

TOP PEAKS IN GRONG MUNICIPALITY



Grong Fritid



1. Heimdalshaugen (1159 masl)

Heimdalshaugen is the highest mountain in Grong and reach 1159 meters above sea level. Follow E6 to Bya in Nord-Trøndelag. The most common rout is throug Nesådalen. Turn right into Nesådalen, 4 km north for the centre of Harran. You will follow a toll rout for about 10 km. You can get the bill on SMS. Then turn left into Rognbudalen, the cross is marked with a sign. After 2 km you turn left on the first road and passes a small river named Rognbuelva. Parking is a couple hundred meters a head. From the parking lot there is forest terrain in the beginning. After about 30 minutes you will come into mountain terrain. Go into the "valley" between the big top and the little top, then into the shaft. You will pass a litte cabin witch is open all year. From the sheft you should keep right and follow the mountain ridge.. There is a marked stone cairn on the top of the mountain. Approximantly 5-6 kilometers one way.



Photo: Kenneth Myhre

2. Lille heimdalshaugen (886 masl)

Just south of Heimdalshaugen (also called Storhaugen) is Lille Heimdalshaugen (also called Litjhaugen) at 886 meters over sea level. This is a medium hard hike. Follow E6 to Harran in Nord-Trøndelag. The most commonly used direction goes through Nesådalen. Turn right about 4 km north of Harran by Bya. Here is the sign to Nesådalen. This is a toll road you follow about 10 km. Toll can be paid by SMS. After 10 km you turn left into Rognbudalen. The cross road is marked with a sign. After about 2 km take left on the first road and drive over a relatively small river (Rognbuelva). Parking is a few hundred meters further ahead. From the parking lot there is forest land at the start, but after half an hour, this is passed. Instead of going inside the "valley" between Storhaugen and Litjhaugen you turn up left towards Lille Heimdalshaugen.



Photo: Marte Reitan

3. Elstadfjellet (541 masl)

Follow E6 north from Grong about 7 km to Gartland. Turn right towards Rossetnes, sign is by the road. Drive for about 1 km and cross the bridge. After passing the bridge you shall turn right in the bend, follow the road for about 70 meters. Then turn left by a big saw (through Møkkelvatnet). Follow the road for about 2 kilometers and the turn right. Toll road, you can get the bill on text message. Then follow the road for about 3 kilometers and park by the road. Follow a tractor road for 800 meters, then follow marked track to the top (about 3 kilometers). GPS-coordinates: 715 71 80 – 37 95 01.

4. Geitfjellet (872 m.a.s.l)

Geitfjellet is one of the highest mountains in Grong and can be ascended from different starting points.

From Jørem: Drive of E6 towards Langnes camping/Øysletta. After about 1,3 kilometers, turn right signed Øysletta. Follow the road for 4,3 kilometers and park on the right side of the road. The hike starts on the opposite side of the road. It is signed "Geitfjellet", and the trail is marked with red DNT-marking. The trail goes through

From Rosten: Gravel road the whole way. Drive towards Sørisa on FV 401 from the center of Grong. Turn right towards Øysletta/Vie. Parking by the red house right beside the train track (Sørheim Grendehus). The hike starts here. Turn left up the hill on the gravel road. On the top of the hill turn right, from here you follow the road to the top. About 8 kilometers one way.

From Bjørgan ski resort: Follow E6 south about 8 kilometers from Grong. Turn left towards Bjørgan skisenter. Parking lot by the ski resort. The tour starts from parking lot, by the barrier. Follow the road through the cabin field all the way up to "the reservoir". From there you follow a marked trail (DNT) until the red cross cabin. From this cabin it is a marked trail until the peak.



Photo: Kristian Nesser

5. Fagerliklumpen (477 masl)

There are two trails to Fagerliklumpen; one from Bergsmo by the rifle path and one from Leksås. Both trails are marked.

From Leksås: Turn off the E6 approximately 400 meters south of Mediå bridge, towards Namsos. Take the first road to the right (100 m after road cross). Then turn left signposted Grong Gård. Take the first right towards Leksås (farm road going up between the church and the red house), 1 km to the end of the road (parking here). The tour starts in the soil edge and follow the path towards Fagerliklumpen. The walk straight up from Leksås to Fagerliklumpen is approximately 2,5 kilometers. The tour is demanding, with lots of marshes and steep trail. The trail is partly unclear.

From Bergsmo: Turn right from E6 towards Namsos (RV 760) and follow the road about 5 kilometers. Turn right at the vet clinic in Bergsmo, then turn right after Coop Market, continue the road right up to the shooting range. Park your car here and walk along the road about 300 meters, the starting board is located here. OBS! If a red flag is raised it is ongoing shooting. If shooting is in progress go behind the station and follow the yellow mark ribbon through the woods until the starting grid. The trail is partly in swamp and steep terrain. The hike is about 3,5 km one way. Fagerliklumpen is 477 meters above sea level and there is a great view over Heimdalhaugen, Geitfjellet, Tømmeråsfjellet, Overhalla and two rivers Namsen and Sanddøla.



Photo: Egil Eriksen

6. Rognsmoklumpen (461 masl)

From Grong you drive along E6 about 8 kilometers south, then turn left towards Lierne. Drive approximately 2 km straight ahead and turn left on the side of the road. Signed Rognsmoklumpen. From here you can go to the top and down on the other side to Tømmerås. Alternatively you can start from Tømmerås. From the center of Grong follow FV 391 (Mediå road and Formo Fossevegen) about 2,5 km to a cross by a flower shop on Tømmerås. Turn left into Tømmeråsveien and drive approximately 2 km (last part is forest road). Parking is by the info board. Marked trail for here.



Photo: Kristian Nesser

7. Slettfjellet (396 masl)

Drive along E6 north towards Harran. Turn left west towards Høylandet on RV 775. Drive about 2,3 kilometers until you cross Gartlandselva (a river). Then turn left into a tractor road. Continue 700 meters to the parking lot. Trail start is by Lunneplass in Nordengdalen. The trail follow the tractor road up into Sivertlia to Slettfjellet. On a clear day there is a great view. About 2,1 kilometers one way, with a climb on about 290 meters.

8. Storhusfjellet (491 masl)

Through Stortuva: Drive on RV 391 from the center of Grong against Tømmerås. Turn right up against Hallgotto about 800 meters from Hydro (gas station). Drive to the roundabout and park here. From there it is a signposted trail to Stortuva, and subsequently signs up to Storhusfjellet. About 4 kilometers one way.

Through Grong: Drive on RV 391 from Grong (Mediå bridge). Turn off by Hydro (gas station) and then run right, drive the whole way up to a barrier. Park by the barrier. Trim Box by 2,4 km. The trip to the top is 4,75 kilometers and follows a gravel road. On the viewpoint there is an excellent view of Grong, Geitfjellet and over to Overhalla Municipality.



9. Brenn fjellet (339 masl)

A tough hike that starts at the farm Vollen in Elstad. The trail goal is Brenn fjellet, the first peak on the mountain Elstadfjellet. The trail is only 1350 meters long but is very steep with a gradient of 321 meters along the path. From Grong you drive north about 10 km along the E6, then turn right towards Elstad. Drive straight ahead over the bridge, then turn left up the hill to a red house in the hill. Turn left at the parking lot by the house. Then walk 500 meters up to the start. Not marked trail.



Photo: Svein-Tore Hovd

10. Vattatuva (412 masl)

Follow E6 north about 14 kilometers from Grong to Namsen Salmon Aquarium. Parking here. Cross E6 by foot into the cycle path, and continue about 400 meters back south. Then turn left into a gravel road. Follow the trail above a tunnel ceiling and up through the woods. Relatively steep climb the entire trip. Great view over Harran and Heimdalhaugen. There is approximately 2,5 km to Vattatuva one way, and on this route there is a rise of about 275 meters.



Photo: Lisa Aasbakk