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KROKSTRAND – KAYAKING IN HELGELAND

Seasonal Opening

May to September for longer trips.

All year round for trips up to 1 outdoor overnight stay or for longer trips with indoor accommodation.

Capacity / number of guests

Minimum 6, maximum 40

Duration

2 hours, up to 2 weeks

Level

Grade 2

Age limit

16 years old

Children 12-16 years old must be accompanied by an adult

Included

High-quality kayak, vest, spray skirt, paddle.
Dry suit, paddle shoes, and gloves if desired.

Other requirements / restrictions

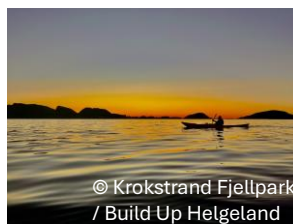
Varies according to length and the nature of the trip. Long trips with many crossings require more experience and competence than city paddling in Mo i Rana for 2.5 hours.

Distance from town

62,7 km

ABOUT

Short and longer tours with experienced local guides along the Helgeland coast, from Brønnøysund to Bodø. Shorter tours are available only around Mo i Rana, while longer ones can go anywhere. Transport, meals, and accommodation can be included. Every trip includes local history and cultural insights.



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