Another tale tells us there lived a big female troll at Hodne farm. This troll became so angry once that she took a big part out of the mountain and threw it towards Ampy island to divide the island in two parts. She hit the island on one side and here there became a big bay. Then she took a big step from Hodne and the place where she put her heel is still there. It is called "Haelen". She tried to jump over the fjord to Stavanger, but did not succeed and fell in the fjord, where she turned to stone. The rock "Kjerringa" is supposed to be part of her body.

There are two churches on Rennesøy. One is a small stone church which is situated at Sørbø farm at the northern end of the island. The church was built of steatite, probably during the first half of the 12th century. On this place there used to be a heathen offering place. The church has the same style as Stavanger Domkirke (Cathedral) and is probably built at the same time, during the reign of King Eystein Magnusson. It has now been restored and is supposed to look as it originally did. A beautiful church.

The other church is situated in Vikevag on the farm Hausken. It is not known when this church first was built, but in a courtbook from 1664 the church minister mentioned the minister-farm, Hausken, sot there must have been a church there at that time.

In about 1850, there was a fire & the church was destroyed. When they were going to re-build it, it is said the village people wanted the church to be built on "Paradismyra" (the Paradise swamp) on the Vik farm, which is more central. During the night, before they started, the farmers from Hausken, Helland and Havarstein came & removed the building material to the old church place at Hausken. Next morning when the peoplesaw that the material now was at the old place, they took this as a sign from God that he wanted his church to be at the same place as befor. The church is made of wood and painted white on the outside. It now been restored, and inside the walls have now a natural wood colour. The pulpit and altar are painted white with gold.

The dialect on the island belongs to the Ryfylke dialect, but has also much in common with the Stavanger and Jaeren dialect. This since it is so near Stavanger and espcially since the local passenger boats started at the end of the last century. One can often hear the difference in the dialects between elderly and younger people on the island. This is especially so today when young people travel much and also go to different parts of the country to study and work. This makes an influence on the dialect and it is no longer so typical Rennesøy dialect as it was a few years back. I.e. old people say "brødne", young people "brørne" (brothers), "haien" and "hagen" (garden), "kvedn" & "kvern" (mill), "fjedl" & "fjell", (mountain) etc.