

Around Otrøya on Bike



Otrøya offers a fantastic bike trip around the island. On the south side, the fjord side, there is an old narrow road along the Romsdal fjord. Most of the road is level, but there are a few small hills. Ideally we should take this trip in the spring or early summer, when the wild flowers are at their best. After the centre of Midsund in the west (half way), the return trip follows the north side of the island – the

Navn	Otrøya – “Fjord biking”
Our ranking	★★★★★
Location	Otrøya, Midsund
Time (hours)	4
Length in km	38 (24 miles)
Elevation	Some small hills on the fjord-side, one hill (200 feet) on the northeast side.
View	★★★★★
Road surface	Asphalt, except from Sør-Heggdal to the centre of Midsund. This stretch offers a good gravel surface.
Miscellaneous	Schedule for the ferry. Fishing rod?



ocean side.

There is little traffic on the south side, more on the north side. However, due to the ferry the cars tend to come in batches here.

In a car, we would not have seen this garden below the road near Sør-Heggdal.



Driving directions from Molde

The total trip around the island is 38 kilometres, 24 miles. This should be ample for most of us, even if there are no steep hills to climb. We therefore recommend that you take the car, with the bikes, to Mordalsvågen, the ferry port approx. 10 kilometres (6 miles) from Molde. From Molde go west along the fjord, follow signs towards Aukra. Approx 9 kilometres (5.5 miles) from Molde take off to the left, following signs towards Brattvåg/Midsund. Park at Mordalsvågen. The ferry will take you from here to Solholmen on Otrøya (15 minutes). If you chose to bike all the way from the centre of Molde, there is opportunity to follow a bike path most of the way. But from Djupdalen you have to follow the main road the last few miles to Mordalsvågen. If you start in Ålesund, follow the "How to get to Midsund" link on the Web page.

Route description



Up the hill just after Solholmen.

We recommend following the sun around the island. Turn left after leaving the ferry port at Solholmen. Up the first hill (approx 200 feet), then down towards Nord-Heggdal, the first community along the route. You will get a nice view of Heggdalshornet up to the right, and *Opstadhornet* further ahead.



Enjoy the view of fjord and mountains.



The road continues under *Opstadhornet* (see hike description on the Web page), and then on to Sør-Heggdal. There are a few hills on this idyllic road, but none very steep. Just before we arrive in Sør-Heggdal the surface goes to gravel. Good view of *Klausethornet* straight ahead (see hike description on Web-page). The road is good, but be careful where there is loose gravel in the road. Try to avoid using the front wheel brake.



Gravel surface (past Sør-Heggdal)



On the way towards Rørset/Ræstadhornet

In Midsund the road surface is again asphalt. We are now going through the centre of Midsund and then over to the north side of the island. Just after the football field there is a short stretch with a bike path on the left side of the road. Past Ugelvik, Rakvåg and Ræstad. Easy going on a rather level stretch. Just after Rakvåg we pass to the left of *Rørset/Ræstadhornet* (see hike description on Web page). On the northeast corner of the island we climb a hill (200 feet), before we go around a set of bends and smaller hills until the longer run down to Solholmen and the ferry.



View from the ocean side of Otrøya.