

Activities in Trysil



Trysil is Norway's largest skiing and mountainbike resort. There are activities for all ages, interests and skills.

Info about travel & tourism

Destination Trysil delivers information about travel & tourism in Trysil. In different channels you find information about activities, news and offers, places to eat and drink, weather and conditions, events, and more.

Many companies have good and complementary information about their own activities in their own channels.

If you only want to follow one operator, Destination Trysil is a good tip.



trysil.com

Facebook: [trysil](#)
Instagram: [trysilcom](#)
App: [Mitt Sted](#)

Tourist information

In Trysil there are six authorized tourist information offices. Here you will meet service-oriented and knowledgeable employees who will be happy to help you with anything you may be wondering about.

Turistsenteret

Radisson Blu Resort Trysil
Velkomstsenter Reception
SkiStar
Trysilguidene

Trysil city center

Trysil Folkebibliotek – the public library (free WiFi and surfing stations)

Høyfjellssenteret

Reception SkiStar

Elsewhere in Trysil

Fulufjellet Alpin



Summer activities



Mountainbiking in Trysil

For almost 10 years, Trysil has worked with the development of organized mountainbiking. Today there are more than 50 km of built trails and bike parks. Everything is well marked and organized.

The bike map is good to have:



of difficulty. From easy and family-friendly green and blue, to red and black for the more experienced ones.

Two of Trysil's four bike parks are located in the area by Gullia; GT Bike Park and GT Pro Park. The other two bike parks are located at Radisson Blu Resort Trysil and at Høyfjellssenteret.

30 km of the built trails are located in the Gullia area at Turistsenteret. Here there is trail biking for all levels. The trails are divided into colors according to degree

In addition, over 100 km of natural bike trails in and around Trysilfjellet have been marked. Mountainbiking is a popular activity throughout the municipality, and other parts of Trysil also have mountainbike trails.



If this is your first visit to Trysil and you want to bike, it is a good tip to start with Gullia

Bike rental

- Sentrum Sport/Sport 1 Trysil, Trysil city center (Trysilsenteret)
- Sport Lodgen at Turistsenteret (at Radisson Blu Resort Trysil) and at Høyfjellssenteret
- Trysil Skishop, next to Shell

Open lift

The chairlift Fjellekspressen at Turistsenteret is open in summer. SkiStar Trysil keeps you posted on opening hours.

Read more about biking in Trysil
trysil.com:



Trysil Bike Arena can also be found on Facebook and Instagram

More about trails close to the lift, the new adventure park, and other things run by SkiStar Trysil

skistar.com/trysil:



Facebook:
SkiStarTrysil
Instagram:
skistartrysil



18-hole golf course and mini golf

Trysilfjellet Golf Course is located at Turistsenteret, into the road "Ole G-vegen".

A modern clubhouse with a pro shop, café and a large car park meet you here.

This is a bustling area in summer. In addition to the golf course, the bike parks, Gullia and the climbing park is close by, and of course you can have your lunch here.



The golf facility consists of:

- 18-hole course, par 72
- Driving range
- Exercise areas
- 18-hole adventure miniature golf course

trysilgolf.no

Facebook: Trysilfjellet Golbane
Instagram: trysilfjellet_golbane

Trysil Indoor Golf offers simulator golf

Location: Vestmovegen 7, right next to Europris, 2 km south of the city centre.

Further information and time reservation: trysilindoorgolf.no



Rafting and other river fun

Family rafting is a very popular family activity. The trip is organized in the southern part of the river Trysilelva, a perfect area for this activity.

The lower age limit is 6 years accompanied by an adult

More about family rafting



The guide company (Trysil-guidene) also organizes normal rafting, the trip for adults aged 18 and over, or from 15 years accompanied by an adult.

You can also take part in canyoning and ducky.

Included in the price is a helmet and wetsuit.

Tip: Bring woolen underwear to wear under your wetsuit, and shoes that fit well on your feet.

trysilguidene.com

Facebook: trysilguidene



The climbing park Høy & Lavt (high & low)

If you like heights, the climbing park at Turistsenteret is worth a visit. The park consists of nine climbing routes with zip-lines, nets, ropes and other fun elements.

The routes are graded with colors as in an alpine resort from easiest to most difficult: Orange, green, blue and red. In a climbing park, it is the height of the children that determines who gets to climb.

The height requirements for the slopes are:

Orange: over 80 cm.

Green: over 110 cm.

Red/blue: over 140 cm.

More info: hoytlavt.no/trysil/



Horseback riding

During the period 18 June to 15 October, Trysil hestesenter (horse center) offers horse riding trips in the forests around the stables in Nesvollberget. The horses are kind and steady and the trips are adapted to skills and experience. You can take part in day trips, half-day trips and 2-hour trips. In addition, the horse center offers horse riding for children – a short ride on an instructor-led pony.

You can also stay at the horse centre. Trysil hestesenter rents out cozy, small cabins located right next to the horse farm. A nice change for a night or two!

trysilhestesenter.com

Facebook: Trysil Hestesenter

Instagram: trysilhestesenter



Skagsvola and Femundstien

DNT Engerdal & Trysil is responsible for Skagsvola and the T-marked hike Femundstien.

Skagsvola is Trysil's most popular hike. A fantastic round trip of 8,3 km.

The Femundstien hike is in itself a unique project. A total of 134 km of marked trail between Femundsenden and Søre Osen. You can go the whole way and spend a couple of days or choose a daytrip.

On the UT-app, the trail is divided into 12 stages starting at Femundsenden in the north:



A recommended starting point for day trips is Støritset in Bittermarka.

There is also an own map for the Femundstien hike.



Fishing

In Trysil the whole family can go fishing. The rivers Trysilelva and Ljøra are known for their good grayling fishing. There are several exciting small rivers and lakes with trout, and family friendly waters with pike and perch.

Guide and fishing cafe

If you want to experience something special, you can book a locally-known fishing guide, fish in a private fly-fishing zone or perhaps get some new advice and tips at the weekly fishing café that is organized once a week during the summer season at Trysil Hyttegrend.

Fishing license

One fishing license covers almost the entire municipality – altogether around 120 rivers and waters.

Everyone under 16 years of age fishes for free.

Fishing licenses
can be purchased
online at inatur.no



Bathing and berry picking

You can swim and sunbathe in Trysil! There are several possibilities on nice and warm summer days.

Visit trysil.com
and see the map
where the
swimming areas are marked.



In Trysil you have good berry places right outside every house and home. Some years there are lots of wild raspberries and cloudberies, and there are always lots of blueberries and lingonberries.

Bring a bucket and go on a berry tour. Completely free!

All year round

Adventure pool, bowling, Spa, fitness, cinema & culture, shopping in the centre

Radisson Blu Resort Trysil at Turistsenteret is a nice place to spend a few hours.

Here there is both an adventure pool and bowling.

If you want to spend a few hours in a Spa, have a lovely massage or another wellness treatment, Alpin Spa is a wonderful place to visit.

SkiStar Lodge at Fageråsen

(formerly Radisson Blu Mountain Resort & Residences) is also a good place to visit. Kulpen Spa has a pool, outdoor jacuzzi and several saunas, and you can also have a Spa treatment.

SkiStar Lodge also has an outdoor workout area.



Fitness in the city centre

Trysil has several fitness centers and a separate yoga studio in the centre:

- Spenst Trysil
- THT – Trysil helse og trenings (health and exercise)
- Next Trysil
- Trysil Yoga & Adventure

Wellness in the city centre

Beauty Escape offers a wide range of treatments

Trysil Helse Hud & Spa offers exercise and wellness treatments



Cinema and culture

Trysil kino & kulturhus on Facebook keeps you updated on everything in film, concerts and performances.

It is also a tip to follow Trysil municipality (Trysil kommune) on Facebook. They are good at posting messages about culture and things going on.



The goats in Bittermarka

Shopping in Trysil city center

Trysil city center is not very large, but there is a nice mix of offers and shops.

Trysil has its own shopping centre, Trysilcenteret, with a good selection of shops, including several chain stores. The pharmacy and liquor store (vinmonopolet) are also located at Trysilcenteret.

Further down Trysil's main street, Storvegen, there are more shops and other services.

Excursions and car trips

Perhaps you would like to take a road trip somewhere during the time you visit Trysil. We have some recommendations:

Trysil is located on the Swedish border, and there are several interesting places to visit right on the other side.

Långfloen Shoppingcenter is a 30-minute drive from Trysil. If you want to shop Swedish groceries, this is a perfectly fine place. The center has a well-stocked grocery store, its own candy store, café and a couple of other shops. Open every day from 8 am to 9 pm.

Sälen and Sälenfjellet offer a little more:

Drive eastwards, pass Østby and drive over the border at Gränsbo. Follow the signs to Sälen. You will eventually pass the new airport, Scandinavian Mountains Airport. Then you come to the mountain. Here is SkiStar Sälen with several sites in a row. After 1 hour's drive from Trysil, you will reach the town of Sälen. A small center with shops and cafes.

You can then consider whether you want to drive on and visit places like Malung and Mora.

Femund Engerdal and Idre:

One hour north of Trysil is the

municipality of Engerdal with the destination Femund Engerdal.

This area in itself is worth a visit. Lots of nature and wilderness with the national parks Femundsmarka and Gutulia and the lake Femunden. This region has many marked mountain hikes. More information: www.femundengerdal.no

From Drevsjø you can cross the border and follow the signs for Idre. Idre has shops, a liquor store, and not least Idrefjäll.

Fulufjellet National Park is a Norwegian-Swedish national park. There are several nice walking tours, and Storbekkåsen is the main port of entry on the Norwegian side. Here you can climb a great Sherpa staircase and follow the marked route to Brynflå. The yellow border piles testify that you can cross the border to Sweden. On the Swedish side, naturum Fulufjället is a nice place to visit. Here you can, among other things, visit Sweden's largest waterfall Njupeskär.

Bittermarka is a charming mountain village about 30 kilometers north of Trysil city center. Pass the church, follow the road straight ahead and you will eventually reach Bittermarka. This is a good starting point for mountain hikes, but it is also nice just to observe and enjoy the nature. And you just might get company! A fun attraction in the summer months are the 100 goats that live and eat in Bittermarka. The goats from the farm Bryn have Bittermarka as their summer residence. They are very social and like contact and cuddle. The farm Bryn is also a dairy and produces cheese. You can buy the cheese in their little farm shop.



Winter activities



Cross-country skiing in Trysil

In Trysil, more than 500 kilometers of cross-country tracks are being prepared.

In and around the Trysilfjellet mountain, you can combine the tracks for short and long tours. The possibilities are many! Ski-hytta and Fageråsen are good starting points for a successful ski trip. You can follow the grooming machine live on www.skisporet.no

There are own cross-country ski maps. You can get these at receptions or you can download them from the internet. If we want to learn to cross-country ski or improve, it is a good tip to take a ski lesson. Anita Moen's ski school and Ski-Star Trysil (Trysilguidene) have courses throughout the winter, both for beginners and the more experienced.

More information and useful tips:



Sleigh rides and winter horse-back riding

Trysil hestesenter (horse center) offers both sleigh rides and winter horseback riding.

Sleigh rides is truly an adventure in Trysil's deep forests. The evening tour takes about 2 hours and includes a 3-course dinner. The family day trip takes 1,5 hours and includes a stop in a lavvo (tipi-tent) with a hot drink and moose-grilled sausages.

More info at trysilhestesenter.com

Toboggan run, alpine and snowmobile in Fulufjellet

Fulufjellet in Ljørdalen, about 40 minutes from the center of Trysil, is an exciting place to visit, summer and winter. Here is a small alpine center with 2 lifts and 9 slopes and one of Norway's longest toboggan runs. The run is 1,600 meters long. The toboggan is hooked to the lift, and when you get to the top, all you have to do is set off. The sledges have a steering wheel and powerful brakes, so you can decide the speed yourself.

In Ljørdalen you can also take part in a guided snowmobile tour. The trip takes about 3 hours, incl. break. The tour starts with an introduction to safety. Once the safety talk is done, the trip goes through the forest and up towards the mountain tops and a fantastic view.

More information at fulufjellet.no

Skating rink

In the middle of the city center is Trysil's skating rink.

When the weather and conditions permit, it is prepared and can be used.

It is free to use. You must bring your own skates.

The skating rink is operated on a voluntary basis.

Dog sledding

Mountain King's Sledehundkennel is a good address if you want to do something completely different for a couple of hours. Short trip, long trip and full-day trip are the various tour options. Only 8 minutes by car from the Turistsenter is the base. With 30 years of experience in dog sledding and a team of experienced guides with a passion for dogs and the outdoors, this will be an experience you will take with you for the rest of your life! More info and booking at mountaining.no



Ice fishing, snowshoeing, northern lights and other wilderness experiences

Trysil has a lot of nature and wilderness, and there are many exciting things to experience in nature. Join Wolverine Adventure on a guided wilderness experience and you will have an experience out of the ordinary.

More info at wolverineadventure.com

Alpine skiing in Trysil

Trysil is Norway's largest ski resort, and the alpine resort with 32 lifts and 81 kilometers of groomed runs is the main activity in the winter season. To keep up with everything that happens in and around the alpine resort, SkiStar Trysil's channels are top-of-the-line at all times.

www.skistar.com/trysil

Facebook: SkiStarTrysil

Instagram: skistartrysil

SkiStar app

A good tip is to download the SkiStar app. Then you have a lot of useful information easily available. Webcam, weather & slope conditions, about all activities. You can book ski pass, ski rental and ski school, and you have quick access to Skistarshop.com

Ski school

In Trysil you can go to ski school in Norway's largest ski school. The ski school is based at both the Turistsenter and the Høyfjellssenter. Ski school is for everyone. Children, young people and adults, complete beginners and those who want to learn more.

Read more about the ski school in Trysil at www.skistar.com/trysil

You can also book ski school here.

Ski rental and ski workshop

There are several ski rentals in Trysil. SkiStar Trysil has large ski rentals at the Turistsenter and the Høyfjellssenter. You can book equipment at skistar.com/trysil. You can also visit when you are in Trysil and rent equipment on site. The ski rentals also have good and modern ski workshops.

At the entrance to Trysil from the south is the **Trysil skishop** with ski hire, ski workshop and sports shop.

Info: www.skishop.no

Booktrysilonline also has ski hire.

Info: www.booktrysilonline.com