



# Vegaøyan – the Vega Archipelago

The remarkable co-existence between Eider ducks and humans during the birds' breeding season led to the Vega islands being declared a World Heritage Site in 2004 and the archipelago continues to bear testimony to the sustainable methods of fishing and farming that have maintained the ecological balance for over 1,500 years.

In 2009 the islands made the English newspaper The Guardian's list of "20 undiscovered island gems".



#### Höga Kusten/Kvarken archipelago Designated a World Heritage Site in 2000, Höga Kusten has the highest recorded land rise rate in the world.

Since the retreat of the ice at the end of the last Ice Age, it has risen 286m and continues to rise a further 8mm every year. The result is a section of coast with the steep beaches of Höga Kusten and the lower-lyg flat Kvarken archipelago. Topographic opposites which have created a geological entity. www.varldsarvethogakusten.se

# Sagavägen from one World Heritage Site to another

Sagavägen Road - takes you on an adventure where impressive landscapes and unique wildlife combine with a vibrant cultural heritage. The road really is like a good story: no matter at which point you begin, the start raises your expectations and it holds your interest throughout before finishing dramatically.

The road takes the entire family on an unforgettable journey through the exciting landscapes that link the two World Heritage Sites of Vega and Höga Kusten. Whether you start in Norway or in Sweden, you'll travel through dramatic scenery and idyllic villages and, along the way, be introduced to a rich cultural heritage that is kept alive today by the region's people.

Make your journey along the Sagvägen Road your own saga, with you in the lead role and the adventurous landscape as the backdrop. You can guarantee it will be a saga where anything can happen and something new is always waiting just around the next corner...



whc.unesco.org

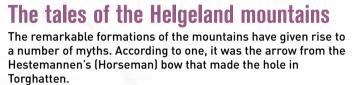
# NORWAY 🔶 SWEDEN

Höga Kusten

22

	1 km	INDRE HELGELAND	SÖDRA LAPPLAND	
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le	Vilhelmina	Dikanäs	Kittelfjäll	Gränsen	Hattfjelldal	Trofors	Mosjøen	Sandnessjøen	Forvik	Brønnøysund	Vennesund
43	211	316	340	399	474	507	549	619	661	626	655
0	71	175	198	258	342	375	417	486	529	493	523
71	0	105	127	187	271	304	346	416	458	423	452
75	105	0	26	86	124	157	199	268	311	275	305
98	127	26	0	60	98	131	172	242	301	247	278
258	187	86	60	0	38	71	112	182	241	187	218
42	271	124	98	38	0	34	77	146	189	153	181
75	304	157	131	71	34	0	42	112	155	117	147
17	346	199	172	112	77	42	0	71	130	159	190
86	416	268	242	182	146	112	71	0	61	88	132
29	458	311	301	241	189	155	130	61	0	42	86
.93	423	275	247	187	153	117	159	88	42	0	51
23	452	305	278	218	181	147	190	132	86	51	0



One evening, the Hestemannen saw the De syv søstre (Seven Sisters) and Lekamøya (an outcrop of rock resembling a woman bearing a head scarf) bathing in the lake at Landego. He was immediately filled with desire for Lekamøya and decided to kidknap her at midnight. Taking up his weapons and donning his cloak he rode south, but his intentions were discovered by the Jungfruarna (Maidens) who chased him until they became exhausted J and threw themselves down at Alstahaug. Only Lekamøya was able to continue the flight southward, with her pursuit watched by the King of Sømnafjellen. As the golden approach of day grew ever stronger the disappointed suitor placed an arrow in his bow and let it fly. However the watching King threw his hat into its path, thus saving Lekamøya. The hat fell to the ground at Torgar, just as the sun rose over the horizon and was instantly turned to stone



# Mythical tales

Look out! Keep your eyes peeled when travelling along the Sagavägen Road, as the region is not only inhabited by humans: there are elves, trolls and other spirits dwelling in the forests and mountains.

The road will take you through communities that all have mystical tales derived from traditional Swedish, Norwegian or Sami folklore about mythical creatures.



Myckelgensjö, Örnsköldsvik. Photo: Håkan Nordströ

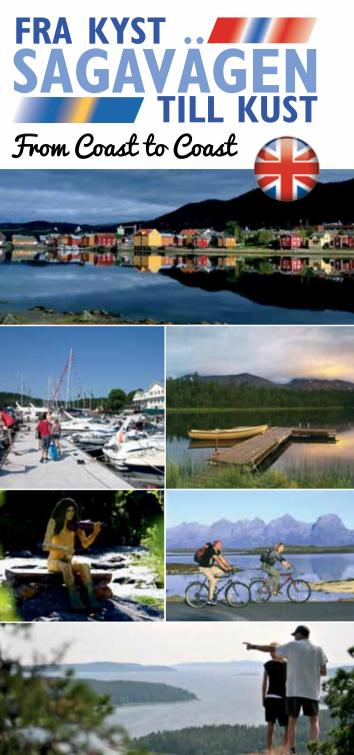
#### Sagavägen road - full of adventure The contrasting landscapes and fascinating cultural heritage leads you to discover a different world that is truly genuine.

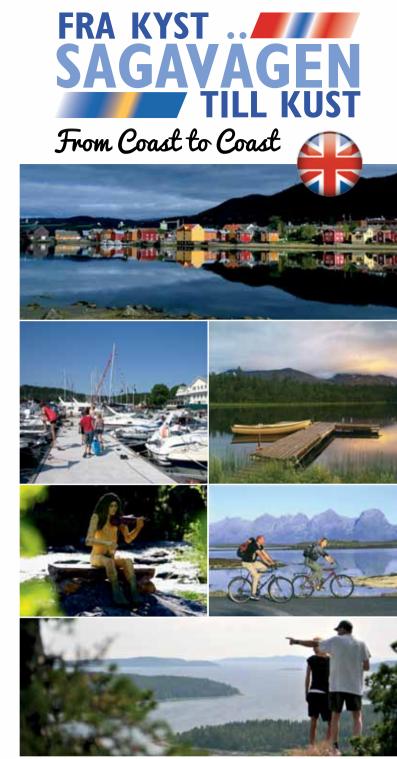
The name for the road Sagavägen came originally from the multitude of myths and legends that make up cultural heritage of the Helgeland coastal region. But closer study revealed a wealth of tales and folklore along the whole road providing a unique combination of stories and traditions from Lapland, Norway and Sweden. The road really is like a good story: no matter at which point you begin, the start raises your expectations and it holds your interest throughout before finishing dramatically.



Jnique shops along the road, Hammrebys in Dikanäs and Asplunda lanthandel in Tallsjö. Photo Magnus Ström and Sylve Holmgren.







Mosjön, Photo: Jørgen Jensen • Boat at Bessvatnet, Photo: Valmar Valdmann • Ulvöhamn boats, Photo: Peter Forssell • The spirit Näcken along the Saga trail at Kvarnbäcken, Rönnäs • Photo: Magnus Ström • Cyclists, Photo: Terje Rakke Nordic Life/IN • View Höga Kusten, Photo: Peder

# **Tourist information**

phone: +47 75 01 80 00 bronnoysund@visithelgeland.com www.visithelgeland.com

Vega Tourist information (Open only in summer)) phone: +47 75 03 53 88

Tourist information in Sandnessjøen phone: +47 75 01 80 00

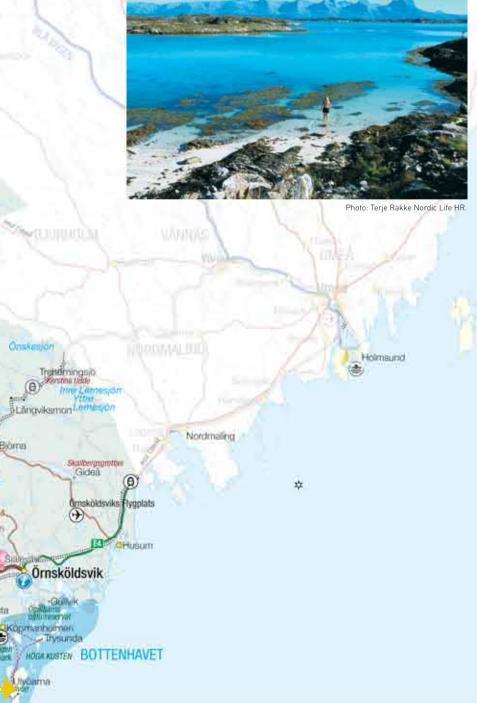
sandnessjoen@visithelgeland.com www.visithelgeland.com

Sømna Tourist information (Open only in summer)) phone: +47 75 01 50 00 / +47 75 02 83 96

Tourist information in Mosjøen mosjoen@visithelgeland.com www.visithelgeland.com

Hattfjelldal Tourist information phone: +47 75 18 54 00







Kubbe

Kubb

Tourist information in Brønnøysund Dikanäs Tourist information (Open only in summer)) phone: +46 (0)940 801 16 dbf@dikanas.se

> **Vilhelmina Tourist information** phone: +46 (0)940 398 86 turist@vilhelmina.se www.lapplandturism.se www.southlapland.com

Åsele Tourist information phone: +46 (0)941 140 78 turistinfo@asele.se www.sodralappland.se www.southlapland.com

Örnsköldsviks Tourist information phone: +46 (0)660 881 00 turism@ornskoldsvik.se www.hogakusten.com/ornskoldsv



# Örnsköldsvik

The highway known as the Sagavägen (Saga road) begins and ends at Örnsköldsvik, a town of contrasts. Here is where deep snow means perfect skiing in winter and beaches, boating and trekking in summer.

# A little bit of Paradise in Örnsköldsvik

Have a splashing time in the balmy tropical atmosphere of the Paradisebadet adventure pool which boasts the longest water shoot in Northern Europe. There's further chances to get wet and wild in the outdoor pool, rapids and whirlpool bathtubs, while energetic one to seven year-olds can enjoy watery fun in the renovated kids pool. Adults seeking some personal TLC can relax in the spa or work out in the gym and everyone can enjoy the delicious menu available in the restaurant. + 46 (0) 660-885 90. www.paradisetornskoldsvik.se

### Källarbackens saga Sidensjö

Enjoy the magical opportunity of meeting famous fairytale characters such as Red Riding Hood and Hansel and Gretel as you walk along the pathway of the Saga Trail which winds through the northern forest. Along the trail there is also the opportunity to discover how the region's wild animals survive winter and a chance to visit the old corn barn: find out why its windows are so small. Refresh-

ments and lighter lunches are served in the café. + 46 (0) 70-272 50 82. www.källarbackenssaga.se Gerdal Ostrich Farm

Come and get close to some of nature's largest feathered friends. The ostriches love to be fed and be the centre of attention. A restaurant is on hand providing welcome refreshments and before leaving, visit the shop where you can buy local handicrafts 🕺 Ostrich. Photo: P-O Sedin.

and ostrich meat. + 46 (0) 660-711 50. www.strutsfarmen.se

#### Ulvön

The island of Ulvön lies among the archipelago islands of Örnsköldsviks at the heart of the Höga Kusten (High Coast) region. Ulvön comprises two islands, North and South Ulvön with Ulvöhamn harbour on the north. Famed for the production of fermented herring, a tradition dating



View over Ulvöham, Photo: Malin Weo



Paradisbadet in Örnsköldsvik. Photo: Håkan Nordströn

back more than 100 years, Ulvön enjoys idyllic surroundings which are popular with summer visitors. There's always lots to see and do, with charming shops and a variety of well-preserved old buildings and restaurants to visit and a fun-packed festival programme to enjoy. Visitors can also take their pick from a wide choice of accommodation, including hotels, hostels and cabins for hire. Ulvö Tourist Information Office + 46 (0) 660-22 40 93. (summer) www.ulvon.info

# The old farmstead Gammelgården at Myckelgensjö There are 28 restored timbered buildings at Gammelgården, an old

farmstead dating from the 1700s and whose origins go even further back to the 1500s. Guided tours and refreshments are available. Don't forget to taste the local ice cream, made in the village of Myckelgensjö. + 46 (0) 611-886 00 (County Museum), + 46 (0) 661-221 12 (Myckelgensjö local

#### Mo local heritage and the Moliden Ecocentre

Featuring the MoDo museum collection of buildings from the area's industrial past. Tours available. Summer café. + 46 (0) 660-915 20.

# Shopping in Örnsköldsvik

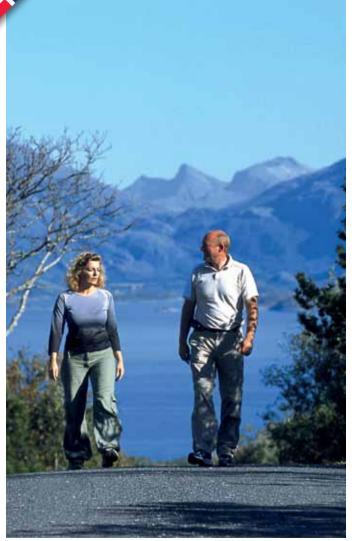
Örnsköldsvik boasts a vibrant commercial sector, comprising three separate shopping centres, in which well-known main stores stand alongside small charming independent boutiques. But don't just shop 'til you drop. You can also visit the City play park, museum and art gallery. And just 7km south of town, one of Sweden's most renown outdoor clothes specialist - Fjällräven - has its headquarters and store.

# Skuleskogens National Park

Skuleskogen National Park is an area of dramatic jagged terrain covered by ancient virgin forest that sweeps majestically across the land to the Baltic Sea. Crossed by the 130km Höga Kustenleden trail, here is where visitors can discover a number of prehistoric rock carvings and glory in the majestic surroundings of the Slåttdalsskrevan ravine. + 46 (0) 611-349 000 (County Administration), + 46 (0) 613-700 200 (Naturum Exhibition Höga Kusten). www.skuleskogen.se

# Gullviks leisure area & Ögeltjärns Nature Reserve

A trip to the Gullviks leisure area means a trip to the Ögeltjärns Nature Reserve which comes within its boundaries. Starting at the Gullvik beach and camping site, you can choose to walk along several different paths to a number of shelters, outdoor barbecue sites and viewpoints. For the



# HELGELAND - unspoilt adventure

Helgeland Reiseliv is a tourist information service for 18 municipalities in the region of Helgeland, which is part of the county of Nordland Fylke. This information provides an insight in to what to see and do along the Sagavägen road but at www.visithelgeland.com, you can read more detailed information about cycle tours, hiking trails, lakes and rivers, festivals and other events, as well as where to find food and accommodation.



# Hattfjelldal

Named after the mountain that looks like a hat, Hattfjelldal and neighbouring Grane are the only two municipalities that are not connected to the sea. This large mountainous area which shares a border with Sweden has always been an important reindeer grazing region which is why it has become a centre for the southern Sami in Norway. For hiking, hunting and fishing folk it is bursting with opportunities. You can hike along part of the Nordlandsruta trail or walk to the Hatten summit. Many hikers also like to head for the two national parks, Børgefjellet and Børgefjell, both of which are also prime fishing territory. Visitors to this area will also find it hard to miss Lake Røssvatnet as it's Norway's second largest inland lake and, fishermen take note, home to some really large arctic charr. 🔶



Laksforsen. Photo Helgeland Reiseliv

best view of the coast and sea, walk to the top of Ögeltjärnsberget or Vikbottsberget. Gullvik is also the starting point for cross-country skiers or those who like to skate on the frozen sea. + 46 (0) 660-745 82 (Gullviks Havsbad och Camping)

### Mellansels Bad & Camping

With no less than three heated outdoor swimming pools, slides and play area, the camping site at Mellansel is perfect for families. You can also try your hand at mini-golf and beach volleyball. There is a also a café, cabins available for hire and a separate caravan site. + 46 (0) 661-407 01. www.mellansel.se

# Skallbergsgrottan Cave

Take a trip underground to discover the largest system of bedrock caves and potholes in Scandinavia. Formed over 1,800 million years ago, Skallbergsgrottan Cave is 220m in length and located 2.5 km north east of Gideå.

#### Kenstins Udde Spa & Turism

Relax and unwind in secluded surroundings. Kerstins Udde lies on an outcrop of land and includes accommodation, bathing facilities, a spa, restaurant and various outdoor activities. Located about 65 km from Örnsköldsvik, this is where Höga Kusten meets Swedish Lapland. + 46 (0) 662-204 05: www.trehorningsjo.se

#### Winterland

There are plenty of reasons to visit Örnsköldsvik municipality throughout the year - during the cold months it's a real winter wonderland of activity. Rev up for some snowmobile action along some of the 1,500kms of tracks which crisscross the municipality. If you don't have a machine of your own, you can hire one in Solberg or Bjästa.

The ski jumping centre Friska Viljor Backhoppning has a year-round action-packed programme of competitions and training sessions, while skiers can woosh their way down a choice of three slopes at Solbergsbacken, Bjästabacken and Åsbacken. If cross-country skiing is more your sport, visit Skyttis, a facility that can produce snow even when the weather is too warm. Further fast-moving action can be found at Fjällräven Center, home to premier division ice hockey club MODO Hockey. Winter is also the time for the Sami market of Orrestaare Maarhna, which is held every February in the town's museum and art gallery.



# Grane

Grane is where you get up close and personal with Mother Nature in all her glory. On one side of the municipality is the impressive Børgefjell National Park and Lomsdal-Visten National Park is on the other. Each provides plenty of excellent fishing and hiking opportunities, the former boosted by the presence of the renowned salmon river Vefsna flowing through the centre of the region. The main E6 highway and Nordlandsbana railway also pass through Grane and there are road links to Sweden and to the coast (FV76). The closet airport is in Mosjøen (42km).

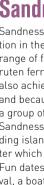


Mosiøen, Photo: Helgeland Reiseliv

# Mosjøen

Mosjøen is situated in Vefsn Municipality at the head of a fjord and holds the titles of oldest town in Helgeland and second oldest town in Nordland. A haven for music and the arts, Mosjøen holds many concerts and events every year major festivals on a theme include the Galleria Arts Festival, the Kippermocupen football tournament and the Tiendebytte historical tithe market.

Thanks to a rich heritage, however, Mosjøen has much more to offer visitors. The early 19th century houses, which still play an important and colourful role in this vibrant small town, are fascinating and well worth a look and there's plenty of modern attractions too. Pay a visit to the new swimming pool at Kippermon, take a walk to Marsøra, view Sjøgata street from the fjord or take a hike up to the easily attainable Moåsen Ridge. If you want to try a longer route, aim for the top of Øyfjellet. Horseback riding is available from the Ekipasjen Stables and you can try your luck bowling at the Mosjøen camp site. 🔶







All roads in Lapland lead to Åsele. Both a vast region between the coast and the mountains and the seat of Åsele Municipality at the heart of the inland forest, this is the centuries-old centre of southern Lapland. A place where Sami, settlers, merchants and state officials gathered at market fairs every year since 1648 to conduct business and discuss legal matters. These events were also great social occasions and opportunities for fun and as they became established over time, the area also became a centre for religious ceremonies and judicial administration. The municipality of Åsele spans a large area thus offers a big welcome. This is a place where there is no need for visitors to crowd together or to feel stressed. Just relax and take your time to discover what Åsele can offer you.

municipality



Local Heritage Museum at Åsele. Photo: Svlve Holmgrer

#### Discover Asele

Every July, as it has done each year since the 17th century, Åsele comes alive to the sound of thousands of happy and excited visitors flocking to enjoy Sweden's largest folk fest and famous market, Åsele Marknad. Last year's event held, as always, over four days in the third week of the month, attracted around 150,000 people.

But that's not the only reason to visit - an exciting mix of spectacular landscape and wildlife plus vibrant local heritage means there's much more to do after you've filled your bags with market purchases. Those who'd like to learn more about the past can pop into the museum at the centre of Åsele town, which has a fascinating array of displays and artefacts, including the county's largest collection of textiles and accessories. Lovers of the great outdoors can choose between visiting Västerbotten's only national park, Björnlandet, an ancient canyon formed during the Ice Age or to fish from one of the many excellent waters in the



The Severn Sisters, De syv søstre in Alstahaug, Photo: Sigrid Haarberg.

#### Sandnessiøen

Sandnessjøen is the main town of Alstahaug Municipality and a key location in the coastal region of Helgeland. Easily accessible thanks to a wide range of flight and ferry connections, its most famous link is the Hurtigruten ferry which sails up and down the coast of Norway. Alstahaug has also achieved a certain level of fame for the size of its moose population se the beautiful landscape is also home to The Severn Sis a group of spectacular mountains criss-crossed with hiking trails. Sandnessigen itself is a a good base from which to explore the surroun-

ding islands by boat or by bike - check out Tømmervika Opplevelsessenter which offers kayak tours, with or without guides. Fun dates here for your summer calendar include the Petter Dass Festival, a boat trade fair and the World Crab Fishing Championships. ♦



#### Activities

Travel back in time at the café in the village of Hälla which still boast its original interior from 1953, or travel through the ancient and mysterious vast caverns and caves at Vitterhuset, just outside of the village Östernoret. Here you can walk the Saga Path to find out more about the mythic creatures which were said to live in the caverns and don't forget to visit the adventure assault course either. If you travel to the village of Tallsjö, you will find another snapshot in time in the form of the well-preserved Asplunda store which was run as a business between 1895 and the 1950s. Located between Åsele and Vilhelmina is one of Scandinavia's best preserved heritage sites dating from the 1700s - the system of mills and water flows at Torvsjö. Featuring a heritage exhibition and forestry museum this is a real opportunity to discover what life in Lapland was really like in the past.

#### Inbelievably tasty!

The Åsele Wärdshus Hotel and Restaurant serves dishes made from only the freshest ingredients which are sourced locally or direct from the surrounding countryside. The business has been run for nearly 40 years by Wolfgang Bay who, in 1989 was awarded gold medal by the highly respected Gastronomiska Akademin.

In the village of Avasjö, Danielssons Ko & Co, produces a range of local meat products and at Ekogården Berget in Nordanås, you can bake your own bread using traditional methods and enjoy a meal prepared from the farmstead's own produce.

#### Winterland

Åsele is a hotbed of activity - even during the cold winter months. The market held at the end of March sees a combination of markets stalls, handicrafts and trade fair alongside a dog show, and one of the country's largest ice fishing competitions - Åsele-Nappet. Several cross-country ski tracks skirt the edges of Åsele town while nearby Åslia, has a ski slope. Dog-sledding enthusiasts, meanwhile are quick to make their way to the arena at Gafsele. A regular venue for the sport's World Cup, it is filled trails that are suitable for both training and competition.



#### Dønna

From the Iron Age right up until to the 1900s, the island municipality of Dønna was an important centre of power and played an influential role in the region's cultural development and so has an interesting history to discover! However it's not all about the past as the dramatic and lush landscape has resulted in a rich and varied wildlife and a particularly unique birdlife.

The best beach, an idyllic destination, is at Breivik and from here it is possible for those who enjoy a challenge, to hike up to the Dønnamannen summit. Øya Løkta, on the northeast side is perfect for those on bicycles. You can reach the island via the ferry service from Sandnessjøen or by driving over the Åkviksunds bridge between Herøy and Dønna. 🔶



#### Bønå Villmarkssenter. Photo Bønå

#### Vevelstad

Set amid a dramatic landscape, one of Norway's smallest municipalities, the coastal community of Vevelstad, has been in existence since the Stone Age. At least half of the area forms part of the Lomsdal-Visten National Park and is bursting with typical Helgeland scenery: lakes, fjords, free-flowing rivers, forest and dramatic mountains. Human activity has made barely any impact, so every visitor should carry a map and compass when coming here.

There's much to see, not least a wide variety of ancient remains left by the settlers of long ago.

Auslia is a restored mountain farmstead situated in the heart of a hiking area filled with marked trails. A trip to The Visten fjord gives the opportunity to drink in the magnificent surrounding scenery as well as enjoy some excellent hunting, fishing and hiking. For those seeking modern convenience and facilities, the main town of Brønnøysund is just a 45 minute car journey away. 🔶



#### Vilhelmina

Covering a vast area, the municipality of Vilhelmina, one of the biggest in the country is at the heart of southern Lapland. Vilhelmina is one of Sweden's biggest municipalities, encompassing magnificent mountains and large lakes. Also the home of Sami legends such as Stalo the Cruel or Njavvisene, the Sun's daughter who spreads warmth in human hearts, it is of key importance to southern Lapland.

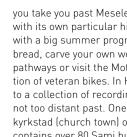
When the pioneers settled in the region they brought with them their myths and legends about the Vittra (spirits of nature such as elves or trolls) who dance across the marshes or play music for the fish in the streams. In these border lands between Norway and Sweden, between coast and mountain, anything can happen. We bid you a warm welcome to Vilhelmina.

#### Discover Vilhelmina

Just down the hill from the church is a collection of old buildings knowr as a kyrkstad - church town. These were used to house visitors who had travelled long distances in order to take part in religious festivals, visit markets etc. Vilhelmina has two of these "towns", the other is located in Fatmomakke. Today the now-renovated buildings house Sami handcrafts, small shops, a handicraft workshop and a gallery. By visiting the local heritage museum you can discover what it was like to live in one of these towns. Other available activities include: cycling, hiking and fishing trips on ATVs (All Terrain Vehicles) and if you come during the second week, you can take your pick from the packed programme of concerts and cultural events and the historical market which go to make up the Nybyggarvecka (Pioneer Week) celebration.

#### Activities

The Sagavägen road runs alongside the Vilhemina Municipality's two main rivers, Ångermanälven and Vojmån. Follow this road and journey



#### Unbelievably tasty!

Klimpfjäll in Vilhelmina is Sweden's tastiest centre - official. Millions watched in 2013 as, mentored by a professional renowned chef, three amateurs from Klimpfjäll cooked their way to victory against others similarly mentored from towns across the country in a national television show. Locals, however, are not surprised at their success as they're proud of the fact that it already has many award-winning producers who use local ingredients to create mouth-watering food. Helens Gårdsbutik, Pralineriet, EG:s Vilt and Samiska apoteket are just a few who lead the way. If you are visiting, you must not miss the opportunity to call in at Martin Bergman's Vilhelmina Gårdsbutik where you should try the SMtallriken, a dish containing the 5 award winning creations. Delicious!

#### Winterland





Torghatten in Brønnøy. Photo Ronny Lien

#### Brønnøysund

Brønnøysund is a lively small town with an attractive marina and a wide range of shops and services, set in the heart of Brønnøy Municipality. Its central location means Brønnøy is the regional hub, serving the whole of southern Helgeland. The Hurtigruten ferry docks daily and there are direct flights to Oslo and Bergen. There is also a helicopter base used by the off-shore industries as well as excellent bus and ferry connections to surrounding communities.

A visit to the spectacular mountain of Torghatten is a must. At the foot of this mountain, which has a hollow centre, is an outdoor salt water swimming pool while the summit and some spectacular views await at the end of just a 30-minute walk. A further 10 mountain peaks can be reached via other hiking trails available in the area and Brønnøysund is a great centre for cycling and outdoor activities.

Sea-going inflatable boat and kayak trips out can also be arranged through Nordnorsk Opplevelse. 🔶





Sømna

Welcome to Sømna - known as the granary of northern Norway thanks to its fertile landscape. Helgeland's southernmost municipality lying 40 km south of Brønnøysund, Sømna's ancient and exciting heritage means that archaeological finds dating back to the early Iron Age have been discovered here. The main town of Vik is not only located at the heart of the community but also where tidal currents converge and so is renowned for its fishing opportunities. Cyclists and hikers are also well catered for. A wealth of hiking trails wind through the regions while cyclists can soak up the tranquil idyllic landscape by biking peacefully along winding gravel roads. Bathing, fishing and hiking - Sømna has some fantastic places for them all. 🔶



you take you past Meselefors, Rönnäs, Stalon and Gränssjöarna, each with its own particular history and character. Dikanäs is the little village with a big summer programme. Try your hand at baking traditional flat bread, carve your own wooden cup, hike along one of the many trails and pathways or visit the Motorcyle Museum which has a fascinating collection of veteran bikes. In Henriksfjäll is another museum which is home to a collection of recordings describing what life was like here in the not too distant past. One of the sites that you must not miss is the Sami kyrkstad (church town) of Fatmomakke, which dates from the 1600s and contains over 80 Sami huts and 20 pioneer cabins.

With 42 slopes (37 off piste), Kittelfjäll is a paradise for skiers. Opportunities abound for heliskiing, catskiing, summit tours and, of course, after ski. Alternatively you can put your skis to one side to enjoy a whole host of other exciting activities. Why not try your hand at ice fishing or take a snowmobile ride up to a mountain top? Vilhelmina has more than 1,700 km of snowmobile trails! If you prefer to hear the sounds of the natural world while having fun, you could always go on a dog-sledding trip or cross-country ski tour. For something a little more sedate, simply visit our restaurants and cafés to sample some of the the excellent food that's available. Or why not come in February for WWW - Wilhelmina Winter Weekend, complete with its unique competition in which entrants battle to sit on a 2m column of ice for 48 hours.

# Helgeland **HELGELAND REISELIV**

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