

CYCLING ALONG THE Kystriksveien



Namsos – Bodø: 12 days

Kystriksveien is excellent for cycling. Here you can experience exciting coastal scenery at close hand. Cycle friendly islands are very suitable for "island hopping", with ferries and express boats. Many coastal stretches and viewpoints.

This is a suggested route where you can cycle the entire length, including the islands, in 12 days. In this way you will experience most of the highlights along the way. There are several combinations available – by air, coastal express or your own vehicle with cycle onboard. Planning is dependent on how much time you have available. Kystriksveien Infocenter (www.rv17.no) will be pleased to assist you by planning shorter routes from your desired starting point.

In addition to the aforementioned island visit, there are several alternative routes inland and along highway Rv17. Cycle information for Namdalskysten coast and Helgelandskysten coast, availability of internet bookings, a good range of maps to help with your planning, updated ferry and express boat timetables available on (www.rv17.no). Take note that some sailing departures can vary from day to day! Route descriptions are set up for particular departures on particular days. If these change, please double check the timetable and adjust your trip in accordance with the correct departures.

Happy cycling!



ISLAND HOPPING ON NAMDALSKYSTEN COAST

The trip can also start in Steinkjer by cycling along Rv17 to Namsos (80 km) or "Villmarksruta" (120 km) via Vellamelen and Homstad (see brochure/pdf www.rv17.no "By bicycle from Steinkjer to Leka"). This stretch is also covered by NOR-Way Bussekspresstrondheim – Namsos and Trønderbilene Levanger – Namsos.

The coastal express "MS Namdalingen" sails on route Namsos – Leka. Cycles travel free!

DAY 1 – Wednesday: Namsos – Jøa (30 km)



Arrive a day early by all means! Take a stroll on the urban mountain Klumpen and enjoy the view over the Namsenfjord and the town. Walk or cycle the coastal route "Two bridges" (4,6 km).

Take "Namdalingen" coastal express from Namsos Wednesday morning. Grocery store at the jetty and at Duun. Cycle around the island. There is a separate cycle guide for Jøa, downloadable on www.rv17.no. Coffee at "svartkjel", iron age lunch and guided tour of Jernaldergården iron age farm, on advance booking. Several heritage sites available. A cool drink and salted meats from free range sheep at Pøbben in an old maritime building in the evening. Opportunities for free sailing trips with "Siglurd", an open fishing/cargo boat which is an adaptation of the Viking ships, 20.00hrs. NB! May be in service. Check beforehand on www.fosnesinfo.no.

DAY 2 – Thursday: Jøa – Abelvær – Rørvik (38 km)



Boat departure at lunchtime. At the start of Landnåmsveien lies Abelvær gård farm, with cafe and shop. Here one of Norway's most weather-beaten peninsulas juts out into the sea. Homemade bakery with many Namdal specialities just around the corner. Cycle to Rørvik. Take a detour to the windmill at the top of Hundhammerfjellet mountain on route. Fantastic views. After some welcome refreshments, stroll around and try out the culture trail in Rørvik. The coastal express arrives here at about 21.00hrs. Take a walk on the jetty and breathe in the atmosphere.



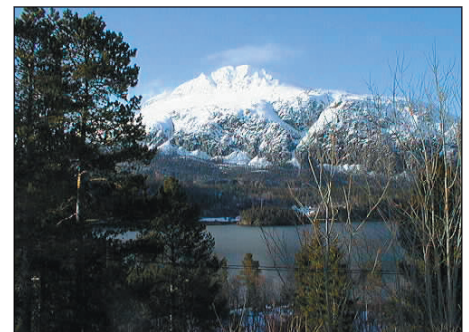
DAY 3 – Friday: Round trip Rørvik – Leka
Boat departure to Leka Friday afternoon. Take advantage of the morning to cycle long (30 km) or short (10 km) round trips on Vikna. Visit the coastal culture centre NORVEG and the old trading post Berggården. Take part in an historic stroll in Rørvik centre (summer). Arrive at Leka Friday evening. Check into your accommodation and enjoy the light summer evening.



DAY 4 – Saturday: Leka round trip (28 km)

Saturday is a good day to visit Leka. Several attractions are available. Visit the rural museum, take part in a guided tour to Solsemhula cave 14.00hrs, or admire the local and other exciting minerals in Steinsenteret mineral centre. Leka round trip is an easy day trip. If it is a fine day, walk up to the red serpentine mountain along marked trails. The views from Lekamøya are fantastic. Enjoy a meal at Vertshuset Herlaug in the afternoon/evening. The grocery store at Husby also houses Leka's tourist information centre.

DAY 5 – Sunday: Leka – Bogen – Holm (41 km)



Take the Leka ferry over to Gutvik Sunday morning. After 14 km you arrive in Bogen. Supplies can be purchased here. You can continue to Rv17 and then northwards up Helgelandskysten coast. You pass Heilhornet mountain (1058 m), a popular tourist destination. Marked trails to the top 6 km. Hiking boots a necessity. Overnight accommodation at Holm or Vennesund.

HELGELANDSKYSTEN – BODØ

Several ferry boats serve this route. Timetables to be found on www.rv17.no

DAY 6 – Monday: Holm/Vennesund – Brønnøysund (58 km)

Continue island hopping on Helgelandskysten coast starting from Brønnøysund. Take a detour to Torghatten mountain (258 m), a famous landmark for seamen for hundreds of years. Torghatten lies approx. 15 km south of Brønnøysund centre. Cycle through the centre, to Torget and follow the signposts. 200 m before Torghatten Camping marks the start of the trail up the mountain. Beautiful hiking trip along marked trails right up to the cave. Accommodation at Torghatten or in town.

DAY 7 – Tuesday: Brønnøysund – Vega (Igerøy) (31 km)



Cycle the 15 km from Brønnøysund to Horn ferry quay. Calculate your time so that you can visit Hildurs Urterarium, an unique food, wine and herb garden with its history dating back to Viking times – approx. 5 km from Brønnøysund centre. Be inspired by the farm shop and herb garden. Take the ferry over to Vega (Igerøy). Spend the afternoon cycling round the island in the world heritage site, on flat terrain with good roads and light traffic. Visit the fantastic E-huset at Nes, which describes the use of Common Eider as domestic animals and the island's history. Accommodation Kirkøy/Nes. Cycling distance from Igerøy to Kirkøy: 16 km.

DAY 8 – Wednesday: Vega – Herøy/Dønna (Dønnes) (56 km)



Take the coastal express from Kirkøy to Herøy. At Herøy you can really enjoy the experience of cycling beside the sea. The highlight of the route is all the bridges you cross with the sea close up on either side of the road. "De syv søstre" mountain range can be seen on the other side of the fjord. Flat and easy terrain. There is a bridge over to Dønna where, on a clear day, the view from Dønnesfjellet mountain (128 m) shows all the famous landmarks along this beautiful coastline. Trail right to the top. Accommodation at Dønnes.

Grocery store in Silvalen and in Solfjellsjøen.

DAY 9 – Thursday: Dønna (Bjørn) – Sandnessjøen – Stokkvågen – Kilboghavn/Jektvik (49 km)

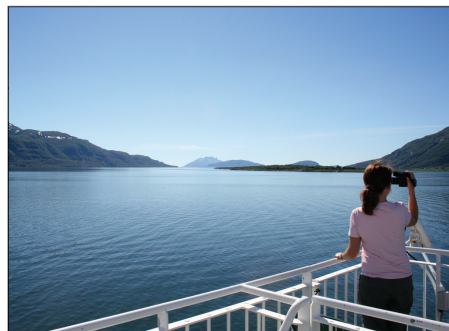


Spend the morning on Dønna – "fertility island". Visit Northern Europe's largest marble phallus at Glein. Food served at the charming Bøteriet. Cycling distance to Bjørn over Solfjellsjøen: 27 km, or the rough track via Våg: 18 km. Take the ferry to Sandnessjøen after lunch. Here you can enjoy a couple of hours exploring the town. Continue on the coastal express to Stokkvågen, and you will avoid the steep climbs over Sjonfjellet mountain. You cycle beside the sea at Aldersundet to the ferry quay at Kilboghavn. On route you pass Grønsvik Kystfort coastal fort from World War II.

We recommend that you take time to visit Tonnes. Then take the next left approx. 5 km before Kilboghavn. Follow the road for about 15 km to charming Tonnes. Here you will pass bathing beaches and wonderful views of the islands with Hestmannen and Lovund. Cafe, restaurant and accommodation.

From Stokkvågen you can take the coastal express to the little nature reserve island Lovund, best known for the rare Puffins – or to the island community Træna.

DAY 10 – Friday: Kilboghavn/Jektvik – Ørnes or Reipå (54 km)



If you have decided to spend the night at Tonnes, the cycle trip will be 20 km longer today. The ferry trip from Kilboghavn to Jektvik is a delight in itself. This is the longest ferry route along the Kystriksveien and takes 1 hour. On route you pass the Arctic Circle and fantastic and dramatic scenery. Now the landscape is more hilly. When passing through the tunnel (3232 m), remember to use your lights and reflector vests. Follow Rv17 and take the ferry from Ågskaret to Forøy. To avoid the Svartis tunnel which is dangerous and therefore forbidden to cyclists, follow the alternative route: 3 km from Forøy – leave Rv17 and follow the signs for Vassdalsvik, and thereafter the ferry to Ørnes. To make the next day's trip a little shorter, cycle to Reipå for accommodation. This is 8 km further north.

DAY 11 – Saturday: Ørnes – Sandhornøy – Kjøpstad (77 km)



Follow Rv17 via Storvika to Skaugvoll. Shops and sandy beach in Storvik. You cycle through Storvikskar tunnel (3118 m). Take the next left and follow Rv838 towards Sund. After Skaugvoll you pass the Arctic Circle 67° North at Dal. Ferry Sund – Horsda. Now you have reached Sandhornøy, a lush island where you travel with the sea on your left. The mountain peak Sandhornet (994 m) is on your right all the way to Kjøpstad. Distance Horsdal – Kjøpstad: 31 km. Accommodation at Kjøpstad.

Alternative: take the coastal express from Våg – Bodø (Bodø – Ytre Gildeskål)

DAY 12 – Sunday: Kjøpstad – Saltstraumen – Bodø (66 km)



Follow Rv17 northwards. After approx. 30 km you meet Saltstraumen, the world's strongest tidal currents. Get the tide tables (www.visitbodo.com) and experience the phenomenon when it is at its peak. The waters are particularly rich in saltwater fish. Try your hand at fishing. Hire of fishing equipment at Kafe Kjelen. Enjoy a snack overlooking the water. Take the next left at Rv80 at Løding. The first 9 km have quite heavy traffic. Cycle tracks on the final stretch into Bodø centre. In Bodø you may be tempted to visit the Norsk Luftfartsmuseum (Norwegian Airforce museum). Boat connections continue on to Lofoten. Air and rail departures southwards again. We recommend that you reserve places for passengers and cycles well in advance.

For further information:
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