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## Fishing - Norway, Stjördal

**Fly fishing or spin fishing for salmon on Stjördal River in Mid-Norway. Gorgeous Fishmaster 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, Spin Fishing.** The guests are fishing beautiful, private Östkil 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 fishermen at the same time on this beat. The pools are divided in two beats. Beat 1: Östkilskogen pool, length 1000 m will be available every day. Beat 2: Sonoset or Holmene pool (these 2 pools will be fished one at a time, changing every day, length 500 m). Fly fishing and spin fishing is allowed. Bag limit is one salmon per person per day. If fisherman kills a salmon, he must stop fishing until midnight. All seatrout must be released.

**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.

**Fishing trip includes:** Fishing licenses - Accommodation - Showing the pools

**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
- \* 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 pool and almost entire pool fishes well. It has a nice current which suits great for 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. 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, there is plenty of room for casts 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

