



CYCLING TRIPS



SUMMIT HIKES

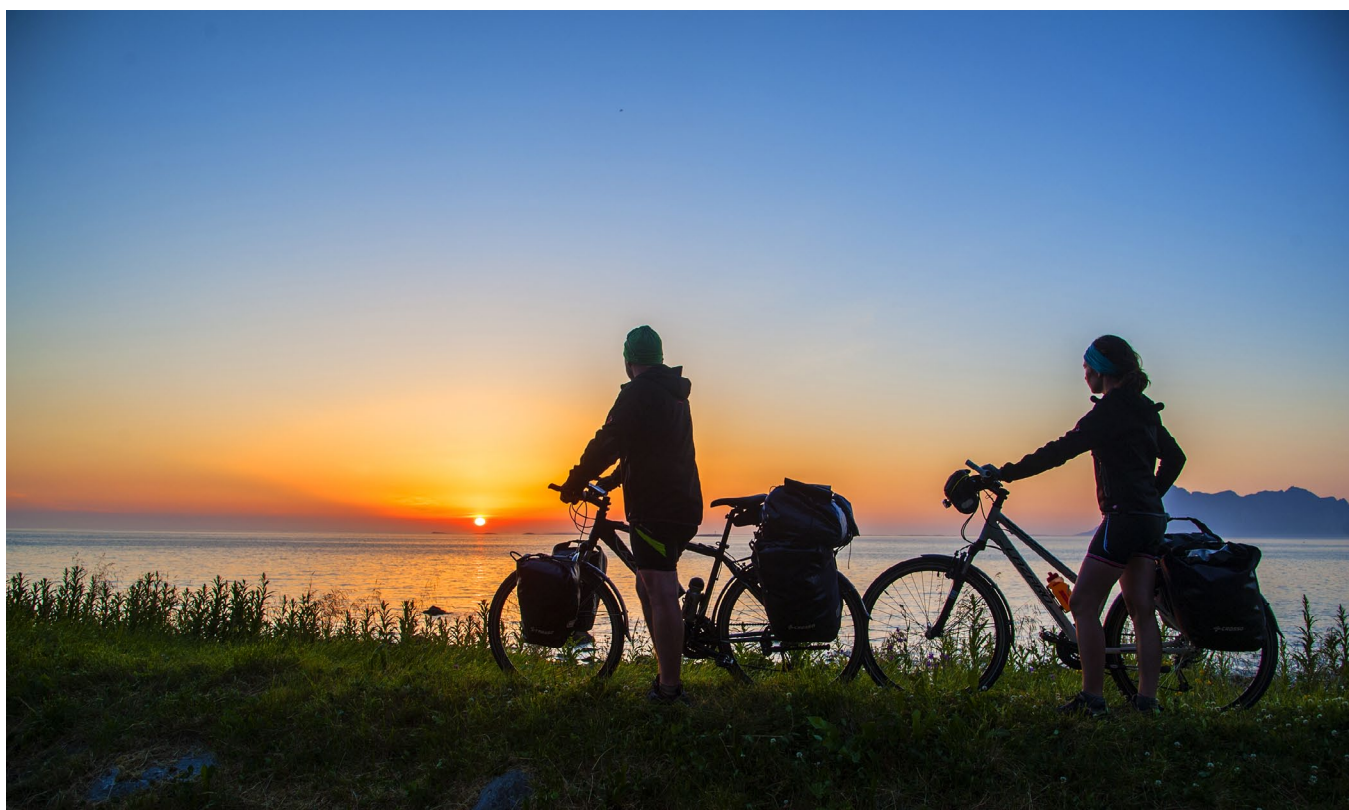


KAYAKKING TRIPS



BOAT TRIPS

## Island hopping by cycle: The Helgeland Coast and Namdal Coast.



### Suggested itinerary for 7-day trip along Kystriksveien - the Coastal Route – by rental car

**No less than 24,000 islands await you. You can ride across them, paddle round them and climb to the highest point on them. The choice is yours. Welcome to one of the world's most beautiful archipelagos and to adventure you will remember for a long time....**

Along the Kystriksveien – the Coastal Route – you will get close-up encounters with dramatic nature and experience famous attractions such as the legendary mountain Torghatten, the Seven Sisters mountain range, the Svartisen glacier and the Saltstraumen tidal current.

On this trip you fly to Trondheim Airport Værnes and collect your Explore car from Budget before setting off along the Namdal Coast and Helgeland Coast. Along the way, you can pick up cycles and hiking suggestions as required, and explore highlights. Enjoy your adventure holiday!

#### Price examples:\*

Rental car and accomm.  
(7 days): from NOK 6,000  
per person

Rental car + accomm. +  
cycle (7 days):  
from NOK 7,500 p.p

\* The price examples include detailed itineraries. The price for accommodation will vary depending on the type of accommodation.

## The magical island of Leka

Leka astounds most people. From a distance it looks like a completely normal island, but as soon as you reach the western side the landscape changes drastically - it's like arriving on another planet! The cycling trip "Tour de Leka by bike" is one of the absolute highlights along the Coastal Route. It also provides the explanation of why Leka was voted Norway's national geological monument.

## Torghatten and the World Heritage island Vega

Torghatten is one of Norway's most spectacular mountains – and the hike to the top only takes 20 minutes. Torghatten is the mountain with a hole right through it – and the hole is larger than you would imagine! One of the not-to-be-missed highlights is the boat trips that operate on Tuesdays and Thursdays out to the down village of Lånan in the Vega Islands or on Wednesdays to the island of Emårsøy.

## The islands of Herøy and Dønna

.. not to mention hiking since the Seven Sisters mountain range and the mountain Dønnmannen are just a stone's throw away. As well as being the best area for cycling and kayaking Kystriksveien – the Coastal Route, astonishingly enough Norway's most spectacular flower shop is also located here.

## Customized holidays / itineraries

We give you the car and the opportunity to add cycles and descriptions of cycling and hiking trips along the way. This is included in the price. When you book your trip, we customize an itinerary to suit your wishes and requirements. Please contact us on +47 74 40 17 17 / kystriksveien.no



### Price examples\*

Rental car and accommodation (7 days):  
from NOK 6,000 per person

Rental car + accommodation + cycle (7 days):  
from NOK 7,500 p.p

\* The prices include descriptions/maps for hiking/cycling trips along the way. The price for accommodation will vary depending on the type of accommodation, but is based on per person in a double room.

\* The boat trips on Tuesday, Wednesday and Friday at 2.30 pm are recommended.

## Itinerary

**Day 1: Trondheim Airport Værnes - Namsos, 171 km**  
Follow the E6 highway to Steinkjer. Pick up your cycles from the Kystriksveien Info Centre then drive up to Namsos. Stay overnight at Scandic Rock City.

**Day 2: Namsos - Brønnøysund 282 km + two ferry crossings**  
Namsos - Rørvik along route 769 (2.5 hr)  
Drive to Leka (ferry Gutvik - Leka) "Tour de Leka by bike" (separate description). Drive Leka - Brønnøysund. Stay overnight at Torghatten Camping / Brønnøysund

**Day 3: Brønnøysund - Vega 30 km + 1 ferry crossing**  
Hike up to the hole on the mountain Torghatten. Ferry Brønnøysund (Horn) - Vega. Activities: Explore the island by bike.  
17 marked hiking trails.  
Boat trip to Lånan or Emårsøy \*  
Stay overnight at Vega Havhotell, five-course dinner

**Day 4: Vega - Herøy 50 km + 2 ferry crossings**  
Ferry Vega - Tjøtta at 10.30 am  
20 km up to Søvik, ferry to Herøy  
Drive to Seløy Kystferie (accommodation). Activities: cycling trip on the island of Herøy, hiking. Dinner at Augustbryggo and guided tour

**Day 5: Herøy - Dønna 50 km**  
Activities continue on Herøy  
Add-on: RIB tour from Seløy  
Drive Herøy - Dønna  
Guided tour at Dønnes Church  
Stay overnight at Dønnes Gård or Bøteriet

**Day 6: Dønna - Innherred 334 km**  
Ferry Dønna - Sandnessjøen  
Drive Sandnessjøen - Innherred (5-6 hr). Visit Sjøgata in Mosjøen  
Visit Namsskogan Family Park  
Return cycles in Steinkjer  
Stay overnight in Innherred

**Day 7: Return home**  
Innherred - Trondheim Airport Værnes 120 km  
Return rental car