EXPLORING THE ISLANDS BY BICYCLE

Helgeland
– magic and real
Main road
Other public roads
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Dønna – Thorsten Brönner
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spirendesign.no
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Tel. +47 75 01 80 00 | visithelgeland.com
EXPLORING THE ISLANDS OF HELGELAND BY BICYCLE

The scenic road between Brønnøysund to the south and Meløy to the north is an integral part of the Norwegian National Cycle Route No. 1. A myriad of islands beckon you to slow down and explore them; the mountains that rise from the sea here are amongst the most spectacular anywhere. The Helgeland coast has a colourful cultural heritage. You will find sheltered coves, icy glaciers and sandy white beaches. Discover an exciting coastal culture and hear fascinating stories.

This really is a paradise for the intrepid traveller. In the summer, when the sun barely sinks below the horizon, you can enjoy the sights of Helgeland around the clock, setting your own pace as you explore on two wheels. As you follow the shoreline there are pleasantly few hills to climb. The light is magical, and you may stop exactly where you wish to savour the beautiful scenery. The warm glow of the midnight sky, the refreshingly salty air and the deep silence truly has to be experienced!

PRACTICAL INFORMATION

Bicycle rental is offered at the Tourist Information Offices in Brønnøysund and Sandnessjøen, as well as at Hovblikk Camping in Nesna and at the Ørnes Hotel. You may also book your bicycle online at www.visithelgeland.com. Included in your price are a bicycle helmet, pump, patch kit, map and panniers. It’s also possible to rent a practical trailer for your bicycle. (Brønnøysund and Sandnessjøen)
Plan each leg of your journey in advance. Book your accommodation early. July is especially busy and is often fully booked. Cyclist welcome applies to all accommodation in this brochure.

Plan food purchases – some local grocery shops close early.

The Tourist Information Offices in Brønnøysund and Sandnessjøen transport bicycles back and forth, as needed. If you request “Fly and bike”, your bicycle will be waiting at the airport.

Express boats do not require reservations, but bring bungee cords, straps or rope to secure your bike. The fee for bicycles is the same as a child’s ticket.

On the ferries, your bike is transported for free, because there is plenty of space. You need only pay for your own ticket.

Hurtigruten (the coastal steamer) does not require reservations. The fee for a bicycle is NOK.100,-. Hurtigruten makes daily calls at Ørnes, Nesna, Sandnessjøen and Brønnøysund.

All schedules for buses, trains, ferries and express boats may be found at 177nordland.no

Trondheim – Brønnøysund 400 km
Trondheim – Sandnessjøen 460 km
Oslo – Brønnøysund 950 km
Oslo – Sandnessjøen 1000 km
Route 11: Brønnøysund – Vega – Herøy – Dønna – Sandnessjøen – Brønnøysund | Total cycling distance: approx. 185 /193 km

Starting from Brønnøysund, this route lets you explore everything from Torghatten, the mountain with a hole through it, to “Himmelblåøya” and the Vegaøyen UNESCO World Heritage site. Do seize the opportunity to test the region’s culinary delights.

**Part Distance 1 | Distance: 34 km**

**BRØNNØYSUND – TORGHATTEN – BRØNNØYSUND**

Head across the Brønnøysund Bridge and set course for Torghatten. A 30-minute walk takes you up to the famous hole through the mountain. Sturdy shoes recommended. Mount Torghatten is a part of the Trollfjell Geopark. You can learn more about geology and the coastal culture at [www.trollfjellgeopark.no](http://www.trollfjellgeopark.no). The Norwegian Aquaculture Centre at Toft, 6 km from the village centre, is also worth a visit.

**ACCOMMODATION**

1. Thon Hotell Brønnøysund, thonhotels.no/bronnoysund tel. +47 75 00 89 00

**GROCERIES AND SUPERMARKETS**

5. Kiwi Brønnøysund, Sømnavegen 106 tel. +47 75 02 15 90

**ATTRACTIONS AND ACTIVITIES**

2. City walk through Brønnøysund – Experience the streets along the lively harbour, the friendly shops and charming cafés.

2. **Rent a kayak** – or join a salty excursion in a speedy RIB boat.

2. **Brønnøy church** – A stone church built in 1870, situated in the town centre.

3. **Mount Torghatten**
   – Hike a well-marked path.

**BICYCLE HIRE AND INFORMATION**

4. **Tourist Information Office**, Brønnøysund, tel. +47 75 01 80 00 visithelgeland.com
Vega is a cycler’s paradise, with a hundred kilometres of very lightly-trafficked roads! Here are also trails you will be tempted to walk and beaches beckon you to swim and relax. The beautiful Vegaøyen archipelago is a World Heritage Site that offers a glimpse into a very unique chapter of Northern Norway’s cultural history. To get to Vega, you can take the express boat from Brønnøysund or a ferry from Horn. On your way to Horn we recommend a visit to the herb gardens that are situated 7 km from the town centre. You can stop at Nes to see “The Gateway to World Heritage”, perhaps enjoy fine dining in one of Vega’s restaurants or hire a kayak and explore the archipelago. Taking the express boat from Brønnøysund, you can also visit “Himmelblåøya”, before continuing on to Rørøy on Vega.

**ACCOMMODATION**

1. **Vega Opplevelsesferie** Nes, 16 km from Igerøy, tel. +47 415 69 859 | vegaopplevelsesferie.no
2. **Vega Havhotel** 19 km from Igerøy, tel. +47 75 03 64 00 | havhotelle.no

**ATTRACTIONS AND ACTIVITIES**

3. **Stone Age heritage trail** – with information boards and excavations that offer insights into Vega’s 10,000-year long history. Situated about 9 km from Gladstad and 9 km from Rørøy.
4. **Eider Duck Museum (E-Huset)** at Nes – documents the islanders’ unique tradition and their role as guardians of the migratory birds that nest on Vega. Situated about 16 km from the Igerøy ferry quay, and 7–8 km from Rørøy.
5. **Sea kayaking** – Vega Opplevelsesferie, about 17 km from the Igerøy ferry quay, tel. +47 415 69 859
6. **Vega church** – long-church built in 1864, situated 4 km from Rørøy.
7. **“A New Conversation”** – Artscape Nordland. This sculpture by Kain Tapper stands about 5 km from Igerøy and 3.5 km from Rørøy.

**BICYCLE HIRE AND INFORMATION**

8. **Vega Tourist Information** Gladstad, about 11 km from Igerøy, tel. +47 75 03 53 88 | visitvega.no

**GROCERIES AND SUPERMARKETS**

9. **Coop Marked Vega** 12 km from Igerøy, tel. +47 75 03 50 01
10. **Spar Vega / SparStuå** supermarket with café, about 12 km from Igerøy, tel. +47 75 03 52 66

**FERRIES AND EXPRESS BOATS**

- **Brønnøysund – Vega**: Route 18-151 | tts.no
- **Horn – Igerøy**: Route 18-152 | tts.no

Hurtigruten calls daily at Brønnøysund. hurtigruten.com/no/
The distance between the Igerøy and Rørøy ferry quays is 8–9 km.
From Vega, the express boat takes you to Herøy and Dønna. On this third distance, you will cycle idyllic and lightly-trafficked roads, walk sandy beaches, appreciate the rich and varied bird life, visit beautiful churches and admire that magnificent row of mountains called “The Seven Sisters”. From Bjørn on Dønna, you will travel by ferry to Sandnessjøen. Your return to Brønnøysund follows National Cycle Route No. 1 (Fv17), via Tjøtta, Vevelstad and Horn.

**ACCOMMODATION**

1. Augustbryggo - 15 km from the Herøy ferry quay, tel. +47 75 05 99 01, augustbryggo.no
2. Seløy kystferie - 13 km from the Herøy ferry quay, tel. +47 473 66 087 seloykystferie.no
3. Elfis Sjøstuer - 6 km from the Herøy ferry quay, tel. +47 959 15 202 | elfis.no
4. Scandic Hotel Syv Søstre - Sandnessjøen, tel. +47 75 06 50 00 | rico.no Contact info. at page 15
5. Clarion Collection Hotel Kysten - Sandnessjøen, tel. +47 400 00 091 | nordicchoicehotels.no/clarion-collection
6. 3 Kalver Camping - Solfjellsjøen, 10 km from the Bjørn ferry quay, trekalver.no tel. +47 415 13 425
7. Brygga på Dønna - Dønna, about 7 km from Bjørn, tel. +47 993 12 784 | brygga.com
8. Dønna Rorbu - Bøteriet, Åker, about 16 km from Bjørn, tel. +47 911 39 966 | bøteriet.com

**ATTRACTIONS AND ACTIVITIES**

8. Petter Dass museum - Café and museum shop. About 20 km from Sandnessjøen and 20 km from Tjøtta.
9. Guided kayak trips and RIB excursions - Seløy Kystferie, tel. +47 473 66 087 seloykystferie.no
10. The chieftain’s seat - Experience Viking history. Situated just 1 km south of Sandnessjøen.
11. Alstahaug church - A 13th century church situated about 20 km south of Sandnessjøen and. 20 km from Tjøtta.
12. The Seven sisters - A marked trail at Alstahaug.
13. Dønnamannen (858 m) - There is marked path up this characteristic mountain on Dønna.
14. Valhaugen and the phallic rock at Glein - about 20 km from the Bjørn ferry quay.

**BICYCLE HIRE**

15. Bakkelistua Åker, about 17 km from Bjørn, tel. +47 971 48 333

**BICYCLE REPAIRS**

16. Herøy Sport og Fritid Silvalen - Silvalen, 1.5 km from the Herøy ferry quay, tel. +47 75 05 99 97

**GROCERIES AND SUPERMARKETS**

17. Coop Dønna - Stavseng, about 18 km from the Bjørn ferry quay, tel. +47 75 05 48 53
18. Joker Karusellberget - Bjørn, tel. +47 75 05 37 00

**FERRY AND EXPRESS BOAT**

Sandnessjøen - Austbø – Herøysteder – Vega:
Route 18-172 | torghatten-nord.no
Dønna (Bjørn) – Sandnessjøen:
Route 18-181 | boreal.no

Tel. +47 75 01 80 00 | visithelgeland.com
From Sandnessjøen you will head southward on the National Cycle Route No. 1 (Fv17). Perhaps you'll want to chill at Botn sea baths (see next page), before continuing to Tjøtta and crossing by ferry to Forvik. If you stop at Tro, you can look in awe at the almost 4000-year-old petroglyph of a skier! Forvik Old Trading Post offers hearty local fare, and an excellent cup of coffee from the local coffee roaster. Accommodation is available.

Excellent roads allow for easy detours to the folk Museum, Vevelstad church, and “Opus for Heaven and Earth”, a sculpture that is a part of the Artscape Nordland project. From Andalsvågen the ferry crosses to Horn, and you’re ready for that final leg into Brønnøysund.

**ACCOMMODATION**

1. **Forvik Old Trading Post**, Vevelstad, about 17 km from Horn  
   post@handelsstedetforvik.no  
   tel. +47 984 84 000

2. **Orsøy Camping**, 7 km north for Tjøtta  
   tel. +47 75 04 64 11 | kystferie.no

**ATTRACTIONS AND ACTIVITIES**

1. **Petter Dass museum** – café and museum shop, situated about 20 km from Sandnessjøen and 20 km from Tjøtta.

2. **Lomsdal-Visten National Park** – Incredible hiking and fishing.

3. **The Vistenfjord** – Excellent fishing and hiking.

4. **Vevelstad Folk Museum** – This museum comprises 11 buildings, situated 2 km from Forvik.

5. **Alstahaug church** – 13th century church 1200, situated about 20 km from Sandnessjøen and 20 km from Tjøtta.

6. **Petroglyphs at Tro** – including the famous “skier”.

7. **Petroglyphs** – 4000-year-old petroglyphs, situated 2 km north for Forvik.

8. **Vevelstad church** – wooden church built in 1796, about 2 km from Forvik.

9. **“Opus for Heaven and Earth”** – Artscape Nordland. The sculpture by Oddvar I.N. is situated 9.5 km south of Forvik.

10. **The Seven sisters** – Excellent hiking!

**FERRY AND EXPRESS BOAT**

Horn – Andalsvåg Route 18-153 | tts.no  
Forvik – Tjøtta Route 18-162 | tts.no

**Opus for Heaven and Earth** | Orsolya Haarberg  
Tel. +47 75 01 80 00 | visithelgeland.com

See Viking graves, savour the panorama of the islands, climb legendary mountains – and relax on some of Norway’s most beautiful islands! This route offers countless opportunities for memorable adventure.

Part Distance 1: | Distance 34 km
SANDNESSJØEN – NESNA

In addition to the Petter Dass Museum, the old chieftain seat and hiking De syv søstre (The Seven Sisters), the coastal town of Sandnessjøen offers great shopping, dining, art and other cultural experiences. The municipality of Nesna is situated on the heart of the Helgeland coast, with a magnificent wilderness and lots of opportunity for seaborne and land-based adventures.

ACCOMMODATION
1 Clarion Collection Hotel Kysten Sandnessjøen, tel. +47 400 00 091 nordicchoicehotels.no/clarion-collection
2 Scandic Hotel Syv Søstre, Sandnessjøen, tel. +47 75 06 50 00 syvsostre@scandichotels.com scandichotels.com/syvsostre
3 Havblick Camping, Nesna. Situated near the boat harbour. Tel. +47 75 05 65 40 havblicknesna.no

ATTRACTIONS AND ACTIVITIES
4 The chieftain’s seat – Experience Viking history, test your skills in the competitions, peruse the sales items, and devour Viking fare. Situated just 1 km south of Sandnessjøen.
5 House of Winds” – Artscape Nordland. Sculpture by Sissel Tolaas.
6 Tourist Information Office, Sandnessjøen Helgeland Reiseliv AS, visithelgeland.com tel. +47 75 01 80 00
7 Kiwi Sandnessjøen, Øyvindsenteret Vågen, tel. +47 75 04 20 10
8 Scandinavie Mat og Vinhus Torolv Kveldulvssonsgt 43, Sandnessjøen, tel. +47 970 11 132

RESTAURANT
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GROCERIES AND SUPERMARKETS

FERGE/HURTIGBÅT
The Nordland Express Route 23-731 | torghattennord.no
Levang – Nesna Route 18-335 | boreal.no
Træna – Onøy – Sandnessjøen Route 18-191 | boreal.no

Tel. +47 75 01 80 00 | visithelgeland.com
Enjoy the refreshing salty air, admire the beautiful scenery, and feel the calm while travelling at your own chosen pace.
Experience rural life on the coast! Cycle the islands on lightly trafficked roads through gentle rolling hills. Spend an afternoon or a day on each island. Rent a cabin or pitch a tent for the night.

**ACCOMMODATION**

1. **Havblikk Camping**, Nesna. Situated near the boat harbour. Tel. +47 75 05 65 40 havblikknesna.no

**ATTR ACTIONS AND ACTIVITIES**

**Nesna**

2. **Bjørdalen recreation area** – Swimming pond, barbecue hut and excellent hiking. Situated 800 m from Nesna church.

3. **Nesna Museum** – Old farm where the parish clerk lived.

**Hugla:**

4. **Herb garden** – 4 km from the ferry quay.

5. **Steinraukneset** – 3000-year-old burial site, situated about 8 km from the ferry quay.

**Handnesøya:**

6. **Graves from the Viking era** – (15 round grave mounds and two ship burials), situated 500 metres from the ferry quay.

7. **Fishing spot** – about 500 m from the ferry quay.

**Tomma:**

8. **Area where bog-myrtle grows** – This herb (*Myrica gale*) was used as a flavouring for beer and liqueurs. About 500 m from the ferry quay.

9. **Husby Estate** – Old estate (1850–1930), and chapel, situated 6 km from the ferry quay.

**FERRIES AND EXPRESS BOATS**

- **Nesna – Nesnaøyene**
- **Rise mine** – Heritage trail and beautiful scenery. Giant’s cauldrons, rock shelter, eagle trapper’s site, burial site. About 10 km from the ferry quay.
- **Finnvikdalen recreation area** – Sandy beach, fishing spots, spots for tents, toilets. Head of the trail to Røvika beach and the trail across Tomma. About 15 km from the ferry quay.

**GROCERIES AND SUPERMARKETS**

- **Coop Marked**, Nesna, ca. 500 m from the ferry quay tel. +47 75 05 74 00
- **Vika Handel**, Hugla, tel. +47 75 05 68 80
- **Snarkjøp Vikholmen**, Handnesøya, tel. +47 913 01 110

Tel. +47 75 01 80 00 | visithelgeland.com
The express boat from Nesna allows you to travel Helgeland’s outermost islands. Visit the eagle owls of Sleneset or the puffin colony on Lovund. On Træna you can explore the oldest fishing village in Norway, visit “nature’s cathedral” at Sanna, and see the ancient Kirkhelleren rock shelter. Check if you’re arriving in time for the Træna Festival – there are sure to be exciting concerts. When you’re ready to leave, the express boat will return you to Nesna, or the ferry carry you to Stokkvågen, from which there are buses to Mo i Rana and farther up the coast to Tonnes.

**ACCOMMODATION**

1. **Lovund RorbuHotell** About 700 m from the ferry quay, tel. +47 75 09 20 30 lovund.no
2. **Træna Gjestegård** Just 300 m from the ferry quay, tel. +47 75 09 52 28 trænagjestegård.com

**ATTRACTIONS AND ACTIVITIES**

**Lovund:**
3. **Hiking** – To the summit of Lurøyfjellet (685 m). The trail starts about 7 km from Onøy.
4. **Fjord cruise** – From Lurøy.

5. **Coastal Culture Centre** – museum situated by the Lovund ferry quay.
7. **Cycle and Kayak rental** – Contact Lovund RorbuHotell.
8. **Hiking area** – marked trails.
9. **Puffin colony** – on the west side of the island, about 2 km from the ferry quay.

**Sleneset:**
10. **Eagle owls**. The area boasts the highest density of eagle owls in the world.

**Træna:**
11. **Petter Dass Chapel** – Husøy, Træna.

**ATTRACTIONS AND ACTIVITIES**

**Træna:**
12. **Mount Trænstaven** – Sanna – Hiking.
13. **Kjærlighetsstien** – Sanna – Hiking.
14. **Kirkhelleren** – This cave on the island of Sanna is “nature’s cathedral” and a popular concert venue.

**FERRIES AND EXPRESS BOATS**

**Stokkvågen – Onøy – Sleneset – Lovund**
Route 18-344 | boreal.no
Rødøy Route Route 18-411
torghatten-nord.no
Rødøybassenget Route 18-412
torghatten-nord.no
Træna Route Route 18-191
torghatten-nord.no
Stokkvågen – Træna
Route 18-192
torghatten-nord.no

**Tel. +47 75 01 80 00 | visithelgeland.com**
The part of the National Cycle Route No. 1 (Fv17) that stretches from Nesna to Stokkvågen offers incredible scenery and spectacular panoramas. This leg of your journey is also hilly and more demanding. Be sure to stop at Hellåga, a scenic rest area that offers an excellent fishing spot. Headlights is necessary on this leg of your journey, as the route passes through two tunnels.

**Part Distance 4 | Distance: 67 km**

**NESNA – UTSKARPEN (SJONBOTN) – STOKKVÅGEN**

The part of the National Cycle Route No. 1 (Fv17) that stretches from Nesna to Stokkvågen offers incredible scenery and spectacular panoramas. This leg of your journey is also hilly and more demanding. Be sure to stop at Hellåga, a scenic rest area that offers an excellent fishing spot. Headlights is necessary on this leg of your journey, as the route passes through two tunnels.

**ACCOMMODATION**

1. **Havblikk Camping**, Nesna. Situated near the boat harbour. Tel. +47 75 05 65 40 havblikknesna.no
2. **Aldersund Motel and Camping**, about 9 km from Stokkvågen towards Kilboghamn. Tel. +47 413 21 675, aldersundcamping.no

**FERRIES AND EXPRESS BOATS**

Should this leg of your journey become too demanding, you have the option of taking the ferry or express boat to Stokkvågen, from either Nesna or Træna.

**Træna Route**
- Route 18-191 | torgatten-nord.no

**Stokkvågen – Træna**
- Route 18-192 | boreal.no

**The Nordland Express**
- Route 23-731 | torgatten-nord.no

**ATTRACTIONS AND ACTIVITIES**

3. **Bjørndalen Recreation area** – Swimming pond, barbecue hut and excellent hiking. Situated 800 m from Nesna church.
4. **Hiking** – Trail up Stordalstinden (820 m). The trail starts 600 m south of the ferry quay.
5. **Grønsvik Coastal Fort** – 1.5 km from the Stokkvågen ferry quay.
6. **Grønsvikodden** – This promontory just below the coastal fort is an excellent fishing spot.
7. **Sjonfjellet viewpoint**
8. **Hellåga** – A scenic rest area with a fine fishing spot.
9. **Kleivhalsen viewpoint** – An expansive panorama of the islands. The viewpoint is situated just 500 metres from the ferry quay at Stokkvågen.

**GROCERIES AND SUPERMARKETS**

10. **Coop Marked Nesna**, tel. +47 75 05 74 00

Tel. +47 75 01 80 00 | visithelgeland.com

This journey explores a landscape where dramatic mountains rise from the sea, gulls screech around the fishing boats, and you see island after lush island unfold before you!

Part Distance 1 | Distance: 38 km

STOKKVÅGEN – TONNES – SELSØYVIK

The first day calls for a visit to Grønsvik Coastal Fort. Both this World War II fort and Kleivhalsen offer impressive views. At Aldersundet you will find a charming country store, a souvenir shop and accommodation. You pass additional shops as you continue towards Tonnes; accommodation and fine dining is offered at Oscarbrygga.

On its way from Tonnes to Selsøyvik, the express boat crosses the Arctic Circle. Be sure to include Selsøyvik Old Trading Post, built in 1777, in your itinerary. The trading post has a café and offers accommodation.

ACCOMMODATION

1. Oscarbrygga wharf, Tonnes, tel. +47 75 09 11 99 oscarbrygga.no
2. Selsøyvik Old Trading Post, tel. +47 75 09 89 50 selsøyvik.no

ATTR ACTIONS AND ACTIVITIES

3. Hiking trail – Walk up Rangsundtuva (267 m), about 3 km from the ferry quay.
4. Hiking along the northern shore of Rangsundøya – This 5.5 km long walk follows the shoreline. Start at the ferry quay.
6. Tonnes cave – A 180-metre long cave.

ATTR ACTIONS AND ACTIVITIES

7. Selsøyvik Old Trading Post – This historic trading post also has a café and features art exhibitions.

GROCERIES AND SUPERMARKETS

8. Selsøyvik Old Trading Post, tel. +47 75 09 89 50

FERRIES AND EXPRESS BOATS

Onøy – Stokkvågen – Lurøy destinations
Route 18-193 | torghatten-nord.no
Rødøy Route
Route 18-411 | torghatten-nord.no
Rødøybassenget
Route 18-412 | torghatten-nord.no
Gjerøy and Nordnesøy are relative large islands, with hilly terrain and mountains, and sheltered coves that are perfect for swimming. Rødøy has the shortest stretch of road. Be sure to include a hike up Mount Rødøyløva, which stands like a guardian on the island. A marked path starts at the ferry quay. Alternatively, rent a kayak and explore the islands and inlets, returning to Tonnes.

**ACCOMMODATION**

2 Selsøyvik Old Trading Post  
Tel. +47 75 09 89 50 | selsøyvik.no

**GROceries and Supermarkets**

10 Matkroken on Nordnesøy, about 1 km from the ferry quay.  
Tel. +47 75 09 67 13

**FERries and Express Boats**

Rødøybassenget  
Route 18-412 | torghatten-nord.no

Rødøy Route  
Route 18-411 | torghatten-nord.no

The Nordland Express  
Route 23-731 | torghatten-nord.no

**Attractions and Activities**

9 Recreation area – Esvåg is about 6 km from the ferry quay.

10 Hike to Gjerøyfjellet – The trail starts at Botnan, 2 km from the ferry quay.

11 Limestone pillars at the foreshore – Silsand has is located about 2 km from the ferry quay.

12 “The Inner Follows the Outer” – Artscape Nordland. Storøya on Rødøy situates this sculpture by Per Inge Bjørlo.

13 Rødøy church – a cruciform church built in 1884.

14 Havdurbrygga Coastal Museum – museum and antiques shop.

15 Mount Rødøyløva – a mountain hike rewarded with a stunning view.

16 Solheimsvolden – This beautifully restored farm was once used by the local church verger.

17 Værangstinden – This mountain (665 m) is situated about 9 km from Jektvik.
Engenbreen – This arm of the Svartisen glacier is situated about 14 km from Forøy. Guided glacier walks available.

Boat trips to Engenbreen

“Gammelbutikken” Restaurant – This old country store now houses a restaurant and art exhibitions.

“Beacon” – Artscape Nordland. The sculpture by Per Kirkeby is situated about 8 km from Forøy.

Bunkers and cannon positions at Støtt – from World War II.

The Grønøy pine – This famous pine decorated Norwegian match boxes for decades.

Total cycling distance: approx. 185 km

This journey begins with a relaxing ferry ride, during which you can marvel at Helgeland’s magnificent coastal landscape. Here are lush islands, dramatic fjords, legendary mountains and glaciers. Perhaps you will see eagles soar high above, as the ferry crosses the Arctic Circle.

From Jektvik you can either take a ferry to the islands, or head north on two wheels to see Svartisen glacier, impressive mountains, old trading posts and ancient cultural landscapes. We invite you to bicycle along the magnificent Bjaerangfjord, and visit Grønøy and Åmøy islands, before continuing by express boat to Støtt.
For an unforgettable adventure, take the express boat to Meløy and Bolga, or visit Glomfjord. At Ørnes you will find a wealth of activities offered. The museum at Reipå is well worth a visit.

ACCOMMODATION
9 Reipå Camping, Reipå, tel. +47 75 75 57 74 | reipacamping.com
10 Ørnes Hotel, Ørnes, tel. +47 75 75 45 99 | orneshotell.no
11 Svartisen Apartment Hotel, Glomfjord, tel. +47 451 28 000 svartisenapartmenthotel.com

ATTRACTIONS AND ACTIVITIES
12 Storglomvassdammen – One of two dams that create Storglomvatnet reservoir.
13 The Fykan stairs – These 1129 steps climb the mountain at Glomfjord, situated 16 km south of Ørnes.
14 “Rallarbrakka” – old historic cottage is perched at the top of the 1129 Fykan stairs.
15 Meløy recreational pool – Glomfjord.
16 Guided tour of the caves – Visit the caves of Glomfjellet near Glomfjord.
17 ”Tåkeheimen” – That’s the fitting nickname for this DNT cabin situated at 1073 m, at the foot of Helgelandsbukken.
18 Ørnes Old Trading Post and Nordland Museum – Ørnes.
19 Meløy Rural Museum – Situated at Reipå, about 7 km north of Ørnes
20 Sea kayaking – Rent a kayak and explore the magnificent scenery by Bolga.
21 Glomfjordløva and Låhko National Park – A national park situated east of Glomfjord.
22 Meløy estate – This was the estate of the powerful Benkestok family during the middle Ages.

ATTRACTIONS AND ACTIVITIES
23 Meløy church – The second-largest wooden church in Northern Norway.
24 The stone quay and “The Coffin Stone” – from about 1900 by Meløysjøen.

BICYCLE HIRE
25 Ørnes Hotel, Ørnes, tel. +47 75 75 45 99 | orneshotell.no

BICYCLE REPAIRS
26 Sporti Dybvik, Ørnes Kystveien 19, tel. +47 75 75 44 86

GROCERIES AND SUPERMARKETS
27 AS Sørensens Sønner, Støtt, tel. +47 75 75 09 15
28 Nærbutikken Tor A Swensen, Bolga, tel. +47 75 75 10 13

FERRIES AND EXPRESS BOATS
Vassdalsvik – Ørnes – Meløysund – Bolga – Støtt
Route 18-435 | torghatten-nord.no
Express boat to Meløy
Route 18-433 | torghatten-nord.no
The Nordland Express
Route 23-731 | torghatten-nord.no

Hurtigruten calls daily at Ørnes hurtigruten.com/no/

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Public transport info in Nordland

Schedule info for bus, boat and ferry

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