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ØYFJELLGROTTA – A CAVE ADVENTURE

Seasonal Opening

November – May

Capacity / number of guests

Minimum 4 guests

Duration

3 hours

Level

2

Age limit

The recommended minimum age for children is 5 years

Distance from town

5 km

Environmental certifications

ECO-lighthouse Certified



ABOUT

Øy fjellgrotta is a 500-meter limestone cave located just outside Mosjøen and offers an accessible introduction to caving. The experience includes crawling through a few narrow passages, moving past fascinating formations, and viewing an underground river that runs dry in summer. The short walk from the parking area includes a steep section before reaching the entrance.

Participants are equipped with coveralls, gloves, helmets, and headlamps before setting out with a guide. The tour lasts about three hours and provides insight into how natural forces have shaped the cave over hundreds of thousands of years. While generally suitable for most visitors, those with claustrophobia may find certain sections challenging, and normal physical fitness is required.

The trip starts at Hi North's office in Mosjøen, where equipment is issued before a short drive to the cave. Waterproof shoes and regular hiking clothing are recommended. During the excursion, coffee, juice, and biscuits or chocolate are served. The tour runs in any weather, offering a safe and memorable way to explore an underground world shaped by nature.