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## CAVE TRIP IN SETERGROTTA

### Seasonal Opening

Available all year except from 15 April to 15 May

### Capacity / number of guests

Minimum 4 and maximum 100

### Duration

2,5 hours

### Level

Grade 2

### Age limit

5 years

### Included

Coveralls, helmet, knee pads, and headlamp are provided. Spikes are included if conditions at the cave entrance require them.

### Other requirements / restrictions

Participants need to bring sturdy footwear with good grip, long underwear or clothes to wear under the coveralls (as the temperature inside the cave is around 4°C), and gloves. Gloves can also be purchased on site. There is a small kiosk selling gloves, ice cream, drinks, and souvenirs.

### Distance from town

23,1 km (Mo i Rana)

### ABOUT

Explore a Hidden Underground World on a Guided Cave Tour in one of Norway's most unique caves for exploration.

Formed between 400,000 and 10,000 years ago, the cave features deep gorges, narrow passages, marble corridors, and tight crevices – as well as large chambers with impressive acoustics and fascinating geology. Inside the mountain, you'll also find running water and even a natural fishpond. A great experience for moderately active to active visitors.



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