

# Visit Helgeland

Welcoming, wild and wonderful

# Helgeland and Visit Helgeland

The southernmost region of Northern Norway

18 municipalities with Visit Helgeland as its Tourist Board

Four cities

- Brønnøysund
- Sandnessjøen
- Mosjøen
- Mo i Rana

Long coastline with thousands of islands

Large mountain areas and nationalparks



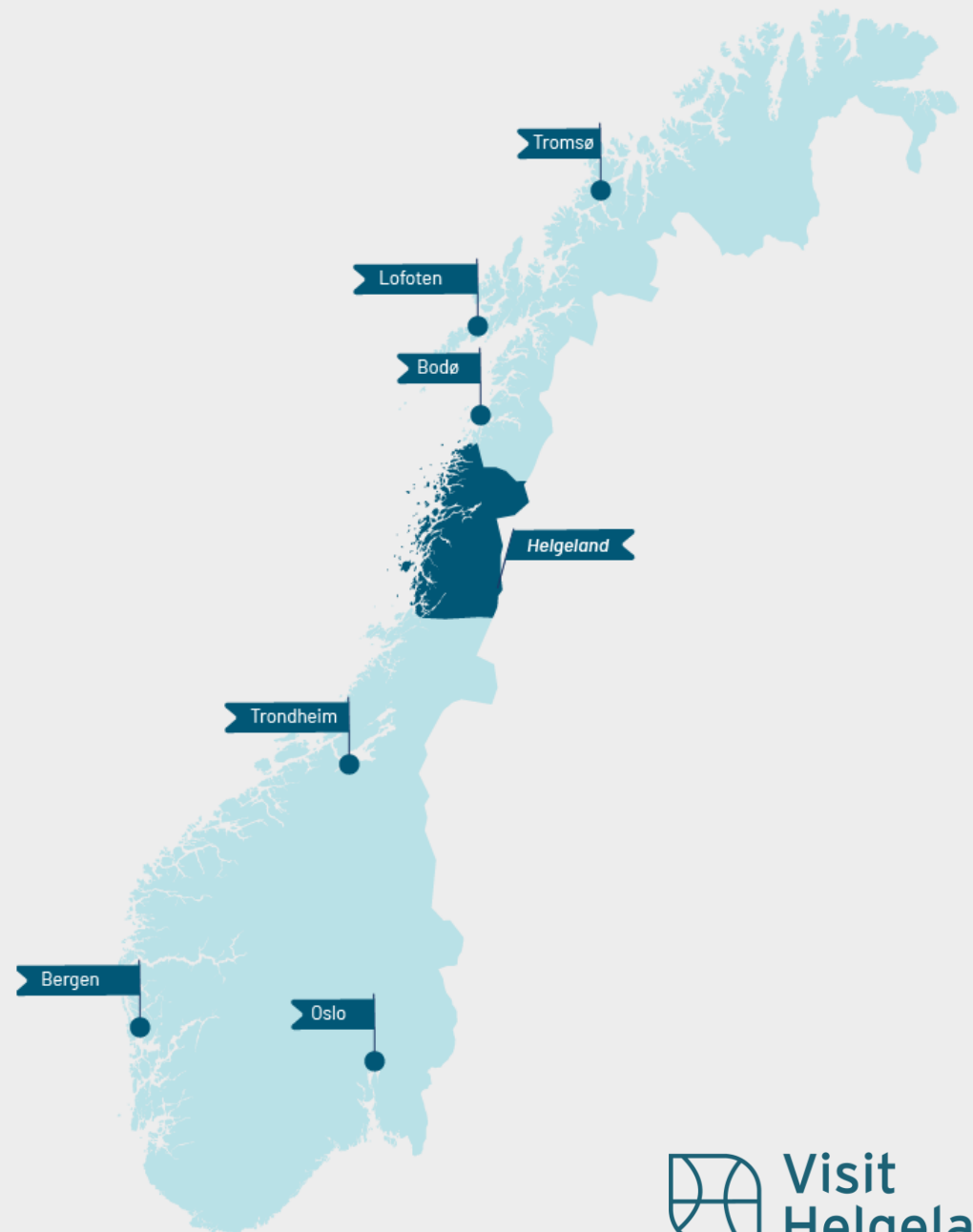
# How to get here

By plane, train or boat from Bodø or Trondheim

Connected flights from Bodø or Trondheim

- To Brønnøysund – airport and port for Hurtigruta
- To Sandnessjøen – airport and port for Hurtigruta
- To Mosjøen – airport and train station
- To Mo i Rana – airport and train station

New regional airport in Mo i Rana opens in 2027 for domestic and international flights.





# Reasons to go

## The Helgeland Coast

- Over 23 000 islands, islets and skerries
- UNESCO world heritage sites
- One of the worlds most scenic drives  
– National Geographic
- Norway's most beautiful coastal gem  
– The Norwegian Trekking Association

## Iconic natural attractions

- The Arctic Circle
- Northern lights and midnight sun
- Iconic mountains and large glaciers
- Large national parks and pristine landscapes

Vibrant local culture – still «undiscovered» by tourists

More information: [The top attractions of Helgeland](#)





# How to get around

Sustainable and collective travel like the locals

- The express boat Nordlandseksperessen from Bodø to Sandnessjøen with 15 stops along the way
- Local express boats to the island villages and communities
- Ferries to all major islands

More information: [Get here and getting around](#)



Foto: Kitt Grønningsæter / Visit Helgeland



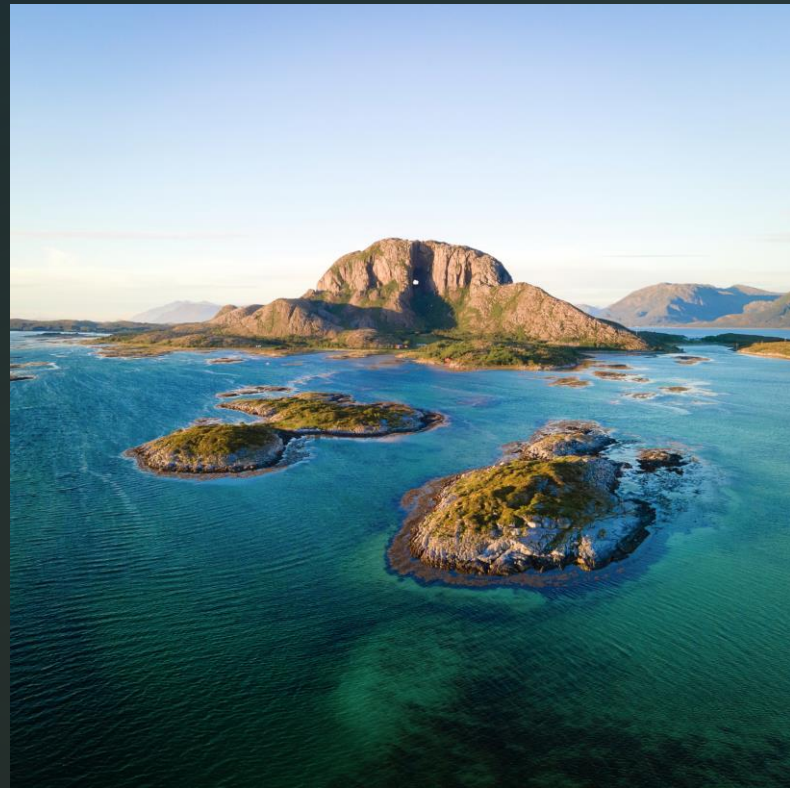


Foto: Simon Fossheim, Viktor Andreas Olsen, Sølvi Kristoffersen, Marvin Kuhr, Emilie Solbakken, Kristoffer Møllevik



# Seasons and activities

## Winter (November – April/May)

- Snow secure areas
- Diverse activity possibilities, suitable for active adventurers and soft adventure seekers
- Skiing, ski touring, Northern Lights, dog sledding, snow mobile tours, snowshoeing, ice fishing, winter kayaking, dining and food experiences, history- and cultural experiences

## Summer and autumn (June – November)

- Midnight sun from mid. June to mid. July
- Northern lights from late September
- Hiking, biking, kayaking, birding, rafting, climbing and zipline, caving, fishing, glacier treks, dining and food experiences, history- and cultural experiences

More information: [Outdoor activities](#), [Dining and food](#), [Culture and history](#)





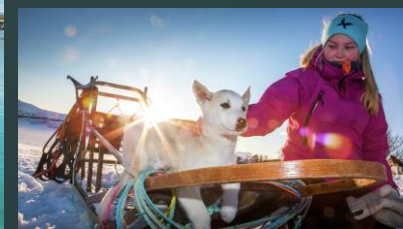
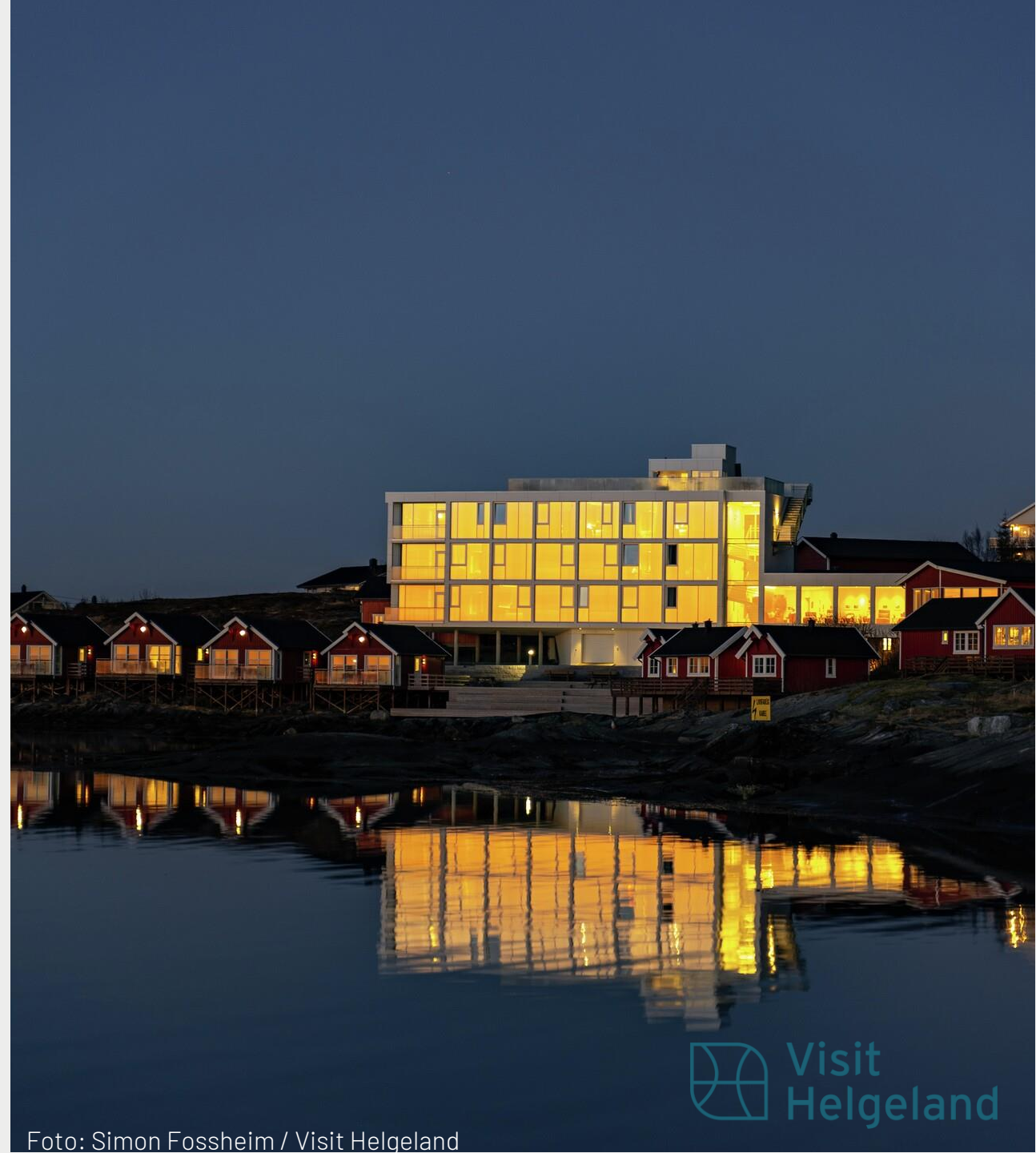


Foto: Simon Fosshem, Broadstone, Johanne Tysnes, Hans Petter Sørensen, Espen Mills, Kristin Folsland Olsen, Emilie Solbakken, Kristoffer Møllevik



# Hotels

- [Fru Haugans Hotel](#)  
128 rooms / 233 beds
- [Scandic Meyergården hotel](#)  
238 rooms / 454beds
- [Scandic Syv Søstre Hotel](#)  
165 rooms / 360 beds
- [Thon Hotel Brønnøysund](#)  
122 rooms / 244 beds
- [Lovund Hotel](#)  
50 rooms / 100 beds
- [Vega Havhotel](#)  
23 rooms / 56 beds
- [Støtt](#)  
16 rooms / 34 beds
- [Clarion Collection Hotel Helma](#)  
110 rooms / 231 beds





# Distinguished restaurants

- [To Elise From Marius](#)
- [Svang Restaurant & Wine bar](#)
- [Vega Havhotel](#)
- [Hildurs Urterarium](#)
- [Lovund Hotel](#)
- [Restaurant Gammelbutikken at Støtt](#)
- [Torghatten Strandrestaurant](#)





# Unique places to stay

- [Skolo](#)  
2 apt. 4 rooms / 28 beds
- [House by the Sea](#)  
3 cabins / 16 beds
- [Yttervik](#)  
8 cabins and 2 iglos / 26 beds
- [Base Camp Vega](#)  
20 cabins / 40 beds
- [Nordvaer Sailing Charters](#)  
4 cabins / 12 beds





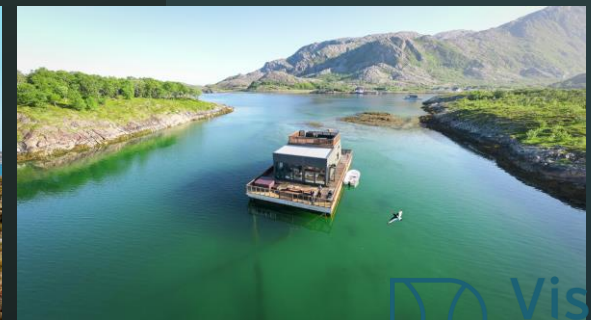


Foto: Lars Erik Martinsen, Marvin Kuhr, Emilie Solbakken, Kristoffer Møllevik



# Sustainability

Visit Helgeland was certified as an Eco-Lighthouse in 2020 as part of our efforts to contribute to sustainable tourism and reduce our own environmental footprint.

We collaborate with approximately 150 large and small tourism companies in the region.

We assist municipalities in their efforts towards being labelled as sustainable destinations and offer project management.

Visit Helgeland participates in destination management and help ensure good visitor management.

More information: [Our sustainability work](#)





# Target markets

- FIT
  - Norway
  - United Kingdom
  - Netherlands and Belgium
  - Sweden
- MICE
  - Norway





# More information

[Our website](#)

[Promotional videos](#)

[Media Bank](#)

[Facebook](#)

[Instagram](#)

[YouTube](#)

[LinkedIn](#)

For our newsletter, please contact  
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# Contact Information

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Visit

Helgeland