

FRILUFTSLIV FOR ALLE

are outdoor activities that are especially suitable for children and youths, but where everyone is welcome to join!

In this calendar you will find several opportunities to join fun and simple activities both close to where you live and further away, from May until October. We are doing activities like fishing, paintball, archery, hiking and rowing. A healthy meal is also always included, and everything is free of charge.

We very much recommend both parents, grand parents and other grown up friends to join in on the activities - this is just as socializing and fun for all the grown up children!

PRACTICAL INFORMATION

- Find the meeting points for all activities in the calendar at the other side.
- At all activities a simple meal is served. All participation, including the food, is free of charge.
- No registration in advance is needed.
- You are responsible for your own transportation to the meeting points.
- All participation are at your own risk, under your own insurance.
- Children with special needs should bring a companion. Specially important for water activities.
- Most activities support wheelchair, but not all of them. Check the information for the different activities.

COOPERATION PARTNERS

Arctandria Kystlag	Nordnorsk Vitensenter
Barnas Turlag / Troms turlag	Norsk Ornitologisk Forening Tromsø
B/L Ulaknott	Oteren Framlag
BULA-huset Storsteinnes	Rottenvik Bygdelag
Fløya bueskyttere	Sagelvatn Utmarkslag
Framtiden i våre hender Nord	Tromsø villmarkssenter
Lyngsdalen Sanitetsforening	UL Start
Malangseidet Bygde- og idrettslag	Vannareid Speidergruppe
	Vestre Storfjord Lysløypelag



Join the Facebook group «Friluftsliv for alle - Ishavskysten friluftsråd», to keep updated on all activities!

More information also at: www.ishavskysten.no



CONTACT INFORMATION

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«Friluftsliv for alle» is sponsored by:



OUTDOOR ACTIVITY CALENDAR

FRILUFTSLIV FOR ALLE

2017

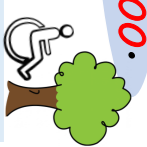


BALSFJORD, KARLSØY, LYNGEN,
STORFJORD & TROMSØ

ISHAVSKYSTEN

friluftsråd





Date	Municipality	Theme	Meeting point	Information	Organizer	Contact	Wheelchair
Tuesday 2. May	STORFIORD	Playing and singing outdoors	Gapahuk (shelter) at Otertun	Songs, games and fun!	Oteren Framlag	Geir-Tore Engvoll (40202168)	Yes, if the snow is gone
Wednesday 3. May	TROMSØ	Rowing in traditional wooden boats	Stakken, Kvaløyletta	Learn to row with traditional boats. Also possibilities to fish.	Arctandria kystlag	Thomas Johansen (99437644)	With attendant who can carry
Saturday 6. May	KARLSØY	Open farm	Bull gård, Grunnfjord	Visit cows and calves in beautiful Grunnfjordi	UL Start	Birger Bull (97087998)	Yes, if the snow is gone
Saturday 20. May	KARLSØY	Scouting activities	Odlinsletta: drive up from Vanna Montessoriskole/school	Pioneering, knots, primitive food.	Vannareid Spedergroupe	Margit Bjørge (99590225)	Yes, with attendant
Tuesday 30. May	BALSFIORD	Paintball	Storsteinnes idrettshall/sports hall	Age limit to play 13 years. Target board for all ages.	BULA-huset	Alf-Olav Lyngstad (48881531)	No
Tuesday 30. May	STORFIORD	Hiking and learn to make a willow flute	Vesterisassentret at Elvevoll	Hiking about 1,5 km, make your own traditional willow flute.	Vestre Storfjord Lysløypeplag	Kåre Eriksen (46419556)	Yes, with a terrain chair
Wednesday 31. May	TROMSØ	Rowing in traditional wooden boats	Stakken, Kvaløyletta	Learn to row with traditional boats. Also possibilities to fish.	Arctandria kystlag	Thomas Johansen (99437644)	With attendant who can carry
Saturday 3. June	KARLSØY	Goat safari	Stornes turntaround in Grunnfjord	Come along and visit the cutest animals!	UL Start	Birger Bull (97087998)	Yes, with a terrain chair
Thursday 8. June	BALSFIORD	Fishing and relaxing at the campsite	Vassenden at lake Sagelvatnet	Swimming, fishing, barbequing. Bring your own fishing gear.	Sagelvatn utmarkslag	Jens-Olav Løvlid (97723572)	Yes
Monday 12. June	TROMSØ	Bird watching	Prestvannet, at the parking in the north at the end of the road	Join us to watch birds in their most active season!	Norsk ornitologisk forening Tromsø	Oddvar Hagen (91540184)	Yes
Tuesday 13. June	LYNGEN	Hiking to the special Gaisgallo stone	By the football field in Furrflaten	Hiking to the well known and great Gaisgallo stone.	Lyngsdalen sanitetsforening	Tove Dreyer (93235846)	Yes
Wednesday 14. June	TROMSØ	Archery	Outside Fløyahallen, at the back/north	For everyone who wishes to try archery.	Fløya bueskyttere	Siw Heidi Nilssen (92253552) / Eirik Fredriksen (91888331)	Yes
Thursday 15. June	BALSFIORD	Hiking to Skogsbuva hut	Snuplassen Indre Malangseidet	Hiking along a beautiful path to a open hut with fire place.	Malangseidet bygde- og idrettslag	Lill Larsen (90875175)	Yes, with attendant
Thursday 27. June	STORFIORD	Activities at the shoreline	Råa/Sandørneset, drive down from RV868 past Elvevoll settefisk	Picking shells, hiking along the shoreline. Bring your fishing gear.	Oteren Framlag	Geir-Tore Engvoll (40202168)	No
Wednesday 28. June	TROMSØ	Hiking to Eidhuken shelter	Kaldfjord skole	Join Barnas turlag at a tour with the club mascot Turbo.	Barnas turlag (Troms turlag DNT)	Tine Milkelsen (46810298)	No
Thursday 29. June	BALSFIORD	Canoeing	Parking at lake Juksavatn	Canoeing for everyone at one of the best outdoor areas in Balsfjord.	BULA-huset	Alf-Olav Lyngstad (48881531)	Yes
Thursday 13. July	BALSFIORD	Fishing and relaxing at the campsite	Vassenden at lake Sagelvatnet	Swimming, fishing, barbequing. Bring your own fishing gear.	Sagelvatn utmarkslag	Jens-Olav Løvlid (97723572)	Yes
Tuesday 08.aug	LYNGEN	Hiking to campsite and other activities	Rottenvik Grendehus (turn off from FV311 to Vartoveien)	Hiking along a road with fun activities.	Rottenvik Bygdelag	Trond Ivar Jørgensen (91136389)	Yes
Wednesday 09.aug	TROMSØ	Netfishing and studying the catch	Lake Finnvikvatnet, at the top of the valley Finnvikdalen	We collect the catch and study, measure, gut and grill the fish.	Framtiden i våre hender Nord	Amund Kristian sen (41651370)	Partly
Tuesday 22.aug	STORFIORD	Kayaking around the Råa shoreline	Råa/Sandørneset, drive down from RV868 past Elvevoll settefisk	Introduction to kayaking for all ages.	Vestre Storfjord Lysløypeplag	Kåre Eriksen (46419556)	Yes, with a terrain chair
Wednesday 23.aug	TROMSØ	Archery	Outside Fløyahallen, at the back/north	For everyone who wishes to try archery.	Fløya bueskyttere	Siw Heidi Nilssen (92253552) / Eirik Fredriksen (91888331)	Yes
Tuesday 05.sep	LYNGEN	Hiking to Tjordakirka (Tjorda church)	Steinåsen (Turn off to Grønvollveien at the old grocery store)	Hiking and outdoor activities	Lyngsdalen sanitetsforening	Tove Dreyer (93235846)	No
Wednesday 06.sep	TROMSØ	Autumn in the wilderness	Villmarksenteret, Straumsvegen 601	Naturepath and dog cuddling.	Tromsø villmarkssenter	Bente Ellison (77696002)	Yes
Thursday 07.sep	BALSFIORD	Watch spawning char!	Vassenden at lake Sagelvatnet	Join us for an unique opportunity to watch spawning char fish!	Sagelvatn utmarkslag	Jens-Olav Løvlid (97723572)	Partly
Saturday 09.sep	KARLSØY	Hiking and fun along Huldrastien	Highest up at the northern part og Gammes byggefelt	Several playing opportunities for children	B/L Ulaknott	Monica Nyrrud (48060530)	Yes
Tuesday 19.sep	STORFIORD	Hiking to a shelter and orienteering	Vesterisassentret at Elvevoll	Hiking, simple and fun orienteering, food and socializing	Vestre Storfjord Lysløypeplag	Kåre Eriksen (46419556)	Yes, with a terrain chair
Wednesday 20.sep	TROMSØ	Hiking to the Turbuhoiken shelter	Stakkevollan skole	Join Barnas turlag at a tour with the club mascot Turbo.	Barnas turlag (Troms turlag DNT)	Mia Kulsgeng (77685175)	No
Tuesday 27.sep	STORFIORD	Hiking, games and fun in nature	Brenna skytterhus	Hiking in the nature nearby, with games, food and fun	Oteren Framlag	Geir-Tore Engvoll (40202168)	Yes
Tuesday 03.okt	BALSFIORD	Paintball	Storsteinnes idrettshall/sports hall	Age limit to play 13 years. Target board for all ages.	BULA-huset	Alf-Olav Lyngstad (48881531)	No
Tuesday 17.okt	STORFIORD	Owl hiking	Gapahuk (shelter) at Otertun	Bring you torch. We hike in the forest to find "owls".	Oteren Framlag	Geir-Tore Engvoll (40202168)	No
Wednesday 18.okt	TROMSØ	Watching the stars!	Nordnorsk vitensenter/ planetarium	Come and see and learn about our autumn night sky	Nordnorsk vitensenter	Ellen-May Indahl (77620949)	Yes

OCTOBER

SEPTEMBER

AUGUST

JULY

JUNE

MAY