

Doing some kind of physical activity or exercise on a regular basis helps to increase strength and flexibility, improve endurance, control weight, increase bone mass, and improve self-esteem, as well as reduce stress, anxiety, depression, and the risk of developing high blood pressure.

To achieve this, Norwegian authorities recommend a daily activity:

at least 30 minutes for adults
at least 60 minutes for children



The norwegian mountain code

If you are going on a trip in the mountains there are some unwritten rules you should follow. The weather conditions in the mountains change rapidly, and it is important to be prepared for bad weather.

1. Don't go off on a long walk without proper experience.
2. Leave word of your route.
3. Be weatherwise.
4. Learn from experienced hikers.
5. Be equipped for bad weather and low temperatures even on short hikes. Always take a rucksack and proper mountain gear. Use map and compass.
6. Don't go solo.
7. Turn back in time. There's no disgrace in turning back.
8. Conserve energy and build a snow-shelter if necessary.

Taken from: www.nyinorge.no

Useful information when planning a trip:

www.godtur.no - Here you can find tips about where to go hiking, skiing or bicycling. You can also find places for swimming or picnic. There will be maps connected to the areas you find described.

www.yr.no or www.storm.no - Before going on a long trip, check the weather forecast.

www.inatur.no - Here you can buy licence if you want to go fishing in rivers or lakes.

www.turistforeningen.no or www.statskog.no - Information about cabins you can rent for one or more nights.

On our homepage you will find free maps of some of the recreation areas in the region. For printed copies of the maps, try the libraries. A brochure in Norwegian language about regional areas can be downloaded from our homepage.

For further local information, feel free to contact Tronheimsregionens Friluftsråd: www.friluftsrad.no/trondheimsregionen



supported by  Helsedirektoratet

Trondheimsregionens Friluftsråd

www.friluftsrad.no/trondheimsregionen



Outdoor activities for everybody

Outdoor recreation - for joy and health

- how to enjoy Norwegian nature
- where to enjoy Norwegian nature



made in cooperation with

Friluftsrådenes Landsforbund

www.friluftsrad.no

Free access to the Norwegian countryside

Welcome into Norway's diverse nature

relaxing or challenging; available for everybody

The Outdoor Recreation Act

In Norway it is a cultural heritage and an ancient right to access the countryside, mountains, woods and coastline and to harvest what nature offers. The public right of access ("Allemannsretten") is confirmed in the Outdoor Recreation Act. This act clarifies the use of land for recreation as opposed to a commercial use and also implies an obligation to leave nature as one would wish to find it: take care to tidy up when you leave - leave nothing behind!

Cultivated versus uncultivated land

These terms are used to define the right of access. CULTIVATED LAND means fields, meadows, gardens, hayfields, cultivated pasture, forest planting areas, house plots and farmyards connected to buildings. In such areas as well as areas where special rules apply (national parks etc.) access is limited. **In all other areas public access rights apply as long as basic principles are followed:** "...shall not lead to unreasonable damage for the owner nor disturb the privacy of other people."

In the winter time, when covered with snow or frozen, cultivated land can be accessed, except private gardens and areas closely connected to buildings.

Everybody is free to swim in lakes, rivers or in the sea.



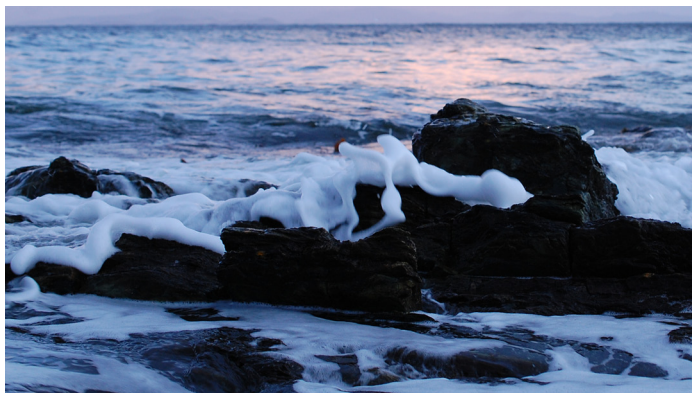
Harvesting from nature

It is fully legal to pick wild berries, mushrooms and flowers on uncultivated land in Norway, apart from some protected areas. Regarding which mushrooms are safe to eat, you can consult your local association for mushroom species identification (<http://www.soppognyttevekster.no/>) Berries you find abundant in Sør-Trøndelag are mainly blueberries, crowberries, cranberries, cloudberry and raspberries.



Wild animals

Norway is home to many species of wild animals. Most of the animals in Norway are not dangerous to people, and we can safely use the countryside without being afraid of wild animals.



Fishing and hunting

Along the coastline or from a boat, everybody is free to go fishing in the sea with rod/hand-line. In rivers and lakes, people older than 16, who intend to fish salmon, sea trout and sea char must pay a small annual fee (licence paid on all post offices or on the internet www.inatur.no). In addition, local restrictions and/or fees often apply. Contact local land owners for information.

Hunting restrictions and fees apply for state-owned land and land-owners have the sole hunting and trapping rights on their land. Foreign hunters must document that they fulfill the requirements for hunting in their own country.

Boating and going ashore

Travel at sea by boat is free to everyone, as well as going ashore and stay on uncultivated land as long as you are not bothering or disturbing others.

Hiking and open fire

Everybody can pitch a tent and stay overnight on uncultivated land, but not less than 150 meters from a house or cabin and not longer than two subsequent nights according to the rules. Ask the owner of the land for permission if necessary. In the winter time (15.9 to 15.4) making an open fire is allowed.

Picnic and relaxation

The national associations for outdoor recreation (Friluftsrådene) plan, build and maintain a number of outdoor recreation areas close to where people live. You will find grills and outdoor seating, walking path and piers accessible for everybody. Ask your local association for details (back side of this flyer)

Close gates and respect wild animals and livestock

Bring your garbage back home - leaving nature as beautiful as you found it!