

HEMBRE FARM STJØRDAL RIVER



FISHING SEASON: 1 June – 31 August

Tackle box: Fly rods should be 14-16ft with action to suit #10, 11 or 12 lines. Lines: intermediate or sinking. Flies: thunder & Lightning, Ally's Shrimp and Mikeli Blue. Medium and larger sizes. Chest waders with felt soles, life jacket and wading stick recommended.

Guides: There will normally be 2 guides for the group of 6-8 anglers.

Fishing statistics: On request.

Facilities: Drying room, freezer, packing of fish for air transport, equipment rental.

For non-anglers: Good opportunities for non-fishing partners or friends: hiking in great farmed landscape, visit rock carvings, visit Hegra fortress, art exhibitions, shopping in Stjørdal town centre or the city of Trondheim.

Nearest airport: Trondheim (15 minutes by car).

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THE RIVER

Sport fishing in the Stjørdal River began in the 1800's when the Duke of Marlborough was one of many regular English visitors. With its tributaries Forra and Sona, it is regarded as one of the best fly-fishing rivers in Norway.

The Stjørdal River offers a total of 85km (53 miles) of fishing and bears many similarities to the Tweed. Water levels are predictable because it is regulated by controlled releases from the higher parts of the river. The river provides many different challenges for the fisherman with an interesting combination of deep slow pools, rapids, plunge pools and riffles as the river twists and turns its way to the huge Trondheim fjord basin.

It is one of the rivers that will benefit hugely from the bag-net buy-out in the fjord and nearby coastal areas. Catch records already show a higher average weight and a marked turnaround of river-caught salmon compared with net-caught fish.

Like most rivers in the Central Norway region the Stjørdal is well known for its big salmon and every year a good number of 15-20kg (33-44lbs) salmon are caught. In early June the 40-pounders come in fresh from the sea to the lower parts of the river. There are normally good runs of medium size salmon and grilse during July and August. The river consistently features among the 10-12 most productive rivers in Norway. To view catch reports for the Stjørdal, visit "Laksebørsen" (www.lakseborsen.com) - a reporting station for salmon and sea trout that is kept up to date during the season.

THE FISHING

Hembre Farm holds 2km (1.2 miles) double bank fishing and is one of the best beats on the river. Six to eight guests are accommodated at Hembre itself. A rota system is in place for fishing the different beats. This enables anglers to try out different stretches of the river and offers the benefit of some 3km (1.8 miles) of good fly-fishing close at hand. The total annual catches of these beats is in the region of 200 salmon and the average weight is around 4.5kg (9.9lbs).

The Hembre beat, 25km (15.5 miles) above the river mouth, has some excellent long stretches combined with good holding pools. In particular, the Home pool below the Hegra Bridge includes a number of very good fly-fishing stretches. During the latter part of the season there are good opportunities for sea trout. In addition you can fish for brown trout in local lakes. There are normally two guides per group of 6-8 anglers, but extra guides are usually available on request.



THE ACCOMMODATION

Hembre Farm, a working farm, has a long tradition of welcoming foreign guests. The Hembre fishing lodge has 8 self-contained studio flats with plenty of space for one or two people. Facilities include toilet, shower, electric heating and each flat has a fully equipped kitchenette. There is a laundry room, drying facilities and a freezer ready for your catch. The lodge is located just 300m outside Hegra Village with its bank, grocery store and other services.

All meals are prepared, arranged and served in the "Stabbur" pub. Originally the old farm-storehouse, it has been converted into a small farm museum, decorated with many antiques, tools and gadgets from the early farming and fishing days. With its unique ambience, it's the perfect place for any fishing party to relax and enjoy each other's company after a fishing day. During the fishing season, the "Stabbur" has a "pub night" every Wednesday evening where the guests at Hembre can meet some of the locals to exchange fishing lore over a drink or two, and to enjoy some very special homemade snacks.