



Foto: Hans Petter Sørensen / www.faroutfocus.com

Discover Helgeland

Island life. Mountain majesty. Untamed nature.
Your gateway to the Arctic.



 Helgeland

Helgeland – a land of striking contrasts

Here, the spectacular Helgeland coast meets the calm of untouched wilderness. In the morning, you can paddle among thousands of islands, hike through national parks or climb majestic peaks in the afternoon and round off your day with a meal prepared from local ingredients.

Along the coast, vibrant communities thrive in harmony with nature and tradition. You'll encounter a living cultural heritage, including a UNESCO World Heritage Site, where customs and ways of life have endured for centuries. Just a short journey inland reveals deep forests, towering mountains, serene alpine lakes, and vast, unspoiled landscapes.

Helgeland is also crossed by an invisible line – the Arctic Circle. It marks the gateway to the Arctic, where summer brings endless days and the midnight sun, while winter offers crystal-clear nights illuminated by the northern lights.

This is a region for those in search of something genuine – an adventure between coast and wilderness. At the very heart of Norway, Helgeland offers a rare combination of snow-capped peaks and wild nature, together with a mild coastal climate and unforgettable seaside experiences.

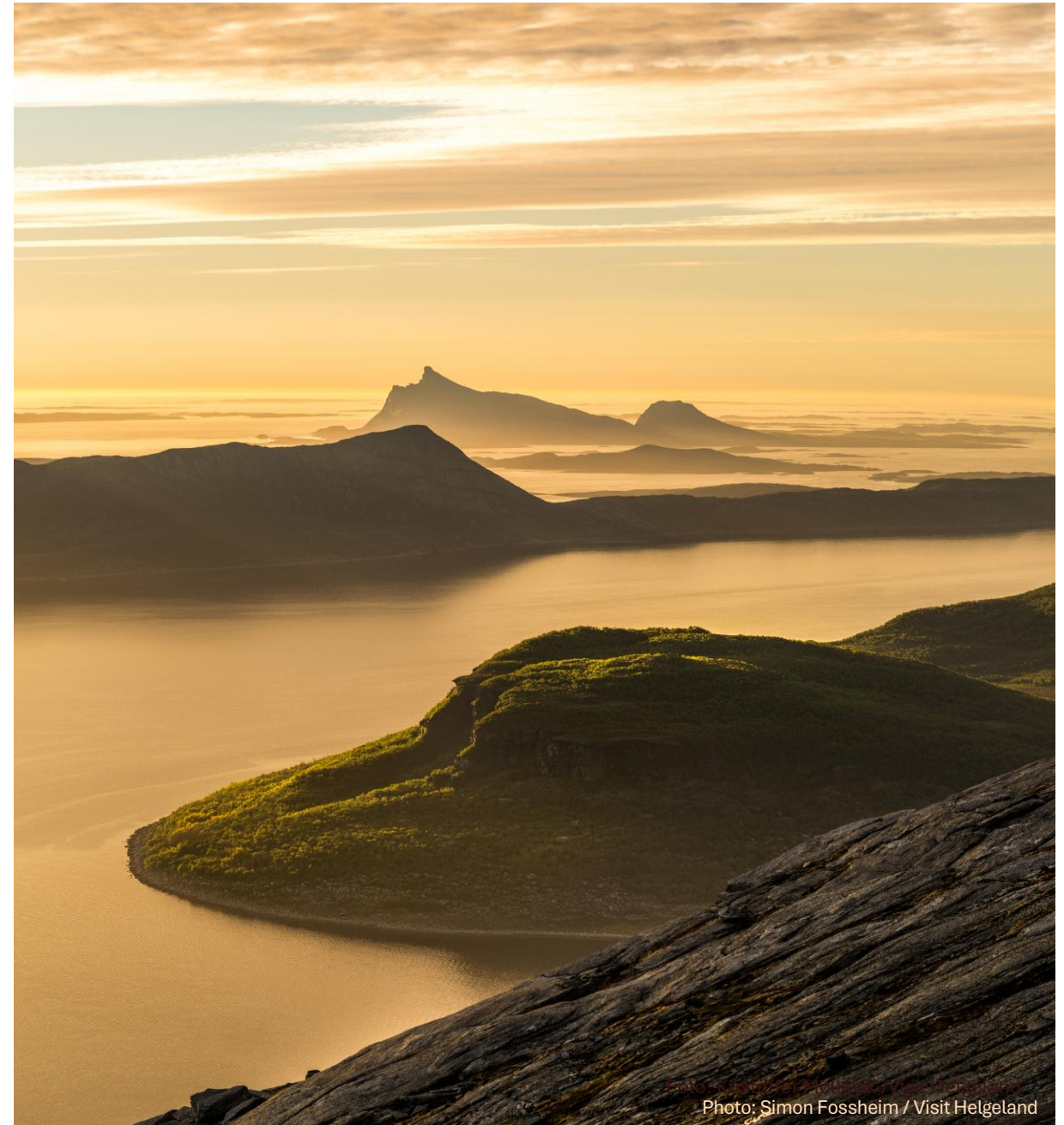


Photo: Simon Fossheim / Visit Helgeland

Reliable winters – mild summers



One of the qualities that makes Helgeland unique is its exceptional seasons — with both great summers and winters. The inland climate ensures reliable snowfall throughout the winter.



Photo: Mariann Vatne / Torolvstein

Where culture runs deep and history lives on

Vega is a true jewel on UNESCO's World Heritage List – where the unique tradition of eider duck farming blends seamlessly with a vibrant coastal culture.

Helgeland carries the legacy of Viking sagas and wartime stories that have left a lasting mark on the people who live here. In Trollfjell UNESCO Global Geopark, you can walk across landscapes of global geological significance – the very layers of the Earth's ancient past.

On Træna, where fishing has sustained life for more than 8,000 years, you'll discover a modern island community thriving with creativity and resilience. Add to this a proud tradition of boatbuilding, a lively festival scene, and countless cultural experiences, and it's clear: there's never a dull moment in Helgeland.

Top cultural experiences to explore



Photo: Kristoffer Møllevik

VEGA WORLD HERITAGE

The Vega World Heritage Centre, beautifully located at Vega, shares the story of island life on Vega and its unique coastal culture. Visitors can discover the history of the fisher-farmers and learn about their centuries-old tradition of protecting nesting eider ducks—an important part of the cultural landscape that contributed to Vega's designation as a UNESCO World Heritage site. This work continues today and was historically an important responsibility for the women along the coast.

[Learn more](#)



Photo: Broadstone

SAMI CULTURE

At Aernie, you're invited to experience the rich culinary and cultural traditions of the Southern Sami people. Stay overnight in a luxury Sami hut, or choose the comfort of a cabin, motorhome, caravan, or tent. Located along the E6, just 20 minutes north of Mo i Rana, Aernie and Storli Camping are easily accessible yet feel worlds away. Here, South Sami culture meets traditional local cuisine. Learn about Sami history, culture, and way of life together with family or friends.

[Learn more](#)



Photo: Kristoffer Møllevik

VIKING CHIEFDOM

Sandnes is among the most thoroughly documented archaeological finds from the Viking Age. The reconstructed Viking settlement in Sandnessjøen is also considered one of the best-documented sites from this period. Throughout the year, seasonal feasts and banquets bring the Viking spirit to life. Visitors are welcomed with engaging storytelling, Norse legends, hearty traditional food, a sales exhibition, a cozy reading corner, and friendly competitions and games.

[Learn more](#)



Photo: Emilie Solbakken

BINDAL MUSEUM

In Bindal, traditional boatbuilding lives on through the Nordland boat, including the iconic bindalsfæring — a four-oared wooden boat with a square sail. This heritage, part of a UNESCO-listed tradition, is showcased alongside other regional boats and a small Sámi collection offering insight into Arctic indigenous culture.

[Learn more](#)

The Arctic Circle, majestic mountains, and Norway's coastal paradise

The nature of Helgeland is an experience that will stay with you forever. Here, crystal-clear rivers, mighty glaciers, dramatic mountain ranges, vast national parks, and one of the world's most spectacular archipelagos are all waiting — just for you.

In Helgeland, you cross the Arctic Circle — the gateway to the North. This is a place with room to breathe. Nature here is always an adventure: raw, real, full of contrasts, and never far away. Just like the remarkable people who call Helgeland home.



Photo: Kristoffer Møllevik/ Visit Helgeland

Top outdoor adventures to explore



Photo: Kristoffer Møllevik

ISLAND HOPPING

Island hopping along the Helgeland coast is a must-do adventure, best experienced by kayak, bike, or express boat. You can bring your bike or kayak onboard, and rentals are available locally. Fly into Bodø, Mo i Rana, Sandnessjøen, or Brønnøysund to begin your journey. With the *Travel Pass Nordland*, you can travel freely for a week — perfect for exploring the scenic Summer Route, like an "Interrail by sea."

[Learn more](#)



Photo: Terje Rakke

BIKING

Helgeland is made for cycling. With its scenic coastal roads, charming island communities, gentle inland, and dramatic mountain backdrops, this region offers unforgettable biking experiences for all levels.

Follow quiet roads along the scenic coastal road, hop between islands by express boat, or challenge yourself on winding mountain routes. Whether you're looking for a relaxing ride or an active adventure, Helgeland has the perfect pace.

[Learn more](#)



Photo: Arvid Baranovs

NORTHERN LIGHT SAFARI

In Helgeland, the Northern Lights can be seen from August to April, offering a magical winter experience. To increase your chances, seek dark, open areas away from city lights — Helgeland's vast coast and mountain wilderness are ideal. Since much of the region lies south of the Arctic Circle, daylight hours are longer, allowing you to enjoy winter activities like skiing, snowshoeing, or dog sledding by day — and hopefully catch the aurora by night.

[Learn more](#)



Photo: Johanne Tysnes

KAYAKING

The myriad of islands, islets and skerries, with sheltered waters and many areas of shallow seas, make the Helgeland coast one of Norway's premier kayaking arenas. Here is an overview of places where you can rent a kayak or sign up for guided kayaking excursions. Whether you are a beginner or an experienced kayaker, we would like to suggest some specific kayaking adventures and add some useful tips.

[Learn more](#)



Photo: Kristoffer Møllevik / Visit Helgeland

A culinary landscape rooted in tradition and taste

In Helgeland, food is more than sustenance – it's a reflection of the land, the people, and the seasons.

Here, you can truly taste nature. From fertile fields and crystal-clear fjords to wild forests and rugged coastline, local farmers, fishers, and foragers bring you meat, fish, berries, fruit, and vegetables with pure, authentic flavors shaped by our raw and beautiful climate.

You'll find small-scale producers who share their passion directly with you, offering honest food crafted with care and tradition.

At our cozy restaurants, menus tell stories – of heritage, of culture, and of nature's generosity. Every meal is a celebration of where we come from, and a part of who we are.

Top dining experiences to explore



Photo: Kristoffer Møllevik

TIL ELISE FRA MARIUS

In the village of Utskarpen, between Mo i Rana and Nesna, Elise and Marius established a culinary attraction that is drawing a steady stream of foodies. They offer a dining experience where every dish is made from ingredients fresh from the farm and pasture. They also offer accommodation – charming rooms in a countryside setting.

Location: 30 min drive from Mo i Rana

[Learn more](#)



Photo: Kitt Grønningsæter

HILDURS URTERARIUM

Hildurs Urterarium is far more than a restaurant. It is a lush oasis imbued with life and personality, offering guests a respite from their busy lives and a unique dining experience shared with friends or family. Restaurant Sagastuen and the old parlour have an ambience that gives visitors a taste of bygone times.

Location: Brønnøysund

[Learn more](#)



Photo: Simon Fossheim

LOVUND HOTEL RESTAURANT

Dining at Lovund Hotel is all about the flavors of the sea. The menu highlights fresh ingredients from local fishermen and producers, transformed into memorable dishes by a skilled kitchen team. With a focus on fish, seafood, and carefully chosen wines, the restaurant offers seasonal menus that reflect a deep love for the ocean and the food traditions of the Helgeland coast.

Location: Lovund

[Learn more](#)



Photo: Kristoffer Møllevik

VEGA HAVHOTELL RESTAURANT

In the kitchen at Vega Havhotell, Jonas Møller creates culinary dishes based on local ingredients from Vega and the rest of Helgeland. The restaurant's five-course dinner is planned daily and is based on the day's ingredients. They are genuinely committed to sourcing the best ingredients that suit the season and that the island and Helgeland have to offer.

Location: Vega

[Learn more](#)

Northern lights



Helgeland offers stunning views of the Northern Lights during winter. This image captures the popular island group Træna, where dramatic mountain peaks create a striking landmark along the coast.

Favourite winter activities

Looking for snow? Head to the inland areas of Helgeland — a true winter paradise. With reliable snow conditions throughout the season, the region offers everything from dog sledding and snowmobile tours to magical northern lights safaris.

Our recommendations

- [Ski touring](#)
- [Dog sledding](#)
- [Ice fishing and winter fishing](#)
- [Northern light safari](#)
- [Guided snowmobile tours](#)
- [Cross country skiing](#)



Photo: Kristoffer Møllevik/Visit Helgeland

Midnight sun



Photo: Kristoffer Møllevik / Visit Helgeland

At the Arctic Circle, the midnight sun is a natural wonder that bathes the landscape in daylight around the clock during summer. For several weeks, the sun never sets, creating long, golden evenings perfect for exploring nature, hiking, or simply enjoying the light that never fades.

Favourite summer activities

Thanks to the Gulf Stream, Helgeland's coastline enjoys mild and pleasant summers. The island-dotted archipelago is especially popular in the summer months — perfect for island hopping by bike, hiking majestic peaks, and exploring the many vibrant coastal communities.

Recommendations

- [Cycling](#)
- [Kayaking](#)
- [Mountain hikes and walks](#)
- [Glaciers and clacier treks](#)
- [Fishing](#)
- [Via Ferrata, Climbing and ziplines](#)
- [Birdwatching](#)
- [Caves – see the mountains from inside](#)
- [Boat trips and sailing adventures](#)



Photo: Kristoffer Møllevik/ Visit Helgeland



How to get here

Helgeland is centrally located in Norway, right on the Arctic Circle. The region is easily accessible by train, plane, boat, or car.

A brand-new airport is set to open in Mo i Rana in 2027, further improving international access to the area.

Today, Trondheim and Bodø serve as key transport hubs—Trondheim from the south, and Bodø from the north—making it easy to reach Helgeland from both directions.

FROM SOUTH

Trondheim as your port to Helgeland

Year-round direct flights within Norway:

Oslo (OSL) · Bergen (BGO) · Stavanger (SVG) · Bodø (BOO) · Tromsø (TOS) · Ålesund (AES) · Sandefjord Torp (TRF).

Year round international direct flights:

Amsterdam (AMS) · Copenhagen (CPH) · Stockholm Arlanda (ARN).

Coastal route Hurtigruten / Havila

Daily from Trondheim to Helgeland's 4 ports

Train

Several daily departures to Helgeland

By car

The coastal route

E6



Photo: Terje Rakke / Visit Helgeland

FROM SOUTH

Direct flights to Trondheim

Year-round routes

Destination	Country	Airline(s)
Amsterdam	Netherlands	KLM
Copenhagen	Denmark	SAS, Norwegian
Stockholm	Sweden	SAS
London (Gatwick)	United Kingdom	Norwegian
Gdańsk	Poland	Wizz Air
Kraków	Poland	Norwegian
Alicante	Spain	Norwegian, SAS

Summer season

Destination	Country	Airline(s)
Helsinki	Finland	Finnair
Munich	Germany	Lufthansa
Split	Croatia	SAS, Norwegian
Málaga	Spain	Norwegian
Nice	France	Norwegian
Palma de Mallorca	Spain	Norwegian

Latest update: October 2025



Photo: Emilie Solbakken / Visit Helgeland



Photo: Kitt Grønningsæter/Visit Helgeland

FROM NORTH

Bodø as your port to Helgeland

Domestic (Norway) direct routes to Bodø

Oslo (OSL) · Leknes (LKN) · Svolvær (SVJ) · Tromsø (TOS) · Trondheim (TRD)

International direct routes to Bodø - summer

Munich (Germany) · Copenhagen (Denmark) · Stockholm (Sweden)

Coastal route Hurtigruten / Havila

Daily from Bodø to Helgelands 4 ports

Express boat

Bodø – Sandnessjøen

During summer, an additional route operates Monday to Friday, with slightly different stops than the year-round service.

Train

Several daily departures to Helgeland

By car

- The coastal route
- E6



Photo: Ernst Furuhatt / Nordnorge.com

FROM NORTH

Direct flights to Bodø

Year-round routes

There are no direct international year-round flights to Bodø.

Summer season

Destination	Country	Airline(s)
Munich	Germany	Discover Airlines
Helsinki	Finland	Finnair
Copenhagen	Denmark	SAS
Stockholm	Sweden	SAS

Latest update: October 2025

Getting around is easy

Travelling around Helgeland is easy. The railway runs from south to north through the region, making train travel a convenient option.

In addition, you'll find express boats, the coastal express route (Hurtigruten), buses, and ferries – offering flexible and scenic ways to explore the area.

Train

Express
boat

Plane

Coastal
route

Regional
airports



Photo: Kristoffer Møllevik / Visit Helgeland



Photo: Terje Rakke



Photo: Katrine Sørgård

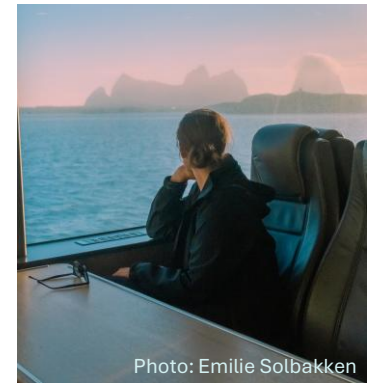


Photo: Emilie Solbakken

Four towns covering the region



Photo: Terje Rakke/Visit Helgeland:

Our region covers four cities stretching from Brønnøysund in the south to Mo i Rana in the north. They serve as ideal hubs for daily excursions — whether you're travelling in summer or winter, exploring the coast or heading into the inland national parks.

How to travel to and from our four towns



Photo: Kristoffer Møllevik

Brønnøysund

- Cruise ship port
- Express boat port
- Bus
- Regional airport (direct flights Oslo summertime)



Photo: Kristoffer Møllevik

Sandnessjøen

- Cruise ship port
- Express boat port
- Bus
- Regional airport (direct flights Oslo summertime)



Photo: Broadstone

Mosjøen

- Train station
- Bus
- Regional airport



Photo: Hans Petter Sørensen / Faroutfocus.com

Mo i Rana

- Cruise ship port
- Train station
- Bus
- Regional airport. New airport opening 2027

This map highlights the main public transport routes in Nordland—a region with strong connections between the coast and inland areas.

The railway runs through inland Helgeland, providing a convenient link between Mo i Rana and Mosjøen, as well as easy access from Trondheim and Bodø.

Along the coast, you can travel by ferry, express boat, or by car. Both the inland areas and the islands are well served by a network of roads and bus routes.

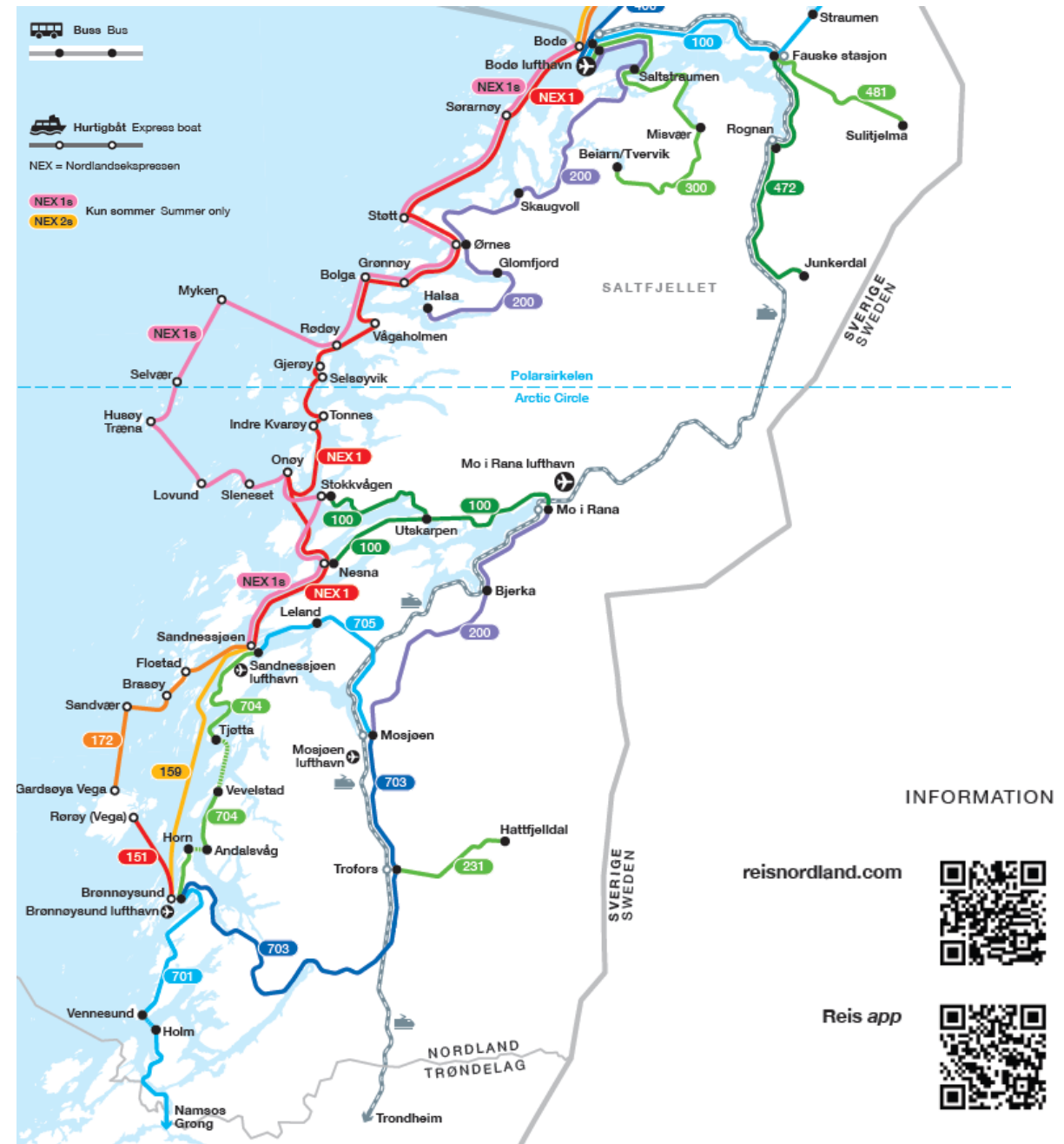




Photo: Emilie Solbakken / Visit Helgeland

Travel Pass: Explore Nordland with one ticket

Travel Pass Nordland gives you unlimited travel on public transport throughout Nordland for seven days. With just one ticket, you can use buses, ferries, and express boats as much as you like—perfect for island hopping, longer journeys, or getting around frequently in a short time.

Express boats: During summer, demand is high, so we recommend reserving your seat in advance.

In short, it's an easy and affordable way to experience the region at a great discount.



Photo: Simon Fossheim/Visit Helgeland

Plan your trip

Toolbox

Video

[Travelling around Helgeland](#)

Maps

[Main Connections Nordland – download](#)

Timetables

[ReisNordland](#)

[Timetable Nordlandsekspressen NEX Summer 2025](#)

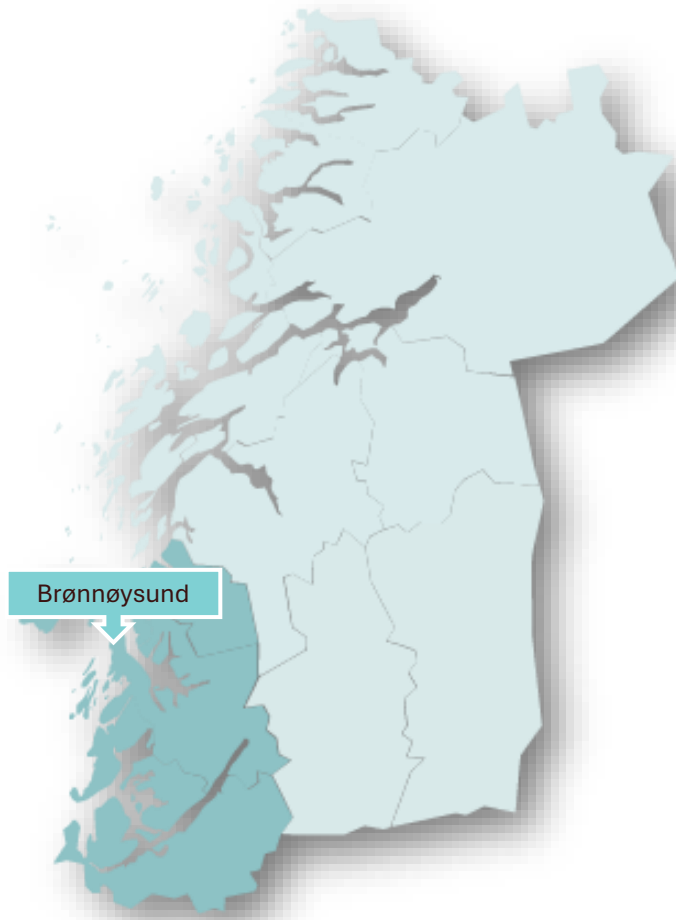
Travel Pass

[More information about Travel Pass here](#)

Pre-booking

[Instruction: Pre-booking express boat and bus](#)

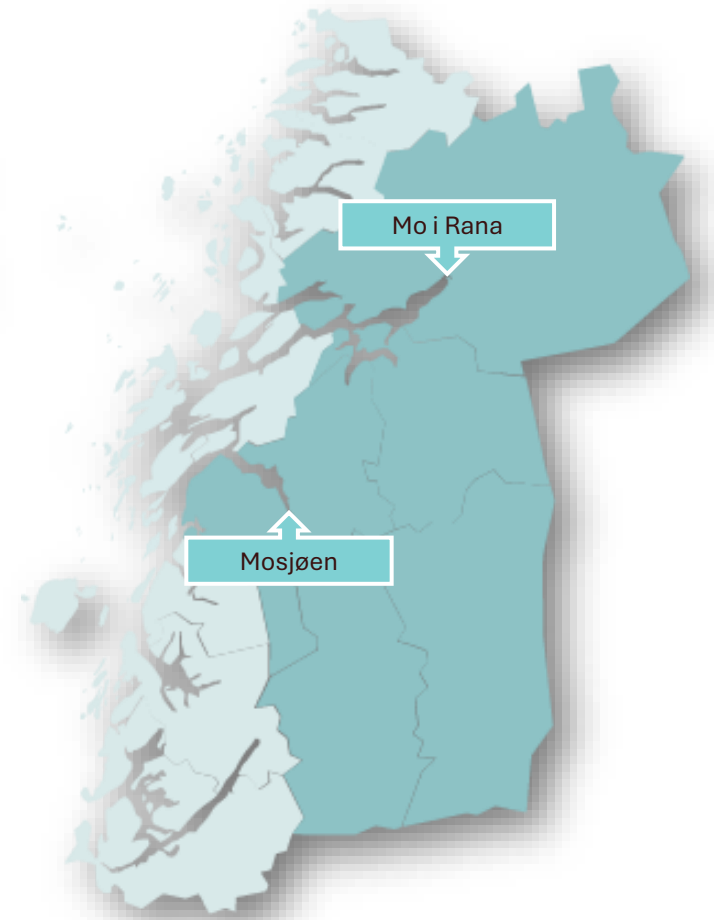
Part 3: Discover Helgeland



Southern Helgeland



Northern Helgeland



The Inland of Helgeland



Foto: Kristoffer Møllevik/Visit Helgeland

Southern Helgeland

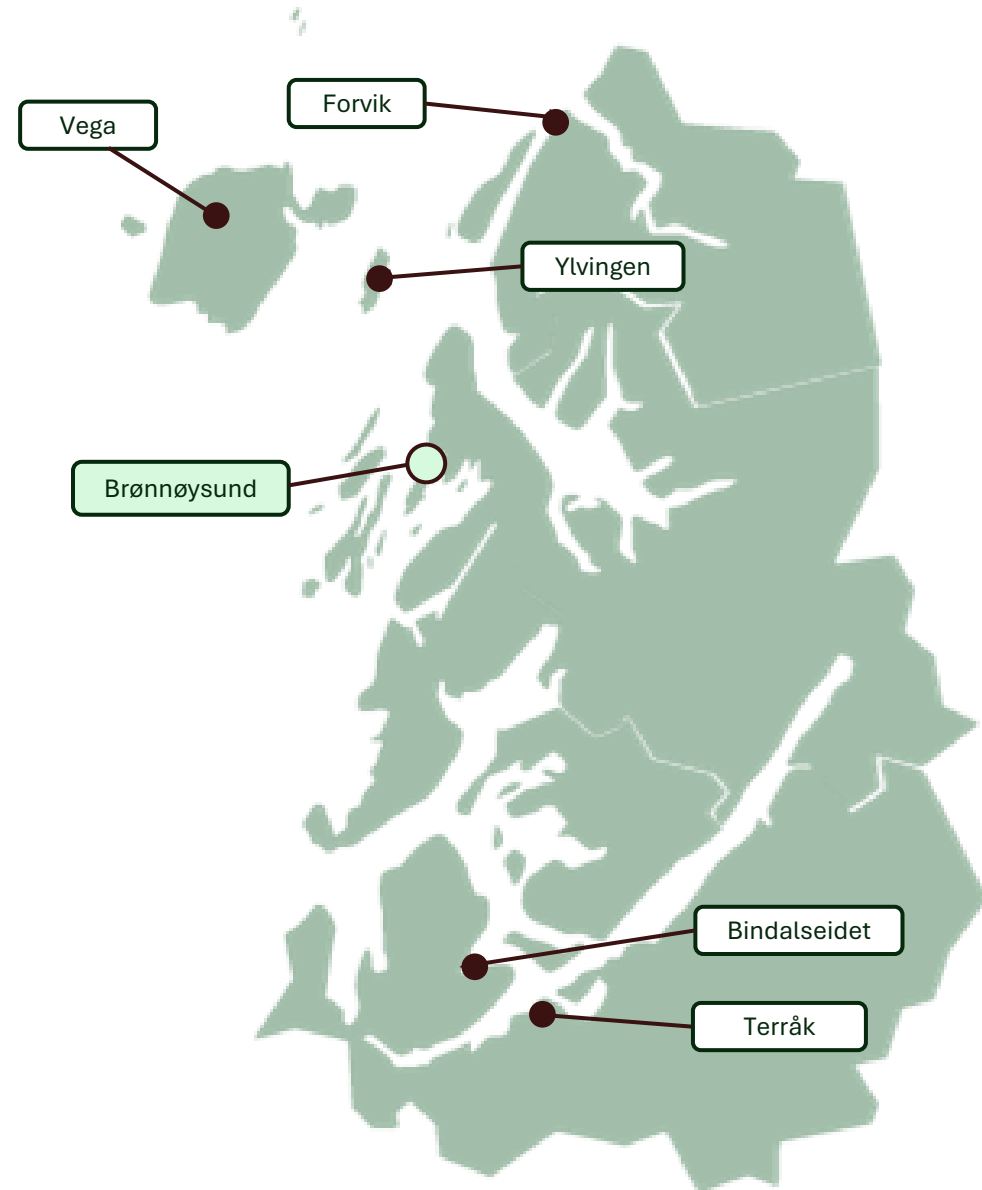
Brønnøysund is the coastal town in southern Helgeland, known for its scenic setting, good food, and coastal culture. Nearby highlights include Torgatten and the UNESCO-listed Vega Islands.

Brønnøysund

Southern Helgeland

Southern Helgeland stretches along the coast, offering fjords, a scenic archipelago, and a beautiful shoreline. Nearby highlights include the iconic Torghatten mountain and the UNESCO-listed Vega Islands. The area is also home to Lomsdal-Visten National Park (*Njaarken vaarjelimmiedajve*), a hidden gem known for its strikingly diverse landscapes—featuring fjords, lush valleys, forests, mountains, and excellent fishing lakes.

The coastal route from Trondheim to Brønnøysund takes just four hours, making it a popular travel option. In summer, Brønnøysund also offers direct flights to Oslo.



What to do

A must-do is hiking Torghatten, accessible via a well-maintained "Sherpa path." Another highlight is exploring the Vega Islands, a UNESCO World Heritage Site, where you can experience traditional eider duck farming at Lånan or visit the Vega World Heritage Center. For stunning views, consider climbing part of the Vega Staircase.

The area caters to various interests, from hiking and nature to history and culture.

Favourite activities

- Visiting the eider ducks at Lånan
- Torghatten hike
- Cycling
- Vega Stairs
- Norwegian Aquaculture Center
- Trollfjell Geopark (UNESCO)
- Vega World Heritage Center (UNESCO)
- Kayaking



Photo: Terje Rakke / Visit Helgeland

Eat and sleep

The region offers a wide range of accommodation options—from hotels and guesthouses to cozy cabins and campsites. In the town of Brønnøysund, you'll find the area's largest hotel, along with charming B&Bs and smaller inns.

Across the region, there are also several excellent restaurants serving fresh seafood and local specialties.

Accommodation

- [Vega Havhotell](#)
- [Corner Hotell](#)
- [Thon Hotel Brønnøysund](#)
- [Hildurs Urterarium \(Seasonal\)](#)
- [Torghatten Camping \(Seasonal\)](#)

Restaurants & Cafes

- [Hildurs Urterarium](#)
- [Kred Cafe & Pub](#)
- [Torghatten Strandrestaurant](#)
- [Svang Restaurant and wine bar](#)



Photo: Kristoffer Møllevik/Visit Helgeland

Charming stops around Brønnøysund

While Brønnøysund is the central hub of Southern Helgeland, the surrounding area offers many other inviting places to visit and stay.

Bindal

- Dining and accomodation at Terråk Guest House

Ylvingen

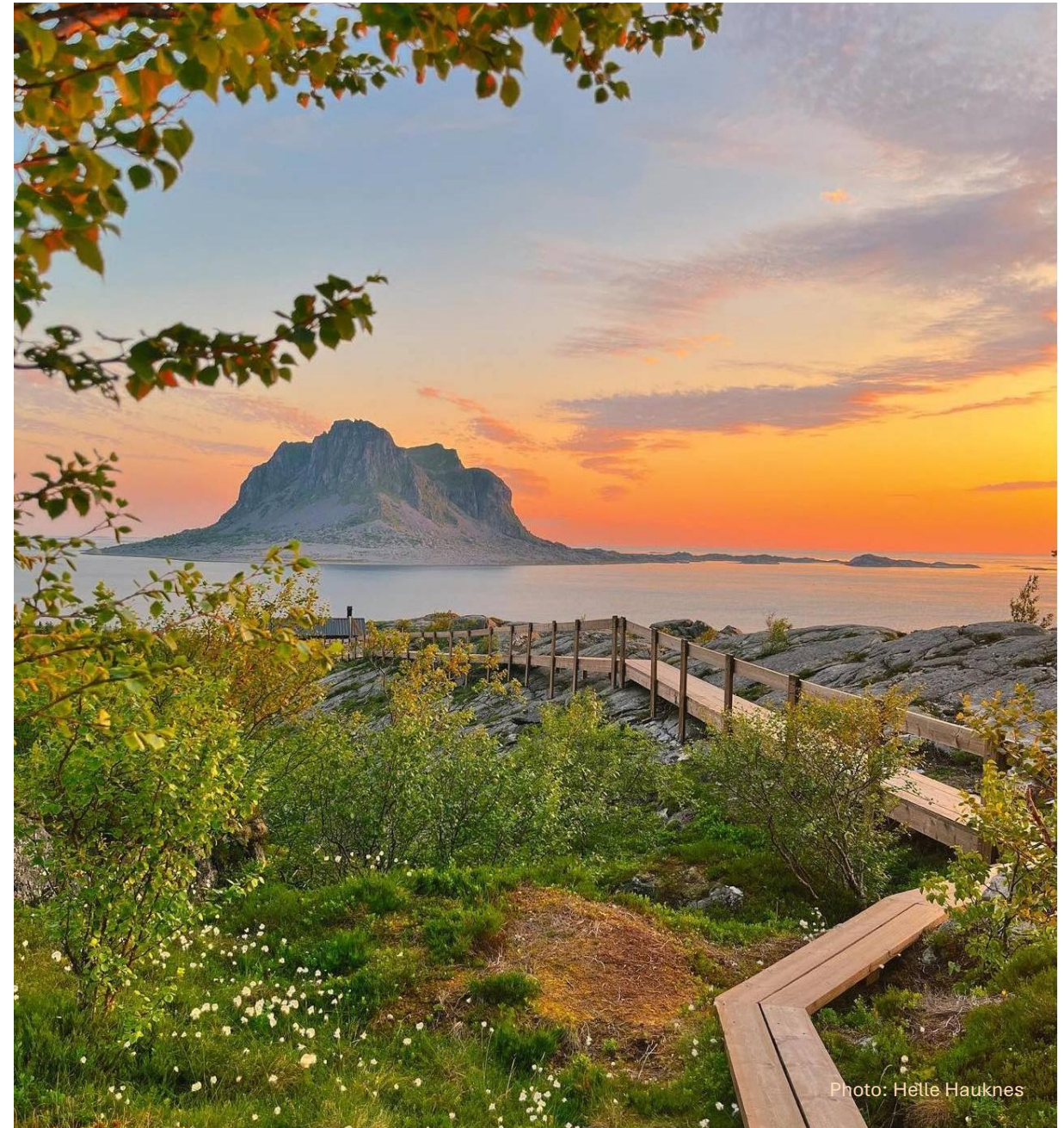
- Dining and accomodation at Himmelblå brygge

Forvik

- Dining and accomodation at Forvik Old Trading post

Vega & Lånan

- Museum/Guided tour at World Heritage Center
- Dining and accomodation at Vega Havhotell
- Hiking the Vega stairs
- Guided tour at Utværret Lånan (eider ducks)



Brønnøysund



Photo: Magnus Lorentsen

NORWEGIAN AQUACULTURE CENTER

Just outside Brønnøysund, on the island of Torget, lies Toft — home to the Norwegian Aquaculture Centre, where visitors can experience salmon farming up close. The seaside location offers new waterfront cabins, an exhibition, and a restaurant, all surrounded by rich birdlife and coastal scenery. It's a perfect base for hiking, fishing, and exploring the Helgeland coast, with beautiful views and easy access to the iconic Torgghatten mountain.

[Learn more](#)

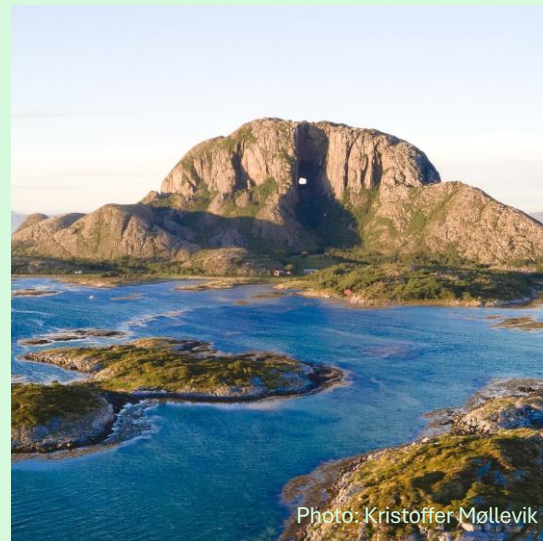


Photo: Kristoffer Møllevik

TORGHATTEN HIKE

Torghatten is a well-known mountain, famous for the distinctive hole that runs straight through it. Standing inside the 35-meter-high opening is a powerful experience not to be missed. As visitors walk through the 160-meter-long, 35-meter-high, and 15–20-meter-wide tunnel—carved by the sea thousands of years ago. The trail leading up to and through the mountain is well-maintained, with stone steps on both sides and inside the tunnel itself. A family friendly hike for all ages.

[Learn more](#)

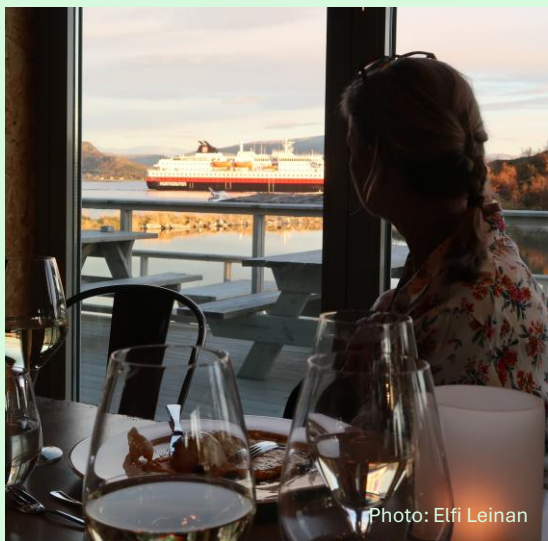


Photo: Elfi Leinan

TORGHATTEN STRANDRESTAURANT

Torghatten Strandrestaurant is magnificently situated at the foot of the legendary mountain Torgghatten, 15 km from the Brønnøysund town centre. Time and again travellers are delighted to discover this beautiful seaside restaurant and its terrific fjord view. The restaurant is part of Torgghatten Camping; it lies right on the Torgfjord, at the foot of Torgghatten. The chef takes pride in preparing dishes crafted using carefully selected local ingredients, which of course means the menu varies with the seasons.

[Learn more](#)



Photo: Kred Cafe & Pub

KRED CAFÉ & PUB

KRED is a popular cultural venue in Brønnøysund, known for live music, stand-up, football screenings, and quiz nights. With a lively atmosphere and tasty food, it's a favorite hangout for locals. Whether you're stopping by for a concert, a meal, or just a coffee, KRED is the place to experience the local vibe and meet people.

[Learn more](#)

Brønnøysund



Photo: Kitt Grønningsæter

DINNER AT HILDURS URTERARIUM

Hildurs Urterarium is far more than a restaurant. It is a lush oasis imbued with life and personality, offering guests a respite from their busy lives and a unique dining experience shared with friends or family. Restaurant Sagastuen and the old parlour have an ambience that gives visitors a taste of bygone times.

[Learn more](#)

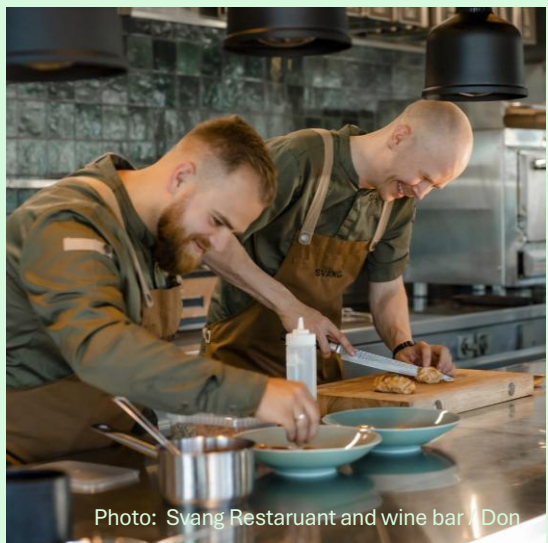


Photo: Svang Restaruant and wine bar / Don

SVANG RESTAURANT AND WINE BAR

Svang is a cozy restaurant in the heart of Brønnøysund, known for its warm hospitality and focus on local ingredients. With beautiful harbor views and a welcoming atmosphere, it's perfect for anything from a light snack to a multi-course tasting menu. The menu changes weekly, showcasing the best of Helgeland's seafood, meat, and produce — thoughtfully paired with local beer and fine wines for a truly memorable dining experience.

[Learn more](#)



Photo: Thon Hotell Brønnøysund

THON HOTELL BRØNNØYSUND

Thon Hotel Brønnøysund is centrally located in the town of Brønnøysund, offering modern rooms, free parking, and a restaurant with à la carte dining. Guests can choose from family rooms, double rooms, or suites, many with great views of the town or surrounding mountains. The hotel features a south-facing outdoor terrace and serves the well-known Thon breakfast, as well as dinners made with local ingredients.

[Learn more](#)



Photo: Corner Hotel

CORNER HOTEL

Corner Hotell is a centrally located, family-run hotel in Brønnøysund offering affordable accommodation near Norway's scenic coastline. With only 25 minutes to the Vega World Heritage Site and close access to hiking trails, bike rentals, and the famous Torghatten mountain, it's a great base for exploring the area. The hotel is next door to the popular SVANG Restaurant & Wine Bar and has 18 rooms over two floors. Breakfast is served on the ground floor, with early breakfast available on request.

[Learn more](#)

Vega and Ylvingen



Photo: Kristoffer Møllevik

VISITING VEGA WORLD HERITAGE

The Vega World Heritage Centre, beautifully located at Vega, shares the story of island life on Vega and its unique coastal culture. Visitors can discover the history of the fisher-farmers and learn about their centuries-old tradition of protecting nesting eider ducks—an important part of the cultural landscape that contributed to Vega's designation as a UNESCO World Heritage site. This work continues today and was historically an important responsibility for the women along the coast.

[Learn more](#)

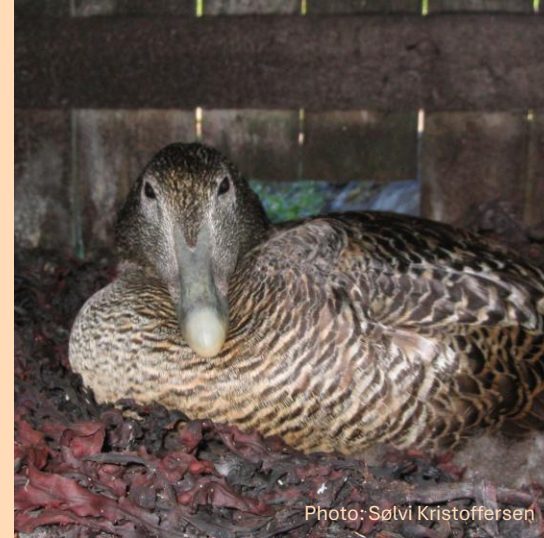


Photo: Sølvi Kristoffersen

VISITING THE EIDER DUCKS AT LÅNAN

In the Vega World Heritage area, Lånan is home to the largest eider duck nesting site on the Helgeland coast. Here, bird guardians and eider ducks share a unique, mutual relationship. The guardians prepare nests and protect the ducks from predators, and in return, they harvest high-quality down after the nesting season. Visitors in June and July can experience this rare tradition up close.

[Learn more](#)



Photo: Kristoffer Møllevik

HIMMELBLÅ BRYGGE

Nestled on the idyllic island of Ylvingen, Himmelblå Brygge invites visitors from near and far to experience the magic of Norway's coast. Here, you can savour delicious local food, stay in unique and charming accommodation, and wake up to breathtaking views of sea and sky. Take part in exciting activities, learn about life by – and in – the sea, or simply relax and enjoy the peaceful surroundings. Whether you seek exploration or tranquillity, Himmelblå Brygge offers unforgettable experiences for all ages.

[Learn more](#)



Photo: Kristoffer Møllevik

VEGA HAVHOTELL

Vega Havhotell is a small hotel in beautiful surroundings with the ocean close by. Vega Havhotell is located at the north-west part of Vega, at Viksaas between forests, mountains and seas.

The restaurant's five-course dinner is planned daily and is based on the day's ingredients. They are genuinely committed to sourcing the best ingredients that suit the season and that the island and Helgeland have to offer.

[Learn more](#)

Forvik Old Trading post



FORVIK OLD TRADING POST

The old trading post at Forvik in Vevelstad, which dates back to 1792, is beautifully situated on the sea along route Fv17. Accommodation in charming surroundings is offered in the oldest building, Grålåna. There is a restaurant in Naustloftet, and a coffee roastery in the old general store. People often gather in Brygga, the wharf building, to enjoy the long bright summer evenings.

[Learn more](#)



Bindal – our southernmost destination



Photo: Emilie Solbakken

TERRÅK GUEST HOUSE

Terråk Guesthouse offers comfortable rooms and delicious dining at its in-house restaurant, Færingen Spiseri. Located where three fjords meet, it's the perfect base for exploring Bindal's wild beauty — from hiking trails and mountain peaks to boat trips, paddling routes, and rich maritime heritage.

[Learn more](#)



Photo: Emilie Solbakken

BINDAL MUSEUM

In Bindal, traditional boatbuilding lives on through the Nordland boat, including the iconic bindalsfæring — a four-oared wooden boat with a square sail. This heritage, part of a UNESCO-listed tradition, is showcased alongside other regional boats and a small Sámi collection offering insight into Arctic indigenous culture.

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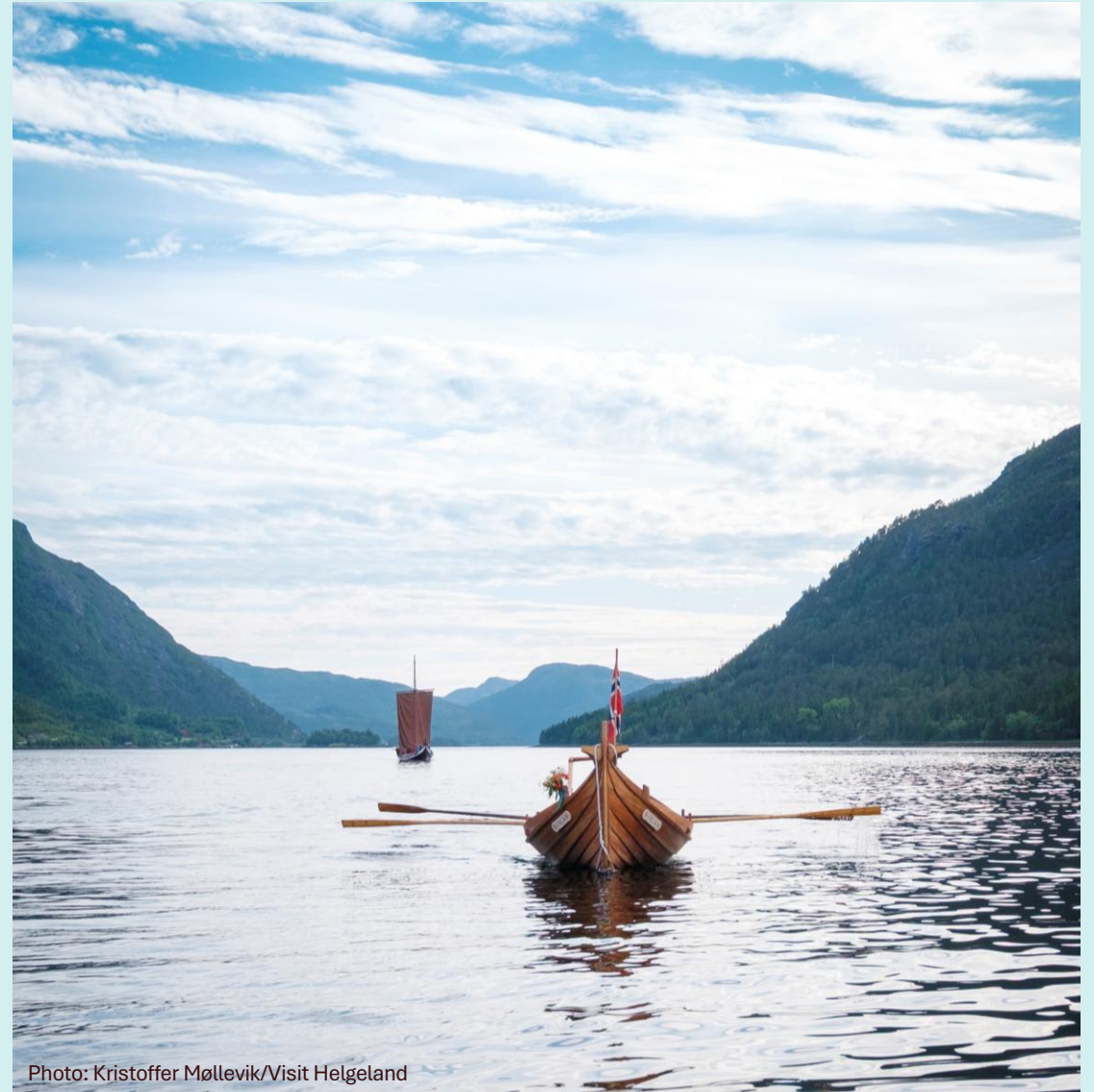


Photo: Kristoffer Møllevik/Visit Helgeland



Photo: Kristoffer Møllevik/Visit Helgeland

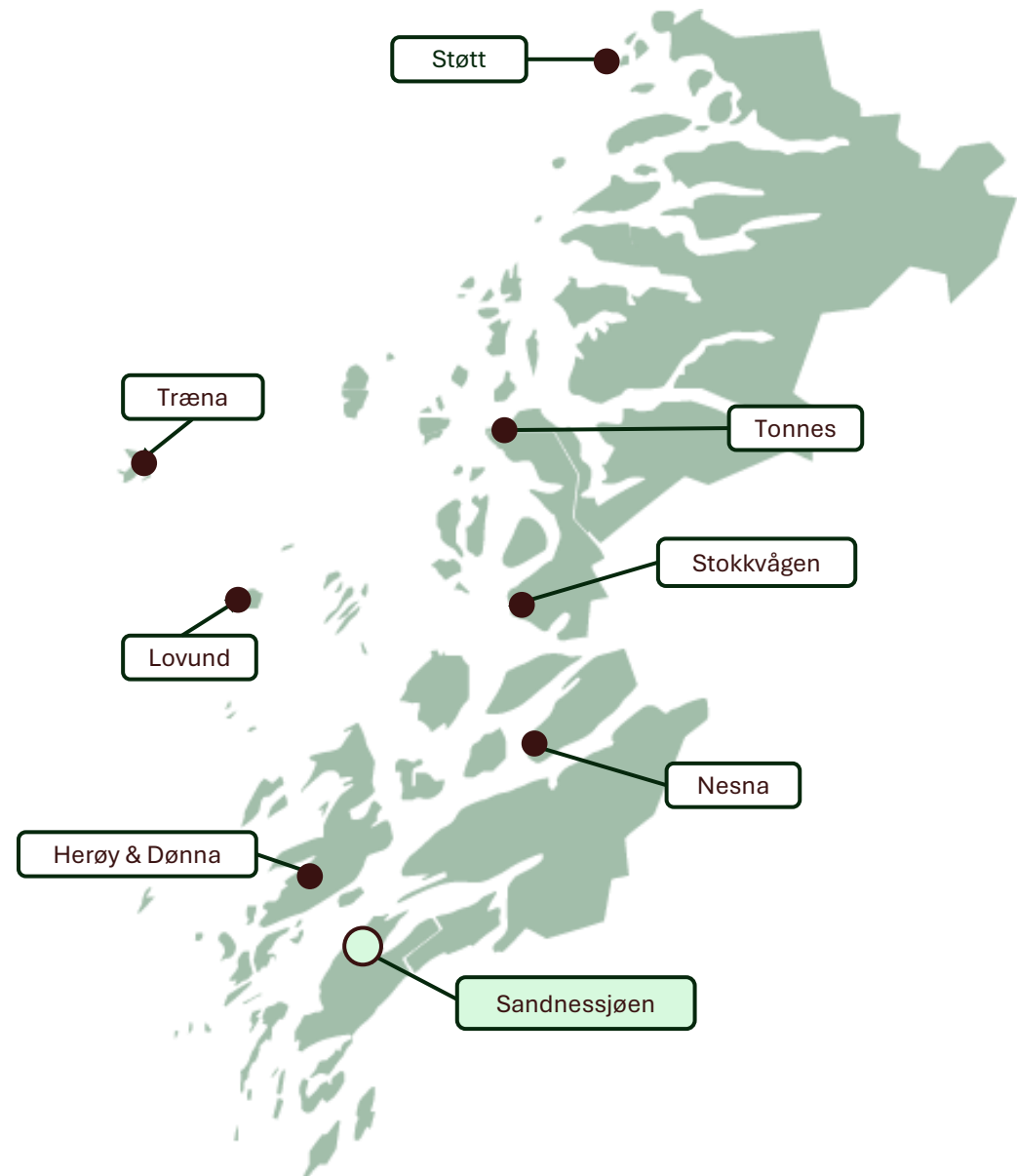
Northern Helgeland

Welcome to Northern Helgeland – a stunning stretch of coastline known for its thousands of islands, white sandy beaches, and crystal-clear waters. This part of the region is home to the town of Sandnessjøen, a key transport hub and ideal starting point for exploring the area. With express boats, bus and train connections, and summer flights to Oslo, it's easy to access the natural beauty and charming communities of the northern Helgeland coast.

Northern Helgeland

Northern Helgeland includes a large portion of the Helgeland archipelago and is where the Arctic Circle crosses the Norwegian coastline. The town of Sandnessjøen serves as a central hub for island hopping in the area, but you can also easily reach Helgeland from the city of Bodø further north.

What truly defines this part of Helgeland are the many lively coastal communities. Places like Herøy, Lovund, Træna, Myken, and Støtt are all popular destinations for visitors. Northern Helgeland is especially attractive during the summer season, when island life is at its most vibrant.



What to do

The Helgeland archipelago is perfect for active adventures like cycling, kayaking, and island hopping. From Sandnessjøen, you can explore beautiful islands like Herøy, Lovund, Træna, and Støtt — all offering a mix of nature, culture, and coastal charm.

Don't miss the recreated Viking chieftain's homestead in Sandnessjøen — a fascinating glimpse into the region's rich history. Paddle through calm seas with guided kayak tours, or bike quiet island roads at your own pace. Hikers can take on the iconic Seven Sisters mountains — even a short hike rewards you with breathtaking views.

Favourite activities

[Viking experiences](#)

[Kayaking](#)

[Glacier hike Svartisen](#)

[Cycling](#)

[Island hopping](#)

[Hiking](#)

[Bird watching](#)

[Diving](#)



Photo: Jonas Berglund/Visit Helgeland

Sleep

Along the Helgeland archipelago, you'll find a mix of cozy guesthouses and scenic seaside hotels. Sandnessjøen and Lovund host the larger hotels, while smaller gems are scattered across the islands.

Skolo is a former school turned into a relaxed hotel with family-friendly rooms — and guests love the pizza and cinnamon buns. On Lovund, the stylish Lovund Hotel is known for its design and top-tier dining.

At Støtt, a historic trading post, offers a warm atmosphere and an excellent seafood restaurant. In 2026, Ytri, a barefoot luxury hotel, will add a new highlight to the coast.

[Scandic Syv Søstre](#)

[Skolo](#)

[Augustbryggo](#)

[Støtt – Top of Helgeland](#)

[Adventure Helgeland](#)

[Dønna Rorbuer](#)

[Lovund Hotell](#)

[8770 Træna](#)

[Oscarbrygga](#)

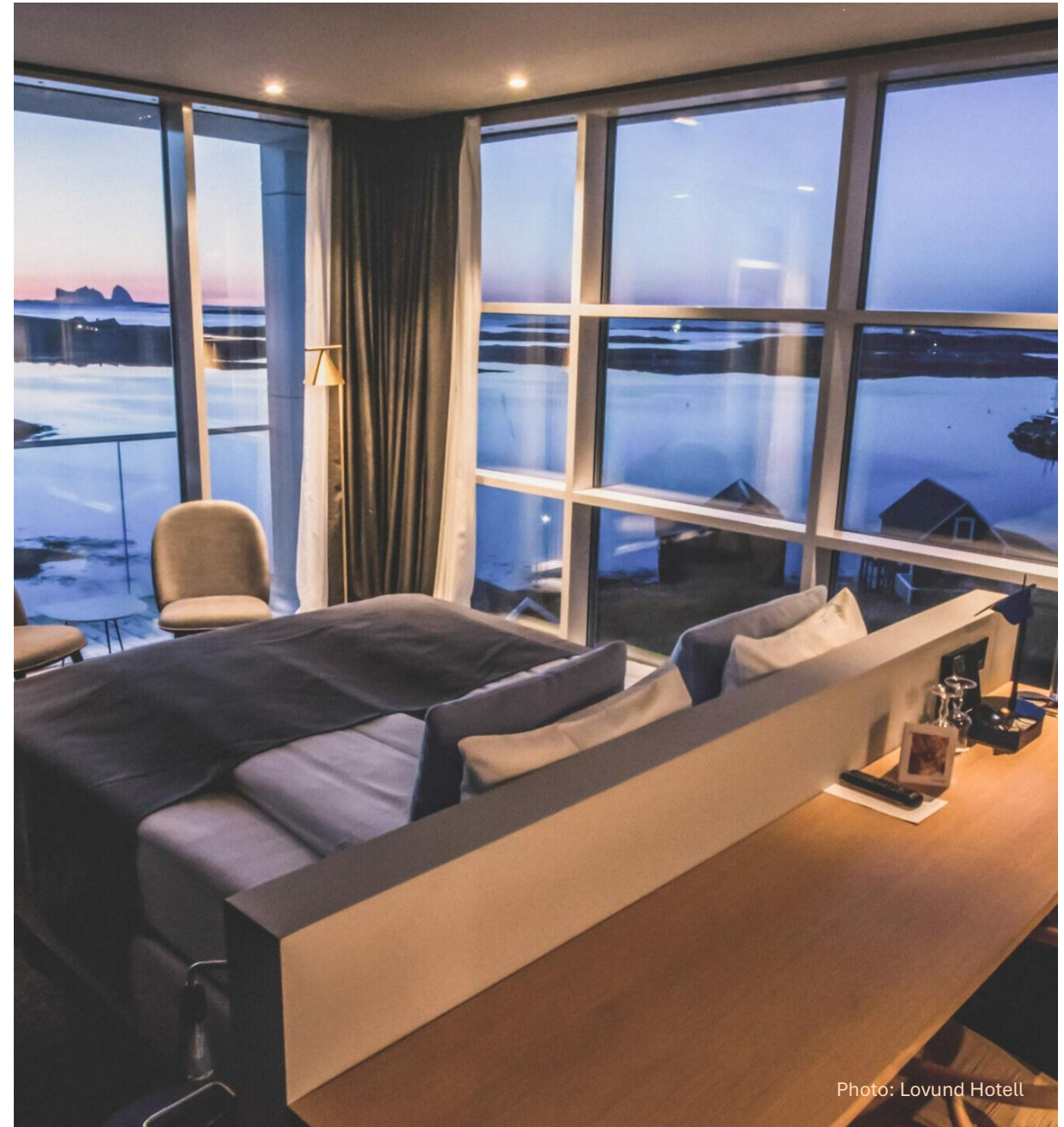


Photo: Lovund Hotell

Eat

The Helgeland coast is a culinary journey, offering a variety of coastal restaurants with fresh, local flavours and high-quality dining.

On Støtt, you'll find a renowned seafood restaurant serving elegant dishes made from the day's catch. In Herøy, a beautifully renovated school now offers both accommodation and a cozy eatery, known for its premium, wood-fired pizza.

Lovund Hotel is another highlight, with a seafood restaurant that blends top culinary standards with stunning views.

And if you're using Sandnessjøen as your base, the restaurant at Scandic Syv Søstre is a safe and satisfying choice — offering good food in a relaxed setting.

Scandic Syv Søstre

Skolo - Herøy

Augustbrygga

Dønna Rorbuer Bøteriet

Lovund Hotell

Oscarbrygga

Gammelbutikken – Støtt

Adventure Helgeland



Photo: Benjamin A. Ward / Visit Norway

Sandnessjøen



Photo: Geir Edvartsen / Scandic Syv Søstre

SCANDIC SYV SØSTRE

As a guest, you will immediately realize why the Hotel Scandic Syv Søstre bears the name of the Seven Sisters mountains. The hotel enjoys a great view of these renowned mountains. A holiday base here is perfect for exploring the many island treasures of the Helgeland coast, including Dønna and its colourful history, the idyllic island of Herøy, Lovund and Træna.

[Learn more](#)



Photo: Kristoffer Møllevik

BIKE RENTAL

Cycling the Helgeland coast is one of the best ways to experience island life and the stunning scenery along the way – ideal for those looking for an active holiday. Herøy Kajakk & Sykkel rents out bikes in both Sandnessjøen and Herøy. In Sandnessjøen, you'll find hybrid bikes available at Scandic Syv Søstre. In Herøy, you can rent both standard bikes and e-bikes. Panniers, helmet, repair kit, pump, and lock are included in the rental.

[Learn more](#)



Photo: Kristoffer Møllevik

VISIT THE RECREATED VIKING CHIEFDOM
Sandnes is one of the best-documented Viking Age sites in Norway. Just outside Sandnessjøen, you can visit a reconstructed chieftain's farm and experience Viking life up close. The site is mentioned in Egil's Saga and offers insights into Viking politics, trade, and daily life. Visitors can enjoy feasts, storytelling, Norse legends, games, and more in a reconstructed longhouse located less than a kilometre from the town centre.

[Learn more](#)



Photo: Ketil Born / Helgeland Museum

PETTER DASS MUSEUM

The Petter Dass Museum at Alstahaug is dedicated to the life and legacy of Petter Dass, a 17th-century poet-priest best known for *Nordlands Trompet*, a poetic tribute to Northern Norway. Housed in a striking building designed by Snøhetta, the museum highlights his cultural impact on the region. Visitors can also explore the 13th-century Alstahaug Church, one of Northern Norway's few preserved medieval churches, and the historic vicarage. The museum includes Margrethe's Café, serving local dishes, and a shop offering books, crafts, and gifts.

[Learn more](#)

Herøy and Dønna



Photo: Kristoffer Møllevik

SKOLO

The beautiful renovation of Seløy's old school has been described in an article in "The Norwegian Review of Architecture". Today, travellers can find accommodation here, drink quality coffee, eat pizza, browse books and buy artworks in the shop – and enjoy the panoramic view of The Seven Sisters mountains

[Learn more](#)



Photo: Kristoffer Møllevik

BIKE RENTAL

Cycling the Helgeland coast is one of the best ways to experience island life and the stunning scenery along the way – ideal for those looking for an active holiday. Herøy Kajakk & Sykkel rents out bikes in both Sandnessjøen and Herøy. In Sandnessjøen, you'll find hybrid bikes available at Scandic Syv Søstre. In Herøy, you can rent both standard bikes and e-bikes. Panniers, helmet, repair kit, pump, and lock are included in the rental.

[Learn more](#)



Photo: Johanne Tysnes

GUIDED KAYAK TOUR IN HERØY

Herøy is made up of thousands of islands, islets, and skerries – a peaceful and scenic area that's perfect for kayaking. With Herøy Kajakk & Sykkel, you can join guided trips led by locals who know the coastline inside out. Choose between sea eagle safari, evening paddle. Herøy Kajakk & Sykkel also offers beginner friendly kayaking.

[Learn more](#)



Photo: Anne Berit Tilrem / Adventure Helgeland

HAVKANTEN GUESTHOUSE

Havkanten Guesthouse is idyllically located at the water's edge in the old fishing village of Husvær, in the western part of Helgeland's archipelago. The guesthouse offers accommodation in 17 rooms with a total of 42 beds. Guests wake up to the sound of waves and enjoy a delicious breakfast made from local, homemade ingredients. The on-site restaurant serves dishes based on fresh local produce, and Havkanten also serves as a base for a variety of experiences and tour packages in the region.

[Learn more](#)

Herøy and Dønna



Photo: Augustbryggo

AUGUSTBRYGGO – LOCAL FOOD

Experience the intimate waterfront restaurant with spectacular views and local ingredients.

The intimate restaurant is idyllically located right on the pier. Here, you can enjoy the tranquility of the Helgeland coast, a cozy atmosphere, and stunning views of the sea, Dønnamannen, and the Seven Sisters mountain range.

[Learn more](#)



Photo: Sverre Holgeir Olsen / Vispro

DØNNA RORBUEER BØTERIET

Dønna Rorbuer Bøteriet, situated on the quay in beautiful surroundings on the island of Dønna, offers good dining in charming surroundings, accommodation and guided boat trips.

Here you will find comfortable accommodation, as well as good food and refreshments. You can sign up for a boat trip in a traditional Nordland boat, rent your own boat and go fishing, or go kayaking.

[Learn more](#)



Photo: Kristoffer Møllevik

SJOKOLADEBRYGGA ON DØNNA

Visit “the world’s smallest chocolate factory” by the sea on Dønna and experience how delicious chocolate can be when made with care and attention to exclusive, organic ingredients.

Sjokoladebrygga is perhaps the world’s smallest chocolate factory, located facing the ocean on the island of Dønna. The chocolate produced here is inspired by the powerful and pure nature we have here in Helgeland.

[Learn more](#)



Photo: Kristoffer Møllevik

Lovund

Lovund is a remote island on the Helgeland coast, known for its stunning nature, modern coastal community, and its large puffin colony. Around 100,000–150,000 puffins arrive each year on April 14 to nest in the island's cliffs, creating a spectacular natural event.

The island blends tradition with innovation—while fish has always been central to life here, salmon farming now drives the local economy, led by the successful company Nova Sea. The result is a vibrant, forward-thinking community with amenities like a beach, coffee roastery, and even the world's largest one-hole "seagolf" course.

Visitors can explore local history at the local museum, enjoy dining at the restaurant PIANOSTUEN at Lovund Hotel, or simply relax and take in the powerful natural surroundings, the views from Lovundfjellet, and the peace of long summer nights.



LOVUND HOTEL

Lovund Hotel offers an elegant stay with stunning sea views and a serene coastal atmosphere. Choose between stylish hotel rooms or charming fisherman's cabins, both designed for comfort and relaxation. A refined breakfast is always included, setting the tone for your day. Just steps from the hotel, you'll find scenic hiking trails, sheltered coves, and barbecue huts. After a day outdoors, unwind with a gourmet meal at the hotel restaurant and take in the tranquil island views.

Dining at Lovund Hotel is all about the flavors of the sea. The menu highlights fresh ingredients from local fishermen and producers, transformed into memorable dishes by a skilled kitchen team. With a focus on fish, seafood, and carefully chosen wines, the restaurant offers seasonal menus that reflect a deep love for the ocean and the food traditions of the Helgeland coast.

[Learn more](#)

Træna

Træna is a remote island group far out in the sea west of Norway, with Husøy as its main island. Despite its location, Træna has a vibrant and welcoming community, known as one of Norway's oldest fishing villages with over 8000 years of history. The island features a rich cultural life with street art, sculptures, and a mix of locals and newcomers giving it a unique, urban atmosphere. In 2026 the new hotel Ytri will open, offering “barefoot luxury”.



Photo: Kristoffer Møllevik

FREEDIVING AN KAYAKING

At Kranberget on Husøya, you can rent all necessary equipment, join guided tours, and even try spearfishing or shellfish gathering. The center also offers facilities like showers and changing rooms. For those who prefer to stay above water, kayaking between the islands is a great option — with highlights like hiking Kirkehelleren on Sanna or visiting the beaches of Sandøya.

[Learn more](#)



Photo: Træna Rorbuferie

TRÆNA RORBUFERIE

Træna Rorbuferie offers traditional, spacious rorbu cabins by the sea, available year-round, providing a peaceful stay surrounded by stunning coastal nature. Træna Rorbuferie also offers activities like boat and bike rental, deep-sea fishing, sauna sessions, and trips to nearby islands. Træna Rorbuferie is the perfect base for experiencing both the natural beauty and the vibrant coastal culture of this unique island community.

[Learn more](#)



Photo: Julie Lunenborg

8770 TRÆNA

You are warmly welcomed to 8770 Træna, a cozy hotel on Husøya, the main island in the Træna archipelago. Located just a short walk from the ferry and express boat quay, the hotel offers various accommodation options. Guests can enjoy beautiful island views from the shared lounge and breakfast room. 8770 and Træna are ideal for meetings and seminars, and the hosts are happy to recommend activities and dining experiences to enhance your stay.

[Learn more](#)

Støtt

Støtt, a historic trading post in Meløy, offers some of the most unique and scenic holiday experiences along the Helgeland coast. This charming island combines rich coastal heritage with modern comfort, making it an ideal destination for both relaxation and adventure.

With daily express boat connections to Bodø, Ørnes, and the surrounding archipelago, Støtt is a perfect base for exploring Northern Norway.

Visitors can enjoy a wide range of activities year-round.

Paddle through the stunning archipelago by kayak, join a fishing trip or a RIB tour, or take part in glacier hikes on Svartisen and mountain treks to Rødøyløva or the Meløy Alps. For families or those seeking a slower pace, the island offers biking, white sandy beaches, and snorkeling or diving in the crystal-clear waters.



Photo: Hans Petter Sørensen / Faroutfocus.no



Photo: Visit Helgeland

STØTT – TOP OF HELGELAND

This is a historic trading post where coastal heritage meets modern comfort. Stay in beautifully restored buildings, enjoy fresh local seafood at Gammelbutikken, and join unforgettable sea and island adventures. Housed in a general store from 1878, Gammelbutikken serves the day's catch with fine wines in a warm, authentic setting. Accommodation in Rorbua, Stabburet, and Bakeriet combines history, charm, and tranquillity.

[Learn more](#)

Norways second largest glacier

Svartisen is Norway's second-largest glacier, and its glacier arm Engabreen stretches dramatically down toward Engabrevatnet lake and Holandsfjorden along the Helgeland coast in Meløy. This is one of Norway's most accessible glaciers, reachable by shuttle boat across the fjord, followed by a short walk or bike ride. Visitors can join guided glacier hikes to get close to the brilliant blue ice, explore the unique glacial landscape, and experience the powerful sights and sounds of moving ice.



Photo: Emilie Solbbakken

MELØY ADVENTURE

Meløy Adventure offers guided glacier hikes on Engabreen, a striking arm of the Svartisen glacier. Tours run daily during summer, with special midnight sun hikes in June and July. No prior experience is needed, and the hikes are suitable for anyone over 12 in decent physical shape. The adventure takes 6–7 hours and starts with a shuttle boat across Holandsfjorden, followed by a short hike to the glacier front.

[Learn more](#)



Photo: Furøy Camping

FURØY CAMPING

Furøy Camping is ideally located along the National Tourist Route Helgeland Coast, in the northern part of the coastline, close to the Svartisen glacier. The site offers cabins, as well as spots for motorhomes, caravans, and tents. Set right by the water near the Halså ferry landing in Meløy, Furøy Camping provides easy access to the boat that takes you to Svartisen, the impressive mountains of Meløy, and excellent fishing opportunities in the nearby fjords.

[Learn more](#)



Photo: Susanne Svartisdal / Svartisdal AS

SVARTISDAL

Svartisdal offers boat trips across Svartisvatnet, bringing you close to Austerdalsisen, one of the most spectacular arms of the Svartisen glacier, just north of Mo i Rana. After a 10–20 minute boat ride, a scenic 3 km hike leads you over solid rock to a popular viewpoint with stunning glacier views. Parking, camping spots, a kiosk, and toilets are available at the starting point. Be prepared for quickly changing mountain weather and remember there's no mobile coverage near the glacier.

[Learn more](#)

Northern Helgeland archipelago – hidden gems



Photo: Oscarbrygga

OSCARBRYGGA

Oscarbrygga in Tonnes offers cozy waterfront accommodation in traditional rorbu cabins or wharf rooms. From your balcony, you can enjoy sunsets or the midnight sun, with the sound of waves in the background. Meals are served in a restored wharf building full of charm.

Tonnes, a small village in Lurøy, is a great base for hiking on the mainland and nearby islands. Daily express boats make it easy to visit places like Rødøyløva.

[Learn more](#)



Photo: Bolga Brygge

BOLGA BRYGGE

Bolga Brygge offers comfortable lodging and great dining in beautiful surroundings. Guests can enjoy activities such as fishing, kayaking in calm waters, or hiking up Bolgfjellet, a mountain with spectacular views over large parts of the Helgeland coast.

Located on the island of Bolga in Meløy municipality, this scenic destination is surrounded by a picturesque archipelago. The iconic Bolgfjellet has long served as a landmark for seafarers and continues to be a highlight for visitors today.

[Learn more](#)



Photo: Lena Knutli

SOLVÆRØYAN BIRDS AND BEDS

Solværøyan Birds and Beds offers stays in off-the-beaten-path locations where you can unwind and enjoy the simplicity of life close to nature. Their two accommodations, Smia and Hubroheimen, are ideally situated in the kayaking and birdwatching paradise of the Solvær Islands, roughly in the middle of the Helgeland coast. Kayak rentals are also available.

[Learn more](#)



Photo: Travitude Media / Topcamp Havblikk

TOPCAMP HAVBLIKK

When you stay at Topcamp Havblikk at Nesna, you have access to varied activities that you can enjoy with family or friends. This campsite is well-suited to people travelling with caravans, campers or tents. If you prefer, you can choose a cabin or room. Havblikk is a family-friendly campsite with many different options for accommodation and activities. Here you can stay in safe and quiet surroundings with a short way to varied activities on the coast and inland.

[Learn more](#)

Northern Helgeland archipelago – hidden gems



Photo: Mårten Eriksen / Kvitneset Camping

KVITNESET CAMPING

Kvitneset Camping in Leirfjord municipality offers accommodation in scenic surroundings by a secluded fjord. Guests enjoy a beautiful view of the fjord and the Seven Sisters mountains. This is the place for a tranquil holiday far from noise and distractions. Although quiet and peaceful, Kvitneset Camping is situated only a few kilometres from the town of Sandnessjøen.

[Learn more](#)



Photo: Kristoffer Møllevik

KVARØY SJØHUS

When you choose a holiday stay in a modern rorbu cabin at Kvarøy Sjøhus, you have the most beautiful destination on the Helgeland coast within easy reach. A boat or kayak opens up wonderful opportunities for adventure. Here, adventure is never far away – the sea is right outside your door. Kayaks and motorboats are available for rent. Try your luck fishing with good friends, take the whole family for a swim in a sheltered cove.

[Learn more](#)



Photo: Emilie Solbakken / Visit Helgeland



Photo: Broadstone

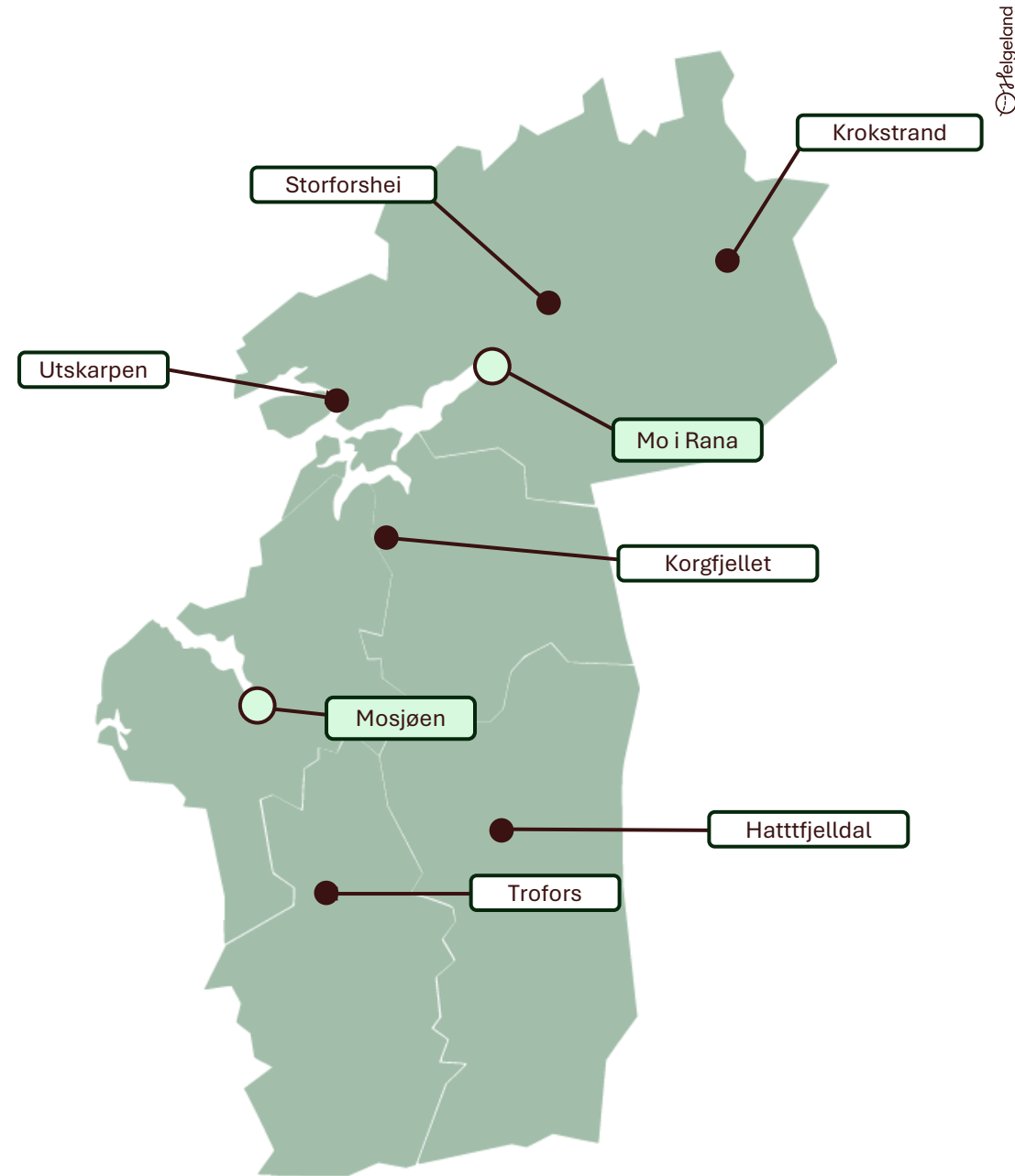
The Inland of Helgeland

The inland of Helgeland is home to the region's two largest towns, Mo i Rana and Mosjøen, both offering good hotel capacity and quality restaurants. The area is known for its reliable snow in winter.

The Inland of Helgeland

Inland Helgeland spans a large area of untouched nature and wild landscapes, offering a true sense of wilderness. In winter, the region is known for its reliable snow conditions, making it a popular destination for activities such as dog sledding, skiing, and snowmobiling.

The inland is also famous for its many fascinating cave systems, which attract both casual visitors and experienced explorers. In addition, this part of Helgeland is home to the region's two largest towns, Mo i Rana and Mosjøen, which serve as key hubs for accommodation, culture, and transport.



What to do

Inland Helgeland is known for its stable snow conditions in winter, making it a prime destination for classic activities such as dog sledding, snowmobile tours, and Northern Lights safaris.

In summer, the landscape transforms into a paradise for hiking, fishing, caving, and exploring endless trails. Both Mosjøen and Mo i Rana are conveniently connected to Trondheim and Bodø via the train line that runs through the region.

Favourite activities

[Northern Light hunting](#)

[Dog sledding](#)

[Snowmobile tours](#)

[Rafting](#)

[Climbing, via ferrata and zipline](#)

[Cave tours](#)

[Hiking](#)

[Skiing](#)

[Visiting the Nordland National Park Centre](#)

[Science Center of Nordland](#)



Photo: Simon Fosseheim / Visit Helgeland

Sleep

The towns of Mo i Rana and Mosjøen are home to some of the region's largest and best accommodation options. Mo i Rana offers the largest accommodation capacity in Helgeland, with a wide range of hotels and places to stay.

In Mosjøen, you'll find the historic Fru Haugans Hotel—the oldest hotel in Northern Norway. For a more personal stay, Til Elise fra Marius offers boutique-style lodging with a unique and intimate atmosphere. And by the coast, Yttersvik invites you to relax in modern panoramic cabins with stunning sea views.

[Til Elise fra Marius](#)

[Scandic Meyergården Hotell](#)

[Thon Partner Hotel Mo i Rana](#)

[Home Hotel Helma](#)

[Yttersvik](#)

[Mosjøen Hotell](#)

[Fru Haugans Hotell](#)

[Hattfjelldal Hotell](#)

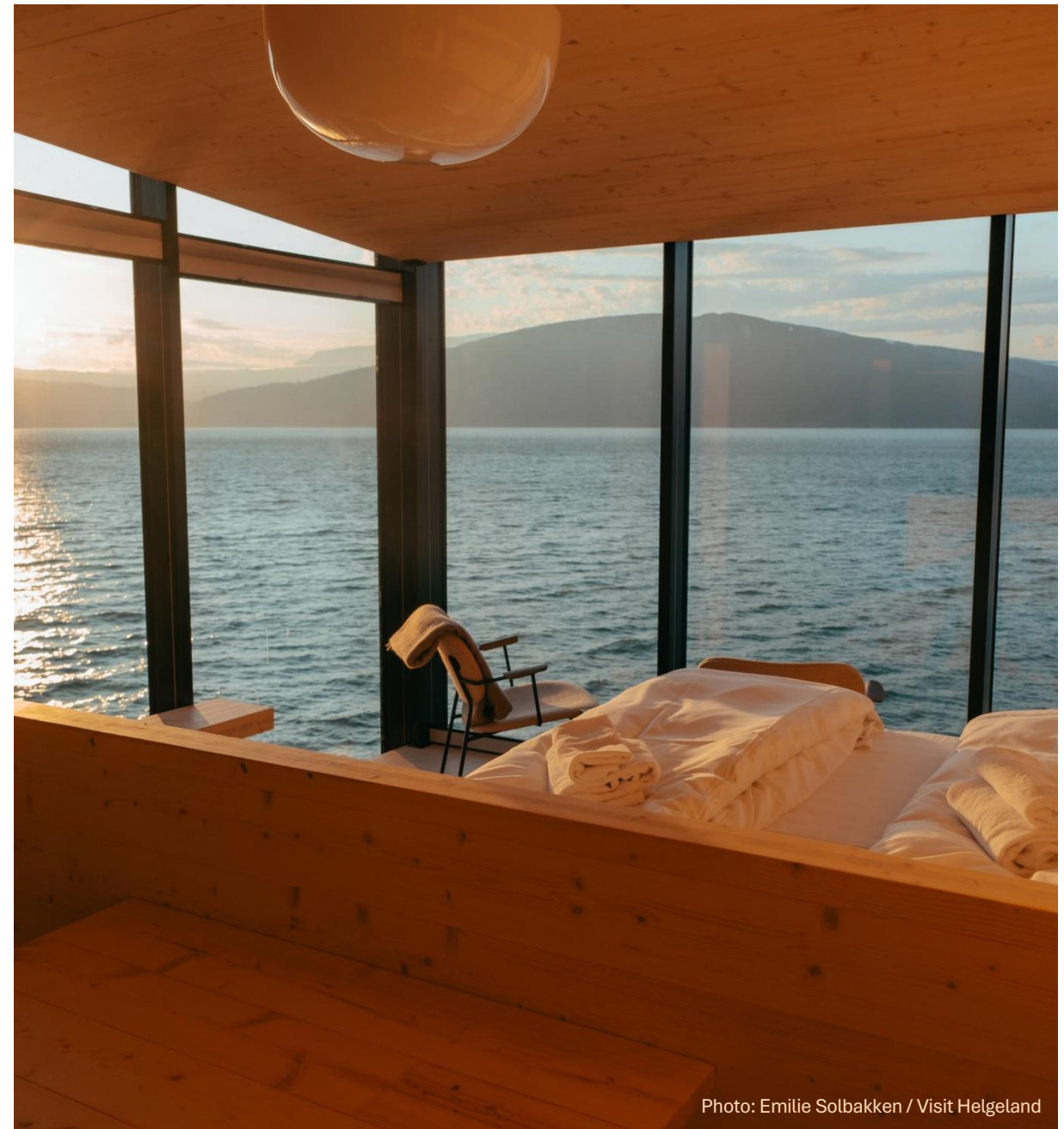


Photo: Emilie Solbakken / Visit Helgeland

Eat

Til Elise fra Marius is widely regarded as a strong contender for a future Michelin star. The restaurant offers an exceptional fine dining experience with a thoughtfully composed 10-course menu served daily. Known for its warm and personal hospitality, the team behind Til Elise works closely with the local community, aiming to contribute to the growth and vitality of the entire village.

You'll also find excellent dining options in both Mosjøen and Mo i Rana, many with a strong emphasis on local ingredients.

[Til Elise fra Marius](#)

[Sjyen Restaurant](#)

[Restaurant Meyergården](#)

[Huset i gato](#)

[Restaurant Ellen](#)

[Hattfjelldal Hotel](#)

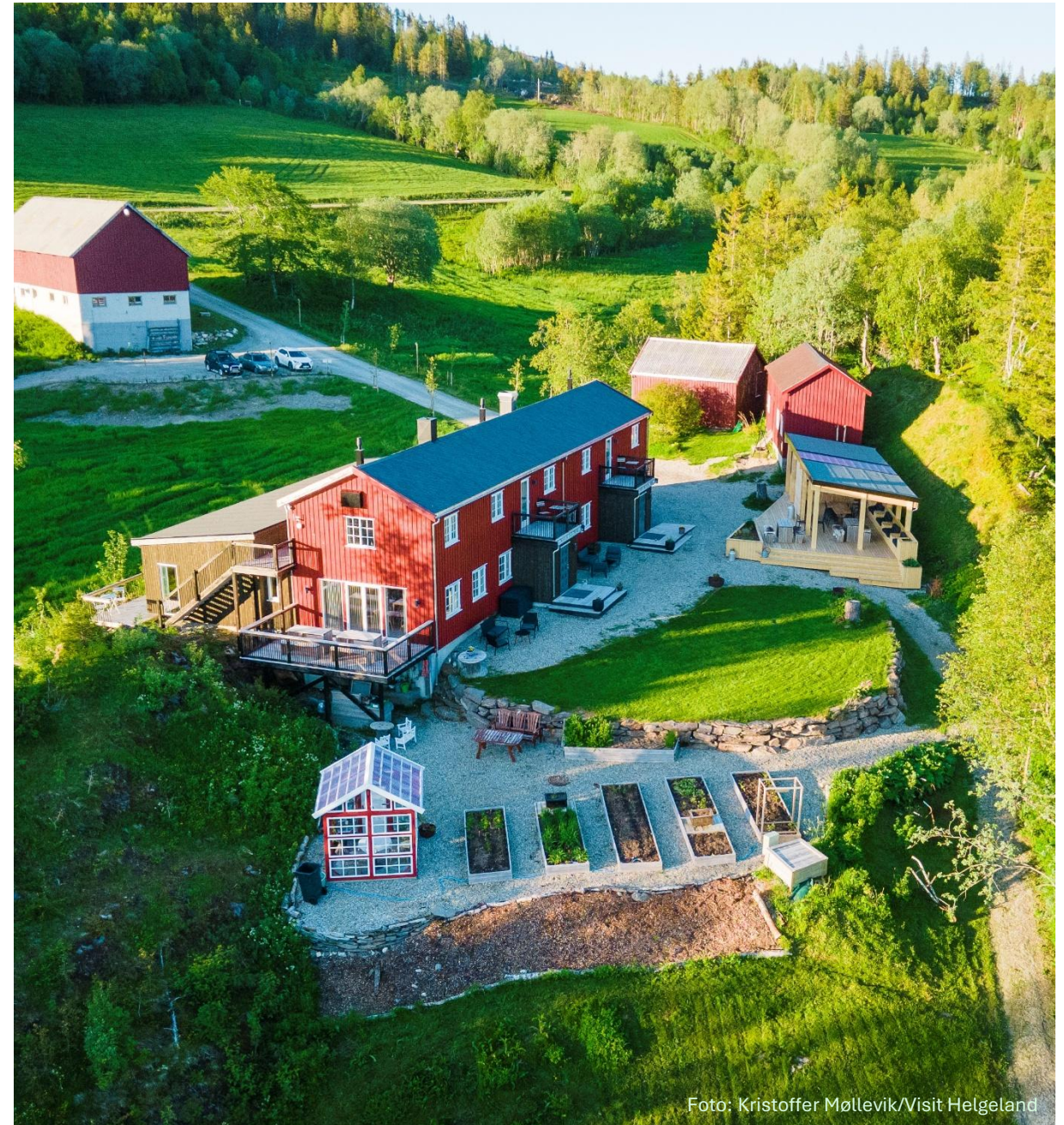


Foto: Kristoffer Møllevik/Visit Helgeland



Mo i Rana

Right on the edge of the Arctic Circle, Mo i Rana is the natural gateway to Svartisen, Norway's second-largest glacier, as well as the majestic Saltfjellet mountains. Known as Helgeland's largest town, Mo i Rana has grown from its origins as a trading post and its "ironworks era" as an industrial hub into a vibrant modern town. Today it offers cafés and theatres, shopping malls and a science centre, museums and concert venues — making it both a great base for exploring the glacier and mountains, and a lively destination in its own right.

Mo i Rana



Photo: Leif Karstensensen / Scandic Meyergården

SCANDIC MEYERGÅRDEN

Scandic Meyergården Hotel is situated in Mo i Rana's town centre. Its restaurant features a menu based on locally sourced ingredients. Whether you are with your family, friends or colleagues, this hotel is an ideal place to stay. It's close to premier hiking destinations such as Rabothytta cabin and Saltfjellet national park.

[Learn more](#)



Photo: Emilie Solbakken

YTTERVIK

Yttervik is beautifully located by the Ranfjord, just a short drive from Mo i Rana. The site offers a range of accommodation options, including modern cabins, cozy igloos, and well-equipped spaces for motorhomes and caravans.

This is a great base for family-friendly activities. In the summer, guests can rent a boat and go fishing, explore nearby mountain trails, or simply relax by the fjord and enjoy the peaceful surroundings and rich birdlife.

[Learn more](#)



Photo: Thon Hotels

THON PARTNER HOTEL

Thon Partner Hotel Mo i Rana combines scenic fjord views with easy access to city life. Beautifully located on the shores of Ranfjorden and just a few minutes' walk from the town centre, the hotel offers comfortable accommodation close to the waterfront promenade, cultural attractions, and mountain adventures.

The hotel features 145 rooms, ranging from moderate to standard, business, and superior categories.

[Learn more](#)



Photo: Paul Egil Henriksen

STRAWBERRY HOME HOTEL HELMA

The Strawberry Home Hotel Helma is centrally situated in the town Mo i Rana. The hotel offers accommodation designed to make you feel right at home. Its location is conveniently near the shops, the theatre, the science centre Vitensenter Nordland, and the town's attractive Fjord Promenade. Breakfast, afternoon coffee and a hot supper are always included in the price.

[Learn more](#)

Mo i Rana

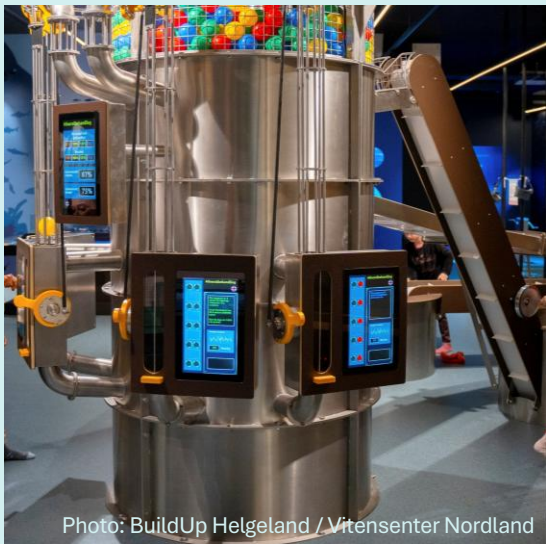


Photo: BuildUp Helgeland / Vitensenter Nordland

VITENSENTER NORDLAND

Vitensenter Nordland in Mo i Rana is an interactive science centre where visitors of all ages can explore nature, technology, and mathematics through hands-on activities. The exhibition focuses on Nordland's natural resources, digital technology, and virtual modelling, and encourages learning through experimentation and play.

[Learn more](#)



Photo: BuildUp Helgeland

RESTAURANT SJØEN – TOP DINING

With delicious food, fine wine, beautiful views, and a casually elegant atmosphere, Sjøen is a great choice for a memorable meal, perfect for any day or a special celebration. Here, you'll find fresh, modern dishes that showcase the best of the sea – or "sjøen," as the locals say.

Located in the heart of Mo i Rana, Sjøen is an à la carte restaurant serving high-quality dishes crafted from the best local and international ingredients. The atmosphere here is informal with a touch of elegance.

[Learn more](#)

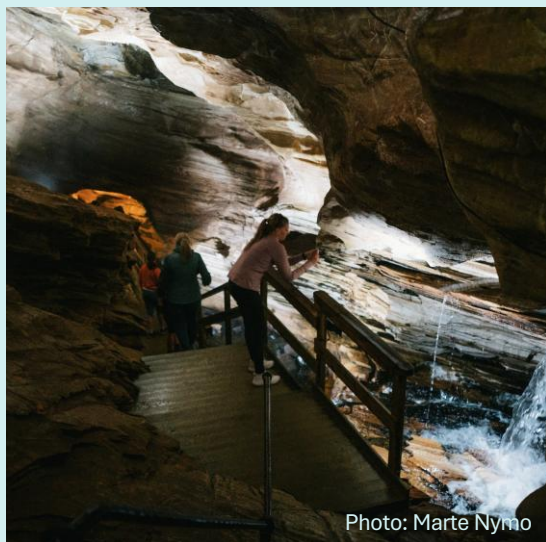


Photo: Marte Nymo

GRØNLIGROTTA CAVE

Grønligrøtta, near Mo i Rana, is a fascinating limestone cave ideal for a family visit. On a guided tour, you'll explore dramatic rock formations, stalactites, glacial potholes, an underground stream and waterfall, and even a granite boulder carried there by glacial meltwater at the end of the last ice age.

[Learn more](#)



Photo: Broadstone

SETERGROTTA CAVE

Just 30 minutes from Mo i Rana, Setergrotta is one of Norway's largest and most fascinating caves. With dramatic chambers, marble passages, an underground river, and even a hidden fish dam, it offers an adventurous and memorable experience. The tour is moderately demanding but requires no prior experience, and all necessary equipment is provided.

[Learn more](#)

Close to Mo i Rana



Photo: Fotoriet / Til Elise fra Marius

TIL ELISE FRA MARIUS

In the village of Utskarpen, between Mo i Rana and Nesna, Elise and Marius established a culinary attraction that is drawing a steady stream of foodies. They offer a dining experience where every dish is made from ingredients fresh from the farm and pasture. They also offer accommodation – charming rooms in a countryside setting.

Location: Utskarpen

[Learn more](#)



Photo: Broadstone

STORLI CAMPING / AERNIE

At Aernie, you can indulge in culinary and cultural experiences based on the history and traditions of the Southern Sami people. You can stay overnight in a luxury Sami hut or in a cabin, motorhome, caravan, or tent. Storli Camping and Aernie are located along the E6, a 20-minute drive north of Mo i Rana.

Location: Storforshei

[Learn more](#)



Photo: Marte Åsland / BuildUp Helgeland

KROKSTRAND FJELLPARK

With holiday accommodation at Krokstrand, young and old can take the challenge in the “High & Low Climbing Park”, play mini-golf, hike the mountains or go fishing. Hunting in the nearby wilderness is also available. Rent a room or an entire holiday home, and dine on delicious home-cooked meals in the café. Krokstrand Fjellpark is situated in a scenic spot near highway E6, just south of Saltfjellet.

Location: Krokstrand

[Learn more](#)



Photo: Broadstone



Mosjøen

Just below the “broad-shouldered” Øyfjellet, where the rivers Vefsna and Skjerva meet and flow into Vefsnfjorden, lies the colorful town of Mosjøen, the oldest town in Helgeland. Mosjøen is a city known for its music, culture, and cafés, and offers attractions such as the historic 19th-century district of Sjøgata, Helgelandstrappa with its zipline and via ferrata, Øyfjellgrotta, beautiful hiking areas, and its own city beach.

Mosjøen



Photo: Fru Haugans

FRU HAUGANS HOTEL

The venerable Fru Haugans Hotel, part of the “Heimr Collection” chain, is located at the end of Sjøgata, the historic and preserved district in the center of Mosjøen.

Fru Haugans has been offering food and accommodation to travelers since 1794. With the hotel as your base, you are within easy reach of great hiking destinations and other activities both in the mountainous region of Helgeland and along the Helgeland coast.

[Learn more](#)



Photo: Mosjøen Hotel

MOSJØEN HOTEL

Mosjøen Hotel is a cosy little hotel conveniently situated along highway E6, just 1.5 km from the Mosjøen town centre. Being within easy reach of many sights and attractions, it is an excellent base for day excursions along the coast and into the inland wilderness.

The hotel offers 34 rooms of various sizes and price categories, ranging from single rooms to spacious family rooms.

[Learn more](#)



Photo: Travitude Media / Topcamp

TOPCAMP MOSJØEN

Located conveniently by the E6 at the entrance to Mosjøen, Topcamp Mosjøen is just steps away from some of the town’s most beautiful outdoor and activity areas. The campsite boasts a large playground, spaces tailored for motorhomes, caravans, and tents, and offers guests a choice of comfortable cabins and apartments.

[Learn more](#)



Photo: HiNorth

ØYFJELLGROTTA

Explore the underground world of Øyfjellgrotta, just outside Mosjøen. This guided cave walk takes you past an underground river, through spacious chambers and a few narrow passages — exciting, but still manageable for most visitors. With helmets, lights, and protective gear provided, it’s a safe and memorable adventure for both adults and adventurous children.

[Learn more](#)

Mosjøen



Photo: Broadstone

VIA FERRATA

In the heart of Nordland, Mosjøen is home to the world's northernmost **via ferrata**. With Hi North, you'll climb safely along the mountainside, clipped to a steel cable and using iron steps and natural holds. Graded B/C (easy to moderately difficult), the route is suitable for beginners — and the reward is an unforgettable view from the summit.

[Learn more](#)



Photo: Kristoffer Møllevik

MOSJØEN ZIP-LINE

HiNorth in Mosjøen offers a thrilling ride from Storfjellet, 70 meters above the town, with stunning views over Sjøgata and the Vefsna river. The ride ends in the gardens of historic Fru Haugans Hotel. Operated by Hi North, the experience includes full safety gear, automatic braking, and guide support. Minimum age is 10 years, with a weight range of 30–110 kg.

[Learn more](#)

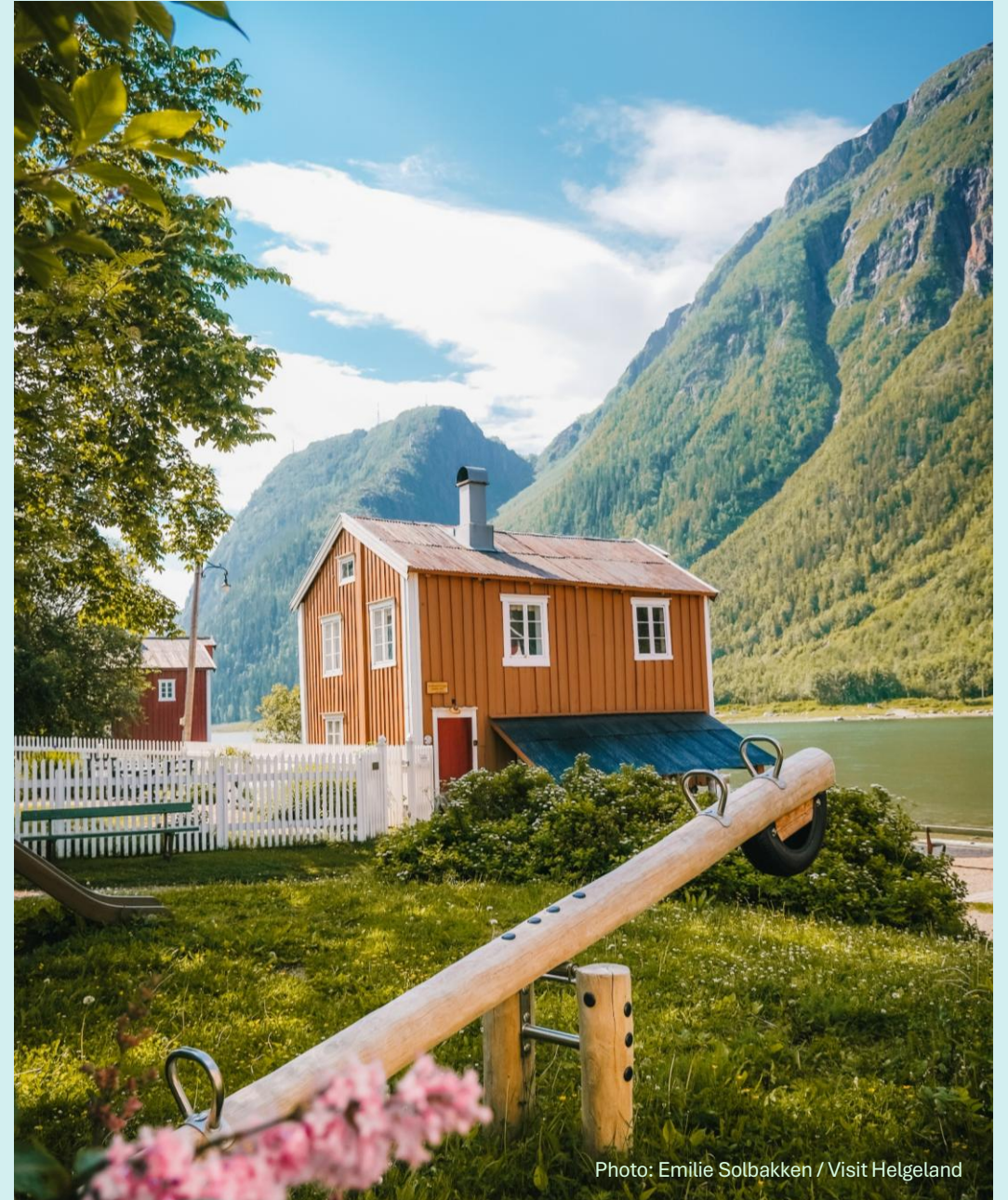


Photo: Emilie Solbakken / Visit Helgeland

Close to Mosjøen



Photo: RiverNorth

FAMILY RAFTING AT RIVERNORTH

RiverNorth's family rafting is incredibly popular and suitable for families with children aged six and older. You'll raft through numerous fun and safe rapids, and if you're up for it, you can even try swimming in the river. This trip is sure to bring a wide smile to everyone in the family and will undoubtedly become a cherished memory!

Location: Trofors

[Learn more](#)



Photo: Even Nyhagen / GoExtreme

HATTFJELLDAL HOTEL

This hotel in Hattfjelldal is a great year-round base for outdoor adventures like fishing in over 2,000 lakes, hiking nearby peaks such as Hatten, or exploring 360 km of snowmobile trails in winter. The hotel offers standard double rooms, family-friendly options, and additional rooms in an annex—all with free Wi-Fi.

Location: Hattfjelldal

[Learn more](#)



Photo: Hans Petter Sørensen / Faroutfocus

DOG SLEDDING WITH FREKE WILDERNESS

At Freke Wilderness, you're part of the adventure from start to finish. From meeting the dogs at the kennel to gliding through the snowy mountain forest, every moment is an unforgettable experience. The tour ends with rosy cheeks, happy dogs, and a cup of coffee by the campfire. This is a magical adventure for dog lovers, active families, and anyone eager to unleash their inner explorer.

Location: Korgfjellet

[Learn more](#)



Photo: RiverNorth

WHITEWATER KAYAKING

RiverNorth offers a two-day whitewater kayaking course near Trofors, one of Norway's top kayaking areas. Led by experienced instructors—including world champion Mariann Sæther—the course focuses on safety, essential techniques, and navigating river features like currents, eddies, and waves. It's a great opportunity for those curious about whitewater kayaking and ready for an exciting outdoor challenge.

Location: Trofors

[Learn more](#)

Travelling by car or bus

For many of our visitors, traveling by road is a popular choice. For those who don't consider cycling a suitable option, driving by car or taking the bus can be a great alternative. The road along the Helgeland Coast is widely regarded as one of the world's most beautiful scenic routes. And that's not just a claim made by locals. National Geographic includes it among the world's 101 most beautiful drives, and Lonely Planet ranks it as one of the top 10 experiences in Norway.

Electric Car Chargers from LadOpp

At the excellent charging stations provided by Helgeland Kraft, you can recharge both your and your car's batteries. Your car's batteries can be charged with renewable hydropower, while you can recharge with experiences in beautiful nature.

[Learn more](#)

Charter tours throughout Nordland

HTS Mosjøen offers charter tours in comfortable buses with experienced drivers. With a base in the town of Mosjøen, HTS offers tailored scenic tours throughout Nordland County.

[Learn more](#)



Photo: Kristoffer Møllevik / Visit Helgeland



Photo: Broadstone

Destination Management Companies

Hi North!

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Nordland National Park Centre

There is much to learn about the amazing wilderness and national parks of Nordland County – and the exhibitions at the Nordland National Park Centre aim to inspire this and much more. The centre offers something for the whole family, with exciting activities for young and old, such as walking the trails in the beautiful surroundings.

Nordland National Park Centre is a natural stop just north of the Arctic Circle.

Set in beautiful architecture and scenic surroundings, you'll find the Adde Zetterquist Art Gallery and the Nordland National Park Visitor Centre, together forming a unique experience where art and nature meet.

[Learn more](#)

Sustainability

Eco-lighthouse

Visit Helgeland earned our Eco-Lighthouse certification in 2020, demonstrating our commitment to sustainable tourism and reducing our environmental footprint. This certification ensures we implement eco-friendly solutions in our operations and promote environmentally conscious choices among partners and tourists. Our goal is to help the Helgeland tourism industry preserve the region's natural wealth for future generations.

Sustainable Destination

“Sustainable destination” is a label for destinations systematically reducing tourism's negative impact, requiring triennial progress documentation. Administered by Innovation Norway, 10 of Helgeland's 19 municipalities are currently pursuing this certification. Our ambition is for all municipalities to achieve this label, and we offer project management support for the process.

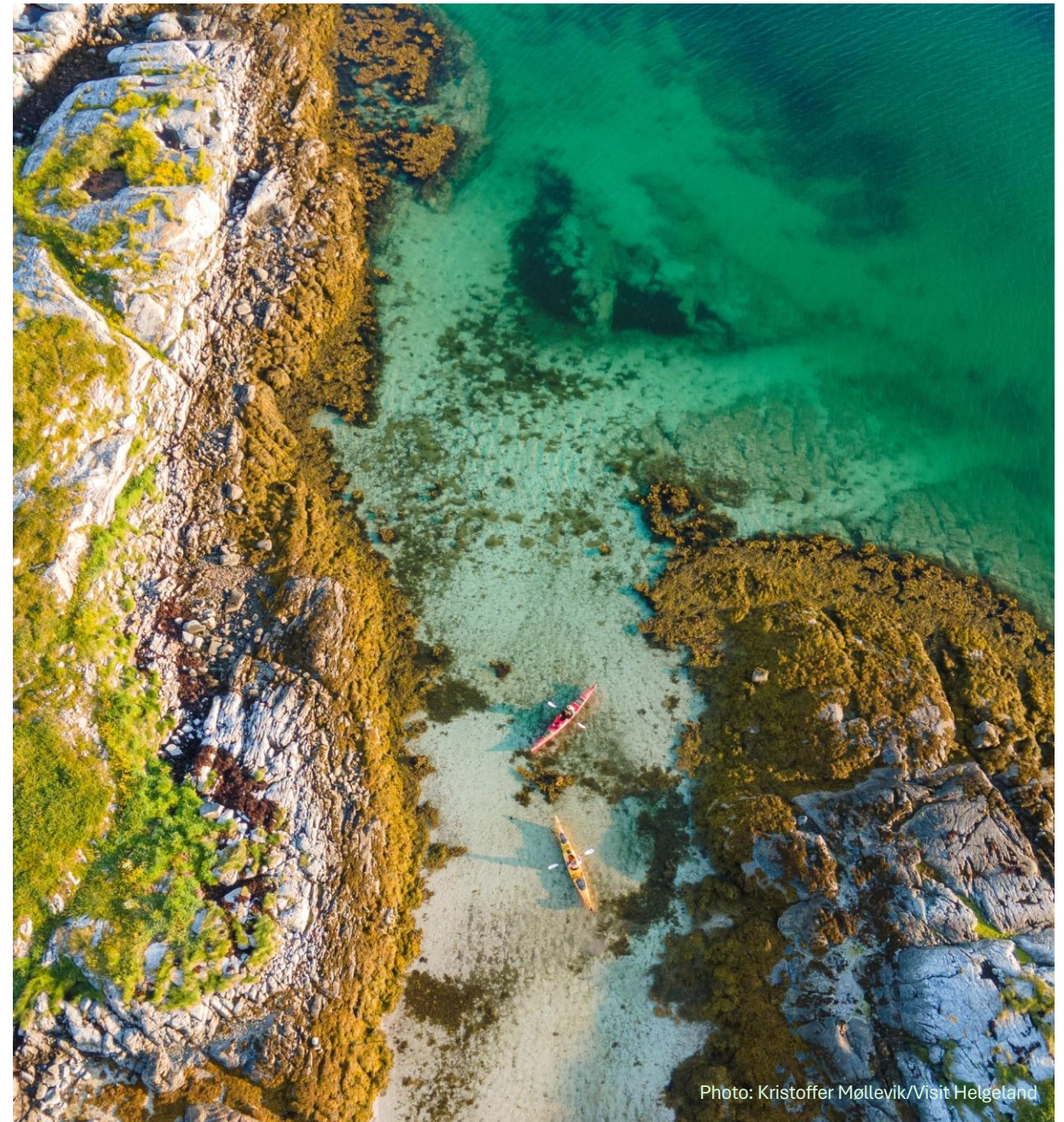
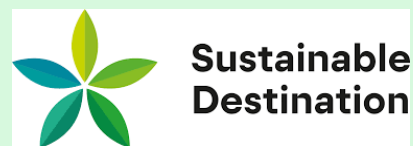


Photo: Kristoffer Møllevik/Visit Helgeland



Let's connect

As the official Destination Marketing Organization for Helgeland our mission is to support your success. We serve as your gateway to our remarkable region and a trusted network of professional travel partners.

Think of us as your local experts on the ground. We offer international tour operators free, tailored support to help you create and market unforgettable travel experiences.

Our services include:

- Custom Itinerary Planning: Personalized recommendations and expert guidance based on your market and client needs.
- Supplier Connections: Direct access to quality-assured hotels, authentic activity providers, and reliable transport solutions.
- Insider Knowledge: Benefit from our expertise in logistics, new openings, and hidden gems that make every trip extraordinary.

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About Visit Helgeland

Visit Helgeland is the official Destination Management Organization (DMO) for the Helgeland region. It is owned by the region's 19 municipalities and supports around 200 local tourism-related businesses.

The organization has a team of 11 employees based in Helgeland's four main cities: Mo i Rana, Mosjøen, Sandnessjøen, and Brønnøysund.



Photo: Kenneth Lauvås/Visit Helgeland