

# Welcome to Harstad region

Unforgettable adventures

# Welcome! Please choose your topic



[City life and activities](#)



[Water activities](#)



[Accommodation](#)



[Hiking and biking](#)



[Food / Restaurants](#)



[Winter activities](#)



[How can I help?](#)



[Historical sights](#)







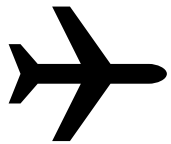
- USPs of Harstad
  - Compact city center with 4 hotels and close distance to recreational activities.
  - Viking and WW2 history
  - Great culinary scene with focus on short-travelled food.
  - Perfect "base of operations" to go on daytrips to Tromsø, Lofoten, Narvik, Senja and Vesterålen.
  - Never fully packed during the winter and summer and always having availability.
- Seasons
  - Primarily summer and winter. Most providers active during these 2 seasons.
- Target Groups
  - Lett aktiv i naturen/Active in nature
  - Kulturinteresserte/Culture
  - Icons
  - Ansvarlig reisende



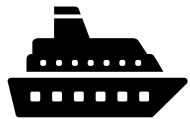
# Harstad



# Harstad, how to get there



Airport Harstad-Narvik (EVE), 45 min from town  
Daily flights (SAS, Norwegian) from Oslo



Hurtigruten / Havila north- and southbound every day  
Speedboat to Tromsø several times a day, 3 hours



Local bus companies

Rental car stations in Harstad and at EVE airport  
45 min to Airport / 2,5 hours to Sortland / Svolvær / Narvik



# The city of Harstad

3<sup>rd</sup> largest town in northern Norway with 25'000 inhabitants

Urban qualities and a compact city centre

In the middle of fantastic fjords, beaches and mountains

Right next to a majestic archipelago with a lot of activity





# Accommodation: Thon Hotel

3\* hotel

187 rooms

7 conference rooms

Meetings / Events for  
up to 730 people





# Accommodation: Quality Hotel

4\* hotel

180 rooms

10 conference rooms

Meetings / Events for  
up to 360 people





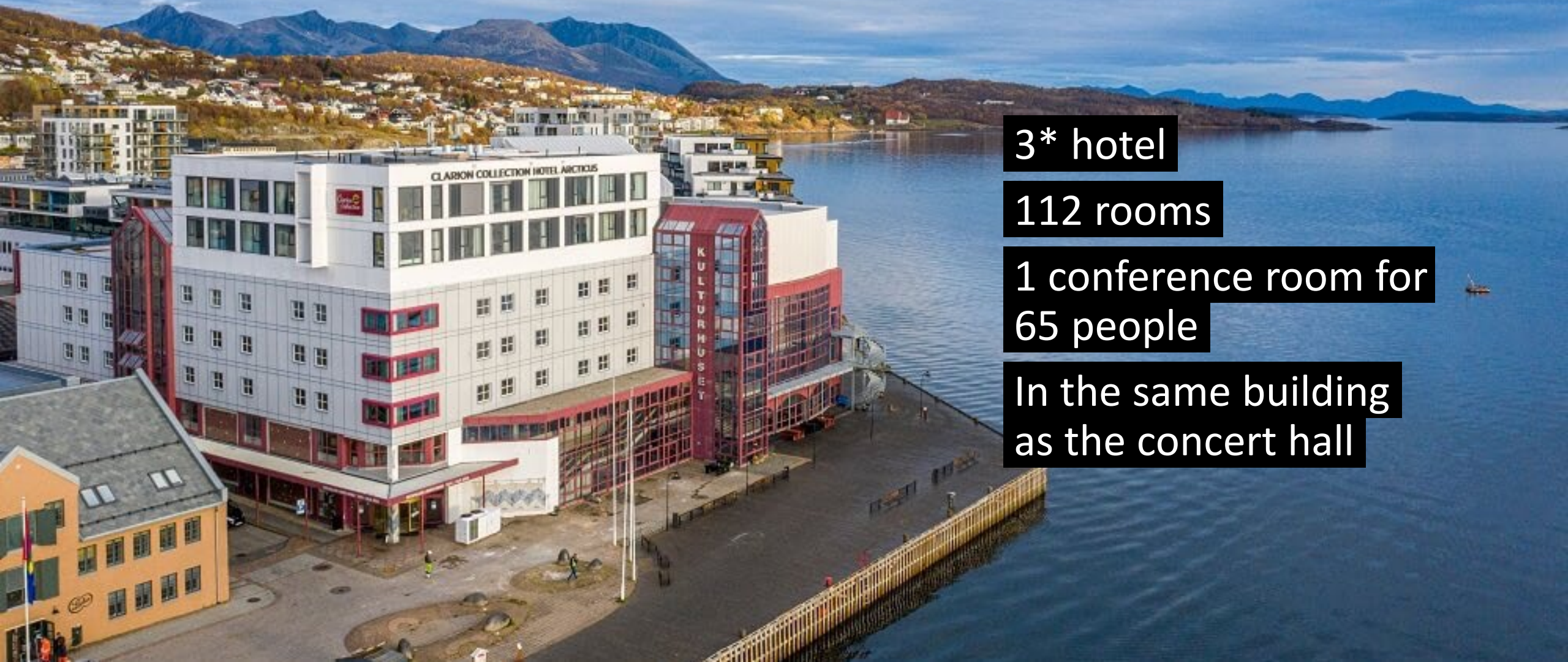
# Accommodation: Clarion Collection Hotel Arcticus

3\* hotel

112 rooms

1 conference room for  
65 people

In the same building  
as the concert hall





# Accommodation: Scandic Hotel

3\* hotel

117 rooms

5 conference rooms


Meetings / Events for  
up to 450 people





Monday - Saturday

# Cosy Dining: Bark



Food and drink should be like life itself. Tempting and tasty. And at Bark you will be served both. Enjoy a local caught fish or arctic tapas.



Wednesday - Saturday

# Fine dining: Umami

Umami is Haarstad's fine dining restaurant. Menus follow the seasons and the chefs will arrange it like a piece of art on your plate.





Monday - Saturday

# Cosy dining: Gois


Gois offers a wide range of mouth watering Thai dishes with a touch of Norway.





Wednesday - Sunday

# Historic dining: Røkenes Farm

An aerial photograph of Røkenes Farm, showing a large red barn with a grey roof and a white house with a dark roof. The farm is situated on a green lawn with trees, overlooking a large blue body of water. In the background, there are mountains and a small island.

Driven by the Kulseng family in 10<sup>th</sup> generation Røkenes Farm has delicious dishes with local ingrediencies on the menu.



Open on request

# Spectacular dining: Dinner in a boathouse

As the cook prepares your gourmet meal you can enjoy the half moon beach at Elgsnes. And the brave ones might swim!

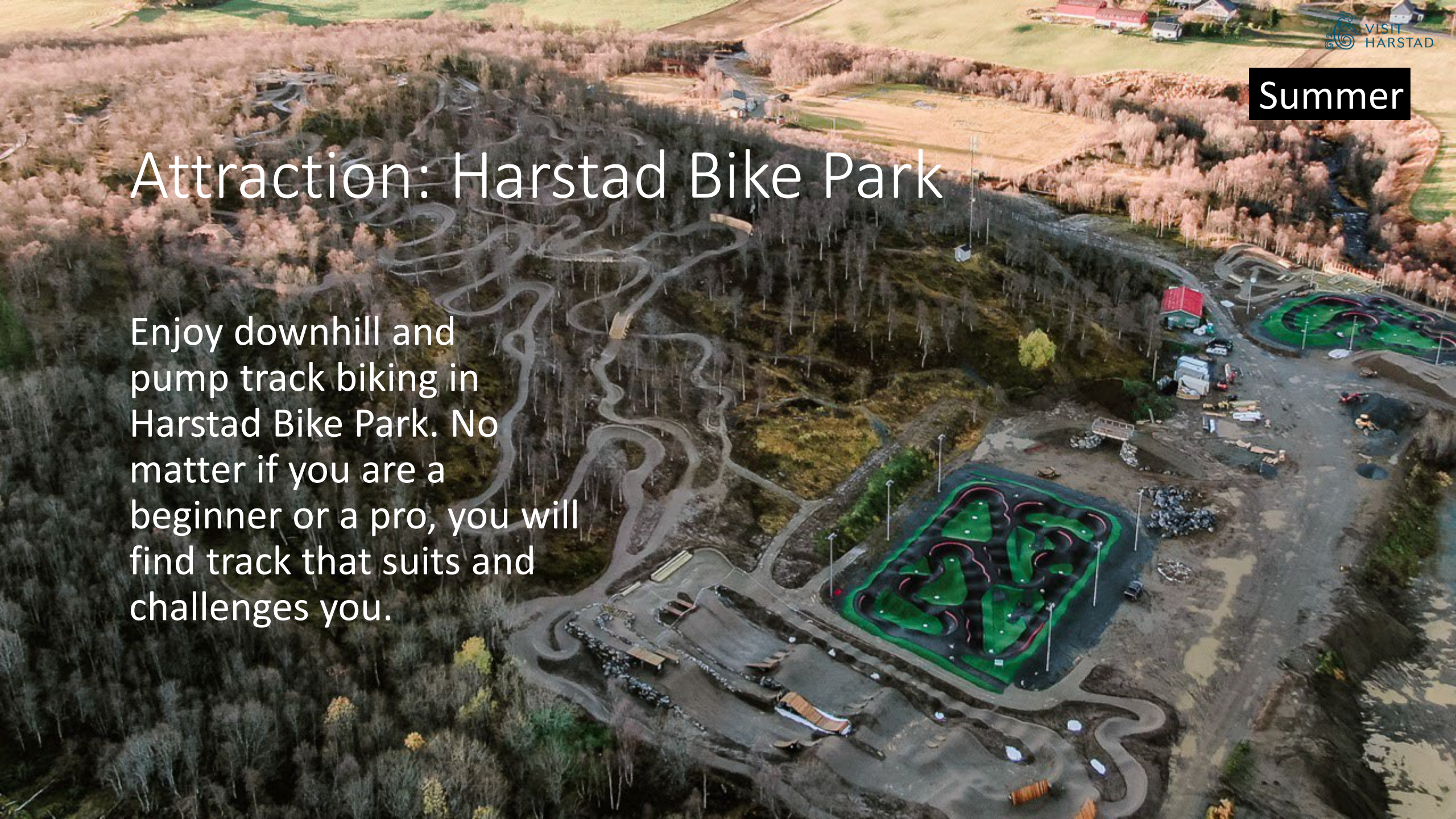




Summer

# Attraction: Harstad Bike Park

Enjoy downhill and pump track biking in Harstad Bike Park. No matter if you are a beginner or a pro, you will find track that suits and challenges you.

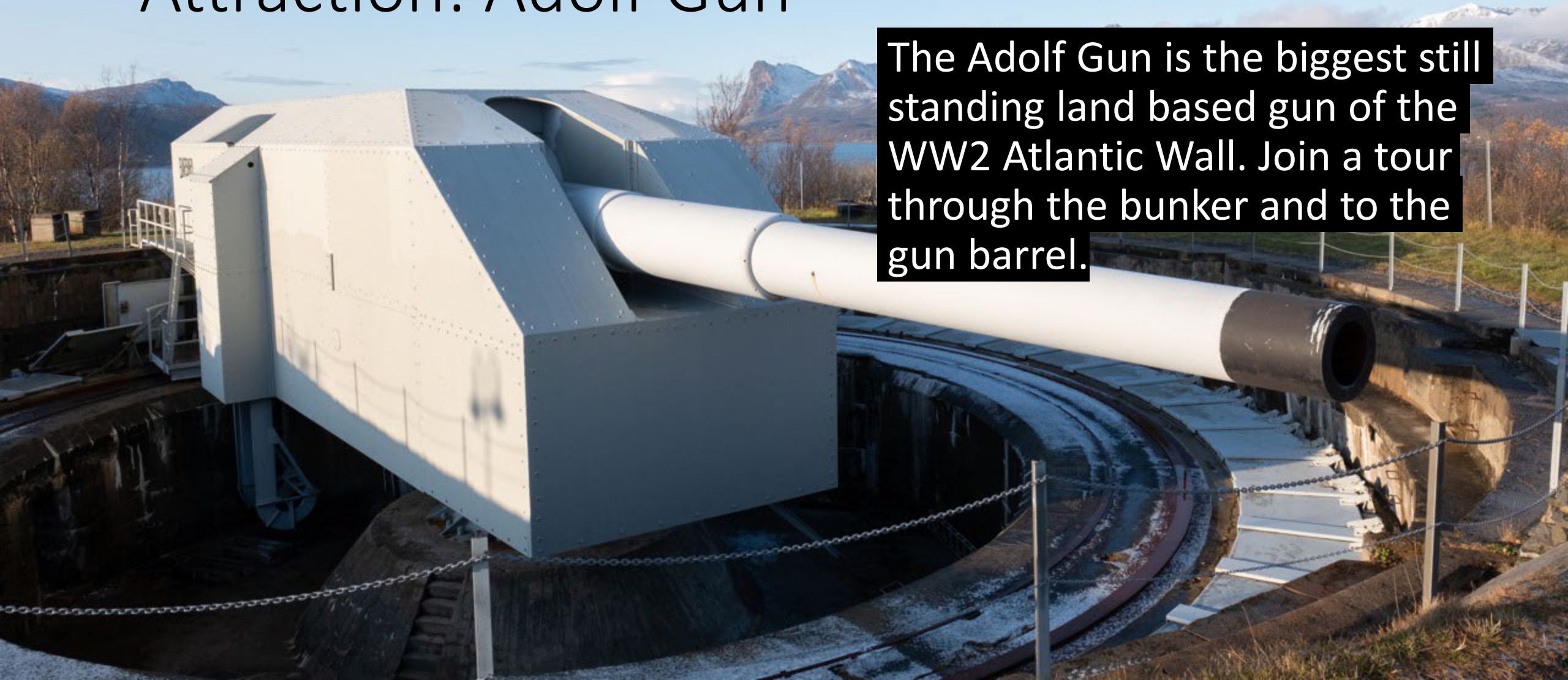




All year

# Attraction: Adolf Gun


The Adolf Gun is the biggest still standing land based gun of the WW2 Atlantic Wall. Join a tour through the bunker and to the gun barrel.





All year

# Attraction: Medieval church at Trondenes

A photograph of the medieval stone church at Trondenes, Norway. The church is a white stone building with a prominent red-tiled roof and a small steeple. It is situated on a grassy hillside with a dense forest in the background. A paved path leads towards the church, and a few people can be seen walking on it. The sky is blue with some light clouds.

The church at Trondenes is not just another church: it is the Northernmost medieval stone church in the world! Built between 1250-1450.



All year

# Attraction: Medieval farm at Trondenes

This is the newest part of Trondenes Museum. Medieval hosts guide you in a replica of a stave church and a medieval farm house.



Summer / Level 

# Attraction: Maistua

Once you have reached Maistua you will enjoy the view from a bench or comfy chair in a glass igloo.





Summer

# Activity: Sea safaris in the archipelago

Hold on! Sea safaris are even more than just a fast boat! Learn more about sea birds and sunken ships and planes!






All year

# Activity: Sea Kayaking

You can paddle around town or to sandy beaches close by. Staying overnight in a hammock can extend your tour and memories!





All year / Level 

# Activity: Hiking Keipen

Small effort for big views!  
Keipen is accessible all year  
round. Hiking in summer  
and snow shoeing or skiing  
in winter.



A photograph of three people riding e-bikes on a dirt trail. In the foreground, a woman in a red jacket and black helmet smiles. Behind her, a person in a blue and black jacket and a pink helmet points towards the left. In the background, a man in a black jacket and helmet is also riding. They are on a trail next to a calm lake, with a dense forest of green trees in the background. The sky is overcast.

Summer

# Activity: E-Biking

With a Mountain-E-bike  
the rides to hills and lakes  
close by Harstad are in  
even shorter distance.  
Within no time you cycle  
from sea to summit!



Winter

# Activity: Northern Lights Hunt

It takes just a 20 min drive from Harstad and you are in the dark and silent nature. Perfect to capture the Northern Lights.





Winter

# Activity: Snowshoeing

We take you through forests and untouched winter-landscape up to mountain tops with panorama views!





Winter

# Activity: Cross country skiing

Get in touch with  
Norway's most beloved  
winter sport and activity.  
Learn the technique  
from a pro instructor.



## Links

Website: <https://en.visitharstad.com/>

Promotional videos: <https://vimeo.com/user159382644/videos>

Media bank: <https://media.nordnorge.com/partners/harstad>

Social Media Profiles: <https://www.facebook.com/VisitHarstad> / <https://www.instagram.com/visitharstad/>

## Contact information

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

Phone: +47 77 01 89 89

Address: Sjøgata 3, 9405 Harstad

## Contact person for B2B Collaboration / Tour Operators

Name: Stefan Rohner

Position: Operations Manager

Email: [stefan@arcticoncepts.com](mailto:stefan@arcticoncepts.com)

Phone: +47 47 70 44 99