

Explore more

– your guide in Trysil 2026



Trysil

Your apartment

The coolest location. 5-star comfort. True mountain idyll.

High standards. Estimated completion: June 2028

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trysilalpinelodge.com



TRY SIL ALPINE LODGE

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**trysil.com – your
guide in Trysil**



Trysil

Alpine skiing



Trysil – Norway's largest ski resort

Trysil is Norway's largest ski resort with 69 slopes and 41 lifts, well adapted for the whole family. Trysil has four interconnected ski areas with a total of 81 kilometers of skiing spread in three directions - a mix of long nice slopes in the mountains and in the forest. Trysil has three childrens areas, snow parks for beginners and experienced, as well as a comprehensive weekly program with many activities for the children.



Fulufjellet

Fulufjellet Alpine Centre is an intimate and family-friendly resort in the heart of Trysil's magnificent nature. The resort has 2 lifts and 9 slopes of all levels of difficulty, and a park with jumps and rails. The alpine center is west-facing and sunny under the Fulufjell plateau, close to the gateway to Fulufjellet National Park, located only 45 minutes from Trysil town center.



Cross-country skiing

More than 500 kilometres of cross-country trails are prepared in Trysil throughout the winter season.

The trails in and around the mountain Trysilfjellet are connected with the trails in Slettås, Vestby and Grøndalen – a total of more than 150 km. In the villages and mountain areas around Trysil you find more trails.

- Skihytta and Fageråsen are excellent starting points
- Trysilfjellet Arena is an ideal training arena for cross-country and biathlon. Floodlit every day
- Information about open tracks:



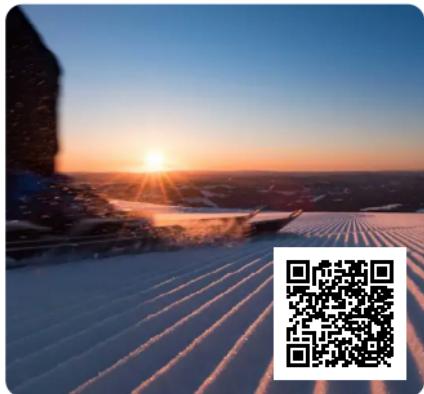
The cross-country map is for free! Get it at our welcome centers, receptions and info stations in Trysil.



Please do not walk on the cross country tracks.

Early Morning Skiing

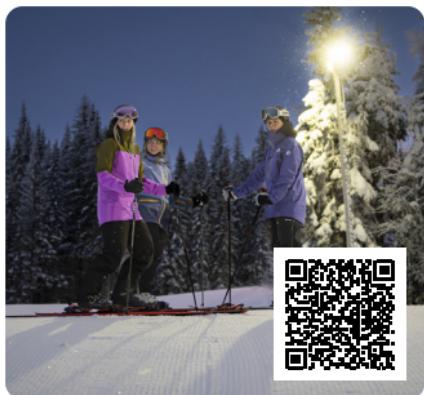
Enjoy freshly groomed slopes with short lift queues and plenty of space to carve turns as the sun rises. Every Wednesday and Saturday at 07:00 – 09:00 from the 7th February – 11th April in Trysil ski resort.



Night skiing

Experience the magic of night skiing in Trysil. Non stop skiing until 20:00 every* Monday, Wednesday and Friday from the 19th December to the 10th April.

*No evening skiing on 1st and 3rd April.



Kiting

The areas around Trysil offer some of Norway's best conditions for snow kiting. Kiteskolen.no offers courses adapted to all levels.



Dog sledding

Dog sledding is excitement, adventure and great experiences - in Trysil you can choose between different tours. Several times a week, you can join our dog sledding teams on a trip. Choose between shorter trips lasting 30–40 minutes and trips lasting up to half a day. The tours are suitable for both adults and children.



Mountain King



Fjell-Huskies

Ice fishing

Gjerfloen Fly fishing and Wolverine Adventure has long experience and knows where to fish.



Gjerfloen Fly fishing



Wolverine Adventure



Sleigh rides

Sleigh rides are a winter adventure in Trysil's deep forests. The sound of dome bells and the light of torches accompany you on the atmospheric walk into the forest. The destination for the trip is a lavvo – choose between a family trip with a 3-course dinner or a shorter trip with light refreshments.



Horseback riding

Explore the joy of horseback riding in Trysil's majestic surroundings. A riding tour gives you the opportunity to experience nature through exciting wilderness and in snowy landscapes.



Ski School

Regardless of level, you will benefit greatly from ski school. Whether you are a complete beginner or looking for Trysil's best off-piste, SkiStar Guides offer both group ski school, private lessons and a large selection of guided experiences. More information, booking and opening hours at skistar.com



Activities with Valle

Valle, the children's favorite snowman, lives in Trysil ski resort and throughout the winter there are several activities with Valle and his friends. Get a complete overview of the activites with Valle in the SkiStar app.



Ski school - nordic cross-country

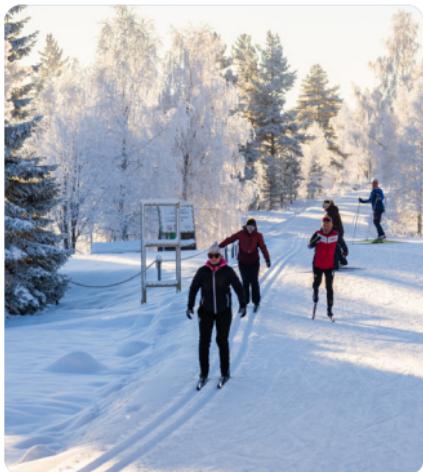
Become a better skier with courses and guiding. Both Anita Moen's ski school and SkiStar Guides offer cross-country skiing courses through the winter.



SkiStar



Anita Moen
ski school



Snowshoeing and wilderness trips

Join Wolverine Adventure for an unforgettable experience in the winter mountains. Choose between night tours, family-friendly tours and adventurous tours searching for animal tracks.



Northern light tours

Experience the incredible colors of the Northern Lights moving across the sky. Between December and March, Trysil is dark from early afternoon until late in the morning, and the Northern Lights often float across the sky. If you are lucky, you can see the Northern Lights dancing across the night sky.



Alpaca hiking

Alpaca hiking is a relaxing and family-friendly activity, where you explore nature together with friendly alpacas. A unique experience perfect for family and friends and creates memories for life, not far from Trysil town centre.



Ice bathing and sauna

At Trysilelva Camping, you can take a refreshing swim in the Trysilelva river and warm up in the sauna by the riverbank.



Ice skating rink

Open ice skating rink at Fladhagenparken, in Trysil town centre. Practice your ice dancing, do pirouettes, or play ice hockey – sticks are available to borrow on spot. Remember to bring your own skates.





Snowmobile tours

Fulufjellet is located in the eastern part of Trysil and offers guided snowmobile tours - this is the winter's most exciting adventures. Choose between short and long trips. It is also possible to book a trip over several days.



Villa Fregn



Fulufjellet

Moonbikes, also called electric snow bikes, is a winter activity a little out of the ordinary. Try moonbikes at Villa Fregn, who offers both 1-hour and 2-hours tours.



Toboggan run

Try an experience out of the ordinary - experience one of Norway's longest toboggan runs. The Toboggan run is 1600 meters and if the conditions are good, the toboggan can go up to 70 km/h. This is suitable for a group of friends, work colleagues and families.



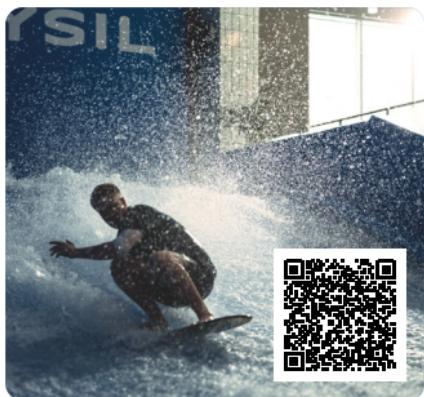
SPA

Treat yourself to an hour or two of relaxation in one of Trysil's spa facilities. Kulpen Spa at SkiStar Lodge Trysil and Alpine Spa & Relax at Radisson Blu Resort Trysil has a wide range of SPA treatments, pools, jacuzzi and saunas.



Adventure Pool

At Radisson Blu Resort Trysil you'll find Surfer's Bay, a family-friendly waterpark with several pools, jacuzzi, sauna, water streams and climbing wall. Surfer's Bay sells swimwear and other bathing accessories. You'll also find FlowRider® - perfect if you want to try surfing indoors.



Bowling

Challenge your friends or family on state-of-the-art bowling lanes in a beautiful setting. There is also a game room with state-of-the-art arcade games and pool tables.



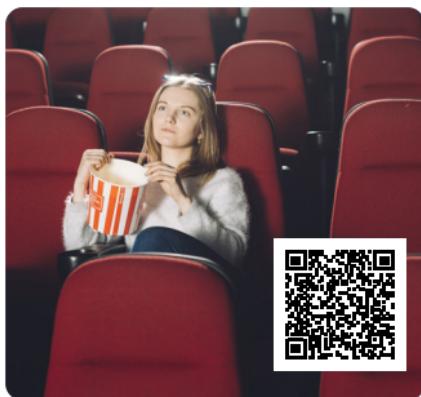
Library

Trysil Public Library is located in Trysil town center. In total, they have over 40,000 titles available for loan: books, DVDs, audiobooks, music, language courses, newspapers, and magazines.



Cinema

Would you like to enjoy a good movie? Head over to Trysil Cinema located in Trysil town center. Enjoy a moment alone with a great movie or bring the whole family.



Calendar

Visit our calendar at trysil.com to see the schedule for today's activities.

Bivenn
02/02-10/02



Mers frugfur med sponspak
02/02, 14:00 - 30/04/2026, 17:00



ordlys (Aurora) tur
12/02/2026, 20:00 - 30/04/2026, 21:00



Trøgutur i vintermarked
15/02/2026, 20:00 - 30/04/2026, 23:00



Hundeslede kort tur hos Mountain King
18/02/2026, 10:00 - 25/04/2026, 14:00



Nyttids med fjellmiddag på fjellrosa er fullbokst
21/02/2026, 09:00 - 01/03/2026, 01:00



Nyttd
01/02/2026



Unique storytelling

Roar Vingelsgaard is an experienced and popular author and speaker. Contact Mira for lectures and guiding on Trysil's skiing history, war history or other topics. Only available for small and larger groups..



Art & culture

Trysil has a rich cultural life, and long cultural traditions. Experience concerts with renowned artists, or visit the galleries and art exhibitions in the villages. Trysil has also fostered a number of well-known authors and sports athletes. In Trysil town center you will find monuments of some of them, and in the library you will find more information. In our restaurants you can taste delicious local dishes, like local goat cheese and moose.

In Trysil, you will find everything you need:

Mosanden is located just a short drive from Trysil's town center, offering a selection of convenient shops. In this area, you will find a clothing store, building supply shops, and a dry cleaner, among other services.

Trysil town center offers a wide selection of shops, including clothing, interior design, and handicraft stores, as well as charming cafés. You'll also find four grocery stores for everyday essentials. There is also a large supermarket at Turistsenteret, with very convenient opening hours.

Trysil town centre





CHECK IN
dd/mm/yyyy

CHECK OUT
dd/mm/yyyy

GUESTS
2 adults, 0 child, 1 room



BOOK YOUR WINTER AND SUMMER HOLIDAY
DIRECTLY AT TRYSLFJELL.NO

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Trysilfjell

Service



Doctor

Trysil Medical Centre
is open 24/7.

Call +47 62 44 87 30 to be connected with the Medical Centre and the 24-hour emergency telephone.

Emergency number: 113



Police

Trysil Police Station,
Storvegen 3.

Tel +47 62 53 90 00

Emergency number: 112



Ski patrol

Call +47 99 28 00 84 in the event of injuries in the ski resort during opening hours.



Pharmacy

Is situated in the shopping centre Trysilcenteret in Trysil town centre.



Trysilfjellet Taxi

Tel +47 62 45 11 90



Trysilekspressen

Trysil–Oslo Airport–Oslo.
www.nor-way.no



Car rental

Trysilbil

+47 62 44 84 00

post@trysilbil.no

www.trysilbil.no

Trysil bil og bilutleie

+47 404 08 584

post@trysil-bil.no

www.trysil-bil.no



Sälen Bus

- airport transfer SMA

Online pre-booking of transfer from Scandinavian Mountains Airport:

www.salenbuss.se/

Tel +46 280 203 00 or

info@salenbuss.se



Ski bus

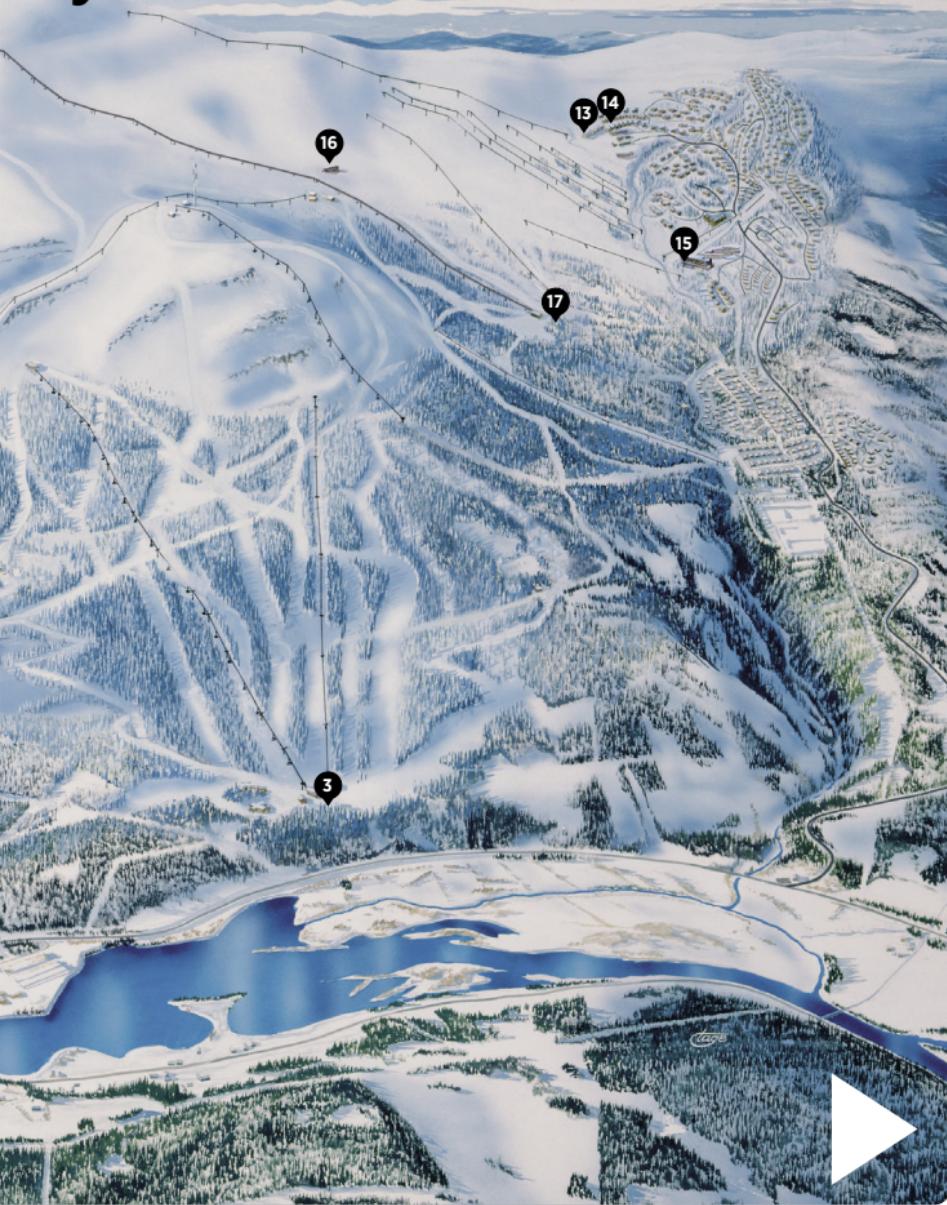
Takes you easily between your cabin and the slopes, or between our ski areas in Trysil ski resort. The bus is free for guests with a valid SkiPass. Your SkiPass serves as your ticket.



Restaurants in and around



Trysil



In the mountain

1 Restaurant Skihytta

Lunch menu, cake buffet and a variety of hot and cold drinks. After ski every Friday and Saturday. Visit their cellar pub and enjoy time next to the fireplace.

+47 62 45 26 62, skihyttatrysil.no

2 Knettsetra

Knettsetra have several restaurants located in the core of Trysilfjellet. They offer local products, home-made pastry and waffles.

+47 62 45 15 50, knettsetra.no

3 Marielle's Snackbar, Høgeggja

Enjoy a variety of delicious mini courses served with a dash of love and warmth. Unique atmosphere.

+47 98 43 56 70

Instagram: mariellessnackbar

Turistenteret

4 Happy Faces

Quality sushi & burgers. Eat at the restaurant or grab food to go.

+47 46 34 61 18, happyfaces.no

5 Skipubben

Pub, food, joy. Pub courses and tasty drinks. A nice atmosphere and good vibes.

+47 62 45 38 80

6 La Pasteria

An Italian tasting experience, home-made pasta, desserts, coffee. They also have take away.

+47 45 88 86 78, lapasteria.no

7 Barbacoa

American barbecue and Mexican food. Tender, juicy, packed with flavors. Cooked low and slow. They also have several vegetarian options. Home dinner is also an option at Barbacoa.

+47 90 20 03 52, barbacoa.no

8 Restaurant Laaven 1790

Pastry, lunch and hot and cold drinks. After ski every Tuesday - Saturday from 15:00. DJ on Saturdays from 22:00 - 02:00.

laaventrysil.com

9 Taste Mat & Vinhus

Lunch, après-ski and fine dining, with Trysil's largest wine cellar.

+47 62 45 23 55, tastetrysil.no

10 Peppes Pizza

Unique pizza menu with famous classics and thrilling news. Eat at the restaurant or take away.

+47 22 22 55 55, peppes.no

11 Radisson Blu Resort Trysil

- La Piazza
- Hill Breakfast & Buffet
- Brasserie T
- Mt. Mocca
- Chill Bowl & Dine
- Lobby Bar
- The Lounge

+47 62 44 90 00

radissonblu.com/no/resort-trysil

12 Flytt Eventyr

Different kinds of soft drinks, pastry, simple and quick food, good vibes around the bonfires.

+47 41 67 11 48

Fageråsen

13 Restauranthuset Fageråsen

A wide variety of quality food.

- Spiseriet Trysil
- Kafé kasserolle
- Pilegrimen

+47 62 45 67 02

14 Nero Fjellbistro

Lunch, afterski, a la carte. A cozy restaurant with the feeling of being home.

johan@nerotrysil.com

15 SkiStar Lodge Trysil

- Lodgebaren
- Barken Buffet
- Steakhouse T Fageråsen
- Stabben Restaurant & Afterski
- Trattoria Luca

+47 62 44 93 00, lodgetrysil@skistar.com

16 Restaurant Fjellroa

Burgers, asian bowls, wraps, pastries and a good selection of hot and cold drinks.

+47 918 36 195, fjellroa@trysil.com

17 Flytt Fageråsen

Different kinds of soft drinks, pastry, simple and quick food, good vibes around the bonfires.

+47 41 67 11 48

Trysil Town centre

18 Glunot

Gluten free products, pizza menu, coffee and pastries, bread products. Shop, restaurant and take away.

+47 47 51 09 50, glunot.no

19 Fru Skjæraasen

Café, gift and interior design shop who serve several types of coffee. Enjoy a freshly baked croissant or cinnamon bun, something spread or their popular carrot cake.

+47 95 25 57 96

20 PARKEN Bistro & Bar

Breakfast, lunch and dinner. Large and varied drink menu. The food is based on Nordic flavors and ingredients.

+47 97 94 00 00, trysilhotell.net

21 Løkja

A gastropub with focus on local ingredients. Located in the middle of Trysil city centre, in a 100 year old barn.

+47 990 99 964, matogcatering.no

Other

22 Villa Fregn

An unique boutique hotel located in Skåret, Ljørdalen. They serve food and drinks based on local products. If you are lucky, you might even get the chance to taste bear meat.

+47 45 72 54 32, info@villafregn.com



More about
the restaurants
at trysil.com

Your apartment – with the resort included

Apartments for sale. Prime location. Spa. Gym.
Restaurant. Bar. Lounge.
Garage basements, etc.



TRY SIL ALPINE LODGE

