

Island hopping along the Helgeland Coast



With Brønnøysund or Sandnessjøen as your starting point, you have access to an island realm of more than 12,000 islands. Hop from island to island along one of Norway's most beautiful biking routes. 5-day tour suggestion starting from Brønnøysund.

This trip may start either in Brønnøysund or Sandnessjøen.

Day 1: Brønnøysund - Vega

Arrive at Brønnøysund. Fetch bikes and make necessary purchases. Next stop is Vega. Stop by the tourist office at Gladstad for good tips on activities and attractions. In the World Heritage exhibit in the old fishing harbor on Nes, you can learn all about the unique Eider Duck husbandry traditions that are the basis for the World Heritage status of the Vega Archipelago. We recommend finishing the day with a 5 course meal at Vega Havhotell – one of Kystriksveien's best restaurants. **More info:** kystriksveien.no/vega

Day 2: Vega - Herøy

Today's hop is from Vega to Herøy. Choose among numerous boat routes/times, either directly to Herøy via express boat or via boat to the mainland. This partly depends on timetables and travel date.

Day 3: Herøy - Dønna

The route between Herøy and Dønna is considered to be among the finest boat excursions along Kystriksveien, with panorama views of the De Syv Søstre mountain chain where you can hop from island to island by crossing bridges. Several good fishing spots along the way. This route passes by Dønnmannen – one of the most distinctive mountain peaks along the Helgeland Coast.

Day 4: Dønna - Sandnessjøen

This day you set out to explore North Dønna. Be sure to join in on a guided tour at the Dønnes Church, and a short walk up to the Dønnes mountain. Fantastic views! Cycle 15 km to Bjørn and take the ferry to Sandnessjøen. Wrap up the day with a nice dinner at the Scandic hotel and a visit to the new water park a few (same building). (Option: Stay an extra night at Dønna and take the bus the next morning)

Day 5: Final day - going home or continue exploring ?

Final day. After returning your bikes, you catch a flight or perhaps take the bus to Mosjøen where you transfer to the train and continue via the Nordlandsbanen Railway.. Hopefully, taking home some fantastic memories of your visit to the world's most magnificent coast!

Hiking De Syv Søstre (The Seven Sisters):

If you have one more day to spend, we recommend a hike in the seven sisters. Easy accessible just a few kilometers from Sandnessjøen, and seven possible routes (+ all the sisters in one day). See kystriksveien.no/vandring for more information.



Help with planning/booking

We can help you plan your trip, book lodging, get info on transportation options and provide tips on fun activities.

Contact us at Kystriksveien Reiseliv:

Tel: +47 74 40 17 17

E-mail: post@kystriksveien.no

Bike rentals

Bikes can be rented in Brønnøysund, and returned in Sandnessjøen (or vice-versa). Fetch bikes at the airport or at the tourist information office. Helmets, bike bags and other equipment can also be ordered.

Booking: Tel. +47 74 40 1717 , or see kystriksveien.no/sykkel

Transport / travel options

Daily flights to Brønnøysund from Oslo/Trondheim: www.avinor.no (Brønnøysund Airport, Brønnøy)

Train from Trondheim, bus from Grong. More info and timetables: www.backpacker.17.com

Fly Widerøe to Kystriksveien

Fly to Bodø, Namsos, Rørvik, Brønnøysund or Sandnessjøen. Try "Fly and Bike" or get the "Explore Norway" pass with unlimited flights for 2 weeks in all of Norway. More info: wideroe.no/norgerundt