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 reseption 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 expences.

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.
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 mm2. (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.

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")

Visiting address:
Sjøhaug veien 61
1514 Moss
Mobile 900 49 354

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0104 Oslo

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website:
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WE WISH YOU A PLEASANT STAY HERE AT SJØHAUG.