

ENGLISH

TRAVEL GUIDE 2011

# Kystriksveien

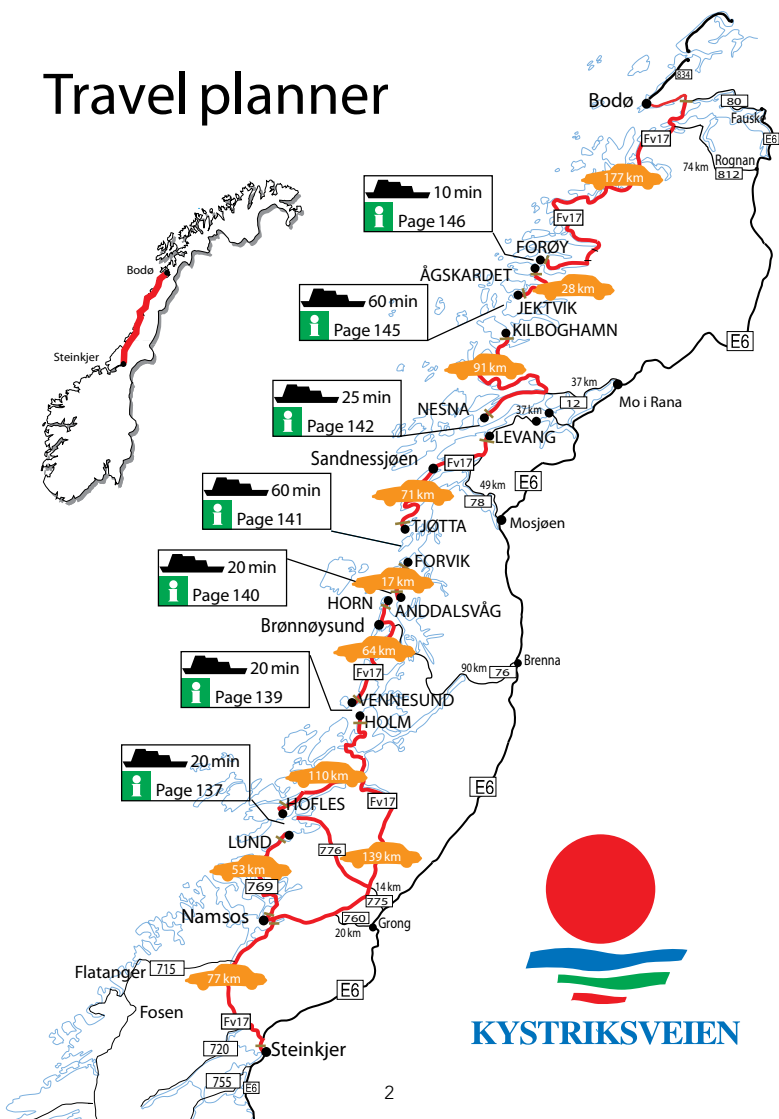
Fv17: Steinkjer - Bodø



- Ferry timetables
- Maps
- Bicycling
- Accommodations
- Sights

The world's most  
beautiful  
Journey



































# Travel planner



## INDEX

Welcome to..	4	Leka municipality	54	Nesna municipality	100
Steinkjer municipality	15	Bindal municipality	59	Lurøy municipality	103
Namdalseid municipality	22	Sømna municipality	61	Træna municipality	108
Flatanger municipality	25	Brønnøy municipality	68	Rødøy municipality	110
Namsos municipality	27	Vega municipality	77	Meløy municipality	114
Fosnes municipality	37	Vevelstad municipality	80	Gildeskål municipality	123
Overhalla municipality	41	Alstahaug municipality	82	Bodø municipality	126
Høylandet municipality	44	Herøy municipality	89	Ferry time tables	135
Nærøy municipality	46	Dønna municipality	93	Cycling	148
Vikna municipality	49	Leirfjord municipality	97	Maps	158

## SYMBOLS

 Food	 Electricity	 Solarium
 Cabin	 Bike rental	 Breakfast incl.
 Camping	 Boat rental	 Self catering
 Tent	 Beach	 Petrol station
 Sanitary facilities	 HC friendly	 Tourist information
 Room/apartment	 Playroom/act.area	 Gass (refilling)
 Fishing	 Fully licenced	 TV room
 Car repair	 Beer and wine	 Tourist attraction
 Sauna	 Water refilling	 Kiosk/food
 Swimmingpool	 Horse center	 Wireless Internett
 Gym	 Discharge station	
 Credit card terminal	 Hiking	



GPS - coordinates in all ads: Format used is "Decimal Degrees"  
(google maps format), see [http://en.wikipedia.org/wiki/Decimal\\_degrees](http://en.wikipedia.org/wiki/Decimal_degrees)

## PUBLISHED BY

This travel guide is published by Kystriksveien Reiseliv as in cooperation with Foreningen Kystriksveien. Circulation: 130 000 copies (norwegian,english and german). Print: Polinor as. Layout: Gisle Aarlott (Steinkjer) Photo: Olav Breen, Kystriksveien Reiseliv or others where stated. Cover photo: Nina Rødahl Friis/Nesna Feriesenter. Kystriksveien Reiseliv as carries no responsibility for any error in this brochure. Please see our webpages for ferry routes before travelling.

## Kystriksveien Reiseliv as

Post boks 91, N-7701 Steinkjer  
Tel. +47 74 40 17 17 Fax. +47 74 40 17 10  
post@kystriksveien.no  
www.kystriksveien.no

# Kystriksveien

PHOTO: TARE STEIRO

*Welcome to Kystriksveien (The Coastal Route) – one of the world's most beautiful tourist routes. The journey begins in Steinkjer, in the heart of Trøndelag, and ends in Bodø. Nordland calls itself the world's most beautiful coastline. If you drive along Kystriksveien you will understand why.*



The 650 km stretch contains some of the loveliest scenery on the Norwegian coastline. Some places and attractions may already be known to you, such as Svartisen glacier, Saltstraumen, the Seven Sisters mountain range and Torghatten mountain. Why not visit the Petter Dass museum outside Sandnessjøen. You should also visit the coastal cultural centre Norveg in Rørvik. Both are modern museums with beautiful and exciting architecture.

## FERRY TRIPS

All of 6 ferries bind Fv17 together. Tips about ferry trips and the actual ferry routes can be found from page 126. Please note that some routes

may be changed after printing and up until the summer. If you travel on a tight schedule it would be wise to check the routes on [kystriksveien.no](http://kystriksveien.no)



PHOTO: OLAV BREEN



PHOTO: ERLEND HAARBERG

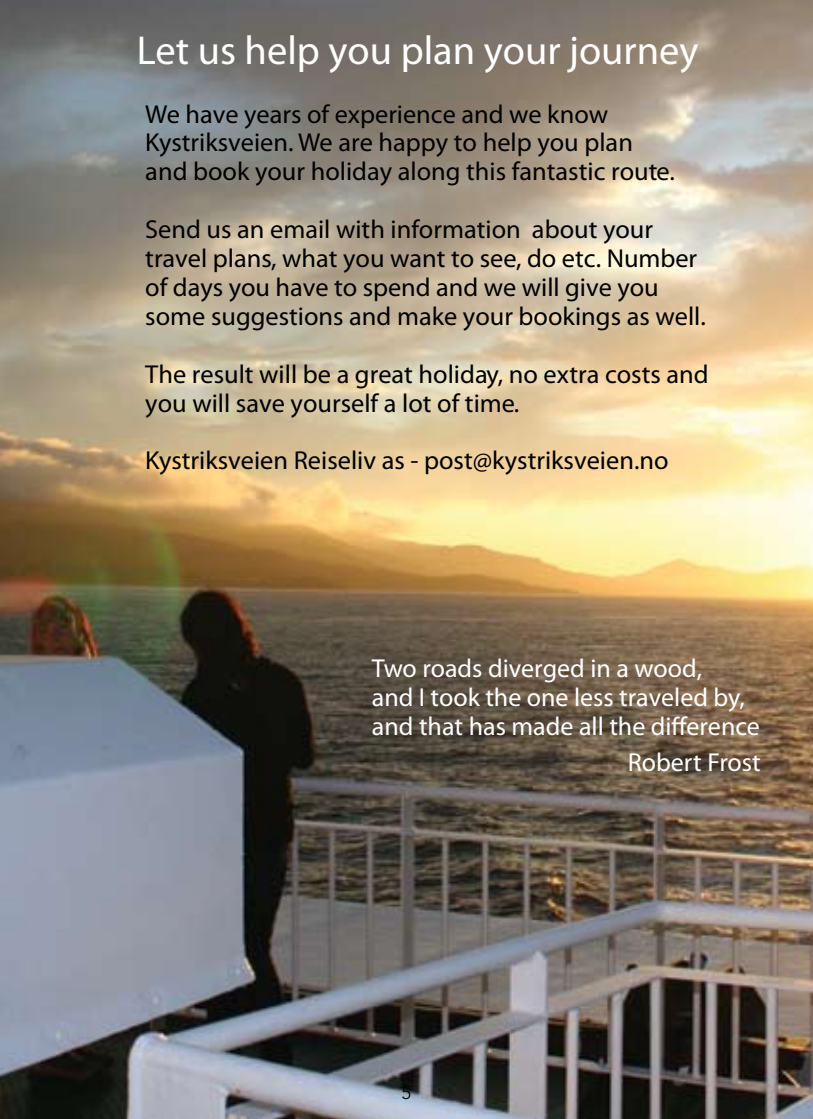
# Let us help you plan your journey

We have years of experience and we know Kystriksveien. We are happy to help you plan and book your holiday along this fantastic route.

Send us an email with information about your travel plans, what you want to see, do etc. Number of days you have to spend and we will give you some suggestions and make your bookings as well.

The result will be a great holiday, no extra costs and you will save yourself a lot of time.

Kystriksveien Reiseliv as - [post@kystriksveien.no](mailto:post@kystriksveien.no)



Two roads diverged in a wood,  
and I took the one less traveled by,  
and that has made all the difference

Robert Frost

### STEINKJER – NORWAY'S GEOGRAPHIC MIDPOINT

You find Norway's geographic midpoint in Ogdalen east of the city of Steinkjer. You arrive at the actual point after a 2-hour walk along a sleeper track. Good training shoes recommended.

[www.kystriksveien.no/norges\\_geografiske\\_midtpunkt](http://www.kystriksveien.no/norges_geografiske_midtpunkt)



FOTO: TOR ARNE BADE

### NORWEGIAN SAWMILL MUSEUM

A living museum in Namsos, the city that was founded on the sawmill industry and timber trade. The museum still operates using machines the way it was done before 1947. Pay a visit to the museum at Spillum and experience living history.

[www.kystriksveien.no/museum](http://www.kystriksveien.no/museum)



FOTO: WACLAW KUSNIERCZYK

### BRAKSTAD HARBOUR – SHOREFRONT PUB

Brakstad Harbour is situated on Jøa outside of Namsos, the base of "fembøringen" sailboat Siglurd. Every Wednesday you can come along on a free "Wednesday Sail" (assuming the boat is not out on assignment). Here you will also find the local pub.

[www.kystriksveien.no/brakstad\\_hamn](http://www.kystriksveien.no/brakstad_hamn)



FOTO: OLAV BREEN

### SØR GJÆSLINGAN – A PROTECTED FISHING VILLAGE

Out among the sea beyond Rørvik is the old fishing village of Sør-Gjæslingan. This was once Norway's largest fishing village south of Lofoten, and is now protected as a national heritage site. There is passenger boat service here from Rørvik and Namsos. Daytrips every Saturday from Namsos and from Rørvik on Sundays.

[www.kystriksveien.no/museum](http://www.kystriksveien.no/museum)



FOTO: OLAV BREEN

### NORVEG

Norveg was opened in 1994 and was designed by Icelandic architect, Gudmundur Jonsson. The museum is situated in the harbour and is an impressive building with an exciting exhibition based on the themes coastal culture and coastal commerce.

[www.kystriksveien.no/museum](http://www.kystriksveien.no/museum)



FOTO: OLAV BREEN

### 🚩 **NORWAY'S GEOLOGICAL NATIONAL MONUMENT**

Leka was awarded this status in 2010 and for good reason. On the island you will find a geology centre and a geology trail which provides you with useful information about the very distinctive geology that makes Leka so unique.

[www.kystriksveien.no/Leka](http://www.kystriksveien.no/Leka)



FOTO: OLAV BREEN

### 🚩 **TORGHATTEN**

Geologists believe that the hole in Torghatten came into being after an ice age. Various legends tell a different story. Perhaps coastal Norway's most famous landmark and situated just outside Brønnøysund, The 160 m long, 35 m high and 15 m wide hole is impressive.

[www.kystriksveien.no/torghatten](http://www.kystriksveien.no/torghatten)



FOTO: OLAV BREEN

### 🚩 **HILDURS URTERARIUM - FOOD, HERBS AND WINERY**

This splendid herb garden is located just north of Brønnøysund with food service and winery. During summer season, lunch is served daily, but reservations are required for evening dining. Be inspired by the herb garden and browse around the farmyard shop.

[www.kystriksveien.no/mat](http://www.kystriksveien.no/mat)



FOTO: OLAV BREEN

### 🚩 **VEGA - ON UNESCO'S WORLD HERITAGE LIST**

The Eider Duck Museum (E-huset) and World Heritage exhibit are located on the main island, at Nes. Both tell the story of the interaction between the island inhabitants and the Eider Duck.

[www.kystriksveien.no/museum](http://www.kystriksveien.no/museum)



FOTO: ORSOLVA HARBORG

### 🚩 **COFFEE ROASTING FACTORY (KAFFEBRENNERI) IN 300 YEAR OLD TRADING POST**

The owner has founded the coffee roasting factory in the old Forvik trading post at Vevelstad (at Forvik ferry dock). He also offers good food and overnight accommodation. For travellers who are seeking something unique.

[www.kystriksveien.no/mat](http://www.kystriksveien.no/mat)



FOTO: KYSTRISVEIEN REISELIV

### 🚩 **PETTER DASS MUSEET**

You encounter old time history and modern architecture at this museum just south of Sandnessjøen. The new museum building was designed by Snøhetta and opened in 2007. Petter Dass (1647-1707) lived and worked here from 1689 up until his death.

[www.kystriksveien.no/museum](http://www.kystriksveien.no/museum)



FOTO: ERLEND HAARBERG

### 🚩 **ROUNDRIP ON HERØY AND DØNNA**

Take the island tour as a roundtrip via car-ferry from Søvik and out to Herøy. Continue to Dønna and then take the car-ferry to Sandnessjøen. Beautiful nature, interesting places and Dønnesfjellet mountain with a view of the magnificent archipelago. Or how about some rafting even further out among the islands!

[www.kystriksveien.no/utioyan](http://www.kystriksveien.no/utioyan)



FOTO: TERJE RAKKE

### 🚩 **HELGELANDSBRUA BRIDGE**

Designated as Norway's most beautiful bridge. The 1,065 metre long bridge connects Alstahaug and Leirfjord. There is a nice rest area situated at the south end of the bridge featuring elements from Artscape Nordland.

[www.kystriksveien.no/arkitektur](http://www.kystriksveien.no/arkitektur)



FOTO: ERLEND HAARBERG

### 🚩 **THE PUFFIN COLONY AT LOVUND**

The Sea Parrot or Puffin has a colony here on the island of Lovund. It returns here annually on 14 April. You get the best views of the Puffin in the evening when it returns from the sea. We therefore recommend that include at least one overnight stay once you are on Lovund.

[www.kystriksveien.no/lovund](http://www.kystriksveien.no/lovund)



FOTO: OLAV BREIN

### 🚩 **GRØNSVIK COASTAL FORTRESS**

The fortress was built during the World War II by the Nazis. The fortress is situated near Fv17 between Nesna and Kilboghavn, near Stokkvågen. An interesting museum including an intact bunker.

[www.kystriksveien.no/museum](http://www.kystriksveien.no/museum)



FOTO: UTILANT AV GRØNSVIK KF



## SVARTISEN

Norway's second largest glacier is located in Meløy. You can get all the way up to the glacier by taking the boat across Holandsfjord from the tourist office. This part of the glacier is called Engenbreen and here you can try out glacier walking (call 1 day in advance). [www.kystriksveien.no/svartisen](http://www.kystriksveien.no/svartisen)



FOTO: NATHAN HOOVER

## GILDESKÅL OLD CHURCH

Among the many churches situated along Kystriksveien, Gildeskål Gamle Kirke is one of the most exciting ones to visit. The church was built in the 1100s, perhaps by King Øystein. Take a walk as well into the cemetery where there are some peculiar inscriptions (in Norwegian) on the headstones. [www.kystriksveien.no/museum](http://www.kystriksveien.no/museum)



FOTO: STEINAR JOHANSEN

## SALTSTRAUMEN

The world's strongest maelstrom is an impressive experience as the tidal waters are on their way in or out. Check the in/out times in a special tide schedule. Bring your rod & reel and try your luck at fishing or how about a rafting trip! [www.kystriksveien.no/saltstraumen](http://www.kystriksveien.no/saltstraumen)



FOTO: RICHARD PANTKE

## NORWEGIAN AVIATION MUSEUM

If you would like to try out a flight simulator or see the famous U2 plane, then the Norwegian Aviation Museum in Bodø is the place for you. The exhibits cover both military and civil aviation history. [www.kystriksveien.no/museum](http://www.kystriksveien.no/museum)



FOTO: OLAV BREEN

## KJERRINGØY OLD TRADING CENTRE

The trading centre is known from many films including "Jeg er Dina" and "Benoni og Roasa." The trading centre was at its peak in the end of the 1800s. The museum features a variety of exciting exhibits and guided tours. [www.kystriksveien.no/museum](http://www.kystriksveien.no/museum)



FOTO: EINAR ELIASSEN

# Flavour and dining enjoyment along the Kystriksveien

Enjoyable dining experiences are part of being on holiday. Here are some tips about places to dine along Kystriksveien which offer “that little extra”. Everything from exquisite gourmet meals to local everyday fare.

Breidablikk in Steinkjer and Løvold in Bodø are two “institutions” which both serve excellent homemade food. In addition, these two cities offer visitors a wide range of dining options, such that there is not space to list them all here.

spiseri, a good and affordable seafood restaurant.

Just near Fv17 at Berg in Sømna is the Klakkskjæret restaurant which offers dishes based on local fresh produce. The food shop, Smak og Behag in Brønnøysund sells local food from the entire region. Following a visit to the Torghatten hole in the mountain, you can enjoy good food at Torghatten Kurs og Feriesenter (Seminar and Holiday Centre). Hildur’s Urterarium serves such dishes as wild sheep and produces its own wine based on the



FOTO: LANGNESSET

If you exit Fv17 towards Statland between Steinkjer and Namsos, you will come to Fossekailn Restaurant (fish, bacalao, venison) and continue a bit further out to get to Sjøbua

farm’s own herbs (table reservations required for dinner/evening dining).

Vega Havhotell offers guests a customized menu each evening. If you want



FOTO: NANCY BOOT / INNOVASJON NORGE



FOTO: JOHAN WILDHAGEN / INNOVASJON NORGE



FOTO: HEGE SÆTHRE LIND



FOTO: LANGNESET

the best, then you should come here. You can enjoy freshly roasted coffee at Kaffebrenneriet (the coffee roasting factory) at the old trading post at Forvik in Vevelstad. They serve excellent fish dishes here as well.

Try the fish soup at Seløy Kystferie. Dønnes Gård on Dønna serves excellent homemade food. Local fresh produce also has a prominent role in the menu at the restaurant 3 Kalver on Dønna.

Langneset on Seløy serves delicate dishes based on currently available local fresh produce. Even further from

the mainland lies Lovund Rorbuhotell which also serves excellent cuisine. You can taste a different kind of “fast food” on the ferry dock at Jektvik where they serve homemade fish burgers. You can also enjoy homemade seafood at Kafe Kjelen in Saltstraumen and a slightly “fancier” menu is available at Saltstraumen Brygge and Saltstraumen Hotel.

A speciality dish found at the northernmost part of Kystriksveien is Møsbørmelefsa, which you can enjoy at such spots at Bertnes Geosenter just outside of Bodø. [kystriksveien.no/mat](http://kystriksveien.no/mat)



FOTO: REINHARD PANTHE



## NATIONAL TOURIST ROUTES

There are two National Tourist routes (of a total of 18) along Kystriksveien. Helgeland Coast North and South. The northern route is devolved and you will find upgraded rest stops, ferry terminals and view points. [nasjonalturistveg.no](http://nasjonalturistveg.no)



## ALONG KYSTRIKSVEIEN ON BOAT

From Flatanger in the south to Bodø in the north you will find thousands of islands. This coastline is ideal for anyone who loves to travel by sea in their own boat. Guestharbours on [www.gjestehavner.no](http://www.gjestehavner.no)

If you do not have your own boat you can try: **Einrika Overnatting** (p.26) offer boattrips and fishing. **Rørvik**



FOTO: ERLEND HARBORG

**Rorbuer** (p.51), **Seløy Kystferie** (p.91), **Lovund Rorbuhotell** (p.104) and **Salstraumen Hotel** (p.129) all offers rib safari. **Nesna Camping** (p.101) also offer boattrips. [kystriksveien.no/baat](http://kystriksveien.no/baat)

**S/Y Paradise** offers sailing trips along the coast of Helgeland. You are welcome to be a part of the crew. [www.sailingwithparadise.com](http://www.sailingwithparadise.com)



FOTO: REINHARD PANTHE

# The outdoors online!

**Godtur.no  
offers you:**

- Suggested trips and tips from most parts of Norway
- Trips can be downloaded to GPS File
- Share your trips with other travellers
- Fishing information for 37.000 lakes
- Bathing places in most parts of Norway
- Unique map solutions

In Norwegian only

  
**GodTur.no**

# Nord-Trøndelag



# Steinkjer



***Steinkjer is the southernmost municipality along Kystriksveien. Steinkjer is situated along E6 and travel time to Trondheim is two hours by train or bus. To reach highway Fv17, turn off highway E6 towards Namsos just 6 km north of Steinkjer. Steinkjer is the administrative centre and main town in the county of Nord-Trøndelag.***

## STEINKJER CHURCH

Steinkjer got a new church in 1965. The decorative style is untraditional. Particularly notable are the wall decorations and stained-glass paintings by the artist Jacob Weidemann, born in Steinkjer. The originals are exhibited in the town hall.

## EGGE MUSEUM

EGGE was a centre of power in the Viking era, and the local chiefs were strong opponents of St. Olav's

christening of Norway and the centralisation of power that took place around the year 1000. Today Egge is a unique ancient memorial site and has an active folk museum that enables you to combine cultural and natural adventures.

## BØLAREINEN AND BARDAL ROCK CARVINGS

The Steinkjer area has some of the world's most famous rock carvings. Bølareinen is a 6000-year old, full-



PHOTO: OLAV BREEN

*Steinkjer Church, 1965*

# Steinkjer

size carving of a reindeer, located 30 km north of Steinkjer town centre, on road Fv763. More rock carvings, from two different eras, are found in Bardal on road Fv285 direction Sør-Beitstad. In the vicinity of downtown lies the Helge Field including large burial mounds and ancient memorial monuments. Ask for a historical monument pamphlet at the tourist office. Read more on the website [visitinnherred.com/fornminner](http://visitinnherred.com/fornminner).

## NATURAL AND CULTURAL ADVENTURES

Visit Øver-Bjerkem to see a traditional Trøndelag farm and admire the traditional Norwegian costumes at the exhibition in "Bunadburet". Due north of Steinkjer lies the mountainous area of Skjækra, where you find Norway's Geographic Midpoint. Magnificent mountainscapes, free fishing in more than 60 lakes and a pleasant 10 km walking tour in to the midpoint – visit [norgesmidtpunkt.no](http://norgesmidtpunkt.no).

Dampsaga Bad, a large and modern leisure pool, is located near E6 in the town centre. The city's key viewpoint is at Oftenåsen Hill – steep groomed trail up rewards you with a fantastic view. For outdoor bathing, visit Paradisbukta, Hoøya and Kalvøy on road Fv285.

## SPECIAL EVENTS

The Steinkjer Festival on 23 – 26 June is a major festival with many big names. The Viking Festival will be held at Egge from 30 June – 3. July 2011. Experience the Viking spirit with festive events for the whole family. Don't miss the Saint Olav Festival at Stiklestad - only 30 km from Steinkjer – at the end of July.



PHOTO: KYSTRIKSVEIEN REISELIV AS

*Bølarein*

### **Innherred Tourist Information / Kystriksveien Info-Center**

Open all year!  
Box 91, NO-7701 Steinkjer  
Tel. +47 74 40 17 16  
Fax: +47 74 40 17 10  
[www.visitinnherred.com](http://www.visitinnherred.com)  
[post@visitinnherred.com](mailto:post@visitinnherred.com)  
[www.kystriksveien.no](http://www.kystriksveien.no)  
[post@kystriksveien.no](mailto:post@kystriksveien.no)



## Quality Hotel Grand, Steinkjer

Kongens gt. 37, Box 3014, N-7709 Steinkjer  
Tel. +47 74 16 47 00, Fax +47 74 16 62 87  
[www.choicehotels.no/no053](http://www.choicehotels.no/no053)  
GPS: N64.013463 E011.4957128

Full service hotel in the centre of Steinkjer.  
Summer rates !



GRAND, STEINKJER



## Tingvold Park Hotel

Gamle Kongev. 47  
N-7725 Steinkjer  
Tel. +47 74 14 11 00 Fax. +47 74 14 11 01  
[firmapost@tingvoldhotel.no](mailto:firmapost@tingvoldhotel.no)  
[www.tingvoldhotel.no](http://www.tingvoldhotel.no)  
GPS: N64.0237291 E011.491126



"A hotel with style and atmosphere"



Boks 276, N-7703 Steinkjer  
Tel. +47 74 13 75 00 Fax. +47 74 13 75 60  
[posten@steinkjerkurscenter.com](mailto:posten@steinkjerkurscenter.com)  
[www.steinkjerkurscenter.com](http://www.steinkjerkurscenter.com)  
GPS: N64.0057584 E011.5074273

Summer rates 20/6 - 5/9 (Breakfast included)

NOK 650 NOK 800

All rooms with cabel TV, shower and toliet.





4

## Føllingstua

Haugåshalla 6  
N-7732 Steinkjer  
Tel. +47 74 14 71 90  
post@follingstua.no  
www.follingstua.no



Located 13 km north of  
Steinkjer, by the Snåsa  
Lake. 200 mtrs from E6  
N:64.06.581. E:11.34.678

Open all year.



NOK 450-1300

NOK 190

NOK 130-180

NOK 200

NOK 50

NOK 450-600



TV in all rooms and high standard  
cabins (cabins with toilet/shower)



5

## Bjerkem

Øver-Bjerkem, N-7718 Steinkjer  
Tel: + 47 909 50 702  
Email: berit@bjerkem.com  
www.bjerkem.com  
GPS:N63.9787052/E011.6369315



Accommodation on a traditional farm  
(organic production).  
Self-catering apartments.

NOK 800 per night (4 beds).

Exhibition at Bunadburet (national  
costumes) in the old barn.

# Hertz®



## HOLBERG BILUTLEIE AS Inn-Trøndelag

We have cars for hire 100 m from the railwaystation  
in Steinkjer. Call us for a good offer.

**From NOK 490 per day**  
(max 100 km, +2,75 per km)

Kystriksveien Info-Center - Tel. +47 74 40 17 17



6

# Guldbergaunet

## Summerhotel & Camping

- Open all year !
- We offer 1,2 and 3 rooms apartments.
- Walking distance to the centre of Steinkjer.



NOK 490-1095



NOK 190



NOK 140-160



NOK 200



NOK 425-490

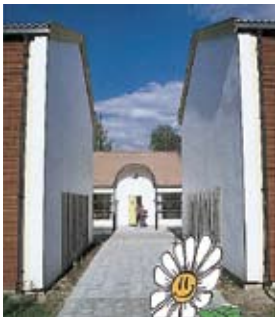


NOK 50



CAMP

7



Boks 2073 N-7708 Steinkjer Tel. +47 74 16 20 45 - Fax +47 74 16 47 35

g-book@online.no - [www.steinkjercamping.no](http://www.steinkjercamping.no)

GPS: [N64.022265 E11.5064072](https://www.google.com/maps/place/64.022265,11.5064072)

# Low cost propan gas!

## Autogas - cylindergas - Accessories

**We fill all types  
of cylinder gas!**

**Norwegian - European**



### STEINKJER

Tlf. +47 930 22 040

Sjøfartsgata 10B  
7725 Steinkjer

8

GPS coordinates

N64° 00.554    011° 29.716



### NAMSOS

Tlf. +47 74 28 09 04  
+47 95 82 02 46

Navarv. 11 7820 Spillum

GPS coordinates

N64° 27.580    011° 32.582

[www.dsp-steinkjer.no](http://www.dsp-steinkjer.no)



9



Opening hours:  
Mon-Fri 10-20  
Sat-Sun 11-17

Phone: +47 74 12 16 90  
Sagmesterv. 2b 7725 Steinkjer  
GPS: N64.01782/E011.48950

Swimming ends half an hour before  
closing time !

[www.dampsaga-bad.no](http://www.dampsaga-bad.no)

## Egge Museum

N-7700 Steinkjer  
Tel. +47 74 13 44 90  
[www.eggemuseum.no](http://www.eggemuseum.no)  
N64.0231886 E011.4729003

Traditional Trøndelag farm with animals and café.  
The shop's mistress welcomes you to the town  
exhibition. Agriculture exhibition with tools and  
vehicles. Great cultural heritage areas.  
Open: 19.06 to 21.08 Every day: 11.00 – 16.00

Viking festival 2011: 30. June - 3. July



10

## Bygdasentralen i Beitstad

Vellamelen 47, N-7730 Beitstad  
Tel. +47 74 14 85 90  
bygda@beitstad.no  
www.beitstad.no  
GPS: N64.1080713/E011.392561

Handicrafts - Souvenirs - Touristinformation

Café - Homemade cakes

Voluntary work center



# LITERATURE KYSTRIK



Webshop:  
kystriksveien.no

## The Coastal Road

This travel guide by Olav Breen, published by Cappelen, gives both useful travel tips, and also makes you eager to travel. Richly illustrated with wonderful pictures.

**Price NOK 99**



# Namdalseid

*Namdalseid is the gateway to the Namdalen Valley. We are located midway between the cities Steinkjer and Namsos on highway Fv17. Commercial activities consist principally of modern agriculture. "Eldueid" is the old name of this historic arterial road between the Namsen and Trondheim fjords.*

## WILDERNESS HOLIDAY

You will find large areas suitable for hunting, fishing and outdoor life. Small salmon is found in some of the best rivers (Årgårds River, Øyensa River, Ferga River and more), and fly-fishing is very popular. Fly-fishing is considered an exclusive activity, and some practice is necessary in order to master the art. The local population was taught fishing by English anglers in the 1830s. Fishing licenses can be purchased at establishments offering accommodation or at the Tourist Information Office.

## SEA FISHING

Namdalseid has a coastline with excellent opportunities for fishing. Nord-Statland has a resort with modern accommodation in traditional fisherman's huts, where you can also hire boats, and its own restaurant.

## OLDER TOWN STRUCTURES

The village of Statland still features distinctive architecture from the 1800s, which is worth a visit



PHOTO: STEINAR JOHANSEN


*Salmon fishing*

### Tourist Information

at Sentrum Auto (Gas Station),  
NO-7750 Namdalseid,  
Tel: +47 74 27 82 50 • Fax: +47 74 27 84 56  
namdalseid.kommune.no  
kystriksveien.no

## Fosslia hytter og laksefiske

Anne-Britt og Arnstein Berg  
Fosslia N-7750 Namdalseid  
Tel. +47 74 27 83 09 mob: 958 05 084 - 482 87 392  
www.fosslia-hytter.no  
GPS: N64.2508628/E011.1628762




 NOK 250 - 600 per night  
Large apartment NOK 800 per night

Take fv. 715 to Osen from fv17. Cabins for hire - all year! Salmon fishing in the lower part of the river Øyensåa. Nice area for hiking, rich on berries and mushrooms. Trout fishing and hunting.



## Holmset Camping og hytter

Sjøåsen, N-7750 Namdalseid  
Tel. +47 922 23 202  
rolf@holmsetcamping.no  
www.holmsetcamping.no  
GPS: N64.29488/E011.20142




 NOK 300-550  NOK 140 Broad band,  
 NOK 100  NOK 30 Internet access.

Located by the Årgårdselven river with access to salmon and trout fishing. All-year cabins for hire with shower/toilet. Good base for outdoor activities. Kayak hire.



## Sjøåsen Hotell

Sjøåsen N-7750 Namdalseid  
Tel. +47 74 27 87 00 Fax. +47 74 27 88 30  
sjoasenhottel@gmail.com  
www.sjoasenhottel.no  
GPS: N64.3094322 E011.2228334

  NOK 1100  NOK 900 1/5 - 1/9 + weekend:  
20% discount

Nice surroundings and home cooking.  
Spacious meeting facilities overlooking the river.  
Good public transport connections to Namsos -  
Steinkjer - Værnes (Trondheim airport)



## Fossekailn Restaurant

Sjøtrøa 2

N-7777 Nord-Statland

Tel. +47 74 27 98 92 Mob. +47 917 23 730

leif@fossekailn.no / www.fossekailn.no

GPS: N64.49580/E011.14664



**Fossekailn steak – bacalao – marinated wild salmon – Atlantic halibut – leg of lamb - Tapas**

For a heavenly culinary experience in a vibrant and exciting restaurant full of charm with a friendly ambience, visit Fossekailn Restaurant in Statland

*Foto: Skrythals reklame*



## Ledang Rorbuer


N-7777 Nord-Statland

Tel. +47 74 27 94 05 Mob. +47 45 63 19 44

Fax. +47 74 27 94 32

www.ledang-rorbu.no info@ledang-rorbu.no

GPS: N64.4951253/E011.1624526

 NOK 5900 per week / NOK 2700 weekend  
Included in price is boat with motor and cleaning.

Fisherman's cabins with great location on the pier.

Apartments with 3 bedrooms (sleeps 10 people)

High standard and fully equipped.



## Gallery and gift shop

Sentrum, N-7750 Namdalseid

Tel. +47 46 74 46 17

paa-hjornet@hotmail.no

GPS: N64.22313/E011.22102

**Production of Sami-inspired handicraft and glass artwork.**

Opening hours: Mon-thur 10-16, Fri 10-18, Sat 12-16

*Via Hjornet*





**Flatanger is the southernmost coastal municipality on Kystriksveien. Turn off Fv17 at Sjøåsen and follow Fv766 to Flatanger. Utvorda features a very nice restaurant, Sjøbua Spiseri, whose speciality is seafood.**

## SIGHTSEEING

We recommend a visit to the lighthouse Villa Fyr or the Utvorda fortress. Villa, from 1839, was the last lighthouse with a coal fired flame to be built in Norway. Utvorda fortress was built during World War II and was the largest fortress on the Norwegian coast. We recommend you hire a guide for the visit or take a walking tour along the marked trails on your own.

## WHITE-TAILED EAGLE AND OCEAN FISHING

There are around 1,000 islands in the Flatanger archipelago. We recommend a trip with a hired fishing boat to the rich ocean fishing grounds. These voyages also provide a chance to see the majestic white-tailed eagle, of which there is a large population in Flatanger. We also recommend nature-safari. Contact the tourist office for more information. Boat trips/hire/ocean fishing: See [www.einvika.no](http://www.einvika.no) .

There are 20 trails which get marked annually (4 in each village) having various levels of difficulty within the municipality. Maps and punch-cards for these trips can be purchased in all shops throughout the municipality.



PHOTO: OLAV BREEN

*Utvorda fortifications*

### Tourist Information

Flatanger municipality  
N-7770 Flatanger,  
Tel. +47 74 22 11 10 / +47 74 11 00  
Fax +47 74 22 11 80  
[www.flatanger.kommune.no](http://www.flatanger.kommune.no)  
[kystriksveien.no](http://kystriksveien.no)

## Einvika Overnatting og Havfiske

20



N-7770 Flatanger

Tel: +47 970 10 490 - 908 49 677

rheinvik@online.no / www.einvika.no

GPS:N64.50937/E010.80443

Fisherman's cabins - apartments

  NOK from 695 - 1500

Deep sea  
fishing -  
Sightseeing!

**Ocean fishing trips** by advance booking

(NOK 100 per pers. per hour)

**Family trip** with lead boat (hire of boat + petrol)

**Guided trips** to the lighthouse Villa Fyr



## Sjøbua Spiseri - Seafood restaurant

21

Utvorda havn, N-7777 Nord-Statland

Tel. +47 74 28 88 54 / Fax. +47 74 28 88 55

eigrand@frisurf.no

GPS:N65.9925461/E012.2631913

- Dinner from NOK 140 - 210
- House for rent - sleeps 15 people.
- Guest quay - seafishing.
- Camping Trailers / Motor Home spaces NOK 150 (el. NOK 25)
- Next to a coastal fortress from World War II.



## SOUVENIR BOOK

### Suddenly – A New Landscape!

In the book "Suddenly – A New Landscape" we present some of the best motives from Kystriksveien. This is a souvenir book for anyone who has driven this road or perhaps to someone you would like to share the experience with. Order your copy at [kystriksveien.no](http://kystriksveien.no) - today!



NOK  
**99**





# Namsos

*Namsos serves as the traffic hub connecting Fv17 and Fv769. There is a connection to Trondheim via ExpressBus, bus service to Steinkjer and Levanger with train connections to Trondheim. Regional airport serviced by SAS Widerøe. Express boat service to Jøa, Abelvær, Rørvik and Leka.*



PHOTO: REINHARD PLANTKE

*The wharfs of Namsos*

## ROCK CITY NAM SOS

Namsos is the major town of commerce in Namdalen, a rock and roll / cultural city with long-standing traditions in the timber industry. The city has several shopping centres and a pleasant city centre with galleries and specialty shops. Some of Norway's best known rock artists grew up in Namsos.

## SIGHTS AND SHOPPING

Namsos has a candle factory, Namsos Lysstøperi, in the delightful old

roundhouse; you can see candles of all different shapes and sizes. In the culture centre, there is a major gallery with a museum shop with local artists. Oasen is an attractive swimming pool inside a mountain.

## MUSEUMS

In Namsos you can visit Norway's only museum for steam-operated sawmills, Spillum Dampsag og Høvleri, which has been operating in the same way for 40 years. You should also visit Namdalsmuseum,

# Namsos

the district museum for the whole Namdal area, where the exhibitions include Norway's only historical collection of hospital equipment.

## ISLAND HOPPING

With the coastal express "Follafjord" you can bring your cycle, hop on board and explore the Namdal archipelago. You can go ashore at Jøa, Leka and the islands Sør- Gjøeslingan or continue to Rørvik, and visit the national coastal culture centre Norge.

## OUTDOOR LIFE AND VIEWPOINTS

Only a 20 minutes walk away from down town, is the mountain top Klompen. You can also drive all the way to the top. The round-trip walk known as "Two Bridges" is a nice, marked walk along the city's shoreline. Otterøya, which makes up the majority of Namsos' coastal strip, is home to the world's northernmost stock of deer, and is also an attractive area for fishing in the fjord, either from a boat or from the shore. Rental of rail tricycles available on the now closed railroad line along parts of the Namsen river. Contact the tourist office for details



PHOTO: MACLAW KUSNIERCZYK

*at the candle factory*

### **Tourist Office Midtre Namdal**

Havnegata 9, Boks 332, Sentrum N-7801  
Namsos Box 478, Sentrum N-7801 Namsos  
Tel. +47 74 22 66 04  
namsosinfo@rv17.no  
namsosinfo.no  
kystriksveien.no

# Børstad Hotel

23

A home cosy stay in Namsos centre



NOK 950



NOK 1190

Suite:

NOK 1390 - 1590



Carl Gulbransons gt. 19 - Box 98 - N-7801 Namsos  
Tel. +47 74 21 80 90 Fax: +47 74 21 80 91  
post@borstadhotel.no www.borstadhotel.no

GPS: N64.4668092/E011.4981485

# PLUSCAMP

Quality cabins and camping all year

24

Renovated  
beach!



## NAMSOS

Four star camping with 31 cabins, 40 caravan lots and a first class area for tents.

Renovated beach area.

Canoe rental, pedal boat rental and trolley cycle rental. Play area and minigolf.



1/9 - 31/4

 NOK 400 - 800

 NOK 200 - 250

 NOK 150 - 200

1/5 - 31/8

 NOK 450 - 950

 NOK 200 - 250

 NOK 150 - 200

## Namsos Camping as

Box 408, N-7801 Namsos. Tel. 74 27 53 44 Fax: 74 27 53 93  
Email: [namscamp@online.no](mailto:namscamp@online.no) [www.namsos-camping.no](http://www.namsos-camping.no)  
GPS: N64.4755511/E011.5778851



# Lysstoperiet

25

Lokstallen, Finn Christiansens v.14,  
N-7800 Namsos

Tel: 74 21 29 00 [www.lysstoperiet.no](http://www.lysstoperiet.no)

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



You may also see our candles being made.

Mon - Fri: 10 - 18 Sat: 10 - 15

[GPS:N64.4680079/E011.513421](https://www.google.com/maps/place/66.4680079,15.13421)

## Italiensk Hotell & Restauranthus

26





Verftsgt. 5, Namsos  
Tel: +47 74 21 80 00  
Fax: +47 74 21 80 20  
[www.tinoshotell.no](http://www.tinoshotell.no)  
[booking@tinoshotell.no](mailto:booking@tinoshotell.no)

[GPS:N64.4669374 E011.4918453](https://www.google.com/maps/place/66.4669374,15.14918453)

**Restaurant** - in an nice Italian atmosphere.

14 double rooms, 3 suiter og 2 conference rooms.

 1000 - 1500 NOK

 800 - 1250 NOK



Family room 1300 - 1600 NOK



## Namsen Motor Hotell

Navarveien 2, N-7820 Spillum  
Tel. +47 74 22 66 10  
Fax. +47 74 22 66 11  
post@namsenhotell.no  
www.namsenhotell.no  
GPS: N64.4563294 E011.543478

 NOK from 695 incl. breakfast

  NOK from 895 incl. breakfast


Family rooms available.



## Finnanger Brygge

N-7819 Fosslandsosen  
Mobil: + 47 959 35 424  
hafinna@online.no  
www.finnangerbrygge.no  
GPS: N64.6221767/E011.1496811



 Apartments with two bedrooms.

NOK 950 per night NOK 5600 per week  
5 beds, TV, fridge/freezer and toilet.  
Boat for hire.

**Fresh shrimps always available !**

Apartments with great location in the skerreis of Otterøya



## Oasen

### Namsos Miljø og Svømmesenter

Jarle Hildrumsv. 6, N-7800 Namsos  
Tel. +47 74 21 90 40 / Fax. +47 74 21 90 45  
www.oasen-namsos.no  
GPS: N64.4739396/E011.5222432

**Open:** Mon-Fri 09 - 20 Sat-Sun 10 - 16

- 50m pool (28C) • Diving section • Water slide
- Children's pool/practise pool (34C) • Whirlpool
- Gym (open Mon,Tue,Wed,Thur.08-22) • Café





## NORSK SAGBRUKSMUSEUM

- a part of Museet Midt

Tel. +47 74 27 13 00  
www.mumidt.no/spillum  
sagbruksmuseet@museetmidt.no  
GPS: N64.44806/E011.51382



Discover **Norwegian sawmill history** in an authentic 19th century sawmill environment at Spillum south of Namsos. The old machines are still in operation.

**Opening hours:** Mon - fri: 8 - 15



30

## Nord-Trøndelag Fylkesgalleri

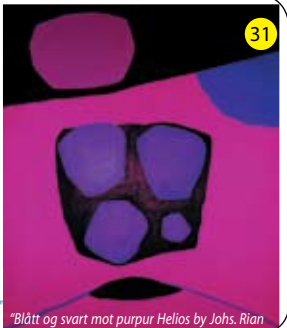
- a part of Museet Midt

Namsos Kulturhus, N-7800 Namsos  
Tel. +47 74 21 73 30  
fylkesgalleriet.no / fylkesgalleriet@museetmidt.no  
GPS: N64.4680589/E011.5027142



Sales exhibition of works by Norwegian and international artists. You will also find an artshop and exhibitions from the gallerie's own collection emphasizing local art and crats. Permanent exhibition by Johs. Rian.

**Opening hours:** Mon - fri: 11 - 16, Sat: 11 - 14



31

## Namdalsmuseet

- a part of Museet Midt

Tel. +47 74 27 40 72  
www.museetmidt.no  
namdalsmuseet@museetmidt.no  
GPS: N64.4698946/E011.522903



**Heritage museum** with varying themes.

**Guided tours** in June–August, or on request.

Several large **cultural events** throughout the year.  
Visit the museum's home page for more info.

**Summer café** with animals at the cotta's farm.  
Norway's only **hospital museum**.



32

# ROCKCITY NAMSOSS



**TRØNDERROCK-MUSEUM**  
**Resource Centre for Professional Music**  
**TOURIST-INFORMATION (1 June - 31 August)**

Havnegata 9, 7800 Namsos - Tel 950 84 939 - [www.rockcity.no](http://www.rockcity.no)

# We've got all you need - whenever you need it !

21 shops - 300 p-spaces - Pharmacy

[www.amfi.no](http://www.amfi.no)

34



Namdalen Area  
Information

Welcome to a  
pleasant shopping  
experience

AMFI  NAMSOS

Våt Drøm Reklamebyrå • Namsos • KF56

35

The best shops, 650 p-spaces,  
Vinmonopolet (wine/spirits) and post office



NAMSOS  
STORSENTER

*i byens*

Opening hours 10-20 (18)

# Explore Namdalskysten from an express boat !

36

"MS Follafjord" takes you to Namdalen's fjord and skerries. The regular routes take you between Leka, Rørvik, Abelvær, Jøa and Namsos. Roundtrips all year from Namsos to Rørvik and during the summer you can enjoy roundtrips from Namsos, Jøa and Rørvik to the island Sør-Gjæslingan.



## FosenNamsos Sjø

### Expressboat Namsos - Leka

Monday-friday (all year)

	1234	5		5
Gutvik	06:30	06:30	From Gutvik	18:25
Skei	06:35	06:35	Skei	
Fjølвика	x	x	Fjølвика	x
Eidshaug	07:15	07:15	Eidshaug	x
Rørvik	07:40	07:40	Rørvik	19:10
Abelvær	08:10	08:10	Abelvær	x
Jøa	08:35	08:35	Jøa	x
Namsos	09:15	09:15	Namsos	20:30
Namsos	11:45	11:45	Namsos	20:45
Jøa	12:25	12:25	Jøa	x
Abelvær	12:50	12:50	Abelvær	x
Rørvik	13:20	13:20	Rørvik	22:00
Rørvik	13:40	13:40	Eidshaug	x
Abelvær	14:10	14:10	Fjølвика	x
Jøa	14:35	14:35	Skei	22:55
Namsos	15:15	15:15	Gutvik	23:05
Namsos	16:00	16:00		
Jøa	16:40	16:30		
Abelvær	17:05	16:50		
Rørvik	17:35	17:15		
Eidshaug	x	x		
Fjølвика	x	x		
Skei	18:35	18:15		
Gutvik	18:45	18:25		

### Day-trip to Sør-Gjæslingan:

Saturday from 21.5.-20.8.\*

From Namsos	09.30
To Jøa	10.05
To Sør-Gjæslingan	10.55
From Sør-Gjæslingan	13.15
To Jøa	14.05
To Namsos	14.40

Sunday from 22.-21.8.\*

From Rørvik	11.40
To Sør-Gjæslingan	12.20
From Sør-Gjæslingan	14.05
To Rørvik	14.45

\*) Reservation: 74 21 63 00

\*) Children under 16 years accompanied by adult: Free.

### Sør-Gjæslingan with overnight stay:

In the period (21.05-21.08) you can travel to Sør-Gjæslingan on Saturday, Wednesday or Sunday. Return on Saturday or Sunday. Stay overnight in fisherman's cabin. Booking: 74 36 07 70. [www.fosennamsos.no](http://www.fosennamsos.no) for schedule.

### Island hopping by bike on Namdalskysten

Take an express boat to Jøa, Abelvær, Vikna and Leka. A biking map is available at the tourist information or onboard. No charge for the bike.

[www.fosennamsos.no](http://www.fosennamsos.no)

Tel. +47 73 89 07 00

*Fv769 from Namsos takes you to Fosnes municipality. The landscape opens up at Salsnes towards Folla fjord. If you continue on fv777, you will come to Ølhammeren where a short ferry trip takes you over to Seierstad on Jøa island.*

### LAND OF THE FAIRYTALE

Jøa is the domain of the well known Norwegian poet Olav Duun. This is where he got his inspiration and landscapes for his body of work. You can visit Olav Duun's childhood home at Øver-Dun. Marked trail to "Kjelvika," where the poet's character Odin experienced the fairytale land of his childhood.

### CYCLING, WALKING TRIPS AND ISLAND HOPPING

Jøa is well suited to cyclists. Here you will find numerous marked cycle routes across varied terrain. Cycling maps. The express boat will take you further to Namsos, Abelvær, Rørvik and Leka. Those travelling via kayak or boat can visit the beautiful islands and islets of the Brakstadsundet Sound. Numerous marked walking trails on Jøa. In Rakkavika there are groomed trails and rest areas with ocean views. There are also many nice walks on the mainland as well.

### MARITIME

At Brakstad you find Seglloftet, Pøbben Pub, a guest harbour and rentals of sea kayaks and row/sailboats, as well as the boats of Jøa Kystlag (Coastal Associa-

tion), including MK "Straumingen" and the traditional Norwegian sailboat or "fembøringen," "Siglurd." There are also guest harbours at Faksdal, Fosnesvågen and Seierstad.



PHOTO: OLAV BREEN

Fosnes Museum

### HISTORY AND CULTURE

In Fosnes there are traces of humans dating back thousands of years, including burial mounds at Hovssjøen, the Iron Age farm or "Jernaldergården" at Tranås and the Fosnes old church site. Also visit Fosnes rural museum and Torvmuseet.

For information about hunting and fishing, refer to contact information on the municipal website

#### Tourist Information

fosnesinfo.no

Tourist Information (See page 28)

kystriksvei.no

## Brakstad Hamn

Brakstad Hamn

N-7856 Jøa

Tel. +47 74 28 61 90 / Fax: 74 28 61 91

siglurd@folla.no www.folla.no

GPS: N64.6733059/E011.1970424



40

### Fembøringen Siglurd

**Free sailing trips every Wednesday** in summerseason at 20:00 (As long as Siglurd's not busy at sea - and the weather conditions are OK)

**Adventure tours** and rental by request.

The "Åfjordfembøringen" Siglurd is an open fishing /cargo boat that is built using an uncommon building technique and is a further adaptation of the Viking skips and their square and topsail.

### Pøbben - "the Pub"

Pub in an old boat house with a fantastic view over the sea. **Open** in summerseason (mid June-mid Aug) Every day in July from 13:00, and Wednesday / Week ends rest of season. Occasional "Shrimp-nights".

### Seglloftet - "The Sail Loft"

Handicrafts for sale. Opens on request.

**Accommodation:** Small apartment for 2 persons.

One room incl. kitchen. Double sleep sofa.

Bathroom incl. shower and toilet in the corridor.

🏠 NOK 500 pr night. 📞 74286200 / 90521919

(NOK 100 pr person 41517236

for bedlinnen/towles)



## Jøa Hyttetun

7856 Jøa

Tel. +47 41 39 58 20

www.fosnesinfo.no

🏠 NOK 800,-

6 large quality cabins 5 km from ferry post.

TV, shower,wc, kitchen, 2 separate bedrooms in each cabin. The cabins are equipped for 6 people.

Bedclothes for rent.



41





42

## Welcome to Rakkavika fishing and rest area.

This beautiful site is situated in a nature area around Rakkavika, a bay located south west of the island Jøa. There are some nice fishing spots, rest area, viewing point and a 1250 m long hiking trail. Everything is suitable for wheelchairs and trollies.

Enjoy the view to the author Olav Duuns "Kjelvika", and the ship lane in the west, the open ocean and the islands Sør-Gjæslingan. Experience the nature close up!

[GPS:N64.6585051/E011.1742973](https://www.fosneskommune.no)

For Information: Tel.+47 74 28 64 00 [postmottak@fosnes.kommune.no](mailto:postmottak@fosnes.kommune.no)

## Olav Duun fair in Namdalen

N-7856 Jøa

Tel. +47 918 83 902 / 742 86 931 / 415 62 531

[www.olavduun.no](http://www.olavduun.no)

[GPS:N64.65712/E011.26518](https://www.fosneskommune.no)

**Opening of Olav Duun's childhood home in Jøa 25–26 June. Olav Duun was a famous author from Jøa.**

Literature, singing, music and tours of the landscape that inspired the author. Olav Duun's childhood home is open from 26 June – 15 August every day between 10.00 and 16.00.

*Namdalen's Olav Duun foundation (ODIN)*



43

## The Iron-Age farm at Tranås

Tranås, 7856 Jøa

Tel. +47 91 84 36 03

[jarv-tra@online.no](mailto:jarv-tra@online.no) - [www.rv17.no/tranaas](http://www.rv17.no/tranaas)

[GPS: N64.6414066/E011.1869217](https://www.fosneskommune.no)



**Travel back in time to this historical site at around 400 AD and visit a real Iron Age longhouse built in the authentic style of the time.**

Watch the construction of the second half of the longhouse. Guided tour of the local area. Child-friendly area with a beach.

**From 1 July** – sale of hot and cold drinks at weekends. **Week 25:** Grand opening.



44

## Fosnes Bygdemuseum

Dun, 7856 Jøa

Tel. +47 74 28 67 41 - 74 28 64 70

GPS:N64.6514926/E011.2648127

A local museum with several historic buildings situated around a green court yard.

**Open 17. June - 14. August:**

Friday: 10.00 - 14.00

Saturday/Sunday: 12.00 - 16.00

Or open on request. Please call.



45

## Jøa roundtrip by bike

The island of Jøa is ideal for cycling – the terrain is varied, the roads are quiet and there are several possible roundtrips. Best of all – the island is well signposted and cycling maps are free!

**Let us help you with the planning**

Jøa is easy to reach by fast ferry from either Namsos (in the south) or Rørvik (in the north). Combine your roundtrip of Jøa with a visit to the harbour Brakstad Hamn, and a sailing trip onboard Siglurd (refer to previous page).

**Order the cycling brochure from us – contact us on tel. +47 74 40 17 17 for help with planning your trip, or visit our website.**



[kystriksveien.no/sykkel](http://kystriksveien.no/sykkel)





# Overhalla

**Overhalla is situated at the junction of highways Fv17 and Fv760. Bus service to Grong and Namsos. Short distance to regional airport in Namsos.**

## ATTRACTIONS

At Bertnem farm by the Namsen River, on Fv760 towards Grong, there are three monumental hills dating from the Iron Age (550-800 AD). Bertnem was considered a king's estate or chieftain's seat for large parts of the Namdalen Valley during the Merovingian period. The lovely Ranem church is more than 800 years old. It is constructed in Romanesque style from rocks with a marble base. About 2 km from Overhalla you find Haugen Keramik, with a pottery workshop and sales exhibition. Salmon-fishing exhibition in "Mølla" at Overhalla town centre during the summer season.

## FISHING IN THE NAMSEN RIVER

Namsen is one of Norway's best salmon rivers. It divides the municipality of Overhalla in two parts. You can fish from land; try fly fishing or fish from a boat at very reasonable prices. The operators of overnight accommodation sell fishing licenses and rent out equipment. The sporting goods store at Overhalla town centre, at Ranemsletta, also sells fishing licenses and maintains Salmon catch reports. The tourist information in Namsos will help you find available salmon fishing.

## ACTIVITIES

Suggested routes and maps for round-trip excursions by foot or bicycle in Vesterå are available at the Tourist Information Office and from some overnight accommodation providers. Excellent tour options departing from Skistad (Øysletta) on the south side of the Namsen river, and from Reinbjør (Skage) and Solum (Skogmo) on the north side. Directly adjacent to Haugen Keramik, there is a 9-hole self-service golf course owned by Namdal Golfklubb.



PHOTO: TERJE RAKKE / NORDIC LIFE

*The Salmon river Namsen*

### Tourist Information

The Tourist Office for Overhalla is located in the Centre of Namsos! (See page 28)  
[overhallainfo.no](http://overhallainfo.no)  
[kystriksveien.no](http://kystriksveien.no)



## Overhalla Hotel

N-7863 Overhalla

Tel. +47 74 28 15 00


oddvar@overhalla-hotel.no


www.overhalla-hotel.no

N64.4955213 E011.9528554



Large rooms of good quality.

 NOK 975

 NOK 1125

Extra bed: NOK 150. Children in extra bed or separate rooms 1/2 price



220 km from Trondheim. 100 km to Steinkjer.  
22 km from Namsos. 25 km from Grong.  
160 km from Brønnøysund.

Overhalla hotel lies centrally along the Kystriksveien (Fv17). Our restaurant focus on home cooking and local foods. We have salmon, elk and grouse (bird) on the meny.

We also tell you where to drive to spot elk.

## Haugen Keramikk

Liv Aursand, N-7863 Overhalla  
Mob. +47 975 95 385 / Tel. + 47 74 28 11 52  
Email: livaur@online.no  
www.haugenkeramikk.no  
GPS: N64.4874081/E011.981021

- Artistic handcrafts. Work shop and gallery
- 2 km from Overhalla centre, towards Øyensletta.

**Opening hours:**  
From 14. june to 29. july  
Tue - Fri: 11-15  
or please call for appointment.





47


## Bjøra Camping

N-7863 Overhalla  
Tel. +47 478 40 121  
j-blen@online.no  
www.bjora.no  
GPS: N64.5042795/E011.9913276

We sell fishing licences for the river Bjøra

 NOK 300-500  NOK 150

 NOK 80 Large lavo with bear and wine

 NOK 30 licence.



48

## SOUVENIR BOOK

### Suddenly – A New Landscape!

In the book "Suddenly – A New Landscape" we present some of the best motives from Kystriksveien. This is a souvenir book for anyone who has driven this road or perhaps to someone you would like to share the experience with. Order your copy at [kystriksveien.no](http://kystriksveien.no) - today!



NOK  
**99**





# Høylandet

1 270 650 km<sup>2</sup> Høylandet  
Agriculture, rehabilitation centre,  
FabLab opportunity for innovation

*A living agricultural community in the centre of the Namdalen valley. Høylandet is located by Kystriksveien (road Fv 17) between Kongsmoen and Vassbotna. It is just 14 km from highway E6 in Grong via road Fv 775.*

## ACCOMMODATION/SERVICES

Høylandet is best known for being the venue for the Norwegian revue festival which takes place every two years. The next festival is in July 2011. A bank, garage, sub-post office and municipal services in the commercial centre.

## SIGHTSEEING

Høylandet church is home to a reproduction of the 12th century tapestry Høylandsteppet, a rare preserved piece of Norwegian medieval church artwork. The 75-metre water fall Grongstadfossen is an impressive sight when the water level is high. In addition, the covered bridge Hammer Bru is a rare cultural monument. It is one of the longest remaining covered bridges in the world. Close to the bridge – restarea and wetland area with a rich bird life. Watch tower accessible for the general public.

## OUTDOOR LIFE/EXPERIENCES

The area is home to over 200 fishing lakes and good salmon rivers. There are numerous small side roads and forest roads ideal for cycling and walking. There are marked walking

trails starting from the main road, known as "hållingtopp" walks. Ice fishing in the winter and cheap char and trout fishing. Fishing permits and boat hire available from petrol stations and camp sites.



PHOTO: STEINAR JOHANSEN

*Norwegian Revue Festival*

### **Tourist Information:**

Tel + 47 74 32 48 00

E-mail: [postmottak@hoylandet.kommune.no](mailto:postmottak@hoylandet.kommune.no)

[hoylandet.kommune.no](http://hoylandet.kommune.no)

[kystriksveien.no](http://kystriksveien.no)

## Revyrikets Gjestegård

50

N-7977 Høylandet  
Tel. +47 74 79 98 37  
post@revyrikets-gjestegard.no  
www.revyrikets-gjestegard.no  
GPS: N64.62849/E012.30445

Accommodation - Food - Meetings and conference

Stay in single or double rooms decorated with theme from the Norwegian cabare festival.



NORSK  
**Revy**  
FESTIVAL

Vi skal begeistre!

Norwegian Revue Championship  
July 6th - 10th 2011

7977 HØYLANDET tlf: 74 32 10 50 e-post: festival@revy.no

www.revy.no

51



## Flåt Camping

52

N-7977 Høylandet  
Tel. +47 74 32 24 12 / Mob: 906 39 427  
Fax. +47 74 32 26 44  
ulf.mediaas@buso.no  
GPS: N64.692036/E012.3294912

NOK 375 - 575 NOK 150  
 NOK 100 NOK 30

Prices are for 2 pers. From 3 pers + NOK 20 pr pers  
Boatrental and we sell fishinglicences .



# Nærøy

*The municipality centre Kolvereid is Norway's smallest town!*

## NÆRØYA CHURCH

During its thousand-year history Nærøya (Njord's island) has been a religious, administrative and financial centre in Namdalen. On the island we can find ruins from one of Norway's oldest stone churches, St. Maura, which dates back to the 11th century. To get to the island please contact the local tourist office at the town's library for information about boat services.

## SCENIC ROADS

The road Landnåmsvegen between Rørvik and Abelvær has lots to offer. Here you will find galleries, and much more. The road is great for cycling, and there is a daily ferry service between Rørvik and Abelvær. Contact the tourist office for a separate brochure or visit [kystriksveien.no](http://kystriksveien.no).

Skrøyvdsalsveien highway (776) between Høylandet and Geisnes has a wide variety of outdoor activities amidst untouched, beautiful and fertile landscape. Experience salmon fishing in the river Opløelva at Salsbruket, and the potholes near Galtneset.

## OTHER ATTRACTIONS

Remmastrauman old waterways connects several fjords in Nærøy and

can be explored by boat or by foot. In more recent times, the waterways were used to drag the boats through the swift currents. A naturally beautiful outdoor area, which is accessible via the heritage trail from Bjørkneset. Also accessible by boat. Special activities include the Nærøysund Golf course at Ottersøy, Nærødykk scuba diving at Fikkan, Erikfjellet Mountain – a large and untouched wilderness area and Kjeksvika/Hesthagan swimming beaches at Abelvær.



PHOTO: JOHAN WILDEHAGEN/INNOVA SLØN NORGE





## Tourist Information

Nærøy Library Tel: +47 74 38 26 90  
Innfarten AS Tel: +47 74 39 55 40  
or Nærøy kommune  
at the Service office Tel: +47 74 38 26 00  
N-7970 Kolvereid  
[naroy.kommune.no](http://naroy.kommune.no)  
[namdalskysten.no](http://namdalskysten.no)  
[kystriksveien.no](http://kystriksveien.no)

## Salsbruket Storstue DA

### Elgen Kafé og Pensjonat

Diner with pub and facilities for events.  
Salmon fishing in Opløelva.

 Singl. room	NOK 300 - 400	 Apartment	NOK 750
 Dbl. room	NOK 400 - 600	 Cabin	NOK 700

#### Opening hours (01.05 - 31.08 / winter closed):

Summer (01.07-31.08) Spring (01.05-30.06)

Mon-Thur :	14-20	closed
Friday :	14-23	closed
Sat/Sun :	12-21(18)	12-19(17)



N-7960 Salsbruket  
Tel. +47 74 39 41 66  
Mobil: +47 41 55 99 95  
E-post: grewa@online.no  
www.elgenkafe.no


GPS:N64.799372/E011.863775


53



## Kolvereid Familiecamping

N-7970 Kolvereid  
Tel. +47 74 39 51 94 / 97 65 27 27  
alfebbe@online.no  
www.kolvereidfamiliecamping.no  
GPS:N64.87128/E011.58918

 High standard cabin w/ 3 bedrooms, 6 persons.  
NOK 1190

 High standard cabin w / 1 bedroom, 4 persons.  
NOK 850

 NOK 185-220




54




## Sildvika - cabins / boatrental

Sildvika  
N-7990 Naustbukta  
Tel. +47 74 39 75 92 Mobil. +47 977 90 915  
bjorn\_tangen@hotmail.com  
GPS:N64.9853523/E011.7472468

 NOK from 540 - 1080  NOK 120

 NOK from 450  NOK 150  NOK 40

**Ready-made beds in all cottages and rooms.**

 NOK 250 per day. 16 feet boat w/motor.

Hire of crab traps, fishing rods and crab boiling pot.



55

56



## Abelvær Gård ANS

N-7950 Abelvær

Tel. +47 92 41 44 96

post@abelvaer.com / www.abelvaer.com

GPS: N64.73146/E011.18355



Accommodation in historical surroundings at the old trading post Abelvær Gård. Rooms and apartments. Café / restaurant.

200 m from coastal express quay. Guest quay and bathing beaches in walking distance.



FOTO: WACLAW KUSNIERCZYK



***Norveg, Coastal Norway's most spectacular landmark lies "moored" at Rørvik. Become familiar with Coastal Norway's development in the course of 10,000 years through exciting accounts; learn about living in coastal communities, as well as the challenges of tomorrow!***

## COASTAL CULTURE

Experience local history and join the maid Pernille Olsdatter Buøy in the narrated play "Å friste tilværelsen" (Tempting existence) through Museet Midt, Norveg – the centre for coastal heritage's many old buildings in Rørvik city centre. At the Norveg centre for coastal heritage, 10,000 years of history is presented via an exciting exhibition. Visit the Berggården mercantile store and The Children's Museum. The garden and area adjacent to the shoreline are perfectly suited to playing and treasure hunts. Make the trip to the municipality's two protected fishing villages; Sør-Gjæslingan and Nordøyen.

## ISLAND HOPPING

Vikna's unique archipelago features 6,000 islands, and offers visitors various activities. Scheduled passenger boats transport guests during summer season out to the fishing village of Sør-Gjæslingan, which was deemed worth of preservation in 2010 as a cultural heritage site. Boats are available for charter to experience the archipelago.

## CULTURAL EVENTS

"Skreifisaket" or fishing of the spring Cod, and related traffic along the shipping lane, has shaped the local history and two of the annual events in Rørvik have their origins in this fact: the food and cultural event known as the "Skrei Festival" in March and "Hurtigruten's Day" at the turn of the month June/July



PHOTO: MACLAW KUSNIERCZYK

Arriving Rørvik

### **Norveg – centre for Coastal Culture and Industries**

Tourist Information - NO7900 Rørvik  
Tel: +47 74 36 07 70 / +47 74 36 16 70  
post@museetmidt.no  
namdalskysten.no  
vikna.kommune.no  
museetmidt.no  
kystriksveien.no

# KYSTMUSEET NORVEG

- a part of Museet Midt

59



## Welcome to Norveg, one of Coastal Norway's most spectac- ular landmarks:

- Exhibition: Coastal culture and history through 10,000 years.
- Gallery
- Restaurant, Turistinformation



## SEASIDE COTTAGE HOLIDAY IN SØR-GJÆSLINGAN

Live in a museum – in an authentic  
fisherman's hut!

Day trips also available.



GPS: N64.8609738/E011.2356961

Tel. +47 74 36 07 70  
[www.museetmidt.no](http://www.museetmidt.no)

## NEW! CHILDREN'S MUSEUM

The kids are in focus every day  
between 11–15 in July!

Adventures and activities with a  
historical twist at the old trading  
post Berggården.



## WALKING THEATRE

Pernille the maid takes you on a  
historial walk though the  
museum buildings in Rørvik,  
culminating in a visit to  
Berggården and "the old store".  
Daily in July.



Tusenårsstedet  
i Nord-Trøndelag



Løvøen Gård is a restored coastal trading post dating back to the late 19th century. Here you will experience a unique coastal community set in beautiful scenery, with rocks and skerries as the nearest neighbours. The farm is on the island of Lauvøya, 8 km from the centre of Rørvik. We have boats and apartments in various sizes with a good standard.



**Løvøen Gård, Lauvøya N-7900 Rørvik - Tel. 97 15 16 68**  
**www.lovoengard.net Email: kristin@lovoengard.net**

GPS: N64.92004 E011.31474 (D/M/S: N 64° 55' 12.1" Ø11° 18' 53.1")

## Rørvik Rorbuer as

61

High standard fisherman's cabins in Rørvik centre!



Open all year!

GPS: N64.8603085/E011.2278885

Nyveien 12 - Pb. 327 - N-7900 Rørvik Booking: +47 478 02 240 - Tel: +47 74 39 12 00

Fax: +47 74 39 13 20 - post@rorvikrorbuer.com - www.rorvikrorbuer.com

# Kysthotellet Rørvik 62



1/7 - 10/8 fra 1250 kr  
11/8 - 30/6 fra 1350 Kr

Welcome to Kysthotellet Rørvik in the centre of the coastal town Rørvik. Stay in our comfortable new or renovated rooms.



1/7 - 10/8 fra 850 Kr  
11/8 - 30/6 fra 1250 kr

The old wharfs, the docks and the coastal museum Norveg are located only a few minutes from the hotel.



Storgt. 20 N-7900 Rørvik - [post@kysthotellet.no](mailto:post@kysthotellet.no) - [www.kysthotellet.no](http://www.kysthotellet.no) - Tel. +47 74 36 66 00  
[GPS: N64.8625374/E011.2367658](https://www.google.com/maps/place/N64.8625374/E011.2367658)

## Kleiva Camping

Evenstad, N-7900 Rørvik  
Tel. +47 901 90 516 Fax. +47 74 39 19 08  
[kleiva.camping@ntebb.no](mailto:kleiva.camping@ntebb.no)  
[www.kleivacamping.no](http://www.kleivacamping.no)  
[GPS: N64.8575868/E014.3411197](https://www.google.com/maps/place/N64.8575868/E014.3411197)



NOK 600-950



NOK 200 incl. elect.



NOK 130 per tent incl. shower.

Washing machine and dryer available.



63



Author: Torvald Sund  
Composer: Kyrre Havdal

# Trua og saltet

64

An historic play in Garstadvågen by Garstad church in Vikna, with professional and local actors.

This is the story of those who were expelled from the church, Hans Nilsen Hauge and the people who lived on the Viknaøyene islands at the beginning of the 1800s.

**Premiere 8.july. Performed in period 8.- 11. july.**

Tickets: Tel. 74 39 24 70 (9-16) / 90 96 33 40 (after 16 hrs)  
truaogsaltet.info **GPS: N64.8773755/E010.9629821**



Tickets can be bought locally from: Erling Ulsund og Candy Rørvik

## GPS coordinates - in the Guidebook

Most of the ads in this guide are in "Decimal Degrees" format (google maps format ,not degrees/minutes/seconds)  
*WGS84 / UTM sone 32/33*



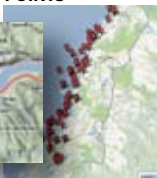
## - on the Internet:

Find and download tracks and points from our web-site.

**TRACKS**



**POINTS**



**kystriksveien.no/turforslag**  
**kystriksveien.no/gps**



# Leka

*The coastal municipality of Leka consists of Gutvik on the Austra peninsula and the island of Leka. Leka is accessible via ferry from Gutvik (20 min. driving via Fv 17) or express boat from Namsos.*

## ATTRACTIONS

The saga island of Leka has a rich cultural heritage and offers unrivalled natural attractions and fantastic mountain formations. Leka has been selected as Norway's geographical national monument. The red serpentine mountains and their distinctive geology make it one of Norway's most beautiful and unique islands.

Skei and Skeinesset are one of Norway's 20 selected cultural landscapes comprising coastal heather-covered hills, Red List vegetation and birds, endangered cultural land and listed cultural monuments, including Norway's largest ship burial mound, Herlaugshaugen. The area has a marked walking trail, with detailed information.

The cave Solsemhula with its famous cave paintings. (Guided tours only). The local heritage museum Leka Bygdemuseum (open in July), and the crofters' museum Gutvik Husmannsmuseum.

The rock centre Leka Steinsenter provides an insight into Leka's geology. There is also a special geology trail. Through the binoculars installed on

the west coast of Leka you can see the islands of Sklinna, Hortavær and the mountain of Hagafjellet, where in 1932 a small girl was found after being snatched by an eagle.

The fair Herlaugsdagene takes place in week 28/29 – organised activities every day.



PHOTO: MACLAW KUSNIERCZYK

*Red serpentine mountains at Leka*

### Tourist Information

Tlf. +47 74 38 70 00  
leka.kommune.no  
namdalskysten.no  
kystriksveien.no

# Leka motell og camping

66

N-7994 Leka

Tel. +47 74 39 98 23

post@leka-camp.no / www.leka-camp.no

GPS:N65.0813453/E011.6968967

Stone cabins and caravan sites with panorama view. Spacious rental boats with windshields and roofs (15-230 HP 4-stroke motors). Stone centre open Tue., Thu. and Sat. 12-14 in July. Otherwise Sat. 12-14.

NOK 400-980

NOK 45

NOK 680-1070 NOK 180-210



# Nausthaugen Hytter

67

N-7994 Leka

Tel. +47 74 39 98 96

kowalk@online.no

www.nausthaugen.no

N65.0640759 E011.6378153

6 persons Boat for hire

NOK 850 per night NOK 5100 per week

We offer well equipped cabins of high standard.

Very nice view to the ocean.

We are located 10 min away from the ferry port.



# Husby Handel

68

N-7994 Leka

Tel. +47 74 39 97 70

Fax. +47 74 39 97 52 / joker.husby@ngbutik.net

GPS:N65.0871116/E011.7105245

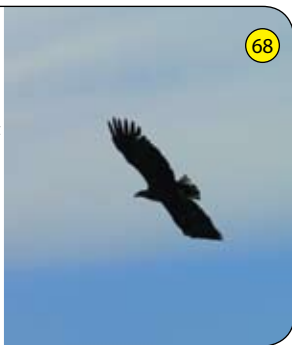
Open:

Mon - Fri: 09 - 20

Saturday: 09 - 18

Sunday : 15 - 18

Medicine sale. Tourist information



## Leka Opplevelser BA

N-7994 Leka

Tel. +47 917 75 104 / krifloa@online.no

GPS: N65.0629760/E011.5756416

We provide guided tours to various places on the island of Leka. Explore the viking grave Herlaugshaugen or the mt. Lekamøya and much more.

Guided tours in Solsemhula (photo) on Saturdays at 14.00 hours from June-August. In July also Tue. and Thu. at 14.00 hours

Contact us for prices and booking.



69



## Leka Steinsenter

N-7994 Leka Tel. +47 74 39 98 23

post@leka-camp.no www.leka-camp.no

GPS: N65.0813453/E011.6968967

### Leka - Norway's geological monument

We are located at Leka Camping. Exhibition of rocks, minerals and fossils from around the world. We focus on the areas Leka, Trøndelag and Nordland. Information folder for sale and rental of GPS.

Open: Tue, Thur and Sat. 12-14 in July.

Outside this periode: Sat. 12 - 14. Free entrance.

70



## SOUVENIR BOOK

### Suddenly – A New Landscape!

In the book "Suddenly – A New Landscape" we present some of the best motives from Kystriksveien. This is a souvenir book for anyone who has driven this road or perhaps to someone you would like to share the experience with. Order your copy at [kystriksveien.no](http://kystriksveien.no) - today!





# Helgeland

FOTO: OLAV BREEN

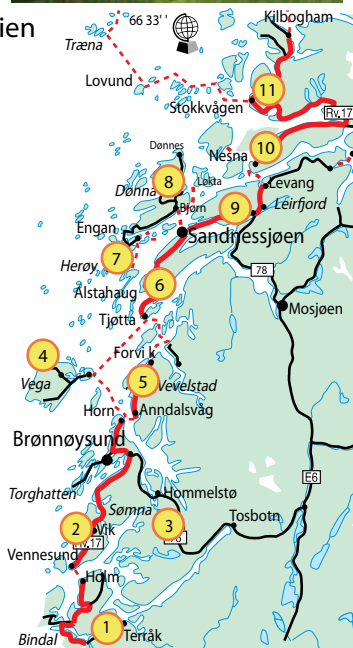


# HELGELAND museum



## Museums along Kystriksveien

- 1 Bindal bygdetun
- 2 Sømna bygdetun
- 3 Velfjord bygdemuseum
- 4 E-huset museum, Vega
- 5 Vevelstad bygdetun
- 6 Petter Dass-museet, Alstahaug
- 7 Herøy bygdesamling
- 8 Nordvika gamle handelssted, Dønna
- 9 Leirfjord museum
- 10 Nesna museum
- 11 Grønsvik kystfort, Stokkvågen



Helgeland Museum - Tel. 75 11 01 00  
[www.helgelandmuseum.no](http://www.helgelandmuseum.no)

***Bindal, the southernmost local authority in the county of Nordland, has just under 1,700 inhabitants and borders on the county of Nord-Trøndelag in the south.***

The area has agriculture, fishing and industry. The old tradition of building the four-oared boat Bindalsfæringen is kept alive. The door factory, Bindalsbruket AS, is the largest privately-owned individual workplace in the municipality. Fish farming of Salmon and Cod are also important industries.

There are plenty of lodgings in Bindal, including a camp site, cabins, houses and hotels, many with fishing opportunities and boats. The Bindalsfjord has a great variety of fish and is popular with both visiting and local fishing enthusiasts. There are also numerous fishing rivers and lakes that offer great opportunities for a peaceful and relaxing nature experience in beautiful surroundings. From the peak of Heilhornet, 1,058 metres above sea level, you can see far across the ocean, mountains and towns on a clear day.

### **THE NORDLAND BOAT REGATTA**

Every year during the last weekend of June, Terråk is host to a regatta of traditional Nordland boats. It is Norway's largest muster of Nordland boats.



PHOTO: ØRSOLVA HAARBERG

*Bindalsfæringen in Sørfjorden*


#### **Tourist Information of Sør-Helgeland Destination Helgeland as:**


Tel: +47 75 01 80 00  
visithelgeland.com  
helgelandmuseum.no  
Bindal Kommune  
Tel: +47 75 03 25 00  
postmottak@bindal.kommune.no  
bindal.kommune.no  
kystriksveien.no

## Bogen Feriehus

Bogen, N-7982 Bindalseidet  
Tel. +47 75 03 17 00 Mob. +47 480 66 394  
post@bogen-feriehus.no/www.bogen-feriehus.no  
GPS:N65.0748792/E011.9520092

We offer large apartments with five beds.  
NOK 700 - 750 per night. TV in all apartments.

 NOK 800 per night

 NOK 350 - 600 per day.

Large boat with skipper: NOK 750 per hour (max 10 p.)

Large BBQ cabin available for our guests.




## Svaberget Camping

N-7982 Bindalseidet  
Tel. +47 75 03 17 23 / Mob. +47 91 31 57 70  
Fax. +47 75 03 16 67 / alf43skjevelnes@msn.com  
GPS:N65.0650751/E012.0412155

 NOK 500 - 650

 NOK 200 incl. elect.

 NOK 200 incl. elect.

 NOK 300 per day



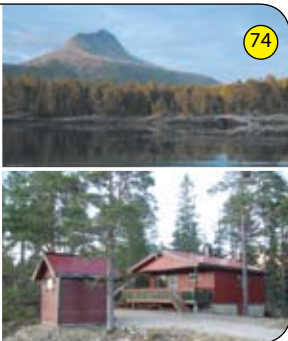
## Kjelleidet Camping

N-7982 Bindalseidet  
Tel. +47 47 04 15 33 - 91 32 90 09  
www.kjelleidet.no stuhanse@c2i.net  
GPS:N65.07588/E012.04845

 NOK 350 - 700  NOK 250 - 400 ex.fuel.

 NOK 150 incl. elect.  NOK 80 - 110

Located next to Fv17 at Kjelleidet, 19 km south of Holm ferry port. The cabins are situated by the sea. Short distance to the Mt. Heilhornet (1063 ).



***Norway's geographical centre is in Sømna, 7.3 km south of Torghattan. The Kystriksveien runs through the municipality and Vennesund – the gateway to the Helgeland coast from the south.***

Here you will find Sømna's contribution to "The Northbound Trail" project, comprising an exhibition on coastal culture, a sculpture, Olavskilden (healing natural spring), a restored house with a cafeteria on the wharf; collection of local boats; and a stone pile from the Bronze Age. Boats are also for rent for fishing and sightseeing, or you can enjoy a meal in the cafeteria on the wharf.

### **SØMNA FARM MUSEUM**

In the municipal centre of Vik we find the Sømna Farm Museum which presents the activities of the farming fisherman. Close to the Farm Museum you can also buy local arts and handicrafts.

Vik has an inn and guesthouse with lodgings. The Berg area features numerous fishing areas along with two

excellent outdoor recreation facilities at Sørstraumen and Nordstraumen. The area along Nordstraumen towards Dala and the Rørmarkvassdraget water system is also well suited to pole fishing for trout. It's a canoe dock at Sundshopen and a floating dock at Berg. Sømna offers prepared trails to beautiful nature experiences.



PHOTO: ORSOLVA HAARBERG

### **Tourist Information for Sør-Helgeland Destination Helgeland as**

Tel: +47 75 01 80 00

Sømna Tourist Information

Tel: +47 75 02 83 96

visithelgeland.com

somna.kommune.no

kystriksveien.no

# Vennesund Brygge & Camping <sup>\*\*\*\*</sup> 75



- Open all year !
- Camping with cabins, fisherman's huts and rooms.
- Suitable for fishing. We have boats for rent as well as a indoor gutting facilities.
- Located on the ferryport at Vennesund, 50 km south of Brønnøysund and 300 km from Trondheim.
- Diving compressor - Boats - Fuel - Gass

## Fisherman's huts/cabins/rooms:

16/8-30/3 NOK 350-750  
1/4-15/8 NOK 490-920

NOK 170

NOK 30

NOK 100-150

from NOK 350 night

NOK 75



N-8920 Sømna - Tel. 75 02 73 75 Mobil: 906 05 426 Fax: 75 02 73 36  
www.venesund.no / info@venesund.no GPS: N65.2158568 E012.0417416

# Bjørnvika Natursenter 76

High standard cabins - quiet surroundings by the sea - excellent fishing!



NOK 390 - 950

NOK 140

NOK 90-130

NOK 290-900

NOK 30



N-8920 Sømna

Tel. +47 75 02 94 50 Mob. 970 20 202 Fax. +47 75 02 91 90

willyt@online.no www.bjornvika.com

GPS: N65.3061059/E012.1054068

## Vennesund Brygge

N-8920 Sømna  
Tel. +47 75 02 73 00 / 94 81 70 01  
inger\_chef@hotmail.com  
GPS:N65.2158568/E012.0417416



### Café – Restaurant – Pub - Catering

Vennesund Brygge is situated at the ferry terminal in Vennesund opposite Vennesund Camping. **Stop for a bite in Vennesund!**

### Café – lunch – dinner – catering - functions.

Extended opening hours in summer. Dinner buffet every Sunday.



## Porsvika Gårdsferie

Kvaløya  
N-8820 Sømna  
Tel. +47 75 02 73 07 Mob +47 950 44 864  
frapett2@online.no / www.porsvika.no  
GPS:N65.22624/E012.02578

 NOK 850


Traditional house with two bedrooms and a loft. Sleeps 8-10 people. Bathroom, kitchen and two living rooms. TV. Nice location, 50 meters from the beach. 1,5 km from Vennesund ferry port, follow road sign to Kvaløya. Farm with domestic animals.



## Kvaløy Brygge

Sør-Kvaløy N-8920 Sømna  
Tel. +47 996 15 266  
info@kvaloybrygge.no / www.kvaloybrygge.no  
GPS:N65.2195643/E012.0352922

Apartment with 2 bedrooms (6-8 beds) NOK 800  
Apartment with 1 bedroom (5-7 beds) NOK 700

 Boat rental NOK 300 per day

Well equipped and high standard apartments.  
900 meters from Vennesund ferry port.



## Klakkskjæret Pub og Restaurant

Berg i Sømna N-8920 Sømna  
Tel. +47 75 02 73 65  
klakkskjæret@live.no www.klakkskjæret.no  
GPS: N65.36935/E012.19568

New exciting restaurant at Berg in Sømna.  
Our food is based on local produce. Try our  
special "Klakkskjæret steak". Lunch and dinner.  
A la carte menu. Also outdoor tables with sea view.

Situated in the guest harbour, 100 m from fv17.



## Ellens Butikk

Trælnes, N-8920 Sømna  
Tel. +47 75910285 /+47 97005625  
ellsol@online.no  
www.ellensbutikk.no  
GPS: N65.38779, E012.17798

Welcome to Ellens Butikk (Ellen's handcraft shop).  
We sell among other things many different  
specialcoloured yearns.  
**Opening hours:** 10 -14, or by appointment.



Sale of handycrafts - handcoloured fabrics








## Sømna Kro og Gjestegård

N-8920 Sømna  
 Tel. +47 75 02 94 60 Fax: +47 75 02 94 70  
 post@somnakro.no www.somnakro.no  
 N65.3099091 E012.166593

65 beds, 39 modern rooms  
 Wireless Internet access  
 Restaurant with a la carte menu  
 Conference rooms



 NOK 990  NOK 750



# SOUVENIR BOOK

Suddenly – A New Landscape!

In the book "Suddenly – A New Landscape" we present some of the best motives from Kystriksveien. This is a souvenir book for anyone who has driven this road or perhaps to someone you would like to share the experience with. Order your copy at [kystriksveien.no](http://kystriksveien.no) - today!



[kystriksveien.no/shop](http://kystriksveien.no/shop)



# Sømna Kommune



Havnegata at Berg

Sømna municipality is situated in the middle of Norway and is Northern Norway's grain chamber. It is a municipality who aims to develop local businesses and create a good environment for both visitor and its inhabitants.

Explore our fantastic nature and why not go on an elk safari early in the morning or spend the evening in our skerries fishing. Sømna offers excellent bike trails as well as very nice walking trails. We have some amazing white beaches where you can go swimming.

Or you can go dining at one of our nice restaurants. Try our new restaurant Klakkskjæret Restaurant and Pub at Berg, where you also will find a service center with washing machines, toilets etc. If you would like to move to Sømna we can offer slots for building houses or cabins at a friendly price. You may contact us for more information. Welcome to a municipality for "good living".



Viksjøen



The tourist office at Vik.

For more information about: Sømna kommune, [www.somna.kommune.no](http://www.somna.kommune.no)

Mayor: Edmund Dahle, 75 01 50 11/90 84 10 15

Consult of commerce Tor-Arne Bakke: 75 01 50 13/97 50 85 99



# Brønnøysund

*Brønnøysund is Sør-Helgeland's regional centre with all amenities. The Coastal Express calls at Brønnøysund every afternoon, and always creates a "special feeling of excitement" on the dock. The city's local airport enjoys several daily departures to the north and south, along with numerous daily bus connections to Sandnessjøen, Mosjøen and Namsos. Brønnøy features a variety of business activities, and agriculture is still a key industry in this municipality. Brønnøy's other industries range from marble operations and aquaculture to a well-established offering of services. The Brønnøysund Register Centre is one of Norway's largest employers with more than 500 employees.*



PHOTO: WACLAW KUSNIERCZYK

Torghatten

## TORGHATTEN

Tradition has it that the hole in Torghatten was made by an arrow from Hestmannen – the "Horse-man". The Saga also narrates how the many mountains along our coast came to be. The hole in Torghatten is 166 meters long, 75 meters high and up to 28 meters wide. Torghatten is situated about 15 km from Brønnøysund. There is a

groomed trail up to the hole (about a 20 min. walk). Proceed at your own risk.

## HILDURS URTERARIUM

Just north of Brønnøysund, near Tilrem, we find Hildur's Urterarium, a food, wine and herb farm. Sales of light lunch meals prepared in the baker's oven in the garden.

# Brønnøy

Brønnøysund

## VELFJORD

We recommend a trip to Velfjord. Follow Tosenveien (road Fv 76). In the harbour at Nevernes there are various exhibitions, galleries and activities. Nevernes is also the gateway to the national park Lomsdal/Visten. 2 km west of Hommelstø is one of northern Norway's oldest timber churches, dating back to 1674. Visit the open air museum, 4 km southeast of Hommelstø.

## TRÆLNES

Ellens butikk (p. 64) is a shop situated around 30 km south of Brønnøysund, with a sales exhibition in Galleri Trappen, textile handicrafts and sale of yarn.

## MINI CRUISE WITH THE COASTAL EXPRESS FERRY HURTIGRUTA

Departure every day at 17.00 from Brønnøysund to Rørvik, where the north - and southbound coastal express ferries meet. Return to Brønnøysund at 00.30. Tickets should be bought from the tourist information office, which also has information about other boat and fishing trips.

## LOMSDAL

The Lomsdal River is unique in Western Europe. Lomsdal/Visten – the area, was designated a national park in summer 2009.



PHOTO: ERLEND HAARBERG

## AQUA CULTURE

Norsk Havbrukssenter is an exhibition centre for modern aquaculture, where you can study fish farming close up, watch the feeding and processing of the fish and sample fresh salmon. Norsk Havbrukssenter is located en route to Torghatten, around 6 km from Brønnøysund.

## HIKING

Brønnøy's steep mountains and green hills offer plenty of opportunities for hiking. Mountain exercise routes consists of marked trails leading to the local mountain peaks, and the trips provide a fantastic view of the archipelago, ocean and fjords. Trail descriptions are available at the Tourist Information office.

### Tourist Information

Open all year.  
Destination Helgeland as:  
Tel: +47 75 01 80 00  
visithelgeland.com  
post@visithelgeland.com  
kystriksveien.no


## Tosbotn Camping

83

Tosbotn. N-8960 Hommelstø  
Tel. +47 75 02 61 50  
www.tosbotn-camping.no  
GPS:N65.3249701/E012.9699274

Idyllic situated in Tosenfjorden 40 km from Hommelstø surrounded by wild nature.

 NOK 450 - 750

 NOK 275 per day

 NOK 150

  NOK 180 incl.el.

Large cabin 60 m2: NOK 900 (2 pers), NOK 1100 (3-6 pers)



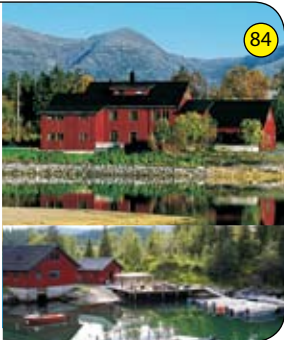
## Velfjordferie

84

N-8960 Hommelstø  
Tel. +47 41 61 38 00 / sigmund@aarstrand.no  
www.velfjordferie.no  
GPS:N65.4042783 E012.5543551

Apartments: 2 pers: NOK 900 4 pers: NOK 1400

Apartments with all together 46 made beds.  
16 boats for rental and a private jetty. Satellite TV  
and wireless broadband. Situated in Velfjord,  
23 km from Fv17 along Fv 76 - Tosenseien



85


## Skogmo Familiecamping



Postboks 279, N-8901 Brønnøysund  
Tel. +47 75 02 66 41 / +47 909 57 521  
skogmofc@start.no  
NN 65°28.274 E 12°21.204.

 NOK 450 - 700

 NOK 150 - 200

 NOK 210

 NOK 200

Use of:

Electr.: NOK 20 Washing machine: NOK 30  
Tumble dryer: NOK 30



# Nevernes Havn "a cultural experience"

86

**N-8960 Hommelstø. Tel. +47 75 02 19 10, Fax. +47 75 02 19 11,  
post@neverneshavn.no, www.neverneshavn.no  
GPS: N65.4398608/E012.5876015**



**Nevernes Harbour:** Visit our exhibitions. Special exhibitions, gallery and Leif Torp's Wartime collection. Open: 12.06 - 14.08. Tues-Thur, Sat-Sun 1300-1600 hrs

**Read more at: [www.neverneshavn.no](http://www.neverneshavn.no)**



**Vassenget Accommodation:** New apartments and cabins. Top standard. 3 km from Nevernes Harbour. Rooms NOK 600 (single room) - 850 (double) Breakfast on order. Cabins from NOK 1700 per day, NOK 6000 per week.



**Persplassen Café** - Hommelstø Tel. 75 02 26 00 / post@neverneshavn.no Fully licensed. Close to gas station and grocery store.



# THON

Hotel Brønnøysund



1/6 - 31/8: From NOK 890 1/6 - 31/8: From NOK 1190  
31/8 - 1/6: From NOK 1395 31/8 - 1/6: From NOK 1695



## Thon Kystferie apartment

22 high standard apartments at the waterfront.  
Excellent located facing Brønnøysund centre.

2 beds - 3 beds - 4 beds apartments:

From NOK 995 per night

Bedclothes / towels and cleaning are included.  
Self-catering. Check in and check out at  
Thon Hotel Brønnøysund.



## Booking

Tel. +47 75 00 89 00 Fax. +47 75 00 89 01  
[bronnøysund@thonhotels.no](mailto:bronnøysund@thonhotels.no)  
[www.thonhotels.no/bronnøysund](http://www.thonhotels.no/bronnøysund)  
GPS: N65.4760532/E012.2143124

## Rødligården Soveri

Havnegata 29  
N-8900 Brønnøysund  
Tel. +47 97 40 80 00 Fax. +47 75 02 22 80  
[post@rodligarden.no](mailto:post@rodligarden.no) [www.rodligarden.no](http://www.rodligarden.no)  
N65.4741899 E012.2093074

NOK 690 NOK 790 Fam.room NOK 890

Extra bed NOK 100

9 rooms with TV. Internet.  
Shared lounge with large TV and kitchen.  
Situated in the centre of town.







## Galeasen Hotell

Havnegata 34-36, Box 20  
 N-8901 Brønnøysund  
 Tel. +47 75 00 88 50 /  
 Fax. +47 75 00 88 51  
 g-hotel@online.no  
 www.galeasen.com  
 N65.4751031 E012.2105028



21/8-19/6: FROM NOK 1130  
 20/6-20/8: FROM NOK 980



21/8-19/6: FROM NOK 1330  
 20/6-20/8: FROM NOK 1180

Combi rooms: FROM NOK 1130

## Corner Motell

Storgt. 79  
 N-8900 Brønnøysund  
 Tel. +47 75 01 80 10 Fax +47 75 01 80 11  
 post@cornermotell.no / www.cornermotell.no  
 GPS: N65.4743445/E012.2117288



1/6 - 15/8 NOK 690



NOK 825 (incl. breakfast)

16/8 - 31/5 NOK 750 NOK 925 (incl. breakfast)

Extra bed NOK 200.

Summer prices every weekend all year!

Homemade breakfast. Centrally located motel  
 with comfortable rooms and nice prices!  
 Free wireless Internet access.



Down-  
town!





# Torghatten

91

KURS- OG FERIESENTER



Take a detour from Kystriksveien and visit the famous landmark Torghatten.

Accommodation in apartments, rooms and cabins as well as your own caravan or tent.



Our chef offers good food. Buffé till 20.00 in the evening. Separate evening meny.

We also offer meeting facilities.

Use Torghatten as a base for exploring the region of Helgeland.

Member of:



[www.ethimmelsk.no](http://www.ethimmelsk.no)



GPS: N65.3931507/E012.0985469


Booking: Torghatten Kurs og Feriesenter

Tel. 75 02 54 95 [pkha@online.no](mailto:pkha@online.no) [www.visittorghatten.no](http://www.visittorghatten.no)

## Kunstverkstedet

92

Webjørn Steinset  
N-8900 Brønnøysund  
Tel. +47 90 85 63 20  
post@wsteinset.com  
www.wsteinset.com  
GPS: N65.43568/E012.11642

Located at Torget, towards Torghatten.  
Naturalistic oil paintings in attractive frames,  
souvenirs and chairs carved from a block of  
wood. Portraits, fairytales and wild animals.  
Paintings can be ordered. Gallery and sales.  
Summer open 1100 - 1800 hrs. 



## Norsk Havbrukscenter AS



93

Toft, N-8900 Brønnøysund  
Tel. +47 75 00 69 50  
thomas.bjorkan@havbrukscenter.no  
www.havbrukscenter.no  
GPS: N65.4699041/E012.1342331

Experience farmed fish close up and visit a sea  
farm to learn more about sea farming. Situated  
on the way to Torghatten. Adults NOK 80. Children/  
seniors NOK 40.

**Lunch : 1115-1230. Guided tours: 11,13 and 15.**



## Hildurs Urterarium

94

Herbarium - local wine - restaurant

Tilrem, N-8900 Brønnøysund  
Tel. +47 75 02 52 12 - 75 02 51 34  
urterar@frisurf.no www.hildurs.no  
GPS: N65.5244357/E012.274761


Distinctive local family restaurant with  
special ambience and a beautiful garden.

The garden restaurant, the shop and the gallery  
are open medio june/august 10 - 17 hrs.  
Please call for reservations ahead in our main  
restaurant (min 6 -90 people). Open all year.



## Mosheim Camping

Mosheim  
N-8900 Brønnøysund  
Tel. +47 75 02 20 12  
Mob. +47 414 65 145  
GPS: N65.4997834/E012.2565499

 NOK 400 - 500

 NOK 150        NOK 200 incl.el.



## Smak og Behag as

Your local food shop  
Storgt. 68  
N-8900 Brønnøysund  
Tel. +47 469 17 271 [www.smakogbehag.as](http://www.smakogbehag.as)  
GPS: N65.47360/E012.21002

We offer a wide variety of products from known suppliers, as well as a fine selection of goods from small-scale producers. Also visit our web shop. In the middle of Brønnøysund city centre. We are open: Monday - Friday: 09:00 - 17:00  
Saturday: 09:00-15:00



## Sailing with Paradise

A new way to discover the world's most beautiful coastline - the Helgeland Coast  
Tel. +47 92 66 32 35  
[www.sailingwithparadise.com](http://www.sailingwithparadise.com)

As a paying crew member onboard the sailboat S/Y Paradise, you don't have to worry about navigation and sailing, just enjoy the fantastic landscape !

**Sailing plan: See [kystriksveien.no/paradise](http://kystriksveien.no/paradise)**

\*Island adventure voyage around the exciting island of Vega \*The Eider Duck Excursion: Br. sund - Vega: 3 days \*"The Black Glacier" , excursion: 4 days



# Vega

***Vega is an archipelago comprising 6000 islands. Most people live on the main island of Vega and on Ylvingen.***

Car-ferry service from Horn or Tjøtta to Vega and Ylvingen. Express boat service from Brønnøysund and Sandnessjøen.

## **ÆRFLUGLEN - THE EIDER DUCK**

The Vega islands were placed on the prestigious World Heritage List on 1 July 2004. Generations of fishermen and farmers over the past 1500 years have maintained a viable way of living in an extremely weatherworn area near the Arctic Circle, based on the unique tradition in which the local women collected down from Eider nests.

Visit "É-huset" (The Eider Duck Museum), "Lille-Lånan" (Outpost Lånan) and the "World Heritage Exhibit", which documents and presents the significance of the eider duck and the history of the islands. Experience this Heritage in the summer while enjoying a cruise in the archipelago. Tickets at Vega Tourist information.

Vega Havhotell at Viksås is known for its excellent food. Visit the Stone Age trail at Vika, Vega Coastal Association's museum at Vegstein, Det lille museum (The Little Museum) at Valla

and Gårdsmuseet (The Farm Museum) at Risbakken. Flat terrain and nice roads provide excellent conditions for cycling. The Tourist Information office rents out bicycles and kayaks. 17 marked trails ranging from the shoreline up to 800 metres above sea level.

## **THE ISLAND YLVINGEN**

Shop and café in the harbor. Visit the military installation from the Second World War including 6 canon positions.



PHOTO: ORSOLVA HAARBERG

*Kirkøy at Vega.*

### **Tourist Informasjon Gladstad**

NO-8980 Vega

Tel: +47 75 03 53 88

visitvega.no

post@visitvega.no

Vega kommune, Tel: +47 75 03 58 00,

vega.kommune.no

kystriksveien.no

# Vega Havhotell

97

## VEGA



Fotos: Roald Kluge

- If atmosphere, view and rooms filled with light inspires - **leave the ordinary**
- If sleeping in soft beds is slightly important - **choose a great hotel**
- If food as tasteful fish and seafood can stimulate good living - **think of the ocean**
- If a down to earth environment and thoughtfulness affects you - **choose Vega Havhotell**



Vega Havhotell: Viksås N-8980 Vega, Telefon.: 75 03 64 00, Telefax: 75 03 64 01, [www.havhotellene.no](http://www.havhotellene.no)  
GPS: N65.7015451/E011.8739003



The Vega islands as  
world heritage



### The Eider Ducks

Welcome to the island Vega and its 6500 surrounding islands, listed as a UNESCO's world heritage. For more than a thousand years the locals have built nests and guarded the birds. When the birds leave their nests the keepers collect the eiderdown which makes the very best eiderdown duvet. This work is still being performed at the Vega islands.



Boat trips - Vega islands



Vega Touristinformation

(From Nes). During the summer there are boat trips to the small islands Lånan, Skjærvær, Hysvær, Bremstein or Skogsholmen in the heritage area. Along comes a guide who will provide information about the history and culture of the islands. **Contact the touristinformation for more info.**

Gladstad, 8980 Vega / [www.visitvega.no](http://www.visitvega.no)  
Tlf.: +47 75 03 53 88/ +47 47 90 71 32



**Tailor-made tours and assistance with finding accommodation and adventures in Vega. Please contact us!**

**Open Summer:** Weekdays: 9-19  
Sat / Sun: 9.30-15.30

## Vega Camping

Floa N-8980 Vega  
Tel. +47 943 500 80  
vega.camping@c2i.net  
<http://www.vegacamping.no>  
GPS: N65.6411303/E011.947733

 NOK 550-750  NOK 165  NOK 35

 + bike NOK 130  + car NOK 150

A supplement is payable per person if the number of people per tent/caravan/motorhome exceeds 2.

Adults: NOK 20, children under 10 years: NOK 10



99

## AterlierEngen



Ylvingen  
N-8980 Vega  
Tel. +47 975 80 874 - 482 68 469  
roodenbu@online.no [www.aterlierengen.net](http://www.aterlierengen.net)  
GPS: N65.62198/E012.16320

### Summer galleri on the island Ylvingen!

At Aterlier Engen you can see art made by Tore Engen and Marian Roodenburg. The gallery is situated on the island Ylvingen, only 2,5 km from the express boat dock and 3 km from the ferry dock. Open June, July and August.



100

## Sailing with Paradise

A new way to discover the world's most beautiful coastline - the Helgeland Coast

Tel. +47 92 66 32 35  
[www.sailingwithparadise.com](http://www.sailingwithparadise.com)

As a paying crew member onboard the sailboat S/Y Paradise, you don't have to worry about navigation and sailing, just enjoy the fantastic landscape!

### Sailing plan: See [kystriksveien.no/paradise](http://kystriksveien.no/paradise)

\*Island adventure voyage around the exciting island of Vega \*The Eider Duck Excursion: Br. sund - Vega: 3 days \*\*The Black Glacier", excursion: 4 days





# Vevelstad

*This is one of Norway's smallest municipalities, with only 500 inhabitants. It is centrally located between Brønnøy and Alstahaug with Fv17 as a major artery going right through.*



PHOTO: ERLEND HAARBERG

## *The old trade post Forvikgården*

When driving along the Kystriksveien, you will see both Vevelstad Church (1796) and Vevelstad Museum. Along the way you want to see "Opus for heaven and earth" which is the municipality's contribution to Nordland's Sculpture Landscape. In Vevelstad you will find a 3-4000 year-old rock carving field, well marked from the road. At Lauknes there is a campground for campers with a fantastic ocean view.

## **KAFFEBRENNERI (ROASTING FACTORY)**

The 200 year-old trading post of Forvikgården, with its own roasting factory, is situated near the ferry quay at Forvik.

## **UNSPOILED NATURE**

Bønå Villmarksenter; located at the innermost end of Vistenfjord, "Norway's cleanest fjord", is an ideal starting point for hikes into the vast unspoiled wilderness of the national park Lomsdal-Visten. Opportunities for fishing in the sea, rivers and lakes.

### **Tourist Information for Sør-Helgeland Destination Helgeland as**

Tel: +47 75 01 80 00  
visithelgeland.com  
post@visithelgeland.com  
kystriksveien.no



# Handelsstedet Forvik

One of Northern Norway's oldest trade posts, from 1792, located on the ferry dock Forvik between Brønnøysund and Sandnessjøen.

## Accommodation.

Stay overnight in one of our 5 rooms in a traditional house from around 1750.

Single room NOK 550. Double room NOK 750.

Extra bed NOK 175. Breakfast NOK 90.

We also have spaces for tents NOK 75 and for motorhomes

NOK 100. Elect. NOK 30.

## Coffee roastery and restaurant.

In the old shop on the wharf, we run the world's most northern coffee roastery. In our coffee bar we offer a taste of one of many different blends that we produce as well as teas and imported foods. In our restaurant you may enjoy local foods, specially seafood and fish. We import our own wines.

Accommodation and restaurant are open 18/6 to 7/8. Coffee bar 3/6 - 31/8.



102



Pb 16, N-8976 Vevelstad

Tel. +47 75 03 71 25 Fax. +47 92 17 93 00

arnt@avec.as www.avec.as [GPS: N65.714612/E012.4619282](https://www.google.com/maps?q=N65.714612/E012.4619282)



# Visthus Rorbucamping

N-8870 Visthus

Tel. +47 75 03 77 11 Fax. 75 03 77 11

post@visthus.com / [www.visthus.com](http://www.visthus.com)

[GPS: N65.7220207/E012.6059931](https://www.google.com/maps?q=N65.7220207/E012.6059931)

 NOK 550 - 850 Week: NOK 3300 - 5100

Take ferry from Forvik or Tjøtta to Stokkasjøen.

Apartments and cabins of high standard.

Located by Vistenfjorden, Norway's cleanest fjord. Freezer facilities. Discount in off-season.



103



# Alstahaug

*The island municipality of Alstahaug is located centrally in the outer Helgeland archipelago. Sandnessjøen is the regional centre and transport hub for outer Helgeland, with an airport, a port for Hurtigruten and ferry connections to the surrounding district. Whether you are interested in nature, culture or history, Alstahaug has something to offer!*

How about a roundtrip of the numerous islands in the Helgeland archipelago? Roundtrips by fast ferry are a fantastic experience. Contact the tourist information or the ferry company Veolia for further information.

The mountain range De Syv Søstre (Seven Sisters), 910–1,072 metres above sea level, has marked hiking trails and the peaks can be climbed without any special climbing equipment. Ascending all the peaks entitles you to a diploma as proof of your accomplishment. Obtain a registration card in advance at the Tourist Information office. Søvikskaret Pass, where the ascent to the southernmost peak of the Seven Sisters mountain chain begins, is a splendid area for shorter nature walks, including Vettfjellet, 244 m.a.s.l. Trail maps may be purchased at the Tourist Information office.

## ISLAND HOPPING BY BIKE

Sandnessjøen is an ideal starting point for island hopping by bike. The tourist information hires out bicycles. Pop in for tips on routes, a biking guide, maps and sights along the route.

## FISHING

Most accommodation providers hire out boats to guests. And Helgeland is the place where the fish are biting.

## HISTORY

Alstahaug is home to several places connected with important people and events in Norway's history, such as the Viking poet Øyvind Skaldespiller, the chieftain Hårek from Tjøtta from the Snorre sagas and the priest and poet Peter Dass.

Tjøtta's international war cemetery is in the same area, set in beautiful surroundings on Kystriksveien. Some 10,000 victims from World War II are buried here.



PHOTO: ERLIEND HARBERG

# Alstahaug



PHOTO: REINHARD PLANTKE

*The Petter Dass Museum*

## ALSTAHAUG CHURCH AND THE PETTER DASS MUSEUM

Halfway between Tjøtta and Sandnessjøen lie Alstahaug church and the Petter Dass museum with Alstahaug's old vicarage. The museum, which is Nordland county's millennium site, gives you a taste of Alstahaugtunet's thousand-year old history. The stone church dates back to around the year 1200 and is one of northern Norway's seven conserved medieval churches.

For a long time Alstahaug was one of the most powerful parishes in Helgeland. The priest and poet Petter Dass (1647–1707) lived and worked at Alstahaug from 1689 until he died. In addition to varied exhibitions, you find

the Petter Dass museum a museum shop with a selection of goods and a café whose menu is based on local produce.

## CHIEFTAIN SEAT AT SANDNES

In the Viking banquet hall in the long house, visitors can experience authentic Viking history, taste Viking food, competitions & games, a reading corner and sales exhibits. We find ourselves on historic ground, which have a key role in the gathering of Norway under one kingdom.

### **Helgelandskysten Reiseliv Tourist Information in Sandnessjøen**

Box 414, 8801 Sandnessjøen  
Tel. +47 75 04 45 00  
post@helgelandskysten.com  
visithelgeland.com  
kystriksveien.no

# Offersøy Camping




104

N-8860 Tjøtta  
Tel. +47 75 04 64 11  
Mob. +47 917 05 564  
post@kystferie.no  
www.kystferie.no  
GPS: N65.873057/  
E012.466195

33 km south of Sandnessjøen. 8 km north of Tjøtta. 12 km to the Petter Dass museum.



Well equipped cabins and lovely caravan site on the coast. Boat hire and good fishing places. Activity and adventure trips in the area. Wireless Internet.

 NOK 400-1000  from NOK 170  from NOK 170

 from NOK 100  NOK 40  from NOK 350



Low season - ask for an offer.

# Tømmervika Opplevelsessenter

105

Offersøy  
N-8800 Sandnessjøen  
Tel. +47 951 31 445  
post@helgelandguide.no  
www.helgelandguide.no  
N64.46693 E011.49184





Your professional supplier  
ocean paddling in Helgeland.



- Course in ocean paddling with certification card.
- Guided ocean paddling in Vegøyen World Heritage Site.
- Hire of ocean kayak with dry suit and safety equipment.
- Guided mountain walks & mountain peaks (De Syv Søstre).

## Taraldsen Brygge

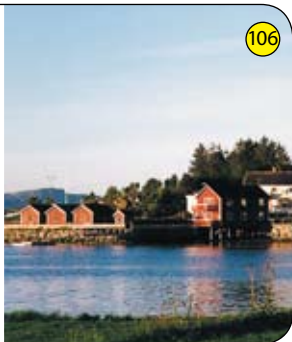
Havnev. 6 N-8860 Tjøtta  
Tel. +47 97 98 22 63 tarabryg@online.no  
GPS: N65.8201323/E.012.4257363

-  Part of Cabin NOK 350
-  NOK 650 Apartment: NOK 600-900
- Long term rental: on request. Boat NOK 400 day

Cabins and apartment with kitchen and bathroom. Good standard, next to the sea. Excellent fishing. A perfect base for roundtrips in the area.







106



## Belsvåg Gård & Camping

Alstahaug N-8800 Sandnessjøen  
Tel. +47 75 04 53 19  
GPS: N65.9052461/E012.4078562

-  NOK 450-500
-  NOK 150-180
-  NOK 150
-  NOK 450-600 (max 3 pers)

Borgstua (apartment) NOK 600-900

A historic farm - Residence of the districts first bishop. 800 meters from Petter Dass Church and museum. 20 km from Sand.sjøen/Tjøtta.



107



## Sandnessjøen Camping

Steiro N-8800 Sandnessjøen  
Tel. +47 975 62 050 - 75 04 54 40  
post@ssj.no  
www.ssj.no  
GPS: N65.953684/E012.45909

Best view towards the Mt. "De Syv Søstre" and the ship lane.

Located next to the sea, along Kystriksveien, 10 km south of Sandnessjøen.



108





## PETTER DASS-MUSEET AND ALSTAHAUG CHURCH - MILLENIUM SITE OF NORDLAND

**ALONG FV17, 20 KM SOUTH OF SANDNESSJØEN**

SUMMER: DAILY 10-19 WINTER: 1000-1530 (11-17) MON: CLOSED

**WWW.PETTERDASS.NO - TELEFON: + 47 75 11 01 50**




GPS: N65.8940169/E012.3979029

## Helgeland Hotell

With great location by the foot of the bridge Helgelandsbrua we offer a nice view and 25 large and comfortable rooms with bathroom, TV and wireless Internet. Only 7 km from Sandnessjøen centre. Elk and deer is often seen around the hotel and the sea eagle is often spotted through our restaurant windows. We aim to create a nice environment and good service. We will provide you with information on activities in the area.



A nice restaurant with home cooked meals, fully licenced and a great view. Outdoor activities and a rich wild life. Fishing. Elk safari and other nature experiences.

 From NOK 895

 From NOK 1095

Family room: From NOK 1295



Leines, 8890 Leirfjord - Tel. +47 75 05 00 00 - Mob. +47 41 21 57 61 - Fax. 75 04 89 55  
www.helgelandhotell.no/ - booking@helgelandhotell.no GPS: N66.503668/E012.094432

## Sandnessjøen Overnatting

Håreksgt. 15 N-8800 Sandnessjøen

Tel. +47 469 04 743

sandnessjoen@hihostels.no

www.hihostels.no

GPS: N66.02020/E012.62661



 NOK 450 - 550  NOK 700

We offer low price accommodation in the centre of Sandnessjøen. Access to kitchen and separate common room on each floor allows you to make your own food and feel at home.






## Napoli Restaurant og Motell

Øyvind Lambesvei 4 N-8800 Sandnessjøen

Tel. +47 75 06 40 80 Fax. +47 75 06 40 81

napoli1@live.no www.napolimotell.no

GPS: N66.017112/E012.639763

  NOK 850  NOK 750

Opening hours: Mon-Thur: 10-23 - Fri-Sat: 10-24  
Sun: 10-23. Free parking.



## Explore Helgelandskysten!

Park your car and take a roundtrip with an express boat along the coast.

Contact us for traveltips!



8800 SANDNESSJØEN - Tlf. 75064100 - Fax 75040256  
epost@helgelandske.no - www.helgelandske.no

Foto: Jørgen Carlsen

# UT I ØYAN



Foto: Terje Rakkje /Nordic Life



## An adventures road

The road on the Herøy and Dønna is easy accessible with ferry, either from Søvik to Herøy – or from Sandnessjøen to Dønna. Both ferry trips 30 min.

Helgelandskysten Reiseliv;  
+47 75 04 45 00

[www.visithelgeland.com](http://www.visithelgeland.com)

See also  
page 89-96





*Herøy municipality in Helgeland spans several thousand islands.*

Herøy is accessible by fast ferry from Sandnessjøen, Vega, Nesna and Bodø or by ferry from Søvik or Sandnessjøen via Dønna. The fast ferry from Sandnessjøen takes around 20 mins and the ferry from Søvik around 25 mins.

The local population is spread between the centre (Nord-Herøy, Sør-Herøy and Tenna), the areas of Øksningan, Seløy and Staulen which are linked by bridge to the centre, and the areas of Brasøy, Husvær and Sandvær, which are connected to the centre by ferry and fast ferry.

## HELGELAND CATHEDRAL

Herøy church, also known as "Helgeland cathedral", is a stone church from the 12th century. It features a memorial of the poet and priest Petter Dass at Nord-Herøy farm, where author Petter Dass was born in 1647.

## HELGELAND MUSEUM

The Herøy collection is one of the largest fishing and hunting collections in the county of Nordland. It is strategically located at the vicarage in Sør-Herøy.

## ACTIVITIES

Herøy's unique archipelago is a paradise for boating enthusiasts, canoeists, divers and anglers. Explore the region's many interesting activities and adventures by island hopping by bike and ferry. Seasonal activities include roe deer hunting and crab fishing



PHOTO: ERLEND HAARBERG

*The Seven Sisters - backdrop for biking.*

### Tourist Information

Herøy Tourist Office  
NO-8850 Herøy • Tel. +47 75 05 81 10  
or Sandnessjøen Tourist Office  
Tel. +47 75 04 45 00  
visithelgeland.com  
kystriksveien.no

## Brygga

N-8850 Herøy  
Tel. +47 75 05 93 10 Fax. +47 75 05 86 67  
GPS: N65.9803225/E012.2836947



NOK 750 incl. a basic breakfast



NOK 900 incl. a basic breakfast

Extra bed NOK 200 incl. breakfast

Our cafeteria specializes in fish. Outdoor café on the wharf during summer. Large guestharbour. Electricity, water and refilling for boats.



114



## Morskogen Gård

### Equestrian centre

Morskogen N-8850 Herøy  
Tel. +47 92 22 57 71 / elisamoe@hotmail.com  
www.helgelandhest.no  
GPS: N66.0107961/E012.3533939



**Family Sundays** - every other Sunday throughout the year during odd-numbered weeks (13.00–15.00). Riding – horse and cart driving – visit the farm animals.

Let us tailor your adventures to your wishes:  
**Riding lessons – horses for hire – horse and cart – excursions – guided tours. Contact us!**

115



## Elfis Sjøcamping

Labukta N-8850 Herøy  
Tel. +47 75 05 93 00  
Mob. +47 454 47 295  
labukta@c2i.net  
www.elfis.no  
GPS: N66.0100747/E012.360847



High standard cabin and fisherman's hut with nice view from NOK 900



Apart. in restored boathouse from NOK 700



116



# Seløy Kystferie

**Herøy - The best of Helgelandskysten!**



- High standard apartments
- Meeting facilities.
- Boat trips to the islands
- Traditional food from the sea
- Fine hiking tours.
- Sea fishing
- Photo safari
- Taxi boat service
- Boat rental
- Bike rental
- Kayak rental
- Motorhome rental

**N-8850 Herøy - Tel. +47 993 40 557 - 473 66 087**  
**trond@seloykystferie.no olsen\_invest@hotmail.com**  
**www.seloykystferie.no**

GPS: N66.0288919/E012.2482806

## Braseths Gjestegård

Silvalen N-8850 Herøy  
Tel. +47 414 48 113  
torid.braseth@gmail.com  
GPS: N65.98198/E012.28589



NOK 500



NOK 700

Extra bed NOK 100. Breakfast on request NOK 90  
Central location in Herøy centre by the sea.  
Short walking distance to bank, grocery shop,  
hairdresser, cafe, library, kiosk, medical center and  
gym. Bed linnen (made beds) and towels included.



118

## Coop Prix Herøy

Herøyholmen  
N-8850 Herøy  
Tel. +47 75 13 93 80  
GPS: N65.98032/E012.28216



Groceries and fuel close to the ferry port in the  
centre of Herøy.

Open: Monday - Friday: 09 -22  
Saturday: 09-20



119

## Flostad Rorbuer

v/ferjeleiet N-8850 Herøy  
Tel. +47 96 22 74 42 - 47 01 04 58  
flostadorrbuer@online.no  
www.flostad-rorbuer.no  
GPS: N 65.96705/E012.28664

Opened in 2009. High standard apartments with  
2 bedrooms and a half loft or 3 bedrooms. Close to  
shops, restaurant and more. Next to the ferry port.

Nok 1100,- per night. Bedclothes NOK 50 per pers.



120

*Dønna is situated just a short ferry ride from Sandnessjøen. You can also use this ferry and then drive over to Herøy or take the ferry from Søvik to Herøy and then drive over to Dønna. Dønna is also served by a daily ferry operating on the route Bodø–Nesna–Sandnessjøen.*

At Glein there is a unique stone phallus (Northern Europe's largest) – a symbol of fertility, and a heritage site with open Viking graves.

There is a beautiful Medieval church (1130) with distinctive architecture and ornamentation at Dønnes. The church site is also home to the largest and best preserved mausoleum in Norway. Guided tours – contact Dønnes farm. Interesting sights also include Stiftelsen Bjørnsvågen (coastal farm museum), Nordvika trading post, Dønnes farm and Snekkevik School from the 1830s and Dønna's sculpture "While you weight" (2009) which is a part of Artscape Nordland.

## VIEW POINT

From Dønnesfjellet you can see as far as Rødøy to the north and Sømna to the south. Drivable roads or tracks to the top. You can hire bicycles, canoes or boats at Dønna or go on a hike up to Dønnamannen (858m) – one of the best known mountain peaks along the coastline.

## THE BJØRNSMARTNAN MARKET

– once the biggest of its kind in northern Norway – has been revived and is now an important cultural event. It takes place during the second weekend of July during certain years.



PHOTO: ORSOLVA HAARBERG

*Dønnes Church (1199)*

### Tourist Information Dønna

NO-8820 Dønna  
Tel +47 75 05 21 24  
Mail: turist@donna-asvo.no  
Dønna kommune, N-8820 Dønna  
Tel +47 75 05 22 00  
visithelgeland.com  
kystriksveien.no

## Brygga, Dønna

Berfjord. N-8820 Dønna  
Tel. +47 993 12 784 / +47 907 81 366  
or contact the tourist office at:  
+47 75 04 45 00  
www.brygga.com / post@brygga.com  
GPS: N66.1196536/E012.6205295

High standard apartments (50 m<sup>2</sup>) in a wharf by the sea, with 2 bedrooms NOK 1000


Plain rooms NOK 300  NOK 250



## 3 Kalver

Solfjellsjøen N-8820 Dønna  
Tel. +47 41 51 34 25  
www.trekalver.no  
GPS: N66.10608/E012.47772

Our cosy farm café in the barn serves delicious home-cooked dishes made with local produce. Homemade cakes and bread from our own stone oven.

 Fully equipped Fisherman's cabin (6 pers.)  
Price pr night NOK 1000,-



## Bakkelistua

v/Rita V. Bjørnvig  
Åker, N-8820 Dønna  
Tel. +47 75 05 58 70 - 971 48 333  
www.bakkelistua.no  
GPS: N66.1713456/E012.5673326

A high standard apartment for 6 persons, from NOK 700 per night incl. bedclothes and towels.

Two bedrooms and sauna (free use).

hot tub for rent. Spa is available.

500 m. to the grocery shop and 150 m. to the sea.



## Dønna rorbuer Bøteriet

Åkerøya, N-8820 Dønna


Tel. +47 97 97 32 79 / 91 13 99 66


[www.boteriet.com](http://www.boteriet.com) / [boteriet@yahoo.no](mailto:boteriet@yahoo.no)


GPS: N66.1673610/E012.5724792

The old repair workshop has been converted to a charming tourist complex. Here you can stay and eat well in the maritime surroundings. Idyllic location with evening sun.

Accomm. in fisherman's cabins or rooms

 NOK 680 - 900 (single/double/  
family rooms)

 NOK 1050 - 1500 (4-6 pers in apart.)

 NOK 750 day /4070 week  
17,5 / 19 ft. with 40 / 50hp motor,  
echo sounder /chartplotter.



## Aaker Brygge

Stavseng N-8820 Dønna

Tel. +47 75 05 48 58 Mob. +47 95 063 725 -  
+47 478 24 448

GPS: N66.1715935/E012.5709032

 NOK 800

Open all year.

We provide two well equipped fisherman's cabins  
just 20 min. from the ferry port Bjørn. Calm  
waters and short distance to good fishing places.



## Dønna Kystferie

Åker N-8820 Dønna  
Mob. +47 414 16 131  
rita.kalleberg@live.com.my  
GPS: N66.16885/E012.556441

Renovated house by the sea with 5 bedrooms/10 beds. Two sea houses with 3 and 4 bedrooms/8 beds, bathroom and sauna. Both sea houses built in 2010. NOK 1000 per night for 2 people, extra pers. NOK 200/night. Bed clothes included. High standard. 4 boats (50 hp) NOK 1000 per day.



126

## Dønnes Gård

N-8820 Dønna  
Tel. +47 75 05 56 15 Mob. 971 84 379  
www.rv17.no/donnes-gaard  
GPS: N66.2045714/E012.5856474



NOK 890 NOK 1080

All prices including breakfast. Extra bed NOK 100  
Dinner served on request. Nature walk to the Mt.Dønnesfjellet. Dønnes church with guide.  
Historic slide show. Nature walk.



127

## GPS coordinates - in the Guidebook

Most of the ads in this guide are in "Decimal Degrees" format (google maps format ,not degrees/minutes/seconds)  
WGS84 / UTM sone 32/33

## - on the Internet:

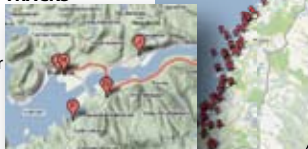
Find and download tracks and points from our web-site.

**kystriksveien.no/turforslag**  
**kystriksveien.no/gps**



TRACKS

POINTS





# Leirfjord

*Leirfjord is centrally situated on the coast of Helgeland. From Mosjøen you can get here via highway Fv78, from Sandnessjøen via Fv17 over the Helgelandsbrua Bridge, or by ferry from Nesna. Leland is the centre for the local council.*



PHOTO: KYSTRISKVEIEN REISELIV AS

## MUSEUM

At Leland you find "The Old School", part of the Leirfjord collection of preserved buildings. The Old School has been restored to its 19th century state. The sexton and teacher's accommodation and all furnishings have also been restored to depict the same era. At Bardal, you will find Wangbrygga with its shop museum and art gallery and food service. Only open on weekends in the summer.

## NATURE AND FISHING

Owing to its varied and lush nature and coastline, fjords, mountains and amply stocked fishing rivers, Leirfjord is an Eldorado for sports fishermen and hikers. The most dependable fishing spots are found along the Leir river, which

flows into the Leirosen outlet. During the summer, large numbers of Arctic char up into the lake, where the river has its origin in order to spawn. Fishing licenses may be purchased at the Hydro Texaco petrol station in Leirosen.

At Fagervika, there is a signposted heritage trail with cultural remains dating back over 1,000 years. We also have the Fjelltrim «mountain fit» programme with 10 checkpoints spread throughout the area. For example you can take a trip to Borgen and Vetten in Bardal or to the log cabin near the lake Nylandsvannet.

### Tourist Information

visithelgeland.com  
See page 83 (Alstahaug)  
kystriksveien.no

# Helgeland Hotell


110

With great location by the foot of the bridge Helgelandsbrua we offer a nice view and 25 large and comfortable rooms with bathroom, TV and wireless Internet. Only 7 km from Sandnessjøen centre. Elk and deer is often seen around the hotel and the sea eagle is often spotted through our restaurant windows. We aim to create a nice environment and good service. We will provide you with information on activities in the area.



A nice restaurant with home cooked meals, fully licenced and a great view. Outdoor activities and a rich wild life. Fishing. Elk safari and other nature experiences.

 From NOK 895

 From NOK 1095

Family room: From NOK 1295





Leines, 8890 Leirfjord - Tel. +47 75 05 00 00 - Mob. +47 41 21 57 61 - Fax. 75 04 89 55  
[www.helgelandhotell.no/](http://www.helgelandhotell.no/) - [booking@helgelandhotell.no](mailto:booking@helgelandhotell.no) GPS: N66.503668/E012.094432

# Leines Rorbu

129

Leines N-8890 Leirfjord  
Tel. +47 977 43 022  
[erfurre@online.no](mailto:erfurre@online.no)  
[www.leinesrorbu.no](http://www.leinesrorbu.no)  
GPS: N66.0467528/E012.7119259

 NOK 1000 Bedclothes NOK 100 per person.



 NOK fra 370 Canoe NOK 100


High standard cabins,  
1,5 km from Helgeland bridge



## Kvitneset Camping

Lading N-8890 Leirfjord  
Tel. +47 75 04 95 95 Fax. +47 75 04 95 95  
re-elif@online.no  
www.kvitneset-camping.no  
GPS: N66.014364/E012.9436145

 NOK 400-790  NOK 150-180

 NOK 100 incl. 3 pers. NOK 20/per person over 3 persons. Sanitary facilities included. Washing machin and dryer available. Grillhouse.



## Wangbrygga

N-8897 Bardal  
Tel. +47 94 87 72 34  
aashild.blyseth@monet.no  
www.bardal.info  
GPS: N66.21731/E013.38150

Good home made food based on local produce. We also sell a choice of local food i.e. Bardalsmat. As the quay you will find exhibitions and a cosy café. You can find us 17 km from Fv17. Please book accommodation a head of time.



## Sjøbakken Fiske-Camping

Rigmor og Ole-Hermann Otting  
Ytre Levang N-8890 Leirfjord  
Tel. +47 911 48 075 / +47 75 04 89 46  
info@fiske-camping.no  
www.fiske-camping.no  
GPS: N66.153956/E013.0677293

Welcome to our small and quiet camping site. Well equipped cabins, fisherman's huts and a summerhouse. 3 km south of Fv17 from Levang ferry dock + 2 km road to Ytre Levang.





# Nesna

*Your natural point of call along Kystriksveien. Nesna is a transport hub with daily stops by Hurtigruten and ferries to the surrounding islands as well as a bus service to Mo i Rana. Nesna's small town idyll is enchanting, with little houses and large gardens.*



PHOTO: REINHARD PLANTKE

In contrast, the harbour is a bustling centre of activity, with a popular marina that attracts large numbers of visitors. It has plenty of mooring space for guests and a large campsite with an outdoor pool and water slide. In the town centre you will find a post office, banks with ATMs, museum, petrol station, two shopping centres, several cafés and restaurants and a clothes shop that sells the famous winter boot "Nesnallobben".

Nesna and the surrounding islands offer a wide range of accommodation. If you stay in Nesna you can go on a roundtrip by fast ferry every Wednesday and Friday to the outer Helgeland islands of Træna, Selvær and Lovund. You can also go on a day trip to Sandnessjøen by Hurtigruten and return later in the day by fast ferry.

## ACTIVITIES AND THE OUTDOORS

Nesna is a good starting point for numerous activities. The holiday centre Nesna Feriesenter offers bathing and hires out boats, kayaks and bicycles. There are marked walking trails that start in several places in the centre of Nesna and you will also find trails on the islands of Hugla, Handnesøya and Tomma. Route details available at [www.nesnaferie.no](http://www.nesnaferie.no) or [www.turbok.org](http://www.turbok.org). The islands are ideal for biking on a day trip from Nesna. A separate biking brochure is available at [kystriksveien.no](http://kystriksveien.no). The islands offer good accommodation, beaches and shops.

### Tourist Information

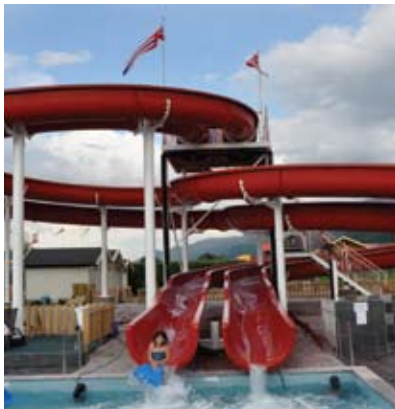
Nesna kommune  
 Servicetorget  
 Tel: +47 75 06 70 00  
[visithelgeland.com](http://visithelgeland.com), [kystriksveien.no](http://kystriksveien.no)

# Nesna Feriesenter og Motell

133



Welcome to Nesna - in the centre of Helgeland. We offer nice cabins, apartments and rooms. Rates from NOK 400 - 2200 incl. wireless Internet on the whole site. Ninas Lavvo - intimate pub. Beach area and minigolf. Boat rental 17 - 40 feet. Sightseeing.



Northern Norway's largest water slide and a new and bigger pool.



Sjåberget 3. N-8700 Nesna.  
+47 75 05 65 40 - 906 74 314  
Fax: +47 75 05 66 97  
post@nesnaferie.no  
www.nesnaferie.no

GPS: N66.2027524/E013.0229197



## Nesnastasjonen as



134

Havnev. 4 N-8700 Nesna  
Tel. +47 75 05 60 07 Fax. +47 75 05 61 87  
nesna@beststasjon.no  
GPS: N66.200286/E013.011116

Next to the ferry port and Nesna harbour. Note that there is 100 km to the next gas station in the north. We accept Statoil cards. Section for boat and fishing equipment. Refueling for boats with cash machine. Tyres, batteries and propane.  
Open: Monday - Saturday 08-22 and Sun.: 10-22



## Litlehaug Staude og Urtegård

135

N-8720 Vikholmen (Hugløya)  
Tel. +47 75 05 77 13 Mob. +47 993 75 028  
o-dfager@online.no www.litlehaug.no  
GPS: N66.1762567/E012.9395144

 NOK 350 - 800 / Week NOK 4000

You may order dinner and breakfast. Guided tours included a tour in the herb garden and a meal NOK 200. Marked trails. Ferry from Nesna.



## Zebra as

136

Movegen 34 N-8700 Nesna  
Tel. +47 977 84 741  
post@zebra-as.com  
www.zebra-as.com  
GPS: N66.199721/E013.021690

### “Nesnalobben” - shoes to keep you warm.

Nesna is famous for it's Nesnalobb - a shoe made of wool felt that will keep your feet warm. The shoe comes in four models.

Welcome to our clothing/shoes shop in Nesna center, along Fv17.



Foto: Mikael Hilmesen

 1 900  262 km<sup>2</sup>  Lurøy  
Fishing, seafarming, agriculture  
and travel

# Lurøy



*Lurøy is located just south of the Arctic Circle. This coastal municipality consists of both mainland areas and a large number of islands.*



PHOTO: KYSTRISVEIEN REISELIV AS

## Bratland

### ARMY COASTAL FORTRESS

The Grønsvik Army Coastal Fortress is located near Kystriksveien, and is one of the best preserved German fortresses from the Second World War. The Tourist Information office is situated here as well. Just nearby is the viewpoint where visitors can see all of Lurøy.

### HESTMANNEN AND LOVUND

Several of the islands' mountain formations are well known, and this particularly pertains to the "horseman" profile of Hestmannen. Guided tours are available here.

Away from the coast is Lovund – an island rich in bird life, and one of Northern Norway's most active island communities as well as one of the leading sites for aquaculture. Thousands of

Puffins spend their summers here with their annual return being celebrated locally as "Lundkommerdagen." The Centre for Coastal Culture describes the history of the island and its inhabitants.

### SLENESET/LURØY/ONØY

Sleneset has an abundance of islands and a rich birdlife. Solværøyen represents an Eldorado for kayaking. Sites of interest on the island of Lurøy include Lurøy Church (the municipality's designated "Thousand Year Site," the Coastal Museum and Lurøygården Farm and its renaissance garden.

#### Tourist Information

at Grønsvik Kystfort (fortress)  
[helgelandmuseum.no](http://helgelandmuseum.no)  
[visithelgeland.com](http://visithelgeland.com)  
[luroy.kommune.no](http://luroy.kommune.no)  
[kystriksveien.no](http://kystriksveien.no)

## Experience the puffing island Lovund

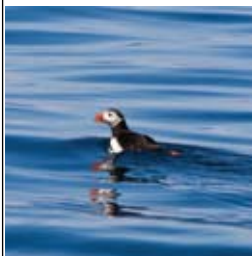


### Stay and overnight at Lovund RorbuHotel

Hotel rooms, fisherman's cabins or "rorbuer" at water's edge, traditional Nordlandshus and comfortable cabins. Made-up beds, breakfast buffet and post-departure cleaning are all included when you stay with us. And we gladly give you tips on nice walks and rent you bicycles and boats. We also have a squash court.

### Restaurant and bar

Well-renowned cuisine based on local fresh produce and international inspiration. The outdoor patio and terrace provide magnificent views and Midnight Sun.



### Lovund Safari – Daily: 17:00 – 19:00 all of July.

Join us on a boat trip with fantastic marine experiences:

- Bird Safari featuring Puffins, Eagles and more bird types
- Tour around Lovund Mountain
- Lovund archipelago's hundreds of islands

Trip programme is adapted to weather conditions.  
Adults NOK 300. Children u/16 years NOK 150. Contact us for space reservation and further information.



Lovund RorbuHotell - +47 75 09 2030 post@lovund.no www.lovund.no

GPS: N66.3693944/E012.3537251



## Langneset

N-8762 Sleneset  
Tel. +47 483 24 400  
post@langneset.no  
www.langneset.no  
GPS: N66.35628/E012.56761

We offer high standard architect drawened sea-house for NOK 1350,-. We promise you a dining experience as our kitchen serves a 3-course meal based on local food. Our restaurant Fabelaktig is open from Thursday to Sunday in the summer.



## Rådhusplassen Overnatting

Lurøy N-8766 Lurøy  
Tel. +47 911 57 725  
nordaa2@online.no  
GPS: N66.4186989/E012.842253

We offer 7 rooms with 2-4 beds NOK 700 - 800. Kitchen and common room with possibilities to make your own food. Boat and bike rental. Breakfast can be ordered. Suitable for meetings for 10 - 20 people. Ferry from Stokkvågen and then drive 6 km from Onøy to Lurøy.



## GRONSVIK KYSTFORT

A Coastal fortress built during the last world war. Restored and made accessible to the public with information signs, trails and several exhibitions.

Adults NOK 50,- Children: free

The exhibition is open:

14/6-20/8 0900-1600

Or by appointment.

tlf: (+47) 75 11 01 85

GPS: N66.34950/E013.00102



# SOUVENIR BOOK

Suddenly – A New Landscape!

In the book "Suddenly – A New Landscape" we present some of the best motives from Kystriksveien. This is a souvenir book for anyone who has driven this road or perhaps to someone you would like to share the experience with. Order your copy at [kystriksveien.no](http://kystriksveien.no) - today!



[kystriksveien.no/shop](http://kystriksveien.no/shop)

Relax in peaceful surroundings and try your luck fishing!

144

# OscarBrygga

OscarBrygga is located at Tonnes with view to the famous Mnt. Hestmannen. We offer fishermans cabins and rooms. In the summer season you can enjoy a meal in our restaurant known for it's fish soup  
A nice base for exploring the surrounding islands.



Singleroom NOK 700 Dbl. room NOK 890

Large fisherman's cabins from NOK 1150

N-8750 Tonnes Tel. +47 75 09 11 99 - Fax. +47 75 09 17 09

post@oscarbrygga.no [GPS: N66.5110182/E013.0072833](https://www.google.com/maps/place/66.5110182/E013.0072833)

[www.oscarbrygga.no](http://www.oscarbrygga.no)



# Træna

455



15 km<sup>2</sup>



Husøy

Fishing, fishing industry  
and seafarming

*At the outer edges of the Helgeland coast, 1.5 hours from the mainland via Express Catamaran, you'll find the island community of Træna consisting of 418 islands. One of the smallest municipalities of Norway.*

Træna's business activities consist mainly of fishing, fish processing and fish farming, as well as tourism and other services.

Træna Lighthouse was built as early as in 1877. The islands have a rich bird life, and are very well suited for visitors seeking to experience nature close up. On the island of Sanna, there are many caves dug out by the sea. The most famous one is "Kirkehellar'n", which is 20 m wide, 45 m deep and 30 m high. The islands have been inhabited since the Stone Age, verifiable by several findings. In Langhågen, archeologists have uncovered 31 house remains dating back to 2000 B.C. Further remains of houses from the same period were uncovered on another island in the region as recently as 2006. Archeological excavation on the island of Sanna from 1937-1939 uncovered remains from old and new stone age, iron age and the time of the black

death. The Petter Dass Chapel, Træna Church (1773) and the Træna Village Museum are all worth a visit.



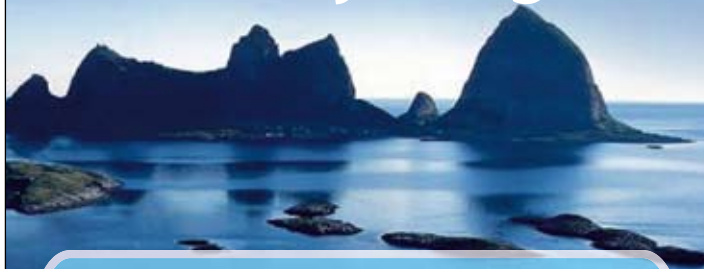
FOTO: GEIR BENDEN

*The Petter Dass Chapel*

## **Turistinformasjon**

Museumsbestyrer Turid Myhre,  
Tel: +47 95 27 70 89  
Træna kommune  
Tel. +47 75 09 58 00  
visithelgeland.com  
kystriksveien.no

# Træna Gjestegård



Welcome to Træna Gjestegård, known for excellent meals of fish. Try our fish soup! We are located next to the Petter Dass Chapel.

From NOK 400 per person in double room.  
Træna Gjestegård, Boks 40 - N-8770 Træna  
Tel. +47 75 09 52 28

GPS: N66.503668/E012.094432



## Træna Rorbuferie

N-8770 Træna  
Tel. +47 75 09 53 80 Fax. 75 09 51 11  
[www.rorbuferien.no](http://www.rorbuferien.no) [post@rorbuferien.no](mailto:post@rorbuferien.no)

1/1 - 31/12:  
Large fisherman's cabin  
NOK 1200  
Small fisherman's cabin  
NOK 950



GPS: N66.4945737/E012.0848772



# Rødøy

*Rødøy is a coastal municipality near the Arctic Circle, the famous landmark which you cross on the Kilboghann- Jektvik ferry, it is marked by a globe.*

## MOUNTAIN FORMATIONS

Rødøyløva and Hestmannen are located at strategic points in the shipping lane. The majestic Rødøyløva, a 440 m high sphinx with a hue of reddish serpentine, is the motif for Rødøy local authority's coat of arms. The mountains are easy to climb for hikers, and there is a signposted route to both tops. [www.ut.no](http://www.ut.no) (search Rødøy)

## EXPLORE AND DISCOVER

Selsøyvik is an old trading post from the 1700s, which is still in operation and well worth a visit. At Myken you will find a tiny fishing community. Stay a night at the old lighthouse with the open sea as your nearest neighbour. On Nordnesøy there is a beach featuring unique limestone pillars shaped during thousands of year's worth of erosion by weather and wind. Visit the splendid Korskirken Church dating from 1884 on the island of Rødøy where you can also experience glass artwork and the museum. Beneath the Rødøyløva mountain lies a popular outdoor area with its long and

white sandy beaches. The pride of our municipality is Nordfjorden, which is situated within the Saltfjellet/Svartisen National Park. Come and enjoy a boat trip on the fjord and watch the seals.



PHOTO: NATHAN HOOVER

*At the Jektvik ferry-port*

### Tourist Information

Polarsirkelen Reiseliv  
Tel: +47 75 13 92 00  
[visithelgeland.com](http://visithelgeland.com)  
[kystriksveien.no](http://kystriksveien.no)

147

# Polar Camp



## Accommodation, fishing and adventure

- Cabins (all year) Boat w/motor kr.390-900
- Caravan sites Cabins from kr. 370 til 1050
- Tent sites Tent from kr. 100
- Boat rental Caravan from kr. 175
- Fishing trips 3 km from Kilboghavn
- Cafeteria ferry port.



PolarCamp - Hilstad. N-8754 Øresvik Tlf. +47 75 09 71 86  
 www.polarcamp.com - post@polarcamp.com  
 GPS: N66.5097281/E013.2172942

148

# Sjåvik Overnatting

N-8187 Sjåvik  
 Tel. +47 75 09 76 16 Mob. +47 977 33 254  
 f.sjavik@hotmail.no  
 www.sjavik-vacation.net  
 GPS: N66.6193618/E013.2923607

- NOK 250 - 300
- NOK 200 per day exclusive fuel.
- 1200 m. from Jektvik ferry port. 600 m from Fv17.



## Esjeholmen feriehus

N-8187 Jektvik  
Tel. +47 99 37 49 23  
anne@esjeholmenferiehus.com  
www.esjeholmenferiehus.com  
GPS: N66.6359/E013.22729

A holiday house ,fully equipped with 3 bedrooms and sleeps 7 people. The house can be rented on a weekly basis from Saturday to Saturday NOK 3500. Boat NOK 250 per day. Turn off Fv17 towards Nordværnes and drive 8 km.



## Svanereiser's Villa Midnattsol

N-8188 Nordvernes  
Tel. +47 75 09 87 24 Mobil: +47 977 33 317  
reijense@online.no - www.villamidnattsol.no  
GPS: N66.6669493/E013.250759

Holiday house (9 pers.) - wildlife style by the sea. High standard. Midnight sun and fishing. Daily expressboat to Bodø and Sandnessjøen.

From NOK 840 to NOK 1490/night  
From NOK 5940 to NOK 9050 /week  
Boat 17" (30hp) NOK 300 /day .Bedlinnen 60 p.per.



 **BYGGMAKKER**  
Arnulf Hansen

**BUNNPRIS**  
PRISER PÅ ALLE BYGGVARER

N-8185 Vågaholmen  
Tel. +47 75 09 89 00  
post@arnulfhansen.no  
www.arnulfhansen.no  
GPS: N66.713215/E013.292263



Welcome to the "shopping centre of the coast"  
You will find us at Vågaholmen, 11 km from Fv17. Express boat daily to Bodø/Sandnessjøen.  
Groceries: 09-20 (16)  
Hardware store: 09-17 (10-14)



24t (Diesel/bensin)





# Salten

FOTO: OLAV BREEN





# Meløy

*Kystriksveien is the main thoroughfare for getting to Meløy. Norway's 2nd largest glacier, Engenbreen (Svartisen).*



PHOTO: REINHARD PLANTKE

'Svartisen'

Meløy is the northernmost municipality along the Helgeland Coast, and is surrounded by a fantastic archipelago comprising around 700 islands. Bolga, Meløy, Støtt, Grønøy and Mesøy have ferry connections to Ørnes, which is a port of call for Hurtigruta. Nordlandsekspressen express boat between Bodø and Sandnessjøen stops at Ørnes, Bolga, and Grønøy.

Grønøy and Åmøy are also connected to the mainland by bridges. Ørnes is the largest village with a population of around 1,700 and a range of amenities. Glomfjord (population 1,300) has traditionally been the municipality's

industrial centre. It began with the hydropower plant at the turn of the previous century. More industries were established during the 20th century. Industrial development was accelerated after the establishment of Hydro shortly after World War II. Hydro has become history and solar cell production is now the principal industry in Glomfjord Industry Park. At present (Jan 2011), some 900 people work in the industry park.

## SVARTISEN GLACIER

Engenbreen is mainland Europe's lowest lying glacier. It is a part of Svartisen, Norway's second-largest glacier, and

# Meløy

can be reached by boat across the Holandsfjord (see separate advertisement).

A T-marked trail leads to DNT's cabin "Tåkeheimen", which is a good starting point for hikes to the "Helgelandsbukken" mountain (1,454 metres above sea level). Helgelandsbukken has some of the best views of any Norwegian peak. A trail on the southern side of the Holandsfjord leads up to the glacier Fondals-breen. Glacier walking available daily during the summer season.

## MOUNTAIN HIKING AND T-MARKED TRAILS

Meløy boasts several impressive mountains. Easy access via the road Fjellveien which starts at Fykan – some 8 km of asphalt-covered road – either to the foot of Holmvassdammen or Namnlaushøyden. Enjoy the breathtaking views of Svartisen from the top of Holmvassdammen. Namnlaushøyden has both marked and unmarked trails, caves, fishing lakes, hunting areas and lots of berries for picking! There are T-marked trails from Namnlausvann towards Gråtådsstua/Beiarn and Felvassstua/Gildeskål



PHOTO: KYSTRIKSVEIEN REISELIV AS

'Uredd'

### Tourist Information

'The Gateway to Svartisen', Holand  
Open medio May – medio Sept.  
randi@mnu.no, [www.visitmeloy.no](http://www.visitmeloy.no)  
MNU/Meløy Tourist office is open through  
the year with off-season office at  
Glomfjord Industry Park.  
Tel. +47 75 75 48 88  
[kystriksveien.no](http://kystriksveien.no)

## Åg-Gjestehus

N-8184 Ågskardet  
Tel. +47 75 75 27 11  
britkrogh@hotmail.com  
GPS: N66.7195589/E013.4750768

 NOK 850 - 900

High standard apartment for 4-6 persons.  
Towels and cleaning included. Bedclothes  
NOK 50,- per person.  
Next to Ågskaret ferry dock (Fv17).



## Halsa Auto as



N-8178 Halsa  
Tel. +47 75 72 10 00 Fax. +47 75 75 07 30  
post@halsa-auto.no  
GPS: N66.742769/E013.547934

Along Fv17, just north of Forøy ferry dock.  
Opening hours weekdays: 0730 - 1530

Car repair - car body and wax. Refilling for boats.  
Fishing equipment.



**Hertz**



## Nordtun Overnatting

N-8170 Engavågen Tel. +47 75 75 15 03  
info@ywamnordtun.no  
www.ywamnordtun.no/overnatting  
GPS: N66.794754/E013.504377

We offer nice rooms and a good breakfast,  
surrounded by beautiful scenery.  
Feel at home in our communal living room.  
Adult NOK 320, additional adult NOK 220, child  
NOK 110. Breakfast NOK 70. Small tents, no electr.  
Check our art studio: www.heart-language.com



# FURØY CAMPING



Welcome to our nice camping next to the fjord Holandsfjorden only 12 km from the glacier Svartisen and 500 meters from Forøy ferry port. We also offer boat rental.



Accommodation in small and large cabins from NOK 500 - 900. Rooms from NOK 600. Caravan from NOK 190 excl. electricity and tent from NOK 160. Boat rental NOK 700.

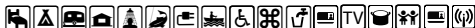


Furøy camping - N-8178 Halså Tel. +47 75 75 05 25

Mob. +47 47 83 18 10 Fax. +47 75 75 03 36

[www.furoycamp.no](http://www.furoycamp.no) [post@furoycamp.no](mailto:post@furoycamp.no)

GPS: N66.7389827/E012.5029046





# KVITBRYGGA

## BASECAMP BY THE ARCTIC CIRCLE



High standard accommodations by the sea about 500 meters from Forøy ferry port. All apartments have private bathroom with shower, kitchen, wireless Internet and TV. Bedclothes and towels available for extra charge.

Room (2 pers.) NOK 700.

Apartment (4 pers.) NOK 1100.

Apartment (6 pers.) NOK 1500.

Fisherman's cabin (6 pers.) NOK 1300.



© 2011 Bernhard Pflücker



Forøy, N-8178 Halså Tel. +47 948 06 320 [post@kvitbrygga.no](mailto:post@kvitbrygga.no) [www.kvitbrygga.no](http://www.kvitbrygga.no)

GPS: N66.74066/E013.49894

## Åmnes camping

157



We offer 6 cabins with kitchen, shower and toilet, for 2-6 or 9 persons. Bedrooms has duvets and pillows. Bedclothes can be rented for NOK 100 per person. Beautiful nature with mountains, the sea and a very nice beach. Midnight sun from 6/6-6/7. Walking trails and playarea w/spingboard. Boats for rent 4-10hp. NOK 250 - 350 per day. Rowing boat NOK 75 per day. Cabins NOK 700 -900 - 1000 - 1200. Caravan/motorhome NOK 180 + elec. Tent NOK 120 - 170. Week discount. Welcome.



Åmnes. N-8170 Engavågen Tel. +47 75 75 13 50 Mob. +47 41 52 85 22  
www.rv17.no/aamnes [GPS: N66.8167373/E013.9449497](https://www.rv17.no/aamnes)




## Skarsvatnet Camping

158

Åmnes N-8170 Engavågen  
Tel. +47 75 75 13 30 Mobil/fax: +47 917 26 949  
skarsvatnet@gmail.com  
www.skarsvatnet-camping.no  
[GPS: N66.7840825/E013.3716397](https://www.skarsvatnet-camping.no)

 NOK 550   NOK 150  NOK 100

 NOK 300 - 400

 NOK 200-300 per day w/motor 16 - 18 ft.

Well equipped cabins with shower and toilet.



KYSTRIKSVEIEN REISELIV AS

# kystriksveien.no

INFO-CENTER • TOURIST INFO

# Boat to Svartisen

159



Try a guided glacier walk. All equipment is included in the price. Book the day before:

## Rocks`n Rivers

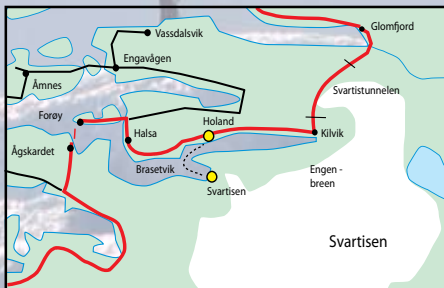
Vallsjøen N-8170 Engavågen

Tel. +47 41 08 29 81

post@rocksnrivers.no www.rocksnrivers.no

### Departure 28/5 - 4/9

Holand	Svartisen
0745a	0730a
1015c	1000c
1045b	1030b
1115	1100
1215	1200
1315c	1300c
1415	1400
1515	1500
1615c	1600c
1715	1700
1830c	1815c
1945c	1930c
2100b	2045b



Tickets: Adult: NOK 120,- Children: NOK 60,- r/t incl. taxes. Family discount.

a) Except Sat. and Sun.

b) Valid 1.7 - 31.7.

c) Valid 12.6 - 14.8

The boat trip takes

10 min.

### Bike rental

Until 3 hours: NOK 40,- over 3 hours: NOK 60,- **Walking poles** rental.

### Engen Skyssbåt "Isprins"

N-8178 Halså. Tel: +47 994 03 000 - 75 75 47 99 - skyssb@online.no

GPS: N66.72257/E013.69680





## Glomfjord Hotell

N-8160 Glomfjord  
Tel. +47 75 75 25 00  
Fax. +47 75 75 20 96  
info@glomfjordhotell.no  
www.glomfjordhotell.no  
GPS: N66.8167373/E013.9449497

We are located along Kystriksveien in the old industrial town Glomfjord.

Road to the mountain area and only 15 km to Svartisen. Many fine hiking trails, including Storglomvann Dam.

 16/8-14/6: NOK 1090  
15/6-15/8: NOK 850

 16/8-14/6: NOK 1300  
15/6-15/8: NOK 1030




160




## Ørnes Hotell

N-8150 Ørnes  
Tel. +47 75 75 45 99  
Fax. +47 75 75 47 69  
info@orneshotell.no  
www.orneshotell.no  
GPS: N66.8681743/E013.7057164

We are located in the community centre Ørnes, along Kystriksveien and only 33 km from Svartisen. Daily coastal express/Hurtigruten both south and north bound.

 16/8-14/6: NOK 1050  
15/6-15/8: NOK 850

 16/8-14/6: NOK 1250  
15/6-15/8: NOK 1030



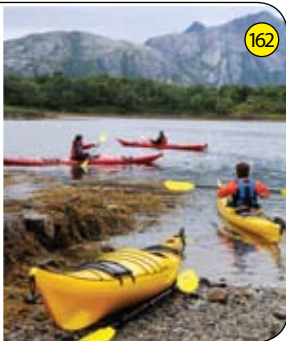
161



## Rocks`n Rivers

Vallsjøen N-8170 Engavågen  
Tel. +47 41 08 29 81  
post@rocksnrivers.no www.rocksnrivers.no  
GPS: N66.77897769/E013.5037473

- Guided glacier walk on Svartisen.
  - Kayaking introduction course from NOK 890 per pers.
  - Kayak trips from the harbour in Engavågen and Halså from NOK 750 kr per pers.
  - Guided cave trips from NOK 400 per pers.
- Equipment included. We adapt the trip to group's abilities. Book at least one day in advance.



## Fiskebrygga på Bolga

N-8158 Bolga  
Tel. +47 75 75 10 13  
bolgamarit@hotmail.com www.bolga.no  
GPS: N66.80481/E013.23532

**Accommodation** from NOK 600

The island of Bolga is like a sugar top floating in the ocean. We offer great excursions, accommodation, inns and boat hire.

**Kayak hire:** Bolga is surrounded by 300 smaller islands offering fantastic kayaking experiences.



## Reipå Camping

N-8146 Reipå  
Tel. +47 75 75 57 74 - 95 48 19 53  
post@reipacamping.no www.reipacamping.com  
GPS: N66.91493/E013.62818

Reipå Camping is situated 7 km north of Ørnes and 120 km south of Bodø, 45 km north of Svartisen. 9 cabins and 2 rooms. Price from NOK 500 to NOK 1200. The camping site has a grill house and and jacuzzi. Wireless Internet and a new service-building in 2010.



# Gildeskål

***Gildeskål's natural surroundings provide excellent opportunities for outdoor life. While travelling along the magnificent coastline with its fjords and numerous islands, make a short detour to see some wild mountain scenery. Exit road Fv17 at Sundsfjord and head for Sundsfjordfjellet (14 km). (Note! No caravans.)***

In Gildeskål there are also exciting and special caves, from "Lønngangen" near Forstranda which is suitable for families, to the more demanding cave "Greftkjelen" in Skauvollidal, 5,2 km. The flora is particularly rich, including a large variety of species of orchid.



PHOTO: KYSTRIKSVEIEN REISELIV AS

***Work 'Den glömde staden'!***

The island of Sør-Fugløy is the haunt of a colony of puffins and the white-tailed eagle is not an unusual sight. Seals can often be seen playing on the islets and in the sounds. All this you can explore if you take a roundtrip from Inndyr with the local express boat "Elias Blix II" (phone:+47 95737044).

At the islands Arnøyene and Nord-Arnøy you will find a German fortress with four cannons from World War II.

Artscape Nordland is represented here by the work entitled "The Forgotten Place" (Norw. "Den glömde staden") along highway Rv 17 at Oterstranda. At this same spot, visitors will also find "The Nord Land", a collaborative project with Thai artists.

## THE OLD CHURCH IN GILDESKÅL

It dates back to the first half of the 12th century, and it lies approximately nine kilometres from Kystriksveien. Guided tours during the summer season.

The 175th anniversary of the renowned Norwegian songwriter and poet Elias Blix in 2011 will be marked with a festival from 12–14 August in Våg and Gildeskål church site

### Tourist Information Gildeskål kommune

Tel. +47 75 76 06 00 • Fax +47 75 75 75 11  
postmottak@gildeskalkommune.no  
gildeskalkommune.no  
kystriksveien.no

## Mevik Camping

N-8145 Mevik

Tel. +47 75 75 61 34

Mob. +47 916 13 760 Fax. +47 75 75 91 07

GPS: N66.9459137/E013.7330197

Campsite by the sea with nice ocean view and the midnight sun.

 NOK 400 - 600

 NOK 150

 NOK 150



## Vertshuset Fjordbua


Kjøpstad N-8120 Nygårdssjøen

Tel. +47 75 75 70 65

olkristo@online.no

GPS: N67.059782/E014.261723

Cosy café with guest harbour next to the bridge Sandhornøybrua. Rooms for rent.

 Single room NOK 600 with private bathroom.

Single room NOK 500 without bathr. Extra bed NOK 200

Opening hours: 1.6-31.8: 12-21 1.9-31.5: 12-19



## Kjellingstraumen Fjordcamp

Kjelling

N-8120 Nygårdssjøen


Tel. +47 75 75 71 11 Fax. +47 75 75 71 11

Mob. +47 911 29 480

kjelling300@hotmail.com

www.kjellingstraumen.no

GPS: N67.0726079/E.014.3092045

 NOK 450 - 850

 NOK 200

 NOK 150

 included

Boat rental



## Hustad Camping

N-8130 Sandhornøy

Tel. +47 941 56 555

ni-kr@frisurf.no

GPS: N67.10664/E014.01620

Hustad Camping is situated at the outer edge of Sandhornøy 28 km from Fv17. The campsite lies on the shore. Sunny, with good fishing.

🏠 NOK 400 🚗 nok 150 incl. elect. ⚠️ NOK 150



## LITERATURE KYSTRIK



Webshop:  
kystriksveien.no

### The Coastal Road

This travel guide by Olav Breen, published by Cappelen, gives both useful travel tips, and also makes you eager to travel. Richly illustrated with wonderful pictures.

**Price NOK 99**



47 282

1385km<sup>2</sup>

Bodø

Armed forces, aviation  
and public health sector

# Bodø

*Bodø is the administrative centre for Nordland county authority. It is the northernmost town along Kystriksveien. Bodø is a modern commercial centre situated in beautiful natural surroundings Bodø's archipelago has a multitude of small island communities and a rich bird life. No other town in the world has a greater population of white-tailed eagles. If you are lucky you may see the eagle glide across the sky, and this sight will entitle you to membership of the world's only white-tailed eagle club! [www.havornklubben.no](http://www.havornklubben.no)*

## AKTIVITIES

- Roundtrips of the skerries of Bodø
- Guided city sightseeing with bus or tram
- Guided bus tour to Saltstraumen with city sightseeing
- Kjerringøy - Scheduled bus service - only in summer season for same-return
- Svartisen - Infrequent bus service, - no same day return
- Nordlandsbadet pool/recreation and spa.
- Cycling route Bodø – Kjerringøy – one of Norway's most spectacular cycling routes.

Please contact the Bodø Tourist Information Office for more information.

## THE AVIATION MUSEUM

The complete history of Norwegian aviation is presented here. The museum's exhibitions give a broad overview of both civil and military aviation history, from mankind's indomitable dream of flying to the amazing realisation of that dream.

The most popular exhibits are the U.S. spy plane U2, Junkers 52, Catalina and Mosquito.

## KJERRINGØY OLD TRADING POST

Kjerringøy was one of the wealthiest trading centres in the county of Nordland in the last century. Today it comprises 15 listed buildings with almost intact interiors and a service building with a café, multi-vision show and tourist information office. The service building is an exact copy of an old cowshed that was demolished in 1892. [www.kjerringoy.info](http://www.kjerringoy.info) [www.saltenmuseum.no](http://www.saltenmuseum.no)



PHOTO: OLAV BREEN

*The Norwegian Aviation Museum*

# Bodø

## SALTSTRAUMEN

The world's strongest tidal current is found by Fv 17, 33 km south of the centre of Bodø. The tidal current, which occurs every six hours, is caused by 400 million cubic metres of water flowing through the 3 km long and 150 m wide strait between Saltenfjorden and Skjers-tadjfjorden at a speed of up to 20 knots.

[www.destinasjon-saltstraumen.com](http://www.destinasjon-saltstraumen.com)

You can obtain tide tables at the tourist information office, [www.visitbodo.com](http://www.visitbodo.com) and from local shops. World famous for

ocean fishing and current diving. Pollock, cod, halibut, wolf fish are among the specialities. The worlds largest pollock caught using a rod weighed 22.7 kg and was caught in Saltstraumen. The area features walking paths among beautiful recreational nature including relics from the Stone Age (9800 years ago) and the Viking Age, a local museum, historical centre and art gallery. Here you find overnight accommodation and cafés in addition to activities such as fishing, diving, sea safari and sea eagle safari.



PHOTO: OLAV BREEN



PHOTO: REINHARD PLANKTE

*Saltstraumen*

### **Bodø Tourist Information Office**

Open all year

[turistinfo@bodo.kommune.no](mailto:turistinfo@bodo.kommune.no)

[www.visitbodo.com](http://www.visitbodo.com)

Sjøgt. 3 – Sentrumsterminalen

Box 319, NO-8001 BODØ

Tel: +47 75 54 80 00

### **Saltstraumen**

Open during high season

Contact Bodø Tourist Information Office regarding opening hours.

### **Kjerringøy** (Kjerringøy Handelssted)

Open during high season

Contact Bodø Tourist Information Office regarding opening hours.

### **Misvær** – Servicetorget

Open during high season

Contact Bodø Tourist Information Office regarding opening hours.

### **Avinor AS** – Service centre – Bodø Airport.


Information desk open all year, including tourist information. Tel: +47 67 03 35 03

[kystriksveien.no](http://kystriksveien.no)

## Elvegård

N-8056 Saltstraumen  
Tel. +47 94 80 09 00  
elvegaard.camping@gmail.com  
elvegaard-camping.no  
GPS: N67.2348258/E014.59934

 NOK 500-1100  NOK 200  NOK 175

up to 3 pers. + NOK 25/per pers.  NOK 25

Elk safari with minibus, lavvo (sami tent) and open fireplace and barbecue. New: Boat trip with an old fishing wessel "Nybræna".



171

## Saltstraumen Brygge

N-8056 Saltstraumen  
Tel. +47 75 58 71 38 - mob. 46 54 00 00  
post@sfc.no www.sfc.no  
GPS: N67.218976/E014.645404

### Experience Saltstraumen from our dockside.

We offer rooms and apartments for 2-8 personer from NOK 1000. Most with balcony and view towards Saltstraumen. Boat rental and fishing equipment. Caravan parking. Hot tubes and grill house. Charterboat and a new cafe with local food.



172

Destinasjon  
**Saltstraumen**  
- utvidende opplevelser

## Tuvsjyen

N-8056 Saltstraumen  
Tel. +47 75 58 77 91  
post@tuvsjyen.com www.tuvsjyen.com  
GPS: N67.13291/E014.38949

### Accommodation and family friendly activities.

Accommodation from NOK 900 in apartments/ fisherman's cabin. Stone Age theme and turf hut, unique food, archery and more. Fishing from shore or in rented boat, diving and hiking.



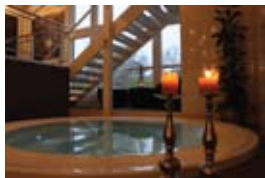
173

Destinasjon  
**Saltstraumen**  
- utvidende opplevelser



# Saltstraumen Hotel

Fishing - Saltstraum rafting - Sea eagle safari - Spa.



Discover Saltstraumen with us. After a rib tour on Saltstraumen you may try our new spa. We offer daily rib tours in the summer.

Also try our summerbuffé Hotelrooms and bungalows.




N-8056 Saltstraumen  
Tel. +47 75 50 65 60  
hotell@saltstraumen.no  
www.saltstraumenhotel.no  
GPS: N67.2358817/E014.6166225  
Saltstraumen Naturopplevelse;  
Tel. +47 994 27 606  
info@saltstraumen-adventure.com  
www.saltstraumen-adventure.com



# Saltstraumen Camping

N-8056 Saltstraumen  
Tel. +47 75 58 75 60 Fax. +47 75 58 75 40  
salcampi@online.no  
www.saltstraumen-camping.no  
GPS: N67.2354532/E014.6212611



 NOK 650-1100

 NOK 150\*

  NOK 200\*

 NOK 30

\*) Until 3 people + 15 kr per person.  
Close to shop, postoffice, gas station and bus.



# STEINBRA!

176



- ROCK SHOP
- SOUVENIRS
- GIFTS
- PRIZES
- HOLIDAY MEMENTOS
- MINERALS
- JEWELRY



"Established in 1980"

**Bertnes  
Geo-Senter**

H.KVALNES

A great selection of stones!

Fire surrounds, kitchen tops and tombstones.

## Gafé Mineral

BREAKFAST, LUNCH AND DINNER EVERY DAY

"Perhaps the best Møsbrømléfse (trad.delcasy) in the area"

Fenesvn. 4, Bertnes, N-8020 Bodø, Tel.755 18 303 - Fax: 755 18 088

Email: steinbra@bertnesgeosenter.no - www.bertnesgeosenter.no

GPS: N67.287739/E14.594767

**BODØ  
HOTELL**

# - downtown!

177

...A small hotel with a big heart!

31 nice rooms with bath/  
WC, and cable TV.

Peaceful surroun-dings.

Comfortable beds.

Rooms for people with  
disabilities and allergies.

Sauna. Restaurant, fully  
licenced. In the summer-  
time try our fish-soup.

Wireless Internet  
in rooms is included.

Prof.Schyttesgt.5 - Postboks 1055 - 8001 Bodø Tel. +47 75 54 77 00 - Fax: +47 75 52 57 78

Email: booking@bodohotell.no - www.bodohotell.no GPS: N67.2829534/E014.3797126

# Country roads took me here!

178

GPS: N67.280827/E14.372714



**THON**  
Hotel Nordlys

Enjoy Bodø's dockside view, tel. 75 53 19 00

## Bodøsjøen Camping


179

Båtstøveien 1 N-8013 Bodø  
Tel. +47 75 56 36 80 - Mob. +47 924 30 414  
Fax. +47 75 56 46 89  
bodocamp@yahoo.no  
GPS: N67.299143/E.014.419310



Location close to downtown - yet far from city trappings. Idyllic, naturally beautiful surroundings - near the mouth of the Salten Fjord. Walking distance to indoor waterpark (Nordlandsbadet), Bodø Spectrum, two shopping centers and National Norwegian Aviation Museum, and nice walking areas. Near airport, train station, Coastal Express (Hurtigruten) and auto ferry to Lofoten. 45 cabins - 72 camping spaces w/power. Long term rental off season.



 NOK 250 - 870

KYSTRIKSVEIEN REISELIV AS

**kystriksveien.no**

INFO-CENTER • TOURIST INFO

# NORSK LUFTFARTSMUSEUM

180

Visit Norway's national aviation museum in Bodø!

Opening hours:

Monday-Friday: 1000-1600 hours,

Saturday-Sunday: 1100-1700 hours.

Summer season (15/6-14/8):

Monday-Sunday: 1000-1800 hours.

Entrance Fees: Adults: NOK 110,-

Children: NOK 55,- Family: NOK 330,-

Senior/students: NOK 80,-

GPS: N67.274214/E14.388382



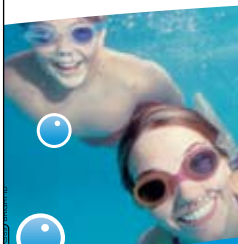
Olav V gt - Bodø - (+47) 75 50 78 50 -

[www.luftfart.museum.no](http://www.luftfart.museum.no)



181

- Created for experiences!



Pool, Spa and health centre,  
JaFs restaurant/take-away and much more.  
Opposite Norsk Luftfartsmuseum (Norwegian Air Museum)

Tlf. 755 91 500 -

[www.bodospektrum.no](http://www.bodospektrum.no)

GPS: N67.277602/E14.414084

## Geitvågen Bad og Camping

Geitvågen - P.b. 351 N-8001 Bodø  
Tel. +47 75 51 01 42 Fax. +47 75 52 49 58  
www.geitvaagen.com  
GPS: N67.340854/E014.5174087

Season: 28.05 - 21.08

At the end of Kystriksveien 10 km north of Bodø.  
view to Mt. Landegode and the midnight sun.

16 cabins, 62 beds. Price NOK 350 - 650 for cabins.  
300 caravan sites. 260 with elect. Café . NCC/KNA  
members: 10 % discount. Week discount.



182



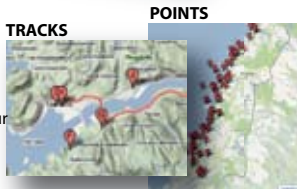
## GPS coordinates - in the Guidebook

Most of the ads in this guide are in "Decimal Degrees" format (google maps format ,not degrees/minutes/seconds)  
WGS84 / UTM sone 32/33



## - on the Internet:

Find and download tracks and points from our web-site.



[kystriksveien.no/turforslag](http://kystriksveien.no/turforslag)  
[kystriksveien.no/gps](http://kystriksveien.no/gps)

# BLÅTUR MOT NORD

## New DVD from Kystriksveien

An Englishman arrives in Steinkjer on his old motorcycle with a sidecar. He finds himself exploring Kystriksveien on an adventurous tour to the north. As he travels he visits many of the famous sights and attractions along the way!



NOK 149



KYSTRIKSVEIEN REISELIV • TEL +47 74 40 17 17

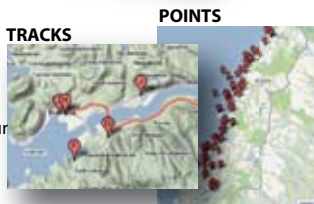
## GPS coordinates - in the Guidebook

Most of the ads in this guide are in "Decimal Degrees" format (google maps format ,not degrees/minutes/seconds)  
*WGS84 / UTM sone 32/33*



## - on the Internet:

Find and download tracks and points from our web-site.



[kystriksveien.no/turforslag](http://kystriksveien.no/turforslag)  
[kystriksveien.no/gps](http://kystriksveien.no/gps)

# FERRY TIMETABLES

FOTO: REINHARD PANTKE



## **FERRY JOURNEYS ALONG KYSTRIKSVEIEN**

There is nothing like sitting on deck on a sunny day relaxing, enjoying the sun, inhaling the sea air and above all, gazing out over the magnificent landscape.

The ferries along Kystriksveien provide the opportunity to relax from driving your car. Some ferry trips take 10 minutes, others an hour. On the two longest you can buy dinner. All ferries have a cafeteria.

## **TRAVEL TIPS**

If you travel on a tight schedule it is advisable to check the routes on [www.Fv17.no](http://www.Fv17.no) before you leave. Some ferries accept credit cards, but not all. Take some cash with you. It is not possible to book your car onto the ferries along Kystriksveien. You should therefore arrive approx. 30 mins. before departure time in the high season.

Please note that this brochure was printed in December 2009 and that there might be some changes in the ferry time tables during 2009. We are sorry for the inconvenience. You can find the updated ferry time tables on [www.rv17.no](http://www.rv17.no).

Have a nice trip!

### FosenNamsos Sjø

Box 128 – N-7801 Namsos

Tel +47 74 21 63 00

[fosennamsos.no](http://fosennamsos.no)

### Torghatten Trafikkselskap AS

Box 103

N-8901 Brønnøysund

Tel +47 75 01 81 00

[tts.no](http://tts.no)

### Veolia Transport Nord AS

Region Helgelandske

Box 609 – N-8801 Sandnessjøen

Tel +47 75 06 41 00

[veolia-transport.no](http://veolia-transport.no)

### Torghatten Nord AS

Central: +47 906 20 700

Ferry booking: +47 906 20 700









[torghatten-nord.no](http://torghatten-nord.no)



FOTO: KYSTRIKSVEIEN REISLIV AS



## Symbols

							
Car incl. driver up to 6 m.	Car/motor-caravan incl. driver 6.01-7m	Car/motor-caravan incl. driver 7.01-8m	Car with trailer incl. driver up to 10 m.	Car with trailer incl. driver up to 12 m.	Motorbike/ scooter incl. driver	Adult	Children

1 = MONDAY  
D = DAILY

2 = TUESDAY  
X = EXCEPT

3 = WEDNESDAY 4 = THURSDAY 5 = FRIDAY

6 = SATURDAY 7 = SUNDAY


EXAPLE: DX67 = DAILY EXCEPT SATURDAYS AND SUNDAYS




**M/F Geisnes, cap: 24 cars. Duration: 5 min. Tel. +47 951 90 950**

 **ØLHAMMEREN - SEIERSTAD (JØA)**

<b>DX67</b>	<b>DX7</b>	<b>DX7</b>	<b>D</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>DX7</b>
0630	0700	0730	0800	0840	0900	1000	1100	1200	1300	1400	1500	1530
<b>D</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	
1600	1630	1700	1800	1900	2000	2100	2200	2300	2400			

 **SEIERSTAD (JØA) - ØLHAMMEREN**

<b>DX67</b>	<b>DX7</b>	<b>DX7</b>	<b>D</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>DX7</b>
0615	0645	0715	0745	0830	0850	0950	1050	1150	1250	1350	1450	1520
<b>D</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	
1550	1620	1650	1750	1850	1950	2050	2150	2250	2350			

<b>Kr</b>		 6.01-7.00 m	 7.01 m - 8.00 m	 → 10.00 m	 10.00 m →			
	49	124	147	98	147	39	22	11

**M/F Olav Duun, cap: 61 cars. Duration: 25 min. Tel. +47 951 90 930**

 **LUND - HOFLES**









**769**

<b>DX67</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>DX6</b>	<b>D</b>	<b>D</b>
0625	0740	0900	1030	1200	1430	1550	1710	1830	2030	2200	

 **HOFLES - LUND**

**769**

<b>DX67</b>	<b>DX67</b>	<b>6</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>DX6</b>	<b>D</b>	<b>D</b>
0600	0705	0715	0830	1000	1130	1335	1520	1640	1800	2000	2130

<b>Kr</b>		 6.01-7.00 m	 7.01 m - 8.00 m	 → 10.00 m	 10.00 m →			
	101	246	288	202	303	61	36	18

**D=Daily X=Except 1=Monday 2=Tuesday 3=Wednesday aso.**



Foto: Myrstrøvsveien Reseriv

**M/F Olav Duun, cap: 61 cars. Duration: 5 min. Tel. +47 951 90 930**

 **GEISNES - HOFLES**

**776**

**DX67 D D D D DX7 D D D DX6 D D**  
 0655 0815 0945 1105 1235 1320 1505 1625 1745 1905 2105 2245

 **HOFLES - GEISNES**

**776**


**DX67 D D D D DX7 D D D DX6 D D**  
 0705a 0810 0935 1100 1230 1315 1500 1620 1740 1900 2100 2240

a) After this stop, the ferry goes directly to Lund.


<b>Kr</b>		 6.01-7.00 m	 7.01 m - 8.00 m	 → 10.00 m	 10.00 m →			
	55	138	163	110	165	42	24	12

**M/F Leka, cap: 35 cars. Duration: 20 min. Tel. +47 957 37 053**

Rute 17-552

 **GUTVIK - SKEI (LEKA)** (Valid to 31.12.11)

**DX67 DX7 7 DX7 7 DX7 DX6 D DX7 7 DX67 DX67**  
 0730 0830 0900 1005 1030 1105 1310 1410 1510 1545 1610 1710  
**67 DX7 DX6 DX7 7 DX67**  
 1730 1845 1945 2130 2200 2255

 **SKEI (LEKA) - GUTVIK**

**DX67 DX7 7 DX7 7 DX7 DX6 D DX7 7 DX67 DX67**  
 0650 0800 0830 0935 1000 1035 1240 1340 1440 1500 1540 1640  
**67 DX7 DX6 DX7 7 DX67**  
 1700 1815 1915 2100 2130 2230

D=Daily X=Except 1=Monday 2=Tuesday 3=Wednesday aso.




<b>Kr</b>		 6.01-7.00 m	 7.01 m - 8.00 m	 → 10.00 m	 10.00 m →			
	73	178	210	146	219	47	28	14



Foto: Kysttjenesten Reiseliv

M/F Lysingen, cap. 60 cars, Duration: 20 min.


Route 18-115

 HOLM - VENNESUND (all year 2011)

**17**

<b>DX7</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>DX6</b>	<b>DX67a</b>	<b>D</b>	<b>7a</b>	<b>DX67a</b>	<b>DX7c</b>	<b>7</b>	<b>DX67a</b>
0625	0715	0900	1000	1100	1130	1200	1240	1300	1330	1400	1415

<b>D</b>	<b>DX6a</b>	<b>D</b>	<b>1457a</b>	<b>D</b>	<b>7a</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>
1445	1515	1550	1615	1650	1715	1745	1840	2030	2130	2240

 VENNESUND - HOLM (all year 2011)

**17**

<b>DX7</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>DX6</b>	<b>D</b>	<b>DX67a</b>	<b>DX7b</b>	<b>7a</b>	<b>DX67a</b>	<b>De</b>	<b>DX6a</b>
0600	0650	0835	0930	1030	1130	1200	1300	1310	1330	1410	1445

<b>D</b>	<b>DX6a</b>	<b>D</b>	<b>1457a</b>	<b>D</b>	<b>7a</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>
1520	1545	1620	1645	1715	1745	1815	2000	2100	2215

a) Only 24.6 - 7.8.2011

In the periode 25.6-5.8 there is a extra call on sundays b) 1230, c) 1255, e) 1415


<b>Kr</b>		 6.01-7.00 m	 7.01 m - 8.00 m	 → 10.00 m	 10.00 m →			
	79	192	225	158	237	50	30	15

M/F Torgtind, cap. 50 cars. Duration: 45 min.









Route 18-153

 HORN - VEGA TJØTTA - VEGA - HORN (Summer 24.6 -07.8)

	<b>DX67</b>	<b>DX6</b>		<b>DX67</b>	<b>DX6</b>
From Horn	0935	1600	From Tjøtta	1140	1810
From Vega	1030	1700	From Vega	1250	1915
To Tjøtta	1130	1800	To Horn	1340	2005

 HORN - VEGA TJØTTA - VEGA - HORN  
(Winter 1.1-23.6 and 8.8-31.12)

	<b>5</b>	<b>257</b>		<b>5</b>	<b>257</b>
From Horn	0935	1600	From Tjøtta	1140	1810
From Vega	1030	1700	From Vega	1245	1915
To Tjøtta	1130	1800	To Horn	1335	2005

Horn-Tjøtta		 6.01-7.00 m	 7.01 m - 8.00 m	 → 10.00 m	 10.00 m →			
	215	516	602	430	645	108	65	33
Vega-Tjøtta	171	407	477	342	513	89	53	27

M/F Torghatten, cap: 58 cars. Duration: 20 min. Tel. + 47 957 37 051

Route 18-153



HORN - ANDDALSVÅG (valid all year 2011)

17

<b>DX67</b>	<b>6</b>	<b>DX67</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>DX67</b>	<b>DX67</b>	<b>D</b>	<b>DX6</b>
0600	0615	0710	0850	0940	1100a	1115b	1200a	1205b	1310	1445

<b>D</b>	<b>DX6</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>
1545	1705	1840	1940a	2045	2215

17



ANDDALSVÅG - HORN (valid all year 2011)

<b>DX67</b>	<b>DX67</b>	<b>6</b>	<b>D</b>	<b>D</b>	<b>DX67</b>	<b>DX67</b>	<b>D</b>	<b>DX67</b>	<b>D</b>	<b>67</b>
0625	0735	0820	0915	1005	1130a	1140b	1230	1420a	1420b	1430a

<b>DX6</b>	<b>D</b>	<b>DX67</b>	<b>67</b>	<b>DX6</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>
1510	1635b	1635a	1640a	1810	1910a	1950b	2015a	2140	2240

a) only 1.6 - 31.8 b) except 1.6 - 31.8

<b>Kr</b>								
	73	6.01-7.00 m 178	7.01 m - 8.00 m 210	→ 10.00 m 146	10.00 m → 219	47	28	14

D=Dayli X=Except 1=Monday 2=Tuesday 3=Wednesday aso.

M/F Torgtind, cap: 50 cars. Duration: 45 min.



HORN - VEGA (Igerøy) (Winter 1.1-23.06 and 8.8-31.12.11)

<b>DX67</b>	<b>5</b>	<b>DX5</b>	<b>7</b>	<b>DX7</b>	<b>D</b>	<b>1346</b>	<b>257</b>	<b>1346</b>	<b>257</b>
0730a	0935a	1025a	1230a	1340a	1600a	1845a	2015	2200a	2210a



HORN - VEGA (Igerøy) (Summer 24.6 - 07.8)

<b>DX67</b>	<b>DX67</b>	<b>67</b>	<b>D</b>	<b>DX67</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>
0730a	0935a	0955a	1150a	1345a	1600a	1800a	2015a	2210a



VEGA (Igerøy) - HORN (Winter 11.1-23.06 and 8.8-31.12.11)

<b>DX67</b>	<b>5</b>	<b>DX5</b>	<b>7</b>	<b>DX57</b>	<b>5</b>	<b>D</b>	<b>1346</b>	<b>257</b>	<b>1346</b>	<b>257</b>
0630a	0840a	0930a	1130a	1210a	1245a	1440a	1745a	1915a	2100a	2120a



VEGA (Igerøy) - HORN (Summer 24.6 - 07.8)

<b>DX67</b>	<b>DX67</b>	<b>67</b>	<b>D</b>	<b>DX67</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>
0630a	0840	0900a	1050a	1250a	1445a	1700a	1915a	2120

a) Stops at Ylvingen if you make a reservation before departure tel: + 47 95 73 70 52.


<b>Kr</b>								
	125	6.01-7.00 m 300	7.01 m - 8.00 m 352	→ 10.00 m 250	10.00 m → 375	70	42	21

**MF Tjøtta, cap. 28 cars . Duration ca 60 min. Mobil: +47 480 77 010**
 **FORVIK - TJØTTA**

There may have been changes in this timetable since we printed Jan 2011.

**17**


<b>DX7</b>	<b>D</b>	<b>DX67a</b>	<b>Da</b>	<b>D</b>	<b>DX67</b>	<b>67a</b>	<b>DX67a</b>	<b>67</b>	<b>DX67</b>	<b>67a</b>
0655	0935	0945	1155	1200	1405	1420	1515	1625	1630	1635
<b>DX67a</b>	<b>D</b>	<b>DX6a</b>	<b>D</b>	<b>13</b>						
1745	1935	2015	2130	0013						

 **TJØTTA - FORVIK**
**17**

<b>135</b>	<b>246</b>	<b>D</b>	<b>DX67a</b>	<b>D</b>	<b>Da</b>	<b>Dx67</b>	<b>67a</b>	<b>DX67a</b>	<b>67</b>	<b>DX67</b>	<b>67a</b>
0535	0545	0815	0835	1045	1050	1300	1315	1315	1515	1515	
<b>67a</b>	<b>DX67a</b>	<b>DX6</b>	<b>6</b>	<b>DX6a</b>	<b>D</b>						
1530	1625	1825	1815	1855	2035						

a) Only 15.04.11 – 31.08.11 The additional ferry is M/F Røsund - tlf. + 47 992 83 228

<b>Kr</b>		 6.01-7.00 m	 7.01 m - 8.00 m	 → 10.00 m	 10.00 m →			
	135	329	383	270	405	74	45	22

**M/F Alsten, cap. 28 cars. Duration ca 30 min. Mob: +47 482 46 647**
 **BRASØY - HERØY - AUSTBØ - SØVIK** **Summer: 11.06.11-13.08.11**

	<b>DX67</b>	<b>DX67</b>	<b>DX67</b>	<b>DX67</b>	<b>DX67</b>	<b>DX67</b>	<b>DX67</b>	<b>DX67</b>	<b>DX67</b>	<b>DX67</b>	<b>DX67</b>	<b>DX67</b>	<b>DX67</b>	<b>DX67</b>
Brasøy				0915					1345			1600		
Herøy	0550	0725	0755	0955	0920	1040	1135	1230	1420	1410	1555	1635	1720	1825
Austbø	0605	0740		1015			x	x	1440				xk	xk
Søvik	0630	0805	0825	1035	0950	1110	1215	1310	1500	1440	1625	1705	1755i	1910
Søvik	0635	0815	0830	1045	1000	1150	1245	1320	1510	1450	1635	1750	1855	1915
Austbø	x		x	x				x	1530		x		x	
Herøy	0715	0845	0910	1125	1030	1220	1315	1400	1550	1525	1715	1820	1935	1945
Brasøy		0915					1345			1555				
	<b>DX67</b>	<b>DX67</b>	<b>5</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
Brasøy		2115	2115	xa				x		1440				1920
Herøy	1940	2150	2150	0800	0940	1030	1110	1250	1425	1515	1615	1645	1820	1955
Austbø		x	x	0815	x		xk		xk			xk	xk	x
Søvik	2010j	2230g	2230g	0845	1020f	1100	1150	1320	1505	1545	1645	1725	1900	2040g
Søvik	2015	2235	2235	0850	1025	1110	1325	1345	1515	1555g	1655	1805		2045
Austbø		x	x	0910	x		1345			x	x	x		x
Herøy	2045	2320	2315	0935	1105	1140	1405	1415	1545	1640	1740	1850		2130
Brasøy	2115		xa			x	1435					1920		
	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
Brasøy			1105					1605						2115
Herøy	0900		1140	1250	1310	1500	1620	1640	1740		1845	1955	2150	
Austbø	x		xk		1330k					1745		xk	x	
Søvik	0940		1220	1320	1355	1530	1650	1710	1815	1805	1915	2035	2230	
Søvik	0945	1210	1225	1330	1455g	1540	1700	1720	1910	1810	2005j		2235	
Austbø	x		x		x		1740	x		x		x		x
Herøy	1030	1240	1305	1400	1535	1610	1730		1950	1840	2045		2320	
Brasøy	1100				1605						2115			

k): www.veolia-transport.no The marked areas indicate the additional ferry M/S Vefsna tel. + 47 482 46 648

**M/F Møysalen, cap: 104 cars. Mobil: + 47 951 92 700**

**SANDNESSJØEN - DØNNA - LØKTA**
*There may have been changes in this timetable since we printed Jan 2011.*

	<b>DX67</b>	<b>6</b>	<b>DX7</b>	<b>7</b>	<b>7</b>	<b>DX7</b>	<b>7</b>	<b>DX67</b>	<b>125</b>	<b>34</b>	<b>3467</b>
From Sandnessjøen	0615	0630	0825		0910	0940	1055	1155	1300	1300	1410
From Dønna	0645		0850			1005	1120	1220	1325	1325	1435
From Løkta	0715	a			0955	1040			1400		
From Dønna	0750	0750	0900	0840	1025	1115	1125	1225	1435	1335	1440
To Sandnessjøen	0815	0815	0925	0905	1050	1140	1150	1250	1505	1400	1505
	<b>DX7</b>	<b>7</b>	<b>DX7</b>	<b>7</b>	<b>7</b>	<b>567</b>	<b>1234</b>	<b>57</b>	<b>6</b>	<b>DX6</b>	
From Sandnessjøen	1535	1515	1745	1730	1835	1940	2000	2145	2145	2245	
From Dønna	1600	1545	1810	1755	1900	2010	2030	2210	2210	2310	
From Løkta	1630	1615				2040	2100				
From Dønna	1710	1655	1820	1800	1905	2115	2135	2215		2310	
To Sandnessjøen	1735	1725	1845	1830	1935	2140	2200	2240		2340	

x) on request l) no stops

<b>Kr</b>		6.01-7.00 m	7.01 m - 8.00 m	→ 10.00 m	10.00 m →			
	95	233	272	190	285	58	34	17

Price is for: Sandnessjøen - Dønna

D=Daily X=Except 1=Monday 2=Tuesday 3=Wednesday aso.

**M/F Petter Dass, cap. 70 cars. Mobil + 47 480 77 014**

**LEVANG - NESNA**
*There may have been changes in this timetable since we printed Jan 2011.*
**17**

<b>DX67</b>	<b>DX67</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>
0600	0650	0740	0845	1000	1110	1220	1355	1505	1610	1715
<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>						
1815	1915	2120	2215	2305						



**NESNA - LEVANG**
**17**

<b>DX67</b>	<b>DX67</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>
0625	0715	0810	0920	1035	1145	1255	1430	1540	1640	1745
<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>						
1845	2050	2150	2240	2335						

<b>Kr</b>		6.01-7.00 m	7.01 m - 8.00 m	→ 10.00 m	10.00 m →			
	89	219	257	178	267	55	33	16

D=Daily X=Except 1=Monday 2=Tuesday 3=Wednesday aso.

**M/F Tomma, cap: 31 cars. Mobil: +47 480 77 017**

 **NESNA - NESNAØYENE**

*There might have been changes since we printed Jan 2011.*

	<b>DX67</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>7a</b>	<b>7a</b>	<b>D</b>	<b>D</b>
From Tomma	0540	0710	0845	1105			1500	1510	1700
From Handnesøya	x	0720	0855	1115		1545		1520	1710
From Vikholmen	x	0735	0905	1130	1355	1600		1535	1725
To Nesna	0620	0755	0925	1150	1405	1610	1525	1555	1740
From Nesna	0630	0800	1015	1150	1415		1525	1615	1810
From Vikholmen	x	0810	1025	1200	1425			1625	x
From Handnesøya	x	0825	1040		1440		1545	1640	x
To Tomma	0710	0840	1100		1500			1655	1855

	<b>D</b>	<b>DX67</b>	<b>DX67</b>	<b>7</b>
From Tomma	1900	2035		2055
From Handnesøya	x	x		x
From Vikholmen	x		2140	x
To Nesna	1940	2110	2150	2140

From Nesna	1945	2115	2155	2155
From Vikholmen	x	2125	x	x
From Handnesøya	x		x	x
To Tomma	2025		2240	2240

a) only from 01.05 to 30.09

x) on request |) no stops

		 6.01-7.00 m	 7.01 m - 8.00 m	 → 10.00 m	 10.00 m →			
	95	233	272	190	285	58	34	17

Price is for: Nesna-Tomma

**D=Daily X=Except 1=Monday 2=Tuesday 3=Wednesday aso.**



**M/F Lurøy, cap: 49 cars. Mobil: +47 970 56 167**

*There may have been changes in this timetable since we printed Jan 2011.*









**LOVUND - SLENESET - ONØY - STOKKVÅGEN**

	<b>DX67</b>	<b>6</b>	<b>7</b>	<b>DX67</b>	<b>7</b>	<b>6</b>	<b>DX67</b>	<b>7a)</b>	<b>7a)</b>	<b>7b)</b>
From Lovund	0545	0645	0745	1135		1600	1650	1615		1700
From Sleneset	0640	0740	0840	1230	1210	1655	1745	1715		1800
From Onøy	0725	0825	0920	1315	1250	1735	1825		1920	1845
To Stokkvågen	0810	0910	1005	1400	1335	1820	1910	1820	2000	1930
	<b>DX67</b>	<b>7</b>	<b>6</b>	<b>7</b>	<b>DX67</b>	<b>6</b>	<b>DX67</b>	<b>7a)</b>	<b>7a)</b>	<b>7b)</b>
From Stokkvågen	0900	1010	1030	1345	1420	1830	1930	1830	2015	1945
From Onøy	0945	1055	1115	1430	1505	ex	2010a	1910	xf	xf
From Sleneset	1030	1140	1200	1510	1545	ex	2055		xf	xf
To Lovund	1125		1255	1605	1640	2050	2150		2240	2210

l) no stops a) Only 23.05 – 21.08 b) not in the period 23.05 – 21.08

x) Stops on signal, please call the ferry mobil tel: +47 970 56 167

e and f: [www.veolia-transport.no](http://www.veolia-transport.no)

<b>Kr</b>		 6.01-7.00 m	 7.01 m - 8.00 m	 → 10.00 m	 10.00 m →			
	233	555	649	466	699	116	70	35

D=Dayli X=Except 1=Monday 2=Tuesday 3=Wednesday aso.

**M/F Haarek, cap: 24 cars. Mobil: +47 482 46 646**

*There may have been changes in this timetable since we printed Jan 2011.*

**TRÆNA - STOKKVÅGEN**

	<b>DX7</b>	<b>257</b>	<b>4</b>	<b>13</b>
From Træna	0645	1500	1500	
From Lovund				1510
From Sleneset				x
From Onøy	xb			x
Indre Kvarøy			xc	
To Stokkvågen	0905	1715	1805	1730

x) Stops on request. Plase call tel: +47 482 46 646 before departure the last stop.

b and c: [www.veolia-transport.no](http://www.veolia-transport.no)

**STOKKVÅGEN - TRÆNA**


	<b>24</b>	<b>5</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>6</b>	<b>4</b>	<b>1357</b>
From Stokkvågen	0915	0915	0915	1200	1245	1800	1800	1815	1800
From Indre Kvarøy		x	x	x	x				
From Onøy				x	x				
From Sleneset				x	x				
To Lovund				1500	1500				
To Træna	1130	1220				2015	2015	2030	2015
To Selvær	x	x					x		x
To Træna									2130



**M/S Rødøy, cap: 60 cars. Duration: 60 min. Tel. +47 992 83 234**


Route 18-414

01.06-31.08 additional ferry.

 **KILBOGHAMN - JEKTVIK** (Valid to april 2011)

**17**

<b>DX7</b>	<b>7</b>	<b>DX7</b>	<b>DX7</b>	<b>7</b>	<b>DX7</b>	<b>D</b>	<b>D</b>
0830	1030a	1010b	1150a	1200b	1250b	1400	1515b
<b>D</b>	<b>D</b>	<b>DX7</b>	<b>7</b>	<b>7</b>	<b>DX67</b>	<b>DX</b>	
1640	1800b	1910	1910a	2030c	2130c	2130	

 **JEKTVIK - KILBOGHAMN**

**17**

<b>DX7</b>	<b>DX7</b>	<b>DX7</b>	<b>7</b>	<b>DX7</b>	<b>7</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>D</b>
0625	0900b	1030	1030b	1140b	1145	1250a	1415b	1520	1615b
<b>D</b>	<b>DX7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>DX7</b>	<b>DX67</b>			
1800a	1800	1835	1915b	2020a	2030a	2030			

Calls Sørfjorden;  
www.torghatten-nord.no


a) only 01.6 - 31.8 b) only 22.6 - 02.8 c) except 01.06-31.8

<b>Kr</b>		 6.01-7.00 m	 7.01 m - 8.00 m	 → 10.00 m	 10.00 m →			
	159	383	446	318	477	85	50	25

D=Daily X=Except 1=Monday 2=Tuesday 3=Wednesday aso.

**M/S Fykan, cap: 35 cars. Mobil: +47 992 83 236**

Route 18-412

 **KILBOGHAMN - NORDNESØY** (Valid to april 2011)

	<b>25</b>	<b>36</b>	<b>1</b>	<b>4</b>	<b>14</b>	<b>235</b>	<b>7</b>
From Kilboghavn	0905						1945
From Jektvik	1020	1010	1010	1010	1810	2040	2045
From Rødøy	1100	1050	1100	1050	1850	2115	2120
From Gjerøy	1130	1120	1155	1145	1920a	2145	2145
From Selsøyvik	1150	1140	1225	1215	xc	xc	xc
From Storselsøy	1225	1215	1255	1245	xc	xc	xc
To Nordnesøy	1300	1250	1325	1315	2040	2315	2315

 **NORDNESØY - KILBOGHAMN**

	<b>25</b>	<b>1346</b>	<b>14</b>	<b>3</b>	<b>7</b>	<b>25</b>
From Nordnesøy	0600	0700	1355	1510	1600	1745
From Storselsøy	0630	0740	1545	1545	1635	1820
From Selsøyvik	0700	0815	1615	1615	1710	1850
From Gjerøy	0720	0835a	1635	1635	1730	1910
From Rødøy	0750	0905	1705	1705	1800	1940
To Jektvik		0945b	1740b	1740b	1835	2015b
To Kilboghavn	0900				1940	

x) Stops if required l) no stops

a) corssp. with Nordlandsekspressen b) Correspondance with ferry to Kilboghavn

c) stops on signal, please call the ferry before departure Gjerøy


**MS Bognes, cap: 40 cars. Duration: 10 min. Tel. +47 992 83 230**

Route 18-421

 **ÅGSKARDET - FORØY** (Valid to april 2011)

**17**

<b>DX7</b>	<b>DX7</b>	<b>DX7</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>DX7</b>	<b>7</b>	<b>DX7</b>	<b>DX7</b>	<b>D</b>	<b>D</b>
0530	0635	0745	0840a	0915	1030	1110	1230	1315	1345a	1415	1520
<b>D</b>	<b>DX7</b>	<b>D</b>	<b>7</b>	<b>D</b>	<b>DX6</b>	<b>DX7</b>	<b>D</b>	<b>DX6</b>	<b>7</b>	<b>D</b>	<b>D</b>
1600	1630a	1700	1800b	1830	1920	2010a	2100	2205b	2205a	2315	0015

 **FORØY - ÅGSKARDET**

**17**


<b>DX7</b>	<b>DX7</b>	<b>DX7</b>	<b>DX7</b>	<b>D</b>	<b>D</b>	<b>DX7</b>	<b>7</b>	<b>DX7</b>	<b>DX7</b>	<b>D</b>	<b>D</b>
0540	0700	0800	0855a	0930	1045	1125	1245	1330	1400a	1430	1530
<b>D</b>	<b>DX7</b>	<b>D</b>	<b>7</b>	<b>D</b>	<b>DX6</b>	<b>DX7</b>	<b>D</b>	<b>DX6</b>	<b>7</b>	<b>D</b>	<b>D</b>
1615	1645a	1715	1815b	1845	1935	2025a	2115	2220b	2220a	2325	0030

a) only 01.06 - 30.08 b) except 01.06-31.8


		 6.01-7.00 m	 7.01 m - 8.00 m	 → 10.00 m	 10.00 m →			
	61	152	178	122	183	43	25	13

**M/F Gildeskål, cap: 35 cars. Tel: +47 992 83 224**

Route 18-444



 **SUND - HORSDAL - SØRARNOY** (Valid to april 2011)

	<b>D</b>	<b>234</b>	<b>5</b>	<b>1</b>	<b>7</b>	<b>DX7</b>	<b>6</b>	<b>7</b>	<b>DX67</b>	<b>57</b>
From Sund	0900	1215	1215	1350	1500	1615	1800a	1800	1900	2030
From Horsdal	0910	1	1225	1400	1510	1625	1810a	1810	1910	2040
To Sørarnøy	0950	1255	1255	1435	1545	1700	1845a	1845	1945	2115

 **SØRARNOY - HORSDAL - SUND**


	<b>DX67</b>	<b>6</b>	<b>7</b>	<b>DX7</b>	<b>1</b>	<b>234</b>	<b>5</b>	<b>7</b>	<b>56</b>
From Sørarnøy	0700	0800	0950	1115	1435	1500	1500	1645	1710
From Horsdal	0740	0840	1025	1150	1510	1	1530	1720	1745
To Sund	0750	0850	1035	1200	1520	1540	1540	1730	1755
	<b>1234</b>	<b>6</b>	<b>7</b>	<b>5</b>					
From Sørarnøy	1810	1850a	1855	1945					
From Horsdal	1845	1925a	1930	2010					
To Sund	1855	1935a	1940	2020					

l) no stops a) only in the periode 21.6 - 16.8

		 6.01-7.00 m	 7.01 m - 8.00 m	 → 10.00 m	 10.00 m →			
	101	246	288	202	303	61	36	18

Price is for the ferry trip between Sørarnøy and Horsdal or Sund.

D=Daily X=Except 1=Monday 2=Tuesday 3=Wednesday also.

 ØRNES-VASSDALSVIK-MELØYSUND-BOLGA-STØTT

	1	2	3	4	5	6	7	x=stop on signal ↑ = Oposite ↓ order.
From Ørnes	/	/	/	/	/	/	/	
From Støtt	/	/	0530	/	/	/	/	
From Bolga	0530	/	/	0530	/	/	/	
From Meløysund	0630	0630	0630	0630	0630	0645	/	
From Vassdalsvik	0645	0645	0645	0645	0645	0700	/	
To Ørnes d)	0720	0720	0720	0720	0720	0735	/	
From Ørnes	0800	0800	/	/	0800	0800	/	
From Vassdalsvik	0835	0835	/	/	0835	0835	0855	↑
From Meløysund	0850	0850	/	/	0850	0850	0840	↓
To Ørnes	0920 g)	0920 g)	/	/	0920 g)	0920 g)	0930 g)	
From Ørnes	1015	1335	1015	1015	1015	1015	0945	
From Vassdalsvik	1050	/	1050	1050	1050	1050	1020	
From Meløysund	1105	/	1105	1105	1105	1105	1035	
To Støtt	/	/	/	/	1200	/	/	
To Bolga	1200	/	1200	1200	/	/	1130	
From Bolga	1310	/	1310	1310	/	/	1310	
From Støtt	/	/	/	/	1310	/	/	
From Meløysund	1410	1410	1410	1410	1410	1250	1410	
From Vassdalsvik	1425	1425	1425	1425	1425	1305	1425	
To Ørnes	1500	1500	1500	1500	1500	1340 d)	1450 d)	
From Ørnes	1510	1510	1510	1510	1510	1340 *)	1510	
From Støtt	/	/	/	/	/	x b)	/	
From Meløysund	1545	1545	1545	1545	1545	/	1545	
From Vassdalsvik	1600	1600	1600	1600	1600	/	1600	
From Meløysund	1615	1615	1615	1630	1615	/	1615	
From Vassdalsvik	/	/	/	1645	/	/	/	
To Ørnes	1650	1650	1650	1720	1650	1600	1650	
From Ørnes e., f)	1735	1735	1735	1735	1735	1610 f)	1700	
From Meløysund	1810	1810	1810	1825	1825	1700	1735	
From Vassdalsvik	1825	1825	1825	1810	1810	1645	1750	
From Bolga	/	/	/	x a)	/	1755	/	
From Vassdalsvik	/	/	/	/	/	/	/	
From Meløysund	/	/	/	2025	/	1855	/	
From Vassdalsvik	/	/	/	2035	/	1910	/	
To Ørnes	1900	1900	1900	2110	1900	1940	1830	
From Ørnes	1915	1915	1900 *)	/	1935 f)	1950 f)	1830 *)	
From Vassdalsvik	1950	1950	/	/	2010	2025	/	
From Meløysund	2005	2005	/	/	2025	2040	/	
From Støtt	/	2100	x b)	/	/	/	x b)	
To Bolga	xh)	/	/	/	x a)	/	/	
From Meløysund	/	/	/	/	2215	/	x b)	
From Vassdalsvik	/	/	/	/	2230	/	/	
To Ørnes	/	/	2100	/	2300	/	2045	
From Ørnes	/	/	2105	2315 f)	2315 f)	/	2105 f)	/=no stop
From Vassdalsvik	/	/	2140	2350	2350	/	2140	1=Monday
To/From Meløysund	/	/	2155	2359	2359	/	2155	2=Tuesday
To Bolga	/	/	2245	/	/	/	2245	3=Wednesday aso.

g), d), \*), xh), xb), xa), f): [www.torghatten-nord.no](http://www.torghatten-nord.no)



FOTO: FRIEND HAARBERG



## Fly and bike along the Kystriksveien

12 days cycle trip with "Island Hopping", with highlights along the route.

Here you can enjoy the exciting coastal scenery at close hand. Cycle friendly islands and coastal stretches. There are also several alternative routes on the mainland and along Fv 17. An extended version of the following route descriptions can be downloaded as a PDF file.

Cycle hire available at most tourist offices. Book in good time. Can be collected from one point and delivered to another for an additional price.

Accommodation can be booked through [kystriksveien.no](http://kystriksveien.no). Here you will also find updated ferry and coastal express timetables. Please note that the timetables can vary from day to day.

Book a "Cycle Start Package" from our webshop [kystriksveien.no](http://kystriksveien.no). This includes route descriptions of the coasts of Namdal and Helgeland, etc.

Remember your reflective vest!

**HIKE AND BIKE** 



Purchase our  
Bicycle Guide!  
[kystriksveien.no/sykkel](http://kystriksveien.no/sykkel)



## Island hopping on Namdalskysten

### WEDNESDAY

#### **Namsos – Jøa (30 km)**

Take "Namdalingen" coastal express from Namsos Wednesday morning. Cycle around the island. Soak up the atmosphere in the PUB with free sailing in open boat at Brakstad Harbour in the evening.

### THURSDAY

#### **Jøa – Abelvær – Rørvik (38 km)**

Boat departure at lunchtime. Cycle on Landnåmsveien to Rørvik. At Abelvær you will find one of Norway's most weather-beaten pieces of land jutting out into the sea. The Coastal Express arrives at around 2100 hrs.

### FRIDAY

#### **Round trip Rørvik – Leka**

Boat departs for Leka Friday afternoon. Cycle a long (30 km) or short (10 km) round trip on Vikna and visit the cultural

activities of the coastal town. Arrival at Leka Friday evening.

### SATURDAY

#### **Round Leka (28 km)**

Saturday is a good day for visitors to Leka, with several activities – such as a guided tour to Solsemhula (cave). Hiking on marked trails on the red serpentinfjellet (serpentine mountain).

### SUNDAY

#### **Leka – Bogen – Holm/Vennesund (58 km)**

Take the ferry over to Gutvik Sunday morning. You will join Fv17 via Bogen. You pass Heilhornet mountain (1058 m.a.s) northwards on the Helgelandskysten coast.

# Helgelandskysten - Bodø

## MONDAY

### **Holm/Vennesund – Brønnøysund (58 km)**

Continue island hopping on Helgelandskysten. Starting point from Brønnøysund.

## TUESDAY

### **Brønnøysund – Vega (32 km)**

Cycle 15 km to Horn. Ferry Horn – Vega (Igerøy). Make use of the afternoon to cycle around the island in the world heritage area. Accommodation Nes/Kirkøy.

## WEDNESDAY

### **Vega – Herøy/Dønna (Dønnes) (56 km)**

Speed boat from Kirkøy. The mountain range "De syv søstre" (The Seven Sisters) can be seen across the fjord. Bridge across to Dønna. Wonderful views from Dønnesfjellet mountain.

## THURSDAY

### **Dønna – Sandnessjøen – Stokkvågen – Kilboghavn/Jektvik (49 km)**

Ferry Bjørn – Sandnessjøen after lunch. Speed boat onwards to Stokkvågen. On the way to Kilboghavn (harbour) you pass Grønsvik Kystfort (Coastal Fort).

## FRIDAY

### **Kilboghavn/Jektvik – Ørnes or Reipå (54 km)**

Now the countryside is more hilly. Follow Fv17 to ferry Ågskaret – Forøy. After 3 km leave Fv17 and follow the signposts for Vassdalsvik, and thereafter ferry to Ørnes. In this way you avoid Svartistunnellen (tunnel) which is forbidden for cyclists.

## SATURDAY

### **Ørnes – Sandhornøy – Kjøpstad (77 km)**

Follow Fv17 and thereafter Rv838 to Sund. Ferry Sund – Horsda on Sandhornøy Island.

Alternatively take the speed boat from Våg – Bodø (Bodø – Ytre Gildeskål)

## SUNDAY

### **Kjøpstad – Saltstraumen – Bodø (66 km)**

Follow Fv17 northwards. After approx. 30 km you meet Saltstraumen, the world's fastest flowing tidal current. Follow Rv80 from Løding to Bodø centre.



## Kystriksveien - tunnelguide

Distance (from south to north):	Name of tunnel	Meter	Fan	Light
Sjøåsen - Høknes	Rødhammer	42	No	No
Sjøåsen - Høknes	Fjær	57	No	No
Namsos	Namsos Tunnel*	600	Yes	Yes
Høknes - Nordlands grensen	Bergsvik	351	No	Yes
Høknes - Nordlands grensen	Finnmo	230	No	Yes
Høylandet - Geisnes	Skrøyvstad	280	No	No
Høylandet - Geisnes	Risvik	31	No	No
Kjelleidet - Holm	Hestneset	579	No	Yes
Kjelleidet - Holm	Møllevik	100	No	Yes
Kjelleidet - Holm	Botn	38	No	Yes
Kjelleidet - Holm	Løvik	254	No	Yes
Nesna - Utskarpen	Sjonsti	368	No	Yes
Utskarpen - Stokkvågen	Sjona	2796	Yes	Yes
Utskarpen - Stokkvågen	Fornes	146	No	Yes
Utskarpen - Stokkvågen	Sila	2882	Yes	Yes
Jektvik - Ågskardet	Kista	412	No	Yes
Jektvik - Ågskardet	Straumdal	3232	Yes	Yes
Forøy - Ørnes	Svartis *	7615	Yes	Yes
Forøy - Ørnes	Fykan	1946	Yes	Yes
Forøy - Ørnes	Glomfjord	2233	Yes	Yes
Ørnes - Skaugvoll	Storvikskaret	3118	Yes	Yes
Skaugvoll - Kjellingstraumen	Skaugvoll	247	No	Yes
Skaugvoll - Kjellingstraumen	Vindvik	988	No	Yes
Skaugvoll - Kjellingstraumen	Sunds fjord	772	No	Yes
Skaugvoll - Kjellingstraumen	Eivikhammeren	258	No	Yes

\* NB! Namsos Tunnelen and Svartistunnelen in Meløy are forbidden for cycling. From Namsos centre take the Niels Bjørumsgt (street) to avoid the tunnel.



Source: Tunnelguide for Syklister, Statens Vegvesen.



## The Coastal Road

This travel guide by Olav Breen, published by Cappelen, gives both useful travel tips, and also makes you eager to travel. Richly illustrated with wonderful pictures.

**Pris NOK 99**

Buy online at [kystriksveien.no](http://kystriksveien.no)



Awarded:  
Best Tourist Map!

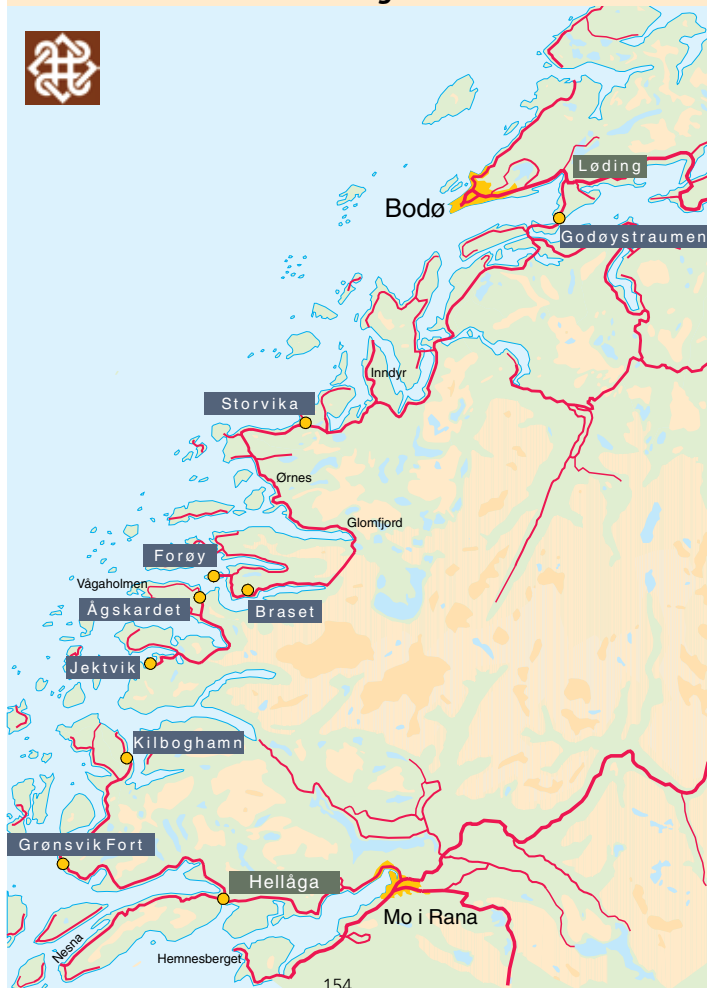


## Maps

A good map is always a good companion. On our web shop you will find many maps both from Kystriksveien and Norway in general. Order now and you can start planning your trip within a few days. Happy Trails!

Buy online at [kystriksveien.no](http://kystriksveien.no)

# Tourist road Helgeland - Facilities



Along Fv17 between Lurøy and Gileskål, the Road authority has carried out measures aimed at making the journey a greater experience for travellers.

It has been built a number of picnic areas with view points put up tourist information boards, carried out cleaning operations in cooperation with the tourist industry to improve services for travellers.

Areas affected by the measures are marked on the map.

[www.turistveg.no](http://www.turistveg.no)

## ***Going on a journey ?***

***Call 175 for information  
on ferries, how to empty  
your motorhome etc...***

**Enjoy the trip!**



Ferry connection

# Skutvik- Svolvær

The road to  
Lofoten goes through  
Hamsuns rike!



Ruteopplysning:  
[www.177nordland.no](http://www.177nordland.no)





HAMSUNS RIKE

Experience the magic of Hamsuns Rike!



Welcome to Hamarøy Hotell  
Where people meet

34 modern rooms  
Member of Arctic menu  
Wireless Internet  
Guest computer

*M*arkens Grøde *S*piseri



Tel: +47 75 76 55 00  
[www.hamaroyhotel.no](http://www.hamaroyhotel.no)



Welcome to Kobbelv Vertshus  
To a friendly, cultural and local traditions

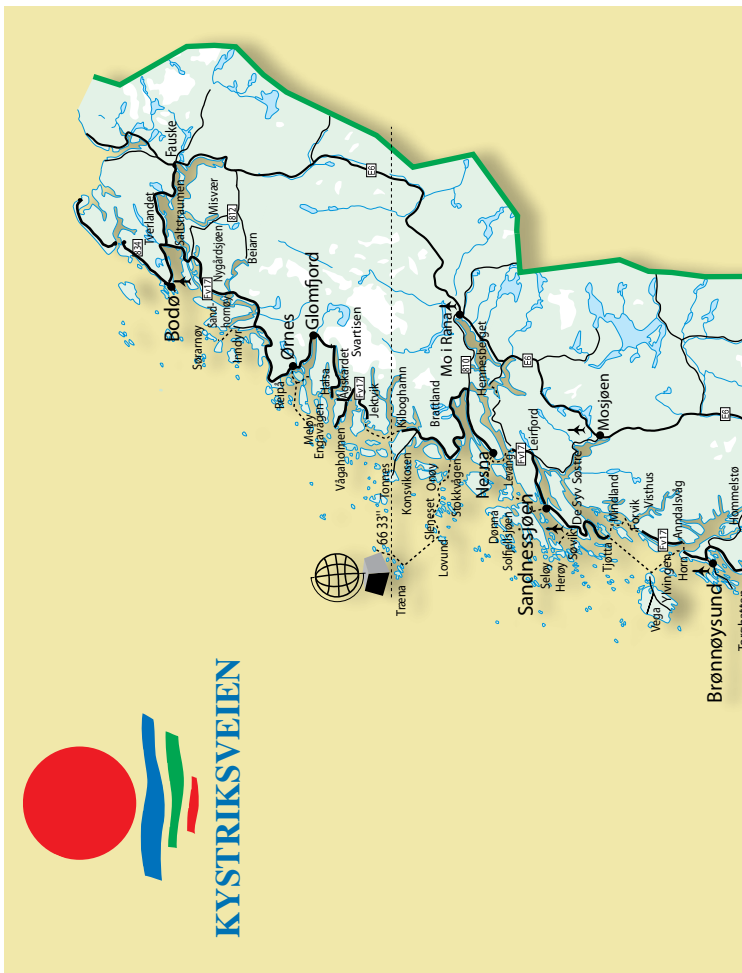
26 rooms  
Cafe and restaurant  
Outdoor restaurant  
Local foods  
Events  
«dinner in the tunnel»  
Boattrips

Tel: +47 75 69 58 01  
[www.kobbelv.no](http://www.kobbelv.no)

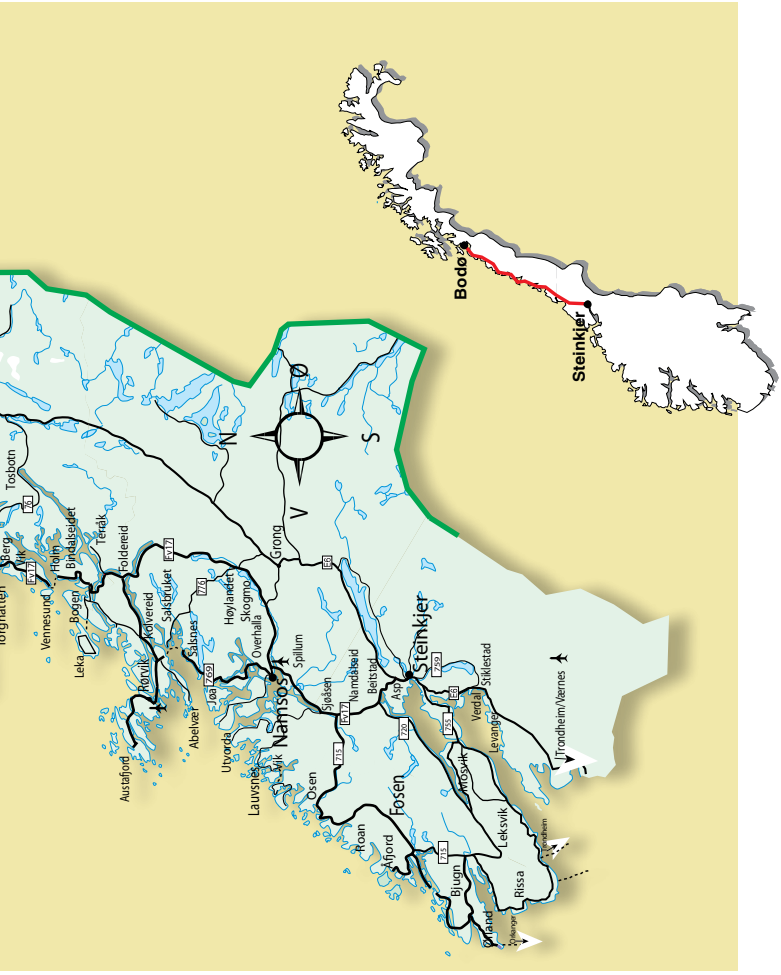


[www.hamsuns-rike.no](http://www.hamsuns-rike.no)

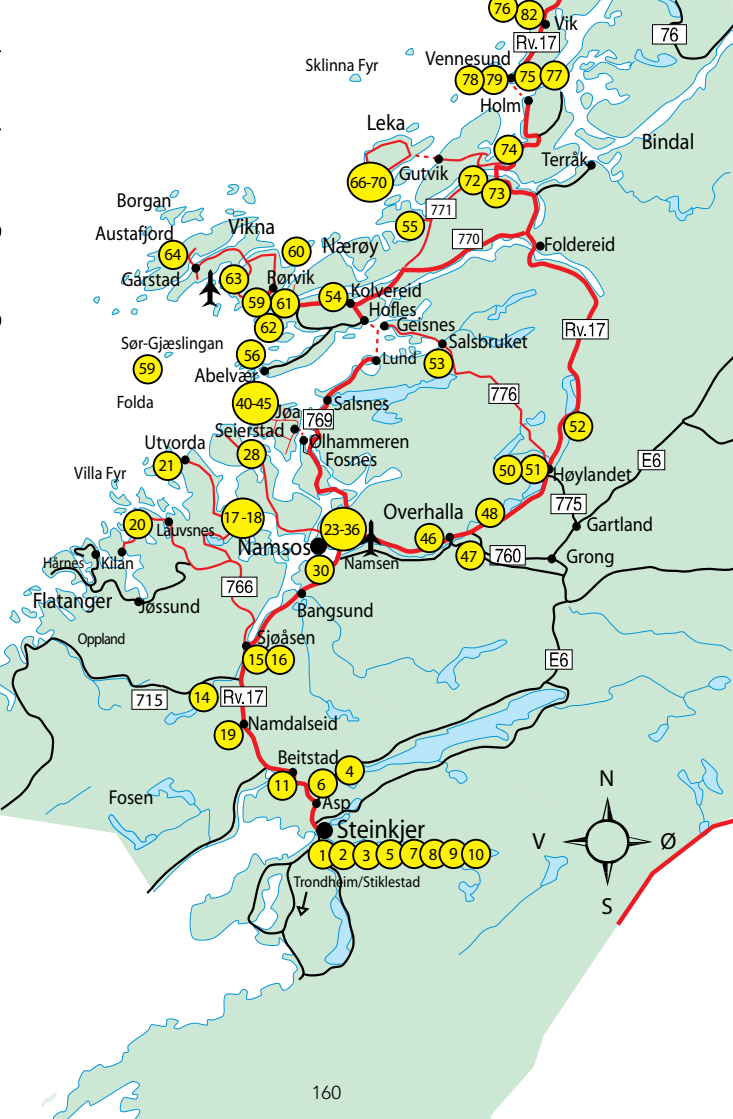
# MAP KYSTRIKSVEIEN



# N MAP KYSTRIKSVEI

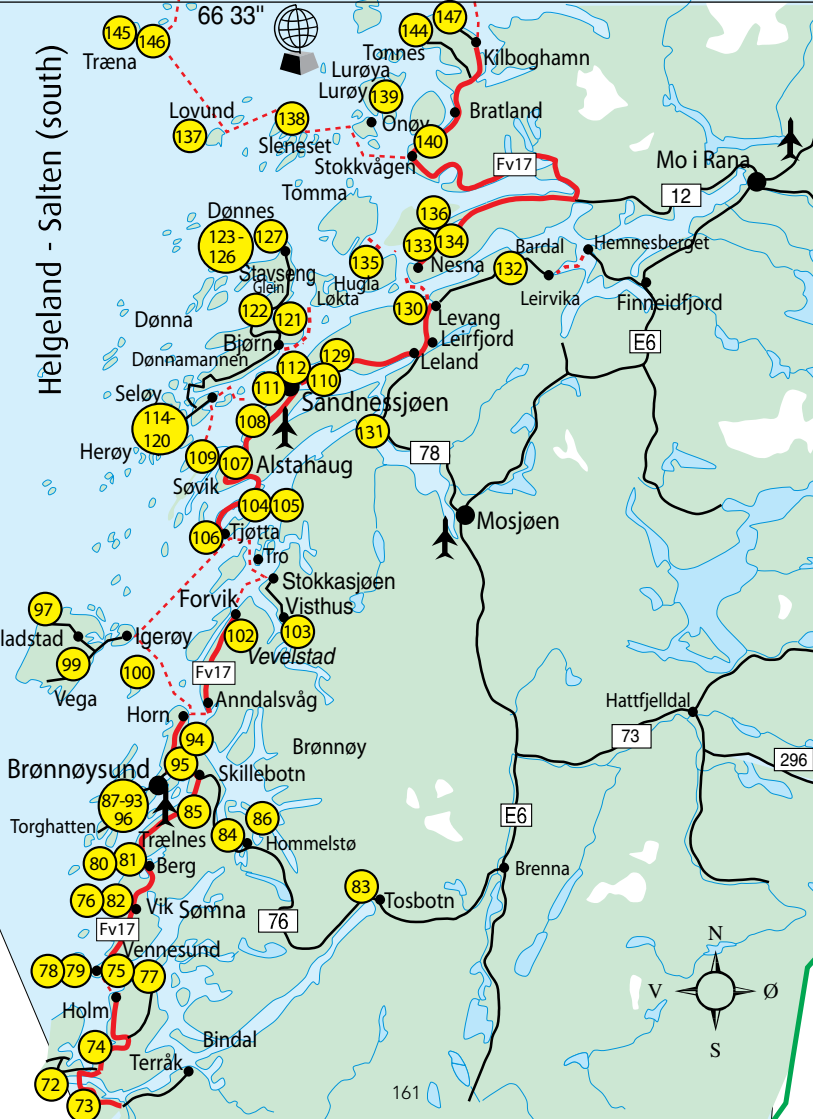


# Nord-Trøndelag - Helgeland (south)

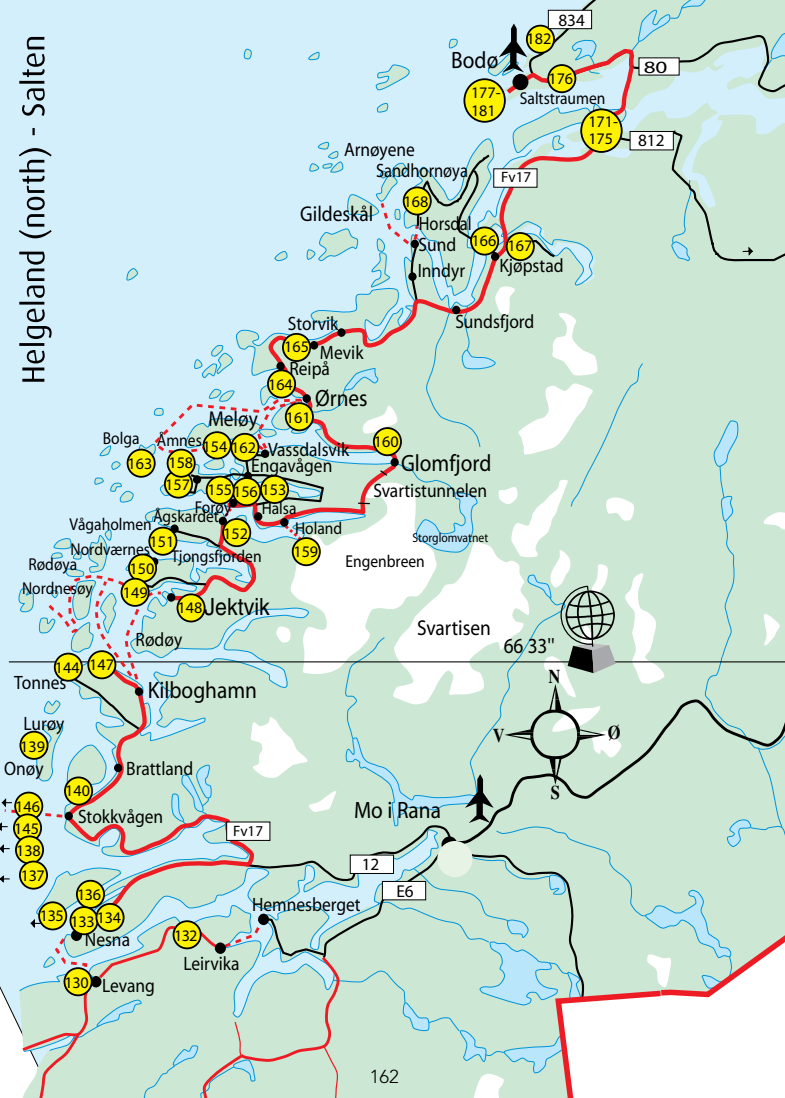




Helgeland - Salten (south)



# Helgeland (north) - Salten



# MEET MOBY DICK



Experience the world's largest toothed whale in it's right element from  
May 25th - Sept. 15th.

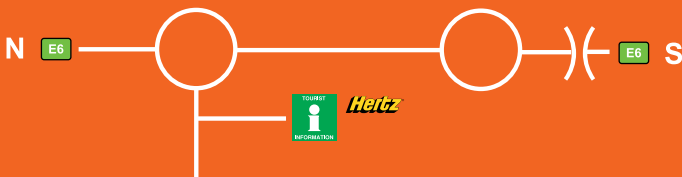
Ever since 1988, Whale Safaris combining research and adventure have been organized in Andenes, Norway. **We offer you:** Shortest distance to the whale fields - Experienced naturalists will be your guides - Whale guarantee - Whale Centre with a multi-media program, restaurant, bar and souvenir shop.



## NO. 1 IN WHALEWATCHING

Information/Booking: Hvalsafari AS, P.B. 58, N-8483 Andenes. Tel.: + 47 76 11 56 00  
E-mail: [booking@whalesafari.no](mailto:booking@whalesafari.no) Internet: [www.whalesafari.com](http://www.whalesafari.com)

Along the E6 in Steinkjer you will find Kystriksveien Info-Center (the Tourist Office)



- Tourist Information for Kystriksveien and most parts of Norway
- Free booking along Kystriksveien • Books and Maps from Kystriksveien
- Souvenirs - Postcards and Stamps • Free access to Internet
- Bike- and Car Rental

OPEN ALL YEAR

Summer season 20. June - 17. August: Mon - Fri 0900 - 2000, Sat 1000 - 1900

Sun 1200 - 1900. Rest of the year: Mon - Fri 0900 - 1600

TELEPHONE +47 74 40 17 17 • FAX +47 74 40 17 10 • [kystriksveien.no](http://kystriksveien.no) • [post@kystriksveien.no](mailto:post@kystriksveien.no)