



Nordland

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Why Go?

Heading northwards through long, slim Nordland, lush fields give way to lakes and forests, vistas open up, summits sharpen and the treeline descends ever lower on the mountainsides. Above the imaginary curve of the Arctic Circle, travellers get their first taste of the midnight sun in summer, while in winter, the northern lights slash the night sky.

Linger along the spectacular Kystriksveien coastal route, ferry hopping and perhaps detouring to take in a glacier and offshore island or two. Or travel the almost-as-stunning inland Arctic Highway, more direct, almost as lovely, yet still lightly trafficked.

Offshore the razor-sharp peaks of Lofoten prod the sky. Here, cod is still king and motive for small fishing museums, *rorbuer* (fishing huts) and rickety drying frames. Connected by bridges, the islands are easy to hop around, cycling is for softies and hiking is as gentle or as tough as you care to make it.

Best Places to Eat

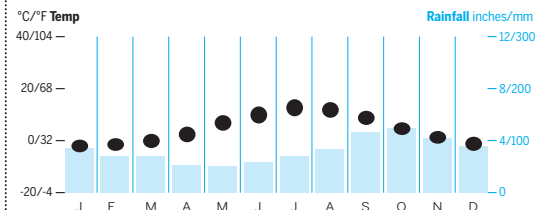
- » Søylen (p275)
- » Isqueen (p305)
- » Sjøstua restaurant, Sjøhus Senteret (306)
- » Maren Anna (p302)

Best Places to Stay

- » Fru Haugans Hotel (p270)
- » Norungården Bed & Breakfast (p281)
- » Henningsvær Bryggehøtel (p297)
- » Vega Havhotell (p284)

When to Go

Bodø



Late March Take in Lofoten and then Svolvær's World Cod Fishing Championship.

Late June Join 2000 walkers for Narvik's mass hike on the last Saturday in June.

Mid- to late June Activities are in gear and southern European visitors are yet to arrive.



USEFUL NORDLAND WEBSITES

www.visit nordland.no Official tourist site for the region.

www.177nordland.no Comprehensive listings, together with links, of Nordland bus, boat, ferry, train and plane timetables. Alternatively, phone ☎177 within Nordland or ☎75 77 24 10 beyond.

www.torghatten-nord.no Nord-land passenger express and car ferries.

In addition to Nordland, this chapter also includes the Harstad region, which technically belongs to the county of Troms.

ARCTIC HIGHWAY

Mosjøen

POP 9850

When arriving in Mosjøen (pronounced moo-she-en), along the E6, you may be put off by the industrial face of this aluminium-producing town. Don't be. About 1km south, along lake-like Vefsnfjorden, historic Sjøgata and a street or two nearby are among the most charming in northern Norway and well merit a browse.

The town has a strong historical connection with the UK; in the mid-19th century, five Englishmen imported technically advanced steam engines and sawmill machinery and established the North of Europe Land & Mining Company Ltd to provide timber for constructing Britain's burgeoning industrial towns and cities. What was a tiny coastal settlement quickly became the region's first registered town.

👁 Sights & Activities

Sjøgata

HISTORIC STREET

A stroll around the Sjøgata area, with over 100 listed buildings, takes you past galleries, coffee shops, restaurants and private homes in attractively renovated former warehouses, workshops and boat sheds. *The History of a Town* (Nkr20), on sale at the museum and tourist office, is an excellent small booklet that brings Mosjøen's history to life.

Vefsn Museum

FOLK MUSEUM

A combined ticket (adult/child Nkr30/free) gives entry to both branches of Mosjøen's museum.

In Sjøgata, the **Jakobsensbrygga warehouse** (Sjøgata 31b; ☎10am-3pm or 8pm Mon-Fri, 10am-3pm Sat) is an excellent small museum that portrays, via some particularly evocative photo blow-ups, the history of Mosjøen from the early 19th century onwards. There's an English guide-pamphlet for each section.

Northeast of the centre, the **rural building collection** (Bygdesamlinga; ☎10am-3pm Tue-Fri & Sun Jul only) features 12 farmhouses, shops and the like from the 18th and 19th centuries, which you can view from the exterior. It too has a pamphlet in English. Adjacent is the **Dolstad Kirke** (1735), built on the site of a medieval church dedicated to St Michael.

Laksforsen

WATERFALL

About 30km south of Mosjøen and a 600m detour from the E6, the roaring 17m-high Laksforsen waterfall has leaping salmon in season and makes a pleasant picnic spot, although it's a bit of a struggle to reach the shore below the torrent. The cafe here, with its 'no photo' and 'guests only beyond this point' notices, is a place to avoid.

🛏 Sleeping



Fru Haugans Hotel

HOTEL €€

(☎75 11 41 00; www.fruhaugans.no; Strandgata 39; s/d from Nkr775/975; @☎) Don't be deterred by the bland main facade that somehow slipped past the planning authorities. Fru Haugans (she was the original owner; see her stare from her portrait in the lounge beside the hotel's Ellenstuen restaurant) is northern Norway's oldest hotel. Dating in part from 1794, it occupies several buildings and has grown organically over the years. Drop by its little museum, which recounts the hotel's long history. The lovely green garden gives panoramic views directly onto the fjord. The hotel has two magnificent restaurants. **Ellenstuen** (mains Nkr235-260) is an intimate place that preserves many of the hotel's original fittings. It offers a particularly creative menu (if you're in luck, you'll find roasted stag fillet and lightly smoked grouse breast in a raspberry sauce on the menu). **Hagestuen** (mains Nkr190-220), tapestry-bedecked and altogether larger, offers both à la carte dining and a copious evening buffet (Nkr235).

Aspnes Camping

CAMPGROUND €

☎75 18 68 77; Fustvatn; sveinaage@nax.no; campsite Nkr150, cabin Nkr400-550; ☎Jun-Sep) For a