

Summer Activities in Trysil

Hiking: In the Trysil area there are many hiking routes from easy to more advanced trips. This will give you a true taste of Trysilfjellet nature and spirit for as long as your legs can endure. No previous experience is necessary.

Biking: A mountain biking journey is one of the most enjoyable and effective ways to experience the rural areas and natural environments of any country. With the skills of professional guides and modern equipment, explore the beautiful nature of Trysilfjellet. A total of 14 biking routes are now marked and graded from easy to more demanding trips.

Golf: 200m away from the hotel is the Trysil Golf course which is open from mid-May to mid-October. It is an 18-hole hilly course surrounded by forest and rivers.

Fishing: As a glittering diamond chain the Trysil river runs through a landscape of mountains and forests on its way south where it crosses the Swedish border. The Trysil river contains brown trout, grayling, whitefish (might be very big, +2 kg), pike, some perch and minnows. The grayling is the dominating species and occurs in large numbers. Rowing boats for rent and fly fishing lessons available. The season is from June 1st until September 15th.

Horseback riding: Wide spectre of horse activities awaits guests focusing on outdoor experience, safety and challenges. There are activities available for skilled and first try, children and disabled. Nothing is impossible. For those under 10 there are cosy Shetland ponies led by instructors.

Adventure Pool: The Adventure Pool at the Radisson SAS Resort Trysil has a large main pool with currents, a deep pool with a glass climbing wall above it, two children's pools, a Jacuzzi and the only indoor surfing wave facility in Scandinavia!

Spa & Wellness: The SPA at the Radisson SAS Resort Trysil invites you to indulge your body, mind and soul with a relaxing massage or skin treatment. The SPA includes two relaxation areas for your use before or after treatments. The relax area located one floor below the nine treatment rooms includes a hot water pool, a Finnish sauna, a Turkish steam room and an aromatic Laconium to stimulate your senses.

Bowling & Billiard: Chill Bowl & Dine offers 8 world class bowling lanes providing hours of fun with family, friends or colleagues. Drinks and snacks are served at the bar.

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Museum visits:

Støa Canal, approximately 30 min drive from Trysil

The canal was operational from 1858-1901 and used for floating timber from Ljørdalen to the Klara river system. Originally with 2 log spills powered by reversible water wheel to raise the timber a total of 13m. One log spill and the building is restored. Guided tours last 40-90 minutes depending on how far people want to walk.

Trysil Countrymuseum, Trysil center

Norway's oldest rural museum founded in 1901. The museum consists of 21 historical buildings showing how people in the area lived in 1700s and 1800s. The oldest structure dates from approx. 1650. The collection includes, among other things, examples of the three most common types of farmhouse: the 3-room cottage, 2-storey cottage and the Akershus-style cottage.

Ski museum, Trysil center

The world's oldest ski club was founded here in 1861, called Trysilgutten. The museum tells about the world's first official skiing competition, held in Trysil in 1855. The famous Norwegian skier Halvard Mørgedal won all the disciplines that year.

Glomdal Museum, Elverum, approximately 1 hour drive from Trysil

The third largest open-air museum in Norway. 90 buildings revealing much about the history of the 350 km long Glomma Valley through the last 400 years.

Excursions:

Sälen's elk park, approximately 40 minutes from Trysil

The elk park offers fantastic experience in the forest. The guided tours take you through beautiful surroundings with different types of forest such as pine and birch. We guarantee that during the tour you'll get to see the elk!

Kongsvinger fortress, approximately 2.5 hours drive from Trysil

Kongsvinger Fortress was built in the end of 17th century and was never laid under siege or captured. All the same, it has had strategic significance for the defense of Southern Norway. Today it is open to the public, providing guided tours and museum visits.