



Unit: Km	Örnsköldsvik	Åsele	Vilhelmina	Dikanäs	Kittelfjäll	Gränsen	Hattfjelldal	Trofors	Mosjoen	Sandnessjøen	Forvik	Brønnøysund	Vennesund
Örnsköldsvik	0	143	211	316	340	399	474	507	549	619	661	626	655
Åsele	143	0	71	175	198	258	342	375	417	486	529	493	523
Vilhelmina	211	71	0	105	127	187	271	304	346	416	458	423	452
Dikanäs	316	175	105	0	26	86	124	157	199	268	311	275	305
Kittelfjäll	340	198	127	26	0	60	98	131	172	242	301	247	278
Gränsen	399	258	187	86	60	0	38	71	112	182	241	187	218
Hattfjelldal	474	342	271	124	98	38	0	34	77	146	189	153	181
Trofors	507	375	304	157	131	71	34	0	42	112	155	117	147
Mosjoen	549	417	346	199	172	112	77	42	0	71	130	159	190
Sandnessjøen	619	486	416	268	242	182	146	112	71	0	61	88	132
Forvik	661	529	458	311	301	241	189	155	130	61	0	42	86
Brønnøysund	626	493	423	275	247	187	153	117	159	88	42	0	51
Vennesund	655	523	452	305	278	218	181	147	190	132	86	51	0



Photo Terje Rakke Nordic Life HR.



Utsikt Høga Kusten. Photo: Tero Libell.

**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".



**Høga Kusten/Kvarken archipelago**  
 Designated a World Heritage Site in 2000, Høga 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 Høga Kusten and the lower-lying flat Kvarken archipelago. Topographic opposites which have created a geological entity.  
[www.vardtsarvethogakusten.se](http://www.vardtsarvethogakusten.se)

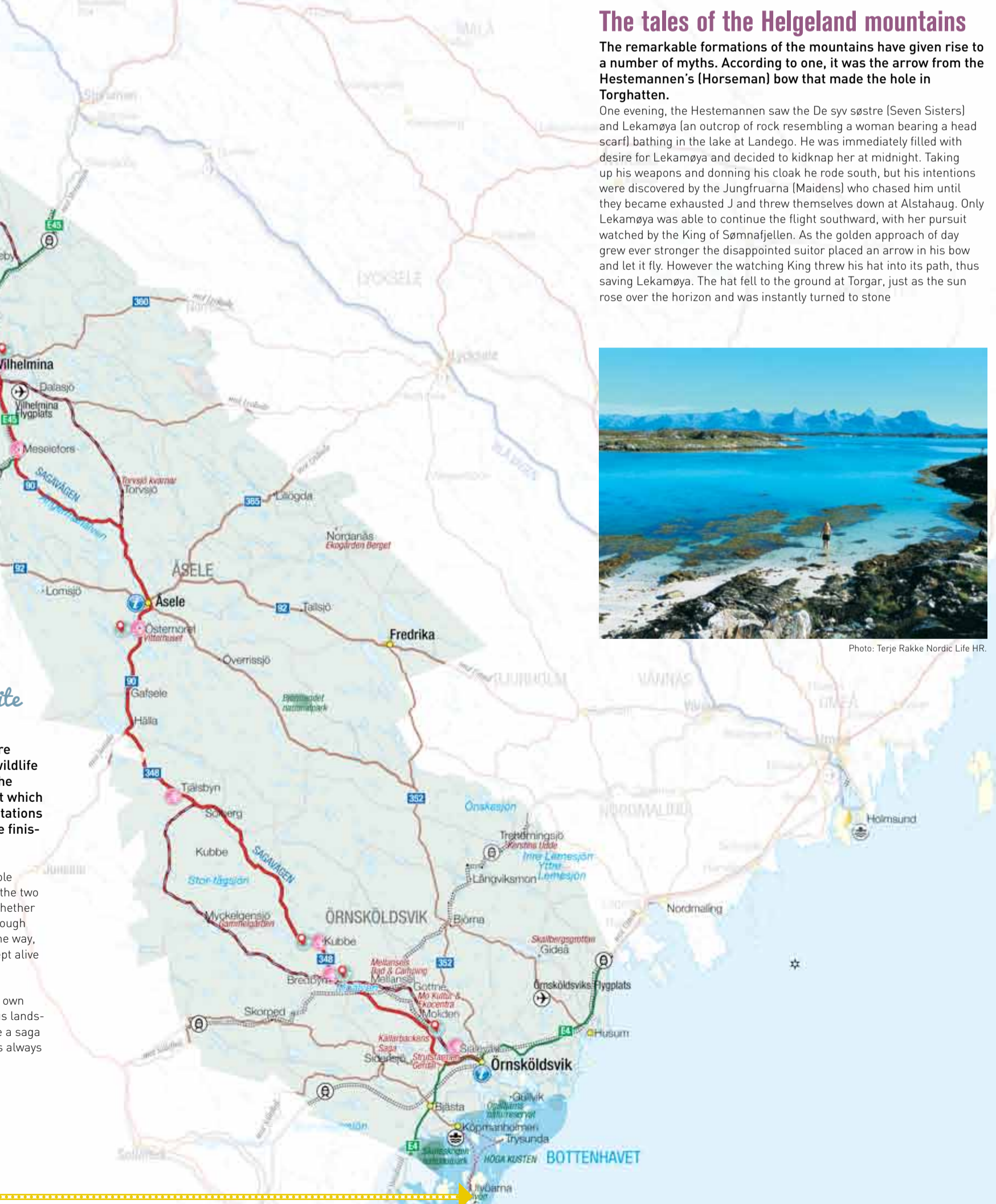
**Sagavägen - from one World Heritage Site to another**

Sagavägen Road - takes you on an adventure journey through the exciting landscapes that link the two World Heritage Sites of Vega and Høga 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.

The road takes the entire family on an unforgettable journey through the exciting landscapes that link the two World Heritage Sites of Vega and Høga 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 Sagavägen 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](http://whc.unesco.org)



**The tales of the Helgeland mountains**

The remarkable formations of the mountains have given rise to a number of myths. According to one, it was the arrow from the Hestemannen's (Horseman) bow that made the hole in Torghatten. One evening, the Hestemannen saw the De sju 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 kidnap 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 and threw themselves down at Alstahaug. Only Lekamøya was able to continue the flight southward, with her pursuit watched by the King of Samnaffjellen. 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.



Photo: Terje Rakke Nordic Life HR.



Vitterhuset - Vitter House, Photo: Sylve Holmgren.

**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 Nordström

**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.



Unique shops along the road, Hammrebyns in Dikanäs and Asplunda lanthandel in Tallsjö. Photo: Magnus Ström and Sylve Holmgren.



Källbackens Saga, Sidensjö. Photo Charlotte Westberg.

**FRA KYST SAGAVÄGEN TILL KUST**  
 From Coast to Coast



Mosjoen, Photo: Jørgen Jensen • Boat at Bessvatnet, Photo: Valmar Valdman • Ulvohamn boats, Photo: Peter Forsell • The spirit Näcken along the Saga trail at Kvarnbäcken, Rönnsås • Photo: Magnus Ström • Cyclists, Photo: Terje Rakke Nordic Life/IN • View Høga Kusten, Photo: Peder Sundström

**Tourist information**

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