



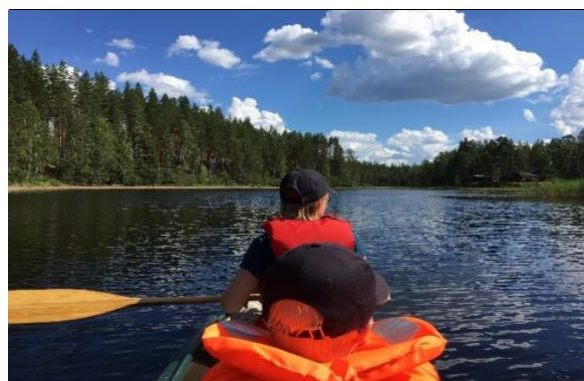
Paddle-route via Kjerringholmen and Langnabben

Category: Paddling

Length: 7 km

Degree of difficulty: Easy

Region/area: Røgden, Grue, Innlandet



Route description

Finnskogtoppen looks out over Lake Røgden, a paddler's paradise. Indeed, paddling around the whole lake, can easily add up to a trip lasting two or three days. To get a taste, however, we recommend a trip on the eastern reaches of the lake, including a short stretch in Sweden.

Under way, you'll pass the burial sites on Kjerringholmen and the excellent little beaches along the eastern side of the island, Langnabben. With the exception of the 400-metre crossing from Langnabben to the south side of the lake, the trip follows the shore line all the way.

This is not a strenuous trip and will be suitable for most people who have done a little canoeing previously. NB: Always take note of wind conditions and weather forecasts before setting out on a canoe trip.

Link to digital map of the trip: <https://ridewithgps.com/routes/32097328>

Canoes, paddles and life vests can be hired from Finnskogtoppen, price NOK 150 per day.

About Røgden Lake

Røgden Lake is the home of sizeable perch. Large roach, known locally as '*bark-shoe roach*' are also caught, as are occasional trout. Cabins are spread along the south and west of Røgden, some lying idyllically on tiny islets. The lake also contains two islands of the same name - the Kjerring islands - which contain burial grounds from the time of the Finnish immigration to Grue Finnskog in the early 17th century. The islands lie at the east and west ends of the lake respectively. Their Finnish name is *Akkasauri*.

(source: Wikipedia)

www.norway-sweden.com

Time: Approx. 1.5- 2 hours

Start and finish: Fv. 201 by Østre Vålberg farm, on the south side of Lake Røgden.

Accommodation, places to eat, attractions

Finnskogtoppen Spa og Velvære

www.finnskogtoppen.no

+47 62946300

The Finnskog Trail

www.finnskogleden.com

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