Dipl. Gesundheitstrainer (IST) Martin Dietrichs Freizeit - Freiluft - Fitness - Reha - Sport Am Berg 3 49143 Bissendorf Germany

In Norway during the season: Bergskog Heia Bustagrend 10 3652 Hovin i Telemark



Phone (D): +49 (0)5402 96 81 96 2 Mobile (D): +49 (0)1578 81 81 772 Fax (D): +49 (0)5402 9681 96 9 Mobile season (N): +47 99 25 79 72 (+47 95 80 40 12)

E-mail: Internet:

hovinheia@kulturstasjon.com http://www.kulturstasjon.com

20141214

Prices for canoe rental and guideservice tours

Valid 2015 – season approx. from 20 June – 30 August – subject to change.

Prices including canoe, equipment and transfers; in Norwegian krones

Our GRP canoes (from glass-fibre reinforced plastic) are rented out including the following equipment: Paddles, vests (categories of body weight from 10 kg to 90+ kg), a canoe cart with fastening straps (Please abide by max. 60 kg of luggage load!), a drum/waterproof bag of 30 l per person, a rope and a container for bailing, canoe map(s). **For several day tours**, we prepare you additional with drums/waterproof bags of 60 l per person and canoe, a water container of 10-15 l, a little saw, axe and spade, a tarp and a short tourdescription. A tent, a mat, a sleeping bag, a camping cooking set and a fishing rod (in case also a neccessary licence) are available on extra charge, see below. In all prices below are the canoe transfers in our area to the entry point into water and from the pick up point after your tour included, within a range of 150 km!

Canoe for 2 people, 32 kg unladen weight.-Canoe for 3 people, 38 kg unladen weight.-Canoe for 4 people, 48 kg unladen weight.



Canoesize	5 hrs.	24 hrs.	2 days	3 days	4 days	5 days	6 days	7 days	8 days	9 days	10 days	11 days	12 days
2-seater for 1 adult (+child)	300,-	600,-	900,-	1200,-	1500,-	1800,-	2100,-	2400,-	2700,-	3000,-	3300,-	3600,-	3900,-
2-seater	450,-	900,-	1350,-	1800,-	2250,-	2700,-	3150,-	3600,-	4050,-	4500,-	4950,-	5400,-	5850,-
3-seater for 2 adults (+child)	550,-	1100,-	1650,-	2200,-	2750,-	3300,-	3850,-	4400,-	4950,-	5500,-	6050,-	6600,-	7150,-
3-seater	600,-	1200,-	1800,-	2400,-	3000,-	-	-	-	-	-	-	-	-
4-seater for 3 adults (+child)	750,-	1500,-	2250,-	3000,-	3750,-	4500,-	5250,-	6000,-	6750,-	7500,-	8250,-	9000,-	9750,-
4-seater	800,-	1600,-	2400,-	3200,-	4000,-	-	-	-	-	-	-	-	-
Extras: Tent 1-6 p., price per person	-	50,-	60,-	70,-	80,-	90,-	100,-	110,-	120,-	130,-	140,-	150,-	160,-
Camp cooking set with ethanol spirit	-	75,-	90,-	105,-	120,-	135,-	150,-	165,-	180,-	195,-	210,-	225,-	240,-
Sleeping bag	-	50,-	60,-	70,-	80,-	90,-	100,-	110,-	120,-	130,-	140,-	150,-	160,-
Airbed/-mat	-	25,-	30,-	35,-	40,-	45,-	50,-	55,-	60,-	65,-	70,-	75,-	80,-
Fishing rod	-	50,-	55,-	60,-	65,-	70,-	75,-	80,-	85,-	90,-	95,-	100,-	105,-

1 Euro = kr. 8 (+/- 0,5 kr.) Other / current currency conversions may apply; please look on the internet.

Arrival and canoe courses; prices in Norwegian krones

Arrival, departure, overnight stay: Blefjell Camping in 3652 Hovin i Telemark, Norway (www.blefjellcamping.no). For those arriving by plane or ferry to Norway; further travel to Kongsberg, Notodden and further on by bus "Rjukanekspressen" (www.nor-way.no) directly to Hovin/Campsite - or pickup can be arranged at a price of kr. 80,- per person and way (general price per km, kr. 1,5) Overnight stays in tents or huts before and after your tour can also be arranged at the campsite. An old floating hut is also available on the first days while you are on tour and is free of charge.

Canoe course, compulsory for beginners: 1 hour of introduction to canoe paddling on lakes and flowing waters; adults kr. 275,-; 16-26 year olds kr. 225,-; under sixteens kr. 175,-.

Canoe course for canoeists inexperienced on flowing waters: 2 hours introduction on a flowing water; adults kr. 500,-, 16-26 year olds kr 400,-; under sixteens kr. 300,-. Recommended for all tracks with white water; compulsory at high and highest tide! **Canoe introduction tour with guide of approx. 5 hrs.:** includes beginners canoe course, first flowing water experiences, introduction and useful help in all neccessary equipment for several days tours. adults kr. 425,-; 16-26 year olds kr. 300,-; under sixteens kr. 200,-.

General remark: The borrower is liable for any damage caused to the equipment that renders parts of the equipment inoperative as well as for loss. Taking little luggage and tinned food makes for more enjoyable canoeing on these pleasant waters!

Proposals for routes along floating waters in Telemark, Norway; 1-10 days

All proposals for routes are also available with tour guide; please contact us if you are interested. For all beginners and canoeists who are inexperienced on flowing waters an introduction to paddling on lakes and flowing waters is neccessary. This is to make sure you experience a lovely tour while we thankfully have the equipment we rented out returned operative. Mountain streams from Blefjell feed the first section of waters (Bjørvassåi-Sandvatn-Mælåi-Holmevatn - Holkåi - Reisjåvatn). Here water levels can vary by more than 1 m and the white water sections (cat. I-II, even III at highest tide) can be too difficult for canoeists with little practice / experience. We, therefore, ask all canoeists, who wish to take this tour, to ask us for our experience and advice as well as to avail of the courses we offer! Especially for those paddlers who became wet along the way, Holkåstogo floating hut (picture 3) with its wood burning stove is ideal for taking a rest and drying up directly after the white water in the Holkåi river (picture 2)! Otherwise you will continuously find nice camping sites with campfire sites (picture 5).

Examples of tours:

Tour of 2-5 hrs. on Lake Gjuvsjå – a mountain lake, ideal for beginners, swimming and fishing.

Tour of 1-2 days on Heivatn – a tour for those enjoying the fine things in life across 3 mountain lakes using the canoe cart; ideal for beginners, families and people taking a short break.

Tour of one day in Rauavassdrag (Bjørvassåi - Sandvatn - Holmevatn) -a tour with slight white water (cat.I) in the first riversection; canoe cart is used.

Tour of 2-4 days from Tjågevatn to Damvatn inter alia – easy round or one way trip on lakes; no white water; canoe cart is possibly used; the open Spøkelsehytte hut, can be availed of with its fire place.

Tour of 4-6 days floating route 1a "Rauavassdrag" from Bjørvassåi to Follsjø (picture 4) – a very demanding canoe adventure tour, which we offer mainly as a guided tour. It is also recommendable for adventurers, scouts, people enjoying nature and all those who are confident enough to do the trip on their own! Canoe cart is used; white water cat. I-II, if necessary portaging at rapids; walking upstream; floating sights; canyon with waterfall; floating huts.

Tour of 6-7 days Bjørvassåi-Follsjø plus Tinneelva – tour as previously described but connecting with Tinneelva with the help of the canoe cart and including 1 km of exciting white water, mostly cat. I-II, for experienced canoeists who would like to paddle in white water to round the tour off.

Tour of 2-3 days floating route 1b "Tinneelva" - alternative tour to 1a from Hovin Brygge at lake Tinnsjå to Svelgfoss with exciting white water, mostly cat.I-II, for experienced canoeists who would like to paddle more in white water. Further connecting with route 2a.

Tour of 1-6 days floating route 2a "East Telemark canal" - connecting tour to 1a and 1b or tour of its own with connection to the western Telemark canal (Notodden, Ulefoss/Lunde, Skien) – departing from Heddalsvatn at Notodden (filling up provisions here) and on to Norsjø (caution: strong waves in case of strong wind!). Also available as a tour with guide of 6 days to the previously described 6 day floating tour 1a.

When booking canoe equipment please provide the following items: Period, no. of people, body weight, type of canoe, further equipment, canoe course if applicable (please provide age), wishes regarding arrival and overnight stays. Please keep in touch with us by phone or write us your phone number via mail/SMS for getting more information. Thanks and "God Tur"!



