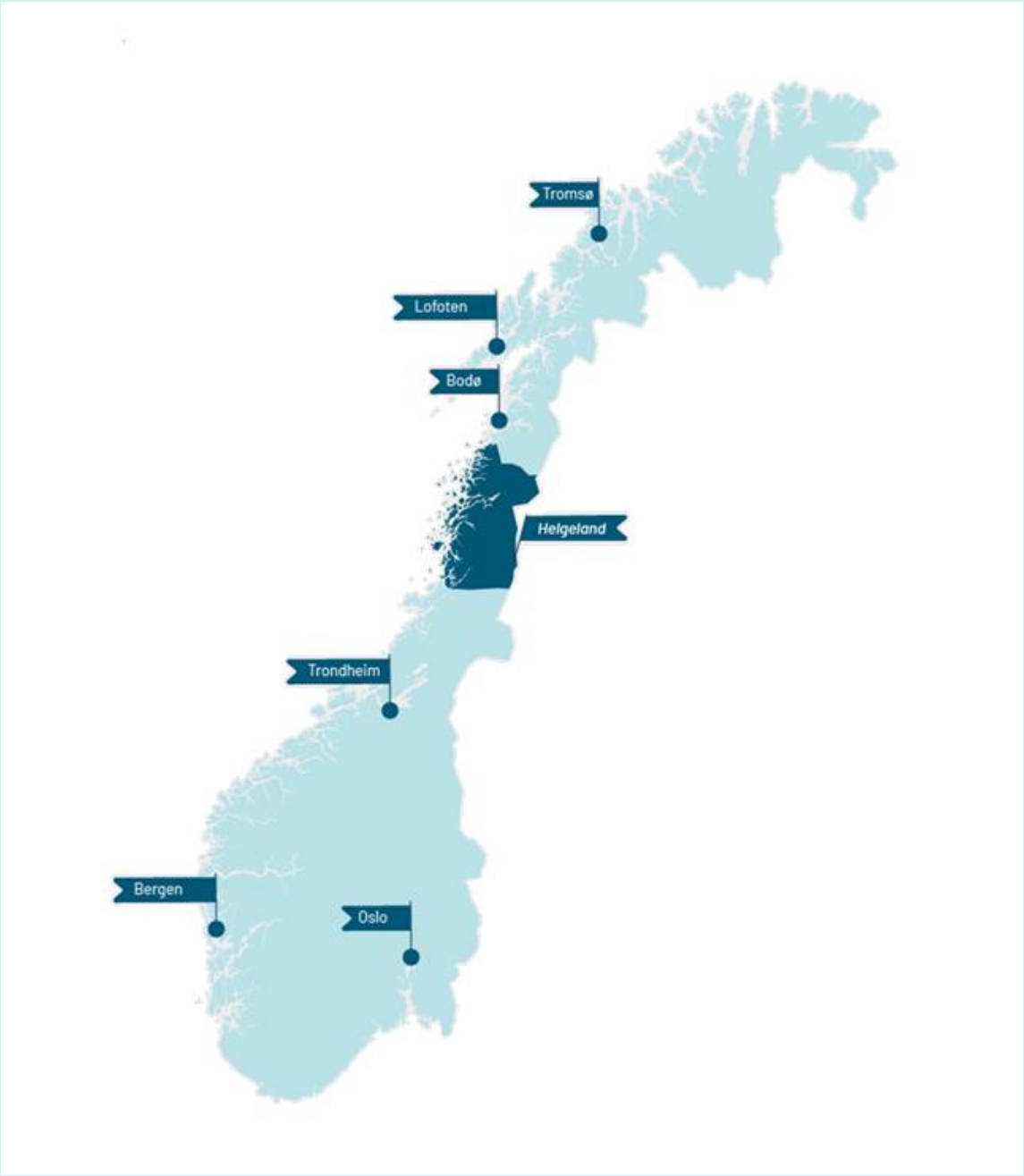




Foto: Kristoffer Møllevek / Visit Helgeland

Helgeland -where Arctic begins



Helgeland

- Four cities:
 - Mo i Rana
 - Sandnessjøen
 - Mosjøen
 - Brønnøysund...and numerous small vibrant communities covering the region
- 19 municipalities, with Visit Helgeland as its tourist board

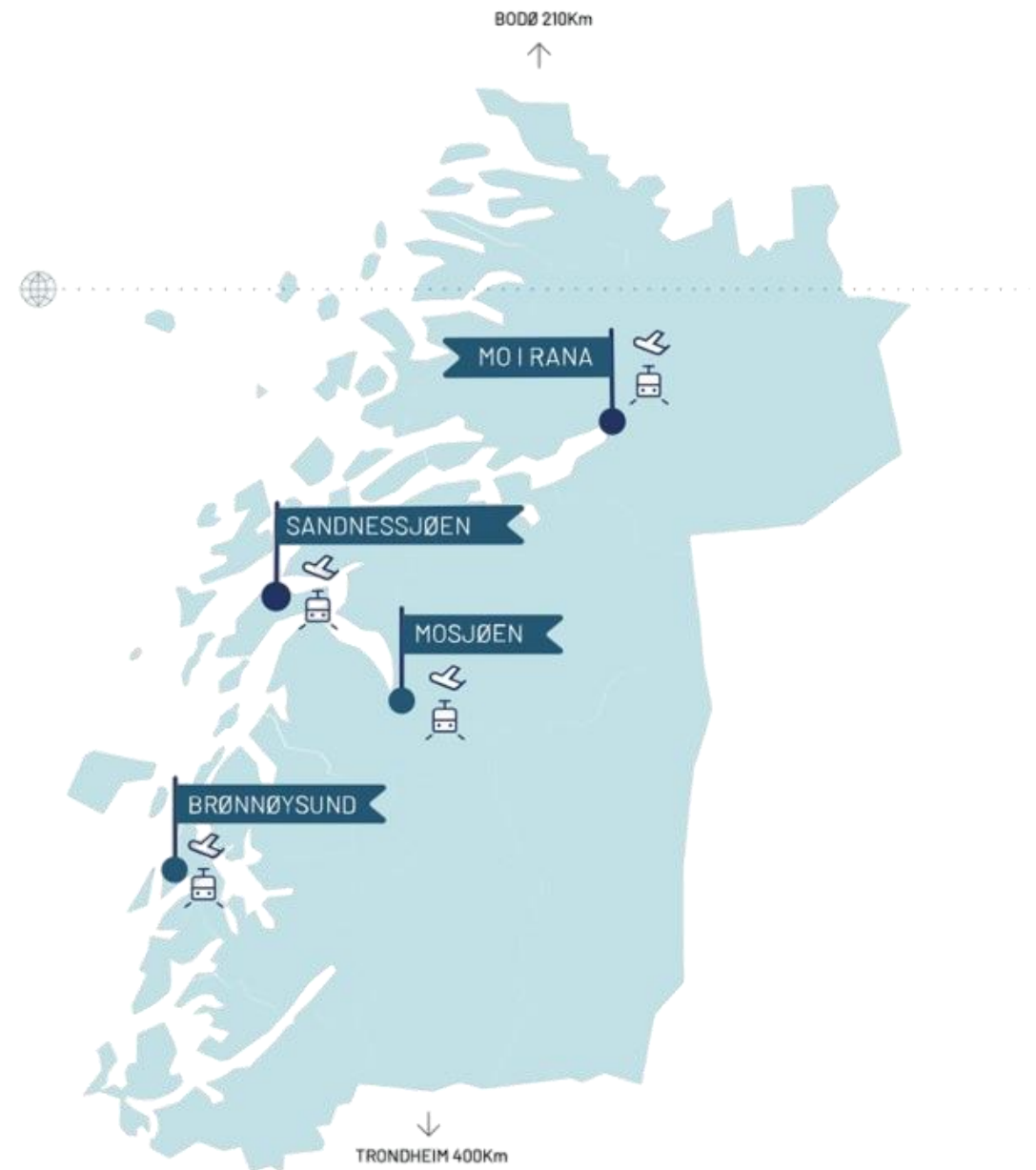




Foto: Kristoffer Møllevik/Visit Helgeland

Brønnøysund

- Coastal town – coastal culture
- Southern part of Helgeland

Activities

- Torghatten hike
- Kayak
- Bicycle – bike rental
- Vega and the Vega Islands
- UNESCO World Heritage

Sandnessjøen

- Traffic hub on the coast
- Midway between mountains and islands

Activities

- Seven Sisters hike
- Herøy – kayaking paradise
- Viking chieftain seat - recreated
- Petter Dass Museum
- Island hopping

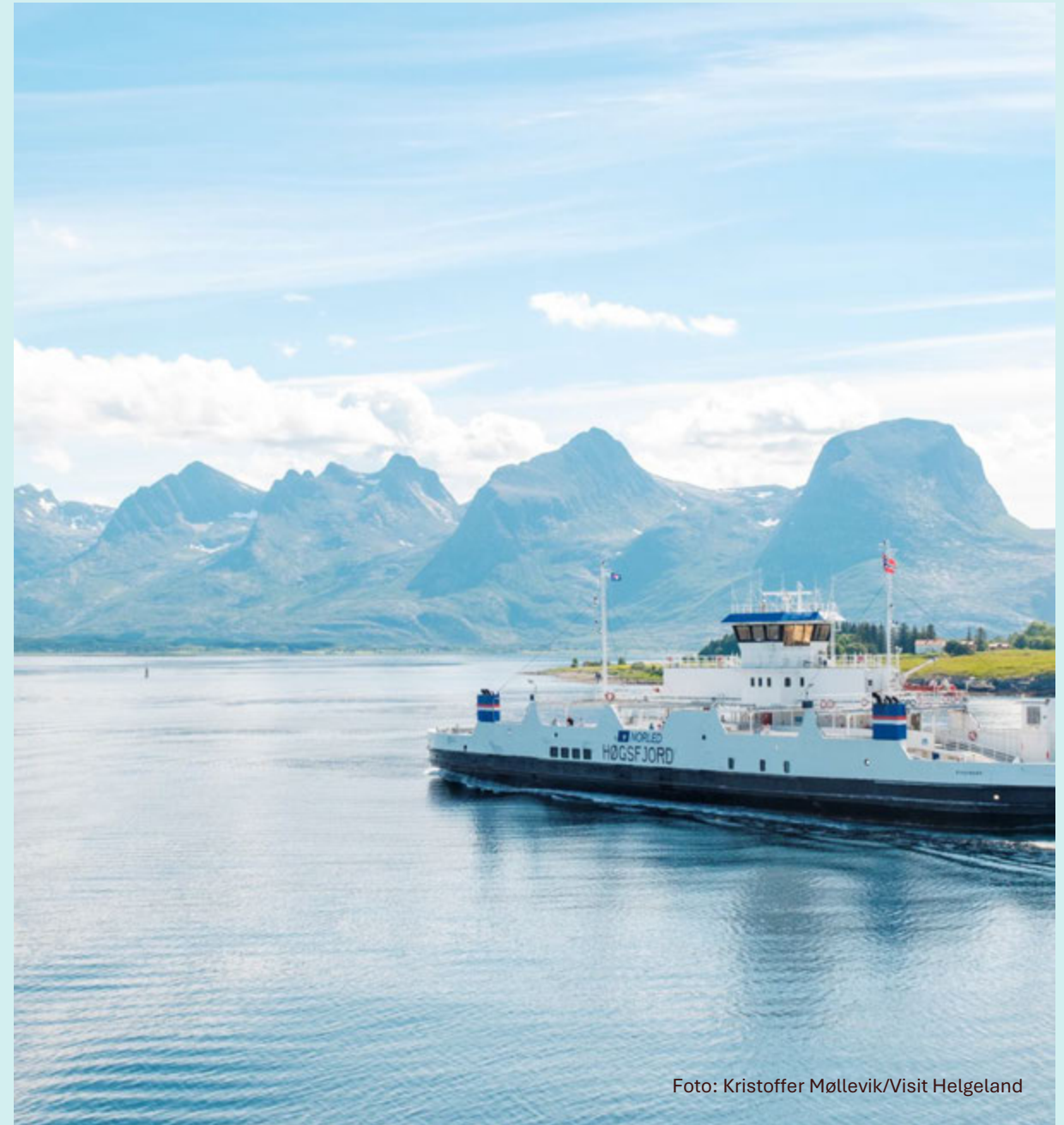


Foto: Kristoffer Møllevik/Visit Helgeland



Foto: Emilie Solbakken / Visit Helgeland

Mosjøen

- Oldest town in Helgeland
- Arcitechture of 19th-century
- Sjøgata - historic 19th-century district
- The Helgand stairs - hike
- Via Ferrata
- Zipline
- Rafting
- Wide range of winter acitivities

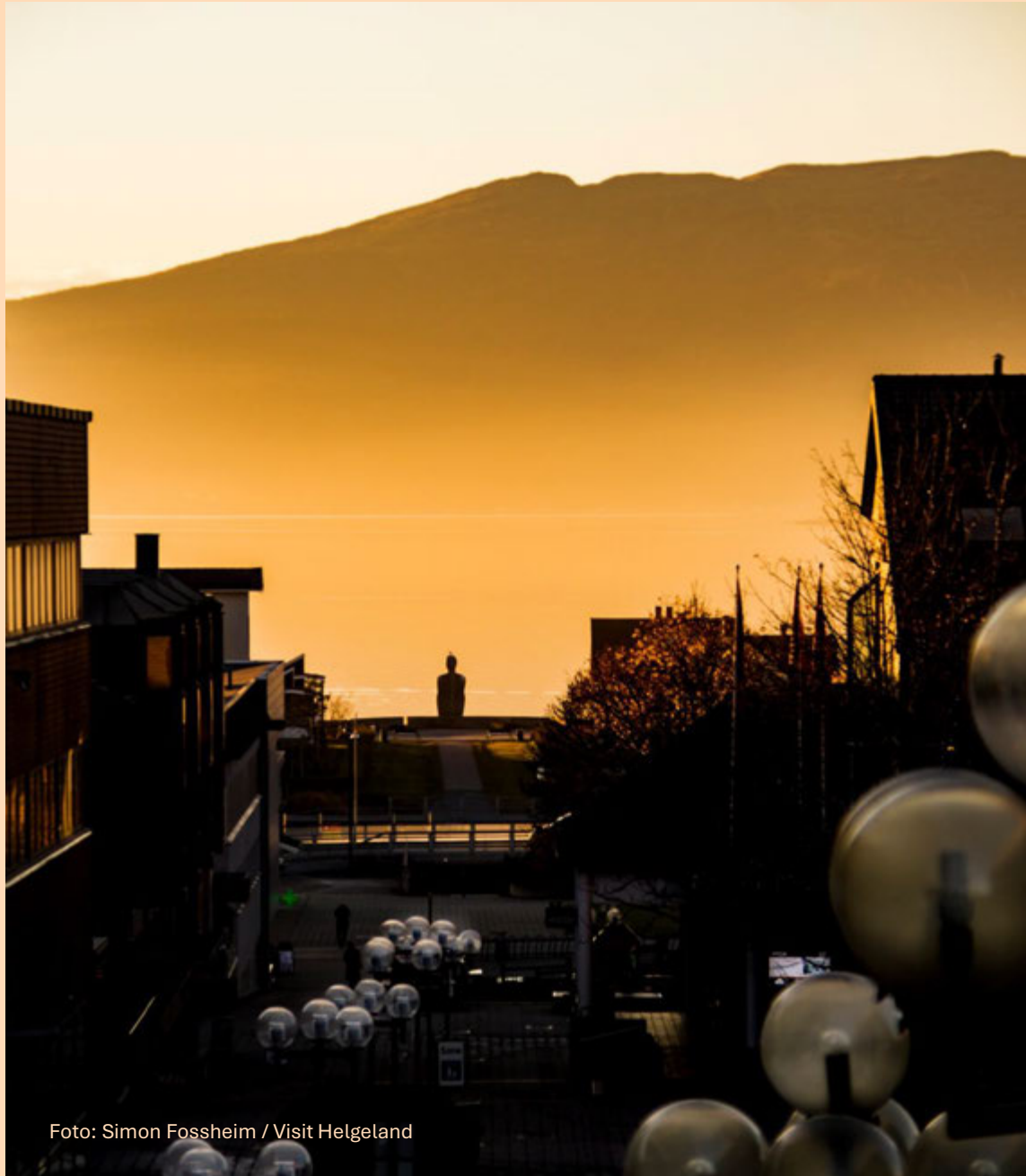


Foto: Simon Fossheim / Visit Helgeland

Mo i Rana

- Close to Arctic Circle
- Largest town in Helgeland
- Wide range of
 - Restaurants and cafés
 - Accommodation
- Interactive science museum
- Climbing: Climbing park and climbing center
- Svartisen Glacier
- Underground and underwater caves
- City walk – Street Art Safari
- Ski touring

The very soul of our
region is found in its
many vibrant
communities



Foto: Arvik Baranovs / Visit Helgeland



Foto: Kristoffer Møllevik / Visit Helgeland

Vega – UNESCO World Heritage

- Travel from Sandnessjøen or Brønnøysund
- [Vega Havhotell](#)
- [Basecamp Vega](#)
- kayaking, climbing and accomodation
- [Seafood restaurant](#)
- [Vega World Heritage Center](#)
- [Via Ferrata and the Vega Stairs](#)



Foto: Kristoffer Møllevik / Visit Helgeland

Herøy – kayakers paradise

- Accommodation at Skolo - architectural gem
- Accommodation at Herøy Brygge
- 40 minutes by ferry from Sandnessjøen
- Hiking: Dønnamannen
- The flower shop of Etcetera



Lovund – urban seafood community

- Lovund Hotel (50 rooms / 100 beds)
- Birdwatching: Helgeland's largest colony of puffins
- City Beach
- The Coast Coffee - Coffee roastery
- Worlds largest one-hole golf course



Foto: Kristoffer Møllevik / Visit Helgeland

Træna – 8000 year old fishing village

- 2 hours by express boat from Stokkvågen
- Architect designed cabins: House By The Sea
- Music festival
- Boat adventures
- Freediving and kayaking
- Hiking: Gompen



Foto: Kristoffer Møllevik / Visit Helgeland

Myken – Far out sea

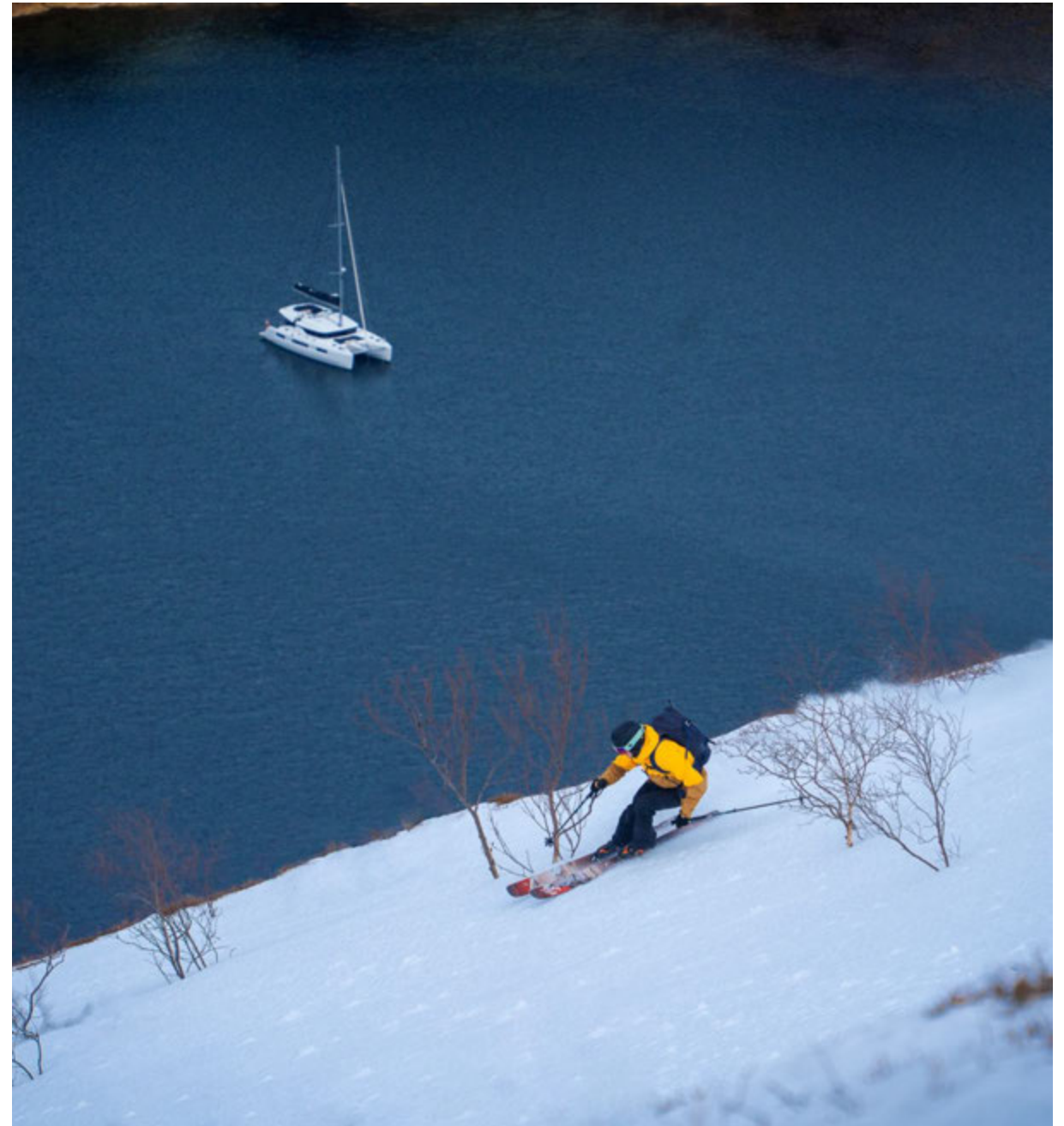
- 32 kilometers from mainland
- Fiskebruket restaurant
- Accomodation: Myken Seng og Suppe
- The Whisky Cathedral
- Rib Sea Rafting



Støtt – Top of Helgeland

- Old Trading Post
- 1 hour by boat from Bodø
- Seafood Restaurant
- Accommodation
- Guest harbor
- Daytrip to Svartisen

Helgeland has amazing nature with a great variety. Being close to both inland and coast unique experiences are easy to find.



Majestic, adventurous mountains

Breathtaking landscape with steep mountains amidst the archipelago



Foto: Kristoffer Møllevik/Visit Helgeland



Foto: Emilie Solbakken/Visit Helgeland

Glaciers

- Svartisen, Norway's second-largest glacier
- Okstindbreen at the roof of Northern Norway



Foto: Kitt Grønningsæter/Visit Helgeland



Foto: Liv Lund



Foto: Kathrine Gullesen/Visit Helgeland

National parks

- Untouched landscapes
- Many hiking opportunities



Foto: Kristoffer Møllevik/Visit Helgeland



Foto: Kristoffer Møllevik/Visit Helgeland

Unique geology

- Trollfjell Geopark
- Caves at coastline and inland



Foto: Broadstone/Visit Helgeland

How to get here

By plane, train or boat from Bodø or Trondheim

Conected flights from Bodø or Trondheim

- To Brønnøysund – airport and port for Hurtigruta
- To Sandnessjøen – airport and port for Hurtigruta
- To Mosjøen - airport and train station
- To Mo i Rana - airport and train station

New regional airport in Mo i Rana opens in 2027 for domestic and international flights.



Foto: Kristoffer Møllevik/Visit Helgeland

Reasons to go

The Helgeland Coast

- Over 23 000 islands, islets and skerries
- UNESCO world heritage sites
- One of the worlds most scenic drives
– National Geographic
- Norway's most beautiful coastal gem
– The Norwegian Trekking Association

Iconic natural attractions

- The Arctic Circle
- Northern lights and midnight sun
- Iconic mountains and large glaciers
- Large national parks and pristine landscapes

Vibrant local culture - still «undiscovered» by tourists

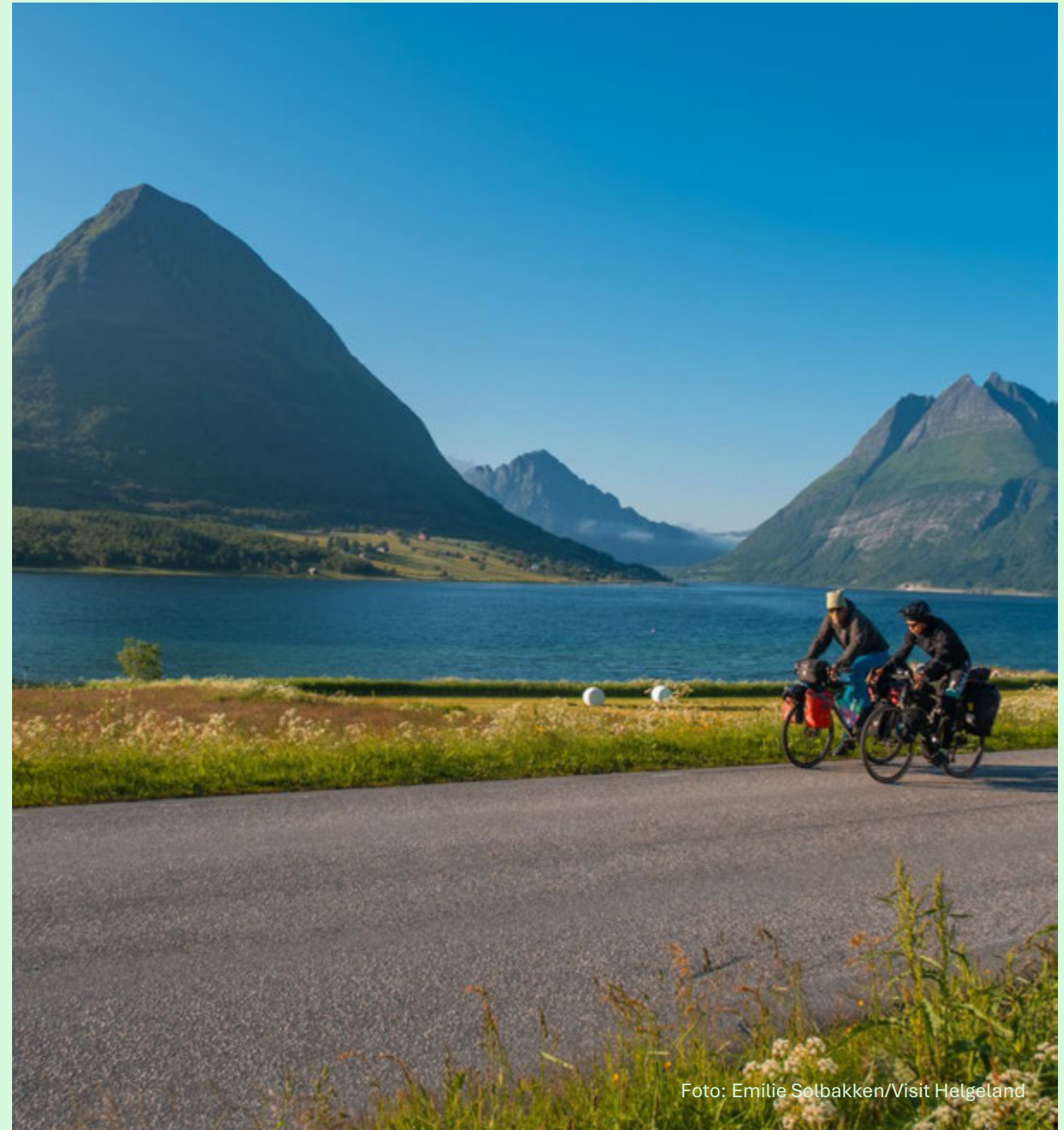


Foto: Emilie Solbakken/Visit Helgeland

How to get around

Helgeland has lively communities across its varied land.

A strong economy helps make getting around easy with good public transport.



Foto: Hans Petter Sørensen

Ferries and express boats

Island hopping among majestic mountains



Foto: Kristoffer Møllevik/Visit Helgeland

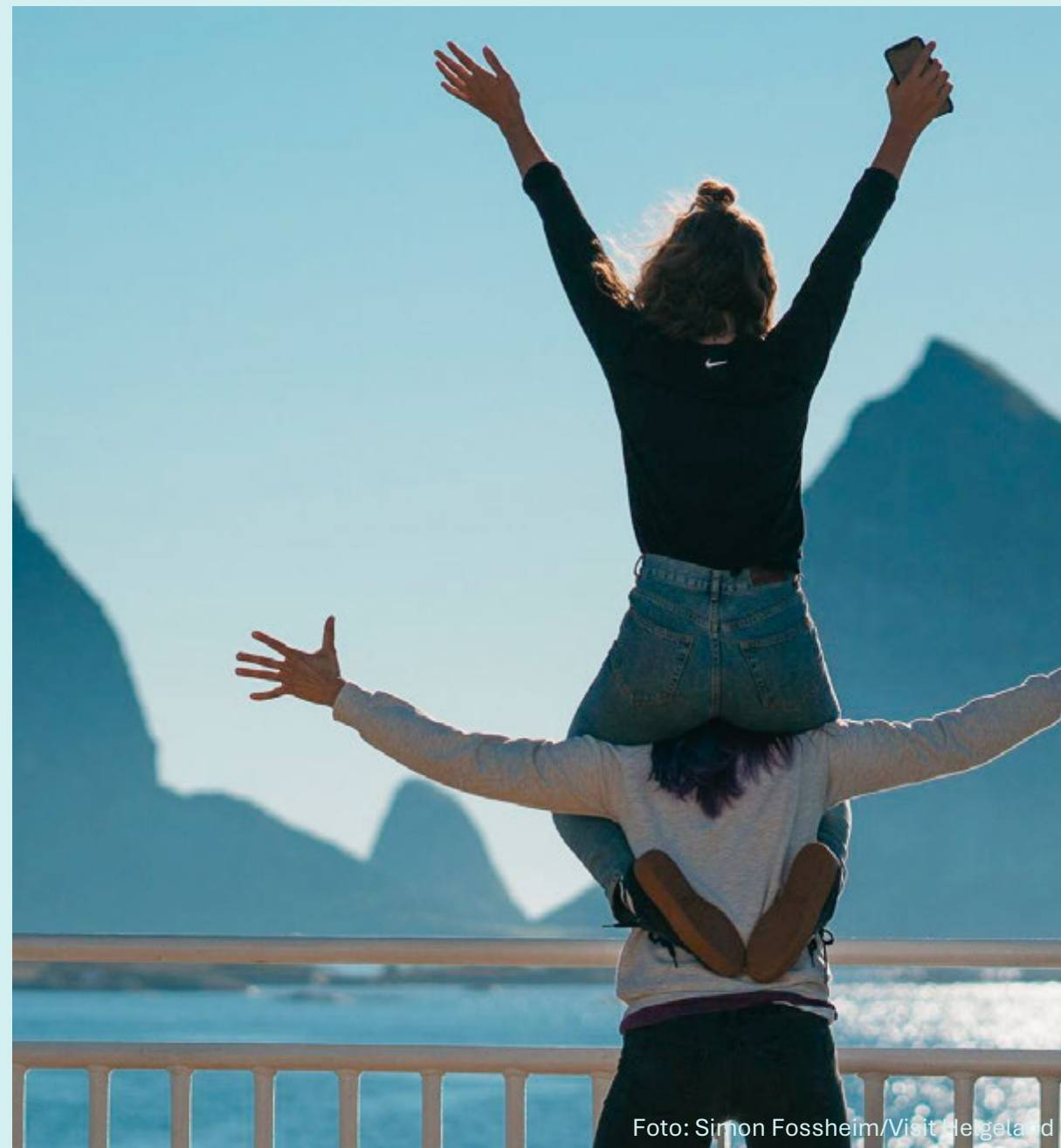


Foto: Simon Fossheim/Visit Helgeland

Bus

- The coastal route
- The E6
- The Wilderness route



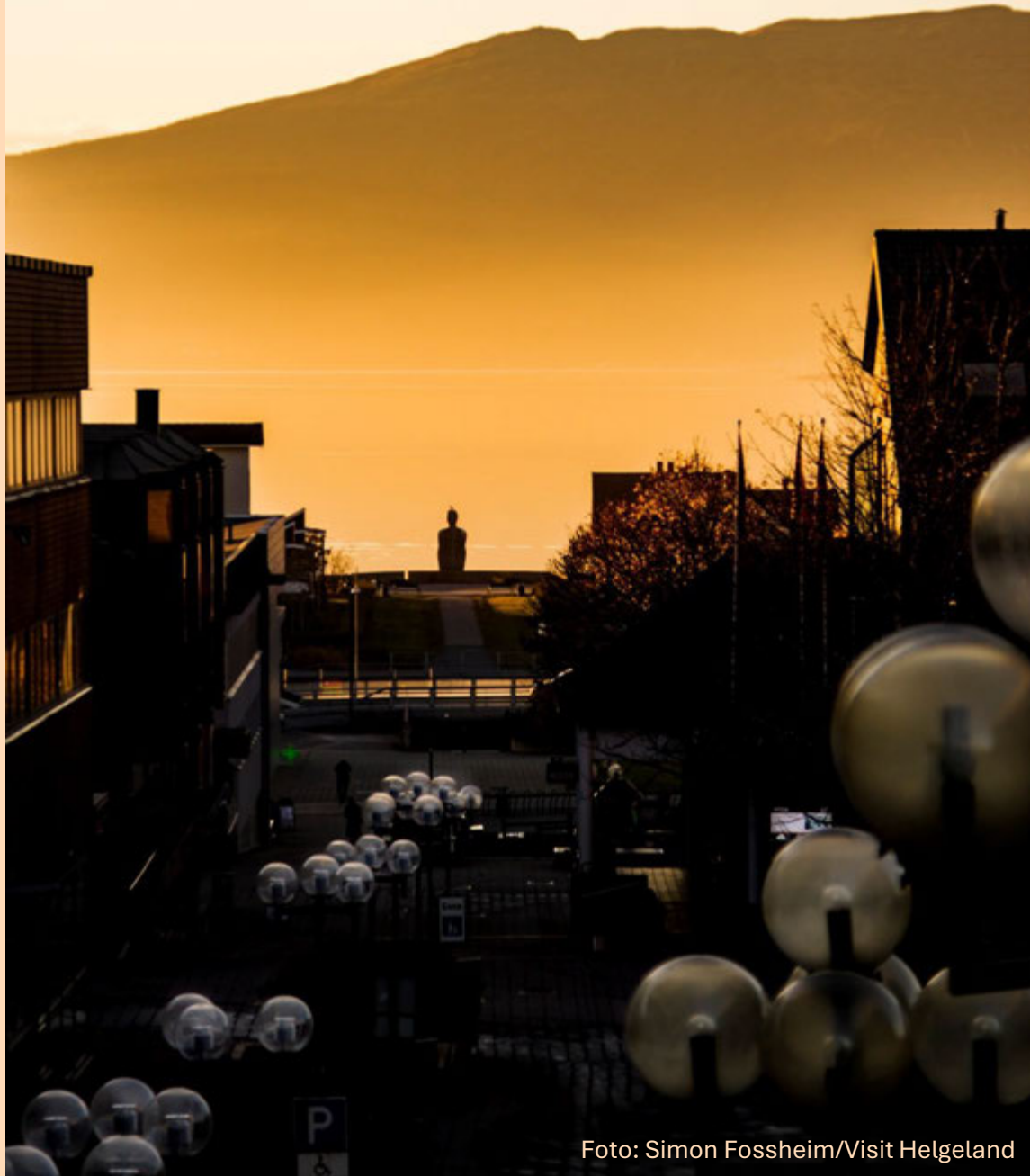


Foto: Simon Fossheim/Visit Helgeland

Nordlandsbanen

- Railway through Helgeland
- National parks & Arctic Circle



Foto: Rune Fossum



Foto: Kristoffer Møllevik/Visit Helgeland

Travel pass

- Unlimited travel
- Cost-effective exploration
- Comprehensive coverage



Foto: Emilie Solbakken/Visit Helgeland

Favourite summer activities

- Cycling
- Kayaking
- Mountain hikes and walks
- Glaciers and clacier treks
- Fishing
- Via Ferrata, Climbing and ziplines
- Birdwatching
- Caves – see the mountains from inside
- Boat trips and sailing adventures
- Rafting and rib safari



Foto: Johanne Tysnes / Visit Helgeland

Favourite winter activities

- Northern light safari
- Dog sledding
- Ice fishing and winter fishing
- Guided snowmobile tours
- Cross country skiing
- Ski touring
- Snow shoeing



Foto: Kristoffer Møllevik / Visit Helgeland

Hotels

- Fru Haugans Hotel
128 rooms / 233 beds
- Scandic Meyergården hotel
238 rooms / 454beds
- Scandic Syv Søstre Hotel
165 rooms / 360 beds
- Thon Hotel Brønnøysund
122 rooms / 244 beds
- Lovund Hotel
50 rooms / 100 beds
- Vega Havhotel
23 rooms / 56 beds
- Støtt
16 rooms / 34 beds
- Clarion Collection Hotel Helma
110 rooms / 231 beds

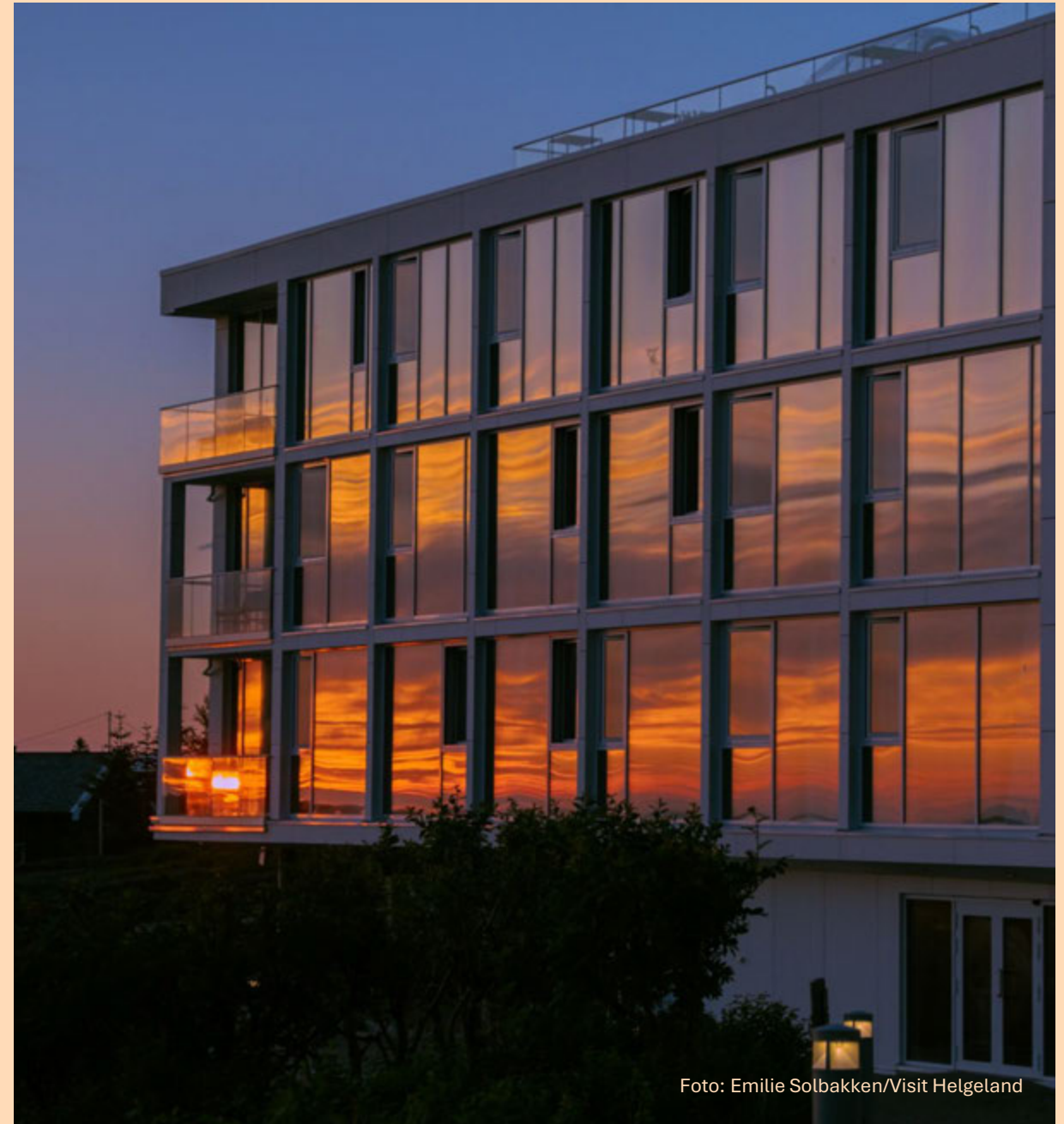


Foto: Emilie Solbakken/Visit Helgeland



Foto: Kristoffer Møllevik/Visit Helgeland

Distinguished restaurants

- [To Elise From Marius](#)
- [Svang Restaurant & Wine bar](#)
- [Vega Havhotel](#)
- [Hildurs Urterarium](#)
- [Lovund Hotel](#)
- [Restaurant Gammelbutikken at Støtt](#)
- [Torghatten Strandrestaurant](#)
- [Huset i Gato](#)

Unique places to stay

- Skolo
2 apt. 4 rooms / 28 beds
- House by the Sea
3 cabins / 16 beds
- Yttervik
8 cabins and 2 iglos / 26 beds
- Base Camp Vega
20 cabins / 40 beds
- Nordvaer Sailing Charters
4 cabins / 12 beds



Foto: Marvin Kuhr/Visit Helgeland



Foto: Hans Petter Sørensen – Faroutfocus.no

Sustainability

Visit Helgeland was certified as an Eco-Lighthouse in 2020 as part of our efforts to contribute to sustainable tourism and reduce our own environmental footprint.

We collaborate with approximately 200 large and small tourism companies in the region.

We assist municipalities in their efforts towards being labelled as sustainable destinations and offer project management.

Visit Helgeland participates in destination management and help ensure good visitor management.

Helgeland





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