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Fly Fishing - Norway, Stjördal

Fly fishing for salmon on Stjördal River in Mid-Norway. Gorgeous Fishmaster fly fishing destination. A good private 1,5 km long and double sided Östkil beat on middle Stjördal river. The best year over 100 salmon and seatrout has been caught there.

Stjördal. Stjördal is one of the best salmon rivers in Norway and flows into the Atlantic Ocean and Trondheimsfjord close Stjördal town. The average size of salmon is about 4 kg but biggest Stjördal salmon are around 20 kilos. The annual catch from the whole river varies between 5 and 10 tons of salmon.

Fly Fishing. The guests are fishing beautiful, private Östkil fly fishing beat situated middle Stjördal river about 20 km from the Atlantic Ocean. The beat is 1,5 km long and consists of 3 different pools that can be fished from both sides of the river. There will be only 8 fly fishermen at the same time on this beat. The guests are divided in two groups of max four persons each. The pools are divided in two beats. Beat 1: Östkilskogen pool, length 1000 m. Beat 2: Sonoset or Holmene pool (these 2 pools fished one at a time, changing every day, length 500 m). Both groups of four persons have 500-1000 meters long double sided pool at a time and these pools are rotated between fishing groups every six hours. Only fly fishing is allowed. There is a bag limit of 2 salmon or seatrout per person per day or one fish over 3 kg.



Fly Fishing Tackle. For fly fishing for salmon on Stjördal River we recommend 12-15 ' foot double handed rods for lines #8-11 and suitable fly reels with good quality brakes. Single handed rod of for example 9' for lines 7-9 will be also fine. Floating, sink tip or intermediate shooting heads are most used fly lines but please bring also medium sinking shooting head for high water conditions. Before fishing everyone must disinfect fishing gear and buy a Norwegian state license at nearby Midtkil Camping.

Flies. Good Salmon fly patterns for Stjördal are: Thunder & Lightning, Black Sheep, Greenlander and Silver & Black.

Accommodation for fishermen is in the nice charming Norwegian country house at Östkil farm. The house is located close fishing beat and it has been restored for fishermen's needs. There is a big living room, a well equipped kitchen and single bedroom for every guest. Toilet and shower are in neighbouring building. Guests can cook their own food in the kitchen but it's not included in price.

Travel Arrangements. Fly fishing trips to Stjördal will be arranged throughout the fishing season and the packages can be booked according to the client's preferred dates. Anglers will take flight or car transport to Norway. It is 20 minutes drive from Trondheim airport to the lodge. Jouni Rauha from Fishmaster shows the accommodation and beat to guests. Fishing week begins at 16 o'clock on Sunday and ends next Sunday at 10 o'clock.

Fly fishing trip includes: Fishing licenses - Accommodation - Showing the pools

Fly fishing trip does not include: Flights/transport to Norway - Norwegian state fishing license (250 crowns = approx 35 eur) - Disinfection of fishing gear - Food/drinks

Stjördal - Östkil Accomodation



- * Well-equipped kitchen
- * Living room
- * Dining room
- * 4 x single bedrooms
- * 1 x double bedrooms



- * 2 x double bedrooms
- * 2 x shower
- * 2 x toilet
- * Sauna
- * Drying room



Stjördal - Östkil Beat

Beautiful, private Östkil beat situated middle Stjördal River about 20 km from the Atlantic Ocean and Trondheimsfjorden. Total of 1,5 kilometres of double bank of the famous Stjördal river. Beat fishes well in all different water levels and consists of three different pools: Östkilskogen, Sonoset and Holmene. Östkilskogen can be fished every day. Sonoset and Holmene will be fished one pool at a time changing every day. From accomodation to Sonoset it's about 500 metres, to Holmene about 1 km and to Östkilskogen about 2 km.

Östkilskogen

Östkilskogen is the uppermost of Östkil pools and is about 1000 metres long. It is a brilliant fly pool and almost entire pool fishes well. It has a nice current which suits great for fly fishing. It's every year one of the most prolific of Östkil salmon pools. In this pool there is plenty of deeper places and big stones, where salmon tend to stop for rest even longer period. Östkilskogen is very easy pool to wade and cover well with fly. In the middle of pool there is a long deeper spot. Also on the tail of the pool there is a good spot for catching salmon. The pool ends to short rapids which has deeper places and big stones too. In the middle of pool on riverbank we have a nice shelter.



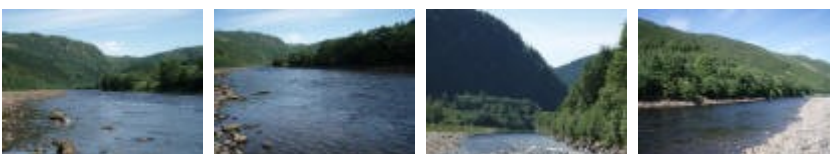
Sonoset

Sonoset is also a long and prolific pool, about 500 metres. It starts from a short rapids. The upper part fishes well in medium and low water. In the middle of pool there runs a small side river called Sona into Stjördal. This place is therefore a good taking place where salmon stops for a rest even for a longer periods because salmon stops here before running into Sona. From there towards the end of pool it is good water all the way and it fishes well all water levels. Sonoset is very easy pool to wade and cover well with fly, there is plenty of room for backcasts too. Also in this pool on riverbank we have a nice shelter for the fishermen.



Holmene

Holmene is about 500 metres long and a quite fast flowing pool. In the beginning its quite shallow with big stones in the middle of river. The deepest places of this pool are in the middle and at end of pool. It has a nice current for fly fishing all the way and is very easy pool to cover well with fly. It is as well easy to wade and has plenty of room for backcasts. Holmene is a typical running pool where salmon tends to stop for only short period before they continue further upstream. In the middle of pool there is several big stones which are good places for resting salmon and thus good taking places. There is no need for deep wading here because the salmon stops very close to our riverbank. Therefore there is also no need for long casts.



Stjördal Tackle List

General

Hat with bill
Polarized sunglasses
Long sleeve shirts, sweaters, fleeces
Short sleeve shirts, t-shirts (several)
Underwear
Warm, long underwear to use under waders
Fleece pants, fleece shirt
Long pants
Warm socks, several
Shorts
Sandals or camp shoes
Raingear or wading jacket
Sunscreen
Insect repellent
Camera, memory cards, extra batteries, battery charger
Backpack (to carry camera & other gear)
Small flashlight
Mobile phone
Water bottle, thermos bottle
Garbage bags or waterproof bags for laundry and wading boots.
Books, magazines
Passport (If you come outside EU) or proof of citizenship
Airline tickets and other travel documents
Pre-trip information, maps, addresses, Fishmaster phone number (+358-400-824530)
Credit card, cash, norwegian crowns for disinfection, state fishing license, food, gift shopping
Notebook and pen
Liquor
Food (Best to buy in Norway)
Toiletries; Razor, tooth brush, shampoo, hand lotion, bandages
Alarm clock
Towel
Sheets, pillow case
Pain killers, Prescription medications

Fishing Equipment

Fly rods, rod tubes (Rods 12'-16' # 9-12)
Fly reels, reel covers
Spare spools
Fly lines, leaders (Fly lines: Floating, intermediate, normal sinking)
Fly boxes, flies (Good fly patterns: Black Sheep, Green Butt, Greenlander, Green Highlander, Silver & Black)
Waders, wading belt, repair kit for waders
Wading boots
Line Dressing/Cleaner
Reel lube/oil
Pliers (rustproof)
Hook hone/file
Extra spools monofilament: 0.30, 0.35, 0.40
Needle clippers
Hemostats
Fly tying gear
Tape measure, Scale

Stjørdal – Östkil Map

