

# Discover Helgeland

Island life. Mountain majesty. Untamed nature.  
Your gateway to the Arctic.



 Helgeland

# Content

Helgeland – a land of striking contrasts.....	3	<b>Southern Helgeland</b> .....	27	Glomfjord.....	55–56
Reliable winters – mild summers .....	4	Southern Helgeland .....	28	Norways second largest glacier .....	57
Where culture runs deep and history lives on.....	5	What to do.....	29	Halsa .....	56–58
Top cultural experiences to explore .....	6	Eat and sleep .....	30	Bolga.....	58
The Arctic Circle .....	7	Charming stops around Brønnøysund .....	31	Støtt .....	59–60
Top outdoor adventures to explore .....	8	Brønnøysund .....	32–33	Northern Helgeland archipelago – hidden gems ...	61
A culinary landscape rooted in tradition and taste.....	9	Forvik .....	34	<b>The Inland of Helgeland</b> .....	62
Top dining experiences to explore.....	10	Sømna.....	34	The Inland of Helgeland .....	63
Northern lights .....	11	Terråk .....	34	The glacier Svartisen.....	64
Favourite winter activities .....	12	Vega.....	35–36	What to do.....	65
Midnight sun.....	13	Forvik .....	37	Sleep.....	66
Favourite summer activities .....	14	Ylvingen.....	37	Eat .....	67
How to get here.....	15	Forvik Old Trading post.....	38	Saltdal .....	68
Trondheim as your port to Helgeland .....	16	Bindal – our southernmost destination .....	39	Storforshei.....	68–69
Direct flights to Trondheim.....	17	<b>Northern Helgeland</b> .....	40	Mo i Rana .....	70–74
Bodø as your port to Helgeland.....	18	Northern Helgeland.....	41	Utskarpen.....	73
Direct flights to Bodø.....	19	What to do.....	42	Korgen.....	73
Getting around is easy.....	20	Sleep.....	43	Mosjøen.....	75–79
Four towns covering the region .....	21	Eat .....	44	Trofors.....	80–81
How to travel to and from our four towns.....	22	Adventure Helgeland.....	45	Hattfjelldal.....	81
Main connections Nordland .....	23	Tjøtta.....	46	Travelling by car or bus.....	82
Explore Nordland with one ticket .....	24	Herøy .....	46–48	Regional Destination Management Companies ...	83
Plan your trip .....	25	Dønna.....	48–49	Nordland National Park Centre.....	84
Discover Helgeland.....	26	Sandnessjøen.....	49–50	Sustainability.....	85
		Nesna.....	50	Let's connect.....	86
		Lovund.....	51–52	Technical sheets .....	87–89
		Kvarøy.....	52	About Visit Helgeland.....	90
		Tonnes.....	52		
		Træna.....	53–55		

# Helgeland – a land of striking contrasts

**Here, the spectacular Helgeland coast meets the calm of untouched wilderness. In the morning, you can paddle among thousands of islands, hike through national parks or climb majestic peaks in the afternoon and round off your day with a meal prepared from local ingredients.**

Along the coast, vibrant communities thrive in harmony with nature and tradition. You'll encounter a living cultural heritage, including a UNESCO World Heritage Site, where customs and ways of life have endured for centuries. Just a short journey inland reveals deep forests, towering mountains, serene alpine lakes, and vast, unspoiled landscapes.

Helgeland is also crossed by an invisible line – the Arctic Circle. It marks the gateway to the Arctic, where summer brings endless

days and the midnight sun, while winter offers crystal-clear nights illuminated by the northern lights.

This is a region for those in search of something genuine – an adventure between coast and wilderness. At the very heart of Norway, Helgeland offers a rare combination of snow-capped peaks and wild nature, together with a mild coastal climate and unforgettable seaside experiences.

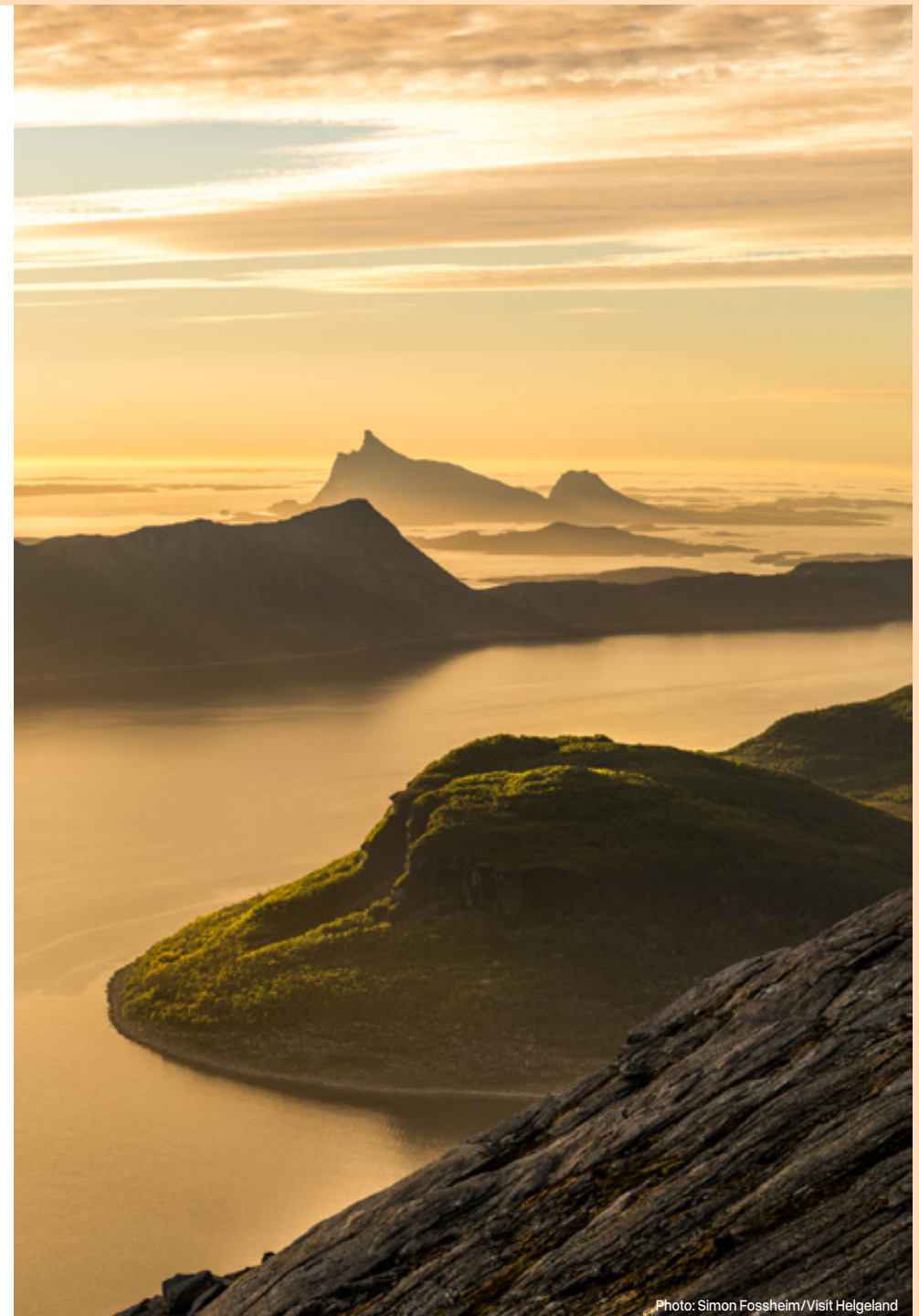


Photo: Simon Fosshem/Visit Helgeland

# Reliable winters – mild summers

One of the qualities that makes Helgeland unique is its exceptional seasons – with both great summers and winters. The inland climate ensures reliable snowfall throughout the winter.



Photo: Kristoffer Møllevik/Visit Helgeland



Photo: Emilie Solbakken/Visit Helgeland



Where culture runs deep  
and history lives on

Photo: Mariann Vatne/Torolvstein

**Vega is a true jewel on UNESCO's World Heritage List – where the unique tradition of eider duck farming blends seamlessly with a vibrant coastal culture.**

Helgeland carries the legacy of Viking sagas and wartime stories that have left a lasting mark on the people who live here. In Trollfjell UNESCO Global Geopark, you can walk across landscapes of global geological significance – the very layers of the Earth's ancient past.

On Træna, where fishing has sustained life for more than 9,000 years, you'll discover a modern island community thriving with creativity and resilience. Add to this a proud tradition of boatbuilding, a lively festival scene, and countless cultural experiences, and it's clear: there's never a dull moment in Helgeland.

# Top cultural experiences to explore

## Vega World Heritage

The Vega World Heritage Centre, beautifully located at Vega, shares the story of island life on Vega and its unique coastal culture. Visitors can discover the history of the fisher-farmers and learn about their centuries-old tradition of protecting nesting eider ducks – an important part of the cultural landscape that contributed to Vega's designation as a UNESCO World Heritage site. This work continues today and was historically an important responsibility for the women along the coast.



Photo: Kristoffer Møllevik/Visit Helgeland

[Learn more](#)

## Viking chieftdom

Sandnes is among the most thoroughly documented archaeological finds from the Viking Age. The reconstructed Viking settlement in Sandnessjøen is also considered one of the best documented sites from this period. Throughout the year, seasonal feasts and banquets bring the Viking spirit to life. Visitors are welcomed with engaging storytelling, Norse legends, hearty traditional food, a sales exhibition, a cozy reading corner, and friendly competitions and games.



Photo: Kristoffer Møllevik/Visit Helgeland

[Learn more](#)

## Sami culture

At Aernie, you're invited to experience the rich culinary and cultural traditions of the Southern Sami people. Stay overnight in a luxury Sami hut, or choose the comfort of a cabin, motorhome, caravan, or tent. Located along the E6, just 20 minutes north of Mo i Rana, Aernie and Storli Camping are easily accessible yet feel worlds away. Here, South Sami culture meets traditional local cuisine. Learn about Sami history, culture, and way of life together with family or friends.



Photo: Broadstone

[Learn more](#)

## Medieval churches

Our medieval churches in Helgeland offer a unique opportunity to immerse yourself in centuries of history. Along the Helgeland coast, the medieval churches Alstahaug Church, Herøy Church, and Dønnes Church stand as reminders of a time when this region was a key spiritual and cultural hub in Northern Norway. Located along Hålogalandsleia, the pilgrimage route to Nidaros Cathedral, these churches invite visitors into a living landscape shaped by faith, tradition, and coastal life.

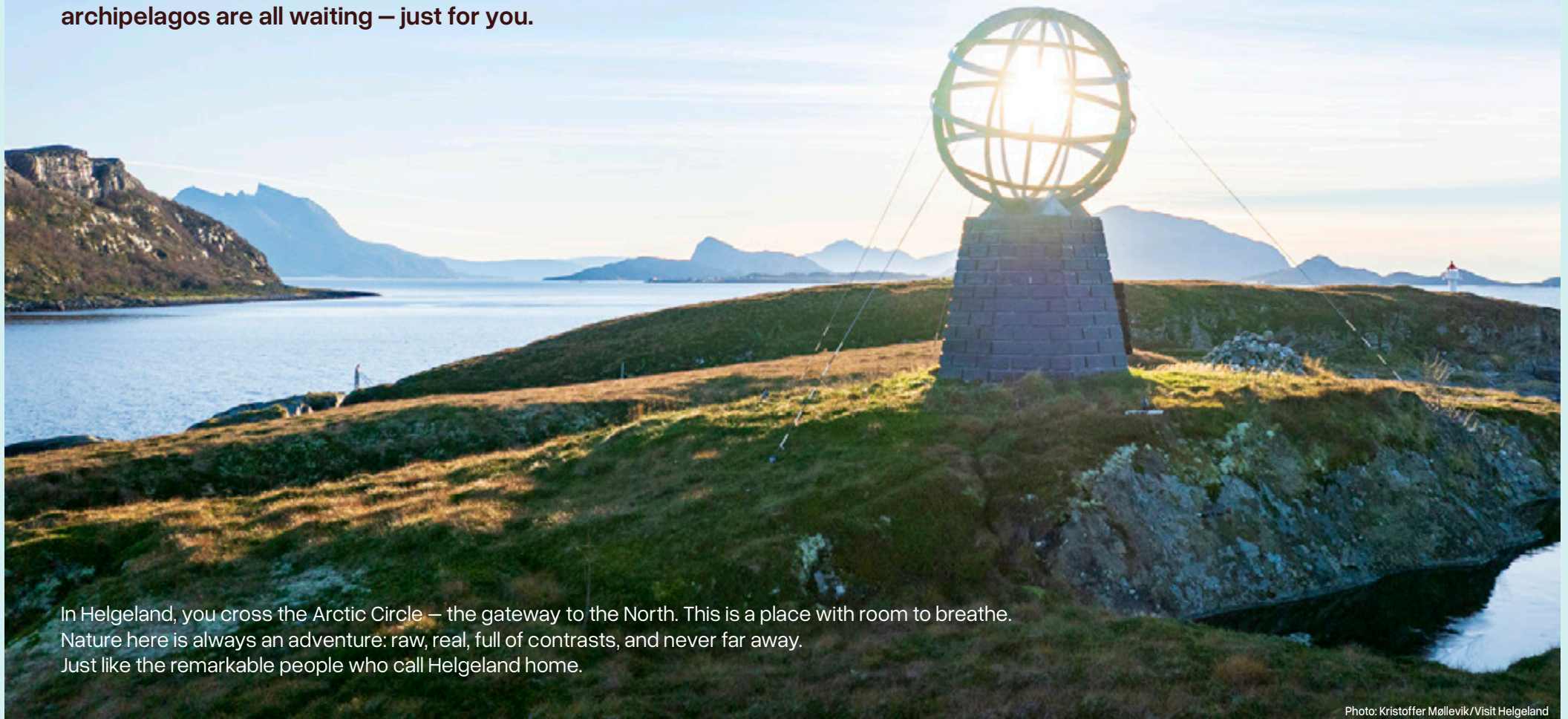


Photo: Terje Rakke, Nordic Life

[Learn more](#)

# The Arctic Circle, majestic mountains, and Norway's coastal paradise

The nature of Helgeland is an experience that will stay with you forever. Here, crystal-clear rivers, mighty glaciers, dramatic mountain ranges, vast national parks, and one of the world's most spectacular archipelagos are all waiting – just for you.



In Helgeland, you cross the Arctic Circle – the gateway to the North. This is a place with room to breathe. Nature here is always an adventure: raw, real, full of contrasts, and never far away. Just like the remarkable people who call Helgeland home.

Photo: Kristoffer Møllevik/Visit Helgeland

# Top outdoor adventures to explore

## Island hopping

Island hopping along the Helgeland coast is a must-do adventure, best experienced by kayak, bike, or express boat. You can bring your bike or kayak onboard, and rentals are available locally. Fly into Bodø, Mo i Rana, Sandnessjøen, or Brønnøysund to begin your journey. With the Travel Pass Nordland, you can travel freely for a week – perfect for exploring the scenic Summer Route, like an “Interrail by sea.”



Photo: Kristoffer Møllevik/Visit Helgeland

[Learn more](#)

## Northern Light safari

In Helgeland, the Northern Lights can be seen from August to April, offering a magical winter experience. To increase your chances, seek dark, open areas away from city lights – Helgeland’s vast coast and mountain wilderness are ideal. Since much of the region lies south of the Arctic Circle, daylight hours are longer, allowing you to enjoy winter activities like skiing, snowshoeing, or dog sledding by day – and hopefully catch the aurora by night.



Photo: Arvid Baranovs

[Learn more](#)

## Biking

Helgeland is made for cycling. With its scenic coastal roads, charming island communities, gentle inland, and dramatic mountain backdrops, this region offers unforgettable biking experiences for all levels.



Photo: Terje Rakke

Follow quiet roads along the scenic coastal road, hop between islands by express boat, or challenge yourself on winding mountain routes. Whether you’re looking for a relaxing ride or an active adventure, Helgeland has the perfect pace.

[Learn more](#)

## Kayaking

The myriad of islands, islets and skerries, with sheltered waters and many areas of shallow seas, make the Helgeland coast one of Norway’s premier kayaking arenas. Here is an overview of places where you can rent a kayak or sign up for guided kayaking excursions. Whether you are a beginner or an experienced kayaker, we would like to suggest some specific kayaking adventures and add some useful tips.



Photo: Johanne Tysnes

[Learn more](#)

# A culinary landscape rooted in tradition and taste



**In Helgeland, food is more than sustenance – it's a reflection of the land, the people, and the seasons.**

Photo: Kristoffer Møllevik/Visit Helgeland

Here, you can truly taste nature. From fertile fields and crystal-clear fjords to wild forests and rugged coastline, local farmers, fishers, and foragers bring you meat, fish, berries, fruit, and vegetables with pure, authentic flavors shaped by our raw and beautiful climate.

You'll find small-scale producers who share their passion directly with you, offering honest food crafted with care and tradition.

At our cozy restaurants, menus tell stories – of heritage, of culture, and of nature's generosity.



Photo: Kristoffer Møllevik/Visit Helgeland



Photo: Espen Mills/Visit Helgeland



Photo: Espen Mills/Visit Helgeland

Every meal is a celebration of where we come from, and a part of who we are.

# Top dining experiences to explore

## Til Elise fra Marius

In the village of Utskarpen, between Mo i Rana and Nesna, Elise and Marius established a culinary attraction that is drawing a steady stream of foodies. They offer a dining experience where every dish is made from ingredients fresh from the farm and pasture. They also offer accommodation – charming rooms in a countryside setting.



Photo: Kristoffer Møllevik/Visit Helgeland

*Location: 30 min drive from Mo i Rana*

[Learn more](#)

## Hildurs Urterarium

Hildurs Urterarium is far more than a restaurant. It is a lush oasis imbued with life and personality, offering guests a respite from their busy lives and a unique dining experience shared with friends or family. Restaurant Sagastuen and the old parlour have an ambience that gives visitors a taste of bygone times.



Photo: Kitt Grønningstøer/Visit Helgeland

*Location: Brønnøysund*

[Learn more](#)

## Lovund Hotel restaurant

Dining at Lovund Hotel is all about the flavors of the sea. The menu highlights fresh ingredients from local fishermen and producers, transformed into memorable dishes by a skilled kitchen team. With a focus on fish, seafood, and carefully chosen wines, the restaurant offers seasonal menus that reflect a deep love for the ocean and the food traditions of the Helgeland coast.



Photo: Emilie Solbakken/Visit Helgeland

*Location: Lovund*

[Learn more](#)

## Vega Havhotell Restaurant

In the kitchen at Vega Havhotell, Jonas Møller creates culinary dishes based on local ingredients from Vega and the rest of Helgeland. The restaurant's five-course dinner is planned daily and is based on the day's ingredients. They are genuinely committed to sourcing the best ingredients that suit the season and that the island and Helgeland have to offer.



Photo: Kristoffer Møllevik/Visit Helgeland

*Location: Vega*

[Learn more](#)

# Northern lights

Helgeland offers stunning views of the Northern Lights during winter. This image captures the popular island group Træna, where dramatic mountain peaks create a striking landmark along the coast.

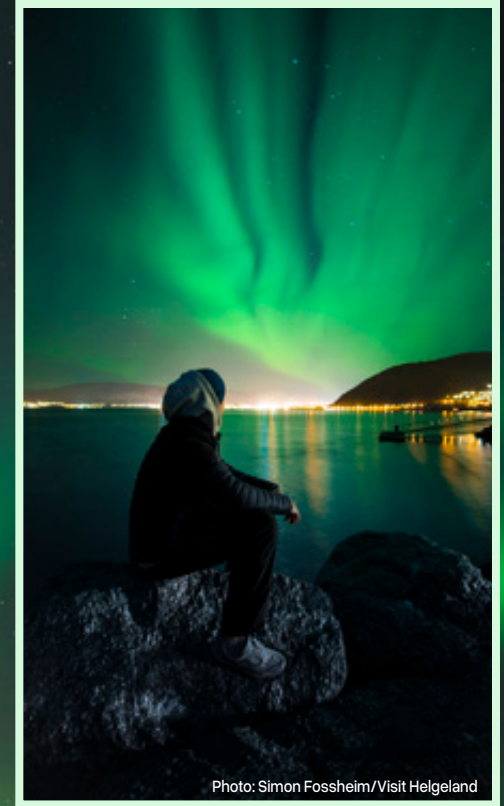


Photo: Simon Fossheim/Visit Helgeland



Photo: Arvid Baranovs

# Favourite winter activities

Looking for snow?

Head to the inland areas of Helgeland – a true winter paradise. With reliable snow conditions throughout the season, the region offers everything from dog sledding and snowmobile tours to magical northern lights safaris.

## RECOMMENDATIONS:

Ski touring

Dog sledding

Ice fishing and winter fishing

Northern light safari

Guided snowmobile tours

Cross country skiing

Photo: Kristoffer Møllevik/Visit Helgeland

# Midnight sun

At the Arctic Circle, the midnight sun is a natural wonder that bathes the landscape in daylight around the clock during summer. For several weeks, the sun never sets, creating long, golden evenings perfect for exploring nature, hiking, or simply enjoying the light that never fades.



Photo: Kristoffer Møllevik/Visit Helgeland

# Favourite summer activities

Thanks to the Gulf Stream, Helgeland's coastline enjoys mild and pleasant summers. The island-dotted archipelago is especially popular in the summer months – perfect for island hopping by bike, hiking majestic peaks, and exploring the many vibrant coastal communities.

## RECOMMENDATIONS:

Cycling

Kayaking

Mountain hikes and walks

Glaciers and glacier treks

Fishing

Via Ferrata, Climbing and ziplines

Birdwatching

Caves – see the mountains from inside

Boat trips and sailing adventures

# How to get here

**Helgeland is centrally located in Norway, right on the Arctic Circle. The region is easily accessible by train, plane, boat, or car.**

A brand-new airport is set to open in Mo i Rana in September 2027, further improving international access to the area. Today, Trondheim and Bodø serve as key transport hubs – Trondheim from the south, and Bodø from the north – making it easy to reach Helgeland from both directions.

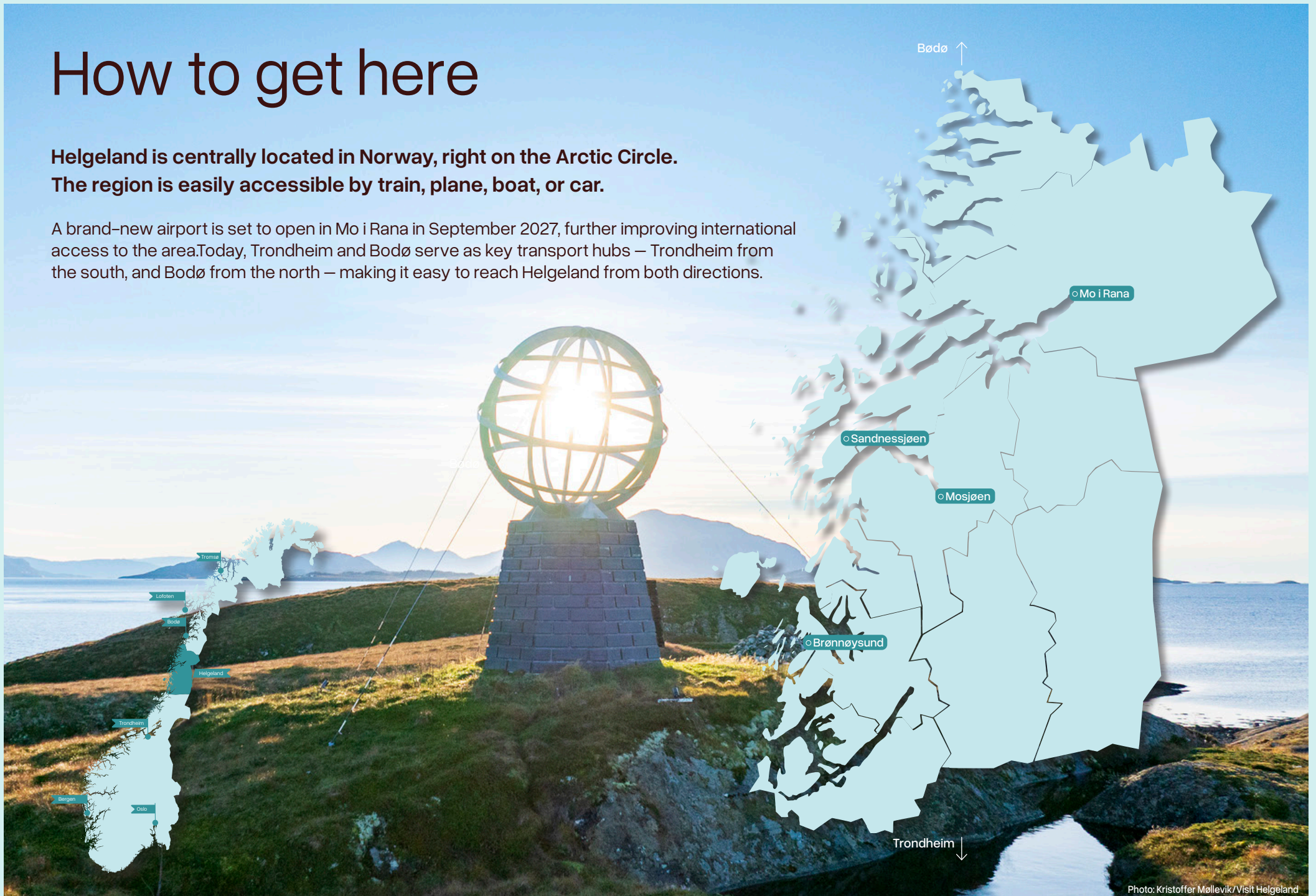


Photo: Kristoffer Møllevik/Visit Helgeland

From South

# Trondheim as your port to Helgeland

**Year-round direct flights within Norway:**

- Oslo (OSL) · Bergen (BGO) · Stavanger (SVG)
- Bodø (BOO) · Tromsø (TOS) · Ålesund (AES)
- Sandefjord Torp (TRF) · Mo i Rana · Mosjøen
- Sandnessjøen · Brønnøysund

**Year round international direct flights:**

- Amsterdam (AMS) · Copenhagen (CPH)
- Stockholm Arlanda (ARN)

**Coastal route Hurtigruten / Havila**

Daily from Trondheim to four ports of Helgeland.

**Train**

Several daily departures to Mosjøen, Mo i Rana and several more stops at Helgeland.

**By car**

The coastal route  
E6

From South

# Direct flights to Trondheim

## YEAR-ROUND ROUTES

Destination	Country	Airline(s)
Amsterdam	Netherlands	KLM
Copenhagen	Denmark	SAS, Norwegian
Stockholm	Sweden	SAS
London (Gatwick)	United Kingdom	Norwegian
Gdańsk	Poland	Wizz Air
Kraków	Poland	Norwegian
Alicante	Spain	Norwegian, SAS

## SUMMER SEASON

Destination	Country	Airline(s)
Helsinki	Finland	Finnair
Munich	Germany	Lufthansa
Split	Croatia	SAS, Norwegian
Málaga	Spain	Norwegian
Nice	France	Norwegian
Palma de Mallorca	Spain	Norwegian

*Latest update: October 2025*



Photo: Emilie Solbakken/Visit Helgeland

From North

# Bodø as your port to Helgeland

## **Domestic (Norway) direct routes to Bodø**

- Oslo (OSL) · Leknes (LKN) · Svolvær (SVJ)
- Tromsø (TOS) · Trondheim (TRD) · Helsiki (Finland)
- Frankfurt (Germany)

## **International direct routes to Bodø – summer**

- Munich (Germany) · Copenhagen (Denmark)
- Stockholm (Sweden)

## **Coastal route Hurtigruten / Havila**

Daily from Trondheim to four ports of Helgeland.

## **Express boat**

Bodø to Sandnessjøen – 15 stops along the Helgeland coast.

## **Train**

Several daily departures to Mosjøen, Mo i Rana and several more stops at Helgeland.

## **By car**

The coastal route  
E6

Photo: Kitt Grønningseter/Visit Helgeland

From North

# Direct flights to Bodø

## YEAR-ROUND ROUTES

There are no direct international year-round flights to Bodø.

## SUMMER SEASON

Destination	Country	Airline(s)
Frankfurt	Germany	Discover Airlines
Munich	Germany	Discover Airlines
Helsinki	Finland	Finnair
Copenhagen	Denmark	SAS
Stockholm	Sweden	SAS

*Latest update: October 2025*

# Getting around is easy

Travelling around Helgeland is easy. The railway runs from south to north through the region, making train travel a convenient option.

In addition, you'll find express boats, the coastal express route (Hurtigruten and Havila), buses, and ferries – offering flexible and scenic ways to explore the area.



Photo: Terje Rakke



Photo: Katrine Sørgård

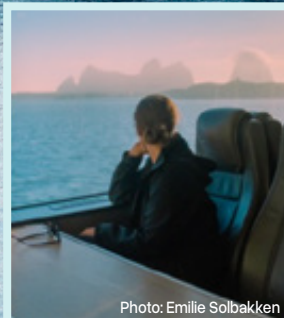


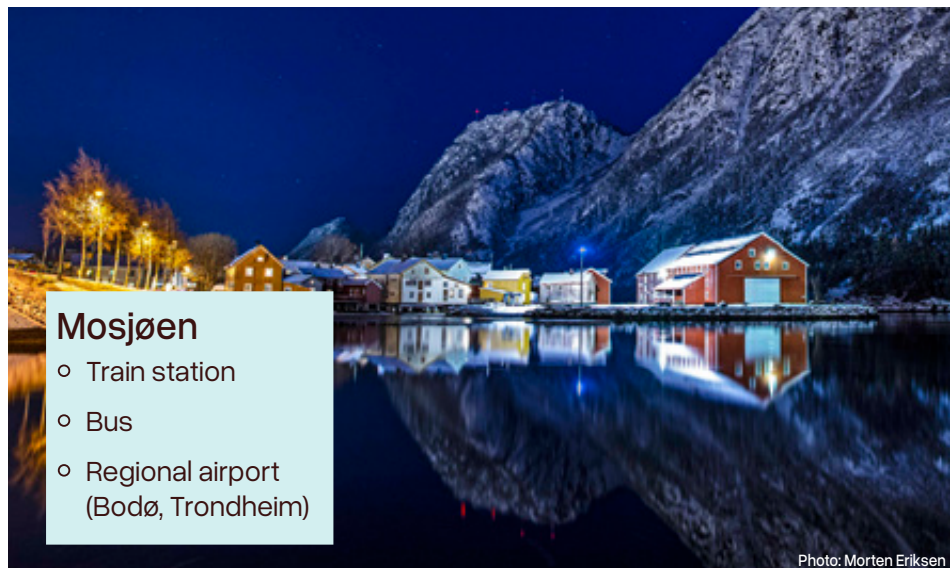
Photo: Emilie Solbakken



# Four towns covering the region

Our region covers four towns stretching from Brønnøysund in the south to Mo i Rana in the north. They serve as ideal hubs for daily excursions – whether you're travelling in summer or winter, exploring the coast or heading into the inland national parks.

# How to travel to and from our four towns



# Main connections Nordland

This map highlights the main public transport routes in Nordland – a region with strong connections between the coast and inland areas.

The railway runs through inland Helgeland, providing a convenient link between Mo i Rana and Mosjøen, as well as easy access from Trondheim and Bodø.

Along the coast, you can travel by ferry, express boat, or by car. Both the inland areas and the islands are well served by a network of roads and bus routes.



A person with long brown hair, wearing a dark jacket and sunglasses on their head, is seen from behind, looking out over a large body of water towards a range of mountains under a blue sky with scattered clouds. The person is standing on a white railing, likely on a boat or a pier.

Travel Pass

# Explore Nordland with one ticket

**Travel Pass Nordland gives you unlimited travel on public transport throughout Nordland for seven days.**

With just one ticket, you can use buses, ferries, and express boats as much as you like – perfect for island hopping, longer journeys, or getting around frequently in a short time.

**Express boats:** During summer, demand is high, so we recommend reserving your seat in advance.

In short, it's an easy and affordable way to experience the region at a great discount.

Photo: Emilie Solbakken/Visit Helgeland

Toolbox

# Plan your trip

## Video

[Travelling around Helgeland](#)

## Maps

[Main Connections Nordland – download](#)

## Timetables

[ReisNordland](#)

[Timetable Nordlandsekspressen Nex-Ruter 2026](#)

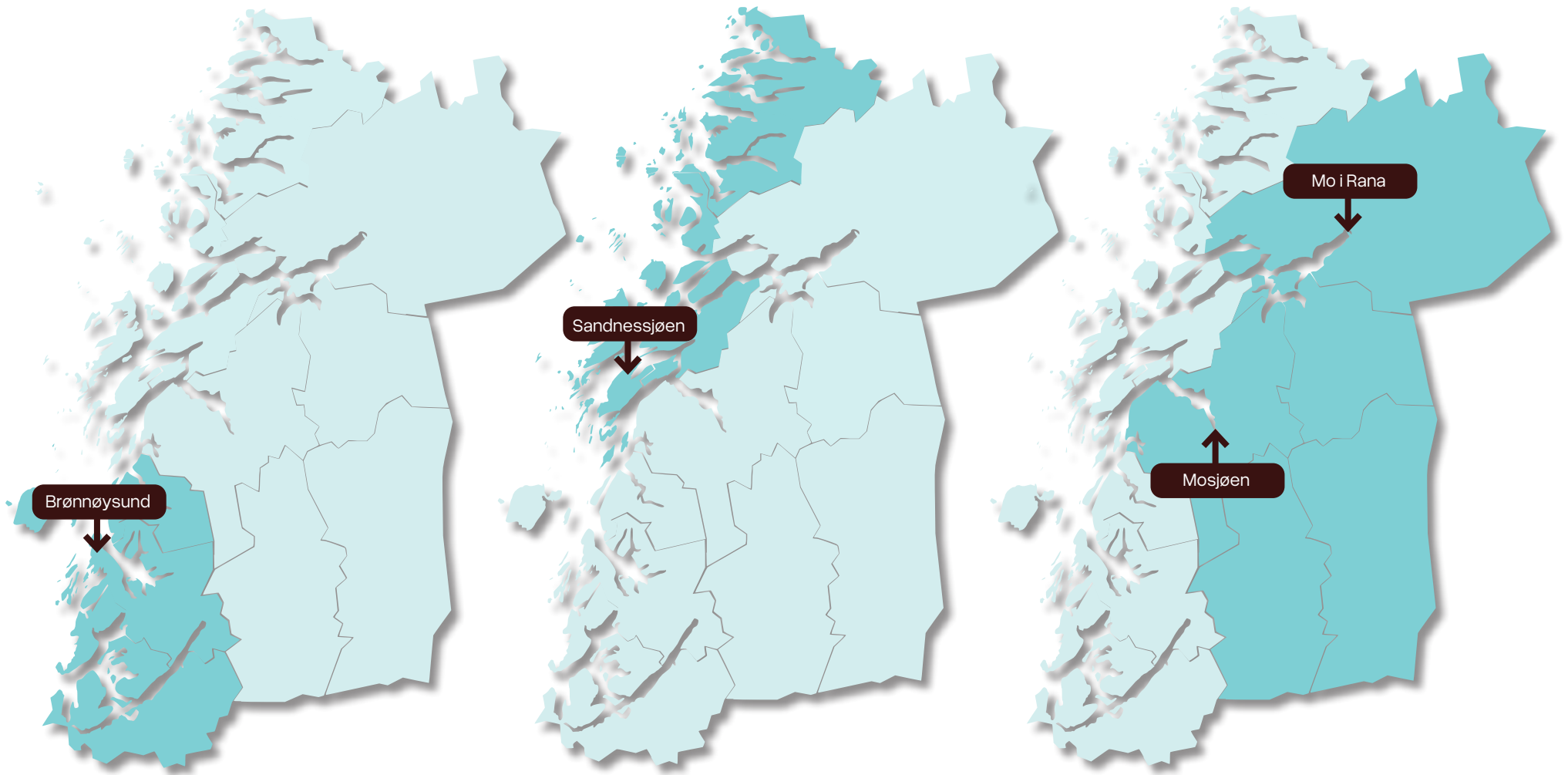
## Travel Pass

[More information about Travel Pass here](#)

## Pre-bookingInstruction:

[Pre-booking express boat and bus](#)

# Discover Helgeland



Southern Helgeland

Northern Helgeland

The inland of Helgeland

# Southern Helgeland



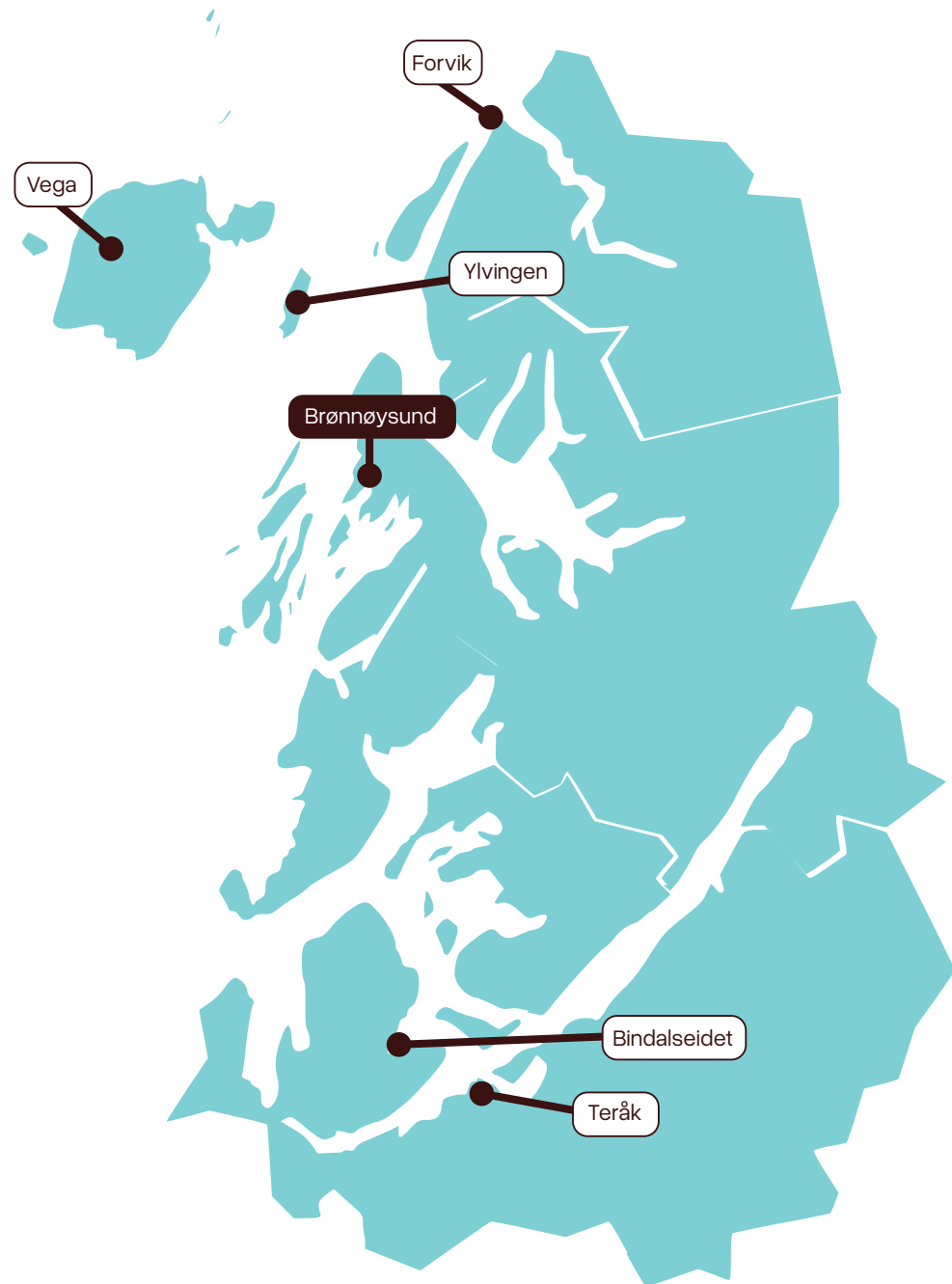
Brønnøysund is the coastal town in southern Helgeland, known for its scenic setting, good food, and coastal culture. Nearby highlights include Torghatten and the UNESCO-listed Vega islands.

# Southern Helgeland

**Southern Helgeland stretches along the coast, offering fjords, a scenic archipelago, and a beautiful shoreline.**

Nearby highlights include the iconic Torghatten mountain and the UNESCO-listed Vega Islands. The area is also home to Lomsdal-Visten National Park (*Njaarken vaarjelimmiedajve*), a hidden gem known for its strikingly diverse landscapes – featuring fjords, lush valleys, forests, mountains, and excellent fishing lakes.

The coastal route from Trondheim to Brønnøysund takes just four hours, making it a popular travel option. In summer, Brønnøysund also offers direct flights to Oslo.



# What to do

A must-do is hiking Torghatten, accessible via a well-maintained “Sherpa path.” Another highlight is exploring the Vega Islands, a UNESCO World Heritage Site, where you can experience traditional eider duck farming at Lånan or visit the Vega World Heritage Center.

For stunning views, consider climbing part of the Vega Staircase. The area caters to various interests, from hiking and nature to history and culture.

## FAVOURITE ACTIVITIES

Visiting the eider ducks at Lånan

Torghatten hike

Cycling

Vega Stairs

Norwegian Aquaculture Center

Trollfjell Geopark (UNESCO)

Vega World Heritage Center (UNESCO)

Kayaking

Photo: Terje Rakke/Visit Helgeland

# Eat and sleep

The region offers a wide range of accommodation options – from hotels and guesthouses to cozy cabins and campsites. In the town of Brønnøysund, you'll find the area's largest hotel, along with charming B&Bs and smaller inns.

Across the region, there are also several excellent restaurants serving fresh seafood and local specialties.

## ACCOMODATION

Vega Havhotell

Corner Hotell

Thon Hotel Brønnøysund

Hildurs Urterarium (Seasonal)

Torghatten Camping (Seasonal)

## RESTAURANTS & CAFES

Hildurs Urterarium

Kred Cafe & Pub

Torghatten Strandrestaurant

Svang Restaurant and wine bar

# Charming stops around Brønnøysund

While Brønnøysund is the central hub of Southern Helgeland, the surrounding area offers many other inviting places to visit and stay.

## **BINDAL**

Dining and accomodation at Terråk Guest House

## **YLVINGEN**

Dining and accomodation at Himmelblå brygge

## **FORVIK**

Dining and accomodation at Forvik Old Trading post

## **VEGA & LÅNAN**

Museum/Guided tour at World Heritage Center

Dining and accomodation at Vega Havhotell

Hiking the Vega stairs

Guided tour at Utværret Lånan (eider ducks)

# Brønnøysund

What to do

## Guided Garden Walk

– At Hildurs Urterarium, guests can explore a living garden filled with herbs, flowers, and local history.



Photo: Kristoffer Møllevik/Visit Helgeland

Guided walks offer insight into culinary, medicinal, and traditional plants, all used in the kitchen. Surrounded by colours, scents, and peaceful nature, this is a relaxing and inspiring experience where knowledge and flavours come together.

[Learn more](#)

What to do

## Norwegian Aquaculture Center

Just outside Brønnøysund, on the island of Torget, lies Toft – home to the Norwegian Aquaculture Centre, where visitors can experience salmon farming up close. The seaside location offers new waterfront cabins, an exhibition, and a restaurant, all surrounded by rich birdlife and coastal scenery. It's a perfect base for hiking, fishing, and exploring the Helgeland coast, with beautiful views and easy access to the iconic Torghatten mountain.



Photo: Magnus Lorentsen

[Learn more](#)

What to do

## Torghatten Hike

Torghatten is a well-known mountain, famous for the distinctive hole that runs straight through it. Standing inside the 35-meter-



Photo: Kristoffer Møllevik/Visit Helgeland

high opening is a powerful experience not to be missed. As visitors walk through the 160-meter-long, 35-meter-high, and 15–20-meter-wide tunnel – carved by the sea thousands of years ago. The trail leading up to and through the mountain is well-maintained, with stone steps on both sides and inside the tunnel itself. A family friendly hike for all ages.

[Learn more](#)

Sleep

## Corner Hotel

In the heart of Brønnøysund, Corner Hotel offers a comfortable and convenient stay close to everything you need. Relax in modern rooms and enjoy easy access to the harbour, shops, and local experiences. Whether you're passing through or staying a little longer, it's a great base for exploring the Helgeland coast and enjoying the town's laid-back atmosphere.



Photo: Marte Stormyr

[Learn more](#)

Sleep

## Hildurs Urterarium

Stay at Hildurs Urterarium and enjoy a peaceful retreat surrounded by gardens, nature, and history.



Photo: Kristoffer Møllevik/Visit Helgeland

Wake up in charming surroundings and take time to explore the herb garden, relax, and enjoy the calm atmosphere. This is a unique place to stay for those who appreciate nature, good food, and a slower pace.

[Learn more](#)

Sleep

## Thon Hotell Brønnøysund

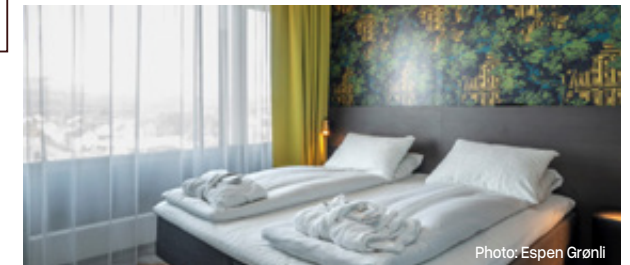


Photo: Espen Grønli

In the heart of Brønnøysund, Thon Hotel offers a comfortable stay with everything within easy reach. From here, you can explore the town, head out to Torghatten, or travel further along the coast. With modern rooms and a relaxed atmosphere, it's a practical and pleasant place to stay while discovering Helgeland.

[Learn more](#)

# Brønnøysund

Sleep

## Toft Bryggehotell (Norsk Havbrukssenter)



Photo: Norsk Havbrukssenter

By the water at Toft, Toft Bryggehotell offers a stay where modern comfort meets coastal life. Sleep right by the sea and combine your stay with unique insights into Norwegian aquaculture. With fresh air, open views, and experiences both on land and water, it's a different and engaging way to experience Helgeland's coastal culture.

[Learn more](#)

Eat

## Kred Pub & Café

In the heart of Brønnøysund, Kred Pub & Café is a lively cultural hub combining pub, restaurant, and live stage. The menu features burgers, seafood, desserts, and drinks, alongside coffee and light bites during the day. With regular live music, events, and a flexible venue for groups, it offers a vibrant atmosphere and a natural gathering place with a strong local identity.



Photo: Kred Pub & Cafe

[Learn more](#)

Eat

## Hildurs Urterarium

At Hildurs Urterarium, nature, food, and hospitality come together in peaceful surroundings. Guests can enjoy dishes made with local ingredients, inspired by herbs from the garden and produce from nearby farms, forests, and fjords. Surrounded by a rich herb garden, it offers a calm and personal experience – a perfect place to relax and enjoy the flavours of Helgeland.



Photo: Hildurs Urterarium

[Learn more](#)

Eat

## Restaurant Thon Hotel Brønnøysund

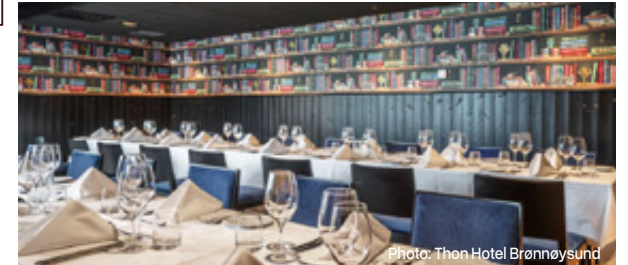


Photo: Thon Hotel Brønnøysund

In the heart of Brønnøysund, Restaurant Thon Hotel offers a welcoming dining experience with a focus on fresh, locally sourced ingredients. The à la carte menu combines classic favourites with modern flavours, served in a relaxed setting. With a south-facing outdoor terrace, it's an ideal spot to enjoy a meal in comfortable surroundings.

[Learn more](#)

Eat

## Smak Restaurant & Café

Overlooking Toftsundet at the Norwegian Aquaculture Centre, Smak Restaurant & Café offers a varied dining experience from breakfast to dinner. The menu highlights local flavours, from fresh seafood to homemade cakes and seasonal dishes. With its relaxed atmosphere and panoramic coastal views, it's a perfect place to pause and enjoy the tastes of Helgeland.



Photo: Norsk Havbrukssenter

[Learn more](#)

Eat

## Torghatten Strandrestaurant



Photo: Elfi Leinan

Just 14 km from Brønnøysund, Torghatten Strandrestaurant offers a scenic dining experience near the iconic Torghatten mountain. The menu focuses on seafood and locally sourced ingredients, reflecting the flavours of the coast. Open mainly from May to September, it's a natural stop for travellers combining outdoor activities with a quality meal in beautiful surroundings.

[Learn more](#)

# Forvik

What to do

## A Taste Of History At Forvik Trading Post

Forvik Coffee Experience – At the historic trading post in Forvik, guests can enjoy freshly brewed coffee and homemade cake in a cosy café setting.

The experience includes stories from the area's trading history and insight into modern coffee roasting. A relaxed and authentic cultural stop, perfect for groups looking to enjoy local flavours and heritage in charming surroundings.

[Learn more](#)



# Sømna

Sleep

## Sømna Kro og Gjestegård

In the village of Vik, Sømna Kro og Gjestegård offers a comfortable and informal stay along the Helgeland coast.

Here, you combine accommodation with a traditional inn atmosphere, where meals and hospitality are central to the experience. It's an easy and welcoming stop for travellers exploring the region, whether you're passing through or staying to enjoy the surrounding landscape.

[Learn more](#)



Eat

## Sømna Kro & Gjestegård

In Vik in Sømna, Sømna Kro & Gjestegård offers a varied dining experience with breakfast, lunch, and à la carte meals served daily.

The menu features homemade dishes and regional specialities, including fish, meat, and pizza, complemented by a fully licensed bar. With options for both everyday dining and organised events, it provides a relaxed and versatile setting for meals in scenic coastal surroundings.

[Learn more](#)



# Terråk

What to do

## Traditional Sailing Activity In Helgeland

Guided Nordlandsbåt Sailing – Experience traditional sailing along the Helgeland coast in a Nordlandsbåt, once essential for coastal life and fishing. This guided activity combines storytelling, hands-on participation, and optional fishing, with all guests involved in the sailing process. With safety briefing and equipment included, it offers an authentic and engaging way to explore maritime heritage in scenic surroundings.

[Learn more](#)



Sleep

## Terråk Gjestegård

By the Bindal fjord, Terråk Gjestegård offers a peaceful and personal place to stay surrounded by nature.

Enjoy the quiet atmosphere of a small village, with mountains, water, and outdoor experiences close by. It's an ideal base for relaxing days, scenic walks, and discovering a lesser-known part of Helgeland.

[Learn more](#)



# Vega

What to do

## A Living World Heritage Site

Utværet Lånan Experience – Join a summer boat trip to Lånan and visit a living World Heritage site on the Helgeland coast. Here, guests gain insight into the unique tradition of eider farming and eiderdown, alongside stories from local bird guardians. A meaningful cultural and nature-based experience, perfect for those interested in history, wildlife, and authentic coastal life.



Photo: Cyril Ruoso

[Learn more](#)

What to do

## Farm Shop And Local Food Experience

Stavsmarken Gård & Sausage Maker – On the Vega archipelago, Stavsmarken Gård offers an authentic farm-based food experience. The farm produces artisanal sausages, cured meats, and fresh products from its own livestock and local ingredients. Guests can visit the farm shop, enjoy homemade dishes in the café, and gain insight into traditional craftsmanship – a perfect stop for those seeking local flavours and genuine food culture.



Photo: Sindre Karlsen

[Learn more](#)

What to do

## A Cultural And Educational Experience

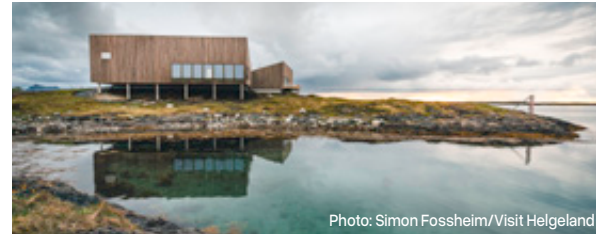


Photo: Simon Fosheim/Visit Helgeland

Vega World Heritage Centre – At Gardsøy, the Vega World Heritage Centre introduces the unique cultural landscape behind the Vega Archipelago's UNESCO status. Exhibitions highlight the history of fishermen-farmers and the tradition of eider duck management. With interactive displays, workshops, and guided experiences, it offers an engaging and educational visit – ideal for groups interested in heritage, sustainability, and local traditions.

[Learn more](#)

Sleep

## Utværet Lånan



Photo: Vegard Aasen

On the remote island of Lånan, you can stay in a unique World Heritage setting shaped by generations of eider farming. Surrounded by sea, birds, and open landscapes, this is a rare opportunity to experience life on the edge of the coast. With a strong sense of history and place, it's a stay unlike any other in Helgeland.

[Learn more](#)

Sleep

## Vega Havhotell



Photo: Kristoffer Møllevik/Visit Helgeland

On the edge of the Vega archipelago, Vega Havhotell offers a stay where architecture, landscape, and sea meet. Wake up in modern rooms with panoramic views of islands, ocean, and shifting light. With nature just outside your door and high-quality dining on site, this is a calm and refined base for experiencing the UNESCO-listed Vega landscape.

[Learn more](#)

Sleep

## Skogsholmen Gjestehus

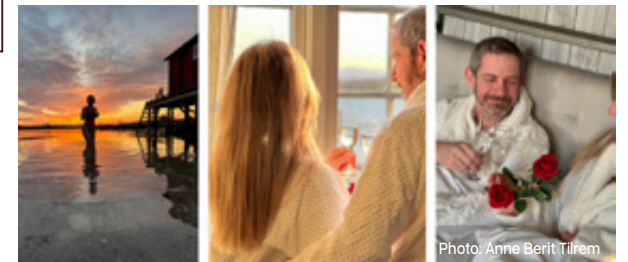


Photo: Anne Berit Tjilrem

Out in the Vega archipelago, Skogsholmen Gjestehus offers a peaceful island stay surrounded by sea, beaches, and open horizons. Here, you can slow down, explore by kayak or on foot, and enjoy the quiet rhythm of coastal life. With cosy rooms and a strong connection to nature, it's a place to unwind and experience Helgeland at its most authentic.

[Learn more](#)

# Vega

## **Eat** Skogsholmen Guesthouse Restaurant

In the peaceful Vega Islands, Skogsholmen Guesthouse Restaurant offers dining inspired by the rich nature of Helgeland. The menu features seafood from nearby waters and seasonal produce from local farms, rooted in Norwegian traditions. After exploring beaches and kayaking routes, guests can relax with a meal overlooking the sea – a perfect setting for authentic coastal hospitality.



Photo: Skogsholemne Gjestehus

[Learn more](#)

## **Eat** Stavsmarken Gård Café & Venue

On Vega, Stavsmarken Gård offers a cosy café experience combined with flexible facilities for groups and events. The café serves homemade baked goods and simple lunch dishes based on the farm's own products. Available for private bookings year-round, it suits meetings and gatherings, with a warm atmosphere and strong connection to local food and culture.



Photo: Sindre Karlsen

[Learn more](#)

## **Eat** Vega Havhotell Restaurant

At Vega Havhotell, guests can enjoy a refined dining experience based on fresh, seasonal ingredients from Vega and the Helgeland coast. The restaurant serves breakfast, group lunches on request, and a daily five-course dinner shaped by the best available produce. Set in peaceful coastal surroundings, it offers a calm and memorable culinary experience in the heart of the Vega World Heritage area.



Photo: Kristoffer Møllevik/Visit Helgeland

[Learn more](#)



Photo: Marvin Kuhr/Visit Helgeland

# Forvik

Sleep

## Handelsstedet Forvik

Stay at Handelsstedet Forvik and experience life at a historic coastal trading post. Here, you sleep in charming buildings by the sea, surrounded by stories from the past and the calm of coastal life. With its unique atmosphere and scenic location, it's a special place to relax, explore, and enjoy an authentic stay along the Helgeland coast.



[Learn more](#)

Eat

## Naustloftet

Set by the sea in Forvik along the Coastal Route, Naustloftet is an atmospheric restaurant serving locally inspired dishes. The menu highlights traditional coastal flavours, including boknafisk, in historic surroundings. Open daily during the summer, it offers an authentic dining experience with views of the sea and a strong sense of coastal heritage.



[Learn more](#)

# Ylvingen

What to do

## Tailor-Made Team Sailing On The Helgeland Coast

Seilnorge Sailing Experience – SeilNorge offers customised sailing experiences for groups along the Helgeland coast, surrounded by thousands of islands and skerries. Guided by professional skippers, participants take an active role on board while learning navigation, teamwork, and safety. Programmes combine sailing with outdoor activities and cultural stops, creating a unique and engaging experience in one of Norway's most scenic coastal landscapes.



[Learn more](#)

What to do

## Visiting The Eider Ducks at Lånan

In the Vega World Heritage area, Lånan is home to the largest eider duck nesting site on the Helgeland coast. Here, bird guardians and eider ducks share a unique, mutual relationship. The guardians prepare nests and protect the ducks from predators, and in return, they harvest high-quality down after the nesting season. Visitors in June and July can experience this rare tradition up close.



[Learn more](#)

Sleep

## Himmelblå Brygge



Stay at Himmelblå Brygge on the island of Ylvingen and experience life by the sea in peaceful surroundings. With cosy accommodation and views of the coastline, it's a perfect place to relax and unwind. Explore the island, enjoy local food, and take in the quiet rhythm of coastal life.

[Learn more](#)

Eat

## Himmelblå Brygge Restaurant

On the island of Ylvingen, Himmelblå Brygge offers a relaxed dining experience by the sea. The menu features à la carte dishes, local seafood, soups, bacalao, and homemade baked goods, with ingredients varying by season. Guests can enjoy lunch, dinner, and sweet treats in a social and welcoming setting – a natural stop combining local flavours, coastal culture, and scenic island surroundings.



[Learn more](#)

# Forvik Old Trading post



Photo: Kitt Grønningseter/Visit Helgeland

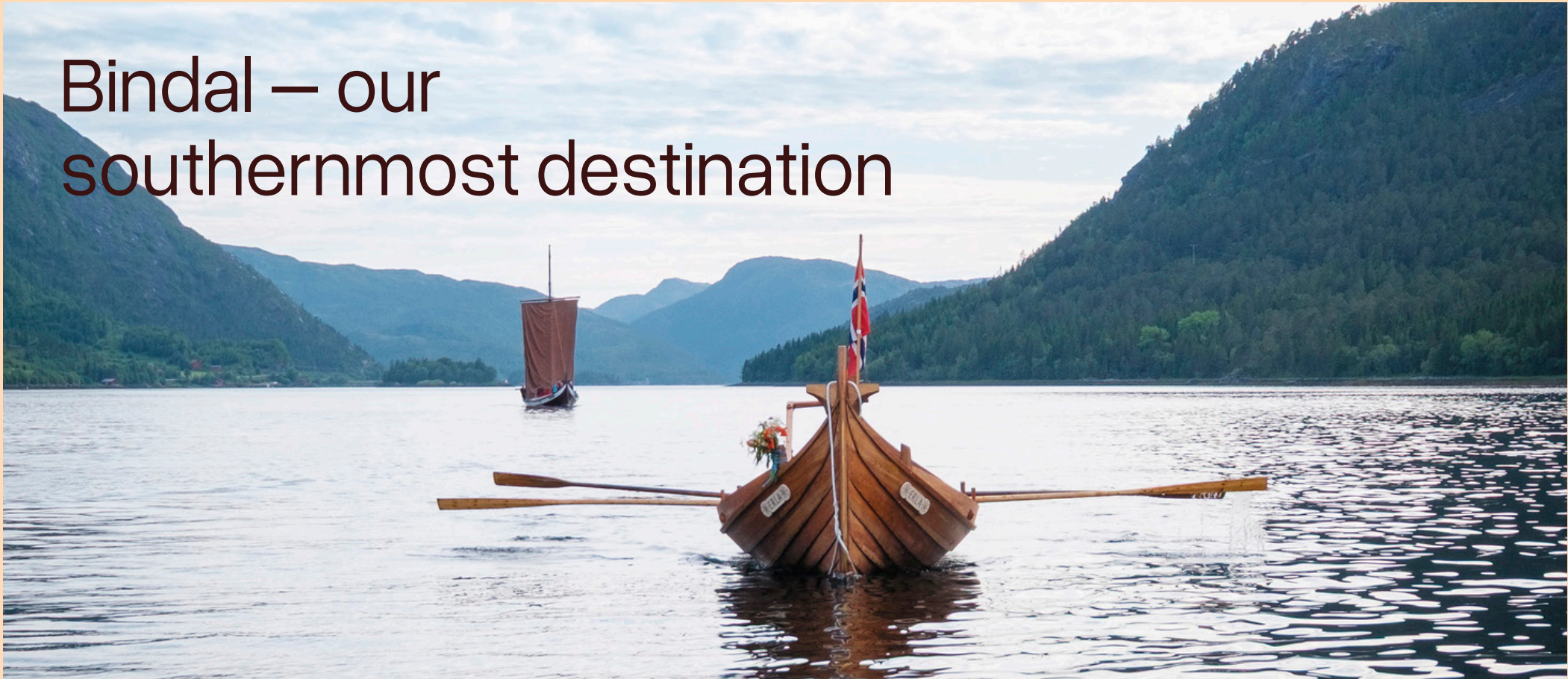
## Forvik Old Trading Post

The old trading post at Forvik in Vevelstad, which dates back to 1792, is beautifully situated on the sea along route Fv17. Accommodation in charming surroundings is offered in the oldest building, Grålåna. There is a restaurant in Naustloftet, and a coffee roastery in the old general store. People often gather in Brygga, the wharf building, to enjoy the long bright summer evenings.

[Learn more](#)

Photo: Forvik Handelssted

# Bindal – our southernmost destination



## Terråk Guest House

Terråk Guesthouse offers comfortable rooms and delicious dining at its in-house restaurant, Færingen Spiseri. Located where three fjords meet, it's the perfect base for exploring Bindal's wild beauty – from hiking trails and mountain peaks to boat trips, paddling routes, and rich maritime heritage.

[Learn more](#)



## Bindal Museum

In Bindal, traditional boatbuilding lives on through the Nordland boat, including the iconic bindalsfæring – a four-oared wooden boat with a square sail. This heritage, part of a UNESCO-listed tradition, is showcased alongside other regional boats and a small Sámi collection offering insight into Arctic indigenous culture.

[Learn more](#)



Photo: Emilie Solbakken/Visit Helgeland

# Northern Helgeland



Welcome to Northern Helgeland – a stunning stretch of coastline known for its thousands of islands, white sandy beaches, and crystal-clear waters.

This part of the region is home to the town of Sandnessjøen, a key transport hub and ideal starting point for exploring the area. With express boats, bus and train connections, and summer flights to Oslo, it's easy to access the natural beauty and charming communities of the northern Helgeland coast.

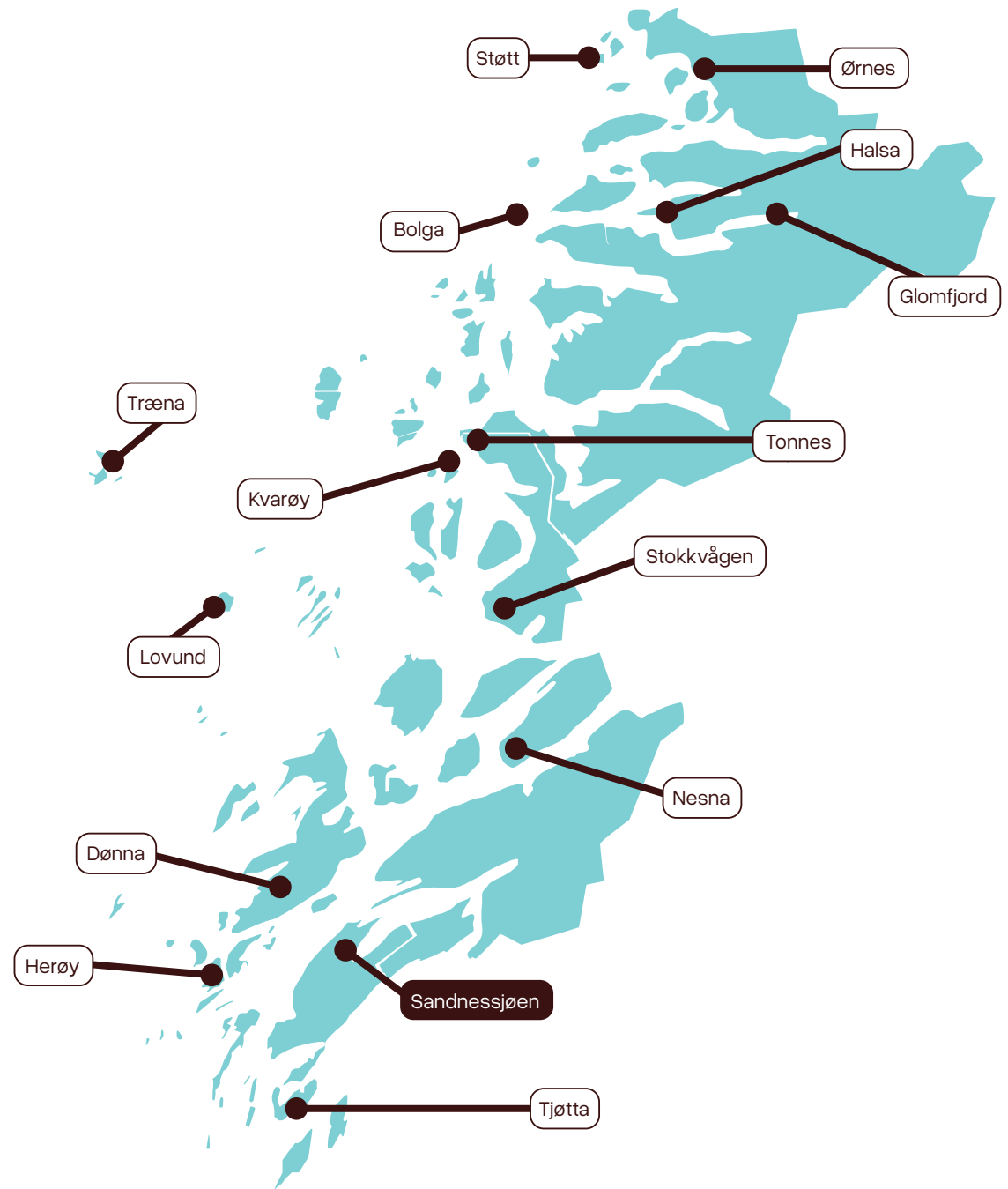
Photo: Kristoffer Møllevik/Visit Helgeland

# Northern Helgeland

**Northern Helgeland includes a large portion of the Helgeland archipelago and is where the Arctic Circle crosses the Norwegian coastline.**

The town of Sandnessjøen serves as a central hub for island hopping in the area, but you can also easily reach Helgeland from the city of Bodø further north.

What truly defines this part of Helgeland are the many lively coastal communities. Places like Herøy, Lovund, Træna, Myken, and Støtt are all popular destinations for visitors. Northern Helgeland is especially attractive during the summer season, when island life is at its most vibrant.



# What to do



## FAVOURITE ACTIVITIES

Viking experiences

Kayaking

Glacier hike Svartisen

Cycling

Island hopping

Hiking

Bird watching

Diving

**The Helgeland archipelago is perfect for active adventures like cycling, kayaking, and island hopping.**

From Sandnessjøen, you can explore beautiful islands like Herøy, Lovund, Træna, Rødøy and Støtt – all offering a mix of nature, culture, and coastal charm.

Don't miss the recreated Viking chieftain's homestead in Sandnessjøen – a fascinating glimpse into the region's rich history. Paddle through calm seas with guided kayak tours, or bike quiet island roads at your own pace. Hikers can take on the iconic Seven Sisters mountains – even a short hike rewards you with breathtaking views.

Photo: Jonas Berglund/Visit Helgeland

# Sleep

**Along the Helgeland archipelago, you'll find a mix of cozy guesthouses and scenic seaside hotels.**

Sandnessjøen and Lovund host the larger hotels, while smaller gems are scattered across the islands.

Skolo is a former school turned into a relaxed hotel with family-friendly rooms – and guests love the pizza and cinnamon buns. On Lovund, the stylish Lovund Hotel is known for its design and top-tier dining.

At Støtt, a historic trading post, offers a warm atmosphere and an excellent seafood restaurant. In 2026 Ytri Island Resort by Relais & Chateaux has opened. This has added a new barefoot luxury highlight to the Helgeland coast.

Scandic Syv Søstre

Skolo

Augustbryggo

Støtt – Top of Helgeland

Adventure Helgeland

Dønna Rorbuer

Lovund Hotell

8770 Træna

Oscarbrygga



Photo: Emilie Solbakken/Visit Helgeland



Scandic Syv Søstre

Skolo – Herøy

Augustbryggo

Dønna Rorbuer Bøteriet

Lovund Hotell

Oscarbrygga

Gammelbutikken – Støtt

Adventure Helgeland

Photo: Kristoffer Møllevik/Visit Helgeland

# Eat

**The Helgeland coast is a culinary journey, offering a variety of coastal restaurants with fresh, local flavours and high-quality dining.**

On Støtt, you'll find a renowned seafood restaurant serving elegant dishes made from the day's catch. In Herøy, a beautifully renovated school now offers both accommodation and a cozy eatery, known for its premium, wood-fired pizza.

Lovund Hotel is another highlight, with a seafood restaurant that blends top culinary standards with stunning views.

And if you're using Sandnessjøen as your base, the restaurant Alo at Scandic Syv Søstre is a safe and satisfying choice – offering good food in a relaxed setting.



Photo: Anne Berit Tilrem

## Experiences Along One of the World's Most Beautiful Coastlines

ADVENTURE HELGELAND – Based on the outer Helgeland archipelago, Adventure Helgeland creates tailor-made experiences for small groups and independent travellers. Activities include RIB safaris, kayaking, fishing, island hopping, and guided hikes, combined with local food and accommodation. With strong local knowledge and a focus on quality and safety, it offers seamless and authentic coastal adventures in a spectacular island landscape.

## Authentic Nature Experience on the Helgeland Coast

ADVENTURE HELGELAND – Adventure Helgeland offers high-quality nature experiences along the Helgeland coast. Programmes combine local culture, outdoor activities, and regional food traditions, creating authentic and memorable encounters. Designed for small groups and tailored to professional buyers, each experience highlights the landscapes, flavours, and coastal heritage of the region with a strong focus on flexibility and responsible tourism.

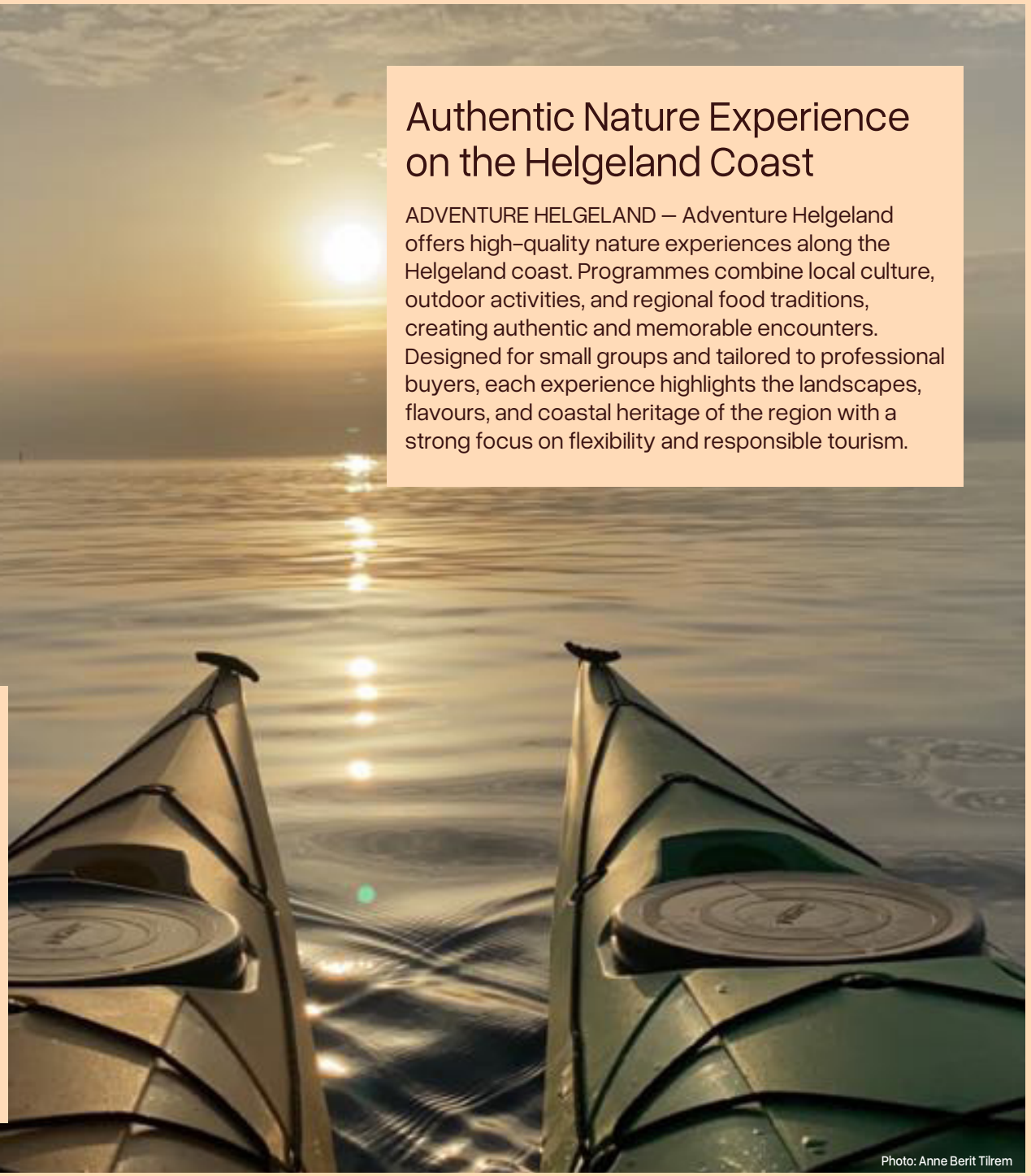


Photo: Anne Berit Tilrem

# Tjøtta

Sleep

## Tjøtta Gjestegaard



Set in historic surroundings on the island of Tjøtta, Tjøtta Gjestegaard offers a stay shaped by coastal heritage and quiet landscapes. Wake up to views of open sea and farmland, and enjoy the calm atmosphere of this restored guesthouse. With history in the walls and nature just outside, it's a place to slow down and experience Helgeland at a gentle pace.

[Learn more](#)

Eat

## Tjøtta Gjestegaard

Set in historic surroundings in Tjøtta along the Coastal Highway, Tjøtta Gjestegaard is a charming 19th-century



inn and a great base for exploring the Helgeland coast. From May to October, guests can enjoy simple, tasty meals in traditional dining rooms, with menus adapted on request. A peaceful stop combining heritage, local flavours, and scenic coastal surroundings.

[Learn more](#)

# Herøy

What to do

## Cycling Experience On The Helgeland Coast

Helgeland Archipelago Bike & Boat Tour – Starting in Sandnessjøen, this guided 6-hour tour combines cycling, culture, and coastal scenery. Ride through the Helgeland archipelago with views of iconic mountains and islands, stopping for local flavours and a creative cultural visit along the way. The experience ends with an exciting return by speedboat – a memorable and active way to explore the region.



[Learn more](#)

What to do

## All-Inclusive Luxury Expedition

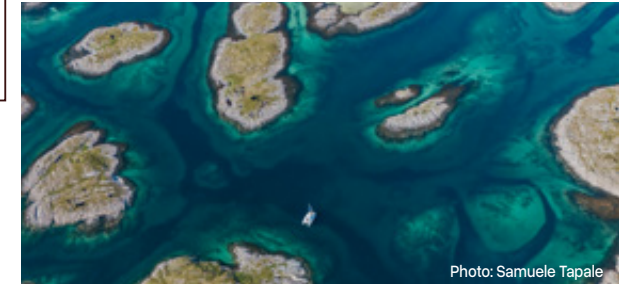
Luxury Catamaran Sailing Retreat – Along the Helgeland coast, this all-inclusive sailing retreat offers a private and comfortable journey for small groups. Guests stay on board a luxury catamaran while exploring remote islands, alpine landscapes, and sheltered anchorages. With guided experiences, meals served on board, and a flexible itinerary, it's an exclusive and immersive way to experience Arctic coastal nature.



[Learn more](#)

What to do

## Private Arctic Sailing Experience



Luxury Catamaran Sailing Experience – Along the Helgeland coast, this exclusive sailing experience offers comfort and adventure for small private groups. Guests explore islands, mountains, and remote anchorages while enjoying guided sailing, storytelling, and meals on board. With a flexible itinerary tailored to weather and preferences, it provides a premium and authentic way to experience Arctic coastal nature.

[Learn more](#)

# Herøy

Sleep

## Augustbryggo



On the island of Seløy, Augustbryggo offers a charming stay in beautifully restored fishermen's cabins by the sea. Here, historic character meets modern comfort in peaceful coastal surroundings. Wake up to the sound of waves, enjoy local food, and take in views of the surrounding islands and mountains. A perfect retreat for those seeking tranquillity, authenticity, and the rhythm of island life.

[Learn more](#)

Sleep

## Herøy Brygge



Photo: Frida Meddings

Stay at Herøy Brygge and wake up to views of the sea in a peaceful island setting. With comfortable accommodation by the waterfront, you are close to both nature and local experiences. Explore the archipelago, enjoy the calm atmosphere, and unwind in scenic surroundings – a perfect base for a relaxing coastal getaway.

[Learn more](#)

Sleep

## Skolo



Photo: Bolga Brygge

On the island of Seløy, Skolo invites you to stay in a beautifully restored school where creativity meets coastal life. Sleep in unique surroundings and enjoy access to café, bakery, and carefully curated design. With sea views and a relaxed atmosphere, it's a memorable place to unwind and experience a different side of Helgeland.

[Learn more](#)

Eat

## Augustbryggo restaurant

On Seløy in Herøy, Augustbryggo is an intimate waterfront restaurant set in a historic wharf from 1954. Here, guests enjoy seasonal dishes based on fresh, local ingredients from the Helgeland coast. With its preserved character, cosy atmosphere, and panoramic views of the sea, Dønnamannen, and the Seven Sisters, it offers a unique and authentic coastal dining experience.

[Learn more](#)



Photo: Kathrine Sørgård

Sleep

## Havkanten Gjestehus (Adventure Helgeland)



Photo: Anne Berit Tilrem

Stay at Havkanten Gjestehus and experience life on the edge of the Helgeland coast. Surrounded by open sea, islands, and wildlife, this is a peaceful place to disconnect and enjoy nature up close. With cosy accommodation and a unique island atmosphere, it's a memorable stay for those seeking tranquillity and authentic coastal experiences.

[Learn more](#)

Eat

## Herøy Brygge Restaurant

Set in a scenic waterfront location in the Herøy archipelago, Herøy Brygge Restaurant offers a high-quality dining experience inspired by coastal traditions. The menu highlights seafood and locally sourced ingredients, with options to suit a range of tastes. With its welcoming atmosphere, outdoor terrace, and panoramic sea views, it's a natural culinary stop and a highlight for visitors exploring the Helgeland coast.

[Learn more](#)



Photo: Frida Meddings

# Herøy

Eat

## Skolo – Café, Pizzeria & Shop Experience

On Seløy along the Helgeland coast, Skolo is a creative and social meeting place set in a restored school building. The concept combines café, pizzeria, design shop, and bookshop, offering local food, quality coffee, and curated products. With its unique architecture and warm atmosphere, it's a distinctive stop blending culture, food, and design in scenic island surroundings.



Photo: Skolo

[Learn more](#)

Eat

## Havkanten Restaurant

Located by the water in the historic fishing village of Husvær on Helgeland's coast, Havkanten Restaurant offers a memorable dining experience based on fresh, seasonal, local ingredients. The menu highlights seafood from the fjord and produce from nearby farms. With panoramic views of the sea and rugged island landscape, it is a distinctive culinary stop and a valuable addition to any Helgeland itinerary.



Photo: Havkanten

[Learn more](#)

# Dønna

Sleep

## 3 Kalver

3 Kalver at Solfjellsjøen on Dønna, 3 Kalver welcomes you to a cosy farm restaurant with a warm and relaxed atmosphere. Enjoy flavourful lunches and a seasonal three-course dinner inspired by local traditions and ingredients from Helgeland. Stay overnight in a charming apartment in a converted barn, offering comfort and tranquillity. A perfect place to slow down, enjoy good food, and experience authentic island life.



Photo: Jon Fogra

[Learn more](#)

Sleep

## Brygga på Dønna

At Brygga on Dønna, you stay right by the sea in cosy rorbustyle cabins and modern apartments. Enjoy peaceful surroundings, fresh coastal air, and beautiful views of the Helgeland landscape. With opportunities for fishing, hiking, and island hopping nearby, it's a perfect place to unwind and experience the simple pleasures of life by the coast.



Photo: Fredrik Nordøy

[Learn more](#)

Sleep

## Dønna Rorbuer

Stay by the sea at Dønna Rorbuer and experience the charm of traditional fishermen's cabins in peaceful surroundings. Wake up to ocean views, enjoy the quiet rhythm of island life, and explore nearby mountains and coastline. With space to relax and everything you need for a comfortable stay, it's a perfect getaway for those seeking nature, simplicity, and fresh sea air.



Photo: Andreas Vang Olsen

[Learn more](#)

Eat

## 3 Kalver

In the municipal centre of Solfjellsjøen on Dønna, 3 Kalver is a farm restaurant with a warm and welcoming atmosphere. Enjoy lunch during the day and a seasonal three-course menu in the evening, inspired by local traditions and made with ingredients from Dønna and across Helgeland. A natural stop between Dønna, Sandnessjøen and Herøy, set in peaceful coastal surroundings.



Photo: Jon Fogra

[Learn more](#)

# Dønna

## **Eat** Bøteriet Restaurant & Café

On Dønna, Bøteriet is a charming restaurant set in a restored boathouse by the harbour at Åkerøya. Open during the summer season, it serves homemade dishes prepared from scratch, including seafood, meat courses, and traditional desserts. With outdoor seating and a guest pier, it offers a relaxed coastal setting – a perfect stop for enjoying local flavours by the sea.



Photo: Sverre Holgeir Olsen / Vispro

[Learn more](#)

## **Eat** Sjokoladebrygga

On the island of Dønna, Sjokoladebrygga is a tiny, idyllic chocolate factory set on a historic dock. Handmade, organic chocolate is crafted from exclusive Criollo cocoa, free from gluten and lactose. In summer, guests can visit the café, join tastings, or take part in workshops and guided tours. A unique and sustainable experience, perfect for small groups exploring Helgeland's coastal landscape.



Photo: Marte C. Lian

[Learn more](#)

# Sandnessjøen

## **What to do** Experience Dining

Dinner In The Dark Experience – Dinner in the Dark is a unique three-course dining experience that shifts focus from sight to the senses. Guests dine in complete darkness, heightening taste, aroma, texture, and sound. This immersive concept creates memorable, shared moments and sparks conversation. Ideal for groups, team-building, and curated culinary programmes seeking a distinctive and engaging highlight.



[Learn more](#)

## **What to do** Transport

Helgeland Travel Service (HTS) – Helgeland Travel Service is a leading tour operator and transport provider, offering tailor-made experiences across the Helgeland region. With over 20 years of experience, HTS combines comfortable transport with guided tours that reveal both iconic sights and hidden gems. From coast to mountains, it provides flexible solutions for groups and travellers seeking authentic and memorable journeys.



Photo: Kathrine Sørgård

[Learn more](#)

## **What to do** Viking Center

The Chieftain's Seat At Sandnes – At Sandnes in Sandnessjøen, this historic chieftain's seat offers one of the most well-documented Viking stories in Northern Norway. Guests can join year-round feasts and gatherings in the longhouse, with storytelling, tastings of Viking food, and interactive games. A lively and immersive experience where history, culture, and traditions come together in authentic surroundings.



Photo: Høvdingsete på Sandnes

[Learn more](#)

## **What to do** Petter Dass Museum

The Petter Dass Museum at Alstahaug is dedicated to the life and legacy of Petter Dass, a 17th-century poet-priest best known for Nordlands Trompet, a poetic tribute to Northern Norway. Housed in a striking building designed by Snøhetta, the museum highlights his cultural impact on the region. Visitors can also explore the 13th-century Alstahaug Church, one of Northern Norway's few preserved medieval churches, and the historic vicarage. The museum includes Margrethe's Café, serving local dishes, and a shop offering books, crafts, and gifts.

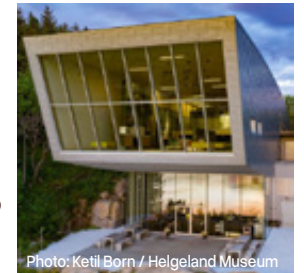


Photo: Ketil Born / Helgeland Museum

[Learn more](#)

# Sandnessjøen

Sleep

## Scandic Syv Søstre

Facing the harbour in Sandnessjøen, Scandic Syv Søstre offers a comfortable stay with views of both sea and mountains. Step outside to explore the town, or set out on adventures to nearby islands and hiking areas. With everything close at hand, it's an easy and pleasant place to stay while discovering the varied landscapes of the Helgeland coast.



Photo: Geir Edvartsen / Scandic Syv Søstre

[Learn more](#)

Eat

## Alo Restaurant

Located on the second floor of Scandic Syv Søstre in Sandnessjøen, Alo Restaurant offers a modern dining experience on the Helgeland coast. The menu is inspired by fresh, local ingredients, from seasonal vegetables and quality meats to seafood from nearby waters. With a focus on purity, seasonality, and flavour, it blends local traditions with a contemporary kitchen in a relaxed and welcoming setting.



Photo: Scandic Syv Søstre

[Learn more](#)

# Nesna

What to do

## Guided Brewery Tour And Tasting Experience

Raus Bryggeri Experience – At Nesna on the Helgeland coast, RAUS Bryggeri offers a guided brewery tour with tastings of locally crafted beer. Guests gain insight into production methods, ingredients, and flavour profiles while enjoying a social setting with bar and outdoor seating. A relaxed and authentic experience, ideal for groups and travellers interested in local food and drink culture.



Photo: Raus Bryggeri

[Learn more](#)

Sleep

## Topcamp Havblikk



Photo: Carl Filip Olsson

With sweeping views across the Helgeland coast, Topcamp Havblikk at Nesna offers a relaxed stay close to both sea and mountains. Choose between cabins, apartments, or camping, and enjoy the freedom of a flexible holiday. Spend your days exploring the coastline or simply take in the scenery – a perfect base for a calm and scenic getaway.

[Learn more](#)

Eat

## Havblikk Bistro

During the summer season, this cosy bistro offers a warm and inviting dining experience by the coast. Guests can enjoy meals indoors or on the outdoor terrace with views of the sea and surrounding mountains. The menu includes light bites, main courses, children's options, desserts, and a range of hot and cold drinks. A perfect spot to relax, with takeaway available for easy enjoyment nearby.



Photo: Tråvitude Media

[Learn more](#)

Eat

## Raus Bryggeri

At Raus Bryggeri in Nesna, this guided beer tasting offers insight into the world of craft brewing in a relaxed and social setting. Guests sample a selection of the brewery's beers while learning about ingredients, production methods, and the history behind each style, delivered with local storytelling. A flavourful and engaging experience, ideal for groups seeking authentic local culture and taste experiences.



Photo: Raus Bryggeri

[Learn more](#)

# Lovund

Lovund is a remote island on the Helgeland coast, known for its stunning nature, modern coastal community, and its large puffin colony. Around 100,000 – 150,000 puffins arrive each year on April 14th to nest in the island's cliffs, creating a spectacular natural event.

The island blends tradition with innovation – while fish has always been central to life here, salmon farming now drives the local economy, led by the successful company Nova Sea. The result is a vibrant, forward-thinking community with amenities like a beach, coffee roastery, and even the world's largest one-hole “seagolf” course.

Visitors can explore local history at the local museum, enjoy dining at the restaurant Pianostuen at Lovund Hotel, or simply relax and take in the powerful natural surroundings, the views from Lovundfjellet, and the peace of long summer nights.

Photo: Hans Petter Sørensen / Faroutfocus.no

# Lovund

Sleep

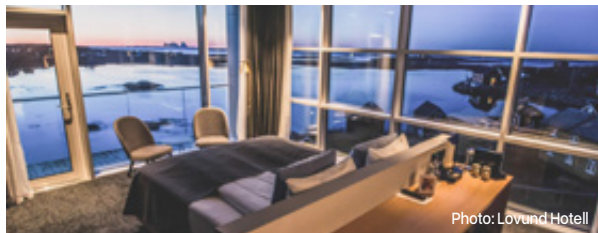
## Lovund Hotell



Stay at Lovund Hotell and enjoy a comfortable and stylish base surrounded by sea and mountains. Known for its atmosphere and quality, the hotel offers a relaxing stay with great food and beautiful surroundings. Explore the island, watch the birdlife, and enjoy the unique rhythm of life on the Helgeland coast. [Learn more](#)

Eat

## Lovund Hotel



At Lovund Hotell, guests can choose between four distinct dining settings, each offering a different atmosphere and menu. Enjoy refined meals in the main restaurant, relaxed dishes in the bistro, intimate moments in Pianostuen, or larger gatherings in Blikksalen. All concepts are rooted in seasonal ingredients and flavours from the sea, creating a varied and complete culinary experience in a scenic island setting. [Learn more](#)

# Kvarøy

Sleep

## Kvarøy Sjøhus



Stay at Kvarøy Sjøhus and enjoy modern comfort right by the sea in the Helgeland archipelago. Wake up to ocean views, explore the island, and experience authentic coastal life. With a relaxed atmosphere and strong connection to local food and culture, it's a perfect place to unwind and enjoy island living. [Learn more](#)

# Tonnes

Sleep

## Oscarbrygga

By the water's edge at Tonnes, OscarBrygga offers a stay where the sea is always close. Choose between



rorbu cabins, Nordland houses, or rooms, all with views of the coastal landscape and passing boats. Spend your days fishing, exploring nearby islands, or simply enjoying the calm surroundings. A relaxed and authentic base for experiencing the rhythm of life along the Helgeland coast. [Learn more](#)

Eat

## OscarBrygga Restaurant

At Tonnes on the Helgeland coast, OscarBrygga is a restaurant set in a converted fishing pier with a distinct maritime atmosphere.



The menu features local fish dishes alongside traditional meat options, served in a relaxed setting with indoor seating and a spacious outdoor terrace. Located by the quay, it is a natural gathering place for travellers and locals enjoying coastal life. [Learn more](#)

# Træna

Træna is a remote island group far out in the sea west of Norway, with Husøy as its main island.

Despite its location, Træna has a vibrant and welcoming community, known as one of Norway's oldest fishing villages with over 9000 years of history. The island features a rich cultural life with street art, sculptures, and a mix of locals and newcomers giving it a unique, urban atmosphere. In 2026 the new hotel Ytri will open, offering "barefoot luxury".

# Træna

What to do

## Historical Walk At Tjøtta

Tjøtta Historical Walk – This guided walk by the Tjøtta Historical Society explores



the area around the guesthouse and church, sharing stories of local life through the centuries. Learn about Tjøtta's rich history dating back to the Viking Age, including the story of Norway's largest shipwreck. A relaxed and engaging experience combining heritage, storytelling, and scenic surroundings.

[Learn more](#)

What to do

## Arctic Freediving

Træna Freediving Experience – At Træna on the Arctic Circle, guests can explore the underwater world through guided



freediving experiences. Discover kelp forests, marine life, and crystal-clear waters, with options for beginners and experienced divers. With professional instruction and cold-water equipment, this unique activity combines adventure, learning, and close encounters with Arctic nature.

[Learn more](#)

What to do

## Operation Jupiter – Can You Crack The Code?

Operation: Jupiter Experience – On Træna, Operation: Jupiter combines an escape room with a historical exhibition revealing the island's hidden role in World War II. Solve puzzles inspired by resistance work while uncovering stories of local heroes and secret missions. An engaging and interactive experience where history comes to life in a unique coastal setting.



[Learn more](#)

What to do

## Archaeological Walk To Kirkehelleren

Kirkehelleren Archaeological Walk – On the island of Sanna, this guided walk leads to Kirkehelleren – one of



Norway's most important archaeological sites, used for over 9,000 years. Along scenic coastal trails, guests learn about early human life through stories and discoveries from the area. Combining history, nature, and striking landscapes, it offers an inspiring and educational experience in unique surroundings.

[Learn more](#)

What to do

## Harvest & History At Kaffekollektivet

Kaffekollektivet Experience, Træna – At Kaffekollektivet on Træna, guests are invited into a historic waterfront setting for a



unique cultural experience. Meet a local seaweed harvester and archaeologist, learn about sustainable harvesting, and taste Arctic seaweed dishes. Enjoy coffee and local treats while discovering stories of island life and ancient history – a memorable blend of flavours, heritage, and coastal traditions.

[Learn more](#)

What to do

## Træna Heritage Walk – From Peaks To History

Husøya Heritage Walk – On Husøya, this guided walk explores one of



Norway's oldest fishing communities, where coastal culture meets dramatic landscapes. Visit the Water Tower for panoramic views, the Petter Dass Chapel, and the Træna Church and Museum. Along the way, hear stories of island life from a local guide – an engaging experience combining history, nature, and living coastal traditions.

[Learn more](#)

# Træna

Sleep

## 8770 Træna



Photo: Kent Sørvik

8770 Træna on Husøya in the Træna archipelago, 8770 Træna offers a unique island stay surrounded by open sea and dramatic coastal scenery. Choose from comfortable rooms or apartments and enjoy a vibrant yet peaceful community atmosphere. With nature, culture, and local experiences right outside your door, it's the perfect base for exploring one of Norway's most distinctive island destinations.

[Learn more](#)

Sleep

## Træna Rorbuferie



Photo: Træna Rorbuferie

Out in the Træna archipelago, Træna Rorbuferie offers a stay right by the sea in traditional fishermen's cabins. Wake up to ocean views, explore dramatic island landscapes, and experience the unique atmosphere of one of Norway's oldest fishing communities. With nature and culture close at hand, it's a memorable base for discovering life on the outer coast.

[Learn more](#)

Sleep

## Ytri Island Retreat



Photo: Kristoffer Møllevik/Visit Helgeland

At the far edge of the Træna archipelago, Ytri Island Retreat offers a stay where design, comfort, and landscape merge seamlessly. Rooms and suites are carefully crafted with natural materials, soft light, and panoramic sea views that bring the outside in. From intimate rooms to spacious suites with lounge areas and fireplaces, every detail is designed for calm and connection. A refined retreat shaped by horizon, weather, and the rhythm of the sea.

[Learn more](#)

Eat

## Restaurant Alma

Restaurant Alma offers a high-end dining experience centred on locally sourced seafood and seasonal ingredients. The



Photo: Jonathan Vilvaas Klise

daily four-course menu highlights fresh regional fish and carefully selected produce of exceptional quality. From Wednesday to Saturday, the Chef's Table presents a twelve-course tasting menu with exclusive ingredients and harvests from the restaurant's own garden. Ideal for discerning travellers, it adds a refined culinary highlight to any Helgeland itinerary.

[Learn more](#)

# Glomfjord

What to do

## Kayaking



Photo: Andreas Duran

Kayaking Experience – Meløy Adventure – Along the Helgeland coast, Meløy Adventure offers guided kayaking trips through some of the region's most beautiful landscapes. Paddle to white-sand beaches, beneath Rødøyløva, or with views of the Svartisen glacier. With instruction and equipment included, it's a safe and rewarding experience. Certified paddlers can also rent kayaks and explore independently.

[Learn more](#)

What to do

## Rib

Rib Sea-Rafting Experience – Meløy Adventure – From Ørnes, Meløy Adventure offers RIB



Photo: Meløy Adventure

tours to some of Helgeland's most scenic and cultural highlights. Explore destinations like Rødøya, Myken, and the fjords, with opportunities for hiking and wildlife spotting along the way. With experienced guides and thermal suits provided, it's an exciting and comfortable way to discover the coast.

[Learn more](#)

# Glomfjord

What to do

## Svartisen

Engabreen Glacier Trek – At Engabreen in Meløy, this guided glacier trek offers a close-up experience of one of Norway's most impressive glacier arms. After a short boat crossing and scenic walk, guests explore ice formations and crevasses with expert guidance. Available throughout summer, including midnight sun tours, it's a unique and accessible way to experience Svartisen's dramatic glacier landscape.



[Learn more](#)

# Halsa

What to do

## Arctic Kayaking At The Edge Of The Glacier

Engabreen Glacier Kayak Experience – At Engabrevatnet, this guided kayak tour takes you across a glacier lake surrounded by alpine peaks and dramatic fjord landscapes. Paddle towards the Engabreen glacier while learning about its history and powerful forces. With all equipment and instruction included, it's a safe and accessible adventure – a unique way to experience Arctic nature up close.



[Learn more](#)

What to do

## Guided Fjord Fishing & Culinary Experience

Svartisen Fjord Fishing Experience – Near the Svartisen glacier, this guided excursion combines fjord cruising with hands-on fishing in clear Arctic waters. Surrounded by mountains and glacier views, guests take part in the catch, which may be prepared on board as fresh fish soup. A scenic and engaging experience blending activity, nature, and local food culture along the Helgeland coast.



[Learn more](#)

What to do

## Glacier Hiking On Svartisen

Engabreen Glacier Hike – Explore one of Norway's most striking glacier landscapes on a guided hike at Engabreen. Choose between daytime or evening departures, with the option to experience the midnight sun and fjord views. This scenic adventure combines dramatic nature with unforgettable surroundings – a perfect way to discover Arctic landscapes on foot.



[Learn more](#)

What to do

## Guided Glacier Hiking Adventure

Svartisen Glacier Hike Experience – At Svartisen, this guided glacier hike offers a safe and immersive Arctic adventure in a dramatic alpine setting. Equipped with proper gear, guests explore the ice while learning about glacier formation and movement. Available as day or evening tours, it's a striking nature experience combining activity, knowledge, and unforgettable scenery.



[Learn more](#)

# Norway's second largest glacier

**Svartisen is Norway's second-largest glacier, and its glacier tongue Engabreen stretches dramatically down toward Engabrevatnet lake and Holandsfjorden along the Helgeland coast in Meløy.**

This is one of Norway's most accessible glaciers, reachable by shuttle boat across the fjord, followed by a short walk or bike ride.

Visitors can join guided glacier hikes to get close to the brilliant blue ice, explore the unique glacial landscape, and experience the powerful sights and sounds of moving ice.

Photo: Emilie Solbakken/Visit Helgeland

# Halsa

What to do

## History Walk – Stories From The Edge Of The Glacier

Svartisen Historical Walk – This guided walk from the dock to the restaurant combines scenic surroundings with local storytelling.

Along the way, guests learn about the development of tourism and the retreat of the Svartisen glacier, as well as how glaciers shape the landscape. A relaxed and insightful experience offering both knowledge and a deeper connection to this iconic Arctic environment.

[Learn more](#)



What to do

## Wilderness Sauna With Glacier Water

Wood-Fired Sauna Experience – Surrounded by nature, this wood-fired sauna offers a simple and authentic Nordic wellness

experience. Heated with locally gathered firewood and free from modern distractions, it invites guests to relax and reconnect. Cool down with refreshing glacier water and enjoy the contrast of heat and cold – a pure, rustic escape rooted in nature.

[Learn more](#)



What to do

## Shuttle Service – Flexible Transport Solution

Svartisen Shuttle Service – Tillsvartisen offers a flexible shuttle service supporting excursions

in the Svartisen region. With capacity for small groups, it provides efficient transport for activity programmes and tailored itineraries. The service can be combined with local experiences such as the waffle buffet, adding convenience and value to your visit in this scenic glacier landscape.

[Learn more](#)



# Bolga

Sleep

## Bolga Brygge



On the island of Bolga, Bolga Brygge offers comfortable accommodation right by the waterfront, surrounded by open sea and mountain views. Stay in modern apartments or rooms and enjoy the calm atmosphere of island life. With nature, hiking opportunities, and coastal experiences close by, it's an ideal place to relax, recharge, and explore the Helgeland coast at your own pace.

[Learn more](#)

# Støtt

**Støtt, a historic trading post in Meløy, offers some of the most unique and scenic holiday experiences along the Helgeland coast.**

This charming island combines rich coastal heritage with modern comfort, making it an ideal destination for both relaxation and adventure.

With daily express boat connections to Bodø, Ørnes, and the surrounding archipelago, Støtt is a perfect base for exploring Northern Norway.

Visitors can enjoy a wide range of activities year-round. Paddle through the stunning archipelago by kayak, join a fishing trip or a RIB tour, or take part in glacier hikes on Svartisen and mountain treks to Rødøyløva or the Meløy Alps. For families or those seeking a slower pace, the island offers biking, white sandy beaches, and snorkeling or diving in the crystal-clear waters.

Photo: Photo: Emilie Solbakken/Visit Helgeland

# Støtt

Sleep

## Støtt – Top og Helgeland



Photo: Hans Petter Sørensen

Out on the island of Støtt, you can stay in beautifully restored buildings at a historic trading post surrounded by open sea. Here, history, nature, and comfort come together in a unique coastal setting. Enjoy the peaceful atmosphere, fresh sea air, and a sense of stepping into another time along the Helgeland coast.

[Learn more](#)

Eat

## Støtt – Restaurant Gammelbutikken

In the heart of Brønnøysund, SVANG offers a modern and playful dining experience based on high-quality local ingredients from farmers and fishers.



Photo: Svang Restaurant and wine bar / Don

The menu changes with the seasons and is served as curated multi-course experiences or relaxed à la carte in the bar. With a strong focus on flavour, wine pairing, and atmosphere, it's a distinctive culinary destination on the Helgeland coast.

[Learn more](#)

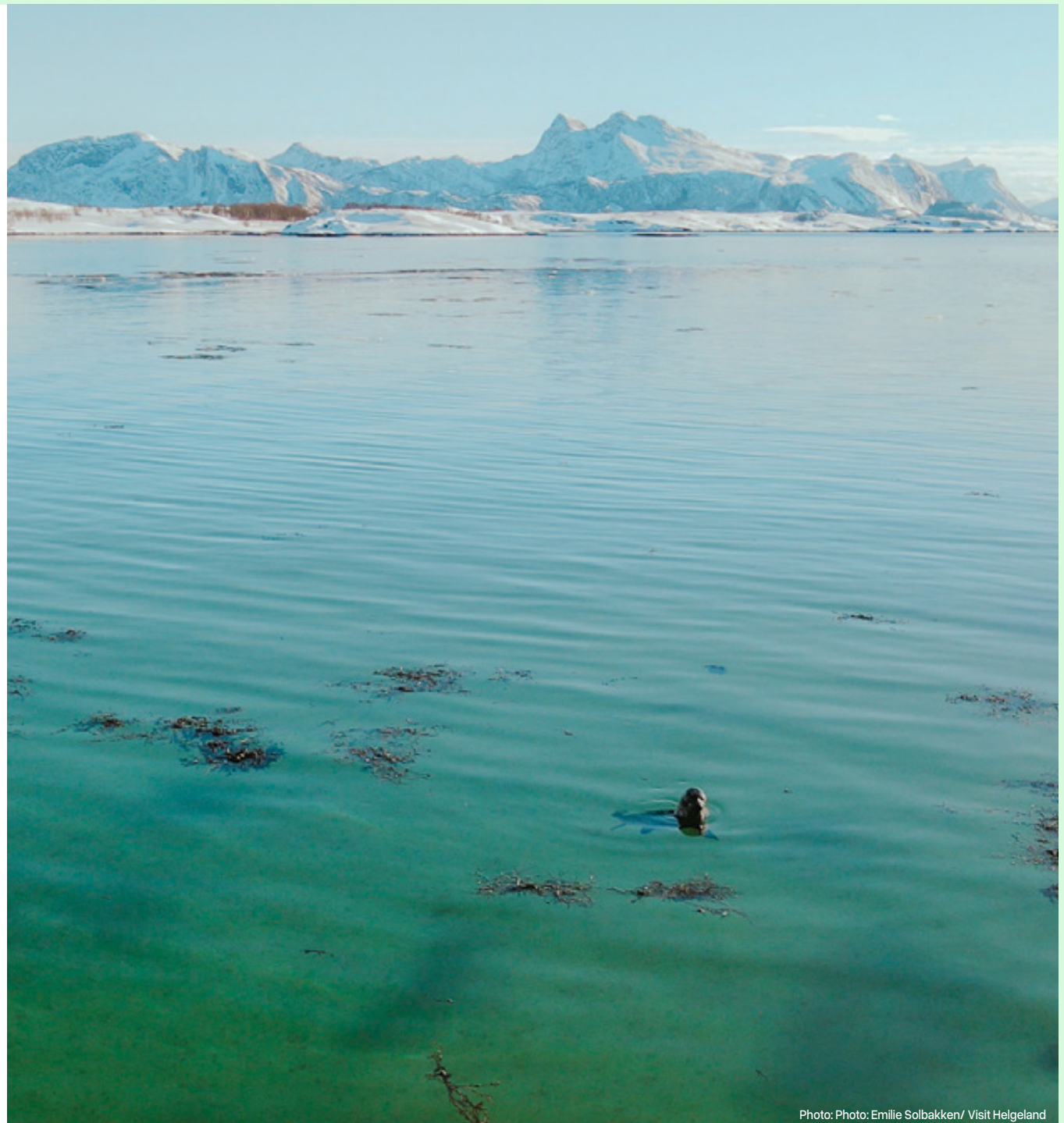


Photo: Photo: Emilie Solbakken/ Visit Helgeland

# Northern Helgeland archipelago – hidden gems

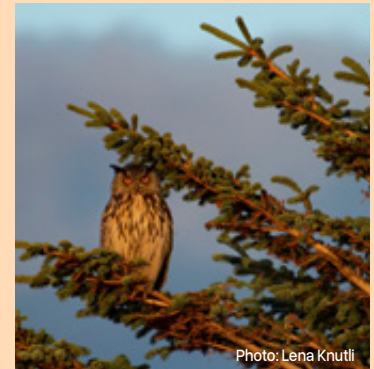


Photo: Lena Knutti

## Solværøyan Birds and Beds

Solværøyan Birds and Beds offers stays in off-the-beaten-path locations where you can unwind and enjoy the simplicity of life close to nature. Their two accommodations, Smia and Hubroheimen, are ideally situated in the kayaking and birdwatching paradise of the Solvær Islands, roughly in the middle of the Helgeland coast. Kayak rentals are also available.

[Learn more](#)

## Kvitneset Camping

Kvitneset Camping in Leirfjord municipality offers accommodation in scenic surroundings by a secluded fjord. Guests enjoy a beautiful view of the fjord and the Seven Sisters mountains. This is the place for a tranquil holiday far from noise and distractions. Although quiet and peaceful, Kvitneset Camping is situated only a few kilometres from the town of Sandnessjøen.



Photo: Morten Eriksen / Kvitneset Camping

[Learn more](#)



# The Inland of Helgeland

The inland of Helgeland is home to the region's two largest towns, Mo i Rana and Mosjøen, both offering good hotel capacity and quality restaurants. The area is known for its reliable snow in winter.

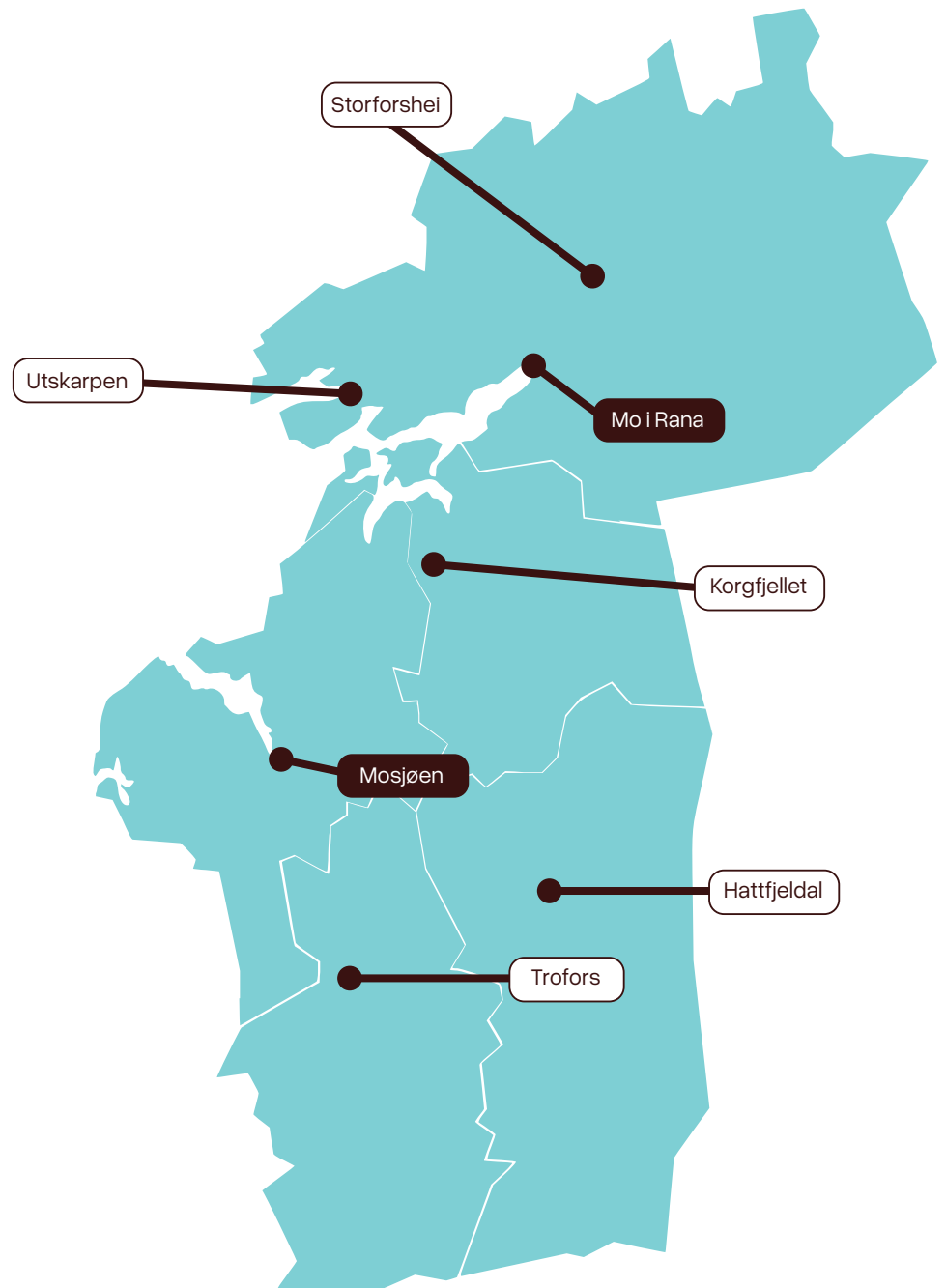
Photo: Broadstone/Visit Helgeland

# The Inland of Helgeland

**Inland Helgeland spans a large area of untouched nature and wild landscapes, offering a true sense of wilderness.**

In winter, the region is known for its reliable snow conditions, making it a popular destination for activities such as dog sledding, skiing, and snowmobiling.

The inland is also famous for its many fascinating cave systems, which attract both casual visitors and experienced explorers. In addition, this part of Helgeland is home to the region's two largest towns, Mo i Rana and Mosjøen, which serve as key hubs for accommodation, culture, and transport.



# The glacier Svartisen



**The glacier Svartisen is an ancient giant resting among ice-covered peaks and deep valleys, in the wild mountain landscape between Saltfjellet and the Helgeland coast.**

It is Norway's second-largest glacier, covering an area larger than Oslo and Bergen combined. With its many glacier arms, it reaches down towards the valleys and mountain lakes below. Austerdalsisen is one of them, and in the beautiful landscape surrounding it, you can see how the glacier's powerful forces have shaped the mountains over thousands of years.

Photo: Emilie Solbakken/Visit Helgeland

# What to do

Inland Helgeland is known for its stable snow conditions in winter, making it a prime destination for classic activities such as dog sledding, snowmobile tours, and Northern Lights safaris.

In summer, the landscape transforms into a paradise for hiking, fishing, caving, and exploring endless trails. Both Mosjøen and Mo i Rana are conveniently connected to Trondheim and Bodø via the train line that runs through the region.

## FAVOURITE ACTIVITIES

Northern Light hunting

Dog sledding

Snowmobile tours

Rafting

Climbing, via ferrata and zipline

Cave tours

Hiking

Skiiing

Visiting the Nordland National Park Centre

Science Center of Nordland

Photo: Morten Eriksen



# Sleep

**The towns of Mo i Rana and Mosjøen are home to some of the region's largest and best accommodation options. Mo i Rana offers the largest accommodation capacity in Helgeland, with a wide range of hotels and places to stay.**

In Mosjøen, you'll find the historic Fru Haugans Hotel – the oldest hotel in Northern Norway. For a more personal stay, Til Elise fra Marius offers boutique-style lodging with a unique and intimate atmosphere. And by the coast, Yttersvik invites you to relax in modern panoramic cabins with stunning sea views.

Til Elise fra Marius

Scandic Meyergården Hotell

Thon Partner Hotel Mo i Rana

Home Hotel Helma

Yttersvik

Mosjøen Hotell

Fru Haugans Hotell

Hattfjelldal Hotell



# Eat

**Til Elise fra Marius is widely regarded as a strong contender for a future Michelin star.**

The restaurant offers an exceptional fine dining experience with a thoughtfully composed 10-course menu served daily. Known for its warm and personal hospitality, the team behind Til Elise works closely with the local community, aiming to contribute to the growth and vitality of the entire village.

You'll also find excellent dining options in both Mosjøen and Mo i Rana, many with a strong emphasis on local ingredients.

**Til Elise fra Marius**

**Sjyen Restaurant**

**Restaurant Meyergården**

**Barthbryggo**

**Restaurant Ellen**

**Hattfjelldal Hotel**

# Saltdal

What to do

## A Journey Into Nature – Explore The National Parks In A Whole New Way



National Parks Experience – Nordland – Explore the unique landscapes of Nordland’s national parks on a guided visit through the “Irreplaceable” exhibition. Learn about fragile ecosystems, rare species, and the connection between nature and Norwegian and Sámi culture. The experience ends around the campfire with fresh coffee – a calm and insightful introduction to the region’s natural heritage.

[Learn more](#)

What to do

## A Journey Through Sámi Culture – A Living History

Sámi Culture & Saltfjellet Experience – This guided experience begins with a film on Sámi rights and conservation,



followed by an exhibition exploring culture and history. A short walk leads to Roparneset, where guests visit a traditional Sámi settlement with turf huts. The tour ends around the campfire with coffee – a meaningful journey through heritage, landscape, and living traditions.

[Learn more](#)

What to do

## Where Art And Nature Meet – An Unique, Immersive Experience

Art & Nature Experience – Adde Zetterquist – This guided experience combines art and nature, starting at the Adde



Zetterquist Art Gallery with insight into the artists’ work and commitment to conservation. The tour continues in the “Irreplaceable” exhibition, exploring landscapes, wildlife, and cultural heritage. It ends by the campfire with coffee – a reflective journey connecting creativity, nature, and sustainability.

[Learn more](#)

What to do

## Geopoetic Walk – Let Nature Tell Its Own Story

Geopoetic Walk Experience – Join a guided walk along a powerful waterfall once saved from development, and explore



the landscape through stories and reflection. This unique experience invites you to see nature in a new way, connecting emotion, history, and environment. A calm and thought-provoking journey, perfect for those seeking a deeper and more meaningful connection to nature.

[Learn more](#)

# Storforshei

What to do

## Cave Trip In Setergrotta

Guided Cave Exploration Experience – Discover a hidden underground world on a guided tour through one of Norway’s most unique



caves. Formed over thousands of years, the cave features narrow passages, marble corridors, deep gorges, and large chambers. With running water and fascinating geology, it offers an exciting and immersive adventure for moderately active visitors.

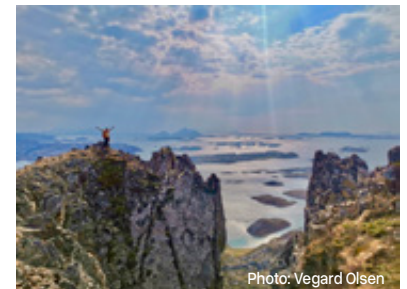
[Learn more](#)

What to do

## Guided Mountain And Hiking Tours

Guided Hiking Experience – Saltfjellet & Arctic Circle

– From Mo i Rana, guided hikes lead into the scenic landscapes of Saltfjellet and the Arctic Circle.



Routes vary from gentle walks to mountain peaks, with options year-round on foot, skis, or snowshoes. Along the way, guests may explore waterfalls, caves, and fishing spots – an active and flexible way to experience Helgeland’s diverse nature.

[Learn more](#)

# Storforshei

What to do

## Northern Lights Safari By The Arctic Circle

Northern Lights Safari – Helgeland – From September to April, this guided Northern Lights safari takes you to



Photo: Vegard Olsen

carefully selected locations around Saltfjellet and the Arctic Circle. With minimal light pollution and stunning natural backdrops, guests enjoy optimal viewing conditions. The experience includes transport, warm drinks, snacks, and time by the campfire – a memorable way to experience the Arctic night in peaceful surroundings.

[Learn more](#)

What to do

## Teambuilding Arctic Circle Race

Arctic Circle Race – Arctic Circle Race is an action-packed team challenge inspired by The Amazing Race, designed for groups, families, and workplaces. Participants take on a mix of creative tasks, problem-solving, and physical activities, from puzzles to outdoor challenges. Tailored to each group, the experience promotes teamwork, communication, and fun – a dynamic and engaging way to explore Helgeland together.

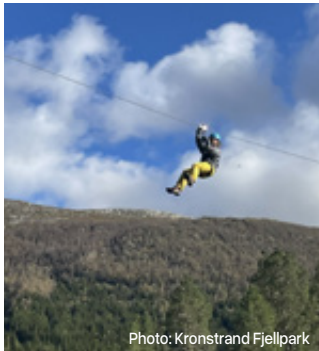


Photo: Kronstrand Fjellpark

[Learn more](#)

What to do

## Teambuilding The Hunt At Høyt Og Lavt

“The Hunt” Team Experience – “The Hunt” is a fun and engaging team activity combining climbing park challenges with puzzles, orienteering, and creative tasks. Designed for groups of all levels, it offers three hours of shared adventure that brings people together. The programme can be tailored with additional activities, making it a flexible and social experience focused on teamwork, problem-solving, and fun.



Photo: Broadsport / Visit Helgeland

[Learn more](#)

Sleep

## Krokstrand Fjellpark

Stay at Krokstrand Fjellpark and experience the tranquillity of the mountains near the Arctic Circle. With cosy accommodation surrounded by nature, it's a great place to pause, breathe in fresh air, and enjoy the landscape. Perfect for travellers looking for a peaceful stop or a base for outdoor adventures.



Photo: Marte J. Asland

[Learn more](#)

Sleep

## Storli Camping / Aernie



Photo: Mads Utstrand

Along the banks of the Ranaelva river, just north of Mo i Rana, Storli Camping and Aernie offers a stay shaped by both nature and culture. Choose between cosy cabins, camping, or a night in a traditional Sámi gamme. Surrounded by forest and flowing water, you can relax or take part in cultural experiences that bring South Sámi traditions to life. A unique and memorable stay in inland Helgeland.

[Learn more](#)

Eat

## Krokstrand Café

Nestled at the foot of Saltfjellet just below the Arctic Circle, Krokstrand Café has been a popular stop for travellers since 1939. Here you can enjoy homemade local food, fresh pastries, and good coffee in a warm and welcoming setting. Meals can be enjoyed on-site or packed to-go, making it an ideal stop before continuing through the surrounding mountain landscape.



Photo: Marte J. Asland

[Learn more](#)

# Mo i Rana

Right on the edge of the Arctic Circle, Mo i Rana is the natural gateway to Svartisen, Norway's second-largest glacier, as well as the majestic Saltfjellet mountains.

Known as Helgeland's largest town, Mo i Rana has grown from its origins as a trading post and its "ironworks era" as an industrial hub into a vibrant modern town. Today it offers cafés and theatres,

shopping malls and a science centre, museums and concert venues – making it both a great base for exploring the glacier and mountains, and a lively destination in its own right.

# Mo i Rana

What to do

## Guided Climbing Activity

Max Arena Climbing Experience – At Max Arena, guests can enjoy a safe and accessible climbing experience suitable for all levels. With equipment and guidance provided by trained instructors, participants can challenge themselves at their own pace. Combining physical activity with teamwork and achievement, it's an engaging and inclusive experience ideal for groups, schools, and social events.



[Learn more](#)

What to do

## Vitensenter Nordland

Vitensenter Nordland in Mo i Rana is an interactive science centre where visitors of all ages can explore nature, technology, and mathematics through hands-on activities. The exhibition focuses on Nordland's natural resources, digital technology, and virtual modelling, and encourages learning through experimentation and play.

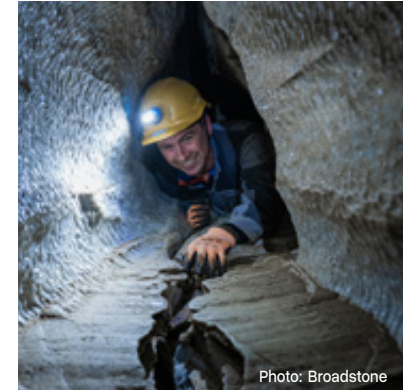


[Learn more](#)

What to do

## Setergrotta cave

Just 30 minutes from Mo i Rana, Setergrotta is one of Norway's largest and most fascinating caves. With dramatic chambers, marble passages, an underground river, and even a hidden fish dam, it offers an adventurous and memorable experience. The tour is moderately demanding but requires no prior experience, and all necessary equipment is provided.



[Learn more](#)

What to do

## Team Challenge Full Of Action And Fun

Max Arena Team Building Experience – At Max Arena, this dynamic team-building programme combines physical challenges with problem-solving and competition. Activities include climbing tasks, interactive games, and team challenges designed to strengthen collaboration and communication. With flexible options and social spaces for breaks, it offers an engaging and structured experience – ideal for groups seeking fun, teamwork, and shared achievement.

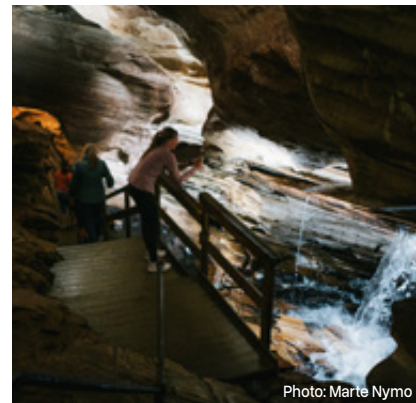


[Learn more](#)

What to do

## Grønligrotta cave

Grønligrotta, near Mo i Rana, is a fascinating limestone cave ideal for a family visit. On a guided tour, you'll explore dramatic rock formations, stalactites, glacial potholes, an underground stream and waterfall, and even a granite boulder carried there by glacial meltwater at the end of the last ice age.



[Learn more](#)

What to do

## Boat To Svartisen

Svartisen Glacier Visit – Just north of Mo i Rana, this experience takes you by boat across Svartisvatnet to reach the Svartisen glacier. After a short crossing, a scenic walk leads to a viewpoint overlooking the glacier arm. Along the way, guests can enjoy simple facilities and a peaceful setting – a rewarding and accessible way to experience one of Norway's most iconic glaciers.



[Learn more](#)

# Mo i Rana

What to do

## Glacier Hike Okstindbreen

Okstindbreen Glacier Hike – At Okstindbreen, this guided hike takes you onto one of Norway's oldest glaciers, surrounded by dramatic mountain scenery. Starting from Kjennsvatnet, guests are equipped with glacier gear and learn basic techniques while exploring the ice. Suitable for those with good fitness, it offers a full-day adventure combining activity, knowledge, and spectacular Arctic landscapes.



[Learn more](#)

Sleep

## Scandic Meyergården

In the heart of Mo i Rana, Scandic Meyergården combines historic charm with modern comfort. Set in a distinctive wooden building, the hotel offers a warm atmosphere, spacious rooms, and easy access to shops, culture, and nature. After a day of exploring, unwind in elegant surroundings and enjoy the relaxed pace of this welcoming town on the Helgeland coast.

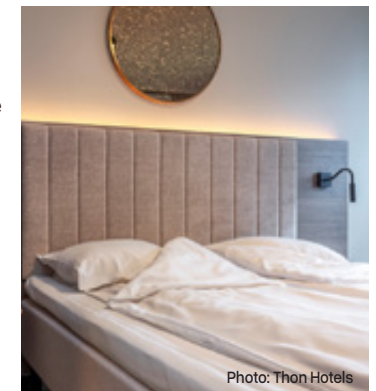


[Learn more](#)

Sleep

## Thon Hotel Mo i Rana

Right in the centre of Mo i Rana, Thon Hotel Mo i Rana offers a comfortable and modern stay close to everything the town has to offer. Enjoy well-equipped rooms, a welcoming atmosphere, and easy access to shops, restaurants, and cultural experiences. A convenient base for exploring both the town and the surrounding nature of Helgeland.

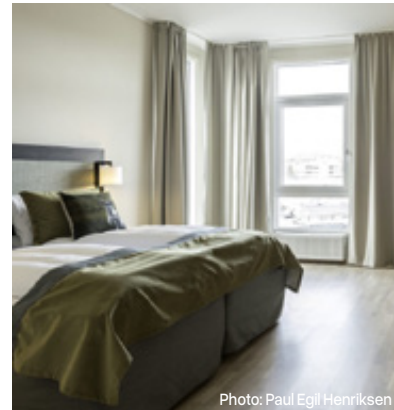


[Learn more](#)

Sleep

## Home Hotel Helma

Right in the centre of Mo i Rana, Home Hotel Helma offers a comfortable and easy stay where meals are included. Enjoy a relaxed atmosphere, modern rooms, and the convenience of having breakfast, afternoon treats, and dinner served during your stay. A welcoming base for exploring the town and surrounding Helgeland region.



[Learn more](#)

Sleep

## Yttervik

Just outside Mo i Rana, Yttervik offers a stay where you can choose your own way to experience nature. Sleep in panoramic cabins with views of the Ranfjord, spend the night under the stars in a glass igloo, or enjoy the space of a modern apartment. Surrounded by mountains and water, it's a place to recharge, explore, and experience Helgeland at your own pace.



[Learn more](#)

# Mo i Rana

**Eat** Restaurant Sjøen

At Moholmen Marina, Restaurant Sjøen offers a modern seafood experience based on fresh, local ingredients from sea and land. The menu highlights catches from Northern Norway alongside quality meats from nearby farms. With an elegant yet relaxed atmosphere, it suits both casual dinners and special occasions – all set in a scenic coastal environment.



Photo: Restaurant Sjøen

[Learn more](#)

**Eat** Søylen Restaurant – Scandic Meyergården

Located in the centre of Mo i Rana, Søylen Restaurant at Scandic Meyergården offers a varied dining experience from breakfast to dinner. The menu is based on northern Norwegian ingredients and culinary traditions, served as both à la carte and buffet options. Combined with a lobby bar offering light dishes and drinks, it provides a relaxed and versatile setting for meals in a historic hotel environment.



Photo Leif Karstensen

[Learn more](#)

# Utskarpen

**Sleep** Til Elise Fra Marius

Between fjord and mountains in Utskarpen, Til Elise fra Marius invites you into a carefully curated stay where accommodation and gastronomy are inseparable. Sleep in intimate rooms with historical character or in panoramic cabins with views of nature and sea. Your stay includes breakfast and is designed around a multi-course dining experience, where local ingredients shape every detail. A refined, immersive escape where atmosphere, flavour, and landscape come together.



Photo: Hanna Evensen

[Learn more](#)

**Sleep** Til Elise Fra Marius Restaurant

In rural Utskarpen on the Helgeland coast, Til Elise Fra Marius offers a refined farm-to-table dining experience. The menu highlights seafood, local meats, and seasonal produce, presented through curated tasting menus rooted in craftsmanship and place. Internationally recognised for quality and sustainability, it's an exclusive culinary destination ideal for small groups and premium travel experiences.



Photo: Hanna Evensen

[Learn more](#)

# Korgen

**What to do** Dogsledding



Photo: Freke Wilderness

Freke Wilderness Dog Sledding – At Freke Wilderness, guests join a full Arctic dog sledding experience from meeting the dogs to gliding through snowy mountain forests. Tours range from half-day to full-day adventures, with options to drive your own sled or ride with a guide. The journey ends by the campfire with warm drinks – a memorable outdoor experience for families, groups, and dog lovers.

[Learn more](#)

**Sleep** Korgfjellet Fjellstue

Stay at Korgfjellet Fjellstue and enjoy a peaceful mountain setting between Mosjøen and Mo i Rana. Surrounded by open landscapes and fresh air, it's a perfect place to relax on your journey. Whether you're passing through or staying overnight, you'll find a calm and welcoming atmosphere in scenic surroundings.



Photo: Kristoffer Møllevik

[Learn more](#)

# Mo i Rana

## Svartisen Glacier

– Just north of Mo i Rana, this experience takes you by boat across Svartisvatnet to reach the Svartisen glacier. After a short crossing, a scenic walk leads to a viewpoint overlooking the glacier arm. Along the way, guests can enjoy simple facilities and a peaceful setting – a rewarding and accessible way to experience one of Norway's most iconic glaciers.

[Learn more](#)



Foto: Simon Fosheim/Visit Helgeland

## Vitensenter Nordland

Vitensenter Nordland in Mo i Rana is an interactive science centre where visitors of all ages can explore nature, technology, and mathematics through hands-on activities. The exhibition focuses on Nordland's natural resources, digital technology, and virtual modelling, and encourages learning through experimentation and play.

[Learn more](#)



Photo: Hans Petter Sørensen



Foto: Kristoffer Møllevik/Visit Helgeland

# Mosjøen

Just below the “broad-shouldered” Øyfjellet, where the rivers Vefsna and Skjerva meet and flow into Vefsnfjorden, lies the colorful town of Mosjøen, the oldest town in Helgeland.

Mosjøen is a city known for its music, culture, and cafés, and offers attractions such as the historic 19th-century district of Sjøgata, Helgelandstrappa with its zipline and via ferrata, Øyfellgrotta, beautiful hiking areas, and its own city beach.

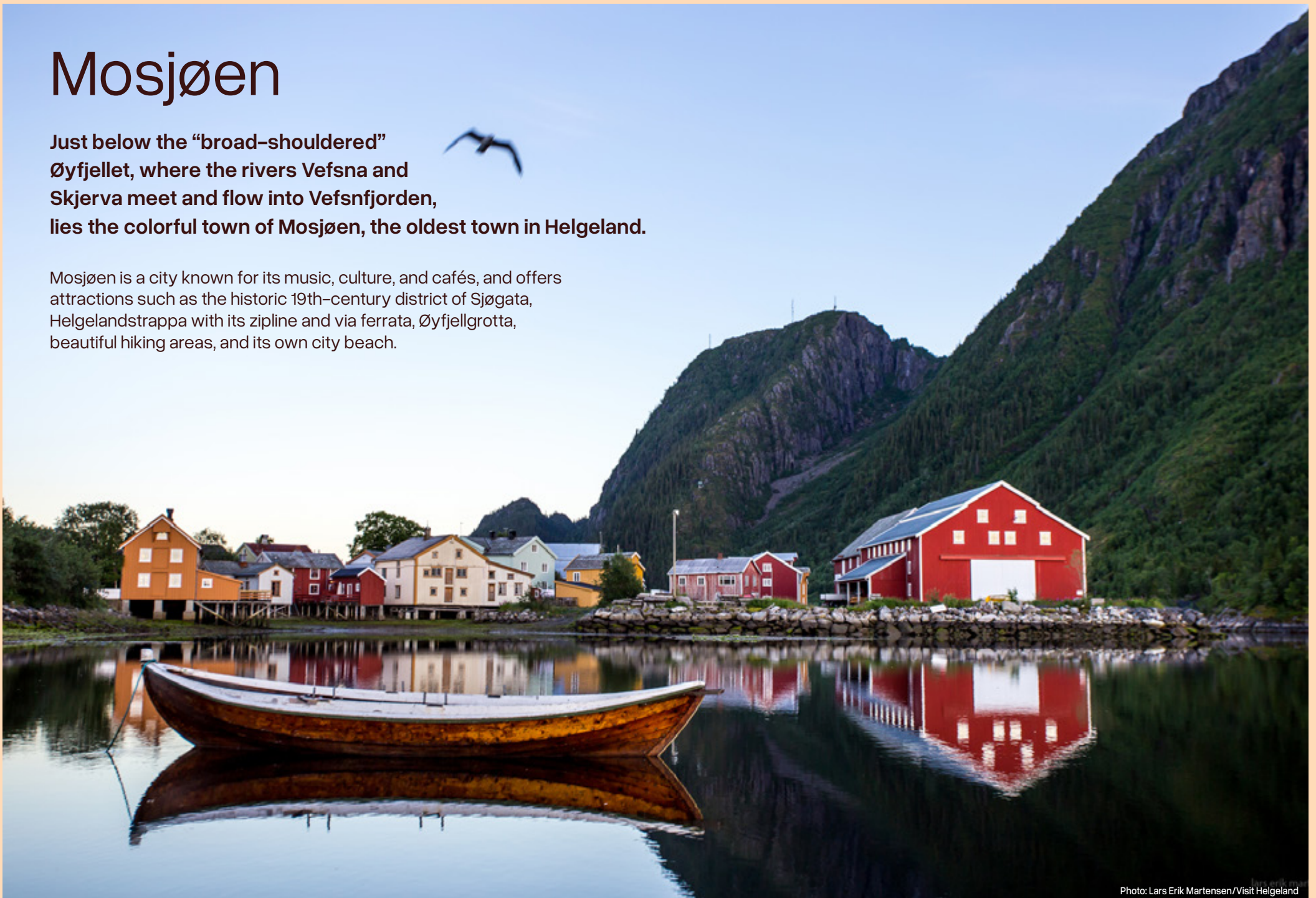


Photo: Lars Erik Martensen/Visit Helgeland

# Mosjøen

What to do

## Northern Lights

Northern Lights Hunt – Hi North – From Mosjøen, this guided Northern Lights hunt takes guests into quiet



winter landscapes with excellent viewing conditions. Led by experienced guides, the tour combines short walks or snowshoeing with storytelling, warm drinks, and time around the fire. While sightings aren't guaranteed, it offers a peaceful and memorable way to experience the Arctic night and its natural beauty.

[Learn more](#)

What to do

## Snowshoes Tour

Snowshoeing Experience – Helgeland – Explore Helgeland's winter landscape on a guided snowshoe walk through



forests and gentle mountain terrain. With no prior experience needed, guests move at a relaxed pace while enjoying peaceful surroundings and the chance to spot wildlife. Routes are tailored to the group and may include scenic viewpoints or a stop by the fire – a calm and accessible Arctic nature experience.

[Learn more](#)

What to do

## Wilderness Adventure

Sámi Lavvo Evening Experience – Just outside Mosjøen, this guided evening experience at Sjømoen combines a short snowshoe walk with a visit to a traditional Sámi lavvo. Surrounded by quiet winter landscapes, guests gather around the fire to enjoy a local meal and learn about Sámi culture. With clear skies and possible Northern Lights, it's a peaceful and authentic Arctic experience.



[Learn more](#)

What to do

## Electric Car Charging



“Lad Opp” Charging Experience – Across Helgeland, “Lad Opp” charging stations by Helgeland Kraft offer convenient stops for electric vehicles powered by renewable hydropower. Designed as pleasant rest areas, many are located near attractions and hiking routes. A practical and flexible solution, allowing travellers to combine charging with scenic experiences and explore the region at their own pace.

[Learn more](#)

What to do

## Øyfjellgrotta A Cave Adventure

Øyfjellgrotta Cave Experience – Just outside Mosjøen, Øyfjellgrotta offers an accessible introduction to caving in a 500-metre limestone cave. Guided tours lead through narrow passages, unique formations, and an underground river shaped over thousands of years. With equipment and instruction included, it's a safe and memorable adventure – a fascinating way to explore Helgeland's hidden underground landscape.



[Learn more](#)

What to do

## Visit The Farm – Nature, Animals & Outdoor Fun

Løylegård Farm Experience – At Løylegård, guests can enjoy a fun and active day with animals and outdoor activities in a welcoming farm setting. Meet and feed the animals, explore nature trails, and try games like frisbee golf and traditional challenges. Gather around the fire for waffles and treats, or relax indoors if needed – a perfect outing for families and small groups in scenic surroundings.



[Learn more](#)

# Mosjøen

What to do

## Walk With Alpacas – A Unique Nature Experience

Alpaca Walk Experience – Løylegård – Join a peaceful walk through forest and open countryside accompanied



by friendly alpacas. Some walk on a lead while others roam freely, creating a calm and relaxed atmosphere. The one-hour walk offers time to connect with the animals and enjoy the scenery, followed by relaxation around the fire or in a cosy dome – a gentle and memorable nature experience.

[Learn more](#)

Sleep

## Fru Haugans Hotel



Stay at Fru Haugans Hotel in Mosjøen and experience one of Northern Norway's oldest hotels, rich in history and atmosphere. Enjoy comfortable rooms, beautiful surroundings by the river, and a warm, welcoming ambience. With the town centre just outside your door, it's the perfect place to relax, explore, and enjoy a memorable stay in Helgeland.

[Learn more](#)

Sleep

## Mosjøen Hotell



Just outside the centre of Mosjøen, Mosjøen Hotel offers a comfortable and practical base with easy access to both town life and surrounding nature. Located along the E6 and close to train connections, it's ideal for travellers on the move. Enjoy a relaxed stay with breakfast and evening meals included, before heading out to explore Helgeland's coast, mountains, and cultural highlights.

[Learn more](#)

Sleep

## Topcamp Mosjøen



Just at the gateway to Mosjøen, Topcamp Mosjøen offers a stay where town and nature meet. Set along the E6 and within easy reach of hiking areas and the Helgeland Stairs, it combines convenience with outdoor access. Choose between cabins, apartments, or camping, and enjoy a relaxed atmosphere with mountains nearby. A practical and scenic base for exploring both Mosjøen and the wider Helgeland region.

[Learn more](#)

Sleep

## Toppen Panorama Mosjøen



High above Mosjøen, Toppen Panorama offers a stay defined by wide views and open landscapes. From your accommodation, you overlook the town, fjord, and surrounding mountains, creating a sense of calm and space. Combine easy access to hiking trails with quiet evenings in peaceful surroundings. A scenic and relaxing retreat where nature and comfort come together.

[Learn more](#)

Eat

## Gildevangen Konditori

At Gildevangen Konditori in Olderskog, Mosjøen, you can enjoy a tasty lunch, relax with a coffee or refreshing drink, and indulge in freshly baked cakes and sweets. The menu features light dishes such as sandwiches, wraps, soups, and warm options. Conveniently located between Kippermoen and Mosåsen, it's a natural stop for both locals and visitors seeking a cosy, relaxed atmosphere.



[Learn more](#)

# Mosjøen

## **Eat** Hjørnet Bar

Located in the modern wing of Fru Haugans Hotel in Mosjøen, Hjørnet Bar is a vibrant meeting place for drinks,



light dishes, and social atmosphere. Guests can enjoy creative cocktails and a lively setting, with views of the Vefsna River and Øyfjellet from large windows and the outdoor terrace. Perfect for an aperitif, a casual drink, or a relaxed evening in scenic surroundings.

[Learn more](#)

## **Eat** Restauranrt Ellen

Located at historic Fru Haugans Hotel in Mosjøen, Restaurant Ellen offers a refined dining experience



rooted in over a century of tradition. The menu highlights high-quality ingredients from Northern Norway, combining regional flavours with international inspiration. Set within Northern Norway's oldest hotel, it provides a unique atmosphere and is ideal for group dinners, events, and memorable culinary experiences.

[Learn more](#)

## **Eat** Løyledomen at Løylegård

Set in a scenic farm environment, Løyledomen at Løylegård is a spacious, heated grill house for up to 45 guests. The venue



features a central fireplace and flexible facilities for meetings, events, and group experiences. Suitable for both formal sessions and social gatherings, it offers a warm, year-round setting with a strong sense of place – ideal for memorable shared experiences.

[Learn more](#)

## **Sleep** Furøy Camping



At Furøy Camping in Tjøtta, you can stay close to the sea in peaceful and scenic surroundings. Choose between cosy cabins, apartments, or camping options, all with easy access to nature and outdoor activities. It's a great place to unwind, enjoy fresh air, and explore the coastline – perfect for a relaxed holiday by the water.

[Learn more](#)

# Mosjøen



## Mosjøen zip-line

HiNorth in Mosjøen offers a thrilling ride from Storfjellet, 70 meters above the town, with stunning views over Sjøgata and the Vefsna river. The ride ends in the gardens of historic Fru Haugans Hotel. Operated by Hi North, the experience includes full safety gear, automatic braking, and guide support. Minimum age is 10 years, with a weight range of 30–110 kg.

[Learn more](#)

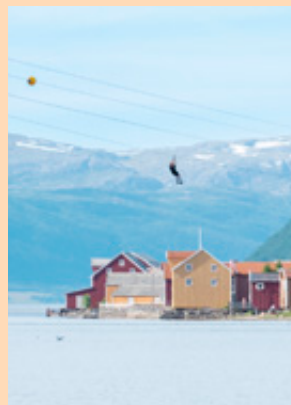


Photo: Kristoffer Møllevik/Visit Helgeland

## Via Ferrata

In the heart of Nordland, Mosjøen is home to the world's northernmost via ferrata. With Hi North, you'll climb safely along the mountainside, clipped to a steel cable and using iron steps and natural holds. Graded B/C (easy to moderately difficult), the route is suitable for beginners – and the reward is an unforgettable view from the summit.

[Learn more](#)



Photo: Broadstone/Visit Helgeland

# Trofors

What to do

## Between Mountains And River – A Guided Nature & Cultural Experience

Grane Nature & Heritage Walk

– In Grane municipality, this guided walk takes you through varied landscapes

of forests, mountains, rivers, and lakes. Along the way, guests hear stories of South Sámi traditions, salmon history, and timber floating along the Vefsna River. A scenic and engaging experience combining nature, culture, and living history in peaceful surroundings.

[Learn more](#)



What to do

## Scenic River Float – Relaxed Rafting Experience In Grane

Rivernorth River Float Experience – In Grane, this guided river journey offers a calm and scenic way

to explore Helgeland's wilderness. Guests float along gentle sections of the Austervefsna or Svenningelva rivers, surrounded by forests and canyon landscapes. With time to relax, swim, and enjoy the view, it's a peaceful and immersive nature experience for families, groups, and travellers.

[Learn more](#)



Sleep

## RiverNorth



In the inland landscapes of Grane, RiverNorth invites you to stay close to rivers, forests, and open wilderness. Accommodation is closely linked to outdoor experiences, offering a chance to combine comfort with adventure. Spend your days on the water or in the forest, and your evenings in peaceful surroundings. A unique base for those looking to connect with nature in a deeper and more active way.

[Learn more](#)

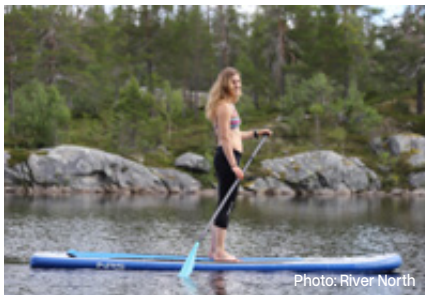
What to do

## Lake Sup & Packraft – Calm Paddling Experience In Grane

Sup & Packraft Experience – In Grane, this guided paddling experience takes you onto peaceful lakes

surrounded by forest and mountain scenery. After a short walk, guests glide across calm waters by SUP or packraft, with guidance and time to enjoy the silence of nature. With options for swimming or relaxing by the fire, it's a calm and refreshing outdoor experience.

[Learn more](#)



What to do

## Wilderness Rafting Expedition In Auster-Vefsna

Auster-Vefsna River Expedition – Deep in the Auster-Vefsna Nature Reserve, this multi-day river journey takes you through

one of Nordland's most untouched wilderness areas. Guided through rapids, forests, and narrow gorges, guests experience true Arctic nature up close. Nights are spent by the campfire with meals and relaxation by the river – a rare and immersive adventure in spectacular surroundings.

[Learn more](#)



Eat

## Laksforsen Restaurant

Overlooking the powerful Laksforsen waterfall in Grane, this family-run restaurant offers traditional Norwegian cuisine in a spectacular natural setting. The menu highlights local heritage dishes, with salmon as a signature feature alongside classic recipes made from regional ingredients. A memorable stop along the Helgeland route, it provides an authentic taste of local food culture surrounded by dramatic scenery.

[Learn more](#)



# Trofors

Eat

## Trixie Restaurant

At Laksvollen just outside Trofors, Trixie Restaurant offers a relaxed dining experience in scenic surroundings by the Vefsna



Photo: Simon Almås

river. The menu features well-loved classics such as pizza, burgers, kebab, and hearty dinner dishes, all prepared with quality and care. A popular stop along the E6, it's a welcoming place for both travellers and locals seeking comfort, good food, and Northern Norwegian hospitality.

[Learn more](#)

# Hattfjelldal

Sleep

## Fjellfolkets Hus

In the centre of Hattfjelldal, Fjellfolkets Hus offers a simple and welcoming place to stay, surrounded by mountains

and nature. Here, you can combine a comfortable overnight stay with cultural experiences and outdoor adventures. It's an ideal base for exploring the inland landscapes of Helgeland and learning more about local traditions and Sámi culture.



Photo: Fjellfolkets Hus

[Learn more](#)

Sleep

## Hattfjelldal Hotell

Stay at Hattfjelldal Hotell and enjoy a comfortable base in the heart of inland Helgeland. Surrounded by

mountains, rivers, and vast nature, it's an ideal starting point for outdoor adventures. Whether you're exploring nearby national parks or simply enjoying the calm of the surroundings, the hotel offers a relaxed and welcoming place to stay.



Photo: Gunn Johansen

[Learn more](#)

Sleep

## Møteplass Børgefjell

Stay at Møteplass Børgefjell and experience the calm of the wilderness near Børgefjell National Park.



Photo: Møteplass Børgefjell

Surrounded by mountains and nature, it's a place to disconnect and enjoy simple, meaningful experiences. Perfect for those seeking peace, fresh air, and a closer connection to the landscape.

[Learn more](#)



# Travelling by car or bus

For many of our visitors, traveling by road is a popular choice. For those who don't consider cycling a suitable option, driving by car or taking the bus can be a great alternative.

The road along the Helgeland Coast is widely regarded as one of the world's most beautiful scenic routes. And that's not just a claim made by locals. National Geographic includes it among the world's 101 most beautiful drives, and Lonely Planet ranks it as one of the top 10 experiences in Norway.

## Electric Car Chargers from LadOpp

At the excellent charging stations provided by Helgeland Kraft, you can recharge both your and your car's batteries. Your car's batteries can be charged with renewable hydropower, while you can recharge with experiences in beautiful nature.

[Learn more](#)

## Charter tours throughout Nordland

HTS Mosjøen offers charter tours in comfortable buses with experienced drivers. With a base in the town of Mosjøen, HTS offers tailored scenic tours throughout Nordland County.

[Learn more](#)



Photo: Broadstone/ Visit Helgeland

# Regional Destination Management Companies



## **Støtt – Top of Helgeland**

Støttveien 10, 8159 Støtt

Phone: +47 400 21 212

Email: [post@stott.no](mailto:post@stott.no)

Web: [stott.no/en/top-of-helgeland-english/](http://stott.no/en/top-of-helgeland-english/)



## **Book North Travel**

Helgeland

Phone: +47 754 07 000

Email: [post@booknorth.travel](mailto:post@booknorth.travel)

Web: [booknorth.travel/home](http://booknorth.travel/home)



## **Adventure Helgeland**

Enganveien 9, 8802 Sandnessjøen, Norge

Phone: +47 404 12 338

E-post: [post@adventurehelgeland.no](mailto:post@adventurehelgeland.no)

Web: [adventurehelgeland.no](http://adventurehelgeland.no)

# Nordland National Park Centre



**There is much to learn about the amazing wilderness and national parks of Nordland County – and the exhibitions at the Nordland National Park Centre aim to inspire this and much more.**

The centre offers something for the whole family, with exciting activities for young and old, such as walking the trails in the beautiful surroundings.

Nordland National Park Centre is a natural stop just north of the Arctic Circle.

Set in beautiful architecture and scenic surroundings, you'll find the Adde Zetterquist Art Gallery and the Nordland National Park Visitor Centre, together forming a unique experience where art and nature meet.

[Learn more](#)

Photo: Karoline O. A. Pettersen/Nordland National Park Centre



Photo: Kristoffer Møllevik/Visit Helgeland

# Sustainability

## Eco-lighthouse

Visit Helgeland earned our Eco-Lighthouse certification in 2020, demonstrating our commitment to sustainable tourism and reducing our environmental footprint. This certification ensures we implement eco-friendly solutions in our operations and promote environmentally conscious choices among partners and tourists. Our goal is to help the Helgeland tourism industry preserve the region's natural wealth for future generations.

## Sustainable Destination

“Sustainable destination” is a label for destinations systematically reducing tourism’s negative impact, requiring triennial progress documentation. Administered by Innovation Norway, 10 of Helgeland’s 19 municipalities are currently pursuing this certification. Our ambition is for all municipalities to achieve this label, and we offer project management support for the process.





## Let's connect

As the official Destination Marketing Organization for Helgeland our mission is to support your success. We serve as your gateway to our remarkable region and a trusted network of professional travel partners.

Think of us as your local experts on the ground. We offer international tour operators free, tailored support to help you create and market unforgettable travel experiences.

### Our services include:

- **Custom Itinerary Planning:** Personalized recommendations and expert guidance based on your market and client needs.
- **Supplier Connections:** Direct access to quality-assured hotels, authentic activity providers, and reliable transport solutions.
- **Insider Knowledge:** Benefit from our expertise in logistics, new openings, and hidden gems that make every trip extraordinary.

Merethe Kvandal  
Travel Trade Manager  
Merethe@visithelgeland.com  
+47 917 71 019

# Technical sheets available for download

Southern Helgeland

## Accommodation:

Corner Hotel	Hotel
Forvik Old Trading Post	Guesthouse
Herøy Brygge	Seaside Cabin
Hildurs Urterarium	Guesthouse (Seasonal)
Himmelblå Brygge	Coastal Lodge / Island Stay
Norsk Havbrukssenter	Coastal Lodge
Sømna Kro & Gjestegård	Guesthouse
Terråk Gjestegård	Guesthouse
Thon Hotel Brønnøysund	Hotel
Utværet Lånan	Coastal Lodge / Island Stay
Vega Havhotell	Hotel / Island Stay

## Activities

Faragut AS	Traditional Sailing Activity in Helgeland
Faragut AS	Traditional Boat Rental at Terråk
Handelsstedet Forvik	A Taste of History at Forvik Trading Post
Hildurs Urterarium	Guided Garden Walk
Lad OPP	Electric Car Charging
Lånan	A Living World Heritage Site
SeilNorge	Tailor-Made Team Sailing on the Helgeland Coast
Stavsmarken Gård	Farm Shop and Local Food Experience
Vega Verdensarvsenter	A Cultural and Educational Experience

## Restaurants and Cafés

Kred Café & Pub	Café, pub
Naustloftet (Handelsstedet Forvik)	Restaurant
Restaurant Sagastua (Hildurs Urterarium)	Restaurant
SMAK – Restaurant & Café (Toft Bryggehotell)	Restaurant & Café
Stavsmarken Gård	Farm shop & Café
Torghatten Strandrestaurant	Restaurant

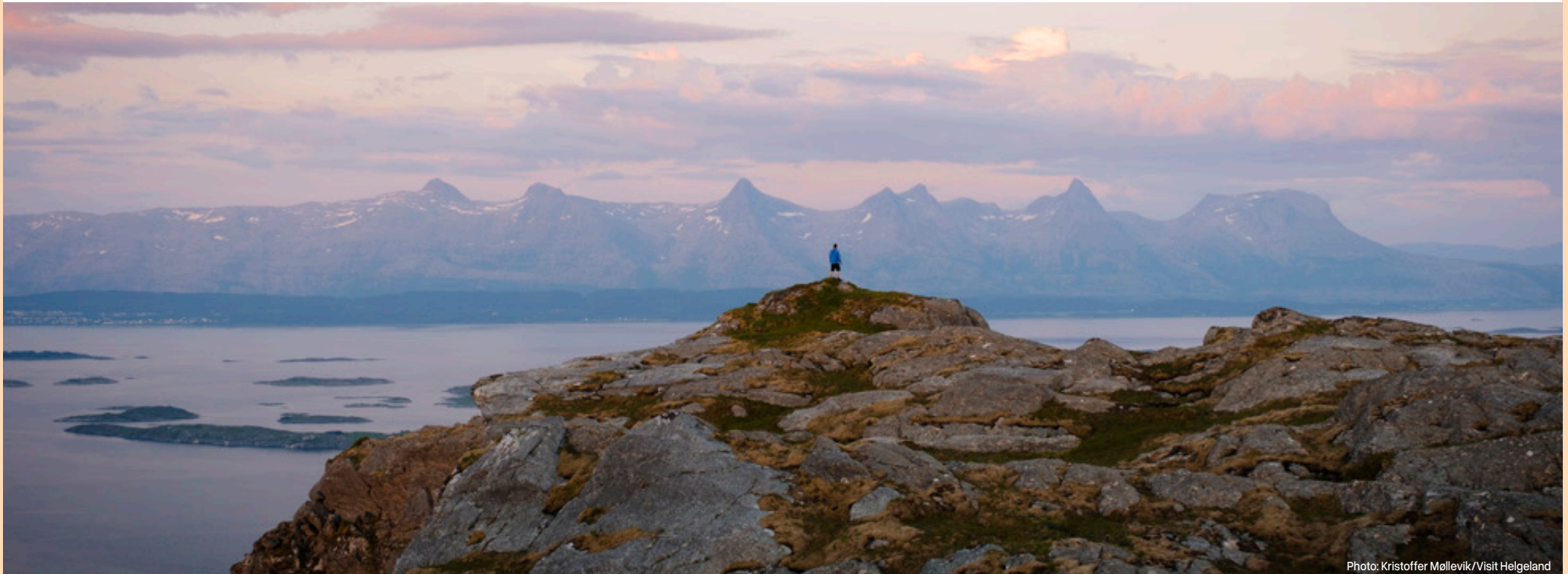


Photo: Kristoffer Møllevik/Visit Helgeland

# Technical sheets available for download

## Accommodation:

Augustbrygge	Cabin / Guesthouse
Bolga Brygge	Seaside Cabin
Brygga på Dønna	Seaside Cabin
Dønna Rorbuer Bøteriet	Fisherman's Cabin
Furøy Camping	Camping
Havkanten Guesthouse	Guesthouse / Island Stay
Kvarøy Sjøhus	Eco Fisherman's Cabin
Lovund Hotel	Eco Fisherman's Cabin
Oscarbrygga	Seaside Cabin
Scandic Syv Søstre Hotel	Hotel
Skogsholmen Gjestehus	Guesthouse
Skolo	Guesthouse / Converted Building Stay
Støtt Brygge	Historic Guesthouse / Converted Building Stay
Tjøtta Gjestegaard	Historic Guesthouse
Topcamp Havblikk	Camping / Motel / RV park / Caravan park
Træna Rorbuerie	Fisherman's Cabin
Ytri Island Retreat	Retreat / Barefoot luxury hotel / Island Stay
3 Kalver	Guesthouse
8770 Træna	Island Stay

## Activities

Adventure Helgeland	Authentic Nature Experience on the Helgeland Coast
Adventure Helgeland	Experiences Along One of the World's Most Beautiful Coastlines
Alo Restaurant (Scandic Syv Søstre)	Dinner in the Dark – An Immersive Culinary Concept
Helgeland Transportservice AS	Transport
Herøy Kajakk & Sykkel	Cycling experience on the Helgeland coast
Kranberget	Træna Heritage Walk – From Peaks to History
Kranberget	Harvest & History at Kaffekollektivet
Kranberget	Archaeological Walk to Kirkehelleren
Kranberget	Arctic Freediving
Kranberget	Operation Jupiter – Can you crack the code
Lad OPP	Electric Car Charging
Nordvær	All-inclusive luxury expedition
Nordvær	Private Arctic Sailing Experience
RAUS Bryggeri	Guided Brewery Tour and Tasting Experience
TilSvartisen	Arctic Kayaking at the Edge of the Glacier
TilSvartisen	Glacier Hiking on Svartisen
TilSvartisen	Guided Fjord Fishing & Culinary Experience
TilSvartisen	Guided Glacier Hiking Adventure
TilSvartisen	History Walk – Stories from the Edge of the Glacier
TilSvartisen	Shuttle Service – Flexible Transport Solution
TilSvartisen	Wilderness Sauna with Glacier Water
Tjøtta Gjestegaard	Historical walk at Tjøtta

## Restaurants and Cafés

3 Kalver	Restaurant, café
Havblikk Bistro (Topcamp Havblikk)	Restaurant
Havkanten Restaurant	Restaurant
Herøy Brygge	Restaurant
Restaurant Alma (Ytri Island Retreat)	Restaurant
Restaurant Thon Hotel Brønnøysund	Restaurant
Sjokoladebrygga	Café
Skogsholmen Guesthouse	Restaurant
Tjøtta Gjestegaard	Café
Torolvstein Høvdningsetet på Sandnes	Catering, meeting, events

# Technical sheets available for download

## Accommodation:

Fjellfolkets Hus	Self-catering hotel
Fru Haugans Hotel	Hotel
Hattfjelldal Hotel – GoExtreme	Hotel
Korgfjellet Fjellstue	Mountain Lodge
Mosjøen Hotel	Hotel
Møteplass Børgefjell	Mountain Lodge
RiverNorth	Outdoor Wilderness Camping
Scandic MeyergårdenHotel	Hotel
Storli Camping and Aernie	Cabin / Camping
Strawberry Home Hotel Helma	Hotel
Thon Hotel Mo i Rana	Hotel
Til Elise Fra Marius	Cabin / Guesthouse
Topcamp Mosjøen	Camping / Motel / RV park / Caravan park
Toppen Panorama Mosjøen	Guesthouse
Yttervik	Cabin / Camping / Glamping

## Activities

Freke Wilderness	Dog sledding
Fru Haugans	Hotel Yte og Nyte Activity Package
Hi North	Glacier hike Okstindbreen
Hi North	Northern lights
Hi North	Snowshoes Tour
Hi North	Wilderness adventure
Hi North	Øy fjellgrotta a Cave Adventure
Krokstrand Fjellpark	Cave trip in setergrotta
Krokstrand Fjellpark	Guided Mountain and Hiking Tours
Krokstrand Fjellpark	Northern Lights Safari by the Arctic Circle
Krokstrand Fjellpark	Teambuilding Arctic Circle Race
Krokstrand Fjellpark	Teambuilding The Hunt at Høyt og Lavt
Lad OPP	Electric Car Charging
Løyle Gård	Hands-On Craft Workshop
Løyle Gård	Northern Lights Experience
Løyle Gård	Visit the Farm – Nature, Animals & Outdoor Fun
Løyle Gård	Walk with Alpacas – A Unique Nature Experience
Max Arena	Guided Climbing Activity
Max Arena	Team Challenge Full of Action and Fun
Nordlandsnaturen	Guided tour of Uerstattelig – Explore the national parks in a whole new way
Nordlandsnaturen	A Journey through Sámi Culture – A living history
Nordlandsnaturen	A meeting with art – discover the stories behind the artwork
Nordlandsnaturen	Geopoetic Walk – Let nature tell its own story
Nordlandsnaturen	Where Art and Nature Meet – An unique, immersive experience
River North	Between Mountains and River – A Guided Nature & Cultural Experience
River North	Lake SUP & Packraft – Calm Paddling Experience in Grane
River North	Scenic River Float – Relaxed Rafting Experience in Grane
River North	Wilderness Rafting Expedition in Auster-Vefsna
Svartisen Mo i Rana	Boat to Svartisen

## Restaurants and Cafés

Gildevangen Konditori	Café, pastry shop
Hjørnet Bar	Bar
Korgfjellet Restaurant	Restaurant
Krokstrand Fjellpark Café	Café
Laksforsen Restaurant	Restaurant
Løylegård Dome	Dome, catering
Restaurant Ellen	Restaurant
Restaurant Sjen	Restaurant
Til Elise – Fra Marius Restaurant	Restaurant
Trixie Restaurant & Bar	Restaurant
Trixie Restaurant & Bar	Meeting, conference



# About Visit Helgeland

Visit Helgeland is the official Destination Management Organization (DMO) for the Helgeland region. It is owned by the region's 19 municipalities and supports around 200 local tourism-related businesses. Since 2026 we've also established a collaboration with Storuman municipality in Sweden to strengthen year-round tourism for both sides.

The organization has a team of 11 employees based in Helgeland's four main towns: Mo i Rana, Mosjøen, Sandnessjøen, and Brønnøysund.

Photo: Kenneth Lauvås / Visit Helgeland