

Tourist in Åmot

www.amot.kommune.no



Åmot kommune
Vilje til
vekst

Rena

Rena, the municipal centre of Åmot Council, is a small market town. It has shops, cafes, a cinema, library and «Culture-center», two school, a «district college» and Norway's largest military camp. There are a lot of possibilities here, whether you want to enjoy sports or culture- on your own or in a group.

To the east of the town centre is little lake Prestsjøen, which has a public beach, diving-facilities and picnic-area. And apparently Østerdalens warmest and best water for swimming! Åmot Kulturhus - (Culture-house), is situated in the middle of the town square, next to the Town Hall. This is where one finds the local library, cinema, art-gallery and volunteer-centre. The council's service and information-office is also there, and is open 10-14 week-days.

Vidar Sandbeck (1918-2005 Åsta in Åmot) was a well known norwegian musician, composer, author, painter and wood-carver. Several of his works are exhibited in Åmot Kulturhus. The Cafe Sandbeck is also located in the Åmot Kulturhus. Open 10-14 weekdays.

Åmot Church is a large timber church, built in the so-called «Norwegian Dragon-style» of art-nouveau 1902. Henrik Bull designed the so-called «Timber-cathedral».

Would you like to Bowl? You can do so at «Rena Bowling» in the southern end of town. The sports-shops in Rena have vast knowledge about local fishing.

The Pilgrim-route (Østerdalsleden) goes from Rena station via Nesvangen (Åmot's millennium-place) northwards, through the council, towards Stor-Elvdal and on to Trondheim. The trail follows well-marked paths, and one can camp in huts along the way. Another trail- Natur og kulturleden «Nature-and culture-trail», starts in the same place, but leads to Osen.

In the art-workshop «Kunstarena», one can see paintings, graphics and sculpture. Visit by appointment. Natthagen -The night garden» is situated 15 kilometres north of Rena, towards Julussdalen. The gallery, museum, cafe, shop and cafe are open from June 1st. till September 1st. Sorknes Golf is situated a few kilometres north of Rena, along the main road no 3. It is said to be one of Norway's most beautiful 18 hole golf-courses. Hovdmoen shooting-range is in the same area. Here is one of Norway's finest and most complete shooting facility for clay-pigeon and rifle-shooting.

More information about Rena you can find here:

www.amot.kommune.no (local council)
www.amotkulturhus.no (Culture-house) www.facebook.com/aaamot
www.aamotjff.no (Åmot-hunter's and angler's association)
www.natthagen.no
www.sorknesgk.no
www.kunstaren.no
www.aamotjff.no
www.kunstarena.no





The chimney remains from the paper factory (Rena Karton)

Do you know that...

- The singer, woodcarver, poet and author Vidar Sandbeck was born and raised at Rena?
- In the river Rena, there has been caught trout up to 7000g.
- Åmot hosts a important Department of Inland University College. Campus Rena has got 2 095 students and 60 employees.
- Åmot is an important forest municipality with productive forest of 2/3 of its area.



Prestsjøen at Rena



GO HIKING!

Åmot can offer a whole range of hiking-possibilities: Near Rena Hemmelfjellet (1061 m above sea level), the Glommastien, the Renabakkene, the Lapland round, the Blikstadrunden, the Pilgrim's path, Dambua or Engulfsfjellet. In the Haugedalen you will find Bellbekken/Julussa and Krismesjøen on Knappkjølen. Kvenbekkioa and Deifjellet at Deset, and Blikufjellet in Osen. You will find endless walks on foot and by bike throughout the municipality. FYSAK tour destinations can be found in several places in the municipality. Åmot and Stor-Elvdal Tourist Association have maps and suggestions for a nice trip. 13 FYSAK tour destinations have been selected around the municipality. In addition, we have 5 hiking destinations in the Rena area. The Birkebeinertrack from Rena to Lillehammer can be used both summer and winter. You can cycle and go cross country skiing.

The 42 km long Pilgrim route is within Østerdalsleden, and runs through Åmot municipality, It starts at the train station at Rena. The trail follows foot-paths through forest, in beautiful terrain.

A little east of the city center, across the Nesvangen, is the Renabakkene. The Åmot people take great pride in their ski-jumping arena, and its noble sportin-history. Up 637 steps you get a fantastic view of the Åmøtet and Rena town. Maps and descriptions can be found at: YX / 7-Eleven Rena, www.ut.no, <https://ase.dnt.no/>, www.Birkebeiner.no, www.Sykkelruten.no, www.ut.no, www.Terrengsykkel.no/stiguide, www.Renasykkel.fan and www.amot.kommune.no

Åmot has four seasons, and the winter is fantastic. Winter activities are; jiggig, skating, sledding, skiing or kicking-sledges. You'll have fun! A lot of snow and good conditions throughout the winter, makes Åmot a good place to be if you like the winter and out-door life.





Digeråsen

RENA ALPINE AND SKI CENTERS

The facility is located above Østerdalen hotel and offers 6 slopes from 2 lifts. Here, beginners and advanced, children and adults, will find varied slopes adapted to everyone. Rena Alpine and Ski Center is also an excellent starting point for cross-country skiing. Many people take the mountain lift to the top and into the mountain-area to Skramstadsætra and to Engelsfjellet.

FURUTANGEN IN OSEN

Furutangen has become a year-round place for active leisure. The area is best known for the winter activities, with child-friendly resorts, miles of cross-country trails of the highest standard and its own artificial snow-based light trail.

MIL AFTER MIL WITH CROSS COUNTRY TRAILS can be found at www.skiloper.no and www.Renaskiloper.no. You will find cross country ski tracks all winter, Rena/Skramstadsætra/Åmot Vestfjell, Rena camp, Deset, Osen/Furutangen.

At the Birkebeinertrack you can ski on natural snow from Rena and to Lillehammer. Would you like to have a cabin in the middle of the Birkebeiner region? Are you tempted to be able to train in the Birkebeiner track all year and enjoy peace and quiet at your own cottage? We have many beautiful cottage areas in the municipality.



Ice-fishing at Åmotet



Åmot has 1,630 cabins in total. Several cabin areas around idyllic Osensjøen, including available plots in attractive Furutangen. In Digeråsen and at Skramstadsætra, there your cabin-dreams can see the light of day in the years to come. Around Sorknes golf course you will also find cabins and here you can play golf right outside the door if you wish. Campers can also find ready laid spots

Information can be found here:

<https://furutangen.no/hytter-tomter/>

<http://www.skramstadsetervel.com/>

<https://www.digeråsen.no/>

Åmot also has many attractive sites. These can be found in several areas of the municipality. At Rena, in Haugedalen, at Åsta west, in Osen and at Deset.

Åmot kommune har også mange attraktive tomter. Disse finner du i flere områder i kommunen. På Rena, i Haugedalen, på Åsta vest, i Osen og på Deset.



Welcome to Åmot!-movie

Search up Welcome to Åmot!-movie on www.youtube.com

Do you need a place to sleep for the night?

In Åmot we have a variety of accommodation. We welcome guests from traditional hotels to cabins, campsites, guesthouses, hostels or simply a hammock in the woods. Various needs can be taken care of at Rena, in Osen and on Deset.

Updated information can be found at:

www.amot.kommune.no

<http://www.renacamping.no/>

<https://www.renamotell.no/>

<http://www.renahotell.no/>

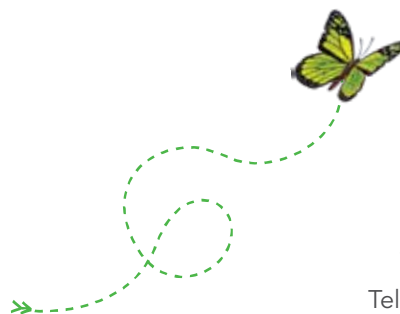
<http://www.osterdalenhotell.no/>

... And maybe some food?

In Rena town you can find several restaurants and cafes. There are a wide range of international cooking. Østerdalen hotel is located along the R3 north of Rena has a lovely dinner buffet. At Mattisstua in Furutangen, located in Osen, it is possible to dine all year.

Ban on fires

In the period from 15 April to 15 September, it is forbidden to make camp-fires in or near forests and other outfields without permission from the municipality. This prohibition is often referred to as the "bålforbudet".



Åmot kommune

Council house

Torget 1, 2450 Rena

Telephone 62 43 40 00

Monday to friday 08.00 - 15.30

postmottak@amot.kommune.no

amot.kommune.no

Municipality no: 0429

Search for Åmot kommune at Facebook

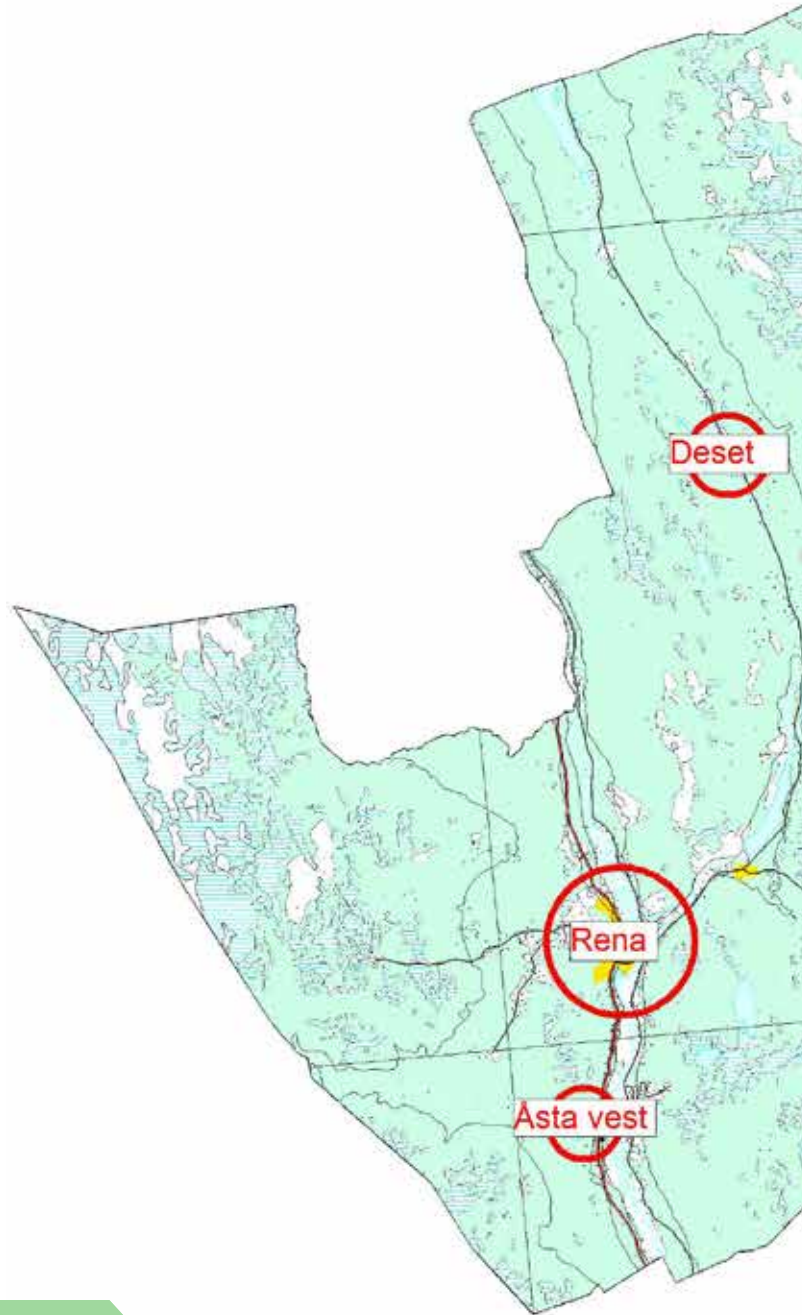
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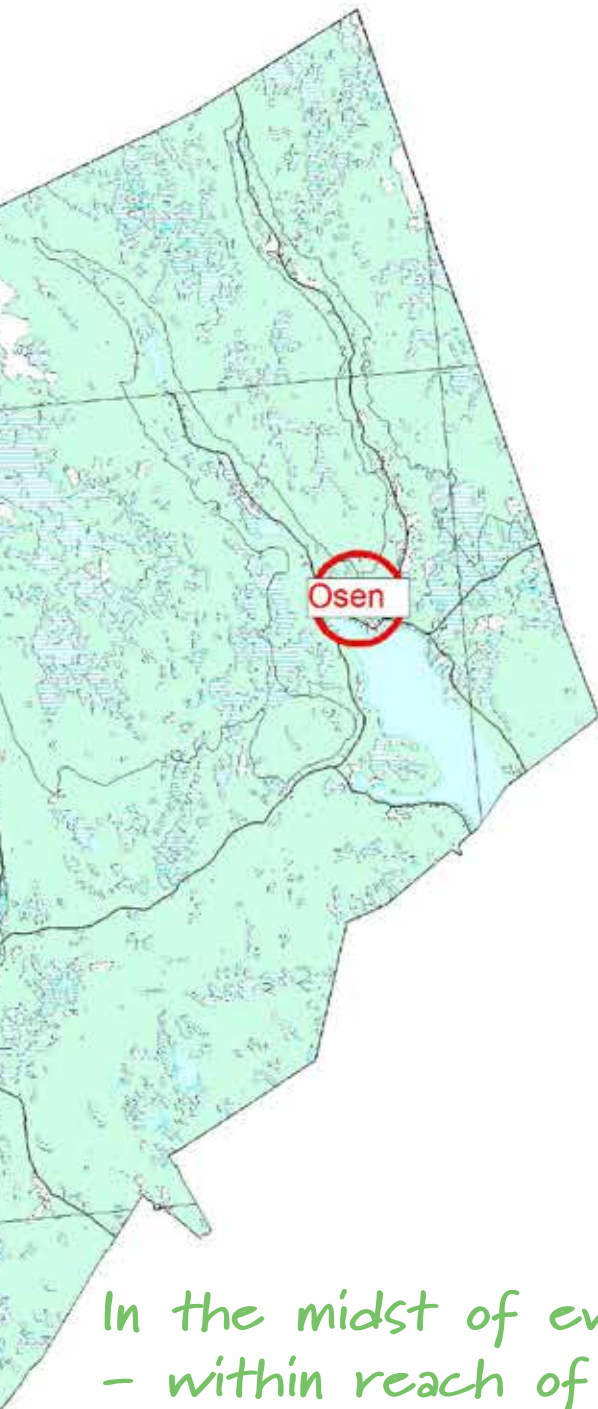


Pilegrimsleden



Frisbee golf at Furutangen
Photo: Roger Sandum





In the midst of everything
- within reach of all



Osmundsand



Deifellet at Deset



Sorknes Golfbane at Hovdmoen

Osen

Osen is located by Lake Osensjøen, approximately 30 km north-east of Rena. The lake is 43,64 square kilometres. The beautiful Osmundsand beach is in Nordre Osen. It is a 1 kilometre long, sandy beach. Camping is permitted alongside the lake, and one can fish and enjoy boat-life.

Mattisstua, in the heart of the Furutangen-area, offers several summer-activities: A large football-pitch with artificial turf, an 18-hole golf-course, a play-ground and mini-golf. Nearby is the Granåstjernet-tarn, where fishing is possible. This is also a good area for hiking or cycle-trips.

Valmsnes farm is idyllically situated, right on Lake Osen. In the summer-months both the farm-shop and the cafe are open. One can buy cheese made on the farm. The farm offers accommodation and caters for weddings and parties.

Nordre Osen has got two churches. The oldest was built in 1777, and seats 150. The newest was built in 1923, and seats 316. Both churches are protected buildings. Sørlistua fløtermuseum is in Osen. Here one can learn about the history og timber-transport on rivers and lakes in the Hedmark area.

On the way from Rena to Osen one passes Østre Æra, which is where the Norwegian Parachuting-centre is located. The airport here is owned by the parachute-section of the Norwegian Air-Sports Association, and run by Oslo Parachute-Club.

At Østre Æra one can visit fortifications from the battles in 1940. These are reconstructions, and unique in inland Norway. The Åmot and surrounding area's Defence Association run the little museum, which is located close to the fortifications. Here one can see photos and artefacts from the 1940-45 war.

Other war-memorials in Osen are «Dulpbekk-koia»- «Ørneredet» (The Eagles Nest), in southern Osdalen, «Reve-hiet» -The Foxes Den, in Ulvådalen, «Ekornåsen»-Squirrel Hill, between Deset and Slemdalen, and several air-drop sites, including Villoslet.

The Osen Fair is held the last week of July.

More information about Osen can be found here:

www.valmsnes.no
www.fallskjerm.no
<https://sorlistoa.no/>



The churches at Osen



Østre Æra



A soldier at Østre Æra



Vidar Sandbeck

Do you know that...

- Highway 3 runs north and south through Østerdalen. There is only 1.5 hours drive to Oslo Airport.
- Anne-Cath Vestly lived her first childhood years at Rena?
- Åmot is a cultural heritage municipality and "Norway's best" in the number of cultural monuments registered and host to the pilgrim route, which is approved as a part of the European cultural road network and Østerdalsleden.



Osmundsand

Deset

Deset is located 25 kilometres north of Rena, right by the river Rena. The river is a renowned fishing-river, and people from all over the world come to fish here. There are cabins for rent along the river.» Rena Fishing-camp» offer both accommodation and guided tours of the Rena river.

Melgården Farm is a dominating feature in the little village of Deset, with its size, central position, and unique architecture. It's gardens were created in the period 1875-77. It is now possible to visit the garden, which recently has been brought back to its original lay-out.

Deset Church is a small wooden building, erected in 1867. It seats 140, and is a protected building.

Would you like to go for a swim? You can do so in the Fiskeløstjernet tarn at Deset. Follow signposting from road 607 past Deset Church. Carry on into the woods to a small lake. There is a picnic-area, changing-facilities, a small sandy beach and a bathing-jetty.

The Farm Hotel Søndre Løsset is situated in the heart of the countryside in the middle of Østerdalen. Tradition and years of experience, combined with first class locally sourced food and drink, makes a stay here quite unique.

The suspension-bridge at Løsset, approximately 10 kilometres north of Deset, has recently been refurbished.

On the other side of the river, one can see remains of a prison-camp for Russians, from World War II. An estimated 150 prisoners were held in German captivity here during the period 1942-1945.

More information about Deset can be found here:

www.deset.no (Deset village-board)
www.fishpot.no (sale fishing-license)
www.inatur.no (sale fishing-license)
www.renaelva.no (Åmot Elvelag- river proprietors)
www.renafiskecamp.no
www.melgarden.no
<https://sondreløsset.no>



The Løsset suspension bridge at Deset



Fishing in Renaelva.



Do you know that...

- Åmot is hosting one of the world's largest tour arrangement on cross country skis and bicycles? Several thousands are welcomed to Rena during the cycle-race in March and cross country ski-race in August.
- Åmot is hosting Norway's largest military-camps - Rena Military Camp est. 1997.
- Åmot has got rich industrial and worker traditions. Rena Karton, a major paper company, existed from 1913 to 1998.

