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FRU HAUGANS HOTELL

Seasonal Opening

All Year Round

Distance from the nearest town

0 m

CAPACITY

Rooms

129

Single rooms

23

Double rooms

87

Suites / Family rooms

18

Handicap rooms

5

DINING

Dining Options

Restaurant

Capacity in restaurant

196

CONFERENCE, MEETINGS & EVENTS

Conference and meeting rooms

5

Total capacity in meeting rooms

250

Capacity in largest meeting room

250

Environmental Certifications



ABOUT

The historic Fru Haugans Hotel, part of the *Heimr Collection*, is set at the end of Sjøgata—the charming, preserved old town in the heart of Mosjøen.

Welcoming travellers since 1794, the hotel offers a perfect base for exploring the Helgeland mountains and coast. Its central location also makes it ideal for overnight stays, meetings, conferences, and special events.

Beautifully situated on the banks of the Vefsna river, the hotel offers 129 rooms, has two restaurants and two bars. Outdoor tables enjoy great views of the river and the hotel's spacious gardens.

TOP THREE ACTIVITIES NEARBY

1. The Stair Way – Helgelandstrappa
2. Via Ferrata and Zip Line
3. Cave adventure



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