

WAY-POINT MENU SJOA

NAME / MAP NR.	CO-ORDINATE	WAYPOINT NR. & NOTES	DISTANCE	M.A.S.L.
Høgvaglbreen 1518 II	61°31'14.68"N 8°16'15.59"E	1. Base of glacier. Stream begins. Kyrkja peak to NNE. Enter Jotunheimen National Park.	0 km	1600 m
Øvre Høgvagltjønnen 1518 II	61°31'29.54"N 8°17'9.04"E	2. stream exits the Øvre Høgvagltjønnen lake	1.08 km	1445 m
Nedre Høgvagltjønnen 1518 II	61°30'56.69"N 8°17'58.93"E	3. stream exits the Nedre Høgvagltjønnen lake	2.44 km	1400 m
Langvatnet 1518 III / 1517 I	61°29'29.45"N 8°22'52.46"E	4. stream exits the Langvatnet lake	7.70 km	1368 m
Hellertjønnen Lake 1517 I	61°29'9.66"N 8°23'57.50"E	5. stream enters Hellertjønnen lake	9.04 km	1265 m
Hellerfossen 1517 I	61°28'48.95"N 8°24'42.09"E	6. Hellerfossen waterfall on Storåe river. Height ?	9.97 km	1255 m
Gjendebu 1617 IV	61°27'4.70"N 8°29'22.12"E	7. Gjendebu - Lake Gjende (river left of Storåe exit) . camping huts . ferry point	16.28 km	984 m
Bukkelægret 1617 IV	61°27'18.24"N 8°30'12.47"E	8. Hiking trail on river left heads NNE to Muru river.	17.16 km	984 m
Memurubu 1617 IV	61°29'29.02"N 8°38'14.49"E	9. Ferry point and cabin(tourist hut) on river left after Muru (RL) river mouth. Hiking trail on river left to Gjendesheim.	25.35 km	984 m
Leirungsbue 1617 IV	61°29'10.12"N 8°42'59.93"E	10. Mouth of Leirungsbue river on river right. Hiking trail on river right until opposite Gjendesheim.	29.67 km	984 m
Gjendesheim 1617 IV	61°29'38.71"N 8°48'39.56"E	11. River left . Ferry port . DNT Tourist Hut .Sjoa river starts. Jotenheimen National Park ends. Road 51.	34.53 km	984 m
2 Islands 1617 IV	61°29'9.99"N 8°49'38.64"E	12. 2 Islands about 500m long. river goes left and right	35.80 km	977 m
Maurvangen Bridge 1617 IV	61°29'16.36"N 8°50'20.04"E	13. Bridge takes you to 51 on RL.	36.59 km	974 m

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Maurvangen 1617 - 1	61°29'22.96"N 8°50'31.12"E	13 B - Tourist Hut on RR. Contour 900 - possible river-wide ledge about 1km downriver.	36.87 km	961 m
Bessheim 1618 - 2	61°30'50.40"N 8°51'14.44"E	14. Tourist hut on river left soon after entering Øvre Sjudalsvatn. Road 51 all the way on river left shoreline of Lake.	39.90 km	953 m
Grasvikje Bridge 1618 - 2	61°32'34.52"N 8°56'8.68"E	15. Bridge going over river right channel exit of Øvre Sjudalsvatn	45.29 km	948 m
Nedre Sjudalsvatn 1618 - 2	61°33'40.07"N 8°56'10.59"E	16. Enter the lake, through islands. N to Nedre Sjudalsvatn exit.	47.36 km	940 m
Nybrue 1618 - 2	61°34'8.62"N 8°56'27.24"E	17. River narrows before bridge over river just before 900m contour line.	48.30 km	910 m
Måsåøye Island 1618 - 2	61°34'44.74"N 8°55'43.70"E	18. 1km long island. confluence of Russa comes in on river left channel. 880m contour line passes through confluence and mid-island .	49.63 km	881 m
Nausterøye Island 1618 - 2	61°35'7.75"N 8°55'39.06"E	19. Island with bridges crossing over RL and RR channel for footpath. Approx. 2kms of Nature Reserve on river right	50.40 km	879 m
Lauvøye Island 1618 - 2	61°35'43.92"N 8°56'24.22"E	20. After Nature Reserve. 51 is moving away from river. River starts to widen with a few islands. RL channel is bigger.	51.94 km	877 m
Stuttgong Fossen 1618 - 2	61°37'4.63"N 8°58'26.00"E	21. Bridge over river. 860m contour line passes over river just below bridge. Possibly an old dam here. RL on bridge goes to 51 and Hyndsæter Fjellhotell	55.40 km	865 m
Eldbuhølan 1618 - 2	61°37'6.19"N 8°59'40.34"E	22. Stream runs through centre of island. Main channels are RR and RL	56.64 km	835 m
836 II 849 1618 - 2	61°38'9.53"N 9° 0'42.55"E	23. Trail and hut on RL leads to 51. Cultivated land on RL and RR	59.28 km	829 m
Veo Confluence 1618 - 2	61°39'4.26"N 9° 1'35.94"E	24. confluence with Veo - RL	61.26 km	818 m
Øvre Tråssåfossen 1618 - 2	61°40'6.22"N 9° 2'10.18"E	25. 800 m contour contour line. 51 starts moving away from river - RL. 100m drop to Riddarspranget.	63.42 km	800 m
Nybrui 1618 - 2	61°40'42.48"N 9° 4'21.81"E	26. Bridge , boulder choke below bridge. Portage RL/RR to Riddarspranget jump on footpath.	66.12 km	742 m

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Riddarspranget 1618 - 2	61°40'53.97"N 9° 4'39.30"E	27.Series of waterfalls with narrow gorge at exit. Tourist viewing point on RL with footpath to 51.	66.73 km	713 m
Hovda 1618 - 2	61°41'10.51"N 9° 8'4.91"E	28. Cultivated land/farmhouse on RL. Storskridubekken creek comes in on RR.	70.19 km	637 m
Brurusti Bridge 1618 - 2	61°41'19.52"N 9° 9'59.55"E	29. Road bridge to Randheim(51). River heads north after bridge.	72.01 km	610 m
Nedre Tråssåfoss 1618 - 2	61°41'55.05"N 9°10'43.24"E	30. Waterfall / rapids , portage. 600 m contour line . Nermuru creek comes in on RR before falls.	73.55 km	600 m
Åsenguvet put-in 1618 - 2	61°42'14.73"N 9°10'28.91"E	31. Put-in commercial rafting for Åseng canyon. Road to Randheim(51).	74.22 km	578 m
Rinda 1618 - 2	61°43'39.58"N 9°10'26.62"E	31B . Rinda creek comes in on RL . Cultivation and farms on RL. Last easy exit before Åseng.	77.01 km	550 m
Gutt'en - The Gut 1718 IV	61°44'33.44"N 9°13'6.35"E	32. Longest and biggest rapid in Åsenguvet, H2Ofall comes in on RR soon after.	81.13 km	510 m
Skinnarberge 1618 - 2	61°45'12.89"N 9°17'16.55"E	33. Commercial Rafting put-in for day trip on Sjoa . Road and footpath to Bjolstadmo. 257 , supermarket	86.08 km	454 m
Prestgardbru 1618 - 2	61°45'6.37"N 9°18'8.29"E	34. bridge over river. RL to 257	86.91 km	445 m
Harlaugbru 1618 - 2	61°44'2.47"N 9°21'39.76"E	35.road (bridge) cross river . 400 m contour crosses river about 200m before bridge.	90.91 km	399 m
Berdøla 1618 - 2	61°42'51.30"N 9°24'4.19"E	36. Confluence with Berdøla on RR	94.64 km	377 m
Faukstad bru 1618 - 2	61°42'34.43"N 9°25'20.53"E	37. Commercial bridgeswing on road bridge. RL to 257	96.22 km	358 m
Commercial Guage 1618 - 2	61°42'32.84"N 9°25'32.23"E	38. Water guage used by Commercial operators. RL	96.40 km	351 m
Storøygarden bru 1618 - 2	61°41'40.12"N 9°28'15.61"E	39 . RL takes you 257. Commercial put-in/out for daytrip and Åmodt Fallene	99.47 km	329 m

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Riksennlegget 1618 - 2	61°41'6.96"N 9°29'8.55"E	40. Kayak camp, slalom course. Walking bridge across river at bottom of slalom course.	100.95 km	319 m
Åmodtsrønningen 1618 - 2	61°40'58.51"N 9°29'58.97"E	41. Farm-house and cultivation on RL. Heidal Rafting Wilderness Camp on RR. 300m contour line across river.	101.80 km	300 m
Kjeks bru 1618 - 2	61°40'50.81"N 9°30'50.97"E	42. Road bridge to 257 and Riksenlegget Kayak Camp. Start of kayak race through 3 drops.	102.74km	288 m
Åmodt take-out RL 1618 - 2	61°40'48.31"N 9°31'51.94"E	43. End of kayak run @ H2O pump	103.65 km	277 m
Confluence - Lagen 1618 - 2	61°40'41.32"N 9°32'7.85"E	44. RR main channel through last rapid confluences with Lagen	104.00 km	275 m