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Store Gaulstadgrotta

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Store Gaulstadgrotta in Steinkjer is one of the most spectacular limestone caves in Trøndelag. The entrance is nearby a little waterfall just 50 m from the road. The cave is formed by the river Kvennhuselva. The cave should not be visited when the water flow is high - preferably at low level. After a dry passage in the start you must wade through a little cave "lake" where the roof gets low. At that point there is passage coming in from right filled with water from another cave/stream. Ignore this entrance and you will soon find dry land. Your journey ends in a rather big room (up to 25 m for roof level) from the roof there is a 17 m waterfall. This hits a little lake, 4-5 m deep. High up in the wall there are several other cave entrances, mostly dry ones.