Poisonous Mushrooms in Norway

Both edible and poisonous mushrooms grow in Norwegian forests. Some poisonous mushrooms in Norway look very similar to edible mushrooms from other countries. Contact the Norwegian Poisons Information Centre immediately if you suspect poisoning.

The deadly webcap (Cortinarius rubellus) (on the left) is poisonous and can grow alongside edible mushrooms such as the winter chanterelle (Craterellus tubaeformis) (four mushrooms on the right).

How to Pick Mushrooms Safely

- Join a mushroom identification course.
- Pick and clean mushrooms one at a time.
- Learn about mushrooms in Norway, including poisonous species.
- Mushroom species are different in different countries. A mushroom that is safe to eat in one country may look like a poisonous mushroom in Norway.
- Use new and updated mushroom information and guidebooks.
- Only eat fresh mushrooms in good condition. Throw away rotten or worm-damaged mushrooms.
- Only pick mushrooms that are fully grown or easy to identify.
- Keep different mushroom species separate in your basket, for example in different boxes or bags.
- Only eat or serve mushrooms if you are completely sure they are safe.
- Ask an expert to check your mushrooms. You can use a local mushroom inspection service or a digital mushroom inspection service on your phone.
- Never use artificial intelligence (AI) to identify mushrooms for eating.

The most poisonous mushrooms in Norway

The mushrooms in this brochure can cause long-term damage to organs such as the liver and kidneys. There are also other mushrooms in Norway that are poisonous and mushrooms that are not recommended as food. These are not described here.

See www.soppognyttevekster.no for more information about edible mushrooms.

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Destroying angel

Amanita virosa

The entire mushroom is white (cap, stalk, gills, and flesh). There is a ring on the stalk, but it may fall off. The base of the stalk sits in a volva (bag). The mushroom is common in forests.

Death cap

Amanita phalloides

The color of the cap may vary from green to brown and yellow. The gills and stalk are white. There is a ring on the stalk, but it may fall off. The base of the stalk sits in a volva (bag). This mushroom is rare.

Funeral bell

Galerina marginata

The cap and gills are yellow-brown. The stalk varies from gray to brown. It is a small mushroom that usually grows in clusters on bark or tree stumps. The mushroom is common in forests.

Lepiota boudieri

Small parasol mushrooms

Genus Lepiota

Mushrooms in the Lepiota genus are small and difficult to distinguish from one another. It is unknown which species in this genus may be poisonous.

The gills have white shades. The cap appears to be covered with scales and may have various colors.

The stalk may have a ring or not. The stalk may be white or other colors.

The flesh is white.

Poisoning from destroying angel, death cap, funeral bell, or Lepiota mushrooms

Even a very small amount of these mushrooms can cause severe poisoning. Symptoms appear 6–24 hours after ingestion, with severe watery diarrhea, abdominal pain, and vomiting. There is a high risk of life-threatening liver damage within 2–3 days.

If ingestion is suspected, contact the Poisons Information Centre for further follow-up.

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Deadly webcap
Cortinarius rubellus

The entire mushroom is reddish-brown (cap, gills, stalk and flesh). The mushroom is common in forests.

Fool's webcap
Cortinarius orellanus

Similar to the deadly webcap but has a blunt cap. This is a rare mushroom that grows in deciduous forests.

Poisoning from webcaps

Even a very small amount of deadly or fool's webcap contains enough toxin to cause serious kidney damage. Symptoms of poisoning may not appear until at least 36 hours after ingestion. Symptoms may include nausea, vomiting, abdominal pain, thirst, muscle pain, dizziness, fatigue, and feeling unwell. Some people have few symptoms before kidney damage occurs. There is a high risk of developing severe kidney failure within 3–14 days.

If ingestion is suspected, contact the Poisons Information Centre for advice on further follow-up.

Poisons Information Centre
Call 22 59 13 00
(24/7 telephone service)

The Norwegian Association for Mycology and Foraging (www.soppognyttevekster.no) organizes courses and tours. Check their Digital Mushroom Control app (Digital soppkontroll) - a service where certified mushroom experts review your mushrooms.

This brochure was prepared by the Norwegian Poisons Information Centre at the Norwegian Institute of Public Health (2026).
More information about mushrooms and poisonings is available at www.giftinfo.no.
Photo: Per Marstad.