

23 I. Visit Helgeland 20-24th of March

Winter adventures around the Arctic Circle

Helgeland is perfect for winter adventures! Snow-capped peaks that tower over the Helgeland coast, and the unspoiled expanses of the inland mountain wilderness, make Helgeland ideal for a winter holiday.

You will have soft adventures and cultural experiences around Mosjøen, Mo i Rana and Støtt. You can expect cold snowy days at the inland and milder weather at the coast.

Snowmobile, snowshoes, kayak and fishing are some of the planned outdoor activities, as well as visits to science centre and museum. You will also get a taste of the region's culinary traditions.

Welcome to Helgeland!



Monday 20th of March

Day 1 – Introduce Mosjøen

- Individual arrivals of buyers
- 16:00 Meet & greet at Mosjøen airport by Visit Helgeland
- Transfer to hotel
- Historic stroll in [Sjøgata](#)
- Site visit, overnight stay and dinner at [Fru Haugans Hotel](#)



Tuesday 21th of March

Day 2 – Explore winter in Mosjøen

- [Snowshoeing expedition](#) below the Arctic Circle with [Hi North](#)
- Outdoor lunch by the bonfire
- [Snowmobile expedition](#) with Hi North
- Dinner in a traditional lavvo
- Site visit and overnight stay at [Mosjøen Hotell](#)



Wednesday 22nd of March

Day 3 – Introduce Korgfjellet and Mo i Rana

- Transfer to Korgfjellet
- Outdoor activity and lunch at [Korgfjellet Fjellstue Lodge](#)
- Transfer to [Mo i Rana](#)
- Experience the Arctic Circle town Mo i Rana: [Vitensenter Nordland](#) and [Rana Museum](#)
- Site Visit [Clarion Collection Hotel Helma](#) and [Scandic Meyergården Hotel](#)
- Dinner and overnight stay at [Scandic Meyergården Hotel](#)



Thursday 23th of March

Day 4 – Introduce the island Støtt

- Transfer Mo i Rana – Nesna
- Crossing the Arctic Circle by the [Expressboat](#) to [Støtt](#)
- Winter activities at Støtt of own choice: Arctic kayak tour with [Meløy Adventure](#) or deep sea fishing
- Visit the [Fisheries Museum](#)
- Dinner and overnight stay at [Støtt – Top of Helgeland](#)
- [Hunting the Northern Lights](#) at Støtt



Friday 24th of March

Day 5 – Støtt – Bodø: Departure day

- Express boat from Støtt to Bodø, arriving in Bodø 11.25
- Transfer to Bodø airport
- Arrival at Bodø airport at 11.45
- Individual departures from buyers



RECOMMENDED CLOTHING

Clothing & equipment

The right clothing and equipment can make the difference between a good and a bad experience. In the Arctic you should be prepared for any kind of weather at any time of the year. Bring warm and comfortable clothes and shoes.

We recommend wearing 100% wool or similar quality clothing next to your skin. Layer your clothing, so that you can easily regulate your temperature by removing or adding a layer. Several thin layers are better than a few thick layers. Outer clothing should be windproof and waterproof.

To help you make your Arctic adventure holiday as comfortable as possible we recommend that you bring the following minimum basic clothing: 1 set of warm underwear (long-johns and top with full length arms). Preferably wool or woollen terry Klesguide-1

- 1 Jumper or shirt
- 1 thick wool sweater or fleece jacket
- 2 pairs of thick wool socks
- 1 pair of thin gloves
- 1 Wind and waterproof jacket
- 1 Wind and waterproof pants

If wool irritates your skin, a thin synthetic base layer underneath the wool thermal layer will probably help.

The Arctic outdoors is fascinating and full of adventure opportunities. In order to be best prepared to enjoy the Arctic environment we recommend that you also bring the additional clothing and equipment (in addition to the general clothing list):

Additional summer clothing:

- 2 t-shirts
- 1 pair of shorts
- 1 light hat or cap
- Waterproof hiking boots

Other equipment:

- Drinking bottle
- Mosquito repellent
- Sunscreen (10-25)

Additional winter clothing:

- 1 set of warm underwear (long-johns and top with full length arms). Preferably wool or woollen terry
- 1 pair of thick warm mittens (NOT gloves)
- 1 thick warm hat
- 1 thick warm jacket
- Warm winter boots
- Gaiters/leggings

Other equipment:

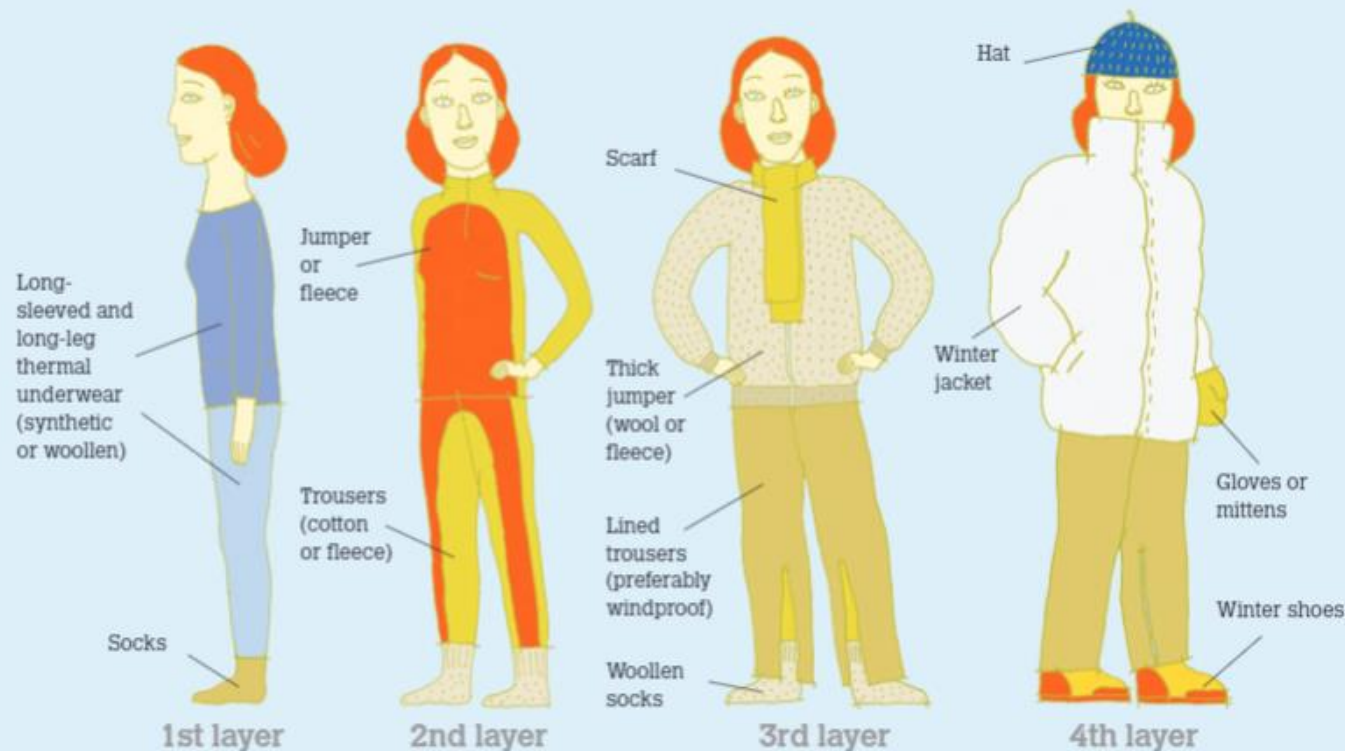
- Thermos flask
- Headlamp
- Sunscreen (30-50)

Photo: Simon Færevik - Helgeland Travel

WINTER IN HELGELAND - NORTHERN NORWAY

Recommended clothing

In order for your stay in Norwegian Lapland to be as comfortable as possible, it is important to have the right clothes. Bring warm and comfortable clothes and shoes. We recommend wearing 100% wool or similar quality clothing next to your skin. Layer your clothing, so that you can easily regulate your temperature by removing or adding a layer. Outer clothing should be lined and windproof. Most activity organisers supply clothing for excursions, i.e. thermal suits, shoes, hat and mittens.



Nordnorsk Reiseliv

Practical information

Tour leader/contact:

Kristin Johansen, Visit Helgeland, WhatsApp/Tel: +47 911 48 455, email: kristin@visithelgeland.com

Visithelgeland.com - [Product information to tour operators](#)

Changes may occur based on surroundings as well as the weather.