

2015
2016

Discover the Hamar Region

In the heart of Mjøsa, on bicycle

Experience genuine local food

Magic overnight stay in the tree-tops

Children's favourites

hamarregionen.no

hamar_
regionen

Welcome!



Endless choices. Endless beauty. Something you just have to experience. See for yourself.

Join us on a deep-dive into the region – to some of Hamar’s special places, people and stories. The attractions and activities are many, and cannot possibly be covered in full through words and photos in a magazine.

When you have read, feel inspired and are convinced, you are more than welcome to visit – and return for more. Sample the adventures, embrace the good life and meet the fantastic people living here.

Just turn up. Enjoy your read – and your journey!

Yours sincerely,
Tor Rullestad – Tourism Manager



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HAMAR REGION TOURIST OFFICE

Information on accommodation, activities and attractions across the region. Sale of walking and cycling maps. Bicycle hire from May to mid-October. PC for internet and e-mail access.

Opening hours:

Monday – Friday: 09:00 – 16:00
15 June – 20 August: Monday – Friday, 09:00 – 17:00. Saturday and Sunday, 10:00 – 17:00
Grønnegata 52 (entrance Østre Torg)
N-2317 Hamar. Tel: (+47) 40 03 60 36
post@hamarregionen.no – hamarregionen.no

INFOTEKET AT TINGNES

Information on Nes & Helgøya and the Mjøsa region, cycling and walking maps, kayak and bicycle hire (slow-biking) and large selection of local products and treats in bottles and jars. Guided tours by appointment.
Tel: (+47) 47 16 59 13. post@infoteket.no – visitmjosa.com

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 Hamarregionen Reiseliv

 #hamarregionenreiseliv

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TRAVEL INFORMATION

By car via E6:
Hamar-Lillehammer: 60 km
Hamar-Oslo: 120 km
Hamar-Gardermoen: 80 km
Hamar-Kristiansand: 445 km
Hamar-Trondheim: 385 km
By rail: Hourly service from Oslo to Hamar. Journey time: 1 1/2 hrs. The Røros Line stops at Løten
Express coach service: See nor-way.no
Local public transport: hedmark-trafikk.no or travel enquiries on 177
Taxi: Taxi Hedmark: 03650

Hosted by the best

The Hamar region's tradition of welcoming guests stretches over 1000 years back in time. History tells of majestic Mjøsa farms playing host to everyone from kings to travelling merchants. The fertile land made for full larders, and the renowned hospitality ensured that visitors always returned.

This is a heritage still embedded in the native spirit. In a generous and gentle manner, we open our doors to those who wish to visit. Whether you are a king or a hatter, you will be served thousand-year-old traditions and a large portion of friendliness.





WELCOMING HOSTS

Warm handshakes, good food, enchanting history and a friendly atmosphere are the welcome guests receive at Mjøsa's Farms – a collaboration between the 13 most beautiful farms around Mjøsa.

TEXT AND PHOTOS: GEIR OLSEN

What are the most important characteristics of a good host?

– You have to be fond of people; guests should feel welcome and generously catered for, says Brit Skurdal Braastad with a warm smile – standing in her kitchen at Simenstad. Logs are burning in the open fire from the late 1700s, as Brit, in her spectacular brocaded costume, talks about Hedmarken's traditions, the herb and kitchen garden, berries and fruit in jars, slow-cooked meat, baker's oven bread, Prøysen menus and the dessert buffet at Simenstad.

As a cultural historian, she enjoys sharing the farm's history and cultural heritage.

– I cannot imagine a more enjoyable job, Brit claims. Everyone we meet is friendly, and I am often told that guests discover new sides to themselves when they spend time in these authentic surroundings.

GREETSS ALL

– When guests arrive, we at Mjøsa's Farms are very careful to ensure that everyone is welcomed with a handshake. The hospitality should be felt when they enter the yard, the hostess underlines. She has catered for many since the family opened the farm for functions during the 1994 Winter Olympics. In

addition to nobility, she can remember serving and entertaining 40 church leaders from Eritrea and Ethiopia who visited Norway as part of peace negotiations. The celebrity chef Eivind Hellstrøm has visited several times.

Many of the Mjøsa farms offer accommodation, but at Simenstad only the stars of the reality-show *Farmen* have been allowed to stay. Rooms in the house may not be available, but there is room in the heart.

HOSPITALITY

Hospitality is a high priority. – Just help yourselves. Please eat. These are words often heard – and in an unmistakable dialect from the valley. The Gudbrandsdalen valley. Brit's husband Gisle is from Gjøvik and belongs to the famous cognac family Braastad.

Common for all the Mjøsa farms is their passion for food and fresh ingredients.

– We make use of what is around us, and create our own specialities. Local food, which these days has become the norm, has been a natural part of our kitchen for years. Thankfully, people now take a keen interest in food, and travel from farm to farm to experience the cuisine.

AUTHENTIC

Mjøsa's Farms are ideal for functions, and the hosts enjoy showing off their farms in full splendour. When there are lights in all the windows, torches and candles are lit and logs are burning in the open fires, the atmosphere is enchanting. Summer parties in the historic gardens are equally special, and a great opportunity to test our rhubarb punch. This is all part of our cultural heritage, says Brit.

Gisle works full time at the farm, which focuses on meat, grass and grain production and forestry. Still, Simenstad and the rest of the 13 farms are ready to receive guests all year round.

– This is our life and livelihood – of course it is special. In the end, it is all about looking after this heritage, says Brit. It is demanding, but also incredibly fun.

MJØSA'S FARMS



Mjøsa's Farms is a collaboration of 13 farms around Mjøsa, offering function facilities, conference and meeting rooms, accommodation, activities and adventures.

The farms are: Bryhni Søndre, Hovelsrud, Skafferiet at Hovinsholm, Møystad Farm, Hoel Farm, Simenstad, Edel Design, Lier Farm, Sveinhaug Farm & Historic Pension, Evjua Strandpark, Sigstad Farm, Stokke Nedre and Kvarstad Farm

Summer at Mjøsa's Farms: 5 -12 July 2015.
For further information: mjosgardene.no

A slow journey in the heart of Mjøsa

TEXT AND PHOTOS: ØYVIND WOLD – CYCLING ENTHUSIAST AND AUTHOR



A bicycle ride through open, green countryside, along idyllic country lanes and with spectacular views of Mjøsa and its surroundings. This is not a dream; it is a real cycling adventure around Nes and Helgøya – one of Norway's most beautiful cultural landscapes.



Photo: Geir Olsen

POPULAR STOP: Skafferiet at Hovinsholm welcomes guests arriving by bicycle as well as car.

The lush fields, beautiful manor farms and majestic parks are a treat for the senses. Vibrant colours, open views, an orchestra of birds and a wonderful scent of wild flowers. Views of Mjøsa and its surrounding villages can be enjoyed from Nes and Helgøya's many excellent vantage points.

VISITING THE MANOR FARMS

A good starting point for bicycle tips in the area is Tingnes – ample parking, and information is available from Infoteket. Helgøya has its own cycle route. It is well marked both in the terrain and on maps, and follows the main route as well as gravel roads and trails. Another option is the slightly hilly tarmac road around the island (18km).

Infoteket recommends cycling Helgøya round, clockwise. Follow signs for Skafferiet, and then head east at the first crossroads on Helgøya. The view towards Hamar is beautiful and wide open! Maybe you will see Skibladner pass by – the perfect experience! Roll slowly down towards Bergevika, and take time to explore the old lime kilns – a reminder of days gone by.

As you continue south through the forest, the terrain opens up – a phenomenal view of vast arable land, and steep Totenåsen to the south plunging into Mjøsa. Enjoy this broad vista all the way to Skafferiet at Hovinsholm, where you will find fantastic home-bake and lunch dishes based on local produce. A natural stop for a culinary treat.

The cycle route continues north-west, and past the majestic Hovelsrud Farm. Both the farm and landscape garden have been restored to their former glory of the mid-1800s. A project that has been recognised with several accolades, such as Europa Nostra Award in 2014 (the European cultural heritage award). The herb garden and floral display are well worth a visit.

HELGØYA HIGH-ROPES PARK

After Hovelsrud, continue along the main road through the forest and you will reach Helgøya high-ropes park. If you have brought children along, this is a must. Airy adventures and challenges await. The park's lavvo is the ideal place to enjoy your packed lunch – or just relax after a strenuous climb. »

Enjoy this broad vista all the way to Skafferiet

RECOMMENDED ROUTES



Leave E6 by Brumunddal or Moelv, head south-west to Tingnes – several route alternatives

2-day trip: Brumunddal – Nerlien – Grefsheim – Tingnes – Helgøya Round – Tingnes – Baldishol – Stavsjø – Jølstad – Herset – Kvarbergvika – Brumunddal

Level of difficulty: Easy throughout

Bicycle season: May – September

Bicycle hire: Infoteket

Accommodation: See table page 80 and 81

Cycle map: Mjøstråkk, Helgøya Rundt, map issued by Ringsaker Municipality

Suitable for: All two-wheel enthusiasts! Adults with normal fitness level, families with children from age 10 and used to cycling. The trip can also be made by car.

Some traffic along routes 212 and 213. Significantly less on the side roads.



Photo: Geir Olesen

From viewpoint Helgøya - Tingnes church.

For those visiting from afar, Nes and Helgøya offer accommodation in welcoming surroundings.

THE SLOW LIFE

No one should be in a rush when exploring Helgøya by bicycle. To return to Tingnes, follow the main road or country lanes. Looking to buy some potatoes or eggs to take home? Or decorate your bicycle with a sunflower? You can pick them yourself. Just remember to leave money in the box by the sunflower field.

The day ends where it started – but rich in experiences far from everyday life.

OTHER ACTIVITIES AT NES AND HELGØYA:

- » Paddling around Helgøya – kayaks for hire at Infoteket
- » Volleyball at Tingnes beach
- » Mushroom picking in Helgøya's forest
- » Buy eggs, raspberries, honey, jam, apple juice and other local produce directly from the farm
- » Kicksledding on the Mjøsa ice
- » Pick your own fruit and berries
- » Cut your own Christmas tree
- » Enjoy homemade treats at Norway's most visited countryside café
- » Spend the night in beautiful surroundings at one of the manor farms around Mjøsa
- » Fish for Mjøsa-trout from Nessundet bridge
- » Farm visits
- » Guided RIB trip round Helgøya
- » Visit the medieval church at Tingnes
- » Concerts and summer shows
- » Bring mum to Galleri Hjerterom and Edel Design
- » Guided vintage bus trip
- » Skiing on the Mjøsa ice

Read more at midtinjosa.no



Norway's breadbasket

Our region is the breadbasket of Norway, with Stange, Løten, Hamar and Ringsaker as its four cornerstones. The range of local food is unique, and offers something for every taste; game from mountains and plateaus, fish from numerous lakes and rivers and produce from fertile farmland.

Farms in this area supply the whole country with products. However, we are convinced the taste is different when ingredients are harvested just hours before the meal is served.

You are hereby invited.



Photo: Jens Høyen

Shouts louder about local food



Photo: Jens Haugen

The people of Hedmark have, without doubt, become more proud of their local food production over the years.

TEXT AND PHOTOS: GEIR OLSEN

- Regional pride has become more evident, concludes apple and berry farmer Knut Braastad from Nes in Ringsaker. Maybe not surprisingly. Hedmark is definitely among the most productive agricultural counties in the country.
- Maybe the most productive, Turid Windjusveen Olsen shoots in. She works for the County Governor of Hedmark, and her job is to ensure that the farmers are properly supported.

IMMENSE DEVELOPMENTS

Over the past few years, the production of local food in the Hamar region has seen tremendous growth. Products restaurants and other retailers love to offer.

For Braastad's apples, the development has been fantastic. And everything is in place.

- Our climate is great for fruit and berries. Light, temperature, Mjøsa and precipitation – all in perfect measures, he says with the good-natured smile only a farmer can muster.

ACCESSIBILITY

Today, it is far easier to get hold of the exclusive products.

- There are more farm shops than ever before (see list) – and there are more to come, promises Braastad on behalf of the local food-producing community.



A BIT OF EVERYTHING: At Gravdahl in Hamar, a small selection of local products is on display. And more is to come.



Local food

LOCATION	NAME	DESCRIPTION	FURTHER INFO
Hamar	Kjevla Bakeri	Bakery selling home-made products	kjevlabakeri.no
Hamar	Larsen	Shop, café and courtyard	larsenhamar.no
Hamar	Gravdahl	Local food. Café and bookshop	gravdahl.no
Hamar	Knutstad & Holen	Inland Norway's best fishmongers; sale of local products	knutstadholen.no
Løten	Bekkenga Søndre	Farm shop selling dairy products, eggs, potatoes and vegetables. Seasonal	lokalmatprodusenter/bekkenga-sondre.no
Løten	Ommang Søndre	Farm shop selling dairy products, meat, honey, flour, vegetables, potatoes and eggs	ommang-sondre.origo.no
Løten	Løten Nærstasjon	Café and country store selling local produce. Wide range of products from Bakken Øvre	loten-nerstasjon.no
Ringsaker, Brumunddal	Kvarstad Farm	Farm shop selling homemade confectionery, flatbread, potatoes, vegetables and eggs	kvarstad-gaard.no
Ringsaker, Brumunddal	Nines landhandleri	Interior and shoe shop, with sale of local food products	nineslandhandleri.no
Ringsaker, Brumunddal	Björg Aarvold	Raspberry production. Shop selling own produce and products	midtimjosa.no
Ringsaker, Tingnes	Infoteket	Information on Nes and Helgøya. Sale of local products, books and gifts	midtimjosa.no
Ringsaker, Stavsjø	Braastads Epler	Farm shop selling apple juice, apples, eggs, honey, potatoes and blackcurrant cordial	braastadepler.no
Ringsaker, Helgøya	Røste Farm	Sale of eggs and raspberries during the season. Pick your own	midtimjosa.no
Ringsaker, Helgøya	Hovelsrud Farm	Sale of own products. Historic gardens	hovelsrud.no
Ringsaker, Helgøya	Skafferiet	Café and country store selling local products	skafferiet.no
Ringsaker, Ring	Monsveen Farm	Sale of dairy products and bread	monsveengaard.no
Ringsaker, Næroset	Stubberud Farm	Own sausage production and farm shop selling homemade and other local products. Café	stubberudgaard.no
Stange, Espa	Shell Espa	Petrol station; sale of local food products	shell-espa.no
Stange	Alm Østre	Farm shop selling vegetables, honey, eggs, flour and meat	almostre.no
Stange	Fokhol Farm	Pick your own organic vegetables and potatoes	fokhol.no
Stange	Søndre Elton	Sale of strawberries, sugar snap peas, potatoes and vegetables, and also homemade products	stangevestbygd.no
Stange	Trygve Brovold AS	Butcher selling meat products	trygvebrovold.no
Stange	Kjemstad Farm	Sale of raspberries. Address: Vestbygdvegen 125	
Stange	Ween Farm	Sale of homemade honey	stangevestbygd.no
Stange, Romedal	Sandemoen Gårds-butikk og Bakeri	Sale of homemade bakery products.	+47 91 38 14 52
Stange, Romedal	Stiftelsen Grobunn	Farm shop with wide selection of organic products	grobunn.no

Active life

In the Hamar region, the people as well as the surroundings are as made for an active life. Sjusjøen's network of trails spreading out across Hedmarksvidda has been voted the country's best – time and time over. On Atlungstad, we have one of the most beautiful golf courses in the world. Mjøsa invites to wonderful beach life and swimming during the summer season, and if too cold Ankerskogen Swimming Pool offers a more comfortable temperature. If you are looking for a challenge, bring your family to the new high-ropes park on Helgøya.

This is all on top of the region's numerous active sports clubs and associations. The historic moments are many, such as 16.32.6 – Hjallis' legendary 10 000-metre record set in '52 at Hamar. But most important are the everyday moments experienced along the trails and tracks and in arenas across the region.



Tree-top magic

– Are there wild animals here? Mother of two, Virginie Michel from Brittany, was finally convinced that they had little to fear as they climbed to the top of the trees. However, they still had an animal experience they will remember for a long time.

TEXT AND PHOTOS: GEIR OLSEN





EXOTIC:
From their terrace in the tree-tops, the families wave enthusiastically. The French visitors ended their holiday in Norway with an exotic night in the deep forests.

HOSTS: The popular tree-top cabins are hosted by Anne-Mari Jahr, together with Frode Schei.

In the early evening, a few dog-sleds broke the silence as they meandered across the snow-clad moor in the moonlight.
– Magical, says Virginie in her distinct French accent.

She and her family, her husband Nicolas and children Lila (10) and Inés (3), were invited by Marlene Furnes Bagley to spend a night in the tree-top cabins – Treetopphyttene.

– Virginie is like most mothers. Before we arrived, she was concerned whether the railings were safe – and for wild animals. The railings delivered, says Marlene.

And we may add – so did the wild animals, but only kind animals.

DOWN FROM THE MOUNTAIN – UP INTO THE TREES

The Oslo family has a cabin in the mountains, but wished to end their visit with a night in the deep forests.

– We left our cabin at Sjusjøen for an experience out of the ordinary, says Marlene with a smile. It is a bit cold and grey, but the people around us shine.

Marlene's girls, Josefine (8) and Hannah (11) suddenly point to the railing. – Look! they shout as a small squirrel scurries past. As the birds sing, it starts collecting the seeds they have put out.

– Aaaaah, sooo cute, says the girls.

– This is exotic, Virginie exclaims. The fear of wild animals was unfounded. This is more like the Hundred Acre Wood.

SILENT NIGHT

– What a night says Marlene, and describes the starry winter sky she looked up at from her bed.

– And the silence, Virginie shoots in.

– Was it not a bit boring for the children?

– Not at all. The cabin has everything – including snowshoes and kicksleds, says Marlene.

And the latter was a big hit with the French guests.

– We had a beautiful trip along forest lanes in the moonlight, and the kids had another trip the next morning.



MORE TO SEE AND EXPERIENCE FROM A TREE-TOP CABIN:



- » Spot elk from the cabin or terrace
- » Guided canoeing
- » See golden eagles, foxes and martens in winter – rare, but possible
- » Rafting in Åsta
- » Sleigh rides
- » Black grouse courtship rituals on the moor
- » Dog sledding in the forest
- » Fishing
- » Elk safari
- » Zip line
- » Stargazing without light pollution from towns and buildings
- » Night photography safari
- » Horseback riding

For further info and booking: treetophut.com



The Pilgrim Centre

The Pilgrims' Route to Nidaros Cathedral in Trondheim consists of approximately 2,000 kilometres of different pilgrimage roads in Norway.

Along the Gudbrandsdalen valley section of the Pilgrims' Route from Oslo to Nidaros lie six regional pilgrim centres, including the Pilgrim Centre in Hamar. The centre is situated on the site of the old marketplace in the area now known as Domkirkeodden (the cathedral promontory), on historic ground with views of Hamar Cathedral, which was and continues to be an important destination for many pilgrims.

There are places you can stay overnight along the Pilgrims' Route, many of them in idyllic settings. They vary with respect to standard and price. Booking in advance is recommended. Information about the services on offer etc. are available via a digital map at:

pilegrimsleden.no/no/map/gudbrandsdalsleden

Throughout history, pilgrims have also travelled on waterways and Lake Mjøsa, and the paddle steamer Skibladner is now part of the Pilgrims' Route as a 'pilgrims' boat'. Pilgrims get a discount when they show their pilgrim's passport. Passports are available at the Pilgrim Centre.

The Pilgrim Centre in Hamar is a visitor and information centre. We can help you with suggestions for tours/walks and provide information, maps and brochures. We also organise local and regional thematic walks along the Pilgrims' Route.

The centre has its own hostel and is open daily from May to September.

For opening hours and the summer programme, visit hamar.pilegrimsleden.no

hamar@pilegrim.info
Tel: +47 474 78 266





CHILDREN'S FAVOURITES

The Hamar region is a world of fun and games for children of all ages. This is only a small selection of what is on offer. Read more about the Children's Favourites at hamarregionen.no.



CROSS-COUNTRY AND ALPINE SKIING

Sjusjøen and Budor are ideal for children's skiing adventures – cross-country or downhill. Ski trails are available for all age groups and skill levels. The ski centre at Budor is as made for children and the young, and offers fantastic snowboarding and tobogganing. Sjusjøen Ski Centre offers excellent and varied downhill and cross-country skiing, and has a free children's slope. At Arnfinn's Kafé at the top, you can enjoy the world's best cinnamon buns.

HELGØYA KLATRE PARK – tree-top adventures for both young and old. New high-ropes park set in beautiful surroundings on the western side of Helgøya, in the heart of Mjøsa. A variety of climbs at different heights are available, with challenges for everyone between 3 and 100 years old. The park has 6 courses, 7 zipwires and a total of 85 climbing units.

THE NORWEGIAN RAILWAY MUSEUM – a paradise for inquisitive children. Exciting exhibitions and activities both outdoors and indoors, such as model railways, drawing, colouring, computer games, challenges exploring the laws of physics, activity trails and more. Trips with the steam-powered Tertittogget and mini-train Knertitten in the museum park in summer.



FAIRYTALE FOREST AT STUBBERUD FARM

– wonderful to explore, summer as well as winter. Discover the many mystical creatures living in the forest. This friendly smallholding can be found along Åsmarkveien, direction Sjusjøen from the south – only half an hour from Hamar. Follow the 900m forest trail, and find familiar and less familiar characters from Norwegian myths and legends. Exploring the forest is free. Use the designated campfire areas for your meal, or enjoy home-baked treats in the barn café.



ANKERSKOGEN – one of Norway's best indoor water parks. All children enjoy swimming. The family section has water slides and heated pools for the young, as well as Jacuzzi, water cannons, 5-metre-high flume, climbing wall and water games for the older children. For mums and dads looking for some peace and quiet, the well-being suite is ideal.





Activities

PLACE	NAME	DESCRIPTION	CONTACT INFO
CHILDREN AND FAMILIES			
Hamar	Ankerskogen Swimming Pool	Water park with pools, water slides and well-being suite	ankerskogen.no
Hamar	Lekeland1	Indoor play centre, 1,500 sq m	lekeland1.no
Hamar	Norwegian Railway Museum	Ride Tertittoget, Norway's shortest railway line. Museum park	norsk-jernbane-museum.no
Hamar	Bowling 1	Ultra-modern bowling centre in Hamar town centre	bowling1.no
Hamar	Domkirkeodden	One of Norway's largest medieval museums. Open Air Museum	annomuseum.no
Hamar	Mammuthus	Mammoth exhibition	mammuthus.info
Hamar, Ilseng	Ilseng Farm	Dog sledding suitable for all age groups	ilsenggard.no
Ringsaker, Rudshøgda	The Prøysen Museum	National cultural centre in the memory of Alf Prøysen	proysenhuset.no
Ringsaker, Helgøya	Helgøya Klatrepark	High-ropes park for the whole family	helgoyaklatrepark.no
Ringsaker, Moelv	Mjøsen Golf Club	18-hole golf course	msgk.no
Ringsaker, Næroset	Stubberud Farm	Fairytale forest, mystical creatures	stubberudgaard.no
Stange	Atlungstad Golf	18-hole golf course	atlungstadgolf.no
Stange, Tangen	Tangen Dyrepark	Family park with over 120 animals	tangendyrepark.no
SHOPPING			
Hamar	Hamar town centre	The shopping capital of inland Norway.	hamarsentrum.no
Hamar	CC Stadion	Inland Norway's largest centre with approx. 90 stores	ccstadion.no
Hamar	CC Mart'n	Shopping centre with 17 stores, incl. XXL and Vinmonopolet	ccmartn.no
Hamar	Maxi Hamar Storsenter	Shopping centre with 70 stores	maxihamarstorsenter.no
Hamar	Husfliden	Norwegian handicraft. In new premises at CC Stadion.	husflidenhamar.no
Hamar	Knutstad & Holen	Inland Norway's best fishmongers, in Hamar town centre	knutstadholen.no
Hamar	Gravdahl Bokhandel	Cultural bookshop and café	gravdahl.no
Hamar	HHT's shop	Hamar og Hedemarken Turistforening's own store	hht.no
Hamar	Kunstbanken	Separate art shop	kunstbanken.no
Hamar	Ice skating shop in the Viking Ship Arena.	Open during the ice-skating season	vikingskipet.com
Løten	Løiten Brænderi	Hand-made candles, and several specialist shops.	loiten-lys.no
Ringsaker, Nydalen	IKEA Ringsaker	Opens 19 March 2015	ikea.no
Ringsaker, Brumunddal	Brumunddal Handelsstands forening	Town-centre shops and Mølla shopping centre	brumunddalby.com
Ringsaker, Moelv	Moelv Handelsstands forening	Town-centre shops in Moelv	moelvhandelsstand.no
Ringsaker, Nes	Edel Design	Designer wear made from natural materials	edeldesign.as
Ringsaker, Nes	Infoteket Handel	Sale of local gifts and produce	midtimjosa.no
Ringsaker, Helgøya	Skafferiet at Hovinsholm	Seasonal café and country store	skafferiet.no
Ringsaker, Stavsjø	Braastads Epler	Farm shop	braastadsepler.no

PLACE	NAME	DESCRIPTION	CONTACT INFO
FISHING			
Hamar	Mjøsa	Norway's largest lake, with 21 fish species. Fishing permit not required.	mjosa.no
Hamar	Vang Almenning	Fishing in rivers and lakes. Toll pass and fishing permit available at Gåsbu	vangalmenning.no
Løten	Løten Almenning	Several rivers and smaller lakes. Fishing permit not required.	loitenalmenning.no
Ringsaker	Ringsaker hunting and fishing area	40 fishing lakes, streams and rivers. Free fishing permit for everyone under 18 years old.	rjfo.no
Ringsaker	Brumunda	Flows into Mjøsa. Fishing permit	bosff.com
Stange	Romedal & Stange Almenning	Rivers, streams and lakes. Fishing Licence	rasa.no
CYCLING			
Løten, Budor	Løten	Wonderful outings by foot, bicycle or skis	budor.no
Løten	The Munch route.	Guided bicycle rides for groups. Can be explored on your own.	klevfos.no
Mjøsa round	Mjøstråkk	250km cycle route around Mjøsa. Cycle map available. Bicycle hire	hamarregionen.no
Ringsaker, Nes and Helgøya	Cross-country biking	Cycle map available. Bicycle hire	midtimjosa.no
Ringsaker, Sjusjøen	Cross-country biking	Way-marked routes for all skill levels. Cycle map available. Bicycle hire	visitsjusjoen.no
Ringsaker, Sjusjøen	Sjusjøen Mountain Bike Park	Terrain park at Sjusjøen Ski Centre, Natrudstilen	sjusjoen.no
WATER ACTIVITIES			
Hamar	RIB Safari	RIB Safari on Mjøsa	ribsafarimjosa.no
Ringsaker, Nes and Helgøya	Infoteket	Kayak hire and courses. Group packages	midtimjosa.no
Ringsaker, Åstdalen	Tree-top cabins	Guided canoeing on the Åsta river. Groups	treetophut.com
MORE ACTIVITIES			
Hamar	Norsk Tipping's visitor centre	Displays the history of Norsk Tipping	norsk-tipping.no
Hamar	The Kirsten Flagstad Museum	Museum in the memory of the opera singer.	kirsten-flagstad.no
Hamar	The Pilgrims' Way	Pilgrimages Short and long walks.	hamar.pilegrimsleden.no
Hamar	Kunstbanken Hedmark Kunstsenter	Exhibitions, Norwegian and international contemporary art	kunstbanken.no
Hamar	Skibladner	Boat trips with the world's oldest paddle steamer still in operation	skibladner.no
Hamar	The Viking Ship Arena	Norway's national ice-skating arena	vikingskipet.com
Hamar	Hamar Sagbladfabrikk	Cultural centre and heritage site.	hamarsagbladfabrikk.no
Hamar	Elverum Art Gallery	Art gallery	galleriekg.no
Løten	The Munch Centre in Løten	Centre dedicated to Edvard Munch	klevfos.no
Løten	Klevfos Industrial Museum	Former cellulose and paper factory	klevfos.no
Stange	Museum of Migration	Open-air museum with focus on emigration, homecoming and immigration	emigrantmuseum.no
Stange	Atlungstad Brenneri	Industrial museum and active distillery producing spirit from potatoes.	atlungstadbrenneri.no
Stange	Norwegian Motor Historic Museum	Collection of 200 vehicles and machines	nmhm.no
Stange	Røhne Nedre	Unique wall and ceiling paintings, some of Napoleon	stangevestbygd.no



Accommodation



HOTELS								
Clarion Collection Hotel Astoria	Torggata 23, N-2317 Hamar	+47 62 70 70 00	76	111			choice.no	
First Hotel Victoria	Strandgaten 21, N-2317 Hamar	+47 62 02 55 00	161	286			firsthotels.com	
Grande Summer Hotel	Bryggevegen 83, N-2350 Nes på Hedmarken	+47 62 36 25 00	20	30			grande-rehab.no	
Hedmarktoppen Summer Hotel	Limhusveien 15, N-2315 Hamar	+47 62 51 93 70		144	4		hamar-hytteutleie.no	
Rustad Hotell & Fjellstue	Nysætra, N-2312 Sjusjøen	+47 62 33 64 64	45	90	1	5	rustadhotel.no	
Scandic Hamar	Vangsveien 121, N-2318 Hamar	+47 21 61 40 00	239	465			scandichotels.com	
Scandic Ringsaker	Kåtoprveien 1, N-2320 Furnes	+47 62 35 01 00	176	350			scandichotels.com	
CAMPING AND CABINS								
Hedmarktoppen Camping and Cabin Rental	Limhusveien 16, N-2316 Hamar	+47 62 51 93 70		63		12	hamar-hytteutleie.no	
Mjøsa Ferie- og Fritidssenter	Bureiservn. 5, N-2384 Brumunddal	+47 62 35 98 00			16	4	270	mjosaferie.no
HOSTELS, GUEST HOUSES AND PENSIONS								
Bellevue Bed & Breakfast	Aluvegen 65, N-2319 Hamar	+47 99 88 09 99	19	40			hamarbooking.no	
Budor Gjestegård	N-2340 Løten	+47 41 07 63 72	69	150	13	9	budor.no	
Hamar Youth Hostel - the Viking Ship Arena	Åkersvikvn. 24, N-2321 Hamar	+47 62 52 60 60	60	200	19		vikingskipet.no	
Rudshøgda Roadhouses	N-2360 Rudshøgda	+47 62 35 50 50	24	48			eurostop.no	
Malungen Gjestegård	Odalsvegen 1601, N-2330 Vallset	+47 99 40 73 33	21	48		16	malungen.no	
Myklegard	Ånestadvegen 4, N-2340 Løten	+47 62 59 15 00	24	46			myklegard.no	
Rosenlund Park	Ådalsbrukvegen 181, N-2340 Løten	+47 47 70 03 32	15	40	1		rosenlundpark.no	
Seiersted Pensjonat	Holsetgata 64, N-2322 Ridabu	+47 99 88 09 99	17	33			hamarbooking.no	
Toneheim Folkehøgskole	Marmorvegen 15, N-2322 Ridabu	+47 62 54 05 00		223		26	toneheim.no	
Tree-top cabins	Ringsaker	+47 90 93 33 56		37		5	treetophut.com	



FARMS							
Bryhni Søndre	Brynivegen 53, N-2335 Stange	+47 62 57 18 11	7	15			bryhni-sondre.no
Fjetre Farm	Sandvikavn. 185, N-2312 Ottestad	+47 40 47 93 19	6	12			fjetre.no
Fokhol Farm	Fokholgutua 216, N-2335 Stange	+47 62 57 19 79	17	35			fokhol.no
Gillund store	Gillundveien 83, N-2335 Stange	+47 40 40 49 47		4		2	gillundgaard.no
Gillund øvre	Gillundveien 53, N-2335 Stange	+47 91 76 66 30		7	1		stangevestbygd.no
Hoel Farm	Tingnesveien 581, N-2350 Nes på Hedmarken	+47 62 35 35 46	37	65			hoel-gaard.no
Kvarstad Farm	Rørsvegen 238, N-2384 Brumunddal	+47 91 70 25 45	7	18			kvarstad-gaard.no
Lier Farm	Bjørgeveien 219, N-2380 Brumunddal	+47 91 32 21 28	6	10			liergard.no
Nerlien Farm	Nesvegen 686, N-2325 Stavsjø	+47 62 36 53 65		14	3		nerlien-gard.no
Staur Farm	Vestbygdvn. 226, N-2312 Ottestad	+47 41 57 12 22	35	60			staur.no



Food & drink

PLACE	DESCRIPTION	WEB/FACEBOOK
HAMAR		
Cafés		
Bakeriet i Brumunddal	Artisan bakery at CC Stadion.	bakerietibrumunddal.no
Café Colonialen	Café, bakery products, lunch bar and delicatessen at Torghjørnet	cafeonline.no
Café Gravdahl	Café in bookshop. Breakfast and lunch dishes, sale of local products	gravdahl.no
Café Gravdahl Maxi	Café in bookshop. At Maxi Storsenter shopping centre	gravdahl.no
Café Opus	Café at Maxi Storsenter	cafeopus.no
Café Valuta	Fusion food at Hamar Cultural Centre	hai.no
Hoels café	Traditional café with walls steeped in Hamar's history. Large outdoor area.	FB: hoels café ans
Kai og Mattis Café	Café serving delicious lunch dishes and cakes.	FB: kai og mattis
Kjelstad Bakeri	Bakery and café at Kvartal 48 in the pedestrian precinct	kjelstad-bakeri.no
Kringla Bakeri	Bakery and café in the town centre.	kringla.no
Krutt espressobar	Coffee bar at CC Stadion.	krutt-espressobar.no
Larsen Café	Town-centre shop and courtyard café	larsenhamar.no
Tante Gerda Café and Gallery	Café serving homemade food; walls covered in art.	tantegerda.no
Te og Kaffeboden	Lunch dishes, coffee bar, café in the pedestrian precinct.	FB: te-kaffeboden
Triangel Café	Light lunch dishes, ice cream and bakery products	mjosanker.no

PLACE	DESCRIPTION	WEB/FB
Fast Food		
Funky Frozen Yogurt	Ice cream, CC Stadion	funkyfrozenyogurt.no
BBQ Bistro	Pizza, BBQ dishes, salads, light meals.	FB: bbq bistro hamar
Burger King	Fast food at CC Stadion	burgerking.no
Deniz Grill og gatekjøkken	Fast food	FB: Deniz grill og gatekjøkken
La Baguette	Fresh-food chain serving freshly prepared baguettes at Maxi Storsenter.	labaguette.no
McDonalds	Fast food	mcdonalds.no
Sentrum Mat Gatekjøkken	Fast food	
Siesta Lunchbar	Turkish fast-food restaurant	FB: siesta lunchbar
Restaurants		
Big Horn Steak House	Steak house	bighorn.no/hamar
Bjørns Bistro	Traditional Norwegian everyday food.	FB: bjørns bistro
1 Dinar	Turkish, Greek, Mexican	1-dinar.just-eat.no
Dolly Dimples	Pizza and light meals.	dolly.no
Dragon Sushi	Asian restaurant and takeaway	dragon-sushi.no
Hai Streetfood	Quality street-food from all over the world.	hai.no
Hai2go	Sushi and other dishes	hai.no
Hamarstua Spiseri	À la carte restaurant at Domkirkeodden, specialising in fish and shellfish	hamarstua.no
Hot & spicy	Asian	hotandspicy.no
Ikke Bare Bar	Varied lunch and dinner menu.	FB: ikke bare bar
Jordbærpike	Homemade food based on quality ingredients.	jordbaerpikene.no
Kolonihagen Hamar	All dishes based on local and organic produce.	kolonihagen.no
La Perla	Popular inn, west of Hamar. Italian and Turkish	la-perla.no
Leonardo	Italian restaurant	leonardorestaurant.no
Nagomi	Sushi restaurant and cocktail bar. Takeaway	nagomi.no
Ny & Ne Spiseri	Breakfast, lunch and evening meals at Hamar Hostel.	vikingskipet.no
One Piece Sushi	Asian restaurant with takeaway	FB: one piece sushi
Pizzanini	Pasta, steak and pizza restaurant.	pizzaninni.com
Peppes Pizza	Pizza restaurant	peppes.no/hamar
Pizzeria San Marino	Pizza, burgers, kebabs	FB: san marino pizza as
Royal India	Indian restaurant	royal-india.no
Sans restaurant & bar	À la carte specialities at Scandic Hamar	scandichotels.no
Steak House Company	Steak house	steakhouse.no
Subway	American sandwich restaurant	subway.no
Terra Mia	Italian restaurant	terramia.no
The Irishman Pub	Steaks and light meals. Best selection of draught beer in town.	irishman.no
Tjuvholmen Kro	Excellent food and drink by Hamar's marina.	tjuvholmen-kro.no
Volume	American inspired food	hai.no
Conto	Italian restaurant and wine bar, located in Kunstbanken.	kunstbanken.no
RINGSAKER		
Cafés		
Bakeriet i Brumunddal	Artisan bakery with guaranteed fresh products in the market square.	bakerietibrumunddal.no
Bakeriet Kjelstad dep. Brumunddal	Bakery and café.	
Café Jeanette	Shopping-centre café and lunch restaurant at Mølla Storsenter	mollastorsenter.no
Eat Kaffespesialisten	Baguettes, speciality coffee	
Café Julie Prøysenhuset	Homemade meals and cakes at the Prøysen Museum.	proysenhuset.no

PLACE	DESCRIPTION	WEB/FB
The café at OBS	Lunch, dinner, cakes and coffee.	
La Rozarin AS	Turkish restaurant	larozarin.no
Baker Kristiansen	Bakery and café.	bakerkristiansen.no
Skafferiet	Café and country store Homemade food based on local produce.	skafferiet.no
Stubberud Farm	Café and country store between Næroset and Åsmarka	stubberudgaard.no
Kaffestua	Café in the heart of Sjusjøen.	visitsjusjoen.no
Sjusjøen kafé, Natrudstilen	Café and après-ski by Sjusjøen Ski Centre.	sjusjoen.no
Fast Food		
McDonalds	Fast food by E6	mcdonalds.no
Jafs	Fast Food	
Moelv Kebab	Kebab restaurant and takeaway.	
Restaurants		
Brumunddal sushi	Japanese, Chinese, Thai and Vietnamese restaurant and takeaway.	brumunddalsushi.no
China Restaurant Yun Sheng Yunsheng Chen	Asian restaurant	
Dalas restauranthus	International à la carte restaurant.	dalasrestauranthus.no
La Rozarin AS	Turkish restaurant	larozarin.no
Årstedene	À la carte restaurant at Scandic Ringsaker	scandichotels.no
China house Wei Chen	Asian restaurant	
Mjøsa Pizzeria og Restaurant	Turkish, Italian and Norwegian food – à la carte.	mjoesapizzeriaogrestaurant.no
Fantasiatisk AS	Sushi restaurant with takeaway	
Vanntårnet	Restaurant, coffee bar and sports bar.	FB: vanntårnet as
Café Julie Prøysenhuset	Homemade everyday food in the new Prøysen Museum.	proysenhuset.no
Rudshøgda Roadhouses	Norwegian traditional food along E6.	eurostop.no
Låven Bar	Café and bar/après-ski in the centre of Sjusjøen.	FB: låven bar
Rustad Hotel og Fjellstue (Hotell and Mountain Lodge)	Restaurant at Sjusjøen.	rustadhotel.no
Sjusjøtunet Hytter & Caravansenter	Café/pub by Sjusjøen cross-country skiing arena.	sjusjotunet.no
Tingnes spiseri	Restaurant with menu based on local ingredients.	tingnesspiseri.no
STANGE		
Duggurn	Café and catering based on local produce.	duggurn.no
Jafs	Fast Food	jafs.no
Jarle Hoel's Kro	Restaurant and café.	FB: Jarle Hoel's Kro
JB blomster & kaffebar	Coffee, cakes and baguettes.	FB: J.B. Blomster
Nye Pizza la Italia	Pizza restaurant and kebabs	FB: nye pizza la italia
Tingvold Kafeteria & Restaurant	Lunch and evening meals.	FB: TingvoldRestaurant
LØTEN		
Budor Gjestegård	Café serving traditional food by Budor ski lift.	budor.no
Kilde Gjestegiveri	Sunday buffet and catering for functions/events.	kildemat.no
Mona Lisa	Italian restaurant	FB: mona lisa løten
Myklegard	Cafeteria and restaurant along route 25, with traditional and local menu.	myklegard.no
Løiten Brænderi Kafé	Café in the venerable premises of Brenneriroa.	lbr.no
Eufkrat Grill og Pizza	Pizza and BBQ restaurant for takeaway or eat in.	
Løten nærstasjon & landhandleri	Café serving local food.	loten-nerstasjon.no

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regionen



hamarregionen.no