

MIDDLE NORWAY



GAUGES

River

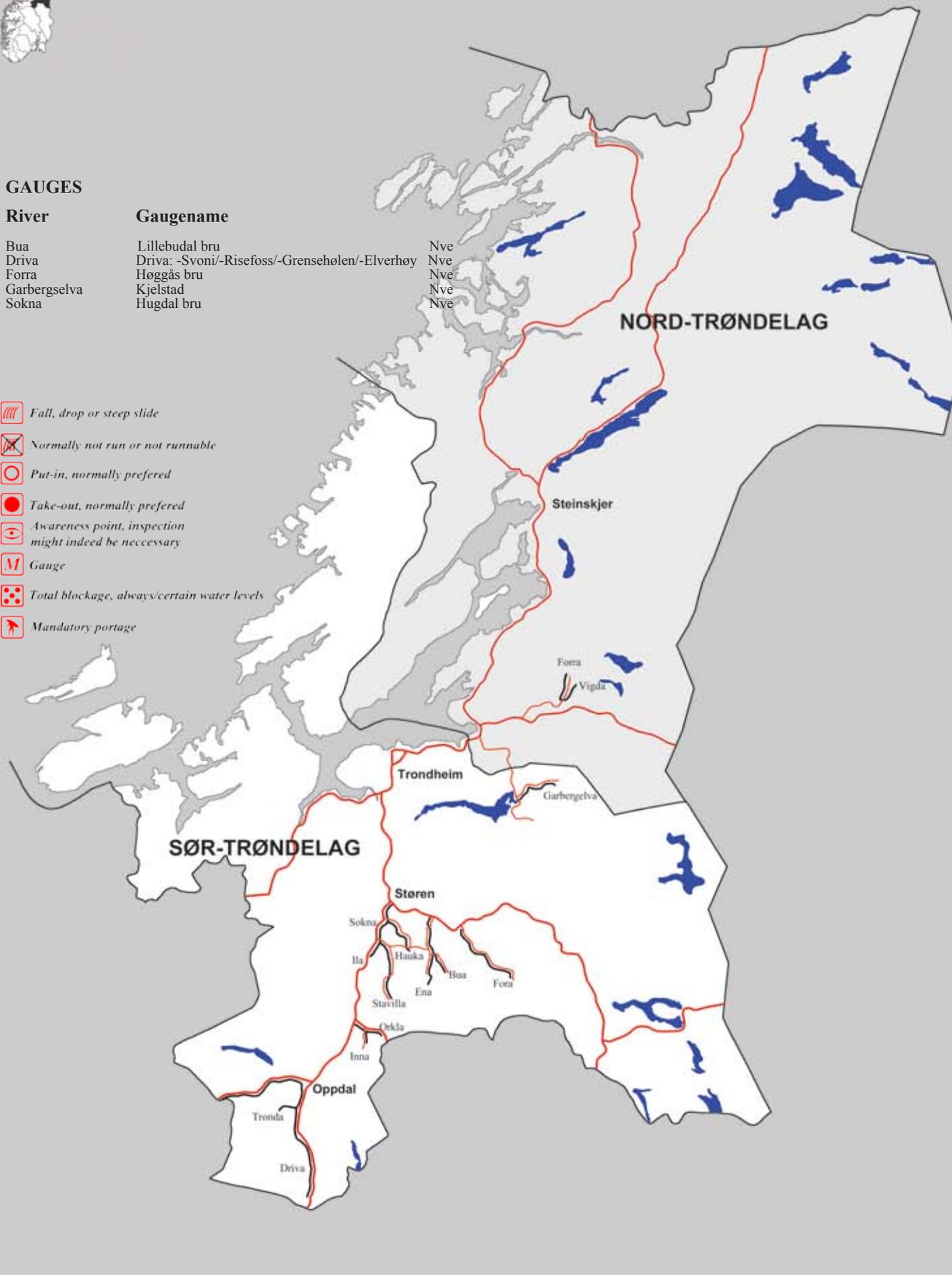
Bua
 Driva
 Forra
 Garbergselva
 Sokna

Gaugename

Lillebudal bru
 Driva: -Svoni/-Risefoss/-Grenshølen/-Elverhøy
 Høggås bru
 Kjelstad
 Hugdal bru

Nve
 Nve
 Nve
 Nve
 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



NORD-TRØNDELAG

Steinskjer

Forra
 Vigda

Trondheim

Garbergselva

SØR-TRØNDELAG

Støren

Sokna

Ila

Stavilla

Orkla

Inna

Tronda

Driva

Hauka

Ena

Bua

Fora

MIDDLE NORWAY

Middle Norway consists of two counties: Sør-Trøndelag and Nord-Trøndelag. The areas in Sør-Trøndelag, located around Oppdal and Støren, are the most popular ones.

Driva, which runs through Oppdal, comes from a large high altitude mountain area. Usually it has enough water throughout the whole season. Driva has four automatic/manual gauges you can use for checking water levels. At the top you find "Svoni", further down comes "Risefoss" and at the end of the Gråura section you find the gauge "Grensehølen". The last gauge in Driva is "Elverhøy". Even if Grøvu is geographically located in Western Norway, it is whitewater-vice connected to Middle Norway. Remember to pay it a visit when you are in the Oppdal area.

The rivers around Støren, on the other hand, has a steady flow only in the snow melting period from mid May to end of June. Outside the melting period the rivers in the region will drop extremely fast down to unrunnable levels. If you look at the gauges and they show the water levels are rising, or are, blasting you ought to be there by the day after the rain stops. Bua and Fora holds the flow better than Stavilla and Ena. Rain in this region seems often to be of local character. Therefore, you ought to check several gauges in order to get a solid understanding of how large the area covered by rainfall is (Lillebudal bru, Eggafoss, Gaulfoss, Gislå, Haga bru, Hugdal bru and Kjelstad). Making use of the weather-radar can also give you valuable information on where it has been raining and where it potentially will be raining.

During the melting season you can choose any river any day, but outside the season you ought to choose rivers in the right order. If you are lucky to find water in Orkla go there first. Orkla is dam-controlled and the area needs flood levels before the described section is any good. Remember that the maximum water level returns to normal rather quickly. So if you see water here, don't hesitate till tomorrow because it can then be too low.

The next river on the program should be Stavilla, if you are up to it. Stavilla has a natural flowpattern, but it falls fast to unrunnable water levels.

Ena comes in the same category as Stavilla.

Water levels in Bua and Fora lasts longer. However, if the water levels were just high enough to scrape down Stavilla and Ena, these rivers will also soon be too low. If the water level in the area gets too high lower Bua, Orkla, Inna, Sokna, lower Fora and upper Stavilla will be good choices until the levels come down again.

Forra and Vigda in Nord-Trøndelag are fantastic rivers. The only catch is when Forra is low and navigable, Vigda will be empty. When Vigda is good Forra will be much too high. But remember that both of them are worth the driving. Check the automatic gauge "Høggås bru".

Bua has been paddled from Solberg down to the confluence with Gaula. Bua is one of the best known rivers in Sør-Trøndelag and gives kayakers of almost all skill levels a great experience. Bua gorge from Enodden is a must if you are in the area. The lower section is good for playboating.

From the Solberg bridge the river cuts gradually into a deep V-shaped valley. It is characterised by long continuous rapids. The Bua gorge, after Enodden, has in addition some slides and blocked sections. The first kilometre of Bua gorge can be a bit hectic on "higher" water levels, but after the confluence with Ena it becomes "easier", except for some steeper rapids and slides.

The most common put-in for running Bua is after the bridge at Enodden.

To carry out is extremely strenuous.

Waterlevel

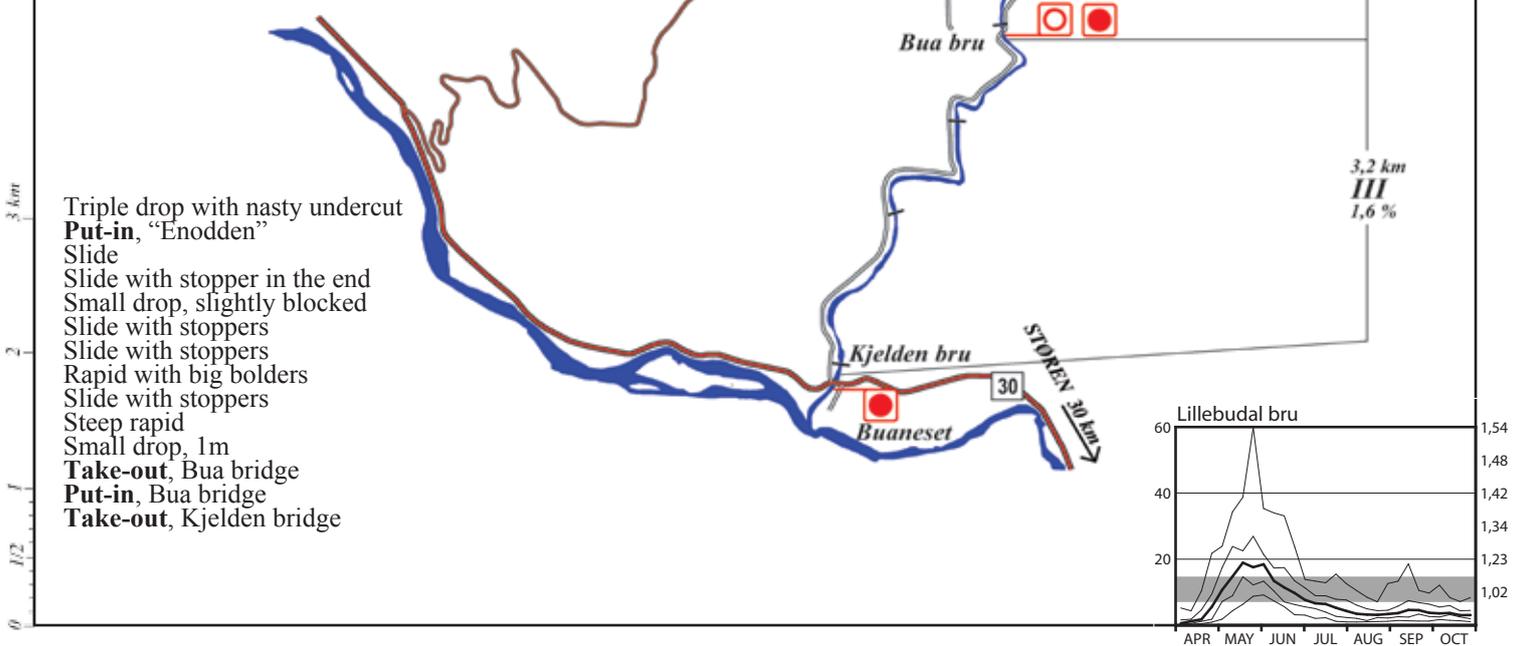
The water level in Bua can be determined by checking the automatic/manual gauge "Lillebudal bru". An optimal water level is between 0,95m/8m³ – 1,15m/15m³.

When the water level is 0,95m/8m³, the water level in the Bua gorge is low and the gorge is easy to navigate. At water levels above 1,15m/15m³ the Bua gorge get powerful, and above 1,23m/20m³ it becomes very powerful. Remember that the 20m³ we talk about refers to upstream of the Ena-Bua confluence: therefore the water level in the Bua gorge will be upper Bua + Ena.

If you are at the lowest bridge in Bua, "Kjelden bru", an indication of the water level can be seen when you look at the concrete foundation on the western side of the river. When you can see the rocks under the concrete on the upside of the Kjelden Bridge the water level is approximately 0,92m/7m³. Remember that the flows given in the guide are related to the gauge "Lillebudal bru".

When the water level is 15cm under the upper top of the concrete foundation, the water level is medium high, which equates to a level of 1,16m/15m³, and the gorge section will be as graded in the guide. When the water level flushes over the top of the concrete, 2-3 metres downstream of the upstream edge, the water level in the gorge will definitely be very high and pushy.

The correlation between Bua and Ena is very variable, so only checking out the gauge "Lillebudal Bru" is only good for giving you a rough idea of the water level in these two rivers. Even if the information from the gauge doesn't give you an accurate measure, it gives you valuable information about the general situation in the area, especially when this information is combined with the other gauge levels in the area (see "Gaulfoss", "Eggafoss" and "Hugdall bru").



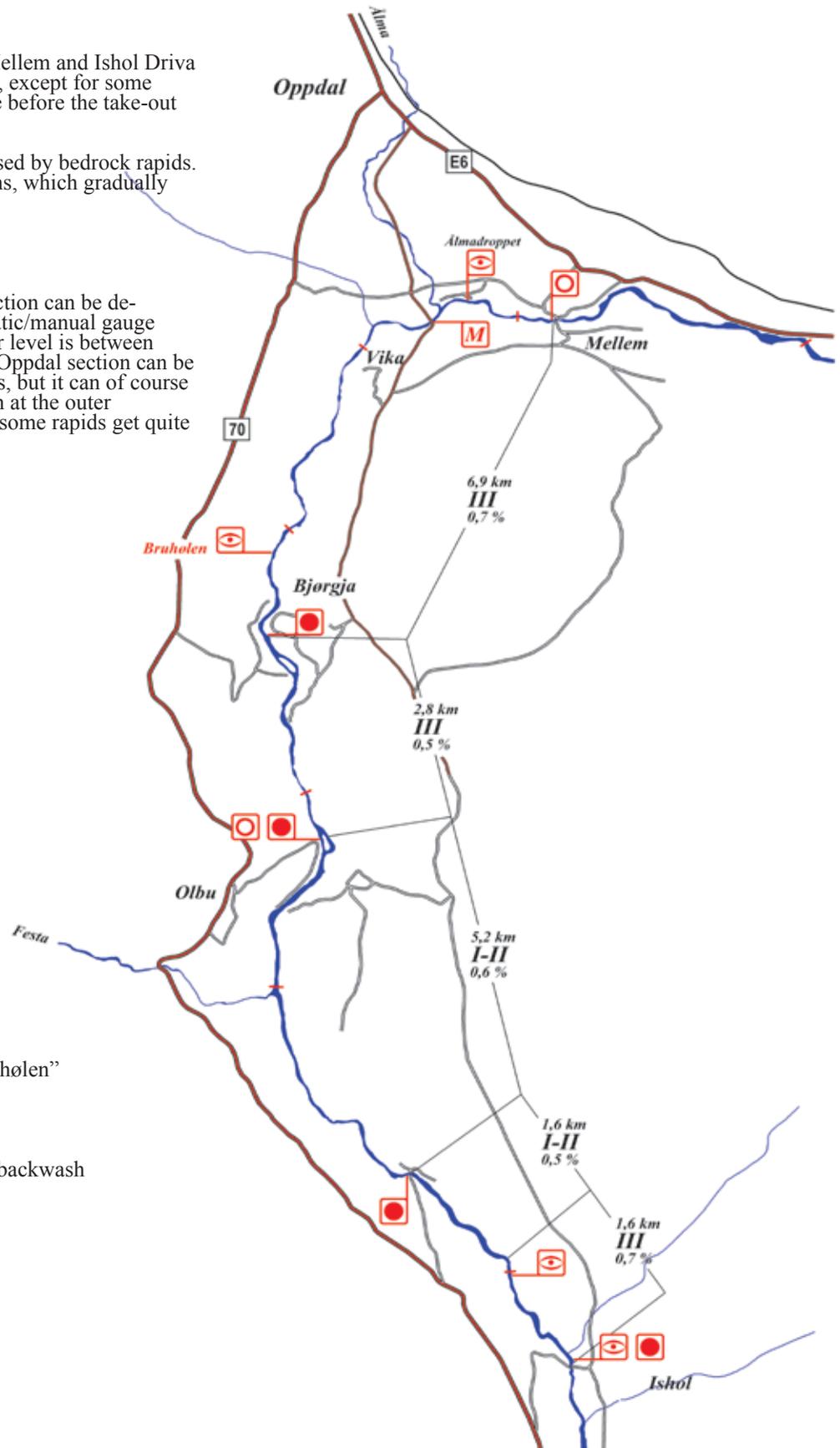
In the Oppdal section between Mellem and Ishol Driva runs mainly through open terrain, except for some small gorges and the larger gorge before the take-out possibility at Olbu.

The Normal section is characterised by bedrock rapids. In between there are calm sections, which gradually become longer towards Ishol.

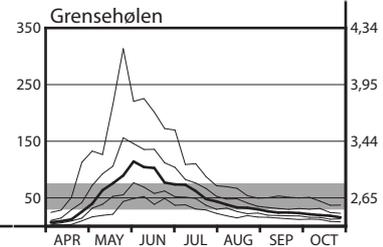
To carry out is fairly easy.

Waterlevel

The water level in the Oppdal section can be determined by checking the automatic/manual gauge "Grensehølen". An optimal water level is between 2,40m/30m³ - 2,90m/74m³. The Oppdal section can be run at many different water levels, but it can of course become too scratchy and too high at the outer extremes. At higher water levels some rapids get quite pushy.



- Put-in**, Melem bridge
- Blocked rapid, "Ålmadropet"
- Gauge**, painted on bridge
- Small powerful drop, 1.5m, "Bruhølen"
- Take-out**, Bjørgjo
- Take-out**, Olbu
- Put-in**, Olbu
- Take-out**
- Narrow slide with stopper, solid backwash
- Rapid in narrow gorge
- Take-out**, Ishol



In the Gråura section Driva runs through a deep and unaccessible gorge. The Gråura section is characterised by both shorter and longer powerful rapids. Gråura gorge has many difficult rapids interchanging with calm sections. Gråura is the most difficult section of Driva and some of the rapids are also difficult to inspect.
If you don't like powerful WW IV rapids, Gråura might not be the place for you.

To carry out from Gråura very strenuous and difficult.

Waterlevel

The water level in the Gråura section can be determined by checking the automatic/manual gauge "Grensehølen". The Gråura section has been run at water levels from 1,95m/9,5m³ - 4,20m/311m³. For your information 4,20m is way above most mortal kayaker's maximum. An optimal water level is between 2,30m/25m³ - 2,60m/46m³. At water levels above 2,80m/64m³ Gråura becomes very powerful, and although some rapids open up and get easier at high flows, many stoppers get awfully big and sticky. The Gråura section has long calm sections, which can be a bit boring at water levels below 2,30m/25m³. A "sensible" maximum will be to stay under 3,50m/160m³ even if you are an extremely good kayaker.

Very narrow gorge

Put-in

Steep powerful rapid, "Storfallet"

Steep blocked rapid, "must-run"

Drop 1.5m, in two chutes

Rapid blocked with big boulders

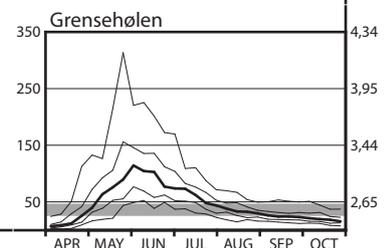
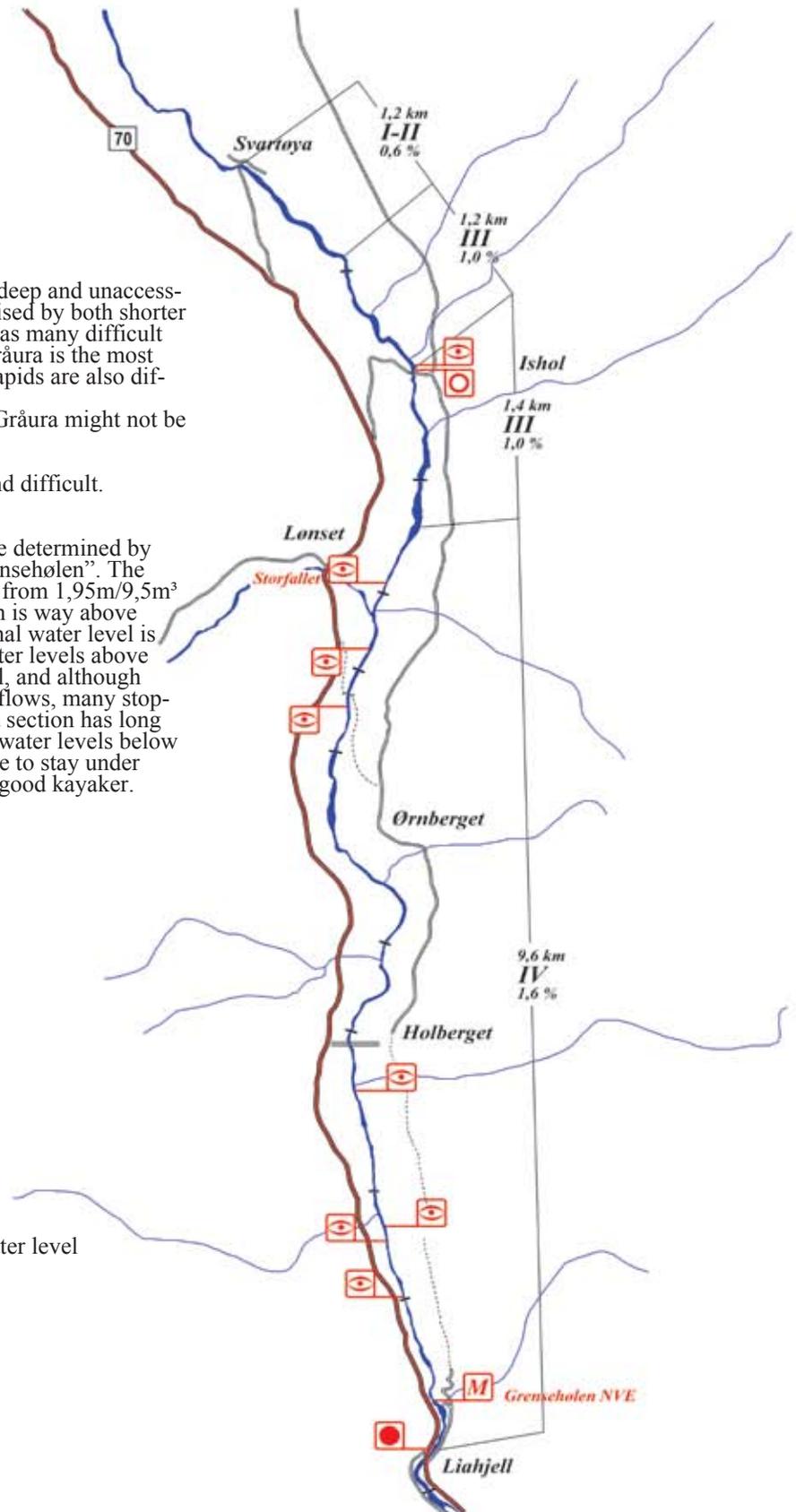
Narrow drop with height depending on water level

Blocked rapid

Steep powerful rapid

Gauge, "Grensehølen"

Take-out



Ena has been paddled from Svartdalsvollen down to the confluence with Bua. Ena is one of the goodies in Sør-Trøndelag when the area is blessed with enough water. Ena has a wide variety of rapids but its main character is pool-drop. Even if it has some flat shallow sections you will hardly get bored here. For hard-core kayakers the section down to Bua is like this: boof-boof-Bua.

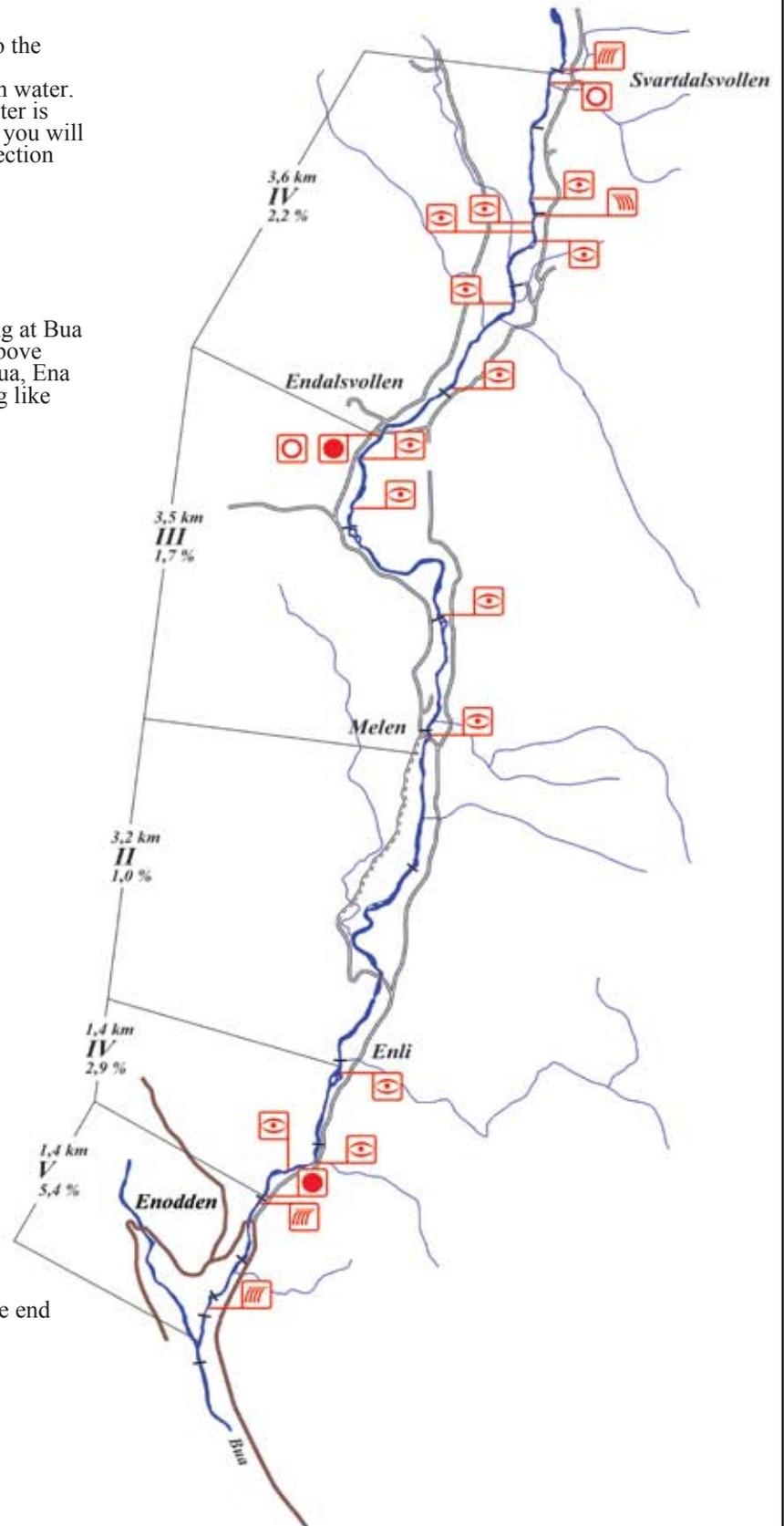
Ena runs through fairly open terrain all the way.

To carry out is easy.

Waterlevel

The water level in Ena can be determined by looking at Bua from Kjelden bridge, or alternatively at Ena from above Ena bridge. If the water level looks like plenty in Bua, Ena ought to be checked out. Plenty would be something like 1,48m/15m³ on the gauge "Lillebudal bru".

Optimal water levels in Ena itself are 9m³ – 17m³.



Steep slide

Put-in

Small double drop

Fall, 3m

Small drop, ramp in the middle

Small double drop

Long slide with big stoppers, 150m

Steep rapid, waves and stoppers

Drop, followed by rapid between concrete pillars

Put-in

Take-out

Small drop

Bedrock "slalom course"

Narrow chute, slide with stoppers, 150m

Steep rapid with stoppers

Rapid before and after bridge with big stopper in the end

Drop on the left side, easier on the right

Two big stoppers

Long powerful rapid with stoppers

Take-out

Falls

Falls



Fora has been paddled from Flåttåvollan down to the confluence with Gaula. On the way down from the mountains Fora offers a wide variety of rapids. The drop and slide section at the top goes on low water levels whilst the upper Fora gorge section from Råsætra, which features steep (6%), blocked and extremely demanding whitewater with continuous rapids, goes on micro water level. The section from Fløttum has continuous rapids and they are at its best on significantly more than low water. The different sections are good at different water levels giving visiting kayakers new sections to explore at different times.

Fora runs through open terrain down to Råsætra, but after Råsætra Fora enters a deep gorge.

To carry out is fairly easy before Råsætra and difficult and streuous after Råsætra.

About put-ins

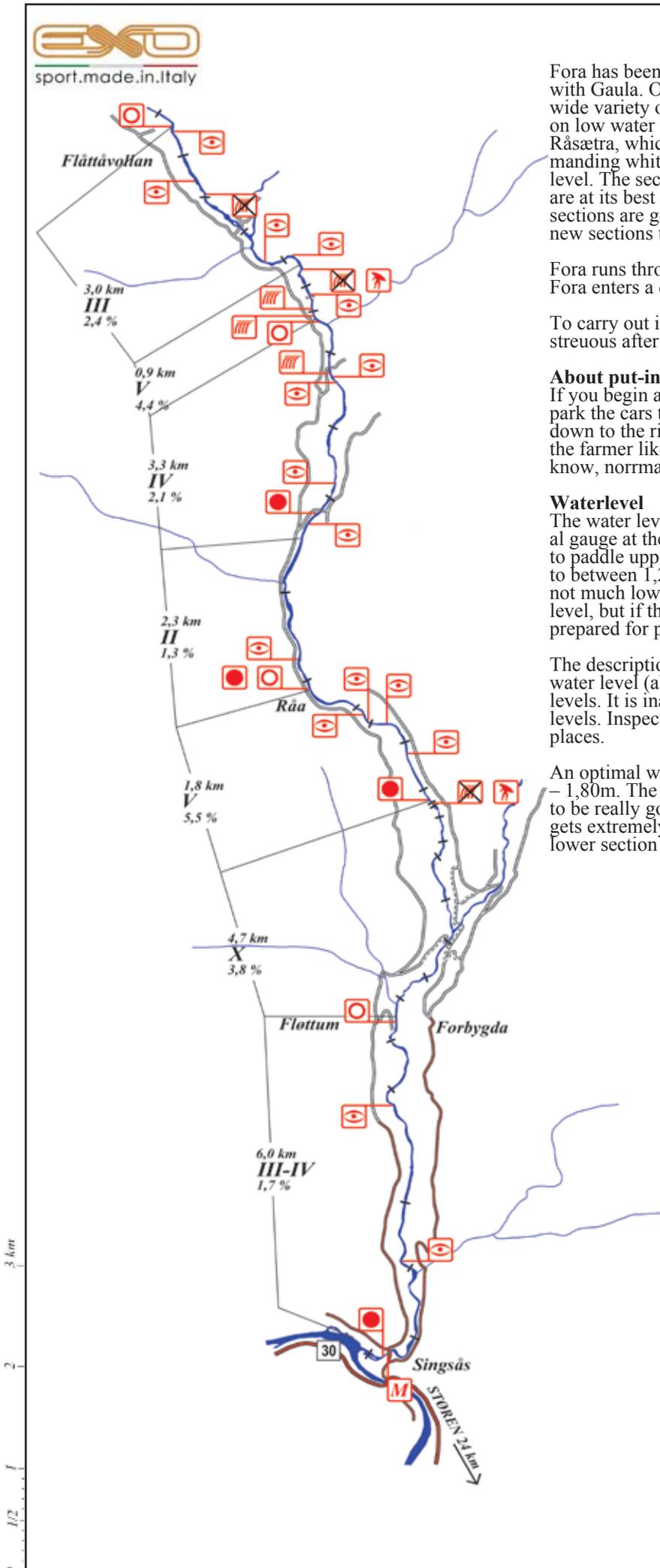
If you begin at Fløttum, please ask the farmer for permission to park the cars there and access across his field for a faster decent down to the river. There is no problem getting permission, but the farmer likes to know whose cars are parked on his yard. You know, normral courtesy.

Waterlevel

The water level in Fora can be determined by checking the manual gauge at the lowest bridge. The gauge is hard to read. It is best to paddle upper Fora at low to medium water, which corresponds to between 1,25m – 1,45m on the gauge. The minimum level is not much lower than 1,25m. There is no “defined” maximum level, but if the water level is higher than 1,50m you ought to be prepared for pushy water and little room for error.

The description of the full on section from Råa is based on a low water level (about 1,25m), but it is also worthwhile at lower water levels. It is inadvisable to attempt this section at higher water levels. Inspections, safety, and portages are very difficult in some places.

An optimal water level for the lower Fora is between 1,50m – 1,80m. The lower Fora need a fairly high water level in order to be really good, but be aware of that the lower section soon gets extremely powerful at high water levels. A minimum for the lower section is about 1,30m.



Put-in

- Slide in steps
- Steep slide, rugged
- Fall, followed by blocked rapid and slides
- Narrow passage with stopper
- Small slide
- Mandatory portage, fall, 10m
- Rapid under bridge
- Steep slide, 5m rugged
- Steep slide 5m, rugged

Put-in

- Fall, 4m
- Blocked rapid
- Stoppers
- Stoppers

Take-out

- Rapid with stoppers and small drops
- Rapid with stoppers

Take-out

- Put-in
- Small drop with pinning possibilities
- Narrow drop
- Narrow rapid with severe undercuts
- Small drop, 1m, with severe undercut to the left
- Take-out
- Mandatory portage, fall, 25m, blocked landing

Put-in, Fløttum

- Small drop that varies in height
- Big stoppers

Gauge

Take-out

Forra has been paddled from Seteråsen down to the confluence with Vigda. If you come to Trøndelag and find all the rivers low, you can still find water and demanding rapids in the steep and narrow gorge of Forra. You'll not get bored here. This river is one of the goodies in Norway.

Forra runs through a very tight V-valley with very steep sides. It is characterised by blocked rapids, drops and vertical falls up to 8 metres.

To carry out is very strenuous and difficult.

Waterlevel

The water level in Forra is checked using the automatic gauge "Høggås bru". An optimal water level is between 1,93m/10m³ – 2,17m/17m³. A reasonable maximum is estimated to be 2,25m/20m³, and the minimum about 1,84m/8m³.

The optimal water levels for Forra itself are anything between 6m³ – 10m³.

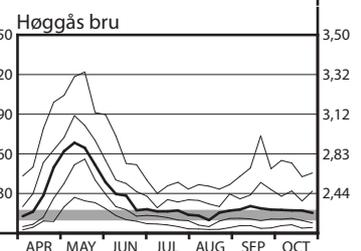
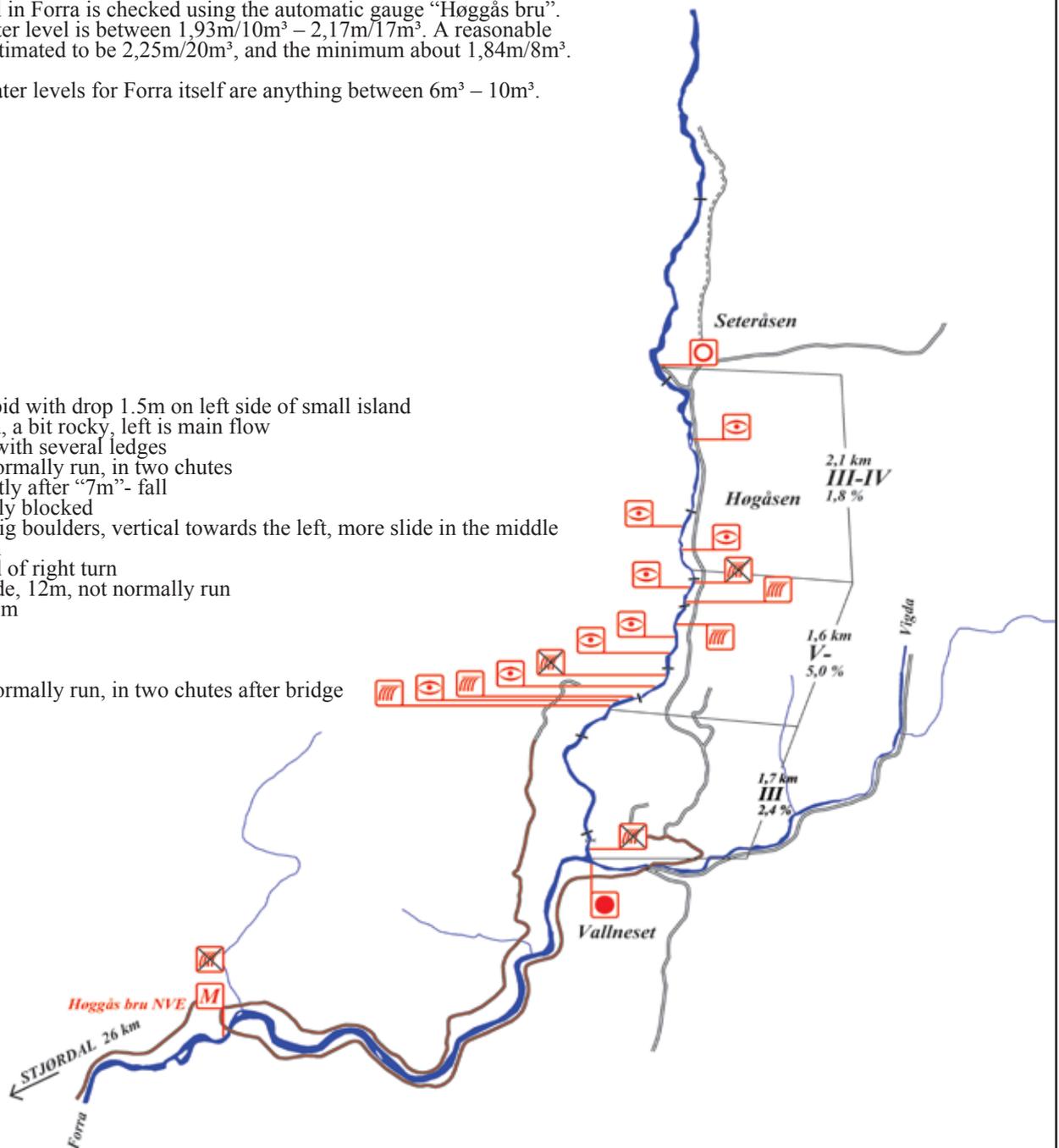
Put-in

- Short, steep rapid with drop 1.5m on left side of small island
- Small drop, 3m, a bit rocky, left is main flow
- Narrow gorge with several ledges
- Fall, 8m, not normally run, in two chutes
- Drop, 2m, shortly after "7m"- fall
- Fall, 2m, slightly blocked
- Fall, 4m, two big boulders, vertical towards the left, more slide in the middle
- Small drop, 1m
- Stoppers in end of right turn
- Narrow fall/slide, 12m, not normally run
- Small drop, 1.5m
- Fall, 7m
- Fall/slide, 3m
- Fall, 2m
- Fall, 4m, not normally run, in two chutes after bridge

Take-out

Fall, 4m

Gauge



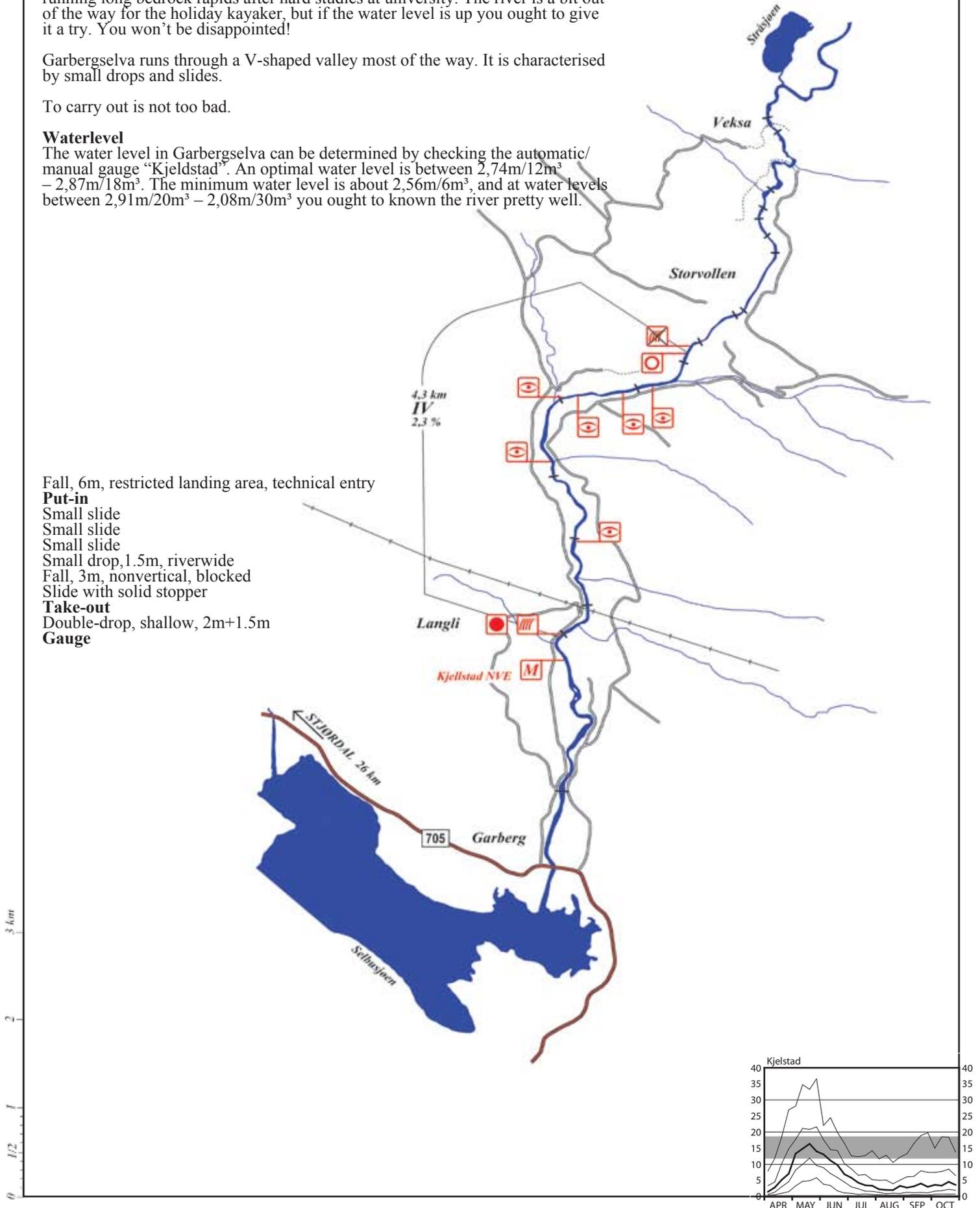
Garbergselva has been paddled from Veksa down to Langli. Garbergselva is the local river for Trondheim kayakers. Here they get their thrills in the afternoon, running long bedrock rapids after hard studies at university. The river is a bit out of the way for the holiday kayaker, but if the water level is up you ought to give it a try. You won't be disappointed!

Garbergselva runs through a V-shaped valley most of the way. It is characterised by small drops and slides.

To carry out is not too bad.

Waterlevel

The water level in Garbergselva can be determined by checking the automatic/manual gauge "Kjeldstad". An optimal water level is between 2,74m/12m³ – 2,87m/18m³. The minimum water level is about 2,56m/6m³, and at water levels between 2,91m/20m³ – 2,08m/30m³ you ought to know the river pretty well.



Hauka has been paddled from Økdalsmoen down to the confluence with Sokna. This is the river that has a good selection of strenuous and hairy portages. Bring a good rope. Bring hope. Bring stamina. Never the less, the river is a pearl for those of us who are positive and optimistic adventurers.

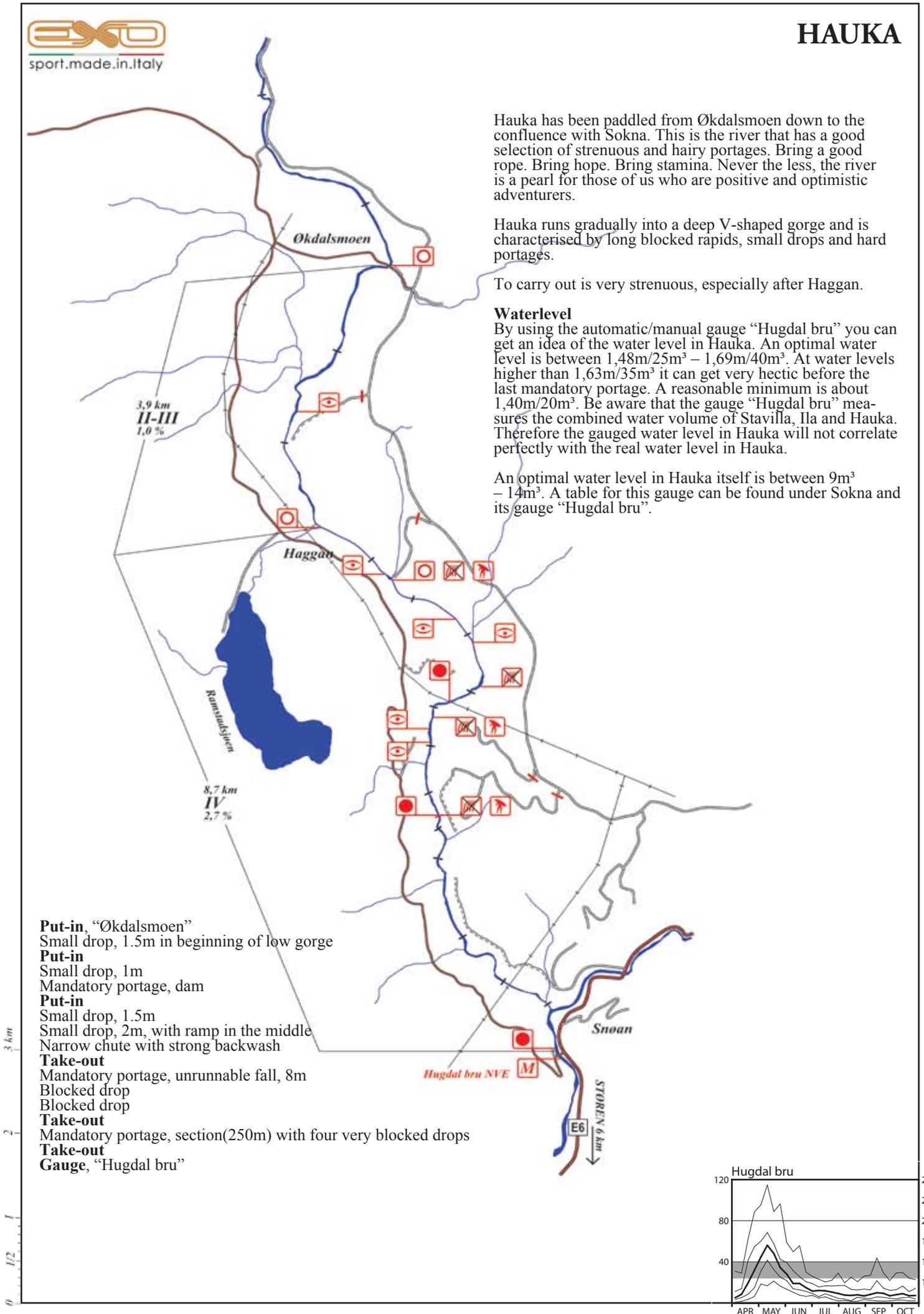
Hauka runs gradually into a deep V-shaped gorge and is characterised by long blocked rapids, small drops and hard portages.

To carry out is very strenuous, especially after Haggan.

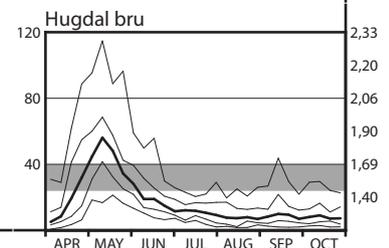
Waterlevel

By using the automatic/manual gauge "Hugdals bru" you can get an idea of the water level in Hauka. An optimal water level is between 1,48m/25m³ – 1,69m/40m³. At water levels higher than 1,63m/35m³ it can get very hectic before the last mandatory portage. A reasonable minimum is about 1,40m/20m³. Be aware that the gauge "Hugdals bru" measures the combined water volume of Stavilla, Ila and Hauka. Therefore the gauged water level in Hauka will not correlate perfectly with the real water level in Hauka.

An optimal water level in Hauka itself is between 9m³ – 14m³. A table for this gauge can be found under Sokna and its gauge "Hugdals bru".



- Put-in, "Økdalsmoen"**
Small drop, 1.5m in beginning of low gorge
- Put-in**
Small drop, 1m
Mandatory portage, dam
- Put-in**
Small drop, 1.5m
Small drop, 2m, with ramp in the middle
Narrow chute with strong backwash
- Take-out**
Mandatory portage, unrunnable fall, 8m
Blocked drop
Blocked drop
- Take-out**
Mandatory portage, section(250m) with four very blocked drops
- Take-out**
Gauge, "Hugdals bru"



Ila has been paddled from Bjerke down to the confluence with Stavilla. This is maybe the least scenic river in Norway with the E6 as the nearest neighbour most of the way. But think positive and you will be able to enjoy the many drops and slides on the way.

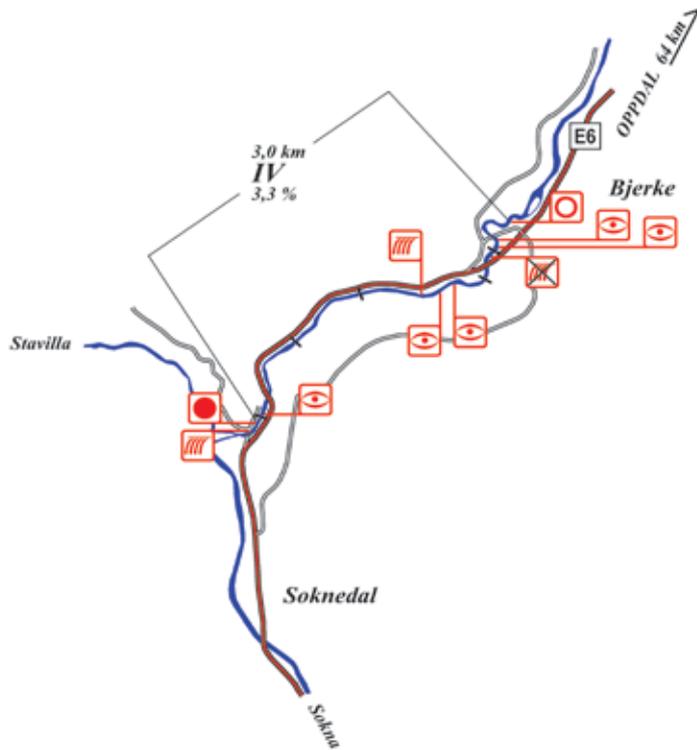
Ila runs in a small gorge.

To carry out is easy.

Waterlevel

By using the gauge “Hugdals bru” you can get an idea of the water level in Ila. An optimal water level is between 1,48m/25m³ – 1,69m/40m³. It is easy to look at the water level before you go because you can drive on the E-6 and watch. For a table for this gauge see under Sokna and its gauge “Hugdals bru”.

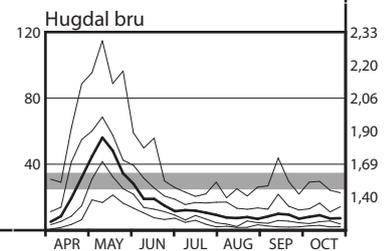
An optimal water level in Ila itself is between 8m³ – 11m³.



Put-in

- Slide
 - Double drop, old log dam
 - Unrunnable dam fall
 - Steep slide with twister in the end
 - Powerful stopper
 - Fall, 6m shelf in the middle
 - Dam fall, 2.5m, shallow landing
- Take-out**
- Fall, 3m, undercut, under bridge

3 km
2
1
1/2
0



Inna has been paddled from the bridge 2 km up from the confluence with Orkla. There is seldom more than a low water level in Inna because of the big dam at top. The short section has several highlights which make it memorable.

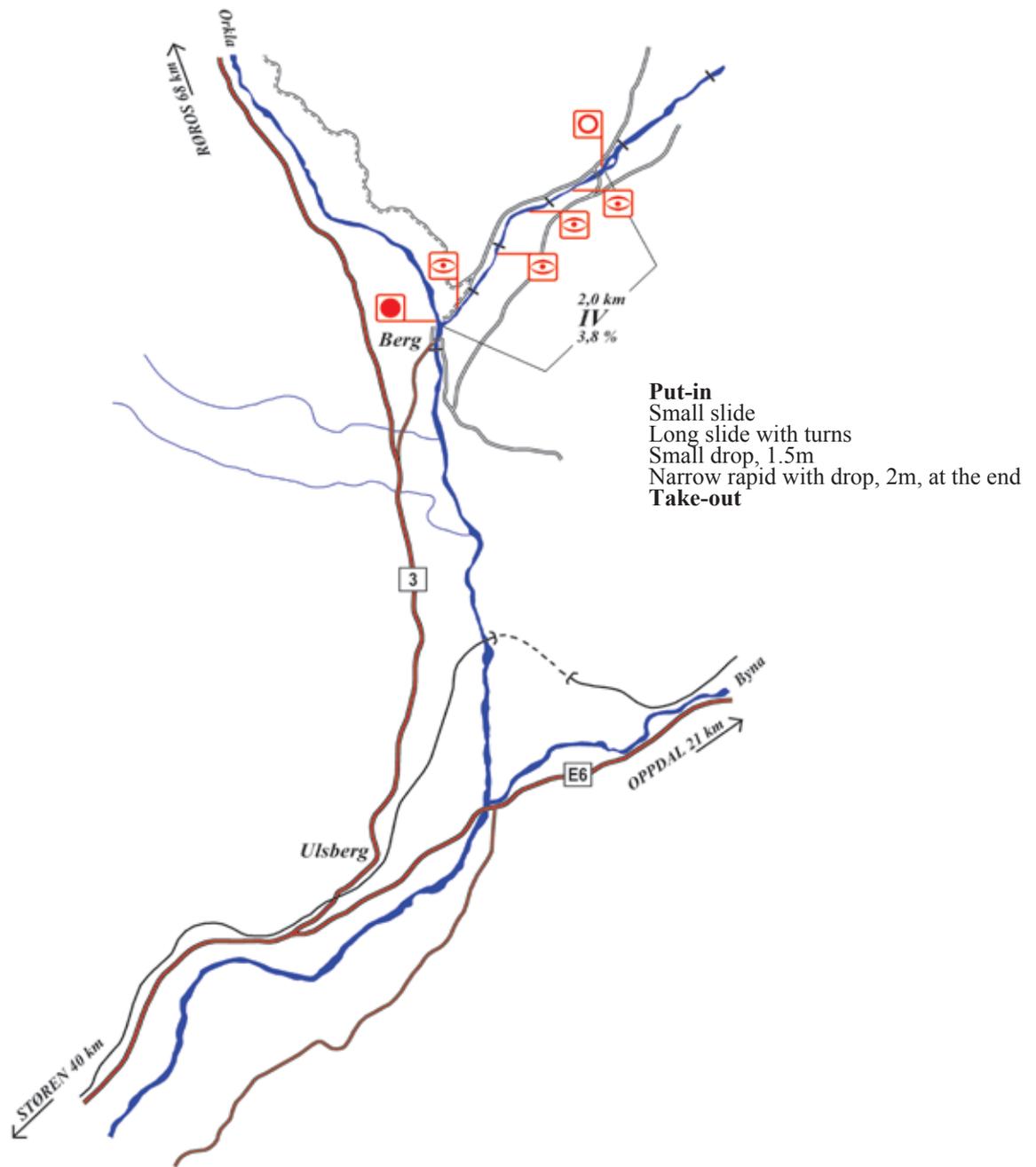
The river is dam controlled and minimum flow from the dam is 50 litres/sec. This means the flow has to come from the small creeks after the dam. The water level is seldom higher than 5m³, but believe it – it is enough.

Inna runs in a small gorge, characterised by many small drops and slides.

To carry out is fairly easy.

Waterlevel

Inna has no gauge, so you have to look for yourself. The rule in general is that the area needs a lot of rain before Inna gets runnable. Inna is dam controlled and it is only the water that comes in after the dam that produces flow. There is never more than 0,05m³ exiting the dam. That is close to nothing, but the section does not need much so if you have 3m³ – 5m³ a nice quick run awaits you.



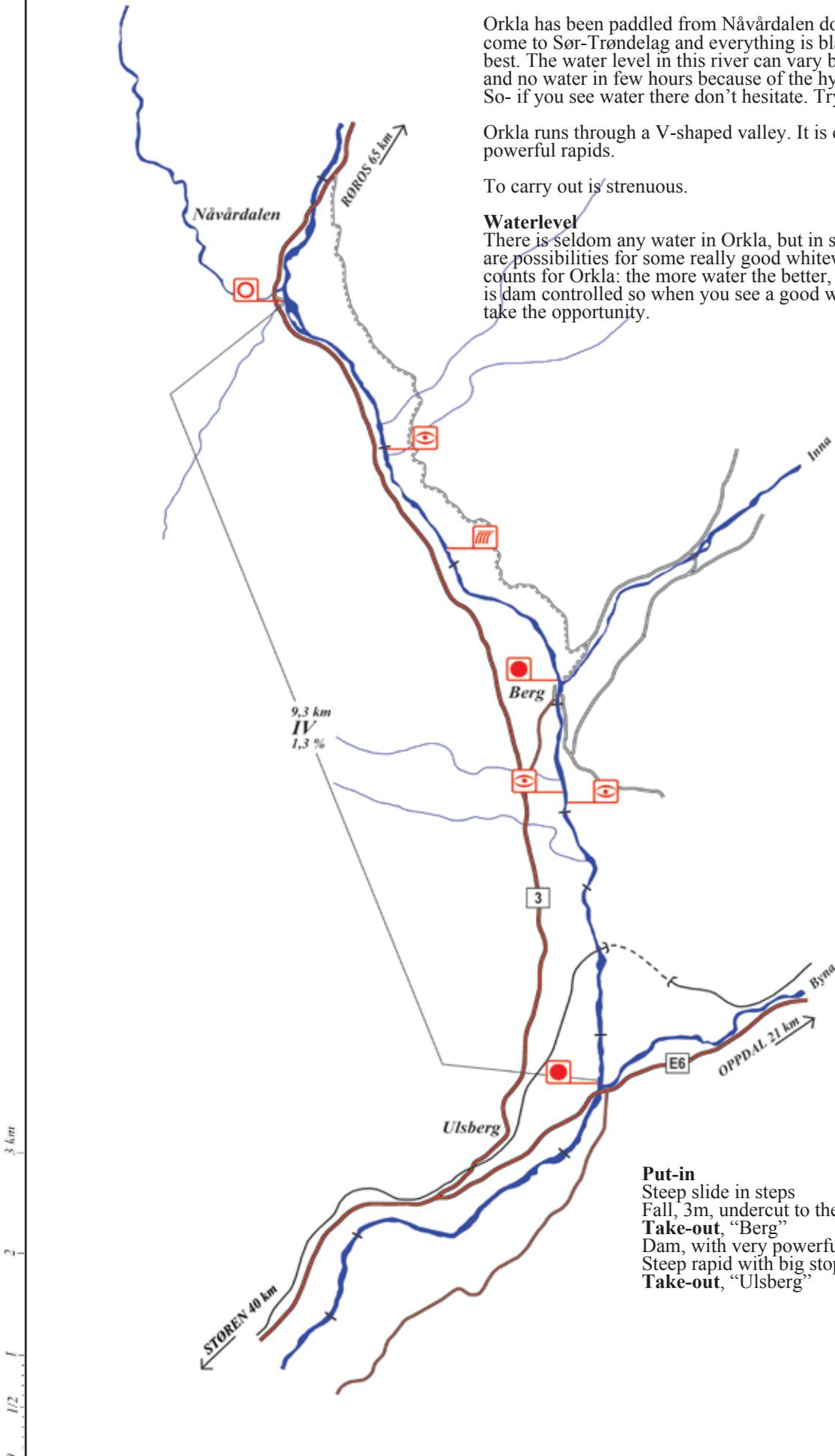
Orkla has been paddled from N av ardalen down to Berk ak. If you come to S or-Tr ondelag and everything is blasting Orkla will be at its best. The water level in this river can vary between high volume and no water in few hours because of the hydro dams higher up. So- if you see water there don't hesitate. Try it out.

Orkla runs through a V-shaped valley. It is characterised by short powerful rapids.

To carry out is strenuous.

Waterlevel

There is seldom any water in Orkla, but in spring or after heavy rain there are possibilities for some really good whitewater. The following rule counts for Orkla: the more water the better, within reason of course. Orkla is dam controlled so when you see a good water level there you ought to take the opportunity.



Put-in

Steep slide in steps
Fall, 3m, undercut to the left

Take-out, "Berg"

Dam, with very powerful dangerous horizontal stopper
Steep rapid with big stoppers

Take-out, "Ulsberg"

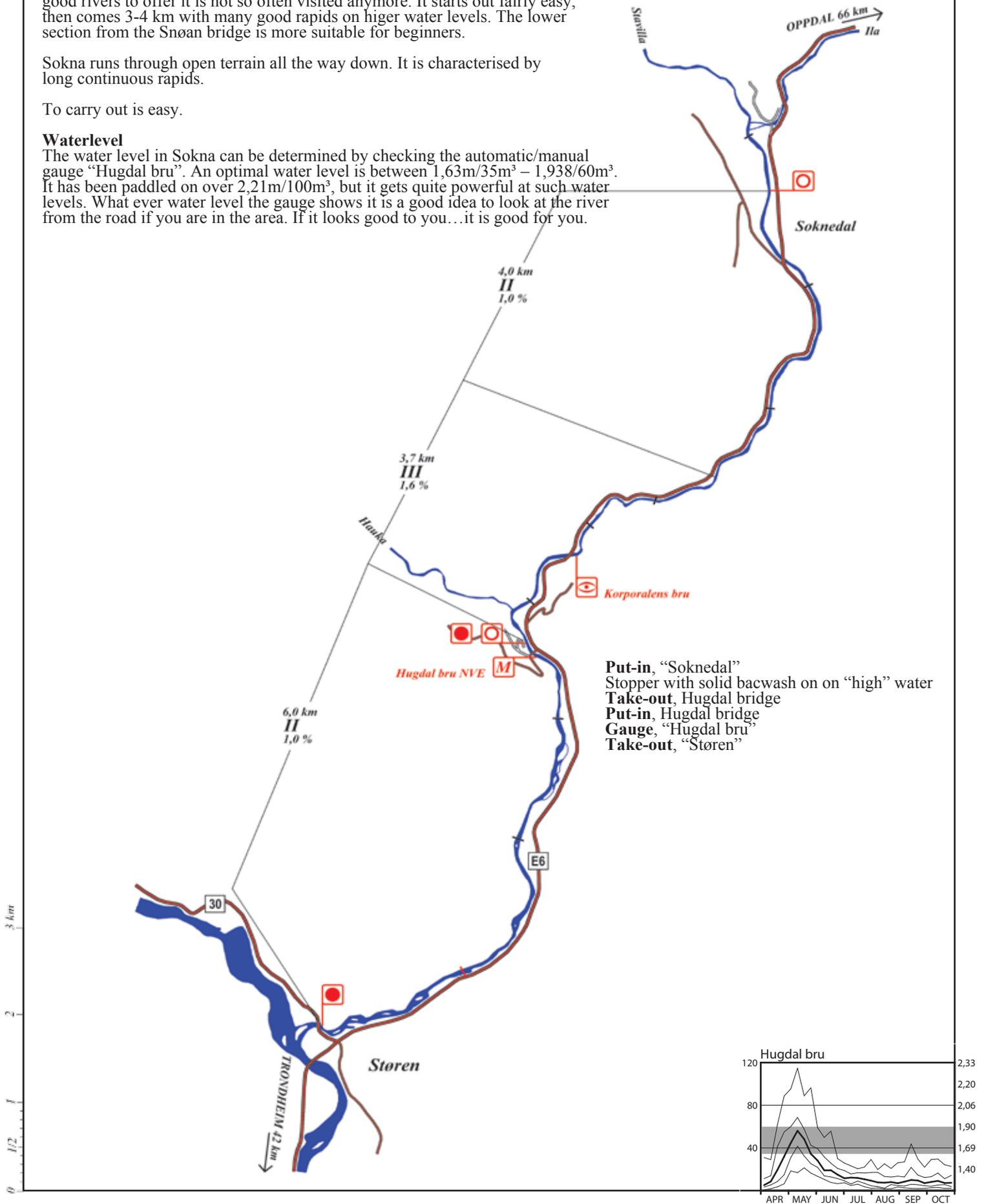
Sokna has been paddled from Soknedal down to the confluence with Gaula. Sokna was a classic in the old days, but since the area has so many other good rivers to offer it is not so often visited anymore. It starts out fairly easy, then comes 3-4 km with many good rapids on higher water levels. The lower section from the Snøen bridge is more suitable for beginners.

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

To carry out is easy.

Waterlevel

The water level in Sokna can be determined by checking the automatic/manual gauge "Hugdalen bru". An optimal water level is between 1,63m/35m³ - 1,938/60m³. It has been paddled on over 2,21m/100m³, but it gets quite powerful at such water levels. What ever water level the gauge shows it is a good idea to look at the river from the road if you are in the area. If it looks good to you...it is good for you.



Haugsåetra

Stavilla has been paddled from Haugsætra down to Soknedal. All kind of challenges await the brave, from small friendly drops and rapids to steep technical rapids and more demanding drops and falls. Stavilla has also an exquisite portage on a slippery pipeline towards the end.

Stavilla runs gradually into a deep V-shaped valley.

To carry out is gradually more strenuous the further down you get.

Waterlevel

By using the automatic/manual gauge "Hugdøl bru" you can get an idea of the water level in Stavilla. An optimal water level for Stavilla from Svartåsen and down is between 1,47m/24m³ – 1,63m/35m³ and for this section of river itself are between 7m³ – 13m³. If you beginn at Haugsætra a higher waterlevel is to prefer. A table for this gauge can be found under Sokna and its gauge "Hugdøl bru"

Åsenhussætra

8,2 km
III+
2,1 %

Put-in, "Haugsåetra"

Short steep rapid
Short steep rapid
Small drop, 1.5m
Steep blocked rapid
Small drop, 2m
Long technical rapid

Put-in, "Svartåsen"

Big slide
Short steep rapid with small drop, 1m
Fall, 3m, followed by very sticky stopper
Many small drops
Long steep and technical section
Long steep rapid

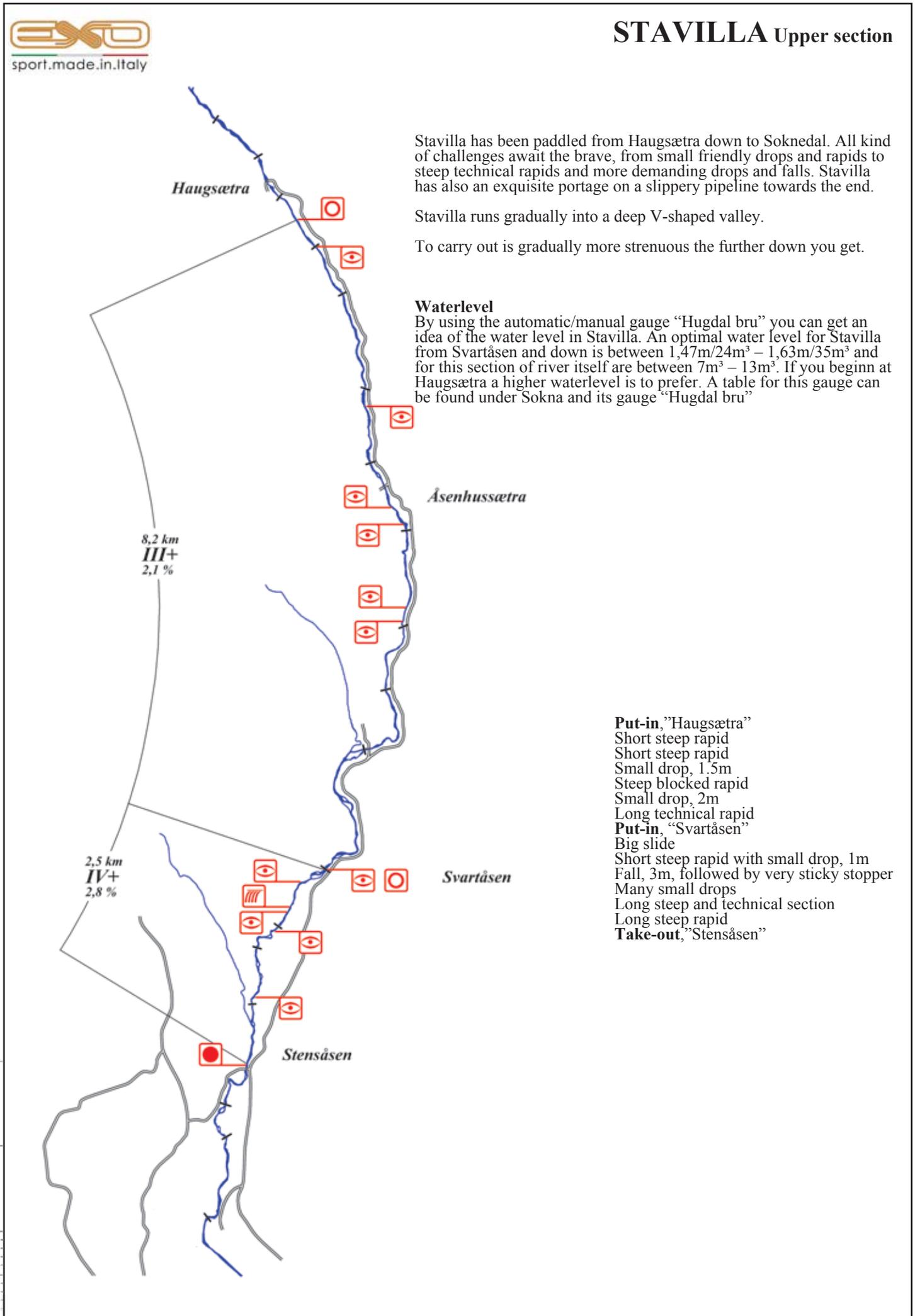
Take-out, "Stensåsen"

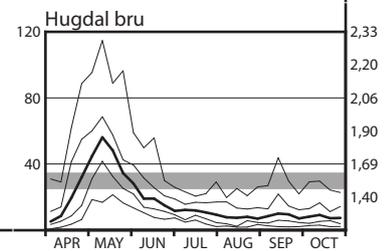
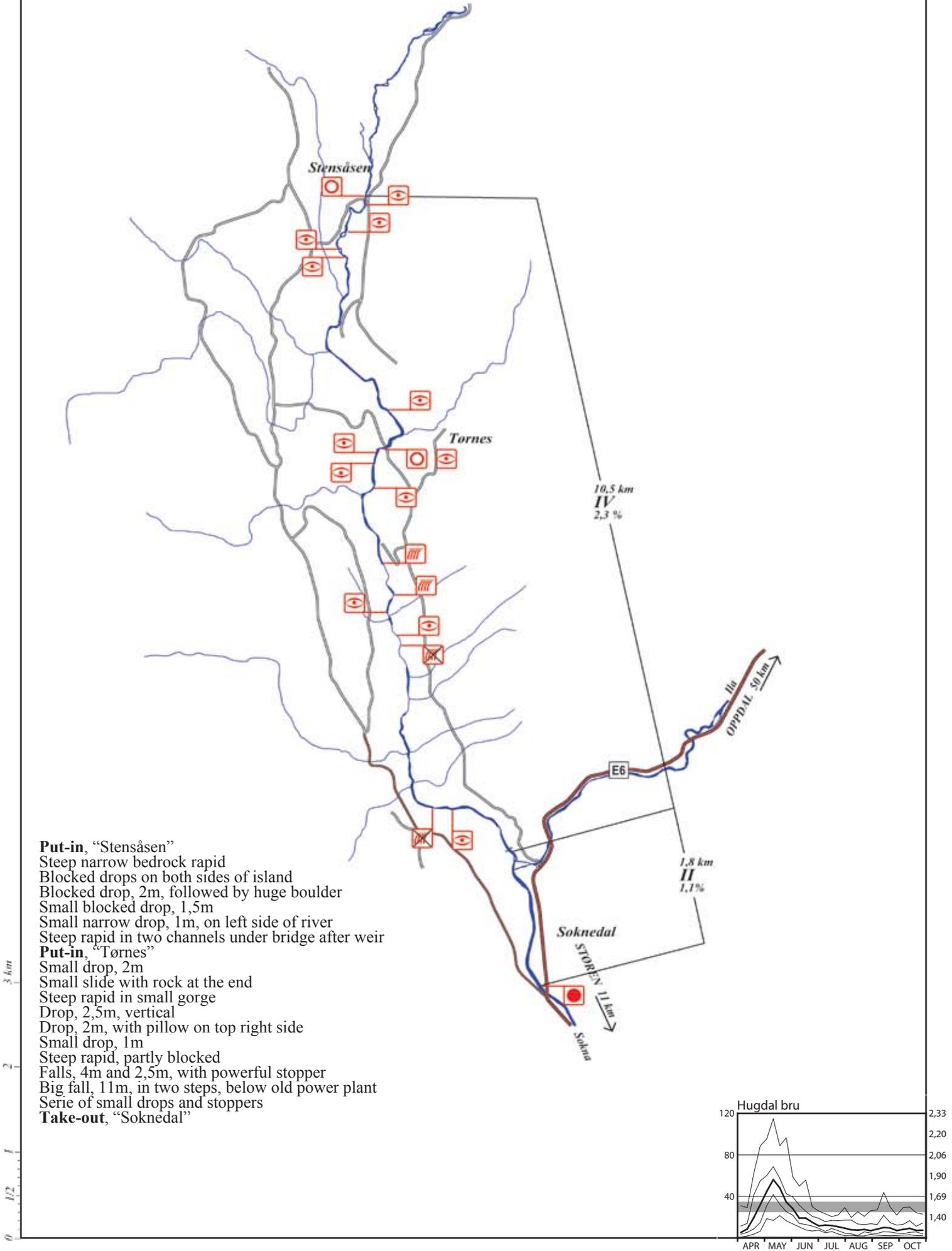
Svartåsen

2,5 km
IV+
2,8 %

Stensåsen

3 km
2
1
0





Tronda has indeed been run. This is one damn steep shit of a river. It is not always easy to understand why kayakers characterise a river as a pool drop river; with Tronda there is no doubt about it. This is one of the few true pool drop rivers. It is incredibly narrow; the drops succeed each other without any kind of rapid in between. Pure, pool – drop.

Tronda runs in a low inaccessible gorge.

To carry out of the gorge would be very difficult.

Waterlevel

There is no gauge in Tronda. The general water level in the area should be on the low side. Tronda is an extremely steep river and you need very little water in order to paddle it. An optimal water level is estimated to be between 2m³ – 3m³. In any case, if you look at the section you will easily see whether the river and water level is something for you. The river may need a little bit of rain in late summer. In the early summer the weather should be dry and cold: even one warm day will melt enough snow to make the river too high.



- Small drop, 2m, at water inlet
- Small drop, 1m
- Fall not runnable, 8m
- Put-in**
- Slide with vertical element, 2m
- Small drop in two steps, 3m
- Small drop, 1m, followed by fall, 6m
- Fall, 3.5m
- Small slide
- Small slide
- Vertical fall, 9m
- Small drop, 2m
- Take-out**
- Slide with vertical element in the top, hard landing
- Small slide
- Take-out**

3 km
2
1
0

Vigda has been run from Aurvollen down to the bridge at Vallneset. When Forra has too much water, Vigda will give maximum pleasure. This is a very nice river, with many good spots.

Vigda runs through fairly open terrain and is characterised by small drops and steep rapids.

To carry out could be strenuous due to the distance to open road.

Waterlevel

The gauge "Høggås bru" measures the total volume of Forra and Vigda. Forra holds most of the water so you will need quite a lot of water at this gauge before Vigda gets good.

An optimal water level for Vigda is between 2,59m/40m³ – 2,93m/70m³ as measured by the gauge. This corresponds to between 12m³ – 20m³ in Vigda itself.

Put-in

- Fall, 4m, in three steps
- Small drop, 1m
- Small drop, 2m
- Blocked rapid
- Two small drops
- Blocked rapid
- Short blocked rapid
- Blocked section
- Narrow blocked rapid with small drops
- Small drop, 1.5m

Take-out

High fall

Gauge, "Høggås bru"

