

# WHITEWATER KAYAKING IN VEFSNA REGION



Tyler Curtis in action down Eiteråga. Photo: Mariann Sæther

## A SHORT GUIDE

Produced by the project “Vefsna Region Park”

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# Introduction

This guide has been put together to accommodate the increasing number of whitewater tourists entering the Vefsna Region, municipality of Grane, Vefsn and Hattfjelldal. The descriptions of the rivers are meant as a guideline only, and we urge you to always take precautions while paddling. Carry proper gear and check water levels before putting on the rivers.

Certain rivers are under treatment for the salmon parasite *Gyrodactylus salaris* – disinfection is strictly reinforced and not following the guidelines could result in certain rivers being closed for whitewater kayaking.

This guide is made with the help from Vefsna kayak club and Mariann Sæther. Additional information and photography has been provided by Ron Fischer, Torhild Lamo, Kurt Kvalfors, Øyvind Bakksjø, Axel Kleiven Lorentzen, Margrethe Jønsson, Matthias Fossum, Morten Eilertsen, Jakub Sedivy, Simon Westhgarth, Benjamin Hjort, Lee Royle and Lars Georg Paulsen.

We welcome you to our beautiful region and wish you an amazing time on the rivers of the region. We appreciate the nature and are proud of our wild region – please respect the Outdoor Recreation Act.

## Water levels

There are three main internet gauges in the area that will give you an indication of the water levels of the rivers. All gauges can be found on the webpage of NVE: [www.nve.no](http://www.nve.no)

The gauge *Laksforsen* is placed on the main river of Vefsna, situated by the waterfall Laksforsen. Many of the rivers of the area end up above this station, so it gives an overall idea of water levels in the region. Eiteråga flows in below, and the rivers of Mosjøen do not flow into this drainage.

The most used gauge is undoubtedly the one situated on the Susna river, at *Nervoll*. A flow between 40 and 60 cumecs indicates medium water levels in the area, and is fairly normal in July. It is situated well above the confluence with Unkerelva.

The third gauge to keep an eye on is situated at *Joibakken* on the Auster-Vefsna, above the small town of Trofors, direction Hattfjelldal. This gauge measures the water from Susna and its tributaries, and can be used as an indication of the waterlevels in the Fiplingdal rivers.

## Important information

### **The Outdoor Recreation Act**

Everybody has the right to travel and stay in the wilderness in Norway – no matter who owns the ground. This means that we are allowed to walk or ski in the forest, along the ocean or in the mountain. We are allowed to paddle on rivers and lakes and ride or bike on paths and roads in the forest and in the mountain. There are some exceptions from this, usually to protect fragile wildlife in a nature reserve. Make sure to inform yourself in the local township.

The Outdoor Recreation Act also allows us to tent in the wilderness. The main rule states that we need to be a minimum of 150 meters from cabins or houses. Close to cabins and houses you are allowed to stay for a maximum of two continuous days. In farmed areas we need permission from the landowner. Farmed areas are fields, meadows and pastures, in addition to court yards, gardens and property lots.

Wilderness is forest, mountains, beach, water, pastures that are not farmed and nature areas not regarded as farmed areas.

For kayakers it means that we in principle can paddle on all rivers and lakes in Norway. Some areas can still have a ban in certain times of the year to protect fragile wildlife. For instance the river Simskardelva, which is closed from 15th of May to 20th of July.

If you are driving across or parking on private ground, also roads, you have to ask permission from the landowner. It is not allowed to cross gardens or farmed areas without permission. This is also the case for some of the put-ins and take-outs described in this guide. You are responsible for asking permission!

It is of course expected that you clean up after yourself – bring your trash with you and do not leave any trace behind. Bury human waste and clean up fire-pits. It is allowed to have a campfire in the outdoors if there is no danger for making a forest fire. Be cautious when getting firewood: It is not allowed to damage living trees, and bigger dry trees should also be left alone.

### Disinfect the kayaks!

*Gyrodactylus salaris* (gyro) is a parasite which is killing the salmon. The parasite can be spread by water in damp or wet kayaking gear, and also water carried within the kayak from an infected drainage to another. The Vefsna watershed is treated against the parasite, as so is the Rana watershed. If you paddle Vefsna below Laksforsen, including siderivers such as Eiteråga, Fusta, Herringelva and Hattelva you need to disinfect before paddling Vefsna south of Laksforsen, Lomsdalselva or other rivers in the region. Be aware that this also means that if you paddle the popular Rana-river you need to disinfect!



Disinfecting the gear. Photo: Mariann Sæther

All kayakers have to disinfect the kayak, and if you are a member of Norges Padleforbund you can disinfect on your own with **Virkon S** dissolved in water. This then gets sprayed onto the gear and kayak, before rinsed off.

**Virkon S** can be bought in the farmer store Felleskjøpet all over Norway. Afterwards you need to put a sticker on your kayak that acts like a self declaration, and this sticker you can get by contacting Norges Padleforbund or Vefsna elvepadleklubb.

If you are not a member of a Norwegian kayaking club you need to go to the gas station in Trofors which has disinfection available for a small fee.

# Rivers in Vefsna Region

## Vefsna



Nice surf waves in Kvalfors. Photo: Ron Fisher

### ***Seksjon: Kvalfors***

#### **Put-in:**

Drive the gravel road south from Mosjøen, on the west side of Vefsna to Kvalfors.

#### **Take-out:**

A gravel road going down to a little beach about 4 kilometers downstream of Kvalfors toward Mosjøen, on the west side of Vefsna.

#### **Class: 2**

#### **Description:**

Vefsna flows in long, flat sections, interrupted by short, powerful drops. Therefore it is hard to find good sections to paddle. You can paddle the Laksforsen itself, but remember to disinfect your gear and kayak before and after paddling on the Vefsna because of the salmon parasite as described earlier in this guide.

As you get to Kvalfors you will see a rapid which has a few surf waves and good eddies. This is put-in. Drive to the nearest farm, and ask nicely if you can park behind the cow-shed. Cross the railway tracks (do NOT drive) and walk down to the river.

This rapid is great to play in with high water as some of the waves get very fun. It is also a good place for beginners to train eddy-hopping, paddling through whirlpools and so on. From here down to take-out the section is flat, with current, but no rapids. It is therefore suitable for the beginner that would like to have a little float after having played around in the rapid at Kvalfors.



# Auster-Vefsna



Ron Fisher finds the best line of the canyon near Stormo in Auster-Vefsna.  
Photo: Mariann Sæther

## *Section 1: First canyon below the town of Hattfjelldal*

### **Put-in:**

Drive on road Fv804 out of Hattfjelldal toward Susendal. Cross the river after 3.7 kilometers at Kolmila/Skogstubecken. Drive downstream until Sørvollen/Vefsnholmen or to where the road goes close to the river and it is easy to put-on.

### **Take-out:**

Continue downstream about 6-8 kilometres, and find the gravel road that goes down to the river just below the canyon. Do not drive down it, but park on the main road.

**Class:** 4/5

### **Description:**

This is a pretty short section with big water paddling. The river flows through open scenery at first, before it digs itself through a deep and intense canyon. Since the section is short it is a perfect afternoon or morning run, or when entering or leaving the area.

You will encounter the first rapid, Hattfjellfossen, outside of the canyon, still where the valley is open. There are a few holes to avoid but the line is normally pretty straight forward. Once inside the canyon, the first rapid is the most challenging. It can be portaged on river left. Two different lines are normally paddled: Either boof over the main pour-over, or avoid it to the left.

The exit-rapid, called Mjølkarlifossen, is normally paddled on the right or left side. The rapid is visible from the road while driving shuttle. Take-out is on the left side of the river a little while below this rapid, marked by a gravel road down to the river. If wanted, one can also continue the trip into the middle section described next.

## *Section 2: Middle canyon*



Ron Fisher paddles some exciting rapids above the bridge to Fiplingdal.  
Photo: Mariann Sæther

### **Put-in:**

Either put in and paddle the first canyon, (**Section 1**) or follow directions to take-out for first section described before.

### **Take-out:**

Either at the gas-station in Trofors (then you will paddle through also the bottom part of the river, described in the next section.) To make it shorter it is normal to take-out at the bridge where road Fv273 crosses the river.

**Class:** 4/5

### **Description:**

This section is mainly class four, with some harder rapids thrown into the mix. It is a section which is not paddled very often, but it ought to change as the rapids are fun and the scenery is amazing.

The canyon is fairly inaccessible, so even if there are flat sections between the harder rapids it is wise to come prepared with a break-apart paddle and first aid kit in the boat. To hike out would require some leg work!

At high water some of the rapids can be challenging to walk around. To paddle the stretch including the first canyon down to the road bridge usually takes about 4-5 hours. If one wanted to shorten down the section, it is possible to find an alternative take-out higher up. Above the confluence with the

Fiplingdal rivers there is a long, flat section. Above this section one can find a way down to the river on the river left side (road access) and get out.

To make a full day out of it you can also paddle all the way down to Trofors, including the next section described in the guide.

### ***Section 3: Festival run***

#### **Put-in:**

The bridge where road Fv273 to Fiplingdal crosses the river. An alternative put-in is found on the bridge at Stormo, five kilometres downstream.

#### **Take-out:**

At the gas-station in Trofors, or at the bygdetun (Museum of historical buildings) just upstream. To only paddle the first canyon of the section, take out at Stormo bridge.

**Class:** 4/3

#### **Description:**

This entire section is 12 kilometers long and has classical, beautiful whitewater.

The first canyon is short, with great big volume paddling. After the put-in bridge there are some warm up rapids before one encounters the first rapid in the canyon. This be scouted on river right, and it is also possible to scout it before putting on. To do so, park at the lay-by about 800 meters downstream of the put-in bridge, and find your way through the forest to the canyon rim.

At levels above 80 cumecs on the gauge in *Joibakken* the canyon becomes pushy, but fun. It has so far been paddled up to 110 cumecs, with the lines being fair and open. Between the entry rapid and exit rapid which can be seen from the road, there are quite a few read-and-run, easy class four rapids providing lots of fun!

From the exit rapid to the bridge at Stormo the river is flat, and below this bridge the rapids are straight forward with plenty of space in between them. The section from Stormo to Trofors is mainly class three big volume, except from one small drop that crosses the entire river just above take-out. Scout on either side to find your line.

The section from Stormo to Trofors is the festival stretch used a lot during the annual white water festival in July, which is called *Vefsna elvefestival*.



# Storfiplingelva



Mariann Sæther boofing the last rapid of Storfiplingelva. Photo: Ron Fisher

**Put-in:**

At the bridge crossing the river in Jerpåsen, Fiplingdalen.

**Take-out:**

At the bridge crossing the river on the gravel road on the south side of the river Auster-Vefsna. (Don't confuse it with the take-out of the Litlfiplingdalselva, which you will reach first if coming from downstream)

**Class:** 4/5

**Description:**

The best place to see the water level is at take-out. Look upstream and if you think the drop that you can see from the bridge looks like fun then it is game on. If it is raining heavily in the area, it is probably smart not to put-in even if the level looks good – the river is known for coming up fast and forcing groups to hike out – which can be very strenuous.

The river is a classic, and gets paddled often. At that start the riverbed is open and easy, but at the first drop you will get the feel for the character of the river. It is mainly pool-drop, with beautiful class four whitewater. The lines are usually technical, but fair. One big, sliding drop has been run at some flows, but is mainly portaged on river left. The further down you get into the canyon, the more hectic the river becomes, ending in the drop to be seen just above the take-out.

It is also possible to start higher up than Jerpåsen, where road Fv274 crosses the river at Storforsen. If so you start off with a big slide running under the bridge, providing the adrenaline kick of the day.



Dag Sandvik in Storforsen! Photo: Ron Fisher

The section thus continues with great whitewater for the next five hundred meters, before it flattens out down toward the normal put-in of Jerpåsen.



Below Storforsen there are some nice rapids waiting! Photo: Mariann Sæther

It is also possible to start below these first five hundred meters (find an access into the river from the main highway on river left) and paddle down to the put-in in Jerpåsen. This then is a nice intermediate section for the not so experienced paddler at normal flows. If the river is running very high though, this section is not recommended for beginner paddlers.

# Litlfiplingdalselva

**Put-in:**

At the bridge by Kløvforsen, Fiplingdalen, just before the road makes a sharp turn to the left.

**Take-out:**

At the bridge, above the rivers confluence with Auster-Vefsna.

**Class:** 4/5

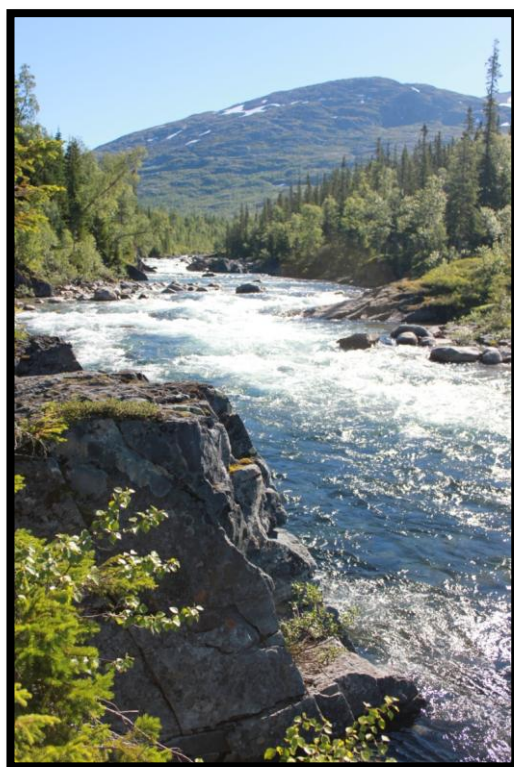
**Description:**

The river is small and steep and needs a fair bit of water. It is 5.5 kilometres long and the level is best gauged at take-out. There should be enough water in the river to get down and still have fun, but not seem high. This river has a pretty small catchment area, meaning that it does not have as long of a season as many of the other rivers in the area. When other rivers are running high this river is normally good to go.

It is one of the steepest rivers in the area, and it carries fairly little water, hence the name. Start the run by paddling the slide just above the put-in bridge, followed by a blocked drop that is normally portaged on river left. From here the river buries itself gradually into a canyon, with a lot of drops between 2-5 meters high.

Half way down the canyon there is a big waterfall that normally gets portaged on river right. After this the river changes character from pool-drop to more continuous river-running with some sharp rocks in the river bed. At the exit of the canyon there is a fun triple combo that is normally scouted from river left.

# Simskardelva



Simskardelva draining from Børgefjell National Park  
Photo: Margrethe Jønsson

## **Put-in:**

Drive the road Fv273 in Fiplingdalen and take the exit to road Fv274. Drive to Simskardet. Follow signs to Børgefjell National Park, and drive to the end. Stop at the parking lot where the trails start, walk over to the river and put-in.

## **Take-out:**

Un-attended camping area just by the road, where you will take a right onto the national park road following the river upstream to reach put-in.

**Class:** 3/4

## **Description:**

You can look at everything you want on the way to the put-in, as the river flows parallel to the road all the way. It only takes 30 minutes to paddle if you know it, and even though the section is short, it is technical and fun. It is a great river for the class three paddler wanting to push upwards a little bit – though with a lot of water the last part of the run can get hectic for the not so experienced paddler. Simply take out wherever you want as the road is always right there!

At low flows the river becomes quite rocky, but the lines are still simple enough, and provide a lot of fun also to the experienced paddler. There is a distinct drop where you can practise your boof for as many times as you want, and there are also some slides that will make you stretch your neck as you paddle into them.

Simskardelva flows in the vicinity of Børgefjell National Park, and it makes for a beautiful little paddle as you are on your way into or out of the Vefsna region.

**Attention: It is not allowed to enter the area between 15<sup>th</sup> of May and 20<sup>th</sup> of July**



# Laupskardelva



Laupskardelva is a hidden treasure! Photo: Øivind Bakksjø

**Put-in:**

From the store in Fiplingdalen drive five kilometers south on the eastside road. Park at the bridge crossing the river and walk up 300 meters.

**Take-out:**

The bridge, or after the drops below the bridge.

**Class:** 3/4

**Description:**

This river is a compact, small river which flows with a pool-drop character from between Golverfjellet and Laupskardfjellet in Fiplingdalen. Since the section is so short it is normal to run it multiple times or in combination with Simskardelva which is situated relatively close by.

If you are after improving your boof or to have a relaxed day on the water this river is perfect. It is easy to access, very photogenic and easy to repeat. If you want to scout the river before paddling the best is to walk up on river left.

To reach put-in you should carry your boat up along the road on river right, and where the road makes a left turn you must find your way to the river through the forest. Lower the boat into the canyon below an un-runnable left bend in the river.

The first drop is the highest, and it also has an undercut that might require some safety set-up. After this you will easily boof back down to the road bridge. Enjoy!



# Stavasselva

**Put-in:**

At the grocery store in Trofors make a left and follow signs to Stavassdalen. Drive to the end of the road and put-in.

**Take-out:**

The first road bridge you reach which crosses the river.

**Class:** 4

**Description:**

The river starts out nice and technical, with small and fun drops as seen from the road. A bit below put-in there is a nice double drop, which usually gets scouted on the way up to put-in. It can be portaged on river left. From here down the river keeps following the road for a while, and the rapids are less intense.

Once it bends away from the road it enters a canyon and the water picks up speed. From here it is non-stop action but without any significant drops or rapids. The canyon walls are seldom vertical, making scouting and walking always possible.

The last rapid of the canyon can be rocky at medium water levels, but from here it opens up down to the bridge and the last slide as seen from the take-out. If the water is high enough it is also possible to run the big slide below the bridge and then walk back up to the car.

With a lot of water in the river it all gets a lot more hectic, so make a good judgement at take-out before driving up.

If you are looking for inside accommodation in the area, it is possible to rent the farm Stavassgården – it is newly renovated and can sleep larger groups for a cheap price. Ask in Trofors for more information, or find Stavassdalen on the internet.

# Eiteråga



Eiteråga is a Classic for steep river enthusiasts. Photo: Mariann Sæther

## ***Section 1: Steep***

### **Put-in:**

The river is situated on the west side of Vefsna, and can be reached following the road from either Mosjøen or Trofors, signs to Eiterådalen. At one point you will drive along the rim of the canyon, before the road goes away from the river. Once the road connects with the river again, find a suitable put-in and get ready for action.

### **Take-out:**

The bridge which crosses the river between Mosjøen and Trofors, on the west side of Vefsna.

**Class:** 5

### **Description:**

This river is an amazing creek within a technical canyon. The whole section is about 4-5 kilometres long, and with low water it has a bit of difficulty, but is still possible to paddle.

With medium water levels it is an amazing day on the water, with lots of boofs and technical lines. At high water (25 cumecs and above) it is not recommended to put-on, as the canyon becomes very pushy and most will portage a lot.

Scouting and walking are sometimes tricky, even at medium flows, but always manageable. The canyon is made up by big boulders, and the lines are technical, creek and fun! The big slide just above take-out is yet to be paddled, and from here down the river is class three.

Remember to disinfect your gear before you put on – the river is a part of an interconnected river system including the Vefsna, which has been treated for *Gyrodactylus salaris*.

## Upper Svenningelva

### **Put-in:**

Kappskardmo along the highway E6, where there is a drive-way down toward the river.

### **Take-out:**

At Svenningdal Campground (ask the owner for permission to park) or the lay-by just north of the camp ground along the highway E6.

**Class:** 2/3

### **Description:**

As you drive into the Vefsna region you will see this river running along the highway E6. This 4-kilometer-long section provides easy paddling, with easy access.

It contains flat sections interrupted by small rapids perfect for beginners. After about 1.25 kilometers there is a bigger rapid which should be scouted by not so experienced kayakers. As you approach the campground there is a fun, and fairly easy slide to get you smiling. Just below the camping there is also another rapid which is good to go and fun.

The riverbed on the entire stretch is shallow, and needs quite a bit of water. It is not possible to paddle the river at low flows as it gets so shallow.

## Holmvasselva

**Put-in:**

Drive highway E6 20 kilometers south of Trofors, take road Fv76 to Engia, which is located about 1.6 kilometers from the E6. There is space for a car on either side of the road.

**Take-out:**

At the highway E6, ca. 2 kilometers north of the crossroad of highway E6 and Fv76.

**Class: 2****Description:**

More and more paddlers come to the region for whitewater kayaking, and also intermediate and beginner kayakers. This 3-kilometer long stretch is perfect for these kayakers, and is used also by local kayakers introduced to the sport.

The river flows nice and easily partially through a river canyon. For the most parts the rapids are class two. The exception is an almost 400-meter-long slide which becomes unrunnable at low flows. Scout and make good decisions.

## Gåsvasselva



Mariann Sæther paddles Gåsvasselva in 2016.  
Photo: Ron Fisher

**Put-in:**

Drive Fv76 toward Brønnøysund. The road crosses the river Jordbruelva well before the road-tunnel toward Tosbotn. This is put-in, as the Gåsvasselva will enter the Jordbruelva just below.

**Take-out:**

Drive 3 kilometres downstream and find the small bridge that crosses the river. Take out on river right at the little rocky beach. If the river seems to carry a good amount of water you can paddle all the way down to the E6 and take-out there.

**Class:** 4 (3/4 at low water)

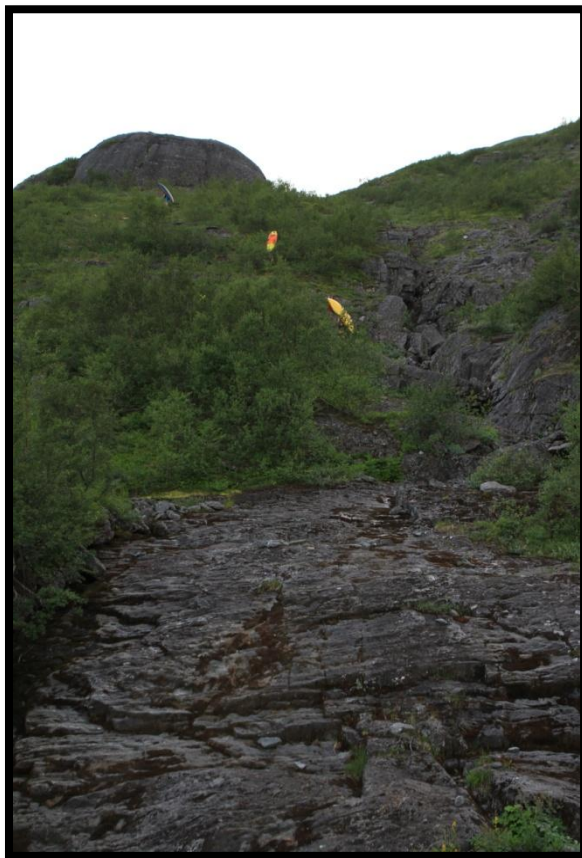
**Description:**

When the snow melt has stopped after spring time, this river needs a bit of rain to be worth it. It is a great warm up as you enter the area, or a quick afternoon run as you exit the area.

It has a lot of small drops and slides, all with good lines and low consequences. Scouting is always possible, and it is also possible to walk all the rapids. The biggest slide comes toward the end of the section, and has a great line on river right. Since the section is so short, it is nice to paddle it several times.

The bottom section down toward E6 also has a big slide on it that is bound to make you smile – if the water is high enough.

## Lomsdalselva (multiday)



Not an easy access to Lomsdalselva! Photo: Mariann Sæther



Mariann Sæthers second run down the river. Photo: Ron Fisher



**Put-in:**

Walk in Jordbrudalen from Fv76. It is normal to walk on right side of Jordbruelva, quite high up on the hillside. There is no trail. Find your way to Lower Jordbruvatnet, cross this and continue to Upper Jordbruvatnet. Cross this one as well and walk to Elgviddevatnet. Cross this last lake to find the put-in of the river. Depending on your speed and how much you are carrying with you, the walk-in can take from 5 hours to 1.5 days.

**Take-out:**

Put the car in Nevernes and organize the boat shuttle up front, to get picked up where the river pours into the fjord at Storbørja. If you fail to do so you have to paddle the fjord and cross over to Nevernes.

**Class:** 5

**Description:**

The national park Lomsdal-Visten was created in 2009, and stretches a total 1102 square-kilometres from mountain to ocean. The river Lomsdalselva flows through the heart of the park, and changes names from Grunnvasselva to Lomsdalselva during its course from the mountains to the sea.

The river was first-descended in 2002, by Steinar Willasen, Morten Eilertsen, Mariann Saether and Benjamin Hjort. Barbara Winter from Austria was volunteering as a sherpa and walked the entire stretch. The trip took three days, starting at the road tunnel down toward Tosbotn. Later groups have realised that hiking in is easier through Jordbrudalen.

This is a classic multiday but you have to earn your river-time. The hike into the put-in is through one of Norway's most remote national parks, and it is recommended to take your time and simply enjoy the scenery! Lomsdal-Visten national park normally has too much snow in its interior regions in June to be able to access the river, and also sometimes in early July. It is wise to seek information about the snow conditions at the tourist office/national park info in Trofors before you head into the river.

When it comes to the waterlevel, Lomsdalselva can be hard to hit perfectly. Ideally you want to paddle it with sunshine, after a day or two of good rain. There is not much delay to the water going into the water-shed, so to head in when you know it is going to rain hard is not recommended, since the river comes up quickly. At minimum flow it is still possible to make it down the river, but it is obviously quite scrappy in places. Remember to bring a map and a compass – a group in 2016 hiked six kilometres in the wrong direction because of fog...

From Elgviddevatnet the river flows through the beautiful Grunnvassdalen. The river is there called Grunnvasselva, and starts off with a 60-meter-high drop down from the lake into the valley floor. It is normal to walk down on river left side, and a rope can be helpful. In the start the river flows an easy class 3-4, with some more technical rapids and drops thrown into the mix. Down toward Grunnvatnet there is a super-fun slide that will for sure make you smile.

After this lake there is a bigger portage coming up on river left, past a series of un-runnable waterfalls. Down to the confluence with the Henrikselva there are countless small drops, slides and technical rapids – with a bit of water this is an amazing section of whitewater, and even with low water it makes for good fun paddling.

Below the confluence the river is now called Lomsdalselva, and on river left there is an open cabin where it is possible to spend the night if wanted. It is not easy to spot from the river, so keep an eye on the map if you plan to stay here. The last section down towards the ocean has quite a few big granite slides, it feels a bit like the granite-heaven of California. The biggest slide needs a bit of water to not become too bumpy, but can be easily portaged on river right.

After the California section there are still a few kilometres left before the fjord – the rapids are at times more blocked, but they are all well manageable. One last portage is usually done in the last cataract



before the river flattens out as one of the rapids is blocked. It is normal to spot fishermen on the last section of the river as Storbørja has a few summer visitors in July and august. Make sure to wave and exchange a chat!

Well down in Storbørja it is worth it to paddle across the fjord and check out the old school – today it is taken care of by a very nice couple that sometimes even will treat the random paddler to coffee and cake. At times it is also possible to catch a ride out from here with one of the locals so you don't have to paddle to Nevernes – however do not count on this.

***Attention! Lomsdal-Visten is a national park, and remember to not leave any trace. Bury your business, burn the paper, carry out the trash and DO NOT use a drone to film this river – it is prohibited by law to protect the wildlife and you will be charged and fined if caught.***

## Susna



Mariann Sæther in the most serious drop above Kroken. Photo: Ron Fisher

### ***Section: Classic***

#### **Put-in:**

Drive into Susendalen on road Fv804 from Hattfjelldal, then road Fv290 all the way to Kroken. Start at the bridge crossing the river.

#### **Take-out:**

Follow signs from road Fv290 to Furuheim (take the road which is marked with a sign portraying a rooster) and take out at the bridge, below Valliforsen.

#### **Class: 5**

#### **Description:**

If the river flows below an estimated 40 cumecs on the gauge in *Nervoll* you can start higher up than Kroken. Drive a bit up the gravel road, park and follow the trail down to the hanging bridge across the river. This is the access point for hikes in Børgefjell national park.

This will add on an exciting section of whitewater which starts out in open landscape and ends in an intense, little canyon. The first rapid is a class four, smaller drop, followed by a serious class five rapid where the river bends to the right. This drop has a serious undercut in the run-out, and it is known to have popped sprayskirts, so set safety and be smart.

Within the approaching canyon another serious drop awaits you, though it usually looks more intimidating than it is. It is clean, but lands in a boiling pool where safety is required. Some more fun rapids will keep you entertained towards the flat section just above Kroken.

From the bridge in Kroken the section is often referred to as “Susna Classic” – sporting fantastic pool-drop rapids set in a beautiful forest. There are plenty of bedrock slides and drops which can all be scouted and potentially portaged – and do not forget to bring your camera for this run!

This section has been run up to 110 cumecs on the gauge in *Nervoll*, a level which is pushy, but also incredibly fun if you are up for it. It is normal to portage two times at that flow. A normal medium level would be from 40 – 60 cumecs, while below 30 is considered low. If the gauge shows between 25 and 30 cumecs it might be a fun alternative for the experienced group to head into the next section of the Susna, as described below.

The most famous drop is probably Boof Shower where you literally boof into a curtain of water. It has an easy entrance, and lands in a huge pool. There are no must-portages on the section, but most walk around a mean looking slide with either a chunky shallow line on the right, or an intimidating hole in the middle/left. The last slide is a triple combo that will make most float down the last kilometre with a grin on the face.

### ***Section: Mikkelfjord-Unkerelva***

#### **Put-in:**

On the flat stretch at Mikkelfjord

#### **Take-out:**

Confluence with Unkerelva

#### **Class: 5**

#### **Description:**

The Susna is a long river, and not until 2011 did this section get paddled all the way through. It seems like 25 – 30 cumecs is a good flow for also the last canyon before the confluence with Unkerelva.

The section starts out flat, but it soon picks up to speed and flows through serious canyons. The first canyon is class four, pool and drop, and scouting and portaging are most times ok. After the first canyon the river will flatten out once again, before it flows into a more blocked cataract.

This canyon is the most serious section, and has multiple siphons and undercuts. The lines are however fair, so take your time and be safe. The entire section is 7.5 kilometres long, but if you want to carry around the steepest section of the second canyon then the right side of the is best. The last 500 meters are the most difficult on the river, however it can be hard to get out of the canyon if you go in too far. After this canyon it is fairly quiet down to the confluence with Unkerelva.

# Krutåga



Stephan Pion paddles the triple drop in Krutåga. Photo: Mariann Sæther

**Put-in:**

Parking area for hikers going to Gryttinden, just below Krutvatnet on road Rv73. Follow the trail down to the river.

**Take-out:**

Road bridge across the river above Røssvatnet on road Fv292.

**Class:** 5

**Description:**

This river is a true whitewater gem and among the finest rivers in all of Norway. It flows with a pool-drop style typical for the Hattfjelldal area, and is about 9 kilometres long.

It starts off easy with some nice class four slides and drops, before you encounter the definite highlight of the run. It is a well-photographed triple drop that can be spotted from the road if paying attention driving to put-in, however this is by far not the only great whitewater of the day.

The first drop of the triple combo is normally run right of centre, the middle one either to the left (sneak) or middle, and the last one anywhere you want. If you run the first slide into the right eddy it is pretty easy to scout the second and third one.

Two portages are normal to do during this section. The first one is a messy drop that gets walked on the left, and the second is a long slide that normally is walked on the right. After the long slide there is a flat part before the river enters the last and more technical gorge.

There are amazing camp spots all along Røssvatnet and also by the put-in at Krutvatnet if you get tired of the sometimes crowded paddlers' camp at the put in of Unkerelva.

## Mølnhusbekken



Beautiful camp areas at take-out Mølnhusbekken. Photo: Benjamin Hjort (self portrait)

### **Put-in:**

From the centre of Hattfjelldal, drive 12 kilometres along Røssvatnet on Rv73. You will see two creeks flowing into a small pool above the highway – choose the right one as you look up from the road. Start to hike here and make your way up the creek for as far as you want.

### **Take-out:**

Rv73.

**Class:** 4

### **Description:**

This river got first descended in 2010 by Benjamin Hjort, Erica Sprunk and Nini Bondhus. It is a small volume creek providing fun slides and a different style of paddling than what is normal in the area. You can scout everything on the way up, but make sure there is enough water before you carry your boat up. This is a fun afternoon trip, or as a river to do on your day off.

In 2016 it got decided to dam the river, so it is uncertain for how long it will be able to be paddled



# Unkerelva



Jasper Polak leading the group down. Photo: Benjamin Hjort

## **Put-in:**

From Hattfjelldal drive Fv804 and follow signs to Unkervatnet. The turn off from the main highway is marked by a well stickered road sign! You start the trip on the rocky beach right at the outflow of the lake.

## **Take-out:**

Bridge across the river on Fv804.

**Class:** 3/4

## **Description:**

The 9.5 kilometre long lake Unkervatnet is the put-in for this river, and it is also a popular camp spot among paddlers and tourists alike. This river is a classic warm-up river in the area, providing it has enough water. It can take a fair bit of flow, and gets very scrappy when the rivers in the area are running low. From the take-out bridge it should look like the white water is a lot of fun – does it look low it is not recommended to put on, unless you enjoy very low-water kayaking.

All rapids can be scouted and walked, being mostly class three with a few class fours in between. There are few vertical drops on the run, but a significant drop can be found as the river banks right into a wall. Scout and pick your line from river left shore. The steepest section comes toward the end of the run.

The river flows through beautiful scenery, but the road is far away. This is something to think about for the less experienced groups – be prepared.

A good tip is to stop at the mountain farm (sæter) on the way back to put-in and ask to buy fresh milk. For the last few years there have been Nepalese people working there, and they are always keen to chat!



## Skarmodalselva



Scrapy drops are typical for Skarmodalselva. Photo: Lee Royle

**Put-in:**

Ca. 8 km into Swedish side of the border along Fv296. Park at the big lay-by.

**Take-out:**

At the border or about one kilometres into the Norwegian side of the road.

**Class:** 4

**Description:**

This river is called Vapsälven in Sweden, and flows across the border where it changes its name to Skarmodalselva. It pours into Unkervatnet, about 30 minutes east of Hattfjelldal.

It normally carries between 15 – 30 cumecs, and is not recommended to paddle at lower flows as the rocks can be sharp. If the rivers of the Hattfjelldal area are low, it is normally not worth the drive to Skarmodalen. Wait for higher levels, then try your luck.

It is a river with a big variety of rapids, although many of them are pool-drop, just like many of the rivers of the Hattfjelldal area. It also has its fair share of big slides flowing over open terrain and small, blocked canyons. The whole stretch provides whitewater that can be easily scouted and portaged if necessary.

## Mjølkeelva

**Put-in:**

There is more than one way to arrive at Mjølkeelva, but basically you drive up the Susendal and cross the Susna in direction Finnbakken. Drive toward the farm of Sörgården. Mjølkeelva flows under the bridge, right next to it. Walk up on river left and put on at the confluence of two rivers.

**Take-out:**

Where the river flows under the road

**Class: 5**

**Description:**

Mjølkeelva means Milky River in Norwegian, and flows from snow and ice deep within the mountains of Børgefjell National Park. There should be little water in the area for this little creek to have a good water level, but the only way to find out is to drive to take-out and hike up the river. This is probably also why the river does not get paddled that often.

It flows through a short, but sweet section, where the high-light is a stout triple combo that can seem pretty intimidating, especially with high water. It gets a bit easier after this, but there is still action to be found down to the bridge.

It is regarded as one of the harder rivers in the area, so bring your throwbag and take precaution while paddling it.

## Fusta

**Put-in:**

Drive the E6 north from Mosjøen and take the first exit to the left after the bridge across the river Fusta. Follow the gravel road and make a left in the split. Keep making left turns and park at the end of the road.

**Take-out:**

Drive north of Mosjøen and take the exit for Sandnessjøen. Drive passed the gate and over the bridge crossing the Fusta. There is a big parking lot on the right side, about 50 meters passed the bridge.

**Class: 2**

**Description:**

Fusta is a good river for beginners, with whitewater ranging from class 2 to class 3, depending on waterlevels.

At the put-in there is a big drop, and above there is also a good beginner section. Be sure to take-out at the bridge across the E6 if you chose to add on this upper section, and do not miss the last eddy. After the drop under the bridge the river flows calmly for a few hundred meters.

As the river banks left a continuous stretch starts the action. There are some good eddies, and they can be used for eddy-training. At low water there will be some small holes in this section which can be a bit sticky.

As the river makes a right turn the action calms down. In another right turn you can find a nice surf wave at certain levels. Since the riverbed has a lot of rocks it makes for good natural slalom training, and is perfect for technique training.

The most challenging stretch on the river is from the rock-corey and down to the take-out bridge. Under the bridge, on river left, there is a big rock which creates a big hole at higher levels.

## Herringelva

**Put-in:**

Drive E6 north from Mosjøen and go left on the road Fv251 to Herringen. After 20 kilometres start below the bridge across the river in Herringbotn, just below Fuglmyra and Herringbotn nature reserve.

**Take-out:**

Just before Nilsmoforsen, which can be seen from the road. Park in the parking space where you can see the waterfall and take out just below it.

**Class: 3****Description:**

A lot of the river runs through canyons, but there is a car road along most of the paddling stretch. The river section is only 3 kilometres long, but is still worth it. The river itself is narrow and creek-like, with bed rock rapids, slides and drops. It flows out from a nature reserve and starts off with a big, sliding drop about 60 meters high. This is normally portaged on river right.

The first two hundred meters are fun and will make you stretch your neck in your kayak to spot the lines. A steep slide of about seven meters will catch your attention, and it can also be carried on the right side. A few more fun rapids lead into a quiet pool. After this a classic double-drop awaits you, measuring about two meters each.

From here small drops and slides will guide you down to a fun s-turn rapid, and you are just above normal take out. Locals tell that you can continue down past the take-out, which then most likely will include more scouts and potentially more portaging, as the river becomes quite a bit steeper. There is little information about this section as of today.

## Hattelva

**Put-in:**

The bridge where the E6 is crossing Hattelva (north of Ømmervatn), about 20 kilometres north of Mosjøen.

**Take-out:**

Bridge across Hattelva on Fv78.

**Class: 3****Description:**

This is a popular run for the locals from Mosjøen, but it does need quite a bit of water. If the region is running high this is therefore a good alternative, providing a nice and relaxed day on the river.

It starts off with fun, continuous rapids straight from put-in, though the riverbed is a bit rocky. About six hundred meters from put-in you will encounter the only vertical drop on the section. It is a two-meter drop, perfect for intermediate kayakers. From here down the difficulty of the rapids increase, and they stay continuous all the way down to take-out.