### Welcome to Nordland!

Enjoy your journey and travel like the locals on public transport

16 recommended experiences by bus and express boat!

Polarsirkelen Arctic Circle

2025

Polarsirkelen Arctic Circle



ordland

### **Explore Nordland!**

#### Welcome to Nordland County, and our five beautiful regions!

In this brochure you can read about how to get around in Nordland on public transport. Explore the 16 travel experiences that we highly recommend by bus and express boat. Some may be familiar, but many are hidden gems waiting to be discovered.

Whether you're planning a romantic getaway, a weekend with friends, or a fun day out with the kids, find inspiration you need for your next adventure right here!

We hope you'll find something new and exciting among Nordland's countless travel opportunities - where the summer days and nights are filled with endless daylight - all summer long.

and travel planning.

Download our app for 0 easy access to tickets @reisnordland

#### **About Reis Nordland**

Reis Nordland is owned by the Nordland County Council and is responsible for public transport in the region. This involves, among other things, buses, express boats and ferries.



PS: Tag us on social media using #reisnordland when you travel with us. We'd love to see highlights of your adventures!

- 23 ferry routes 21 express boat routes Ů 130 quays
- Over 400 buses
- Over 7000 bus stops

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### Experience Vesterålen

On the following pages, you can read about various tours in and around the beautiful Vesterålen region.

Discover how our buses can take you directly to the starting point of The Queen's Route, known as one of Norway's finest hiking trails.

...and once you're in the area, be sure to take the express boat tour that immerses you in the rich history of our coastal culture.



## Island hopping in Vesterålen

Visit the idyllic archipelago and fishing villages by express boat!

Hop on and off at the various islands or stay on the boat for a round-trip tour to one of Vesterålen's best-kept secrets.





#### **Tour Overview**

The tour starts from Myre express boat quay located at the modern fishing port and passes through the many charming fishing villages in Øksnes.

Surrounded by stunning natural beauty, this express boat tour takes you back in time. The boat makes four regular stops, with up to nine additional stops available on request.



Click or scan the QR code to read more. **Useful facts** 

Tinden and Skipnes are stops on request, and tickets must therefore be purchased in advance if you want the express boat to pick you up at one of these places.

You can do this easily at reisnordland.com



We recommend Tunnstad for its great hiking areas while Tinden is ideal for a visit to a northern Norwegian trading post from the 1840s, and the fishing village of Skipnes is a well sheltered spot and can offer you a splendid "rorbu holiday" in a traditional fisherman's cabin, as well as local delicacies, a pub and many other great experiences.

### Take the bus and hike the spectacular Queen's Route

The Queen's Route is a spectacular, marked hiking trail between the historic fishing villages of Stø and Nyksund in Vesterålen.

Hop on the bus that departs from Sortland and tick this mountain adventure off your bucket list!

#### **Tour Overview**

The trail is a round-trip hike through varied terrain over mountain peaks at an altitude of 400 meters with a magnificent view, and with a return the next day along the shoreline, which is lined with pebbles, sand dunes and sandy white beaches.

This is a moderately challenging hike, but the trail is well-maintained.



Click or scan the QR code to read more.

Spend the night in charming and historical Nyksund – the old fishing village by the sea.

Nyksund was an active fishing village for a long time, but after many years of abandonment, it has now flourished again after artists and the locals have created new life and refurbished the area. With its colourful wharf buildings and relaxing atmosphere, Nyksund is a great stop on your adventure in Vesterålen.

Tick this mountain adventure off your bucket list!





#### Useful facts

Take the bus to Stø, walk across the mountain towards Nyksund, and take the beach road back to Stø to easily catch the bus back towards Sortland.

The hike is moderately challenging and suitable for experienced hikers.



### Experience Lofoten

Many people come to Norway mainly to experience Lofoten, and we understand why it's so tempting!

After all, Lofoten is known for having the world's most beautiful islands!

On the following pages, you can read about the bus tours that take you to beautiful beaches and charming small towns in Lofoten.

Sit back in our comfortable bus seats and enjoy magnificent panoramic views along the way.

# **The Lofoten Express**

Get ready for a full-day, panoramic tour from the tip of Lofoten to the innermost part of the Ofot Fjord and Narvik!

If you think sitting on the bus for a whole day is too long, you can hop off and explore more places along the way. The bus departs twice a day, every day.













#### Tour Overview

The journey on the E10 takes you through a majestic mountain and fjord landscape unlike anything you've ever seen before. The route is also part of the Norwegian Scenic Routes.

The combination of the sea, jagged alpine mountains, small fishing villages and white sandy beaches with crystal clear water forms the backdrop for this magnificent bus tour. With a 15-minute stop in Leknes, and just over an hour's stop in Svolvær, you'll get the opportunity to stretch your legs a little in Lofoten's largest cities.

Along the way, we'll pass by Lofoten's highest mountain, Higravtinden Summit (1146 meters), countless fjords and beaches, and we'll drive along the breathtakingly beautiful Møysalen National Park in Vesterålen.

#### Useful facts

With daily bus departures, you can plan your trip as you wish.

There is a toilet on the bus.

If you want to combine your bus journey with the express boat,

we recommend that you consider purchasing the Travel Pass Nordland ticket, or the Reis Ung ticket for those under the age of 26! Both offers provide excellent discounts!



### **Charming small-town life**

Make sure to get the charming small-town experience in Leknes and Svolvær while you are in Lofoten.

With daily bus departures between the towns, you can plan your trip as you wish.

#### **Tour Overview**

Svolvær gained city status in 1996, and is referred to as Lofoten's "capital" with approximately 5,000 inhabitants. Svolvær is surrounded by mountains and archipelagos in eastern Lofoten and is known for having a vibrant cultural offering. The town is also a great starting point for many different activities. Take the bus through a varied and magnificent landscape, and you will arrive at Leknes which is located in Vestvågøy municipality.

Leknes has around 3,700 inhabitants and is roughly located in the geographic centre of Lofoten. The town is the main trading centre of the archipelago and serves as an excellent destination for those who want to experience local culture and small-town life.

#### **Useful facts**

There are several daily departures between Svolvær and Leknes.

If you are traveling by express boat, we recommend the Travel Pass Nordland ticket, which allows you to travel as much as you want for seven days on both bus and express boat throughout Nordland for only NOK 1,350.

You can buy the Travel Pass in the Reis app.





Click or scan the QR code to read more.

# **Arctic beach paradise**

Ready for a great day at the beach? Take the bus from Leknes to Rambergstranda - a gem of a beach!

#### **Tour Overview**

The stunning Rambergstranda Beach is located practically in the middle of the small municipal centre of Flakstad and is also easily accessible for people with disabilities.

The expansive beach is also a great surfing spot with calmer waves than many other places in Lofoten. A perfect beach for a day trip with the whole family!

#### Click or scan the QR code to read more.



#### Useful facts

If you are traveling by bus, we recommend getting off at the stops at Jusnes or Ramberg Gjestegård. From here you are just a few meters from the beach.





"A gem of a beach!"



## Region of Ofoten

This region is best known for the city of Narvik, and the popular mountain, Narvikfjellet, in the middle of the city.

We are proud that the FIS Alpine World Championships will be held here in 2029, but Ofoten is far more than just a fantastic winter destination.

Turn to the next page to read more!

# Skjomen, baby!

Skjomen may not be the most well-known fjord, but here you'll find a calm atmosphere and complete relaxation – or exciting cycling in truly unique terrain.







#### **Tour Overview**

Hop on the bus starting from Narvik and enjoy the ride to lush and beautiful Skjomen.

Skjomen is an arm of the Ofot Fjord and is located about a 30-minute drive south of Narvik. Here, petroglyphs have been found indicating settlement in the area since the Stone Age.

The fjord is about two kilometres wide and features high granite mountains and a microclimate, so both the valley and the fjord give you countless opportunities for nature-based experiences.

In Skjomen you will find, among other things, small clusters of houses and farms, a camping site, an 18-hole golf course, a yoga retreat, and one of Norway's best rock-climbing areas.

Mountain biking enthusiasts refer to the Reinnesfjellet Mountain in Skjomen as a veritable playground for biking along smooth, rocky slopes.

### "A veritable playground for biking along smooth, rocky slopes"



Click or scan the QR code to read more.



#### Useful facts

Take the bus to the stop at Skjomen skole (school). From here it's only a few minutes' walk to both the campsite and golf course.





# Magnificent views from your bus seat

Sit back in your seat and get ready for a spectacular bus tour along idyllic fjords, pristine wilderness, magnificent mountain scenery and quiet fishing lakes.



#### Tour Overview

During the trip between Bodø and Narvik, you'll pass two national parks, as well as old homesteads and small local communities in a landscape that is rich in contrasts with high mountains and deep fjords - just to mention a few of the sights.

The tour also includes a ferry ride lasting approximately 30 minutes, which allows you to stretch your legs. It's also worth mentioning that from the ferry, there is a view of Norway's national mountain, Stetind, in Tysfjord.

Narvik, which is the final stop on the trip from Bodø, is perhaps best known for

#### **Useful facts**

There is a bus change at Storjord, south of the ferry landing at

The buses wait for each other, and the driver will let you know when to get on the other bus. In other words, changing buses is stressfree and easy.



the mountain Narvikfjellet and its great winter activities. By the way, did you know that Narvik will host the FIS Alpine World Championships in 2029? The town is also a great place to visit throughout the year and can, among other things, offer gripping WW2 history, beautiful nature and fascinating local culture.



### Region of Salten

The Salten region has a lot to offer, both along the coast and inland. Bodø had the honour of being the European Capital of Culture in 2024, and the region has an irresistible combination of culture and nature.

It was no easy task to select just a few recommended experiences in Bodø and the region of Salten, but the ones we have selected will allow you to see a lot more of the region in just a few hours. Perfect for those who want to go on a day trip!



"A nice half-day activity in Bodø"

Take a two-hour round-trip tour with our brand new express boat and experience the archipelago from a cozy front row seat on board – either in the warm and comfortable lounge, or from the deck with a refreshing breeze blowing in your hair.

**Tour Overview** Just outside Bodø, there is a beautiful and charming archipelago called Væran. Væran consists of a myriad of islands, totalling over 50 in number, with seven of them inhabited.

The tour has four regular stops, including Helligvær with its 100 year-round residents – making it the largest inhabited island here. There are many sea eagles in the area, so on the round-trip there is almost always a guarantee of watching them soar!







Click or scan the QR code to read more.



#### **Useful facts**

If you want to hop off at one of the islands, remember to buy a return ticket in advance.

Some of the islands are only available as "stops on request", which means that the express boat only stops if a ticket has been purchased in advance for service to or from the island.

Buy a ticket from Bodø to Givær and back, for a round-trip tour in Væran.



# Coffee with a panoramic view of the archipelago

This charming round-trip tour by express boat from Bodø takes between one and two hours, depending on how many stops there are along the way on the various departures.





#### **Tour Overview**

On the tour in Gildeskål, you will experience the magnificent nature and archipelago south of Bodø from the panorama deck on the express boat.

The express boat is a hybrid and was launched in 2024. One of the better

upgrades is the large and beautiful panoramic windows – which we think are important on a trip like this.

The tour passes through fascinating scenery featuring bird cliffs, lofty mountain peaks, white sandy beaches and small local communities.

### "A nice half-day activity in Bodø"



"Fascinating scenery featuring bird cliffs, lofty mountain peaks, white sandy beaches and small local communities"





Click or scan the QR code to read more.





Useful facts

Coffee is sold on board, and you choose whether you want to enjoy it in the lounge or on deck.

Buy tickets from Bodø to Sørarnøy and back, for a round-trip tour in Gildeskål.



# Saltstraumen

Just a 33-kilometer bus ride from Bodø city, you can behold the world's strongest maelstrom.









#### **Tour Overview**

When the tide turns and flows in and out of the strait between Salten Fjord and Skjerstad Fjord, the maelstrom is formed.

Enormous amounts of water pass through the 3-kilometre long and 150-meter-wide strait, at tremendous speeds of up to 20 knots.

The speed creates the characteristic eddies that swirl around Saltstraumen. Saltstraumen is a marine protected area, and it's teeming with life – both above and below the water. Here, there are beautiful rocky cliffs, and the majestic mountains of the Børvasstindan Summit form the splendid backdrop.

The Saltstraumen Bridge has a walkway, and we recommend watching the stream from up there.

Saltstraumen also has a gift shop, café, campsite, and hotel if you want to stay a little longer.

Catch your return bus from across the road from where you stepped off.

#### **Useful facts**

Get off at the bus stop called Saltstraumen, right by the Saltstraumen Bridge.

Tip: Make sure the maelstrom is at its strongest when you visit Saltstraumen! You can see when that is in the Maelstrom Calendar.

You can find the Saltstraumen Maelstrom Calendar on Visit Bodø's website: <u>Visitbodo.com/</u> <u>reisemal/saltstraumen</u>



# Region of Helgeland

Did you know that there are 40,000 islands, islets and skerries between Bodø and Brønnøysund?

Our modern express boats will take you on an island-hopping adventure along the world's most beautiful coast. Let yourself be inspired by our tour suggestions on the following pages...

### Scenic bus tour from Mosjøen to Sandnessjøen

Traveling by train? Easily make your way to Sandnessjøen for island hopping and express boat experiences and let the bus tour be part of the adventure!



Tour Overview

From the train station in Mosjøen, it takes just under an hour by bus to reach the coast and the city of Sandnessjøen. Sit back and enjoy the bus ride along the beautiful Vefsnfjord, over Drevja and through the Toven Tunnel.

Once you're out of the tunnel, the tour continues through the vibrant cultural landscape of Leirfjord and, not least, over the magnificent Helgeland Bridge before arriving in Sandnessjøen.









Click or scan the OR code to read more.

#### Useful facts

Get off the bus at Sandnessjøen bussterminal and you're right in the city centre. If you're traveling by express boat or ferry, it's only a three-minute walk to the quay.

There is a toilet on the bus.











### Photo safari in the archipelago

Don't miss out on one of the most beautiful boat trips along the Helgeland coast, and feel free to hop off at one of the distinct islands!



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Click or scan the QR code to read more.

#### **Tour Overview**

The express boat departs from Sandnessjøen and has several stops along its journey. We particularly recommend a visit to the islands of Lovund and Træna, furthest out to sea.

On Lovund you'll find a modern community with approximately 500 inhabitants. In addition, Lovund has the largest puffin colony in Helgeland. In fact, up to three hundred thousand (!) puffins come here in April to nest. The tour continues by express boat to the Træna archipelago, which quickly stands out amid the landscape with its characteristic, steep mountains on the western side. **Useful facts** 

Feel free to bring your bike on the express boat.

The islands are great for exploring from the seat of your bike!



Træna is one of Norway's oldest fishing villages and has a vibrant local community with artistic attractions and magnificent scenery. Every summer, thousands of music lovers flock to the island for the annual festival called Trænafestivalen, with stunning caves serving as stages.

While on Træna, we recommend a hike to Gompen, or a walk in the mountains to Kirkhelleren – a natural cave where people have found shelter for more than 9,000 years.

# Vega Island UNESCO World Heritage Site

Don't let the size of this island fool you. Here, there is a myriad of experiences for both young and old.

### "Extra nice and convenient to explore Vega from your bike seat!"



#### Useful facts

The express boat from Sandnessjøen has several daily departures. The quay on Vega is called Gardsøya, so select this destination when buying your express boat ticket.



#### **Tour Overview**

The Vega archipelago consists of more than 6,500 islands and islets and offers a sea of opportunities. Here you can experience beach life, snorkelling, boating, hiking and rich cultural experiences – among other things.

...and by the way, did you know that Vega is on the UNESCO's World Heritage List? On Vega, you can learn about the interaction between humans and eider ducks, which got the Vega Islands added to the famous, international list of World Heritage Sites.

Experience the rich birdlife, the lush cultural landscape, and be charmed by the many good places to eat and stay.

**Tip:** Feel free to bring your bike on the express boat. It's extra nice (and practical!) to explore Vega from the seat of your bike.





Click or scan the QR code to read more.

### Cultural landscape with bus from Sandnessjøen to Tjøtta

From the quay at Tjøtta, numerous travel experiences await via both the express boat and ferry.

Hop on the bus at Sandnessjøen, and don't miss out on the places accessible from the quay at Tjøtta!







Click or scan the QR code to read more.



#### Useful facts

The final stop of the bus trip is Brønnøysund.

The ride from Sandnessjøen to Tjøtta takes around 45 minutes, and you get off the bus at the bus stop named Tjøtta kai.

#### **Tour Overview**

The bus ride from Sandnessjøen to Tjøtta takes just under an hour and offers visitors amazing views.

From the bus window you can see the mighty Seven Sisters Mountain range, and further on past Alstahaug, the Petter Dass Museum awaits amid the picturesque countryside.

The road then winds its way across Offersøya Island in an open and flat cultural landscape with grazing cattle and sand dunes. The bus will pass Tjøtta International War Cemetery and Tjøtta Church, which was built around year 1000.





### Round-trip tour by express boat in the Visten fjord

Join us on a round-trip tour by express boat in the Visten Fjord – a hidden gem of a fjord!

#### **Tour Overview**

See the beautiful Visten Fjord, also known as "The Wild Visten", from our express boat.

The round-trip tour from Tjøtta or Forvik to Bønå, at the innermost part of the fjord, and back to Tjøtta, takes approximately three hours. The fjord, which is a protected marine area, meanders 22 kilometres inland and takes you into where the Lomsdal-Visten National Park starts.

In the small villages, there are currently about 40 year-round residents, and the village of Visthus even has a shop and a tiny post office.

Enjoy the view in spectacular surroundings in almost untouched nature in what is considered Norway's cleanest fjord!







#### **Useful facts**

Buy a ticket from Tjøtta or Forvik to Bønå and back, for a round-trip tour in the Vistenfjord.





# Experience the coast of Nordland



## **The Nordland Express**

Adventurous island hopping awaits you on board the express boat along the world's most beautiful coast!

#### Tour Overview

The Nordland Express also called NEX or "Nordlandsekspressen" in Norwegian, is a two-part express boat connection between Svolvær in Lofoten and Sandnessjøen in Helgeland, with Bodø in the middle as the hub.

In total, The Nordland Express has 21 ports of calls on its journey,





#### Useful facts

On board our boats, there is a café with sales of food, snacks, drinks and various types of coffee. On deck there are benches and plenty of space to move around. Not to mention the views which are great for snapping amazing pictures!

#### TIP!

and a further six stops in the summer.

panoramic view to highly varied coastal

scenery with tens of thousands of islands,

islets and skerries, countless sandy white

beaches, lush cultural landscape, steep

bustling birdlife, and vibrant communi-

mountains and snow-capped peaks,

ties where you least expect it.

From the express boat, you have a

With the Travel Pass Nordland ticket you can travel more for less. Travel as much as you like on both buses and express boats in all of Nordland for seven days, at no extra cost. Hop on and off at the islands when it suits you best in an unforgettable coastal landscape!



# Be a responsible guest on your adventure in Nordland!

In order to preserve the region and give you the best experience, we encourage you to be a responsible guest on your adventure here in Nordland.



## What does it really mean to be a responsible guest?

#### Choose public transport

If you choose to travel by bus, express boat, ferry or train, you reduce your climate footprint. As a bonus, you'll have time to see more of the beautiful landscape while you're traveling!

#### Act responsibly

Be considerate and respect the rules and surroundings of the place you're visiting, and be considerate towards locals, other travellers, animals and nature. This includes taking your litter with you, sticking to marked trails and respecting wildlife.

#### Safe travel

Walk safely in the mountains and in nature. Follow marked paths, always check the weather forecast and bring extra clothes and food – even on short trips.

#### Eat and shop locally

Support the local community by shopping and eating at local shops, cafés and restaurants. Stay at local hotels, guesthouses or campsites.

### Travel slowly, experience more and learn something new!

Stay longer once you're here visiting Nordland and check out what local adventure and activity providers have to offer. This will give you memorable and meaningful experiences.

#### We wish you a great journey, and hope that you'll have an exciting adventure in Nordland!

Greetings from us at Reis Nordland



### **Useful facts**

#### **Recommended tickets**

TRAVEL PASS NORDLAND Price: 1350 NOK\* Validity: 7 days on both buses and express boats in all of Nordland County. REIS UNG From age six to 26. Price: 410 NOK\* Validity: 30 days on both buses and express boats in all of Nordland County.

Everyone under the age of six travels for free on both buses and express boats. \* We reserve the right to correct any errors and make price changes.

### How to buy an express boat ticket

You can buy tickets at <u>reisnordland</u>. <u>com</u>. You can also buy a ticket on the express boat when you board, but we always recommend that you buy online in advance, in case the boat is fully booked.

If you have one of the Travel Pass Nordland or Reis Ung tickets, you can reserve a free seat at reisnordland. com. This can be found under "buy an express boat ticket".

NB! Some of the islands are only available as "stops on request", which means that the express boat only stops if a ticket has been purchased to or from the island. Therefore, always purchase a ticket in advance – both ways!



Click or scan the QR code to buy express boat tickets.

#### How to buy a bus ticket

Bus tickets are easily purchased in the Reis app. This must be done before you can board the bus. You can pay with both bank cards and Vipps. The app gives you a full overview of when the ticket's validity expires.

It is also possible to buy single-use tickets from the driver (onboard surcharge applies). Please note that it is not possible to pay with cash on city buses in Bodø.



### How to find route information

Timetables for buses, express boats and ferries can be found in the Reis app, and on the front page of <u>reisnordland.com</u>

### Traffic disruption information

Stay up to date on any traffic deviations at <u>reisnordland.com</u>

In the app Reis, you can see real-time information and keep track of where the bus or boat is located.



### Get more travel tips!

Visit the websites below for more information about each region:









### Have a great trip in Nordland!



App store / Google play

Click or scan the QR code to download the app Reis.



info.reisnordland.com/map

Click or scan the QR code to view the map directly to your phone.

PS: Feel free to tag us on social media using #reisnordland when you travel with us!



**@reisnordland** 



