

# Valdres

THE UNSPOILT TROUT-FISHING GEM OF NORWAY





## THE AREA

Valdres is known as the pearl of Norwegian valleys - one of the most beautiful areas of Norway. Valdres is seen as a meeting place between the eastern and western parts of Norway being around 3 hours drive from Oslo and Bergen. The valley is protected to the west and north by the massive Jotunheimen mountains and to the south by the Gol mountain ridge. To the south east the valley opens out into the wider areas of Eastern Norway towards the cities of Drammen and Oslo.

### Jotunheimen

Jotunheimen (home of the Giants) is Norway's best known and majestic mountain area. It lies within a 1,140 square kilometres national park which has the majority of Norway's 300 peaks over 6,000 feet. It is unique in its wilderness, climate, unpolluted air and leisure opportunities the whole year round – including some fantastic trout fishing opportunities.

The Valdres area has more than 3,000 lakes and tarns as well as numerous rivers which, by nature, are well stocked with wild trout. There are more than 100 trout fishing areas among 70 selected lakes and rivers.

### THE RIVERS and LAKES

A number of connected lakes (inland fjords) create a magnitude of fishing variations in Valdres. We offer opportunities on two major rivers, the Begna and Tisleia. Begna River connects a number of lakes from the higher part of Jotunheimen down to the lowland near Nes in Ådal. Particular fishing areas are the Ryfoss and Leira stretches. The Tisleia River runs off the Tislei fjord (regulated) and while the Begna is in the valley bottom of Valdres, the Tisleia is at a far higher altitude, between 2,000 to 3,000 feet, before it gradually cascades into the Begna, south-east of Fagernes – the 'capital' of Valdres.

On the northern side of the valley at an altitude of more than 3,000 feet, in what is called Peer Gynt country after the author Henry Ibsens' imaginative adventurer and hunter, the Vinstra lake offers some awe-inspiring fishing scenarios in July and August. Please bring some warm clothes for some potentially rapid weather changes.

## THE FISHING

Just read what Paul Procter wrote in Trout & Salmon's November 2007 issue after his 5 days trout fishing trip to Valdres, Norway – late June 2007.

*"I can't remember how many trout were rising in front of me, but it seemed a heck of a lot. In such circumstances it's easy to get excited and adopt a 'scatter-gun' approach, casting at a shoal rather than singling out a specific fish. For once, everything went well, and sharing a long, flat glide with two locals, I enjoyed sport second to none. Nearly all my trout took the Spiders (from memory only three came to the Yellowhammer dry-fly). I was engrossed with trout and flies when Harald gave me a start as he came bounding along. After enquiring about the hatch, he broke the news that we had a flight to catch. Those magical three hours of sport had given us a glimpse of what's on offer here, and if its wilderness, adventure and solitude you're after, you need look no further than Valdres".*

The best fly-fishing is normally at the end of June and July, but due to the different locations and variations in altitude, good fishing is available from the end of May till the end of September.

### ACCOMMODATION

Fishing in Valdres offers different types of lodging. When fishing the Ryfoss area of upper Begna, enjoy a stay and food at the 400 years old restored farm, Sørre Hemsing. Moving down river to the Fagernes/Leira area, you are offered some memorable days at 'The Old Jail', a hotel with living and provisions far superior to the traditional 'bread and water'. The two high altitude destinations at Vasetdansen Camp and Haugseter Mountain Lodge are both high quality accommodations well suited to the high altitude and changing conditions in Norwegian mountains. Vasetdansen Camp is the only 5\* camp site in Norway and both it and Haugseter offer self catering lodges, half and full board accommodation. Farm, hotel and lodges all offer wholesome and traditional Norwegian food.

# FACTFILE

## Fishing season

1 June – 30 September

## Tackle box:

Personal preference rod(s), lines, reels and flies. Chest waders, life jacket and wading stick recommended.

## Guides:

There will normally be 1 REFFIES ("Register of Fly Fishing Instructors and Schools") approved guide per 4 anglers.

## Facilities:

**Hemsing Farm** – old style accommodation with very personal service, tradition local food. Sleeps 4 -6 people in single/twin rooms.

**Vasetdansen Camp** – modern lodges situated next to Tisleia River with single rooms, self catering or half/full board arrangement. Good wholesome food based on local traditions.

**'The Old Jail'** – refurbished old style hotel with single rooms and good selection of food,

**Haugseter Mountain Lodge** – typical timber lodge situated near the Vinsteren Lake, single rooms, half or full board arrangements, good and wholesome food.

## For non-anglers:

Hiking, visiting the historic sites, local art workshops, museums, mountain walks.

## Travel:

Direct flights UK to Oslo (1 hour 45 minutes), domestic flight Oslo to Fagernes (30 minutes).

## Nearest airport:

Oslo Airport Gardermoen (3 hours by car), Fagernes Airport (20 – 40 minutes by car)

## Information:

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Prices: On request

## Bookings:

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