

**Nedre Ramsåsgrotta**

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Nedre Ramsåsgrotta is a cave in limestone near the cottage Ramsåsvollen in Verdal. The cave has a total length of ca 250 m, and two entrances. A little steep ("Avgrunnen") demands some easy rope climbing. A limestone pillar offers a spot for belaying. Beware of some narrow passages after the steep. The first half of the cave is a dry trip; the last follows the (little) stream. This cave trip takes no more than an hour.