

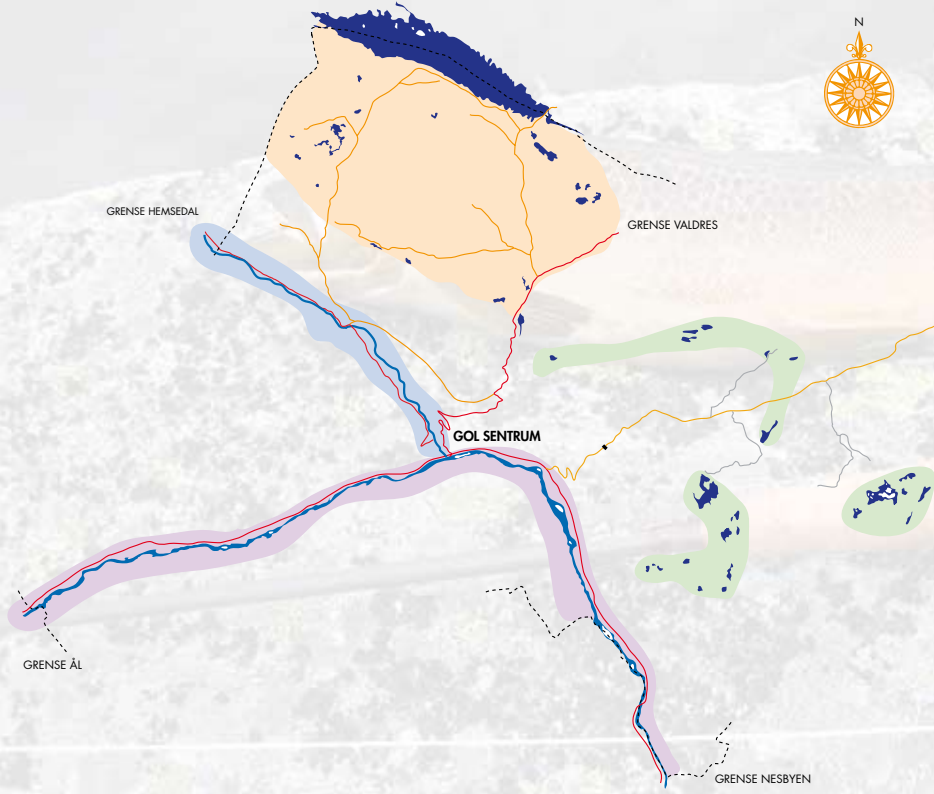


ANGLERS!

WELCOME TO GOL!

In Gol there are 4 separate sport fishing associations wishing you welcome to try your luck in fishing. As an angler, you know that no one can guarantee a catch. But with this brochure, which we now publish for the second time, we want to inform you and guide you to the good trout experience. In our areas, being among the best that trout-Norway can offer, you will find a diversity that is the envy of many. From fishing in the small streams in the Gol Mountains you can move on down to the village and try your luck in the exciting Nedre Hemsil River, or in the widely acknowledged river Hallingdalselva, where many big trout are caught every year. By studying the map you can find the mountain lakes that suit you best. Most lakes have a good stock of willing trout. Don't be surprised if the big trout lets itself be tempted by just your worm, spinner, or fly. All the associations are involved in an active and determined cultivation work to make the areas even more attractive to trout fishers. Hence we welcome constructive feedback from you. Please let us know if there is something that you feel needs improvement! Remember that we share a goal. The ecology is important to us and to the trout – therefore we encourage everyone to bear the environment and the ecology in mind while hunting for the great trout experience. «Tight lines»!

Eco-friendly sport fishing greetings from The Sport Fishing Associations
HALLINGDALSELVA FISKELAG I GOL · GOLFJELLET FISKERFORENING
GOL JEGER & FISKERFORENING · NEDRE HEMSIL FISKERFORENING



- HALLINGDALSELVA FISKELAG I GOL
- GOLSFJELLET FISKEFORENING
- GOL JEGER OG FISKERFORENING
- NEDRE HEMSIL FISKEFORENING

WHERE TO BUY YOUR FISHING LICENSE:

Tourist information/Gol Reisemål,
Lie Sport, Intersport, G-Sport,
Gol Verktøy og Sport, Robru Joker
Camping sites along the river Hallingdalselva

In addition, fishing licenses for the association
Golsfjellet FF are sold here:

Oset Høyfjellshotell, Storefjell Høyfjellshotell,
Golsfjellet fjellstue, Ørterstølen, Solseter,
Hammerstad, Kvanhøgd Turistsenter,
Lægeret Camping.



THE SPORT FISHING ASSOCIATION HALLINGDALSELVA FISKELAG IN GOL

The river Hallingdalselva through Gol, from the border on Ål to the border on Nesbyen, is a restricted zone, requiring that you buy a fishing license. The river has a good stock of trout. From Ål to Gol the river has a mix of rapids, falls, deep holes, and thresholds. From Gol to Svenkerud the river is calmer and has a higher water level and is therefore well suited to fly fishing. There are adaptations for the physically challenged/handicapped at Gol Camping-senter and Fossheim Camping.

FACTS: Season: January 1 through September 19.

Permitted equipment/methods:

Rod with single hook (fishing with worm) or spinner/spoon, and fly fishing with up to 3 suspensions.

Fishing with fixed equipment is prohibited. Fishing from boat is prohibited, including fishing from belly-boat.

Trout with a length of less than 25 centimetres must immediately be released back into the water, with as little injury as possible. (Remember: Moisten your hand before unhooking the fish.)

The length of the fishing zone is about 20 kilometres (12 miles) and it runs from the municipal border on Ål at Trillhus to the municipal border on Nes (note that the municipal border on Nes in part follows the river, see map). Avoid crossing cultivated land, walk along the side. Be considerate of each other. Remove all litter!

FISHING LICENSE FEES:

Day: NOK 50,-

Week: NOK 150,-

Season: NOK 300,-



The Sport Fishing Association GOLSFJELLET FISKEFORENING

Several lakes and waters/streams today have a very good stock of trout and new lakes are continuously being cultivated. If you are looking for big fish, you have a fine possibility here. Sport fishing is, however, an uncertain activity, so we cannot guarantee big fish every time. Our waters are very healthy, which is reflected in the condition of the fish. We also actively work to improve access to our lakes, with the result that you can drive your car all the way to some fishing sites. In addition we have made adaptations for the physically challenged/handicapped at Hammertjeden (pier) and Vesletjern (by the shore). There are also plenty of opportunities if you prefer the desolate wilderness. The Gol Mountains is the place: lakes, rivers and streams where the trout lives naturally in the high mountain environment like it always have.

Welcome to a sport fishing adventure that can fulfil your wettest dreams!

FACTS. Season: June 5 through September 10. Permitted equipment/methods: Rod with single hook (fishing with worm) or spinner/spoon, and fly fishing with up to 3 suspensions. Fishing with fixed equipment is prohibited. Trout with a length of less than 25 centimetres must immediately be released back into the water, with as little injury as possible. (Remember: Moisten your hand before unhooking the fish. Avoid crossing cultivated land, walk along the side. Be considerate of each other. Remove all litter!

FISHING LICENSE FEES:

Day: NOK 60,-

Week: NOK 150,-

Season: NOK 300,-



The Sport Fishing Association GOL JEGER OG FISKERFORENING

The lakes are beautifully located in mountain and forest terrain. Here are hiking opportunities, and there are lots of nature experiences waiting for those taking the time to seek them out. GJFF divides its fishing lakes into three areas with a total of 26 lakes, all of them free from minnow. The areas are divided into three categories to give anglers the option to choose a day trip. In area 3, including Ruketjern, the average weight of fish is about 600 grams (1.3 lb). Ruketjern sør is an enjoyable fishing lake but has quite a lot of small fish. Area 2, including Kroktjern, Marrismo, and Langevann, offers great nature and nice, fat fish in the category +/- 1 kg (> 2 lb). Area 1, with Veikultjern, Dyretjern, and Runda, has abundant fishing opportunities and a good mix of +/- 500 grams (> 1 lb) and 1 kg (> 2 lb). Glitrefjorden at the end of Veikultjern is a private area. In Nordre Dyretjern only fly fishing is permitted. All the lakes have a good stock of great trout, except for Nedre Trytetjern, which also has perch, and Opsahljern, which has whitefish. GJFF encourage everyone who enjoys the nature, with or without a fishing rod, to keep it free from litter. Happy fishing!

FACTS. Season: May 13 through September 18. Permitted equipment/methods:

Fishing with rod from the shore using spinner, spoon, worm, and fly. For fly fishing a maximum of 3 suspensions is permitted. Only one rod at a time. Fishing from boat, including belly-boat, and fishing with minnow is prohibited in all lakes. Keep nature clean!

Fishing license fees:

Day: NOK 50,-

Week: NOK 150,-

Season: NOK 300,-



The Sport Fishing Association NEDRE HEMSIL FISKEFORENING

The association was founded in November 2004 and aims at taking the river back to the state of a good and ecologically sound trout river. At times the river suffers from too low flow of water. Because of this we have requested Eco Energi to introduce rules of minimum flow of water, effective as of 2007. The profit from the sales of fishing licenses will be spent on registration, clearing and marking of trails and fishing sites, and clearing of the river course. The Hemsil River has a rich cultural history. It flows through a beautiful landscape with old farms and forestry. It's connected to a network of roads, trails and bridges. Fragments of old bridges can be seen at several places. There have been several sawmills in connection with the river, some of which are still running, although on electricity nowadays. There are also traces of four closed power plants. Fishing for trout in Nedre Hemsil provides the complete nature experience!

FACTS. Season: May 15 through September 15. Permitted equipment: fly, worm, and light spinners/spoons. Lower Hemsil begins downstream of the dam Eikredammen and reaches 15 kilometres through varied landscape down to the river Hallingdalselva in the centre of Gol. Max line thickness: 0.20 mm. Max hook size: No. 10. Max spoon/spinner weight: 10 grams (0.35 oz). Only active fishing with worm permitted. Unattended lines are prohibited. Fish with a length less than 25 centimetres must be released carefully back into the water.

FISHING LICENSE FEES:

1 day: NOK 25,-
2 days: NOK 45,-
3 days: NOK 65,-
1 week: NOK 100,-
Season: NOK 200,-

FISHING TIPS FOR THE STREAMS AND LAKES OF GOL

Present the bait in the attractive spots/fish lies and avoid spending much fishing time on poor spots. Stay hidden! To avoid being spotted by the trout you should sneak along the bank and/or fish upstream. Watch your steps while you approach a new fishing site; you are easily spotted. Don't go all the way to the waterline at first. Always spend a few minutes «reading the water» before placing your first cast.

GOOD FISHING SPOTS. ROCKS. Think like a trout! It lies where it gets the most food with the least effort. The biggest fish occupies the best spots, i.e. in front of and behind rocks. Shiny «stains» on the surface indicates big rocks on the bottom. In calm water big rocks are good hiding places, both out in the water and in inlets/outlets.

CURRENT BOUNDARIES. The transition between a calm stretch and stronger current is a sure place, especially at night time and in dark weather. Current boundaries around rocks and sunk timber can conceal fish. Inlets to calm water often provide good current boundaries and therefore constitute good fishing spots. Always start fishing in such places, look for rising fish.

BREAKERS. Especially in the evening these are good fishing spots. Here it's important to carefully sneak forward, preferably from below. Cast upstream to avoid strong currents causing striping to be a problem (for dry fly fishing). Fish for the lowest fish first and try to avoid having them swim upstream and spook other fish. Outlets from calm water often produce classical breakers and hence should always be thoroughly fished. There is almost always fish in the first hole after that kind of breaker.

DEEP SPOTS. Big trout lies in deep water or in the transition between deep and shallow water, at least during the daytime. In holes the trout prefers deep areas in the inlet area. Try fishing in the deep channel if the river is slow flowing. At night time, when it's getting dark, the big fish moves closer to the bank to fee

EQUIPMENT

FLY. In places where the vegetation overhangs the river, land insects fall into the water. If the river's deep channel passes under this vegetation, you have a sure trout lie. Try dry flies in calm stretches. Look for insects. Avoid striping in strong current, use snake cast and/or line mending. Wet flies, streamers and indeed nymphs can be good choices, especially during rain, wind and flooding. If you can fish the breaker from below, you should first concentrate on the fish closest to you. If it doesn't surface in deep areas, perhaps you should try with sinking line and non-imitation flies. Try wet flies and streamers in the inlet. Nymphs are effective, try using a strike indicator. Always spend some time looking for rising fish when arriving at a lake.



Study the rising pattern and look for hatching insects. Use thin leaders in still air. In windy conditions wet flies, streamers and nymphs can be effective. Observe the wind direction and use it as «a friend» to improve your cast.

SPINNER/SPOON. Spinners with short blades move calmer through the water than the ones with oval blades. Use light spinners in light weather and dark spinners in dark weather. In calm river cast slightly upstream and troll in jerkily. On calm lakes you should cast in a fan pattern to cover large areas. In rougher river cast upstream. Let the spinner sink and reel it in front of and behind rocks and current boundaries. A small sinker on the line makes the spinner go deeper. Spinners and spoons are effective in rainy weather and in the dark. Start with small, dark spinners not to spook the fish.

WORM. Use small hooks and the smallest possible sinker. Cast slightly upstream so that the worm is taken as deep as possible by the current and passes just in front of rocks and other fish lies. If this goes to fast, stay concealed and cast slightly downstream, use bigger sinker and drop the fish slower toward the fish lies. Fish sensitively and make the worm lifelike (yank the rod now and then). In backwaters/whirlpools where foam is formed, you should first try in the outskirts of the foam. In the holes the fishing starts in the inlet. Let the worm drift close to the bottom of the deep area. Always start with small hooks (12) and small worms. The sinker shouldn't be heavier than two SSG (i.e. a total of 3.2 grams/0.113 oz). In the transition between shallow and deep water, place the worm on the slope and slowly lift, reel in and lower – repeat until next cast. In calm water, casting on rising fish can be effective. Cast a short distance past the spot to let the worm sink down to where the fish is. Fish actively: Cast in a fan pattern. Lift, reel in a few meters and let it sink again. Remember: Always tight line!

Based on «Eksperternes beste ørret-tips»

(The Experts' Best Trout Tips), Villmarklivs feltguide 2004. Trond Andersson

PHOTO: TROND ANDERSSON