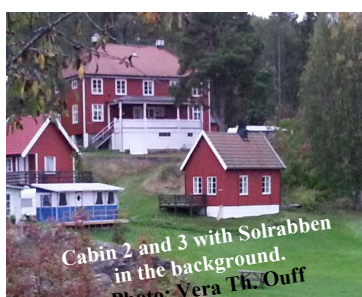


# Sjøhaug Naturistsenter



Cabin 1.  
Photo: Vera Th. Ouff



Cabin 2 and 3 with Solrabben  
in the background.  
Photo: Vera Th. Ouff

Resepsjon with Sommerstua.  
Sjøhaughuset and toilett house med  
sauna.  
Photo from [www-sjohaug.no](http://www-sjohaug.no)



Resepsjon / Sommerstua  
Photo: Vera Th. Ouff



Caravan og tent area. Cabin 1.  
Photo: Vera Th. Ouff

## Welcome to Sjøhaug Naturistsenter SA

Sjøhaug is open for visitors from May to September.

High season is from mid June to mid August

Opening hours; Reception/Kiosk 10 AM-1 PM and 3 PM-6 PM all days  
in high season.

Upon arrival please contact Reception

Outside opening hours, manager can be reached by phone.

**+ 47 900 49 354.**

In the low season, there is no manager present, and resepsjon has limited opening hours. You are welcome to call the same mobile number to get the information you need.

In this brochure we will give you some additional information, that may contribute to a good holiday experience for you, here at Sjøhaug Naturistsenter SA.

## Sjøhaug have cottages, rooms and pitches for rent:

- 3 large and 1 small cabin.
- Family room for rental in Sjøhaug house. Several smaller rooms in Solrabben.
- Pitches for caravans, campers and tents of all sizes.

### Facilities:

**Sommerstua** (communal room) with wifi and television. **Reception** with kiosk. Various board games and puzzles are available at reception.

**Communal kitchen** with fridge, freezer, stove with timer (manual for timer is on the wall above the stove), sink and dining area.

**"Rompa Bar"** located downstairs under the kitchen. Sorry but only self service.

**Toilette house** with common toilets, handicap toilette and common sauna with showers. On the outside there is draining place for dirty water and portable toilets (marked with a bucket on the map)

**Garbage containers** can be found outside the barrier by cabin 4. Source separation is required: Glass, paper & cardboard, plastics, and other waste. (Remember to wear clothes when you go out with the garbage)

**Shower house** has a room with shared showers, washbasins and baby changing table. There is also a room with sinks for laundry and washer and dryer. Key at the reception, where you pay for use.

**Petanque pitch** lies beyond camp grounds and can be used by everyone. Petanque balls can be borrowed at reception. Every Saturday there is a tournament.

**Beach Volleyball** pitch is located beyond the bathhouse. There, you also find a shallow pebble beach.

**Bathing jetty** with slide and swim raft is located at Solplassen beyond Sjøhaug house. **Boat jetty** and gutting site, is beyond the petanque pitch. It is possible to rent a boat for shorter or longer periods.

**Children playground** with sandbox, playhouse, slide with climbing frame and trampoline at Sommerstua and the toilet house.






The **barbecue area** can be found beyond cabin 2. There is a common Barbecue at Saturdays, throughout the summer. Feel free to bring your food and join the community. You can also use the barbecue area on the other days of the week, except Wednesdays. Wednesdays there is a shrimp feast, where you are welcome to participate. Enroll the day before (Tuesday) at the reception. There is a small fee to cover expenses.

A little library can be found at Solrabben and Sommerstua (reception).

We kindly ask you to familiarize yourself with Sjøhaug's rules of conduct, that is provided on arrival.

# SJØHAUG NATURISTSENER



-  **Water (drinking)**
-  **Emptying toilets and wastewater**
-  **Barrier; Open 08.00 am-11.00 pm**
-  **Fire extinguisher**
-  **Textile Border**

## Important information:

This is a Naturist Centre and require membership in an association affiliated with INF (International Naturist Federation)

**Power cable** for caravan / camper / tent used in Norway is grounded rubber cord 3X2,5 mm<sup>2</sup>. (Max 25m)  
Sockets: Shuko (CEE 7/3) at 220V / 10A.

The **sauna** is included in the stay fee, - also for day visitors.

**Morning toilet** as well shaving, teeth brushing etc. is done in the shower house.

Park **car/motorcycle** at assigned places. Max speed 10km/h.  
Watch out for children

We have different **events** during the season; St.Hans (midsummer) with bonfire, the traditional Family Weekend including family competitions, Saturday barbeque, Wednesday shrimps etc .

*Tips for excursions in the area? Ask at the reception! Brochures are in Sommerstua*

**Visiting address;**  
Sjøhaug veien 61  
1514 Moss  
Mobile 900 49 354

**Mailing address;**  
Sjøhaug Naturistsenter SA  
Pb 803 Sentrum  
0104 Oslo

**Booking;**  
Bestilling.sjohaug@naturist.no  
**eMail:**  
sjohaug@naturist.no

**website;**  
www.sjohaug.no

### *Important phone numbers*

*Fire 110 or 69201700*

*POLICE 112 or 02800*

*AMBULANCE 113 or*

*emergency services 117*

*(Drive towards E6 and follow the signs to "Sykehus")*

**WE WISH YOU A PLEASANT STAY HERE AT SJØHAUG.**



*Cabin and reception from Vangen  
Photo from www-sjohaug.no*



*Part of playground Photo: Vera Th. Ouff*



*Boat jetty  
Photo from www-sjohaug.no*