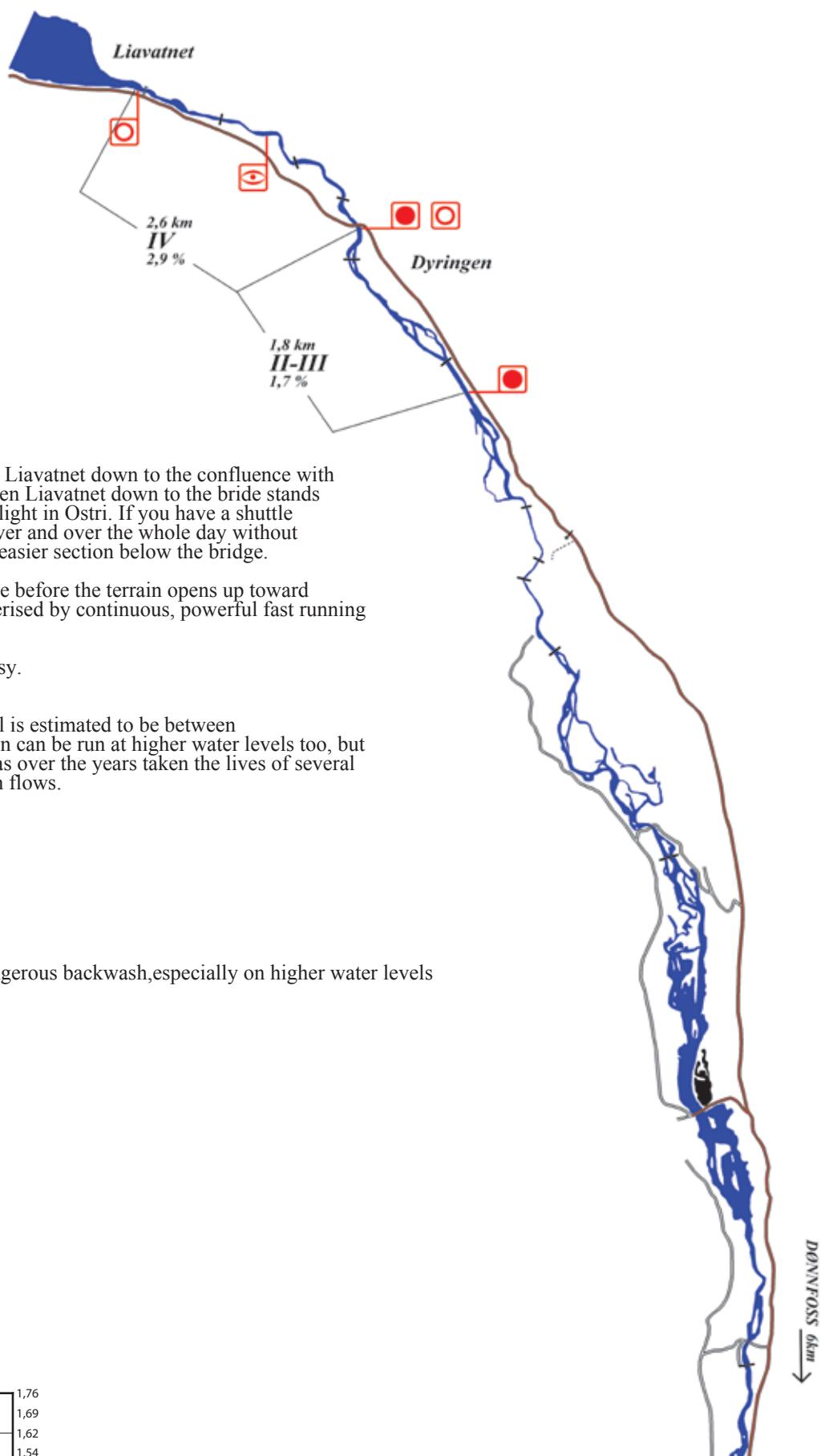
Take-out

Powerful rapid, "Ismarfoss"

Take-out, road bridge

Gauge, non official

Take-out, camping



Ostri has been run from Liavatnet down to the confluence with Ottå. The section between Liavatnet down to the bridge stands out as the absolute highlight in Ostri. If you have a shuttle bynny, you can run it over and over the whole day without getting bored. It has an easier section below the bridge.

Ostri runs in a low gorge before the terrain opens up toward the bridge. It is characterised by continuous, powerful fast running rapids.

To carry out is fairly easy.

Waterlevel

An optimum water level is estimated to be between 20m³–35m³. The section can be run at higher water levels too, but the described stopper has over the years taken the lives of several foreign kayakers at high flows.

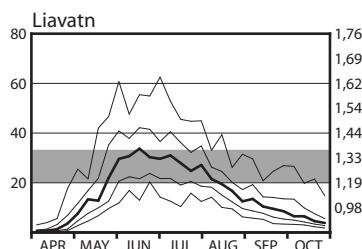
Put-in

River wide stopper, dangerous backwash, especially on higher water levels

Take-out

Put-in

Take-out



OTTA Stuttgongen and Pollfoss run

The Stuttgongen section has been run from Heimdalsvatnet down to Stuttgongen. This little section of Otta contains a lot of challenge. It is very different from the high volume Otta is known to be further down. For those who are in the Skjåk area, this is another good run in the heart of whitewater heaven – Norway.

Both Stuttgongen and Pollfoss run runs in open terrain and is characterised by small drops.

To carry out is easy.

Waterlevel

If you are there, take a look. If it looks good, it is good. An optimal water level is between $10m^3 - 15m^3$ when starting at Heimdalsvatnet. The gauge "Tora" is not online. If the automatic gauge "Tora" has $15m^3 - 20m^3$ the "Stuttgongen" section might be good too. In general the chances of getting the right water level for the "Stuttgongen" section are best from mid July. Before this time you need dry cold weather if you're to have any hope of getting the optimal water level.

The Pollfoss run can be paddled on much higher waterlevels. An optimal water level is between $25m^3 - 40m^3$ when starting at Vuluvatnet.

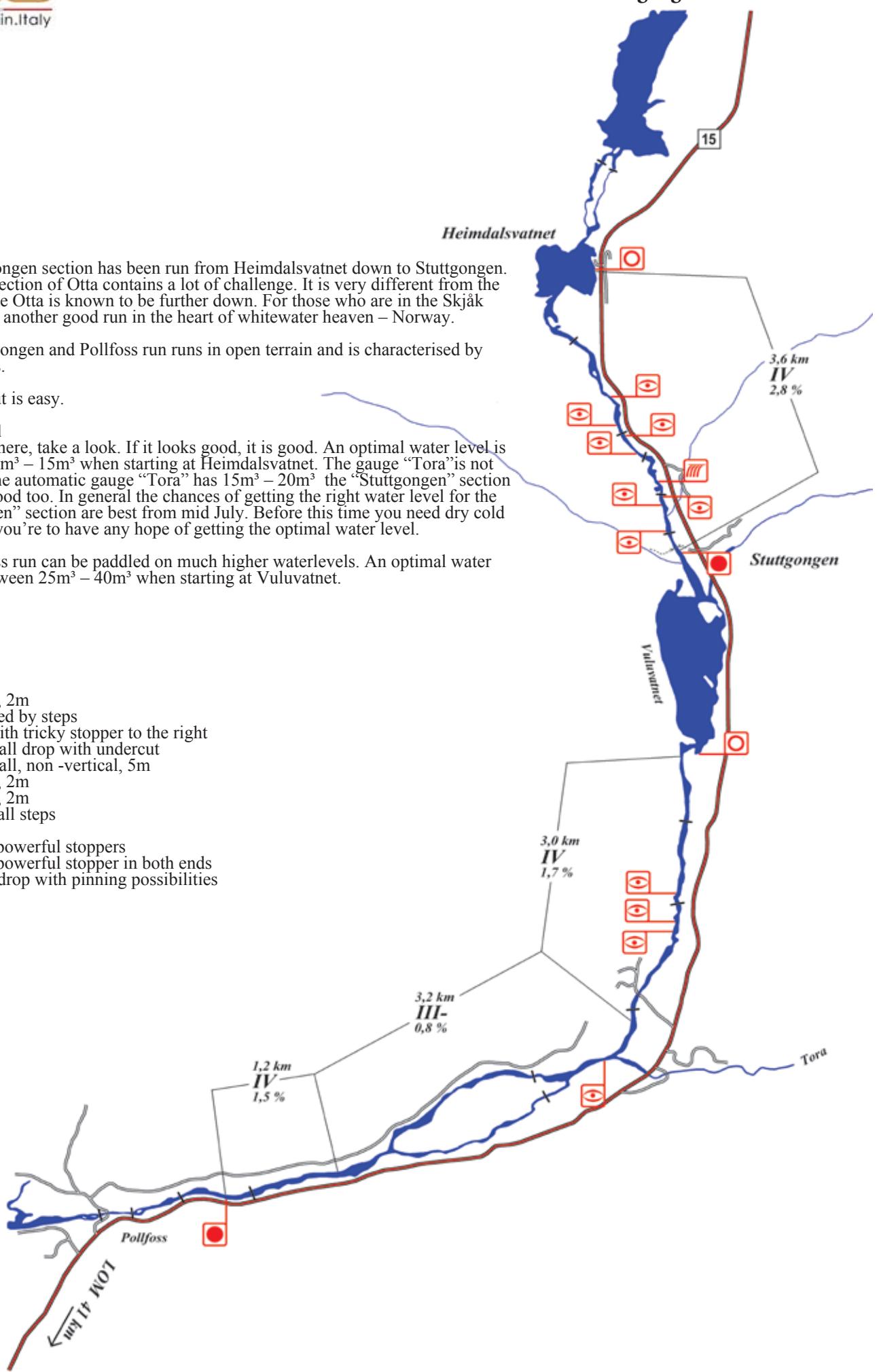
Put-in

- Small drop, 2m
- Slide followed by steps
- Big slide with tricky stopper to the right
- Rugged small drop with undercut
- Rugged small, non -vertical, 5m
- Small drop, 2m
- Small drop, 2m
- Several small steps

Take-out

- Drop with powerful stoppers
- Slide with powerful stopper in both ends
- Riverwide drop with pinning possibilities

Take-out



OTTA Family run

If there were a competition about being called Norway's most boring river we would here have us a winner.

The Otta family run runs through an open terrain and is characterised by the longest uneventful flat section of all ww-rivers in the country. It should be pointed out though that there is one rapid below the bridge at Åsåren that definitely breaks up the monotony.

To carry out is easy.

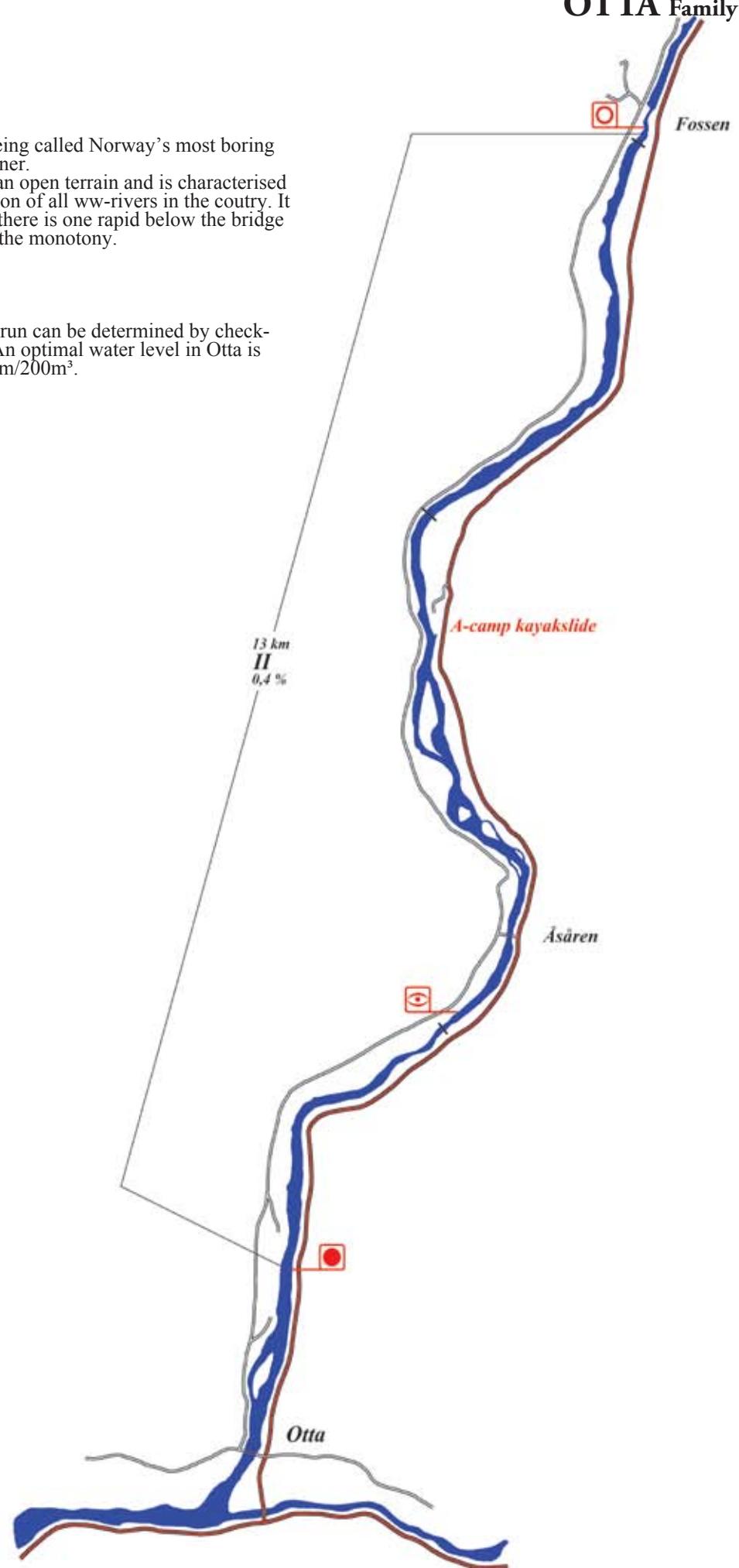
Waterlevel

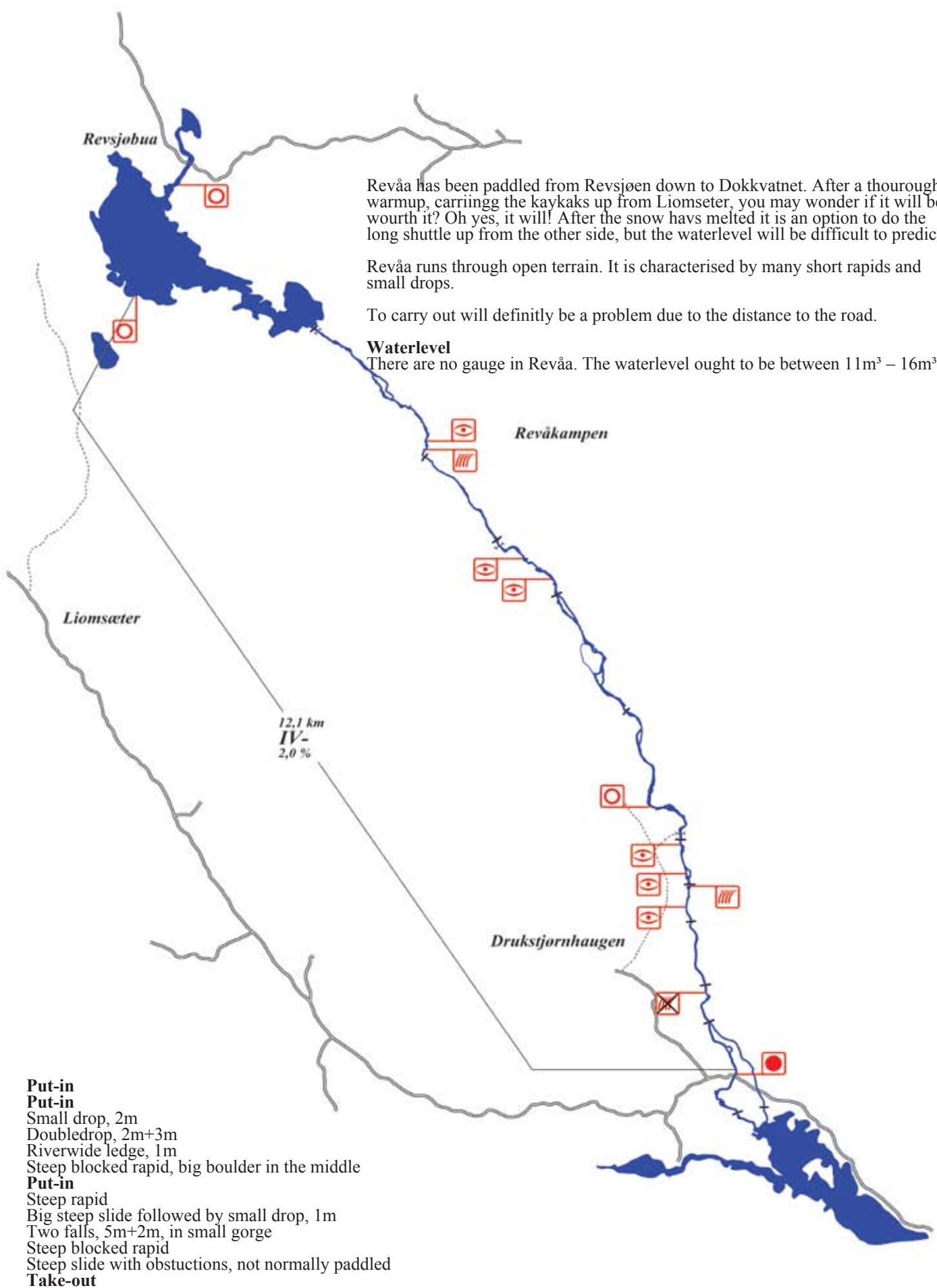
The water level in the Otta family run can be determined by checking the automatic gauge "Lalm". An optimal water level in Otta is between 361,20m/100m³ – 361,77m/200m³.

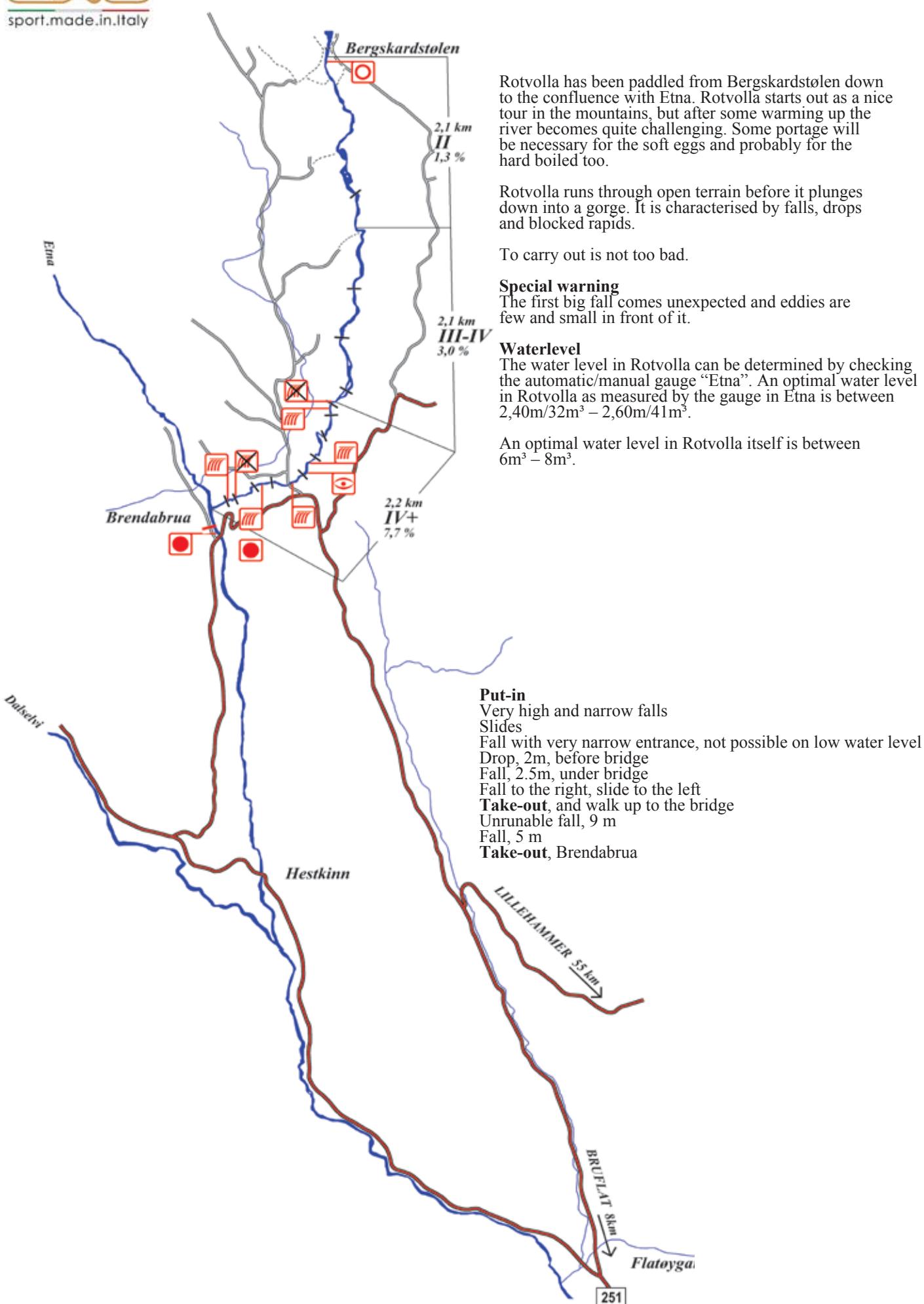
Put-in

Rapid with big formations

Take-out







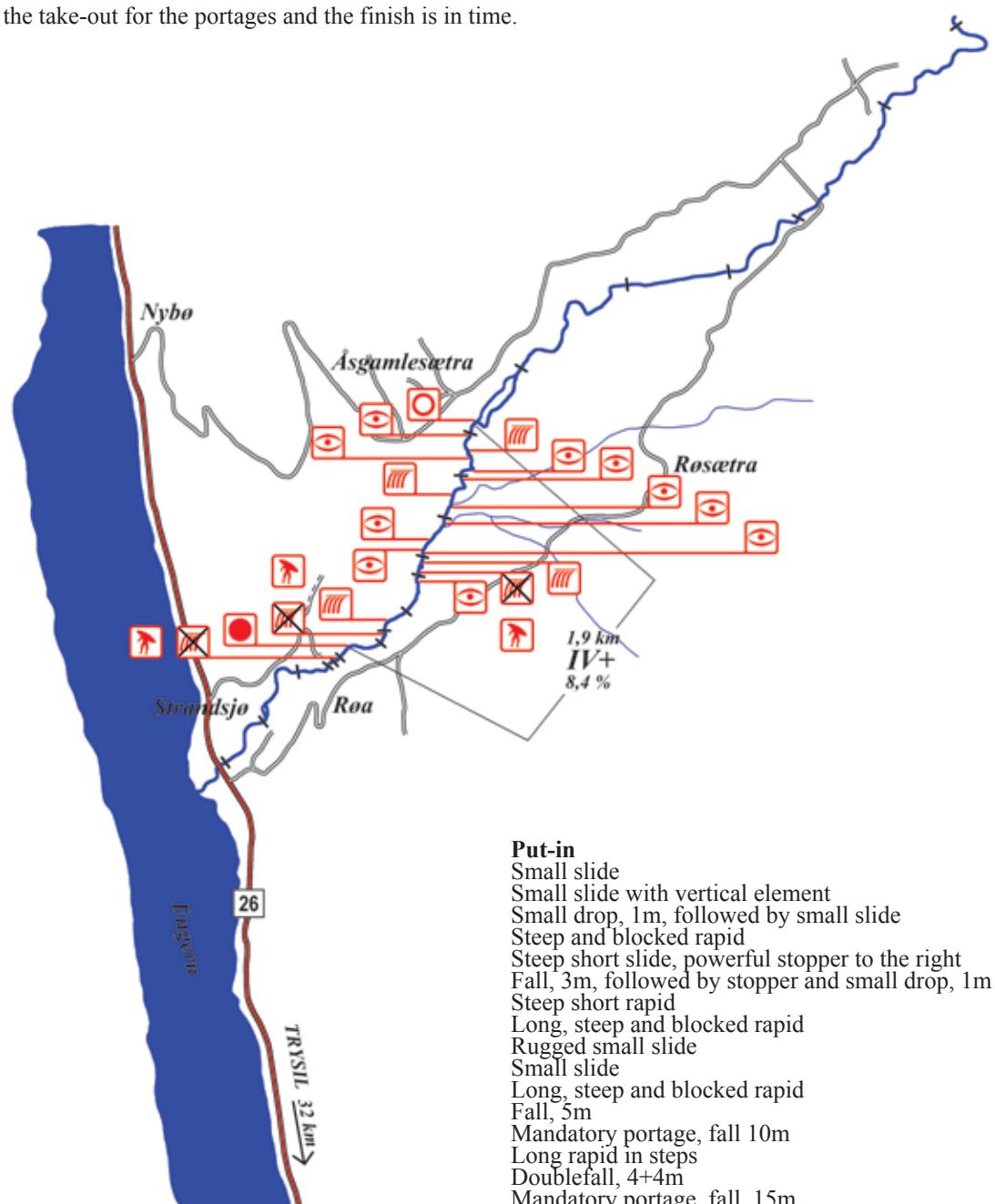
Rømoåa has been paddled from Åsgamlesætra down to Røa. This is the secret home river of the Trysil mafia. The possibilities of finding water was earlier limited due to lack of a gauge. Times change and the gauge "Engeren" are now online making this river very accessible for all kayakers who wants it steep and technical.

Waterlevel

The water level in Rømoåa can be determined by checking the automatic/manual gauge "Engeren". An optimal water level is between 0,70m/8,1m³ – 0,86m/11,4m³. Rømoåa has the most reliable water flow in the spring. The rest of the season it needs considerable rain.

Warning

Be sure to locate in where the take-out for the portages and the finish is in time.



Put-in

Short steep rapid under bridge
 Narrow spot with stopper
 Short narrow gorge with stoppers
 Steep rapid before bridge
Take-out

Setninga has been paddled from Sjøll down to the confluence with Atna. Setninga was one of the old day's pearls and still is. It is small and narrow with crystal clear water and easy going continuous rapids between class III and IV. The river is at its best on a reasonable high water level.

Setninga runs through a deep V-shaped valley, but the terrain is more open in the beginning and in the end. Setninga is characterised by long continuous rapids with waves, stoppers and many eddies.

There is no gauge in Setninga. To get an idea of the water level take a look at the river at the main road bridge and a bit upward. If it looks ok, it is ok. Less confident kayakers ought not to attempt the river on high water level, although it on medium low water level can be suitable for these kayakers. The first 9km can be paddled on quite low water too, but then the last 4km become very shallow.

To carry out is strenuous.

Warning

The first inspection mark indicates a narrow rapid under a bridge. The rock in mid stream caused a drowning in 2012.

Special information

The second inspection mark indicate a stopper which have a tendency to separate some kayakers from their equipment on high water levels. The stopper is difficult to locate in time. So-good luck!

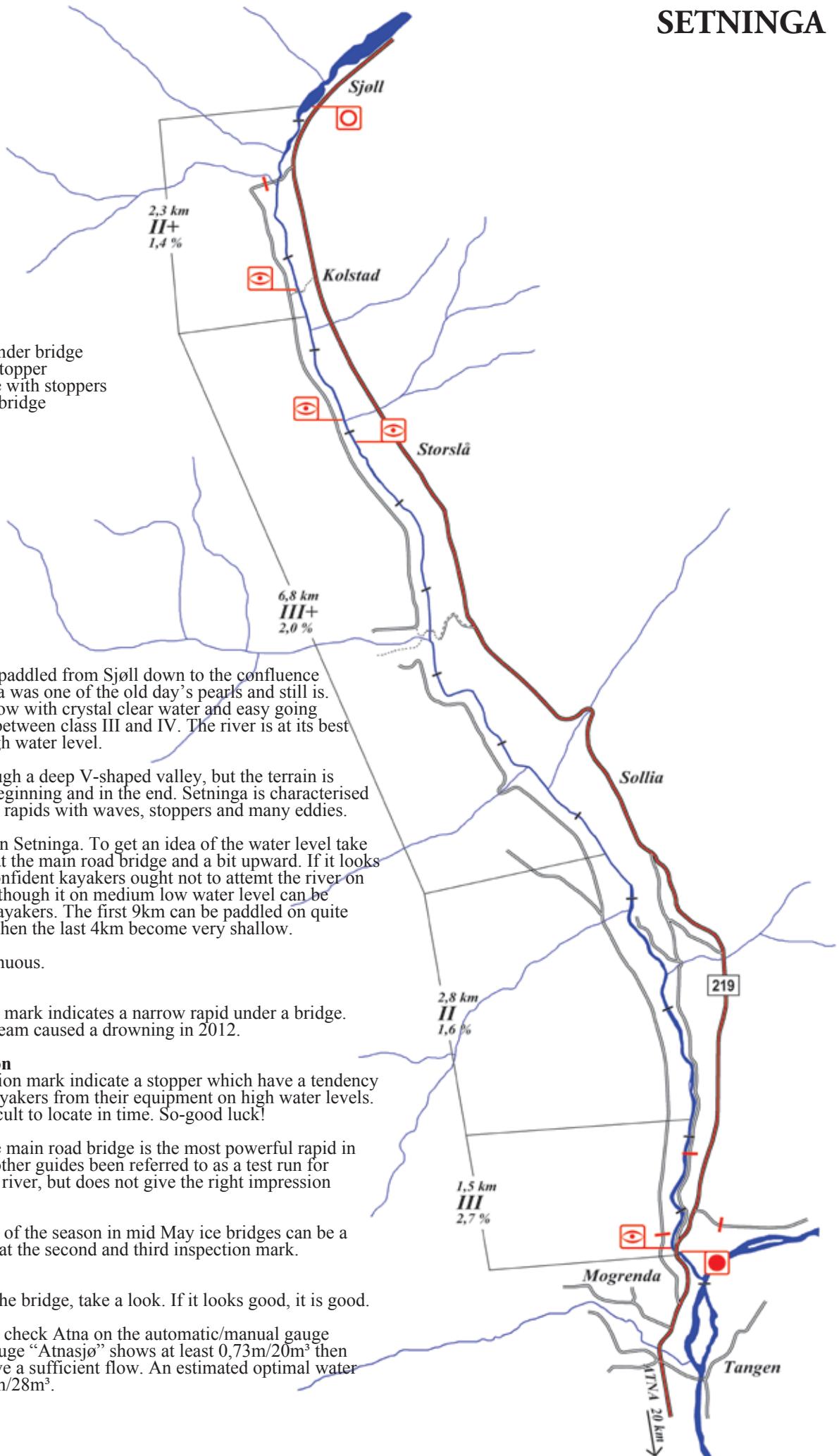
The rapid above the main road bridge is the most powerful rapid in Setninga. It has in other guides been referred to as a test run for the difficulty of the river, but does not give the right impression of the river.

In the absolute start of the season in mid May ice bridges can be a problem especially at the second and third inspection mark.

Waterlevel

If you are there, at the bridge, take a look. If it looks good, it is good.

If you are not there, check Atna on the automatic/manual gauge "Atnasjø". If the gauge "Atnasjø" shows at least 0,73m/20m³ then Setninga should have a sufficient flow. An estimated optimal water level is above 0,87m/28m³.



Special information

After the big flood in June 2011 the optimal level read on the gauge has been changed 25cm. New optimal levels is listed below. Be aware that the river often continue changeing after big floods state. Keep that in mind for later use of this guide's optimal waterlevels.

Waterlevel

The water level in Sjoa can be determined by checking the automatic/manual gauge "Faukstad".

The optimal water levels as measured by the gauge "Faukstad", are as follow:

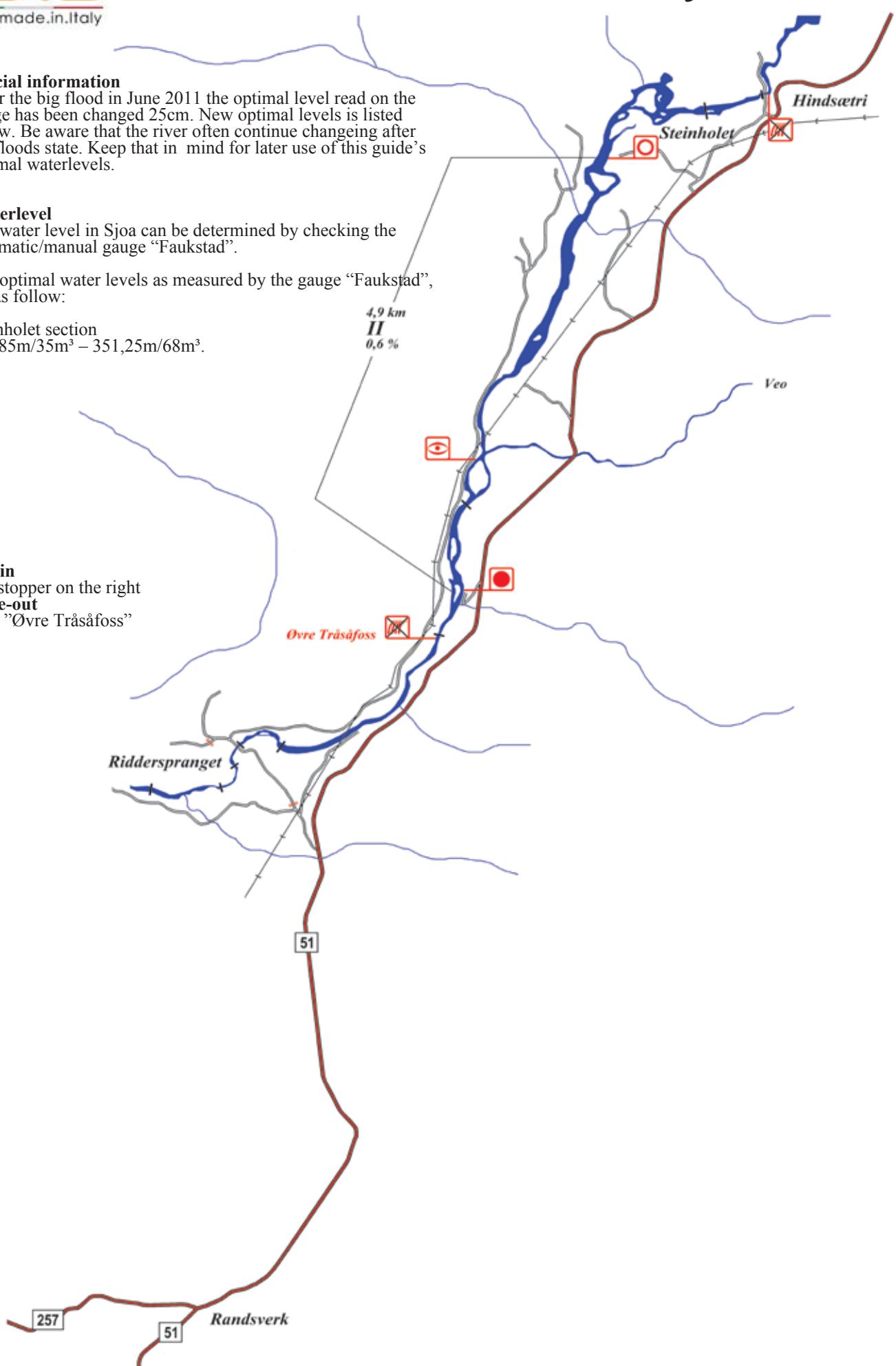
Steinhollet section
 350,85m/35m³ – 351,25m/68m³.

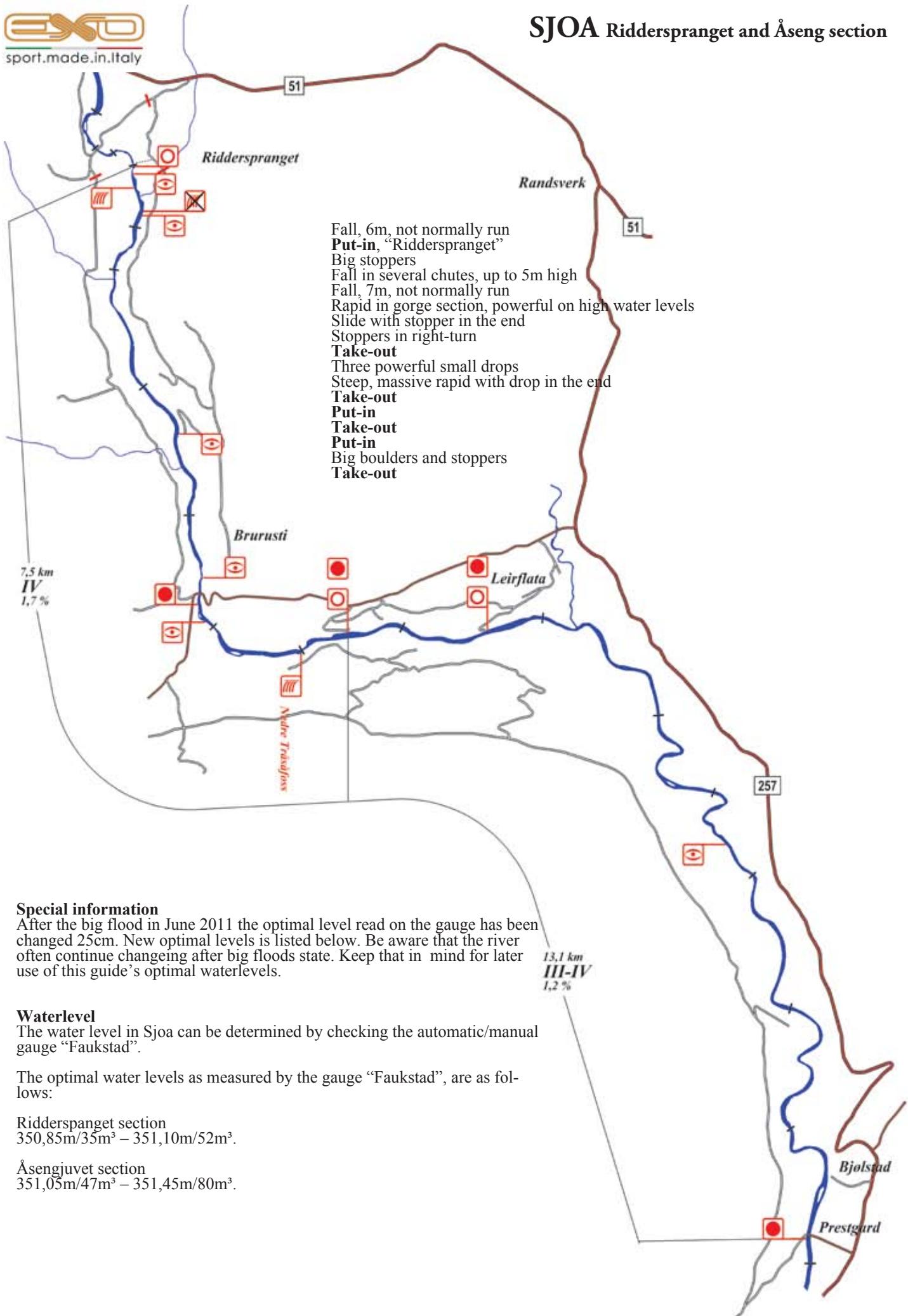
Put-in

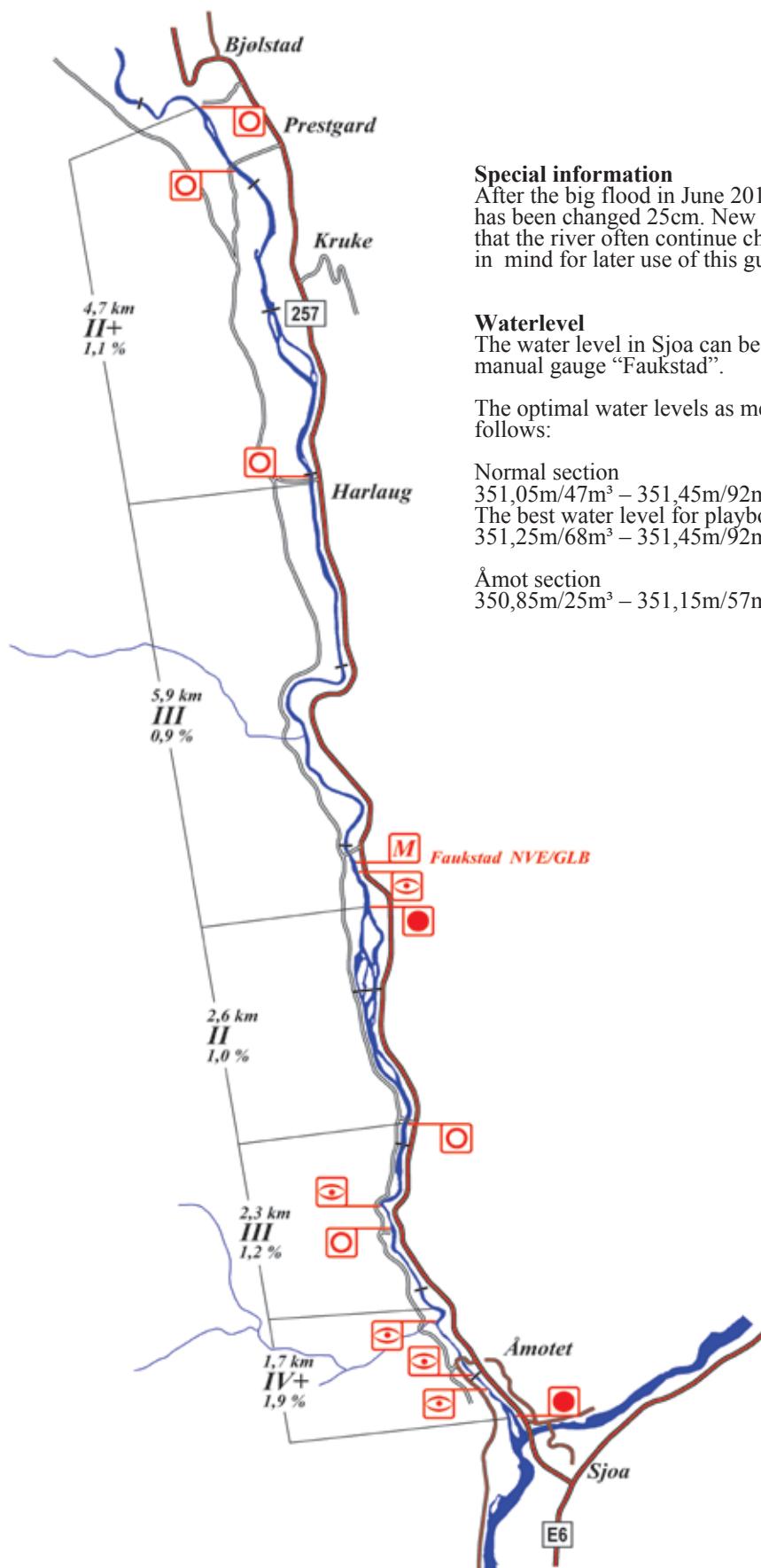
Big stopper on the right

Take-out

Fall, "Øvre Tråsåfoss"







Special information

After the big flood in June 2011 the optimal level read on the gauge has been changed 25cm. New optimal levels is listed below. Be aware that the river often continue changing after big floods state. Keep that in mind for later use of this guide's optimal waterlevels.

Waterlevel

The water level in Sjoa can be determined by checking the automatic/manual gauge "Faukstad".

The optimal water levels as measured by the gauge "Faukstad", are as follows:

Normal section

$351,05\text{m}/47\text{m}^3 - 351,45\text{m}/92\text{m}^3$.

The best water level for playboating in the Normal section is between $351,25\text{m}/68\text{m}^3 - 351,45\text{m}/92\text{m}^3$.

Åmot section

$350,85\text{m}/25\text{m}^3 - 351,15\text{m}/57\text{m}^3$.

Put-in

Put-in, Prestgard bridge

Put-in, Harlaug bridge

Gauge, "Faukstad"

Big stopper on the right side

Take-out, Faukstad

Put-in

Stoppers

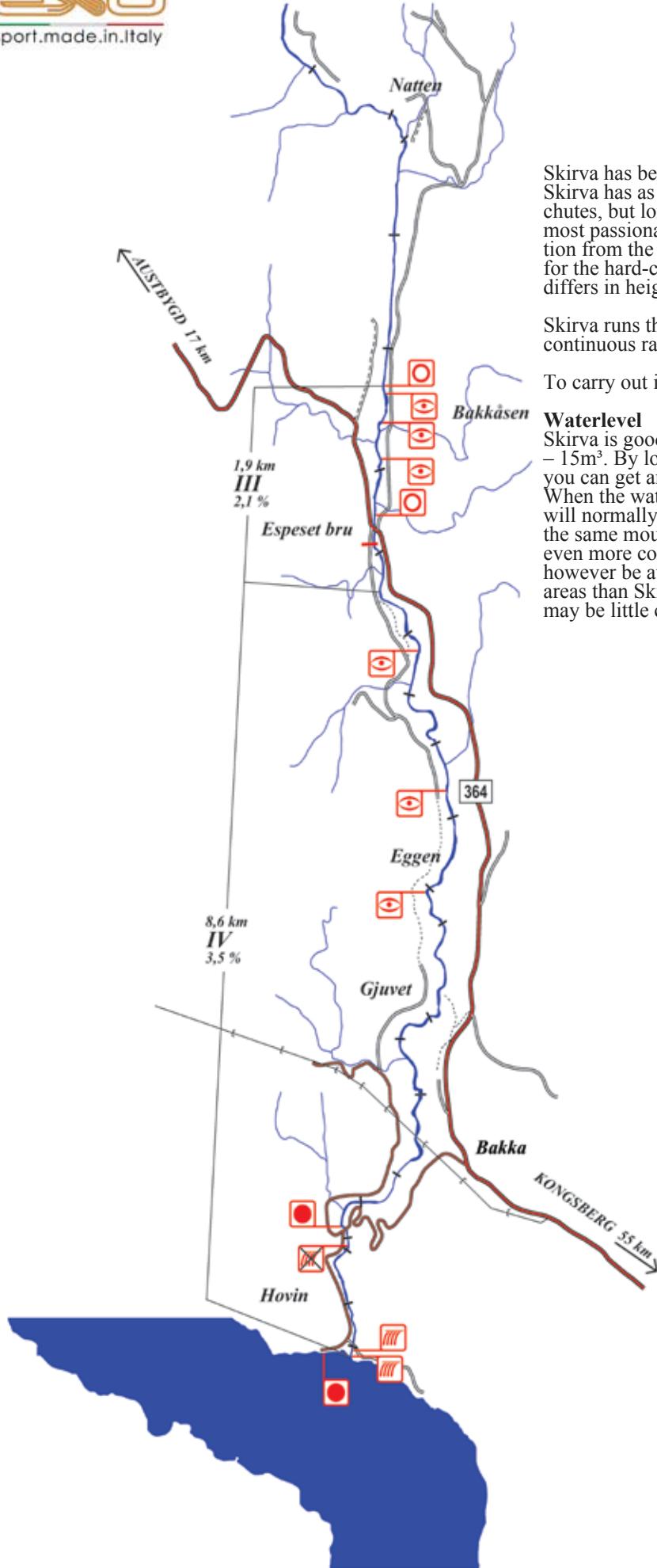
Put-in, K-Camp

Stopper with opposing wall

Stoppers

Small drop

Take-out



Skirva has been paddled from Natten down to Tinnsjøen lake. Skirva has as the other Telemark rivers several drops and narrow chutes, but long boulder strewned rapids can make even the most passionate kayaker aggravated on low water level. The section from the Hovin bridge and down makes the day a better one for the hard-core kayakers. As one of few rivers it has a fall that differs in height from four to seven metres.

Skirva runs through a deep V-valley and is characterised by continuous rapids spiced up with a few drops.

To carry out is strenuous.

Waterlevel

Skirva is good when the water level is between about 8m^3 – 15m^3 . By looking at the gauges “Jondalselv” and “Austbygdæi” you can get an idea of the water level in Skirva. When the water level in Jondalselva has 13m^3 or above Skirva will normally be good also. Skirva and Jondalselva come from the same mountain area so they will correlate fairly well. It is even more convincing if Austbygdæi has $200,55\text{m}$ or above, however be aware that Austbygdæi comes from other mountain areas than Skirva. This means that, especially in the spring, there may be little correlation between these areas.

Put-in, “Bakkåsen”

Small drop
Ledges, two steps
Slides with narrow chutes

Put-in

Small drop, 2m, strong backwash
Small slide

Narrow chute

Take-out

High fall, 15m
Fall, 4m

Fall, 4-7m

Take-out

Put-in

Fall, 6m, two channels, difficult entrance
 Fall, 2,5m
 Fall, 2,5m, two stoppers above
 Fall, 5m, narrow, wall sticking out from the left
 Fall, 5m, narrow, rock in the bottom
 Fall, 4m, obstructed left of the middle
 Total blockage, big rock, on lower water levels
 Narrow rapid
 Small drop, 1m
 Solid undercut on the left
 Small drop, 1m, shoulder on the right
 Fall, 4m, rotating pool followed by stopper
 Small drop, 1m, undercut on the right

Take-out

Mandatory portage, fall, 10m
 Mandatory portage, fall, 20m

Put-in

Fall, 3m,
 Total blockage on lower water levels

Take-out

Total blockage on lower water levels
 Big log-jam
 Very blocked fall

Put-in

Very blocked area

Take-out

Take-out

Skjerva has been paddled from Vesle-Skjerva down to the confluence with Finna. The upper section with the waterfalls was first descended (solo) as late as 1999. The lower and middle section was first descended in 1992. Although it has not been paddled that often, its steep and blocked boulder rapids have made their way into the hearts of those who have been there. If you like technical and demanding rapids, then this is it.

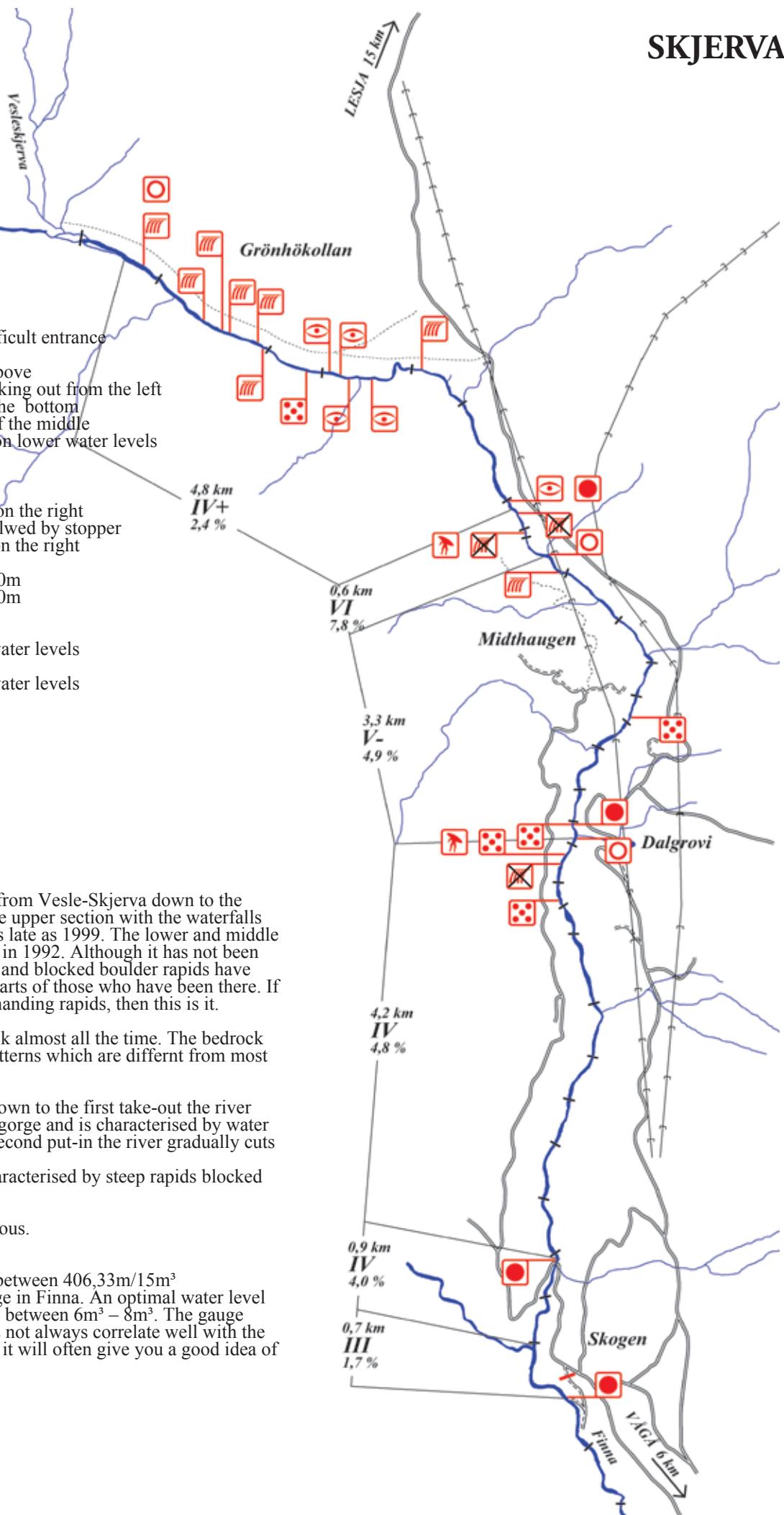
Skjerva is touching bedrock almost all the time. The bedrock forms very distinct flowpatterns which are different from most other Norwegian rivers.

From Vesle-Skjerva and down to the first take-out the river runs in a low inaccessible gorge and is characterised by waterfalls and slides. From the second put-in the river gradually cuts deeper into a deep V-shaped valley and is characterised by steep rapids blocked with big boulders.

To carry out is very strenuous.

Waterlevel

An optimal water level is between 406,33m/15m³ – 406,4m/20m³ on the gauge in Finna. An optimal water level in Skjerva itself is anything between 6m³ – 8m³. The gauge "Sælatunga" in Finna does not always correlate well with the water level in Skjerva, but it will often give you a good idea of the situation.



Skjøli has been paddled from Lundadalssætri down to the confluence with with Otta. Skjøli was first decended in the early 80s by the big balled guys of the time-truly a hairy playground. It is steep and blocked with boulders. Even if the years have gone by, it has nothing old and tired about it. The long continuous class IV-V rapids are as potent as ever. If you run Skjøli from the top for the first time you should not be surprised if you use 6 hours or more.

From Lundadalssætri the river runs through a fairly open valley though it has worked it's way down into the gravel deposits.

To carry out gets harder and more difficult the further down you paddle.

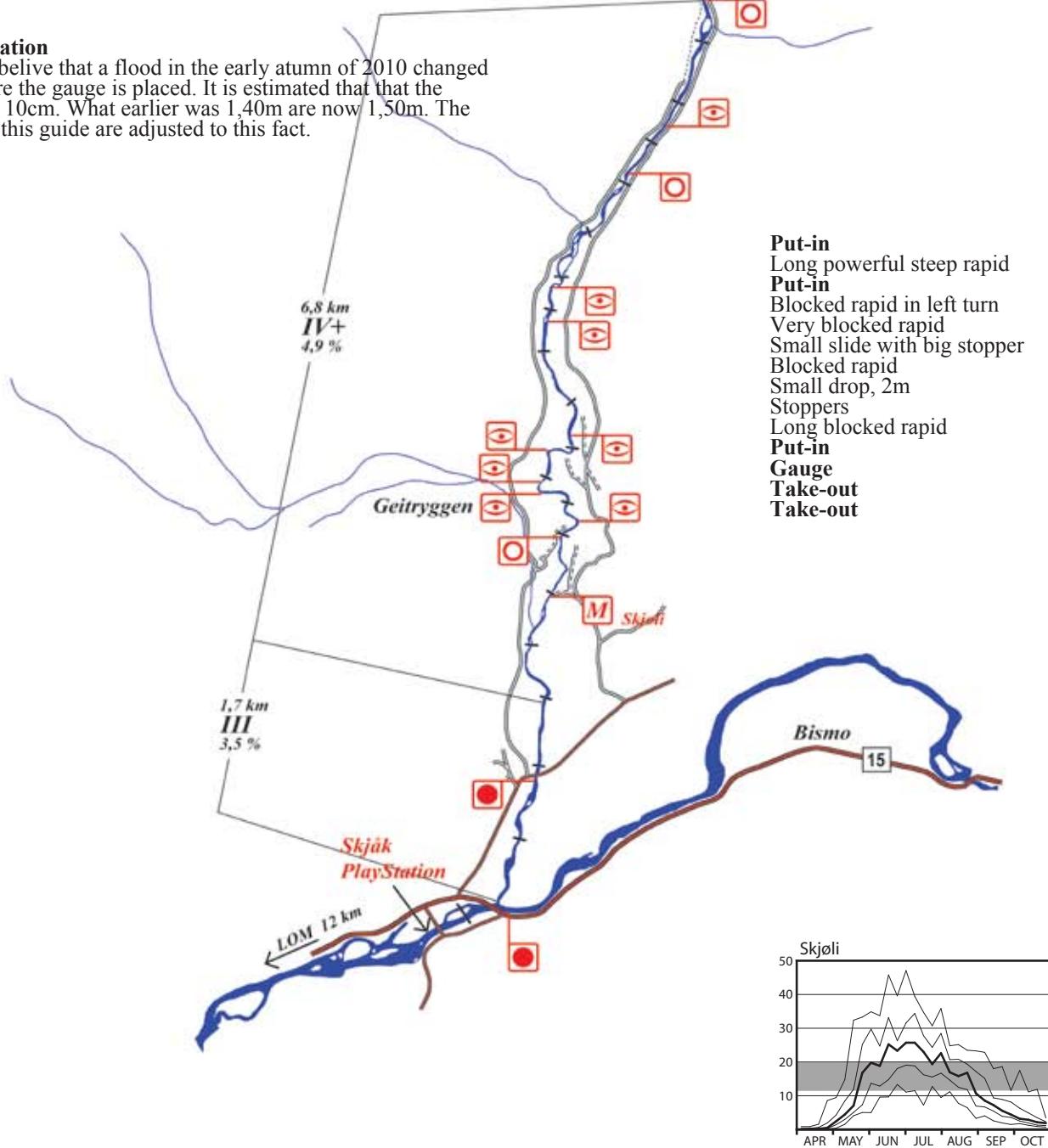
On warm days the water level can increase quite a lot while you are on the river.

Waterlevel

The water level in Skjøli can be determined by checking the man- ual gauge. An optimum water level is between 1,40m/13m³ – 1,55m/20m³. Skjøli has been paddled at water levels from 1,35m/11m³ up to 1,85m/45m³, but it is generally advisable to stay under 1,60m/23m³. The consequences of swimming in this river can be high, especially at higher water levels. Above 1,65m/27m³ the overall grade goes up a level.

Special information

There is a firm belive that a flood in the early autumn of 2010 changed the “pool” where the gauge is placed. It is estimated that that the change is about 10cm. What earlier was 1,40m are now 1,50m. The given values in this guide are adjusted to this fact.



Skogsåa has been run from Sønnlandsvannet down to the confluence with Hjartdøla. Skogsåa can offer the best of good kayaking. As for other rivers in this area the season begins in late April. It has become just as popular as the other Telemark-rivers, but don't worry - of all Norwegian rivers it is only Sjoa that gets crowded.

Skogaåa upper section runs through fairly open terrain, but you should be aware of the gorge (Lyngdalsjuvet) with its vertical walls. After Elgevad it runs through a gradually deeper V-shaped valley. Skogsåa is characterised by long continuous rapids, drops, falls, slides and some nasty stoppers. Everything has been run. Skogsåa often touches the bedrock.

To carry out is not too bad, but the distance to the road can feel far.

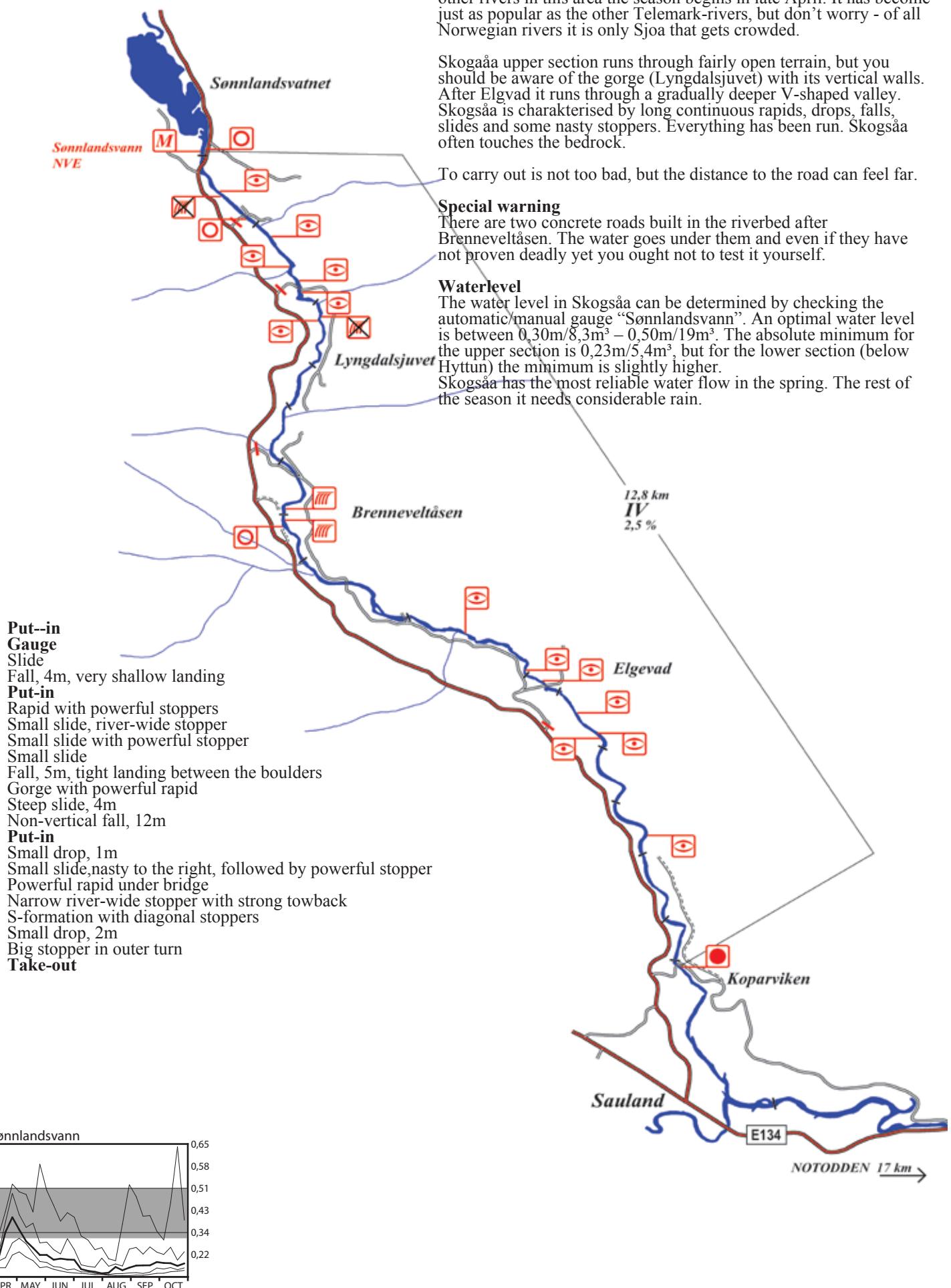
Special warning

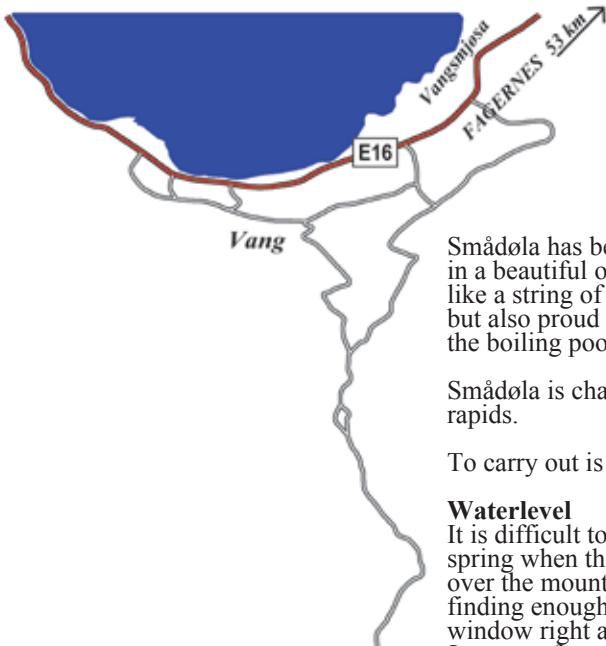
There are two concrete roads built in the riverbed after Brenneveltsåsen. The water goes under them and even if they have not proven deadly yet you ought not to test it yourself.

Waterlevel

The water level in Skogsåa can be determined by checking the automatic/manual gauge "Sønnlandsvann". An optimal water level is between $0,30\text{m}/8,3\text{m}^3 - 0,50\text{m}/19\text{m}^3$. The absolute minimum for the upper section is $0,23\text{m}/5,4\text{m}^3$ but for the lower section (below Hyttun) the minimum is slightly higher.

Skogsåa has the most reliable water flow in the spring. The rest of the season it needs considerable rain.





Smådøla has been run from Storli down to Øynannstolen. Located in a beautiful open mountain landscape lies the waterfalls and drops like a string of pearls. Here you will find crumpled rapids and falls, but also proud waterfalls running beautifully over the edge towards the boiling pool below.

Smådøla is characterised by fairly big drops and a few blocked rapids.

To carry out is easy.

Waterlevel

It is difficult to find the right water level in Smådøla. In the late spring when the river has a perfect water level the road is closed over the mountain, but when the road opens there is less chance of finding enough water there. BUT, there is hope. There is a small window right after most of the snow has melted in beginning of June, or of course after rainfall.



Put-in

Narrow passage with small drop

Drop in several chutes

Fall, 3m, narrow, with undercut pool

Steep blocked slide, not normally paddled

Fall, 4m, hard landing, straight into opposing wall

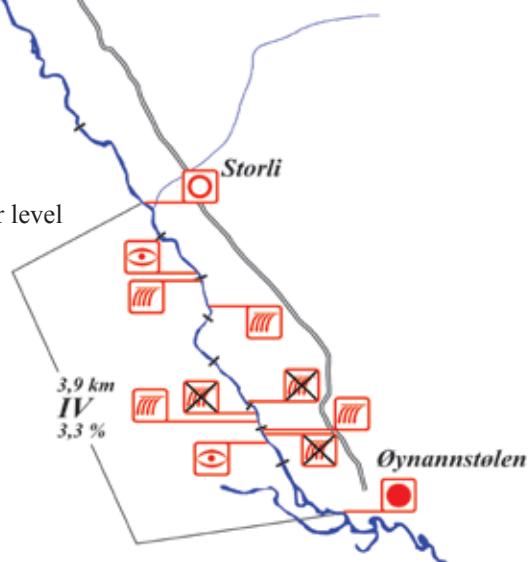
Fall, vertical, 11m, followed by fall, 3m

Fall, 5m

Very blocked rapid, not normally paddled on low water level

Slide

Take-out



Speka has been paddled from Helgesvollen down to Søndre Spekehogget. This is one of the few places left in Norway where there remains evidence of trolls. The seventy-meter vertical walls in Spekehogget are proof of the giant trolls that ravaged this country. Don't be afraid, the trolls are gone and good rapids are waiting for you to come.

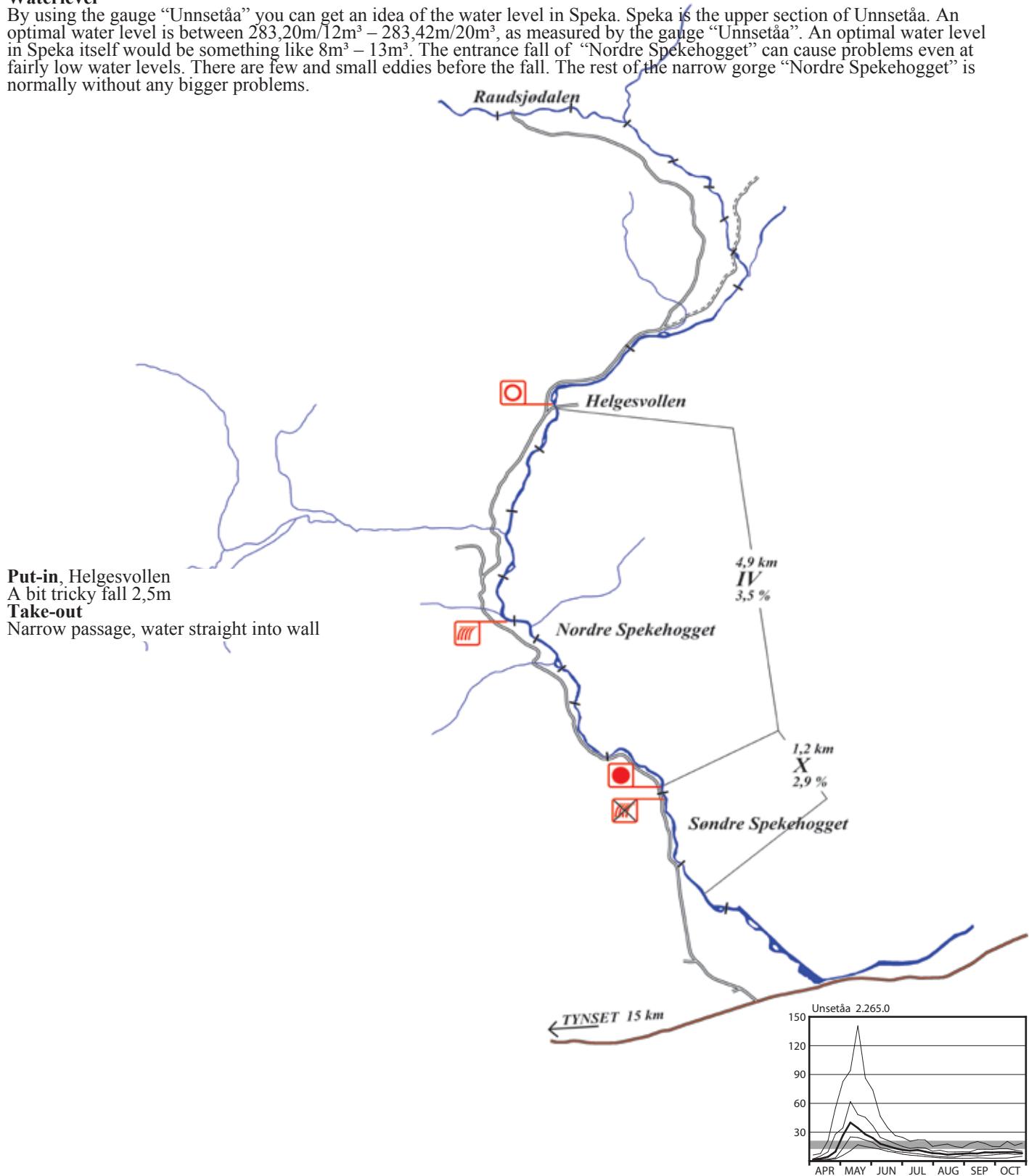
Speka runs through open terrain gradually digging deeper into the gravel deposits. It is characterised by short blocked rapids gradually being more continuous.

Speka can be run on low water but is better at a medium water level. The entry fall in the grand canyon, "Nordre Spekehogget", comes quite quickly on you.

To carry out is mostly quite easy but the height difference to the road makes it harder some places.

Waterlevel

By using the gauge "Unnsetåa" you can get an idea of the water level in Speka. Speka is the upper section of Unnsetåa. An optimal water level is between 283,20m/12m³ – 283,42m/20m³, as measured by the gauge "Unnsetåa". An optimal water level in Speka itself would be something like 8m³ – 13m³. The entrance fall of "Nordre Spekehogget" can cause problems even at fairly low water levels. There are few and small eddies before the fall. The rest of the narrow gorge "Nordre Spekehogget" is normally without any bigger problems.



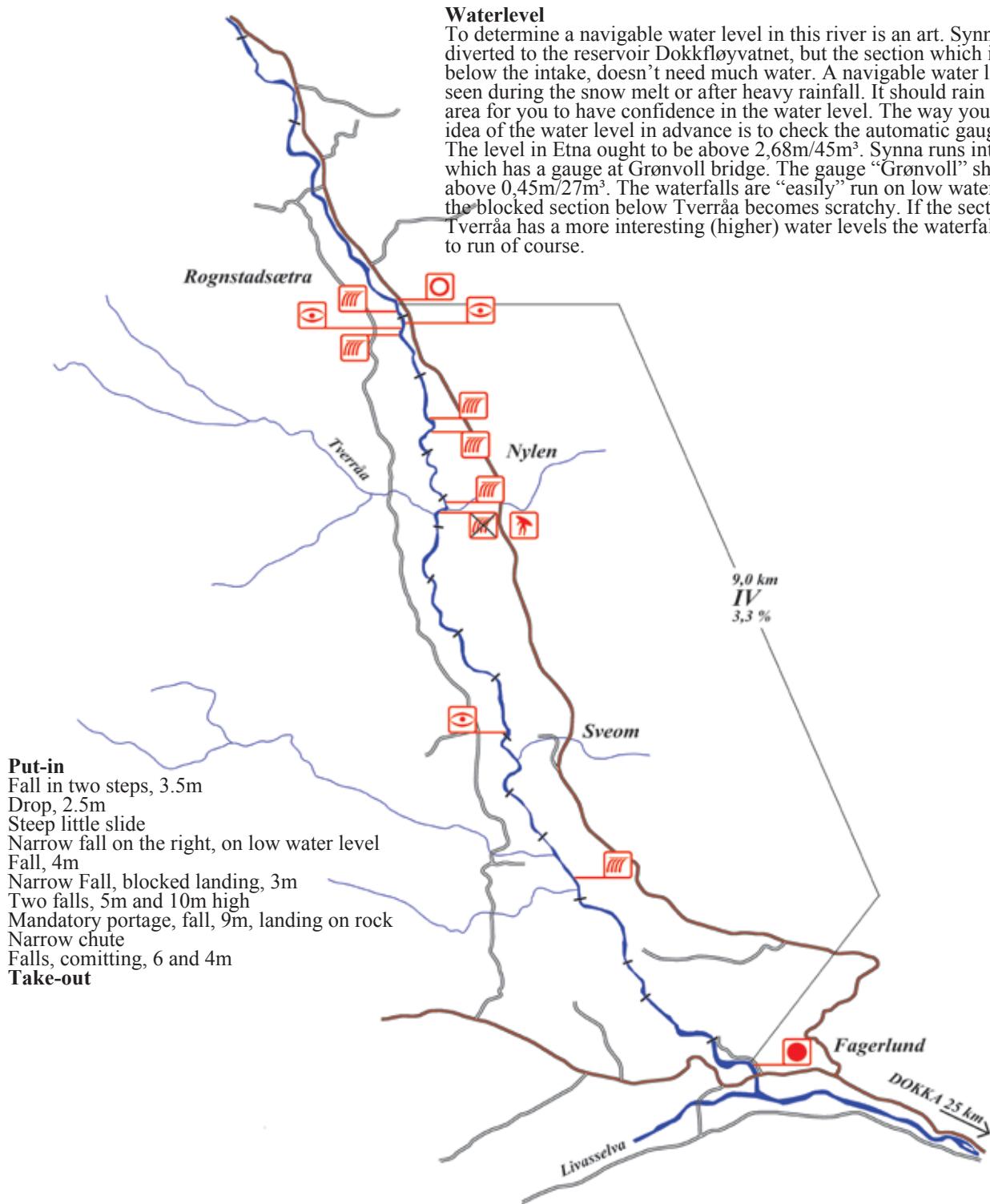
Synna has been paddled from Rognstadsætra down to the confluence with Livasselva. When everything in the area is high, this low volume run will impress you. Only high flow gives water because the river is diverted to the Dokkfløyvatnet reservoir. We had heard about the long blocked sections revealed after the first descent. We went even higher up and found some nice falls up to 10 metres high. The upper section is best on low water level. The lower section with its long blocked sections is at its best on medium low flow- whatever that is.

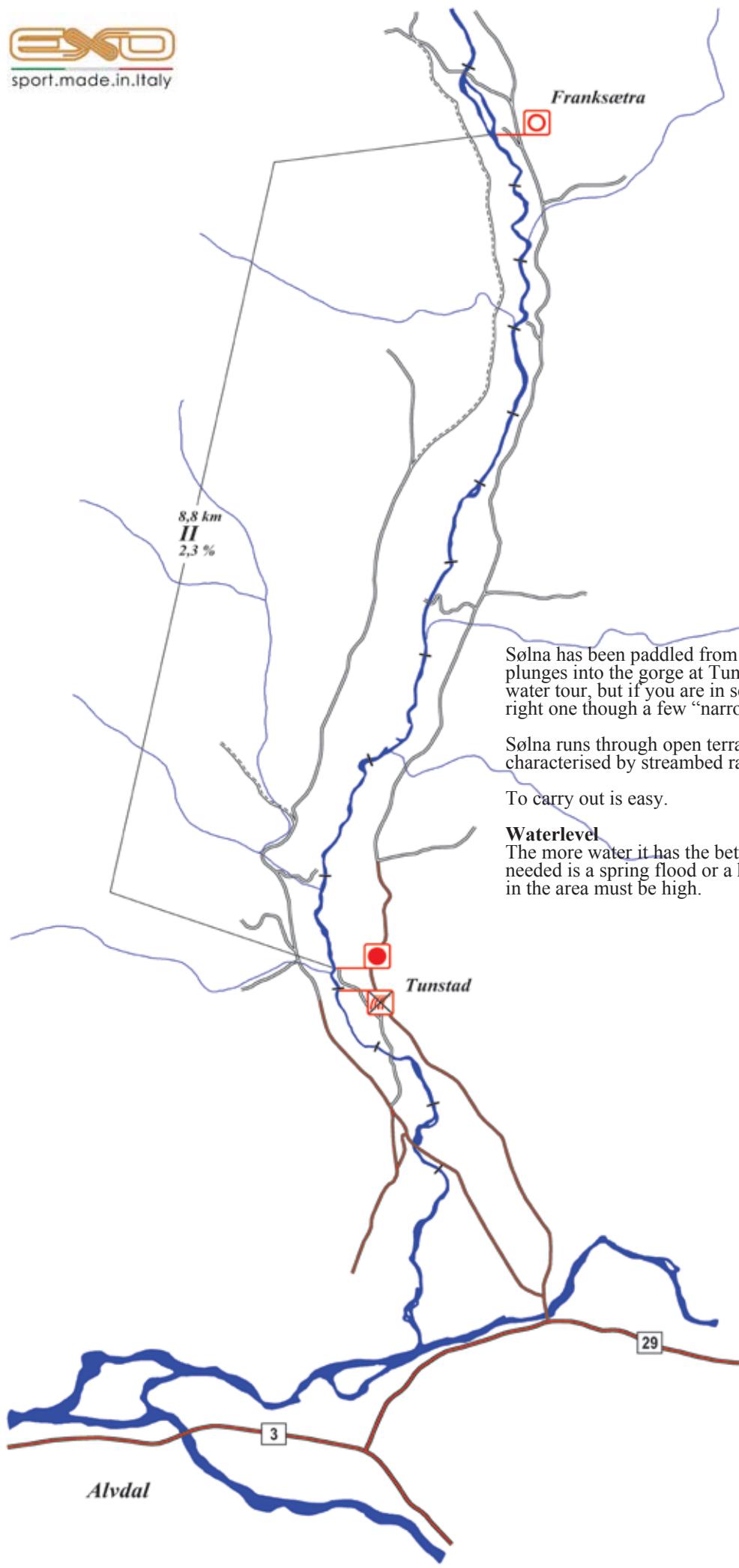
Synna runs gradually into a deep V-valley.

To carry out is strenuous.

Waterlevel

To determine a navigable water level in this river is an art. Synna's water is diverted to the reservoir Dokkfløyvatnet, but the section which is paddled, below the intake, doesn't need much water. A navigable water level is only seen during the snow melt or after heavy rainfall. It should rain over a larger area for you to have confidence in the water level. The way you can get an idea of the water level in advance is to check the automatic gauge in Etna. The level in Etna ought to be above 2,68m/45m³. Synna runs into Dokka which has a gauge at Grønvoll bridge. The gauge "Grønvoll" should be above 0,45m/27m³. The waterfalls are "easily" run on low water, but then the blocked section below Tverråa becomes scratchy. If the section below Tverråa has a more interesting (higher) water levels the waterfalls get gutsier to run of course.





Sølna has been paddled from Franksetra down to where the river plunges into the gorge at Tunstad. The river is good as a easy white water tour, but if you are in search for playspots this river is not the right one though a few "narrow" passages lightens up the run.

Sølna runs through open terrain down to the narrow gorge and is characterised by streambed rapids with few eddies.

To carry out is easy.

Waterlevel

The more water it has the better it gets, within reason. The minimum needed is a spring flood or a heavy rainfall. The general water level in the area must be high.

Put-in
Take-out
Unrunnable gorge

Søråa has been paddled from Sørstulen down to the water reservoir above Ringebru. It was first paddled in 1992. Even if few kayakers have been there, the river has made a lasting impression in the minds of those who have. It is one of the steepest blocked creeks in Norway. Many a good kayaker, not thinking too bad about themselves has used more hours running this river than they would like to admit.

From Sørstulen the river runs through a deep inaccessible V-shaped valley with very high vertical walls on the north side. Søråa is characterised by continuous and blocked rapids with many small drops.

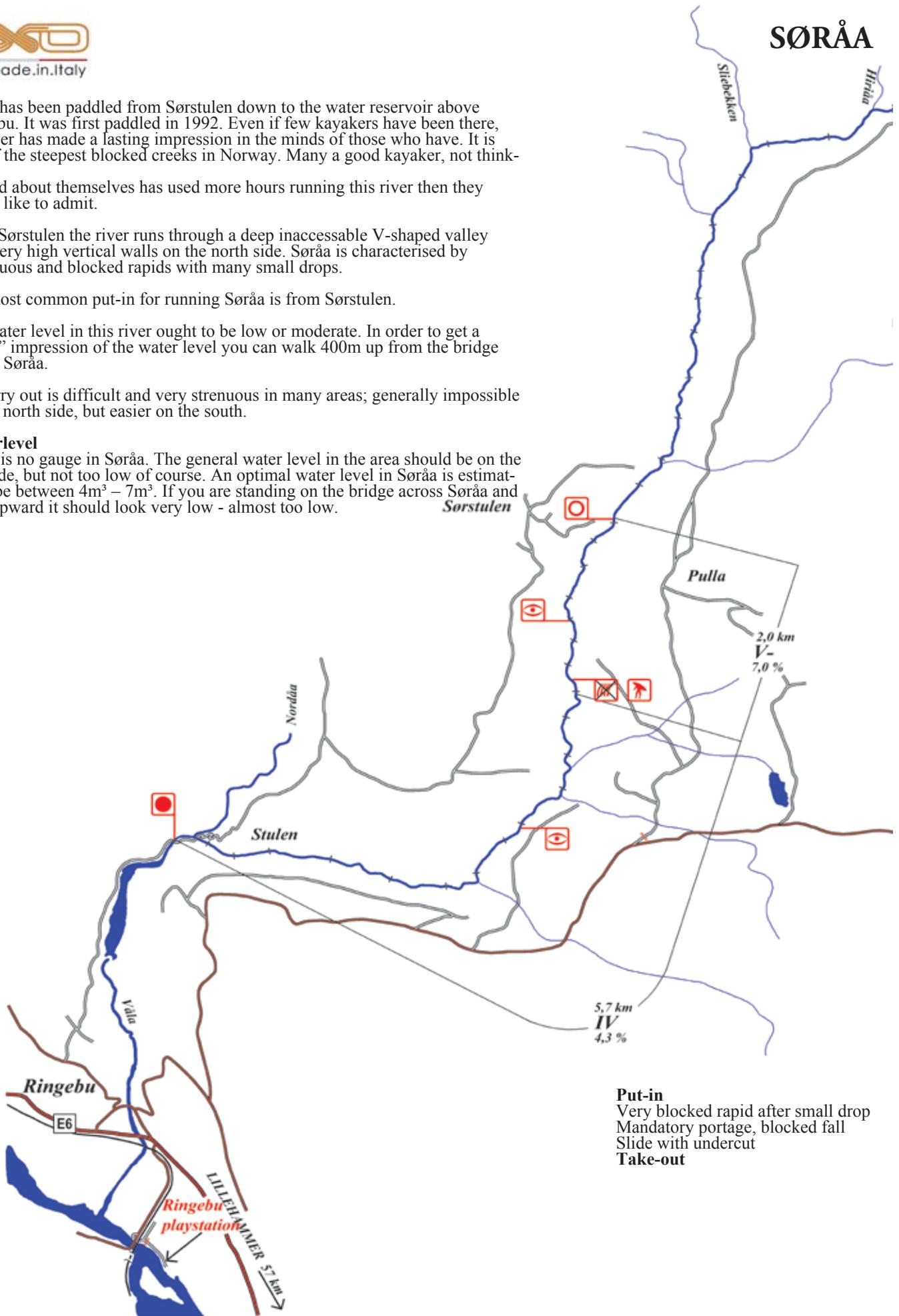
The most common put-in for running Søråa is from Sørstulen.

The water level in this river ought to be low or moderate. In order to get a "good" impression of the water level you can walk 400m up from the bridge across Søråa.

To carry out is difficult and very strenuous in many areas; generally impossible on the north side, but easier on the south.

Waterlevel

There is no gauge in Søråa. The general water level in the area should be on the low side, but not too low of course. An optimal water level in Søråa is estimated to be between 4m³ – 7m³. If you are standing on the bridge across Søråa and look upward it should look very low - almost too low.



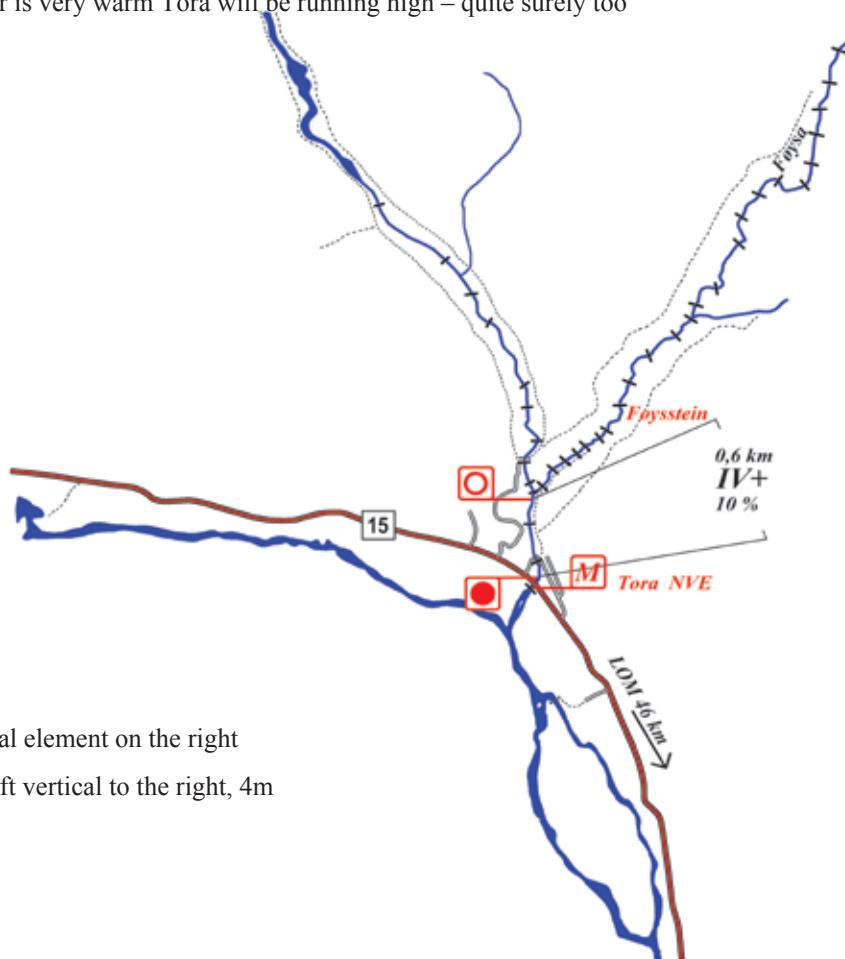
Tora has been run from Store Føysa down to the main road bridge. Tora is not long, but you can run it many times over in one day. Only 700 meters long and as they say: it is not the lenght that counts, but the joy you get from it. Well boy, you have come home.

Tora runs through a small gorge and is characterised by drops and rough cut steep slides.

To carry out is easy.

Waterlevel

The gauge "Tora" is not online. The water level in Tora can be determined by checking the automatic/manual gauge "Tora". An optimal water level is between 703,40m/8m³ – 703,44m/10m³. When the water level exceeds this the river rapidly builds up speed and power. What a maximum water level would be is not known, but since it is so easy to inspect the entire section it is easy to determine whether the river and water level is within your capability. It is already quite powerful at 703,47m/12m³. A minimum is around 703,35m/ 6m³. The river is partly glacier fed, and the season extends from the beginning of July to the beginning of October. In general the probability of hitting the right water level is best from mid July. Prior to this you need dry cold weather to have any hope of getting the optimal water level. If the summer weather is very warm Tora will be running high – quite surely too high!



Put-in

Double drop, 3m+3m

Big steep slide, vertical element on the right

Small rugged slide

Rugged slide to the left vertical to the right, 4m
Rugged slide

Rugged slide

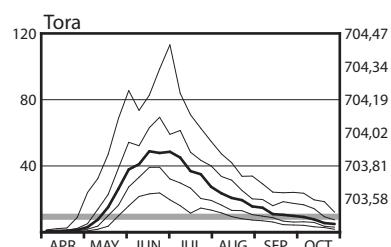
Rugged slide Small drop

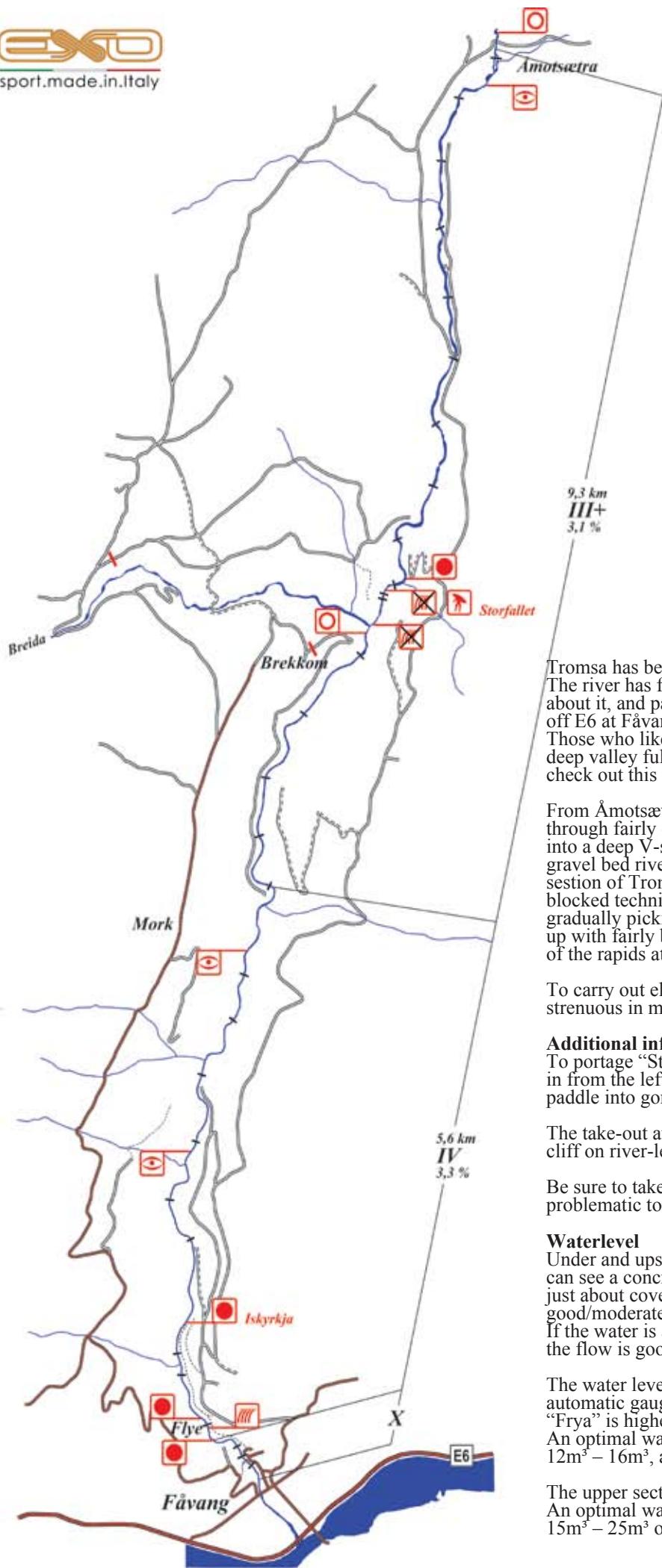
Small drop Long slide

Long slide Take-out

Take-out Gauge, "Te

Aug., 1.





Tromsa has been paddled from Åmotsætra down to Flye. The river has few visitors, partly because few kayakers know about it, and partly because kayakers don't manage to take off E6 at Fåvang and check out the water level at the bridge. Those who like to find continuous and blocked rapids in a deep valley full of boulders and technical water ought to check out this river.

From Åmotsætra and down to the first bridge, the river runs through fairly open terrain before gradually cutting deeper into a deep V-shaped valley. While the upper Tromsa is a gravel bed river characterised by continuous rapids, the lower section of Tromsa is characterised by its long continuous and blocked technical rapids, quite easy in the beginning, but it gradually picking up on the way down. The last 6km is built up with fairly big boulders, which will affect the seriousness of the rapids at high water.

To carry out elsewhere than the take-outs is strenuous in many areas, and very strenuous after Mork.

Additional information

To portage "Storfallet", take out at island, after creek coming in from the left, 100m before the fall on river left. Do not paddle into gorge.

The take-out at "Iskyrkja" is recognized by a big overhanging cliff on river-left followed by a fence going down to the river.

Be sure to take out in time before Flye or it could be really problematic to get out.

Waterlevel

Under and upside of the bridge on the river left at Fåvang you can see a concrete platform sticking up. If the concrete is just about covered or slightly submerged the water level is good/moderate (13m^3) for the lower section.

If the water is about 10cm above the concrete platform then the flow is good (20m^3) for the upper section.

The water level in Tromsa can also be estimated by using the automatic gauge "Frya" in the neighbouring river Frya. If "Frya" is higher than 20m^3 Tromsa will probably be powerful. An optimal water level for the lower section is between $12\text{m}^3 - 16\text{m}^3$, as measured by the "Frya" gauge.

The upper section needs more water than the lower section. An optimal water level for the upper section is between $15\text{m}^3 - 25\text{m}^3$ on the gauge "Frya".

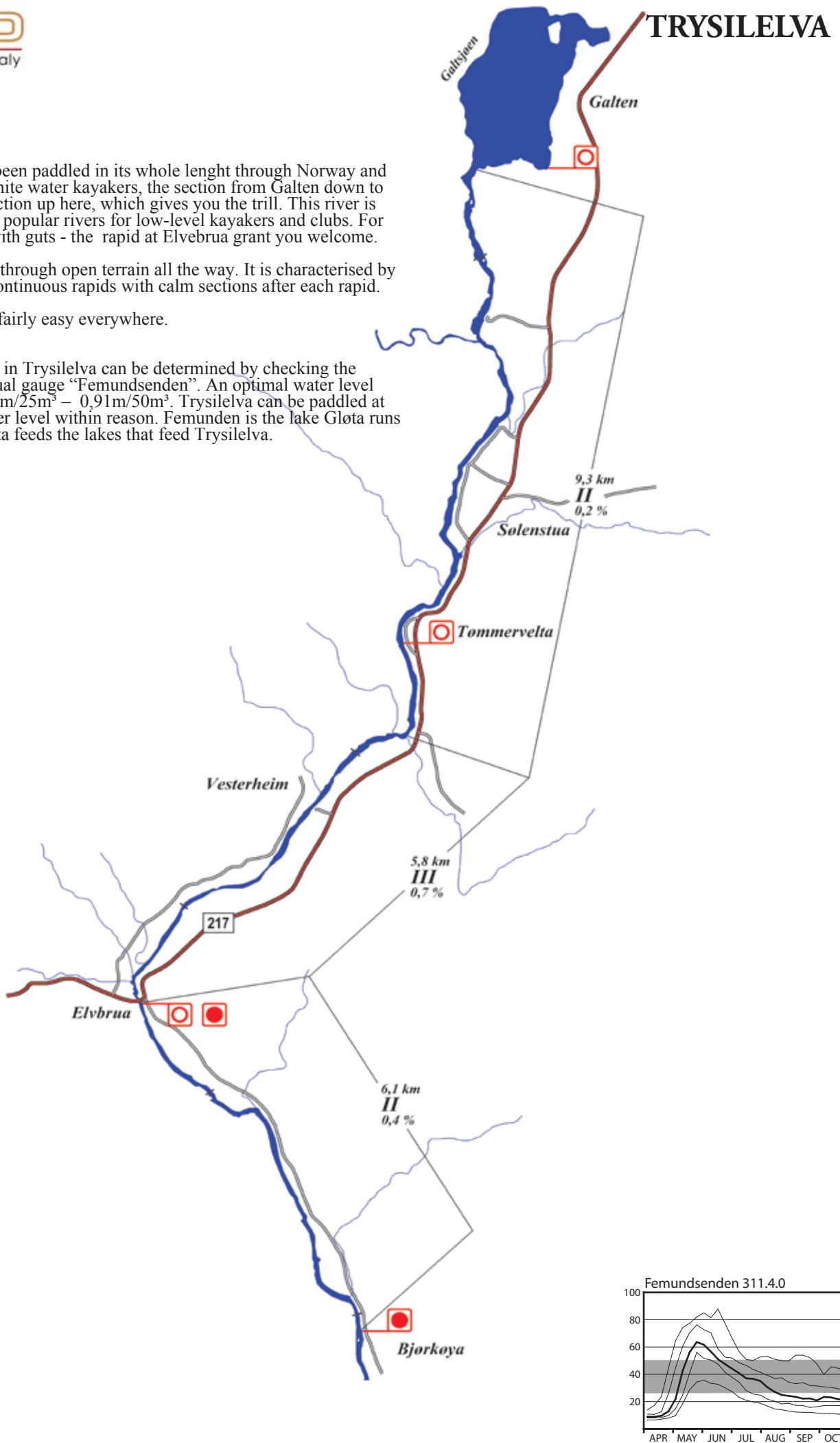
Trysilelva has been paddled in its whole lenght through Norway and Sweden. For white water kayakers, the section from Galten down to Snerta is the section up here, which gives you the trill. This river is one of the most popular rivers for low-level kayakers and clubs. For the beginners with guts - the rapid at Elvebraua grant you welcome.

Trysilelva runs through open terrain all the way. It is characterised by medium long continuous rapids with calm sections after each rapid.

To carry out is fairly easy everywhere.

Waterlevel

The water level in Trysilelva can be determined by checking the automatic/manual gauge "Femundsenden". An optimal water level is between 0,69m/25m³ – 0,91m/50m³. Trysilelva can be paddled at almost any water level within reason. Femunden is the lake Gløta runs out of, and Gløta feeds the lakes that feed Trysilelva.



Tundra has been paddled from Gammelstulen down to Brumillomsæтрin. The upper gorge of this river was first paddled in July 1993. An average 5,3 % gradient and only one waterfall gives us who love long steep and blocked rapids one of the best playgrounds in Norway.

From Tundradalssæтрin the river gradually cuts deeper into a gorge, often with vertical walls.

To carry out of the gorge is difficult and strenuous in many areas.

Other sections

From Gammelstulen (5 km above Tundradalssæтрin) Tundra is a gravel bed river, flowing in an open terrain down to Tundradalssæтрin. This section needs a high water level. There is no road going up to Gammelstulen. The equipment has to be carried on a trail on the west side of the river. The rapids are mostly class II-III with one short rapid class IV.

From the falls at Brumillomsæтрin the river enters a gorge with almost continuous vertical walls. The gorge has many promising waterfalls. A decent of the main parts of the gorge is not known. Too bad that the access to the falls is so difficult. An attempt on this section ought to be done on a very low water level.

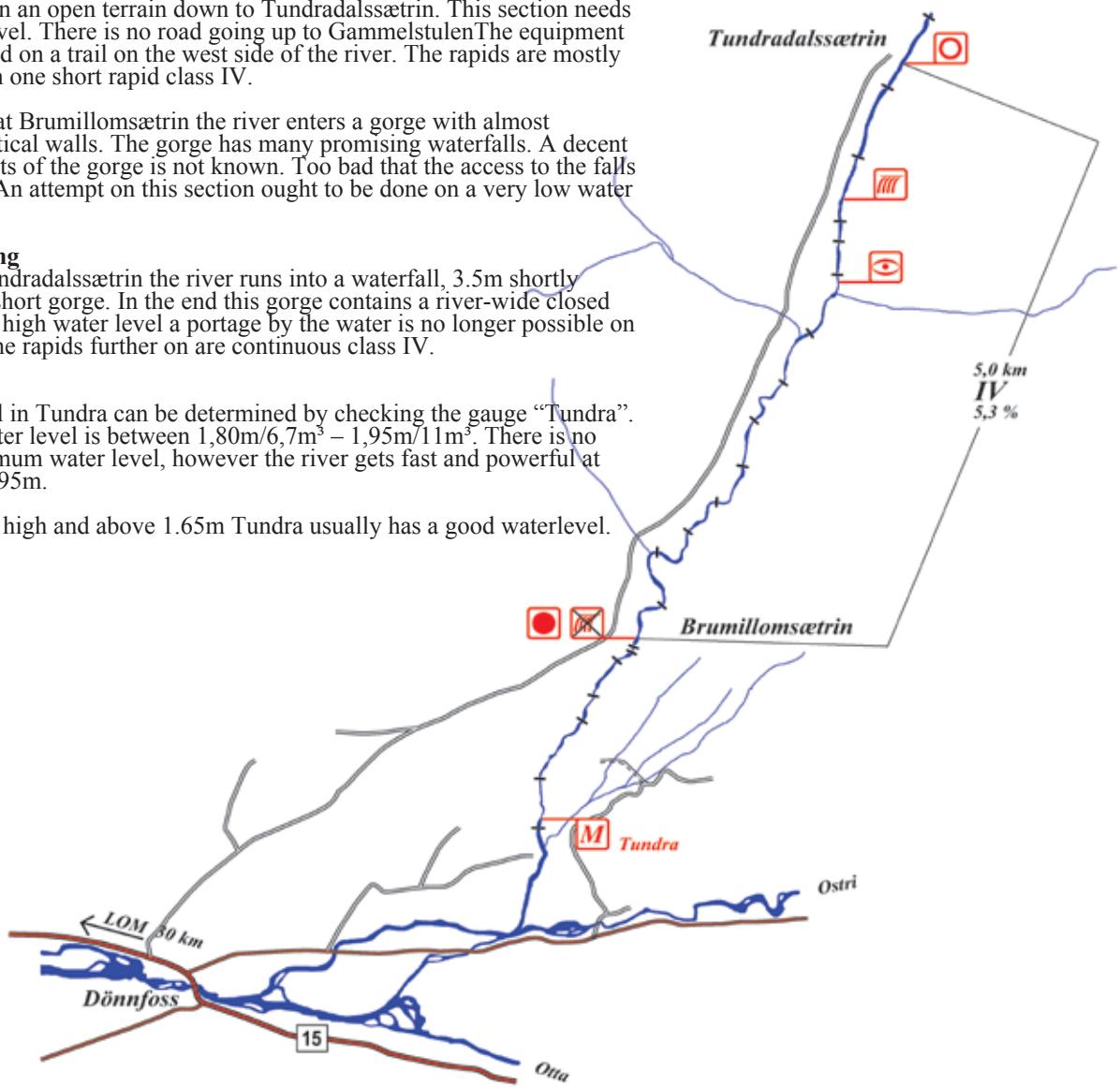
Special warning

1,5km after Tundradalssæтрin the river runs into a waterfall, 3,5m shortly followed by a short gorge. In the end this gorge contains a river-wide closed out hole and at high water level a portage by the water is no longer possible on the left side. The rapids further on are continuous class IV.

Waterlevel

The water level in Tundra can be determined by checking the gauge "Tundra". An optimal water level is between 1,80m/6,7m³ – 1,95m/11m³. There is no accepted maximum water level, however the river gets fast and powerful at levels above 1,95m.

When Skjøli is high and above 1.65m Tundra usually has a good waterlevel.



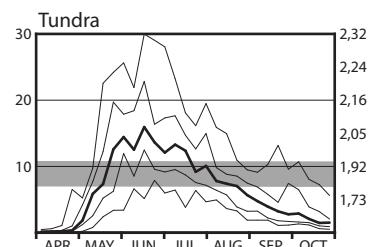
Put-in

Fall, 3,5m, with entrance slide
River wide stopper, end of gorge

Take-out

Mandatory portage, absolutely unrunnable fall

Gauge



ULA and STORE ULA

STORE ULA

Total blockage

Put-in

Mandatory portage, high unrunnable fall “Brudesløret”

Small drop with narrow chute in the middle

Long slide with different elements

Fall, 5m

Small drop, 2,5m

Small double drop, 3,5m

Small drop, 3m

Small drop, 3m

Small slide before bridge

Small drop after bridge, 1,5m

The Store-Ula falls, 6m, 4m, 8m

Take-out

Very high fall, 16m

Fall, 4m

ULA

Put-in

Small drop in left turn, 1m

Take-out

Put-in

Take-out

Store Ula has been paddled from Spranget down the falls below Mysusæter. Here you can find some of Norway's most insane white water with the well known Ula falls together with other goodies. Go and check it out. This is true steep creeking.

Ula has been paddled from the confluence of Store- and Vesle Ula. This section is radically different from Store Ula. Continuous, long and blocked rapids give you a hectic experience on high water level and it is still interesting on lower levels.

From Spranget the river runs through open terrain the first 4km before the river plunges into a deep V-shaped valley. Store Ula is characterised by long slides and many waterfalls. From the confluence between Store- and Vesle Ula the river runs in a deep V-shaped valley.

The water level should be low for running Store Ula. On low water level the upper section of Ula down to the bridge is still canoeable even if the section below the bridge looks very shallow.

To carry out is easy in Store Ula and very strenuous in Ula.

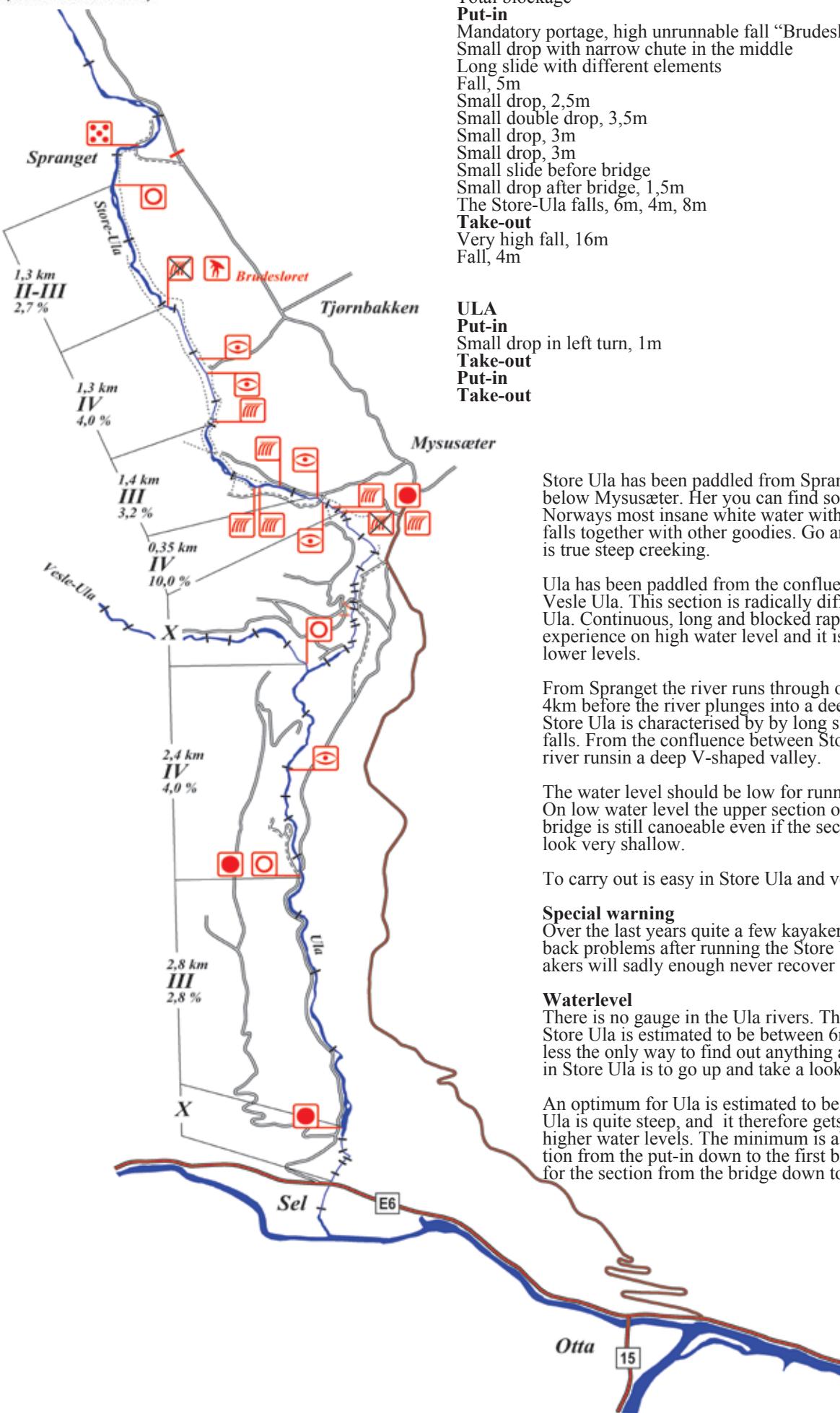
Special warning

Over the last years quite a few kayakers have got severe back problems after running the Store Ula falls. Some kayakers will sadly enough never recover completely.

Waterlevel

There is no gauge in the Ula rivers. The optimal flow in Store Ula is estimated to be between $6\text{m}^3 - 8\text{m}^3$. More or less the only way to find out anything about the water level in Store Ula is to go up and take a look.

An optimum for Ula is estimated to be between $8\text{m}^3 - 12\text{m}^3$. Ula is quite steep, and it therefore gets quite hectic at higher water levels. The minimum is about 5m^3 for the section from the put-in down to the first bridge, and about 8m^3 for the section from the bridge down to the dam.



Unnsetåa has been paddled from Kverninga down to Elvåi. "Dei Frendelause" has to admit that the rapids or the lack of them are quite boring. But, since you still are in your kayak already, doing the best out of it, you will be surprised how good the gorge section is after Fellinga.

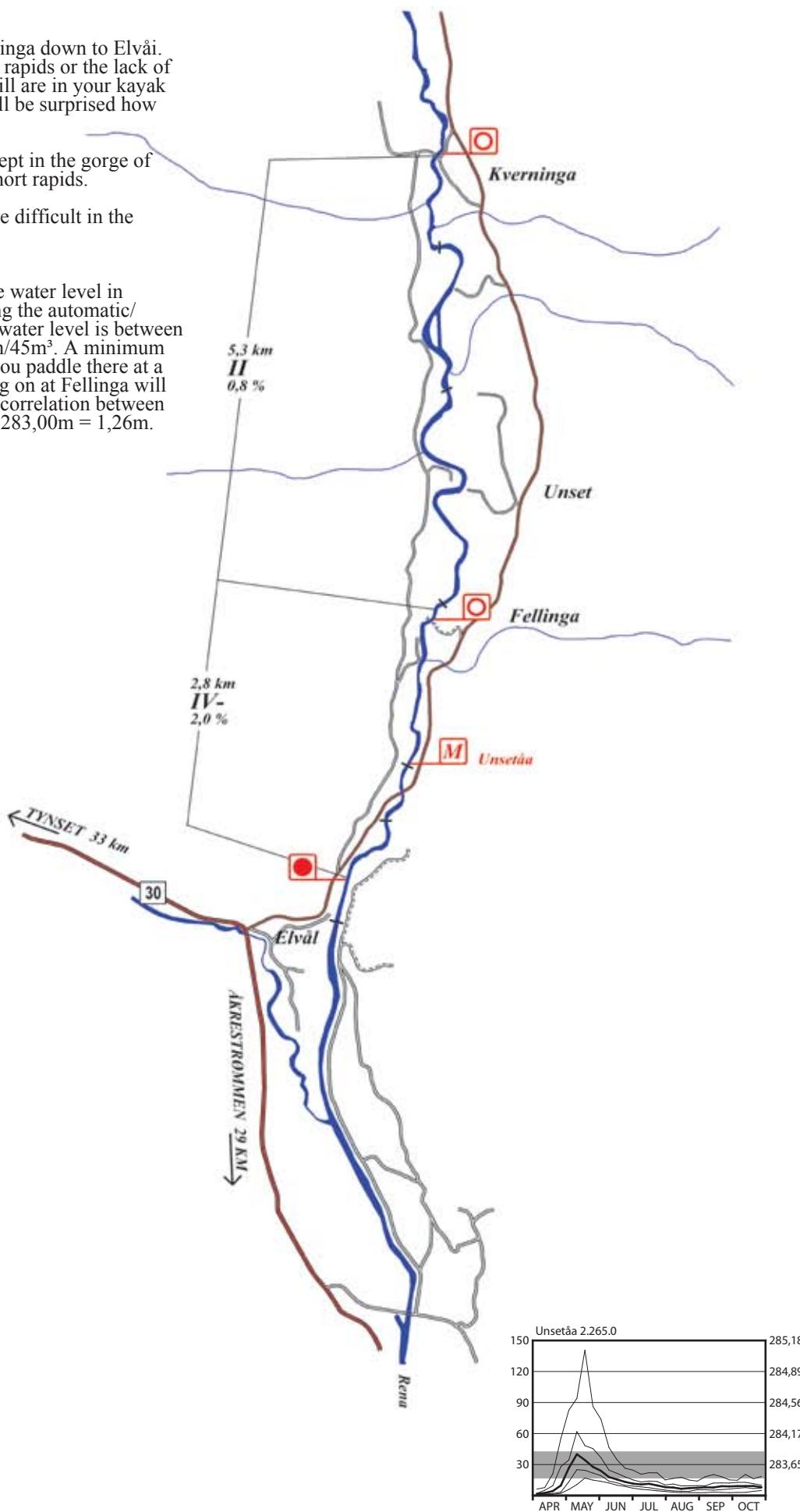
Unnsetåa runs through open terrain except in the gorge of course. The gorge is characterised by short rapids.

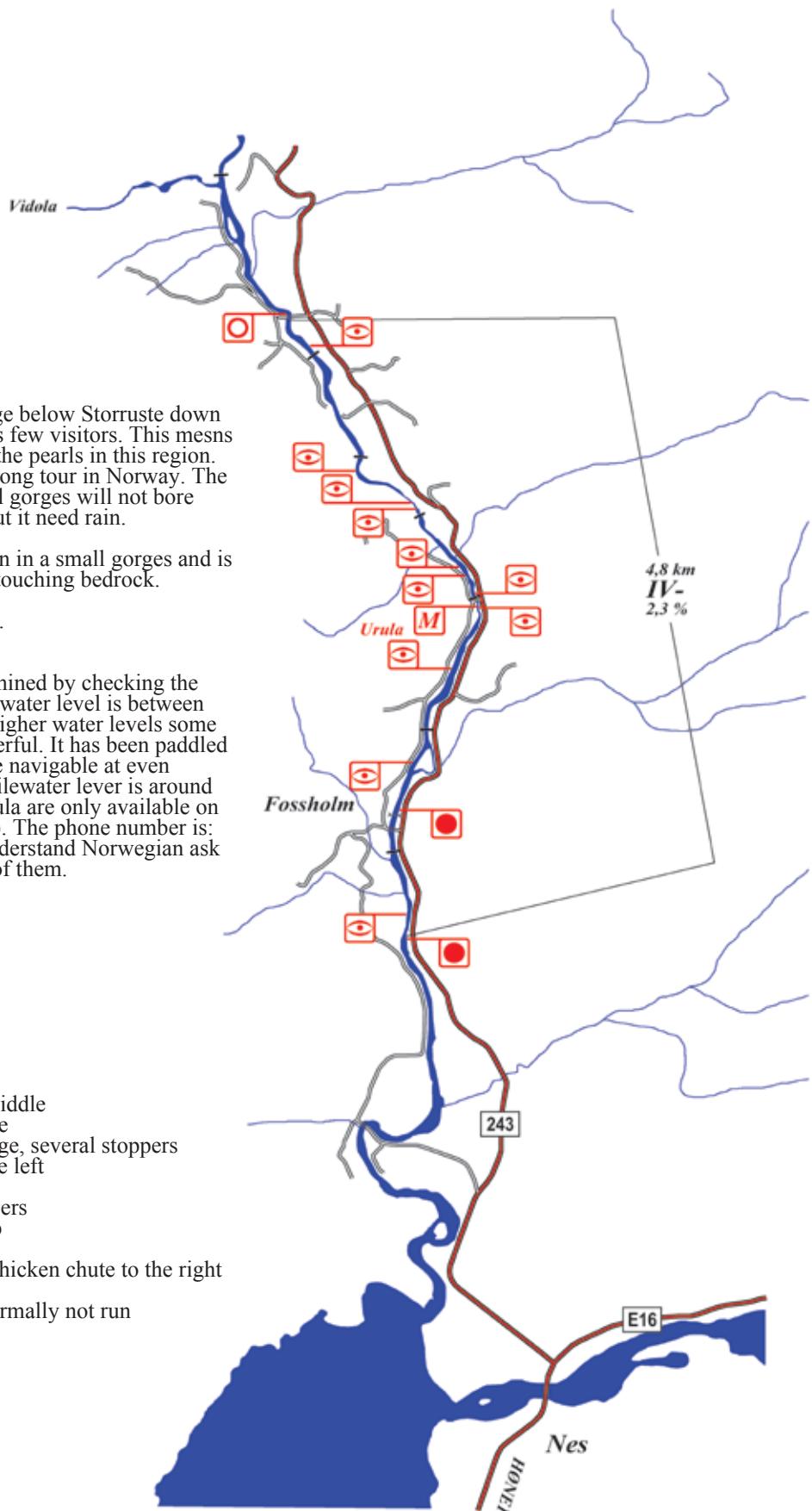
To carry out is easy, but somewhat more difficult in the gorge.

Waterlevel

The gauge "Unnsetåa" is not online. The water level in Unnsetåa can be determined by checking the automatic/manual gauge "Unnsetåa". An optimal water level is between 283,25m/1,51m/14m³ – 283,94m/2,20m/45m³. A minimum for Unnsetåa is 283,10m/10m³. When you paddle there at a water level below optimum, then putting on at Fellinga will spare you the less interesting start. The correlation between the automatic and the manual gauge is: 283,00m = 1,26m.

Put-in
Put-in
Gauge, "Unnsetåa"
Take-out





Urula has been paddled from the bridge below Storruste down to Sperillen lake. The Valdres area has few visitors. This means that many kayakers never experience the pearls in this region. Urula is in fact one of the musts on a long tour in Norway. The slides, drops, blocked rapids and small gorges will not bore you, not even on a low water level, but it needs rain.

Urula runs through a wide valley, often in a small gorge and is characterised by the variety of rapids touching bedrock.

To carry out is fairly easy most places.

Waterlevel

The water level in Urula can be determined by checking the automatic gauge "Urula". An optimal water level is between 219,30m/9,4m³ – 219,80m/21m³. At higher water levels some rapids and stoppers become very powerful. It has been paddled up to 220,20m/34,8m³, and it might be navigable at even higher levels. The minimum worthwhile water level is around 219,20m/8m³. The gauge levels in Urula are only available on the phone or the web (www.begna.no). The phone number is: 31013486 (4) (1). Tip: if you don't understand Norwegian ask someone who can, there are millions of them.

Put-in

Long wide slide with boulder in the middle

Section with blocked rapids and a slide

Steep, short and powerful rapid in gorge, several stoppers

Drop, 2m, with very boiling area to the left

Small drop, 1m

Steep, short rapid with powerful stoppers

Rapid with 1.5m high ledge on the top

Gauge, "Urula", only automatic

Drop, 2m, across the river, excellent chicken chute to the right

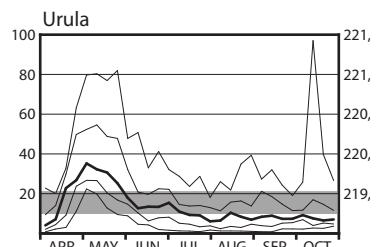
Slide, 50 long

Slide with narrow chute in the end, normally not run

Take-out

Steep, short rapid with many stoppers

Take-out



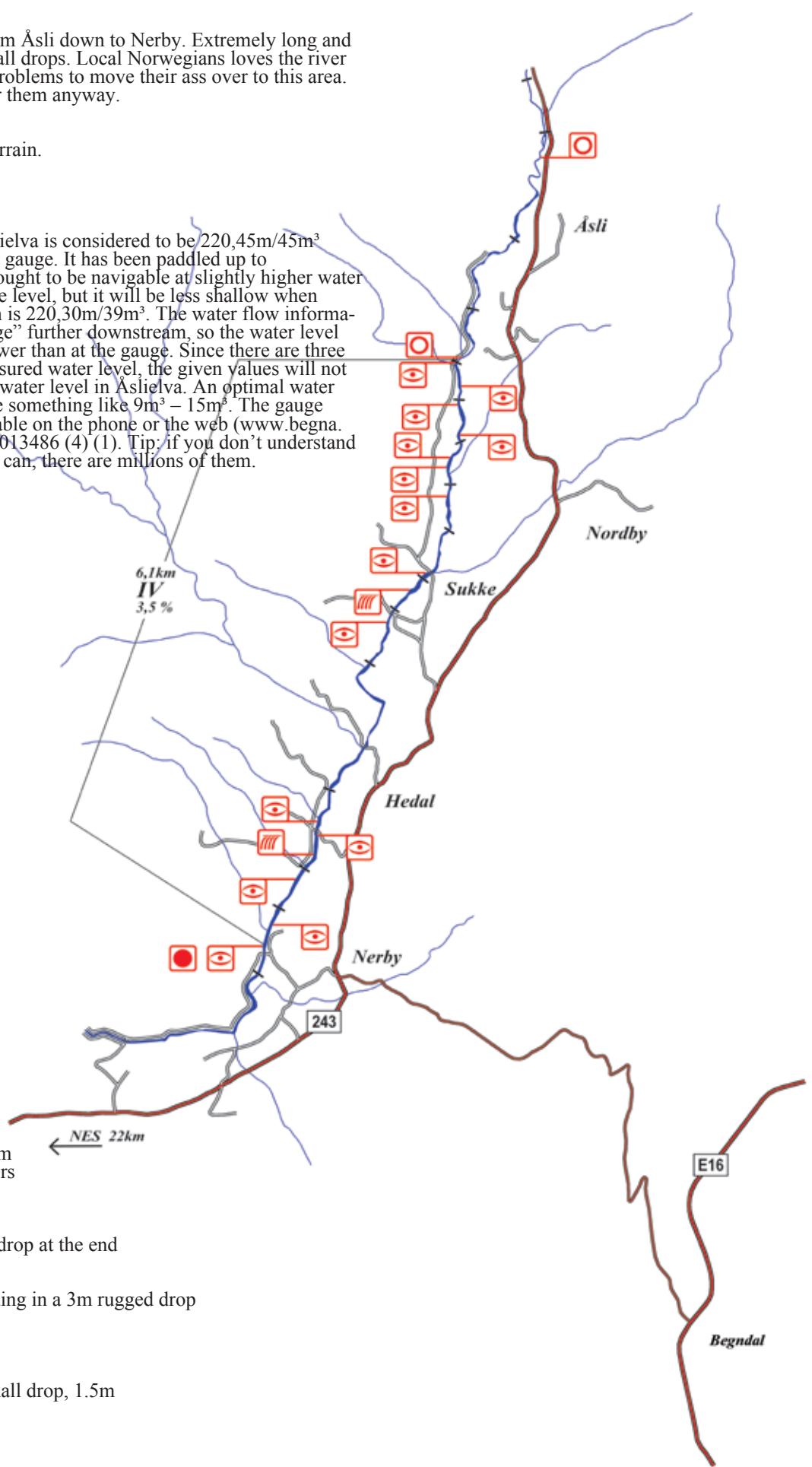
Åslielva has been paddled from Åslid down to Nerby. Extremely long and fair slides, spiced up with small drops. Local Norwegians loves the river but foreigners seem to have problems to move their ass over to this area. Well- Åslielva is too good for them anyway.

Åslielva runs through open terrain.

To carry out is easy.

Waterlevel

An optimal water level in Åslielva is considered to be 220,45m/45m³ – 220,70m/58m³ on the Urula gauge. It has been paddled up to 221,10m/82m³, and is also thought to be navigable at slightly higher water levels. 220,45m/45m³ is a nice level, but it will be less shallow when slightly higher. The minimum is 220,30m/39m³. The water flow information relates to the “Urula gauge” further downstream, so the water level in Åslielva is considerably lower than at the gauge. Since there are three rivers contributing to the measured water level, the given values will not perfectly correlate to the true water level in Åslielva. An optimal water level in Åslielva it self will be something like 9m³ – 15m³. The gauge levels in Urula are only available on the phone or the web (www.begna.no). The phone number is: 31013486 (4)(1). Tip: if you don't understand Norwegian ask someone who can, there are millions of them.



Put-in

Put-in

Two small drops, 1.5m and 1m

Technical section with stoppers

Diagonal stopper to the right

Long slide, 100m

Long slide, 100m

Long slide, 100m with small drop at the end

Long slide, 100m

Rapid with stoppers

Several drops and chutes, ending in a 3m rugged drop

Narrow slide, two chutes

Stoppers

Small drop

Fall, 4m, rugged

Narrow chute followed by small drop, 1.5m

Long slide, 60m

Small, but steep slide

Take-out

