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## KRANBERGET – ARCTIC FREEDIVING

### Seasonal Opening

All year around

### Capacity / number of guests

Minimum 2, maximum 8

### Duration

3 hours

### Level

Grade 1, 2

### Age limit

7

### Included

- Full set of specialized freediving gear
- Warm drinks

### Other requirements / restrictions

Swimming competence and good health are required.

### Distance from town

146 km

### ABOUT

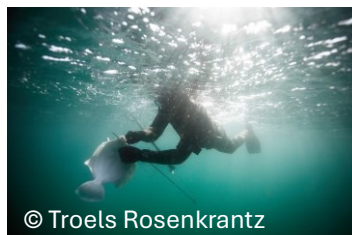
Explore kelp forests, pick scallops, or hunt for fish beneath the surface of the Arctic Ocean.

Freediving is a rewarding activity that we offer all year round here at Træna, located on the Arctic Circle. With special wetsuits designed for cold water, we stay warm for hours—even during the coldest winter months—allowing us to enjoy crystal-clear waters and an ocean full of life.

Experiences are tailored to our guests' wishes and level of experience. If you have never tried freediving before, or have not used this type of gear, we recommend an introduction course. The experience begins with approximately one hour of diving theory and practical instruction, where we take a closer look at the equipment and how to use it safely.

After the introduction, we spend around two hours in the water. Your instructor will guide you through the techniques of freediving while introducing you to the marine life found around the islands.

For guests with some prior experience, we can arrange more advanced activities such as improving your freediving skills, harvesting scallops, or hunting for fish in the rich waters surrounding Træna.



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