



COMFORT IN THE HEART OF THE ISLAND KINGDOM

Seasonal Opening

All year around

Distance from the nearest town

145 km (Mo i Rana)

CAPACITY

Double rooms

8

Apartments

2

Included

- Breakfast

CONFERENCE, MEETINGS & EVENTS

Conference and meeting rooms

1

ABOUT

Experience comfort surrounded by the raw and breathtaking beauty of Træna. Here, you stay in bright and welcoming double rooms or well-equipped apartments with kitchen facilities — ideal for both short visits and longer island stay.

From our spacious common lounge, you can enjoy panoramic views across much of the archipelago, a perfect place to relax after a day of exploration.

We are located just steps from the ferry quay, the local grocery store, Aloha Café, Kaffekollektivet, and Havfolkets Hus with its pub and restaurant — placing you right at the centre of island life.

Breakfast features local flavours, and we are always happy to share tips about hikes, activities, and hidden gems. At Træna, you'll find both peaceful moments and close connection to the vibrant coastal community.

Træna may be small — but the experiences are grand. We do our very best to make you feel at home.

Top Three Activities Nearby

1. Rent a kayak
2. Visit the island of Sanna, home to Trænstaven
3. Escape room

