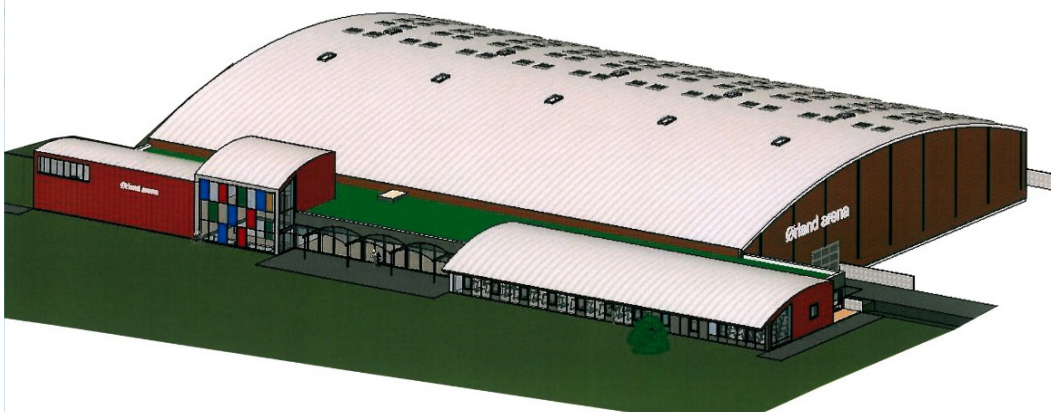


# SPORTS AND PHYSICAL ACTIVITY



# ORLAND

The area offers a wide range of sports and activities for residents and visitors





# ALPINE SKIING



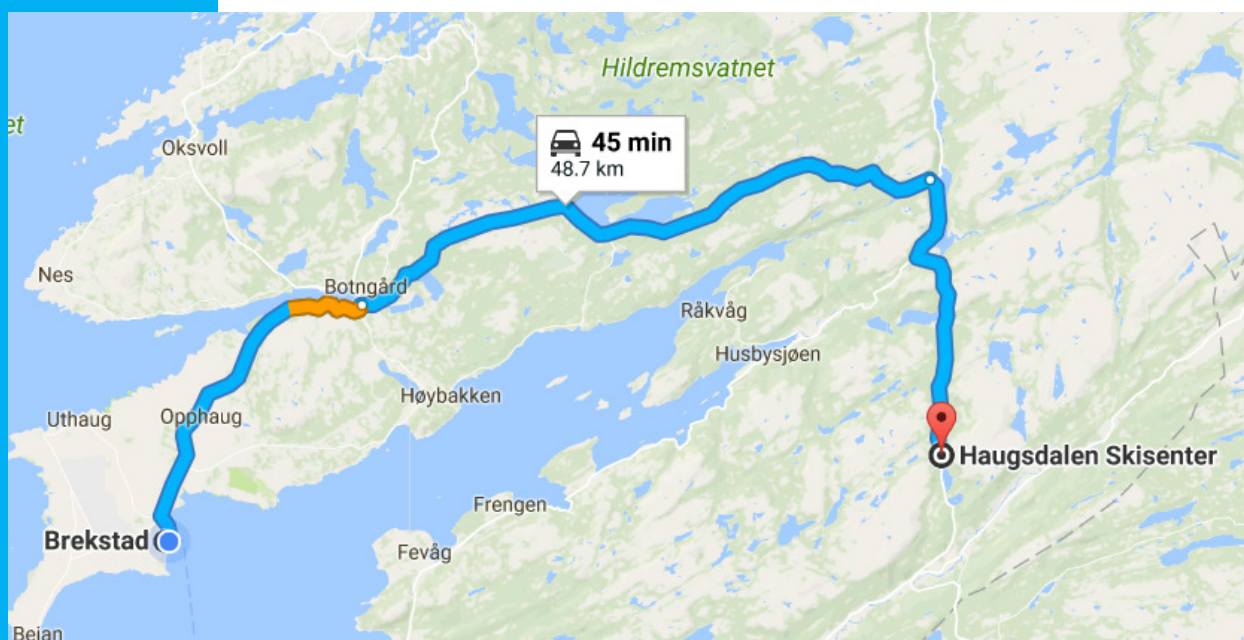
**HAUGSDALEN**  
SKISENTER

**Contact:**

41 54 90 94

[kontakt@haugsdalen.no](mailto:kontakt@haugsdalen.no)

[www.haugsdalen.no/](http://www.haugsdalen.no/)



Haugsdalen Skisenter is located in Skaugdalen about 45 km from Ørland.

ØRLAND  
KOMMUNE





# ARCHERY



Outdoor archery training range by  
Yrjarheim («Yrjarhytta, Opphaug

Indoor training hours:

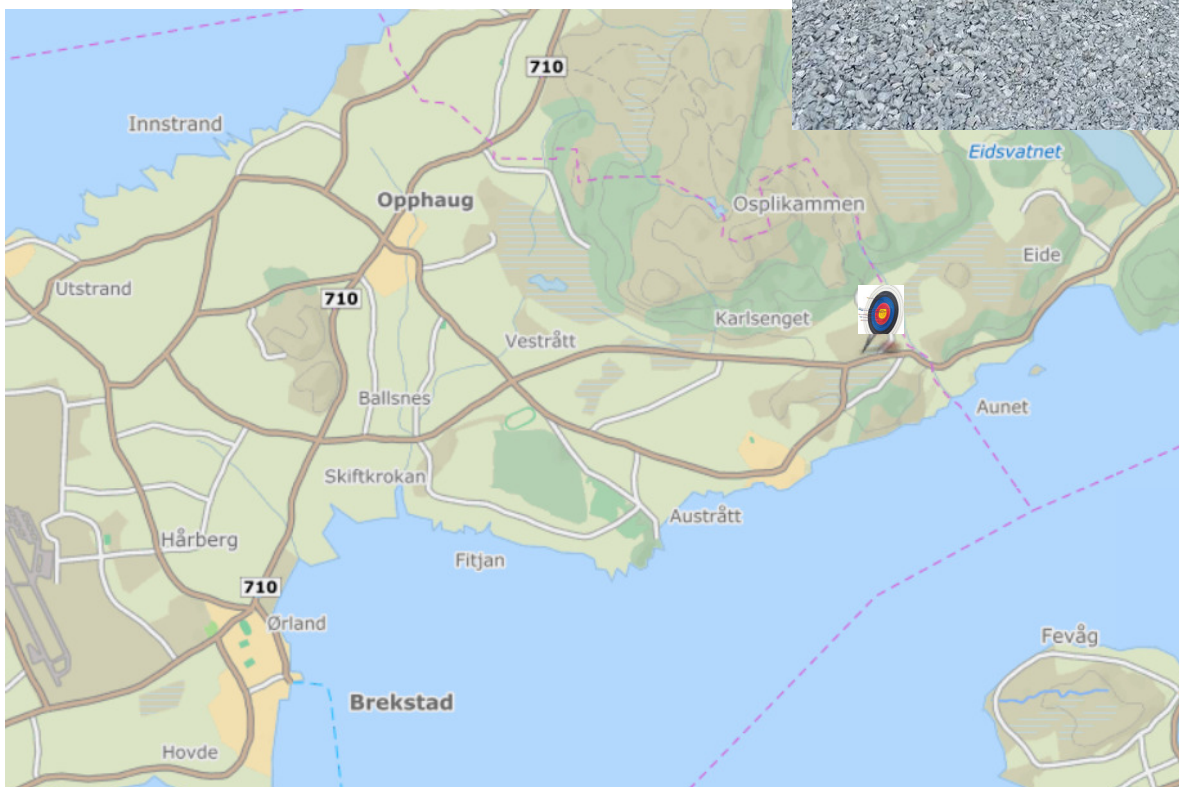
Tuesdays 18:00 – 21:00

Fridays: 18:00 – 21:00

CONTACT:

Håkon Jenssen

[hakon.jenssen@norgeshus.no](mailto:hakon.jenssen@norgeshus.no)



ØRLAND  
KOMMUNE



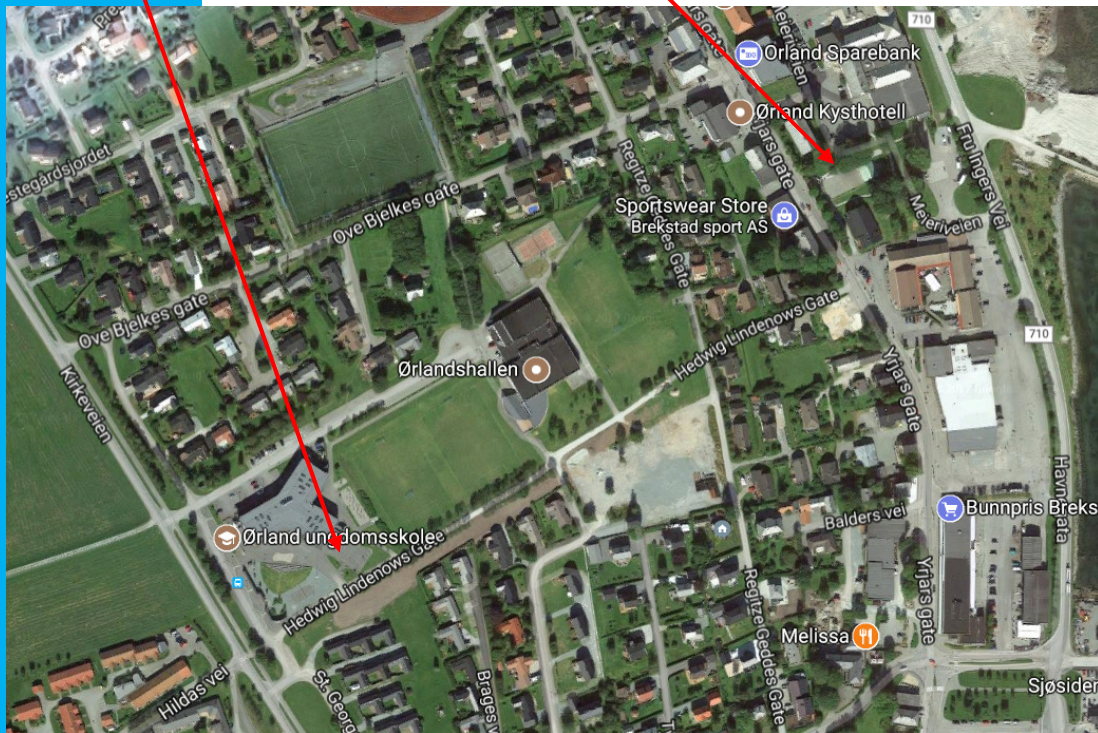


# BASKETBALL



No organized basketball, but two sites in the municipality are open to the public where you can practice and play basketball.

- **Basketball court**, by Ørland Ungdomsskole (middle.school), Brekstad
- **Basketball hoop**, in Brekstad city park, Meierivn. 9, Brekstad





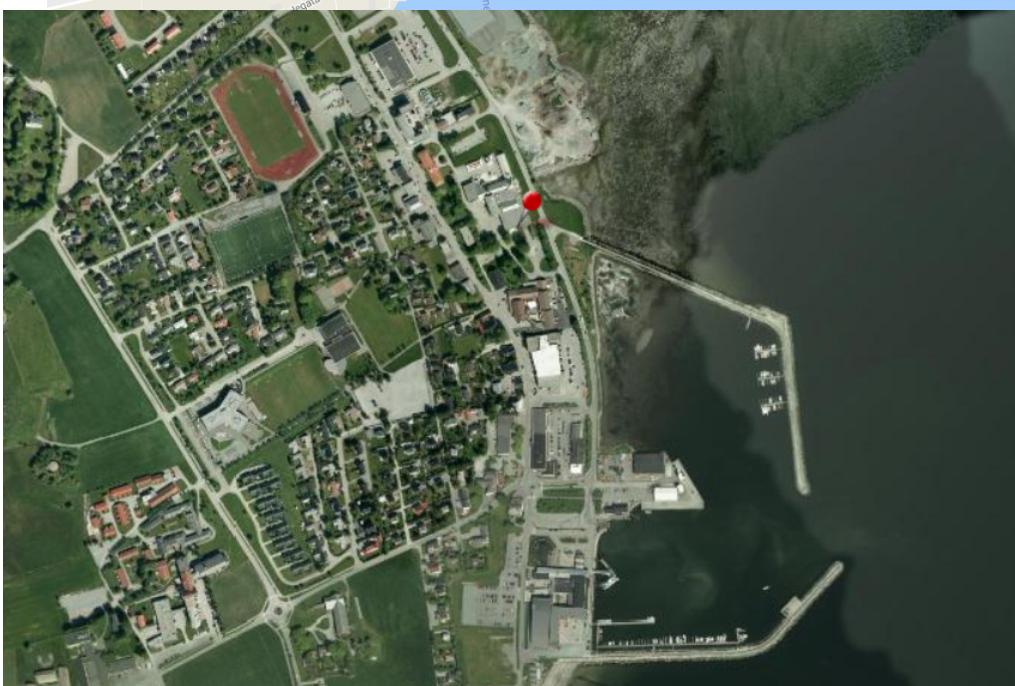
# BEACH VOLLEYBALL



No organized teams or league, but two beach volleyball courts located in the municipality are open to the public (Summer).

**Meieriparken i Brekstad**

**Beach by Austrått Camping**





# BICYCLE RACING



*Austrått SK*

To join the club contact  
[austrattsk@hotmail.no](mailto:austrattsk@hotmail.no)

The club has three groups:

## **Road racing**

– active in the months March/April thru Sept/Oct  
Tuesdays 19:00 meet at Prix Opphaug  
Thursdays 19:00 meet at Best Botngård

## **Mountain bike**

No fixed days - by agreement

**The Spinning group** is active during the Winter with regular training Tuesdays at 20:00 in the fitness center of Bjughallen in Botngård.



Train for the annual 50 K  
bicycle race between  
Trondheim and Oslo in June





# BOOTCAMP



Adults

Hours Thursdays 20:00-21:00

Price: NOK 1250,- per semester 1  
day per week

Info and to join at

[www.orlandturn.no](http://www.orlandturn.no)



Strengthening of core  
muscles with bodyweight  
training, kettle bells,  
medicine balls, calisthenics  
and other.

Grandeveien 402, 7130 Brekstad





# BOWLING



Address: Emil Schanches gate 4, Botngård  
E-post: [post@bjugnbowling.no](mailto:post@bjugnbowling.no)



**Photo: Fosna-Folket**

Hours:

Mon- Fri 16.00 - 22.00

Saturday 12.00 - 22.00

Sunday 12.00 - 20.00

To order lanes and take-away food

Tel: 72 52 00 96





# CROSS COUNTRY SKIING



Yrjarheim («Yrjarhytta») has a lighted ski-trails and a snow cannon. Open when snow.



Litj-Gjølga has a lighted ski-trails and a snow cannon. Open when snow.





# CURLING



Fosenhallen is located 15 minutes drive east of Brekstad in Botngård. The building is impossible to miss from the main road.

Fosenhallen contact:

Edgar Oksvold

Tel: 952 21 219

Contact:

Arnt Åge Grande

Tel: 45 26 56 44

[arntaage@fosenhallen.no](mailto:arntaage@fosenhallen.no)





# FITNESS CENTERS



Tel: 91719221/98043450

Yrjarsgate 2, 7130 Brekstad



## EASYFIT BREKSTAD

Åpnet i oktober 2014

### Besøksadresse

EasyFit Brekstad  
Yrjars Gate  
7130 Brekstad

E-post: [brekstad@easyfit.no](mailto:brekstad@easyfit.no)

Telefon: 902 38 780

ØRLAND  
KOMMUNE





# GOLF



9-hole golf course located in the historic Austrått area in beautiful surroundings with forest and ocean views.



*There will be a golf simulator located in the new Ørland Sparebank Arena to be completed summer of 2018*



## Contact

Austrått Golfklubb

Opphaug

E-mail: [post@austraattgolf.no](mailto:post@austraattgolf.no)

[www.austraattgolf.no/](http://www.austraattgolf.no/)



# GYMNASTICS



Ørland Turnforening

Training at Grandeveien 402, Brekstad

<http://orlandturn.no/>



Uthaug Turn- og Gymnastikklag

Training at Ørlandshallen in Brekstad

<http://uthaugturn.no/web/>





# GUN RANGES/CLUBS

## Indoor gun range

Skolegata 15,  
Brekstad

☎ Ring 900 00 000

💬 Ørland Pistolklubb

✉ [post@orlandpk.no](mailto:post@orlandpk.no)

🌐 <http://www.orlandpk.no>

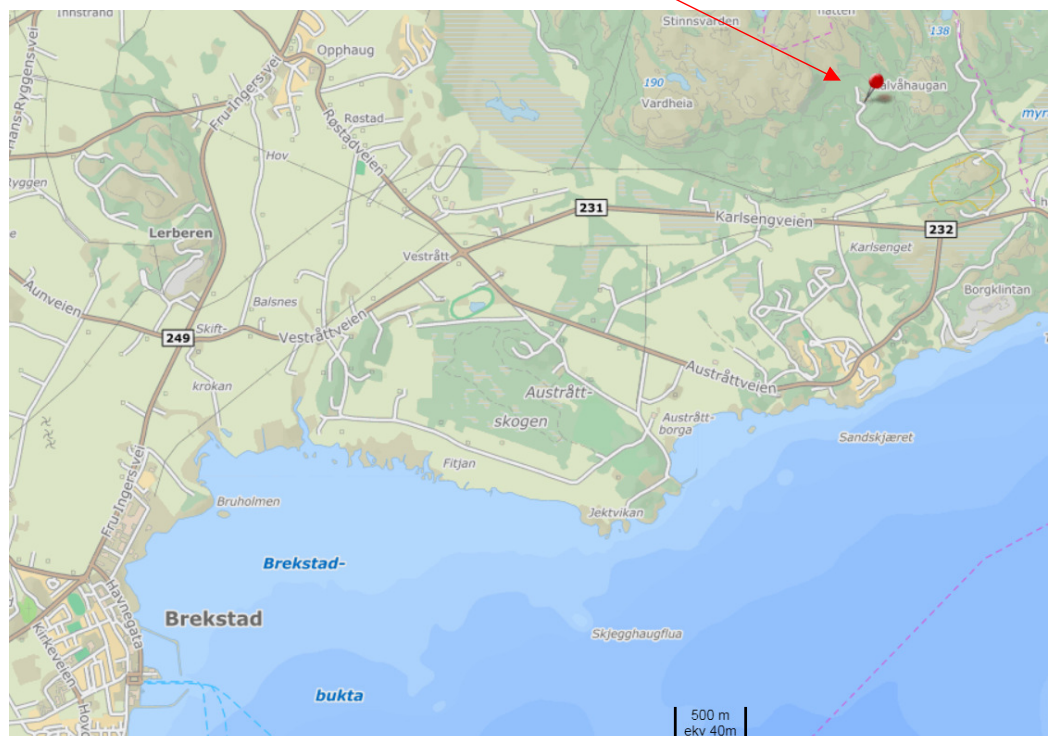


<http://www.orlandpk.no/>

Target and field shooting

**Outdoor gun range** (handgun and rifle) at Sankthansholet, Opphaug

Contact:  
[orlendingen@skytterlag.no](mailto:orlendingen@skytterlag.no)





# HIKING



Fosen Turlag



<https://fosen.dnt.no/>



**Norges Turmarsjforbund**

Fosen Gang Og Vandrelag  
926 31 480 |  
oleoms1970@yahoo.no

## Some popular hikes/walks listed below:

- Austrått manor gardens and riding trails
- Rusaset pond
- Austråttlunden
- Grandefjæra wetlands area
- Hovsfjæra wetlands area
- Kråkvågsvaet wildlife preservation area
- Lerberen public health park including the Troll woods and the Tarzan forest
- Holnesøra wetlands area





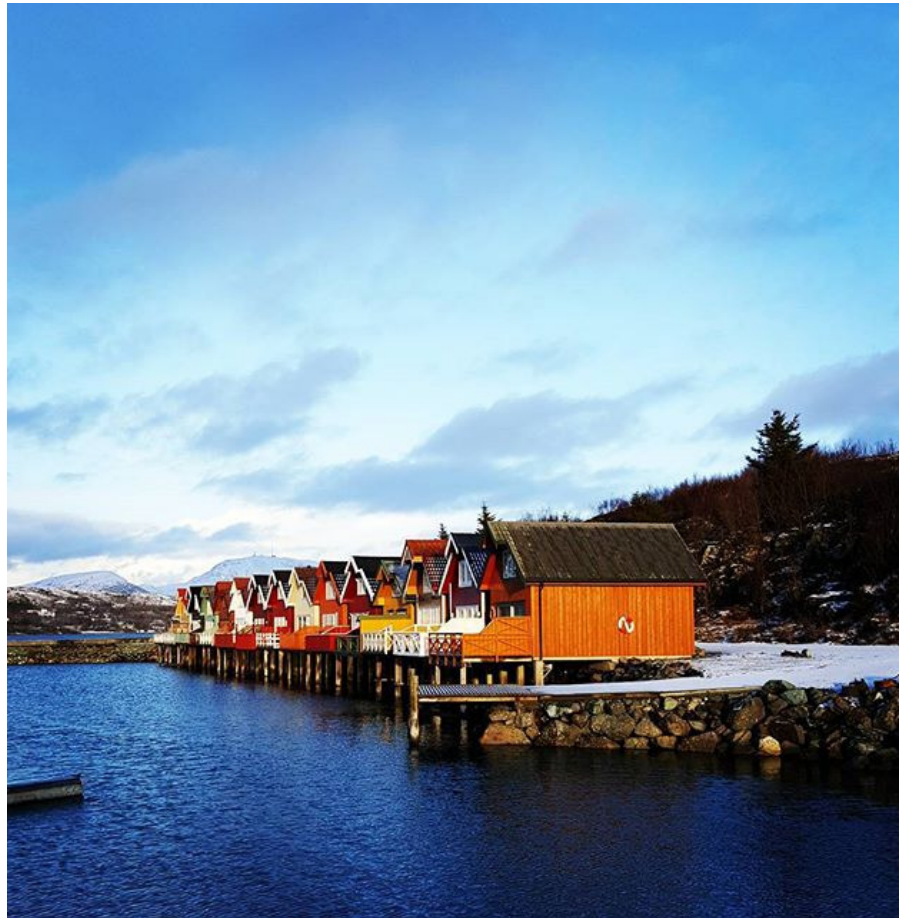
# HUNTING AND FISHING



Ørland/Bjugn  
Jeger og  
Fiskerforening

Ørland/Bjugn  
Hunting and  
Sport Fishing  
Association

[https://www.njff.no/fylkeslag/sor-trondelag/lokallag/orland\\_bjugn/sider/Om-oss.aspx](https://www.njff.no/fylkeslag/sor-trondelag/lokallag/orland_bjugn/sider/Om-oss.aspx)



- 5 marinas/yacht clubs are departure points to catch cod, pollock, lythe, wolffish, ling, haddock, flounder, whiting, dogfish, sea trout and mackerel.
- Deer (European roe) and moose hunting
- Duck and goose hunting



**Ankeret Brygge**

**Boat and water jet rentals**

7168 Lysøysundet

tlf 72 52 92 21

[post@ankeretbrygge.no](mailto:post@ankeretbrygge.no)



# HORSE RACING



Skoglund Travbane

## CONTACT INFORMATION

Tel: 911 65 950



Several harness races a year. In addition the club has horse fairs/exhibits, courses and events both for people who own horses and for interested





# ICE HOCKEY



Fosenhallen is located 15 minutes drive east of Brekstad in Botngård. The building is impossible to miss from the main road.

Fosenhallen contact:

Edgar Oksvold  
Tel: 952 21 219

Contact:  
Arnt Åge Grande  
Tel: 45 26 56 44  
[arntaage@fosenhallen.no](mailto:arntaage@fosenhallen.no)



# JET SKIING



**Kysten  
Vannsport**



Jet ski rentals  
Strandveien 2  
Botngaard



<http://kystenvannsport.no/>  
[www.facebook.com/KystenvannsportAS/](http://www.facebook.com/KystenvannsportAS/)  
Tel: 483 94 239





# KARATE

**Bjugn Kyokushinkai Karateklubb**

<https://www.facebook.com/BjugnKarateklubb/>



Training hours:

Monday 18.00-19.00 i Bjugnvellet. (Junior) and  
19.15-20.45 i Bjugnvellet. (Junior.)

Wednesday 18.00-19.00 i Bjugnvellet. (Junior) and  
19.15-20.45 i Bjugnvellet. (Senior)

Friday 18.00-20.00 at Hårberg skole (Karate match  
training and regular training) (Junior and Senior)

Junior ages 8-13 years old. Senior ages 13 and older

Karate match training, self-defense and Kata

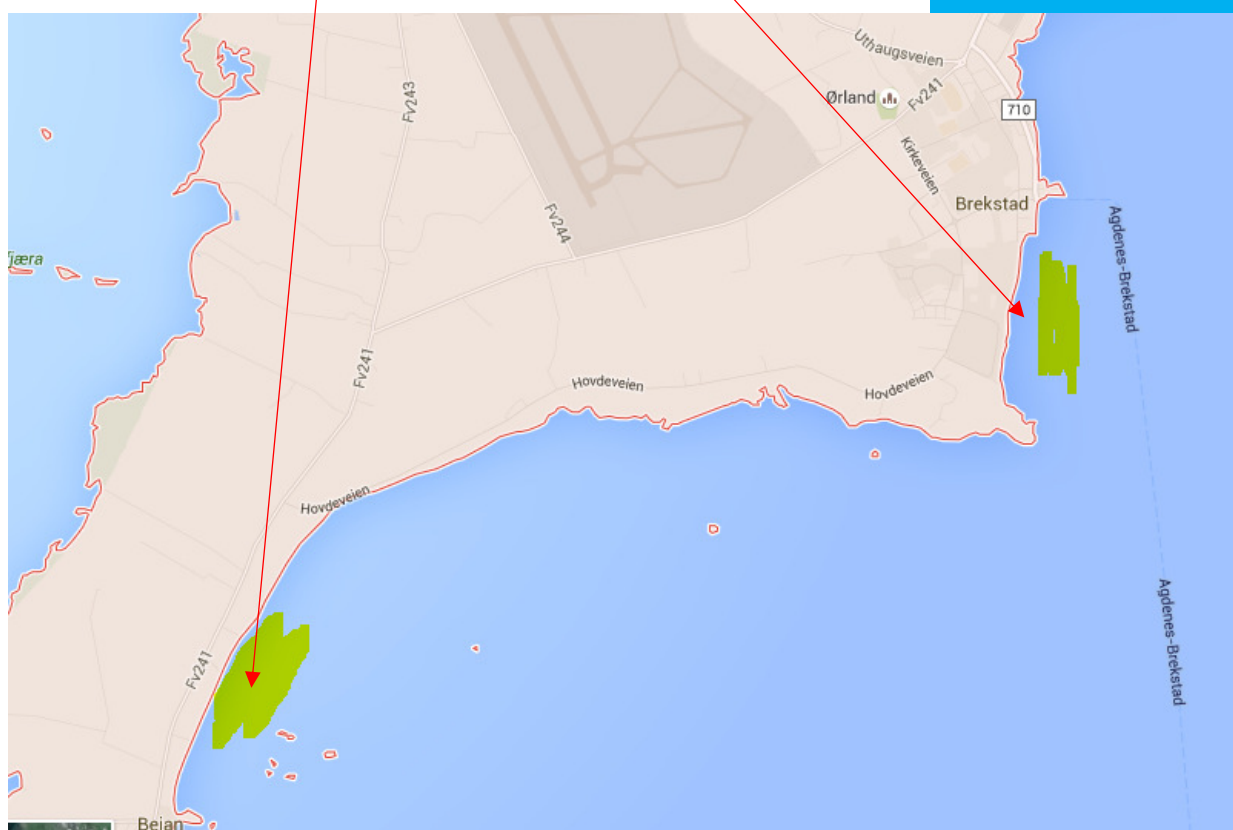
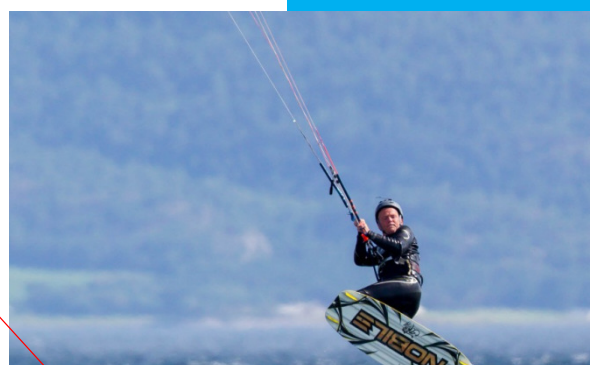


# KITE BOARDING



Ørland is located on a peninsula and has some of the best conditions for this sport in the region. Shown below are some popular spots:

Trondheimsfjorden by Flatneset / Grande og Hovdefjæra by Hovde Sør.



Wind conditions: [www.windy.com](http://www.windy.com)





# MOTOCROSS



[www.facebook.com/groups/94608497225/](https://www.facebook.com/groups/94608497225/)

Contact via Facebook Messenger

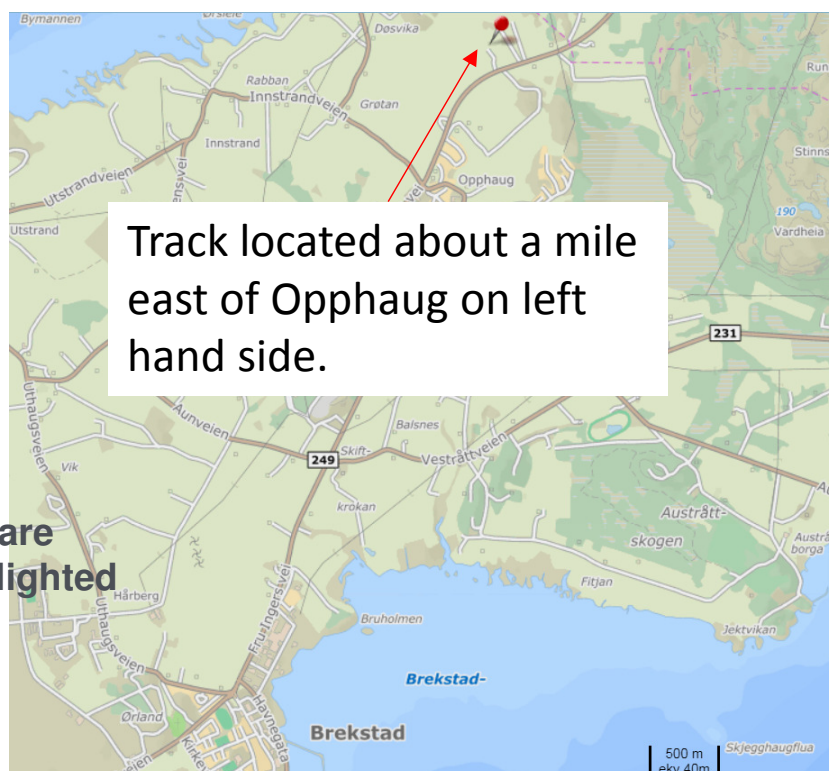
**Summer hours:**

**Monday 17:30 to 20:00**

**Wednesday 17:30 to 20:00**

**Saturday 13:00 to 16:00**

**In the Fall, the training hours are dependent on daylight (not a lighted track)**





# RIDING CENTER



**E-post** [monicaeide.leirvik@gmail.com](mailto:monicaeide.leirvik@gmail.com)

**Mobil:** 977 21 227

## Focus:

- Horseback riding
- Harness racing
- Courses
- Recruitment



# ORIENTEERING

Contact: Bjugn IL

[aarodsjo@live.no](mailto:aarodsjo@live.no)

<http://turorientering.no/bjugn/>



*Orienteering is a group of sports that requires navigational skills using a map and compass to navigate from point to point in diverse and usually unfamiliar terrain whilst moving at speed. Participants are given a topographical map, usually a specially prepared orienteering map, which they use to find control points. Originally a training exercise in land navigation for military officers, orienteering has developed many variations. Source Wikipedia*





# OUTDOOR FITNESS



Urban calisthenics are a form of street workout; calisthenics groups perform exercise routines in urban areas. Individuals and groups train to be able to perform advanced calisthenics skills such as muscle-ups, barspins, and both front and back levers.

Several pieces of outdoor gym equipment open to the public in Brekstad City Park.







# SCUBA DIVING

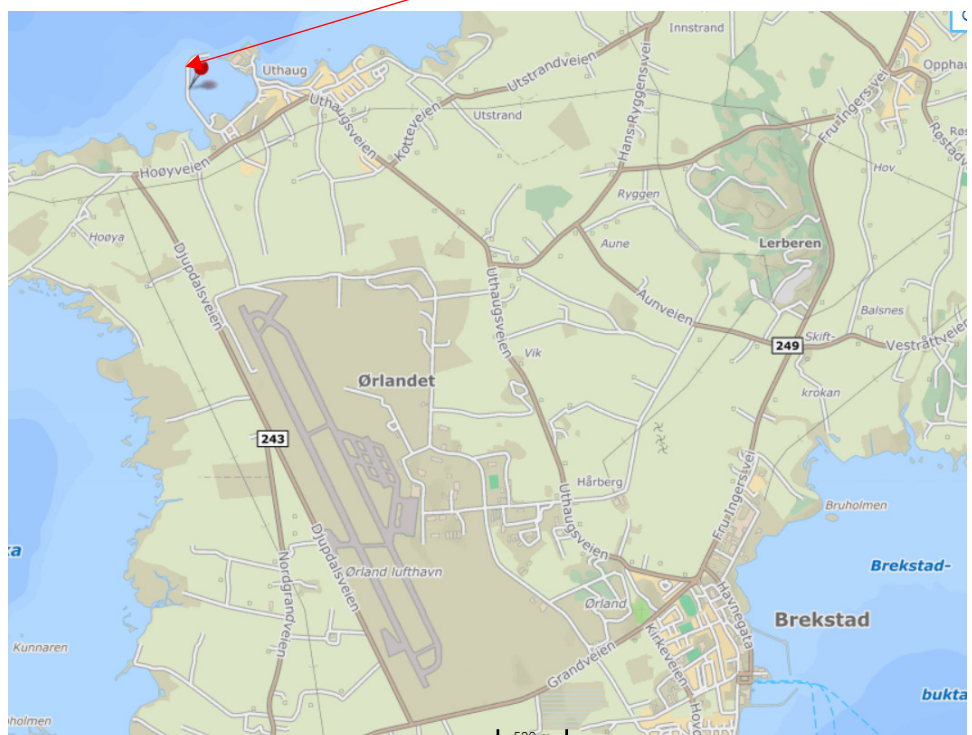


[www.facebook.com/%C3%98rland-Froskemannsklubb-Klubbhuset-340852769342654/](https://www.facebook.com/%C3%98rland-Froskemannsklubb-Klubbhuset-340852769342654/)



Contact Tel: 920 43 290

Club house located at Uthaug breakwater



ØRLAND  
KOMMUNE





# SEA KAYAKING



Fosen Kajakk-klubb

Established: 2005

Members: 67

Contact leader Geir Arne Rømo tel 996 14 195.



**Kayak rentals:**

**Tel: 960 18 661**

<http://uthaugmarineservice.no/selges-2/>



**Uthaug Marineservice as**





# SMALL PLANES



**Ørland small plane club and pilot school**  
**Tel small plane club: 926 64 418**  
**[www.orlandflyklubb.com](http://www.orlandflyklubb.com)**





# SOCCER



To join a soccer team in any age group (5 years old to senior)  
contact at: [fotball@orlandballklubb.com](mailto:fotball@orlandballklubb.com)

- **Artificial turf soccer field with floodlights**
  - Brekstad
- **Grass fields**
  - Brekstad
  - Lundavoll, Røstadhauan, Opphaug
- **5-aside soccer courts**
  - Hårberg, Uthaugsvien 920, Brekstad
  - Opphaug, Fv 235 420, Opphaug
  - Ottersbo, Johan Postmyrs vei 1, Opphaug
  - Uthaug, Breidablikkveien 22, Uthaug



*Every August Ørland Ballklubb organizes one of the largest children's soccer tournaments in the region: 156 teams and 1300 players in 2015*



# SPEED SKATING



Fosenhallen is located 15 minutes drive east of Brekstad in Botngård. The building is impossible to miss from the main road.

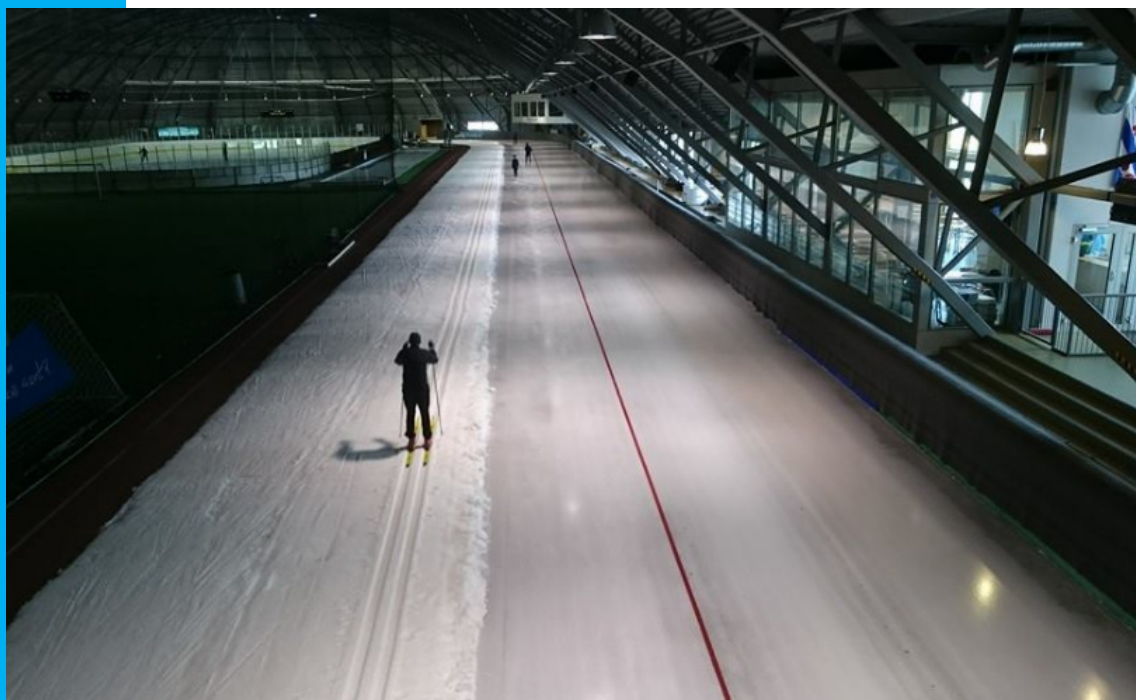
Opening hours:

Monday – Thursday: 09:00-21:00

Friday: 09:00-20:00

Saturday and Sunday: 10:00-18:00

For rental and events: Arnt Åge Grande tel 452 65 644 or email: [arntaage@fosenhallen.no](mailto:arntaage@fosenhallen.no)





# STEP

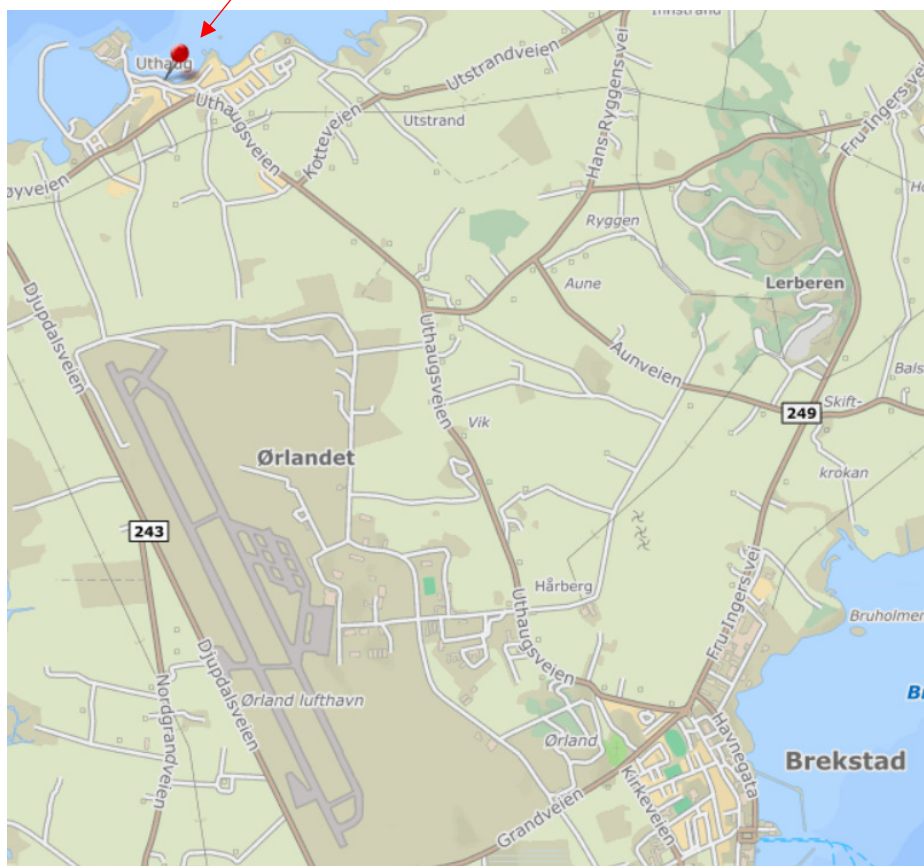


To join:

<http://uthaugturn.no/web/kontakt/>



Mondays at Bakarosen, Uthaug





# SWIMMING



## **Ørland municipal swimming pool**

25 meter (82') pool with 50 meter long water slide

Water temperature: 27 degrees C (81 F)



Hours:

Monday: 18.00–20.00 all ages  
20.00–21.00 adults

Tuesday: 06.15–08.00  
16.00–17.00 adults  
17.00–20.00 all ages

Wednesdays: 18.00–20.00 all ages  
20.00–21.00 adults

Thursday: 06.15–08.00  
16.00–17.00 adults

Friday: 18.00–20.00 all ages  
20.00–21.00 adults

Saturday: 10.00–13.00 all ages



Join the the swim club, contact: [post@osk.no](mailto:post@osk.no)



# TEAM HANDBALL



To join a team in any age group

contact at: [handball@orlandballklubb.com](mailto:handball@orlandballklubb.com)

Practice at Ørlandshallen



*Handball (also known as team handball or Olympic handball) is a team sport in which two teams of seven players each (six outfield players and a goalkeeper) pass a ball using their hands with the aim of throwing it into the goal of the other team. A standard match consists of two periods of 30 minutes, and the team that scores more goals wins. Modern handball is played on a court 40 by 20 metres (131 by 66 ft), with a goal in the middle of each end. The goals are surrounded by a 6-meter (20 ft) zone where only the defending goalkeeper is allowed; goals must be scored by throwing the ball from outside the zone or while "diving" into it. The sport is usually played indoors, but outdoor variants exist in the forms of field handball and Czech handball (which were more common in the past) and beach handball. The game is fast and high-scoring: professional teams now typically score between 20 and 35 goals each, though lower scores were not uncommon until a few decades ago. Body contact is permitted by the defenders trying to stop the attackers from approaching the goal. Source: Wikipedia*

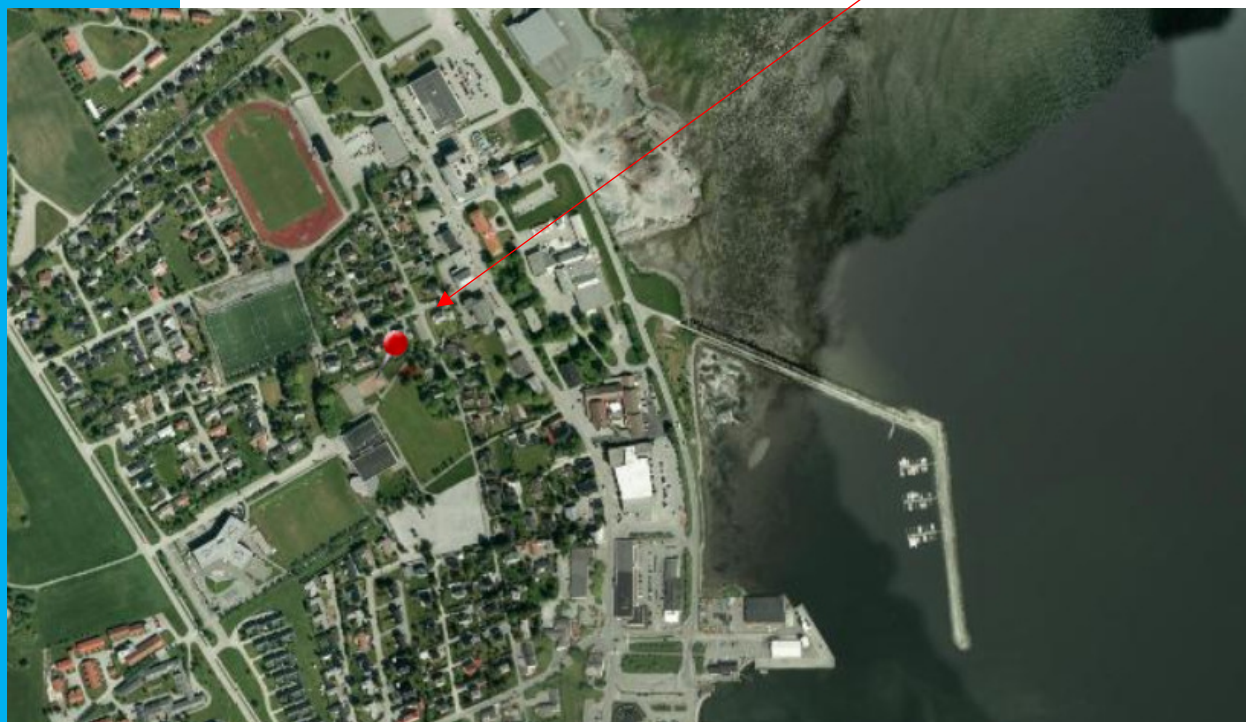




# TENNIS



No organized tennis league, but two tennis courts located north of the swimming pool in Brekstad





# TRACK & FIELD



## CONTACT:

Arild Kotte (leader): 970 77 955  
arildkotte@gmail.com

<http://yrjarfik.no/>



Indoor training during Winter at  
Ørlandshallen in Brekstad





# TRIATHLON



Triathlon Gjølgavatnet

**triathlon**  
gjølgaavatnet | 15. juli 2017



Påmelding

Resultat

Deltagere

Kontakt oss

Om Løpet

Billedarkiv

Bike 9 km,  
Run 3.19 km,  
Swim 200 meters,  
Run 1,4 km  
for a total of 13.6 km



<http://gjolga.no/index.html>



E-post (generell)  
E-post (triathlon)

post@gjolga.no  
triatlon@gjolga.no

Telefon

480 89 948



# WORKING DOGS



[www.fosenbrukshundklubb.no/](http://www.fosenbrukshundklubb.no/)

Fosen Working Dog Club meets every Monday at 19:00 at Bjugn Travarena (Klakken) where dog training grounds and the club house is located. The club has about 120 members.

The goal is to promote responsible dog ownership. Several courses and contests are held throughout the year.





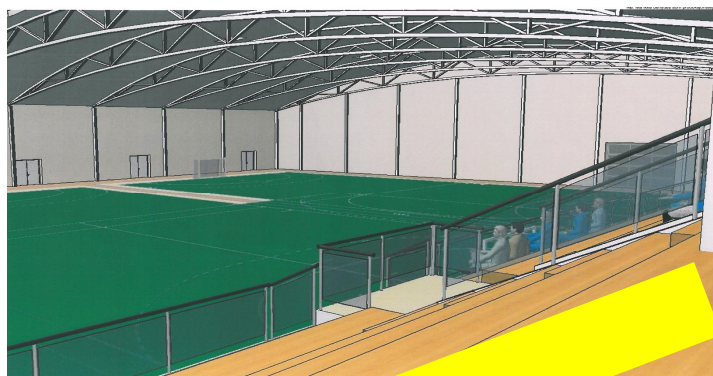
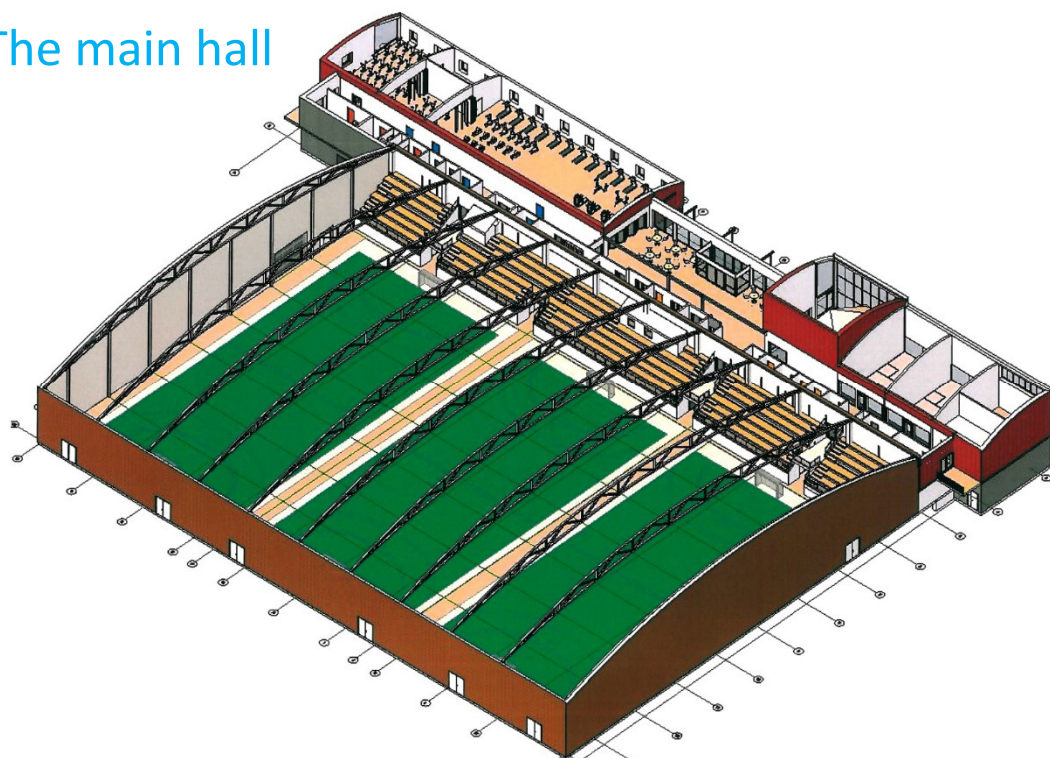
# ØRLAND SPAREBANK ARENA

## The main hall

The main hall will be the size of three European team handball fields; meaning the hall will be about 200 feet long and 130 feet wide.

In periods when the hall is not being used for a soccer game or other event which require the entire hall, the hall is separated into three so that three games can be played simultaneously

The seating section will have room for about 1000 spectators.



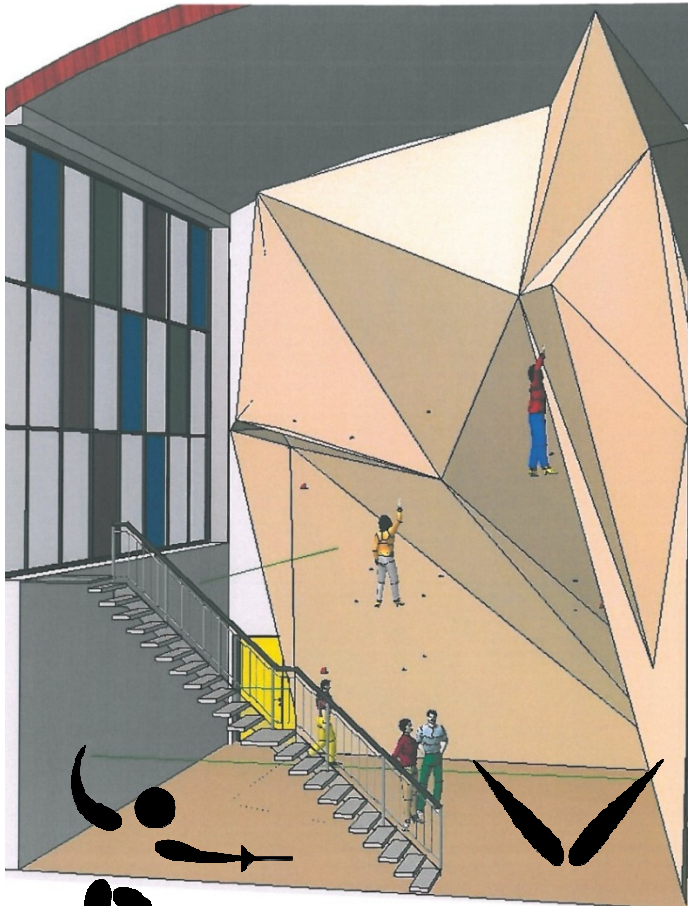
TO BE COMPLETED SUMMER OF 2018





# ØRLAND SPAREBANK ARENA

## Sports



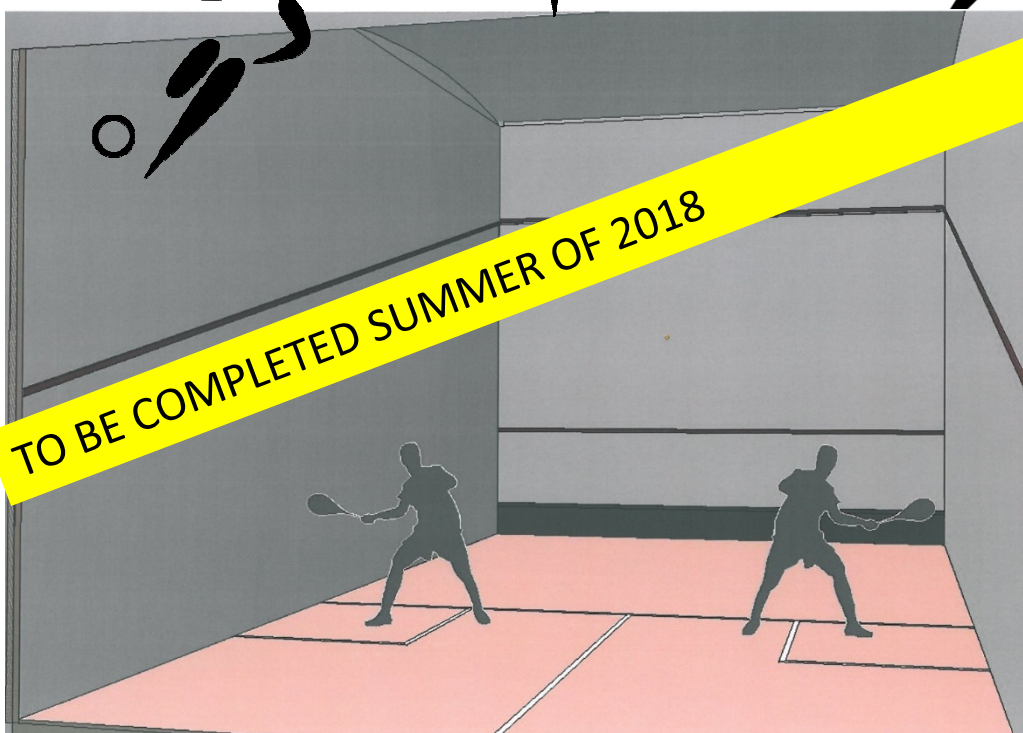
- Climbing wall
- Squash courts
- Sprint track (track & field)
- Fencing
- Weight room
- Soccer
- European team handball
- Gymnastics
- Spinning
- Golf simulator
- Tennis
- Archery
- Badminton



Within walking distance of the new sports arena you will find shopping malls, grocery stores, clothing stores, goldsmiths, electronics store, flower store, bookstore, sports stores, gift stores, health food stores, drugstore, toy store, banks, office supply stores and many other services available for the community and military servicemen and -women.



TO BE COMPLETED SUMMER OF 2018





# INDEX



- Alpine skiing
- Archery
- Basketball
- Beach volleyball
- Bicycle racing
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- Curling
- Fitness centers
- Golf
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- Hiking
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- Team handball
- Tennis
- Triathlon
- Track & Field
- Working dogs
- Step
- Ørland Sparebank Arena

For assistance please  
contact:

Frivilligsentralen

Ørlandsambassadørene

At tel 725 14 035

Or email  
margaret.aune@orland.kommune.no

