



# On the Nitelva to Lillestrøm

**Category:** Paddling

**Length (km):** 5 each way

**Degree of difficulty:** Easy

**Region/area:** Lillestrøm, Viken

**Time:** 1-1.5 hours

**Start and finish:** Quality Hotel Olavsgaard

**Accommodation, places to eat, attractions**

**Quality Hotel Olavsgaard**  
Tel: 63 84 77 00

<https://www.visitgreateroslo.com/no/romerike/overnatting/hoteller/?tlp=2256923&name=Quality-Hotel-Olavsgaard>

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Photo:  
Erik  
Unneberg

## Route description

The Nitelva runs calmly between Olavsgaard and Lillestrøm and is a safe river for families. You can also enjoy popping 'into town' at Lillestrøm. The Nitelva is between one hundred and two hundred metres broad along this stretch, so you're never very far from land. It's a fascinating paddle, readily swapping between industrial buildings, residential areas, wetlands, woods and farmland.

The tour ends at the town hall square in the middle of Lillestrøm, where there is a jetty.

All the same, the drowsy Nitelva current means that it's no problem to paddle back upstream to Olavsgaard.

If you don't want to paddle all the way down to the town hall park, it's possible to lay up on the bank at Bondetangen (approx. 3.5 km).

The Nitelva runs 31 km from Grua in Hadeland down to the large lake, Øyeren. It's a good river for fishing, with 21 registered species.

NB: Olavsgaard does not offer canoe hire; you must bring your own.

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