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## YTE & NYTE ACTIVITY PACKAGE

### Seasonal Opening

May – October

### Capacity / number of guests

Minimum 1, Maximum 20

### Duration

1-4 hours depending on tour destination and skill level

### Level

Grade 2

### Age limit

18

### Included

- Breakfast buffet
- Packed lunch
- 1 glass of aperitif
- Evening 3-course menu

### Distance from town

0 km (Mosjøen)

### Environmental certifications

Eco-Lighthouse certified



### ABOUT

The Yte & Nyte package at Fru Haugans Hotel combines outdoor adventure with comfortable accommodation and dining in the historic surroundings of Mosjøen.

Guests are encouraged to explore nearby mountain trails before returning to the hotel for relaxation and hospitality. The package includes an overnight stay, breakfast buffet, aperitif, and a three-course dinner in the hotel's restaurant.

Thanks to its proximity to several popular hiking destinations on Helgeland, the package works well for active travellers, groups, and curated travel itineraries combining nature experiences with culinary hospitality.

The concept highlights the balance between activity (“Yte”) and enjoyment (“Nyte”), creating a complete experience that blends outdoor exploration, local food, and comfortable accommodation.



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