



**Medieval Armour**  
by Avalon Shop

---

## Norman Spangenhelm



Norman helmet is the name used to indicate a particular type of iron helmet with a long nosepiece (hence the name Nasalhelm in German, "Helm with nose piece") widespread in Europe in the 9th century.

| REF: **E094**

---

[View Product Online](#)



**Medieval Armour**

© Since 1999 Avalon / Libreria Editoriale Sibilla

P.IVA IT01503840991 - CCIAA 414855  
Via Sant Ugo, 6 R - 16135 Genova- Italy  
Aut. Internet Marketing Lic.:Cat. 14/E - nr. 2/2005