



# Paddling on river Kynna

**Category:** Paddling a watercourse

**Length (km):** 26 (hard to calculate as the river winds a lot)

**Degree of difficulty:** Easy to moderate

**Region/area** Everum/Våler/Åsnes/Finnskogen



## Route description

Kynna is a watercourse in Finnskogen, perfect for paddle trips by canoe and kayak. This paddle trip takes you through elongated lakes and narrow rivers winding through idyllic forests. You will come close to nature, especially as you travel down the narrow rivers. If you are lucky and stay quiet, you might see birds and beavers at close distance. Kynna is a gentle watercourse with hardly any rapids. That makes it easy to paddle and ideal for families and those who haven't paddled very much.

There are sites for camping and picnicking along Kynna. There are also many good places for swimming. Kynna was previously used for log driving. There are dams and visible signs of this along the watercourse.

Kynne is perfect for a weekend trip. With a stretch of approximately 26 km to paddle, you can plan your trip with one or two overnight stays two or three days' paddling. There are a range of places to start and finish your trip so you can decide just how far - or how long - you want to paddle. There are forest roads along the whole of Kynna. They are not visible when you are paddling, but add an extra level of security. The forest roads make it easy to bring and fetch canoes and people along the entire route.

Kynna is dependent on the weather not being too dry. Long-term fine weather makes that water level low. That means a lot of towing/lifting canoes over dry and, in some places, muddy areas. [Visit ut.no to find more information about Paddling on Kynna, including links to information about the water levels.](#)

[www.norway-sweden.com](http://www.norway-sweden.com)

### Time:

1. 7-10 hours (effective paddling)
2. 6-8 hours (effective paddling)

### Start and finish:

1. The northern part of Lake Kynnsjøen to the Kynndammen dam in the south
2. Kynnbrua bridge to Kynndammen dam in the south

### Accommodation, places to eat, attractions, canoe hire

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