



## BETWEEN MOUNTAINS AND RIVER – A GUIDED NATURE & CULTURAL EXPERIENCE

### Seasonal Opening

June – Mid-September

### Capacity / number of guests

Minimum 6, maximum 18 guests

### Duration

3 hours

### Level

Grade 1

### Age limit

8 years

### Included

• Campfire coffee and tea

### ABOUT

Join us for a scenic and atmospheric walk through the striking landscapes of Grane municipality — where mountains, rivers, and lakes shape both nature and history.

Along well-maintained trails, we guide you through old-growth forests, across open mountain terrain, and alongside powerful rivers and tranquil lakes. As we walk, we share stories of the people who have lived here — from South Sámi traditions and living cultural landscapes to the era of the “salmon lords” and the legendary timber floating along the River Vefsna.

This is more than a hike. It is a journey through nature, culture, and living history — where the landscape itself still carries the stories of the past.

