



## Wilderness Route Trysil - Halden

**Category:** Cycle trip

**Length:** 355 km

**Degree of difficulty:** Moderately demanding

**Region/area:** Innlandet and Viken



### Route description

The Wilderness Route is the name given to National Cycle Route no.9, which runs more or less parallel to the Swedish border from Halden to Trysil. It crosses areas with few settlements and little in the way of services, and is suitable for experienced cyclists looking for quiet roads and close-to-nature experiences. The cycling can be readily combined with fishing or hiking along the Finnskogen Trail. A few facts about the route:

**Safety:** Generally little traffic; very little in the northern stretches, gradually more further south. The most traffic is usually on a stretch around 10 km north of Tistedalen; from Ørje to Aspern, it is more spread out. The route allows mixed traffic almost in its entirety; there are few sections of paths/cycle paths.

**Inclines:** The day stages feature total climbs of 300 - 700 metres, assessed overall as moderately strenuous. There are many metres to climb during the course of the tour but most hills, with few exceptions, are not too steep and relatively easy to cycle.

**Road surface:** About 50/50 asphalt/gravel, the latter of variable quality, often with loose gravel on a harder substrate. About 5 km with narrower, rougher gravel roads north of Harstadsjøen.

**Challenges:** On parts of the route, there are long distances between various service offers such as accommodation, places to eat or shops. Cyclists should carry sufficient food and/or plan visits to food shops beforehand. Accommodation varies from hotels and camping huts to self-service DNT cabins.

**Battery-charging points:** There are long distances between charging points on parts of the Wilderness Route, which is less suitable for E-bikes. Carrying an extra battery should fix this problem.

Map of route and selection of service providers under way: <https://ridewithgps.com/routes/33999398>  
Gpx-file Wilderness Route: [https://ridewithgps.com/routes/33999398.gpx?sub\\_format=track](https://ridewithgps.com/routes/33999398.gpx?sub_format=track)

**Time:** 5 - 6 days

**Road surface:** About 50/50 gravel and asphalt

**Recommended equipment:** Off-road cycle/hybrid cycle

**Start and finish:** Sjøenden camping/ Halden station

**Signage:** Yes, as National Cycle Route no.9

### Places to stay

**Sjøenden camping**

Tel. +47 62 45 41 51

[www.sjoendencamping.no](http://www.sjoendencamping.no)

**Gravberget Gård**

Tel. +47 48 08 99 07

[www.gravbergetgaard.no](http://www.gravbergetgaard.no)

**Finnskogen Kro og Motell**

Tel. +47 90 17 50 84

[www.finnskogen.no](http://www.finnskogen.no)

**Lebiko cabin, self-service**

Overnight accommodation must be booked in advance

Tel. +47 90061195

[www.finnskogen.dnt.no](http://www.finnskogen.dnt.no)

**Hotell Magnor bad**

Tel. +47 911 96 256

[www.magnorbad.no](http://www.magnorbad.no)

**Rømskog Spa**

Tel. +47 69002580

[www.romskogspa.no](http://www.romskogspa.no)

**Kirkeng Camping**

Tel. +47 90194244

[www.kirkengcamping.no](http://www.kirkengcamping.no)

**Fredriksten Hotel**

Tel. +47 69021010

[www.fredrikstenhotell.no](http://www.fredrikstenhotell.no)

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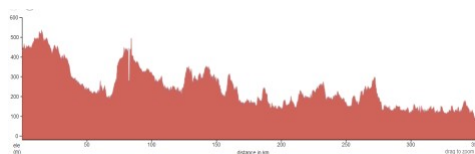
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Elevation profile



Map image

