



Keipen. Photo: Visit Harstad

# HARSTAD

## Food, culture and nature adventures!

Situated in the middle of northern Norway, Harstad is strategically placed at the gateway to Vesterålen and Lofoten. With its 24 000 inhabitants Harstad is one of the largest cities of northern Norway. This region offers it all, from ancient history and stunning nature experiences to high-end dining and excellent cultural festivals.

### ATTRACTIONS/EXCURSIONS

#### The Trondenes Peninsula

Duration: 3,5 Hours  
Capacity: 10 - 300 Pax  
The Trondenes Peninsula is historically important; it was once the seat of a Viking chieftain and later it was occupied by the Germans during World War II. Visit the world's northernmost stone church dating back to the late middle ages (1250), Trondenes Church. A short walk from the church you will find Trondenes Historical Centre, where the exhibition takes us from the Viking ages to the present day. Further up the hill lies the Adolf Gun, which is one of the world's largest land-based cannons with a barrel measuring 40.6 cm in diameter.

#### Trondenes Peninsula with medieval farm

Duration: 3 Hours  
Capacity: 15 - 120  
In Trondenes the 12th century farm is inhabited by the girl Magnhild, her parents, Asbjørg and Hallvard, grandfather Brage and some other family members. At the farm there is always a lot of work to do, so they all help with taking care of the animals and the land, mending the fences and cooking the food. As you arrive at the farm you meet Asbjørg who welcomes you with tales and a taste of the Middle Ages. On this tour you also hear the tale of Harstad city, the medieval church of Trondenes and the history of the peninsula as told in Trondenes Historical Centre.

#### The green community - Kvæfjord

Duration: 5 Hours  
Capacity: 10 - 120  
We visit Hemmestad Wharf, which is a former trading post where time has stood still for almost 200 years. In Kvæfjord we will also find Trastad Collections, an authentic residential and care facility for disabled people dating back to 1966. Today the institution is a museum with a unique collection of art created by people with mental disabilities. The only one of its kind in northern Europe. We also stop for a snack at the beautiful Røkenes Farm, dating back to 1750, before returning to your ship.

#### Guided day trip to the Lofoten Islands

Duration: 8 Hours  
Capacity: 15-200  
From Harstad we travel south through the historical and beautiful Tjeldsundet strait. On our way, we pass the old trading post Sandtorgholmen from the 15th century. North of Lødingen we head westwards for 18 km before we enter "LOFAST"- the mainland connection of Lofoten. From here we drive towards Fiskebøl and Svolvær. The natural surroundings here are dramatic and wild as we approach one of Norway's most important fishing ports, Svolvær, and here we pay the "Magic Ice" ice bar and the gallery a visit. After lunch we head back towards Harstad, and you get another chance to enjoy the magnificent nature of the Lofoten Islands.

#### Viking chieftain Tore Hund's empire

Duration 3-5 hours  
Capacity: 8 - 24  
Season: all year, weather permitting  
A RIB takes you from Harstad via Sundsvoll strait to Bjarkøy. Learn about the area's geography, nature and history. An example being Tore Hund's chieftain seat at Øvergården in Nergårdshavn. We make a short stop in the Sundsvoll strait so that you can get to know the kittiwakes and eagles on bird rock. Light lunch is served in "Midgard". Coffee or tea included. Good footwear suitable for the time of year is recommended. Your camera is an absolute must on this trip!

#### Day trip to Polar Park

Duration: 6 hours  
Capacity: 15 -250  
Season: all year  
Polar Park Arctic Wildlife Centre - The world's northernmost animal park and home to Norway's large predators such as bears, wolves, and lynx as well as deer, moose, reindeer and muskox. Polar Park is a great day out for everybody. Located in Salangsdalen valley in Bardu the park covers an area of around 275 acres of wild and breathtaking nature which serves as a part of the animal enclosures and the total experience of visiting Polar Park. Drive by bus from Harstad with a local guide, with a visit to the park, light lunch included.



Kayak. Photo: Visit Harstad



Trondenes Church and Historical Centre. Photo: Visit Harstad



Cook&Eat. Photo: Visit Harstad

#### Hiking trip to Keipen

Duration: 3 hours  
Capacity: 15 - 80  
We drive from the pier to Mt. Aune approximately 8 km northwest of Harstad. The hike towards Keipen on the top of Mt. Aune - 490 m above sea level is about 3km, and the trail to the top is good with some rolling birch ground - a little marshy at the start. As we arrive at Keipen pond, just below the top, the bonfire coffee is waiting for us, and coffee is served together with a traditional snack. The trail to the top continues to the right of the lake, and at the next plateau you find a steep escarpment descending into the sea. Fantastic views to the west! Good hiking boots and wind-stopping clothes are necessary!

#### Hiking tour to Gangsåstoppen

Duration: 3 hours  
Capacity: 15 - 80  
This tour starts with a drive from the pier to Gangsås, approximately 10 minutes from Harstad. From the parking place and to the top, it takes approximately 20-25 minutes to walk on the path. The view from the top is beautiful, and there are even binoculars and a country shelter! If your ship is docked in the city centre, it can be seen from the top. At the top

we enjoy a coffee and lunch by an open fire. After a well-deserved break return on the same trail back to the coach for a short drive back to the pier.

#### Culinary feast at Elgsnes Farm

Duration: approximately 3.5 hours  
Capacity: 10 - 36  
Season: all year  
Welcome to a unique experience - in the world's northernmost inhabited archipelago!  
We go by bus to Elgsnes, a white sandy beach situated approximately 20 km outside Harstad city centre. There was a settlement here in the early Stone Age, and one of the richest graves in Scandinavia from the Viking Age was found here. The main building today is from 1723 and was already in use as a guesthouse in 1798. The area is surrounded by the fjord, mountains, green meadows and a rich bird and wildlife. At the beach you will be greeted by your chef with an aperitif, before moving in to the restored boathouse to enjoy a three-course dinner. Come join us for a culinary experience in historical surroundings.

#### Cook & Eat

Duration: 2-3 hours  
Capacity: 8-15  
Join us for a session with some of the best chefs, and the best produce, of the region. Together as a team we prepare a delicious meal in the professional kitchen. We learn about the local ingredients, where it comes from and how it is produced. The session is completed with a perfectly balanced meal.

#### Hunting for the northern lights

Duration: 2 hours  
Capacity: 10 - 40  
Equipment: Camera  
We drive by bus from Harstad to Elgsnes beach to hunt for the beautiful Northern Lights. In the bus, the guide will tell and learn you about the fantastic aurora borealis - the Northern Lights! At Elgsnes beach we will take pictures of the Northern Lights and you will hear some history relating to the old Elgsnes farmhouse. In these historical surroundings you will be able to relax and have a warm drink under the open sky. A professional photographer will join the tour, and advise you on how best to take pictures of the Northern Lights with your camera.

#### PORT OF HARSTAD

**Visiting address** Richard Kaarbøs gt 2.  
**Mailing address** Harstad Havn KF c/o postmottak, P.O.B. 1000, NO-9479 Harstad  
**Phone** +47 77 00 12 10  
**E-mail** havnevakta@harstad.kommune.no  
**Internet** www.harstadhavn.no  
**Maritime contact person** Ivar Frans Hagenlund  
**E-mail contact person** Ivar.Hagenlund@harstad.kommune.no  
**Phone contact person** +47 909 69 805  
**Distance from pilot station** 35 nm,  
3 hour Lødingen pilot station  
**Pilot channel** 16

#### TOURIST INFORMATION

**Mailing address** Visit Harstad, P.O.B. 654, NO-9486 Harstad  
**Phone** +47 77 01 89 89  
**E-mail** visitharstad.no  
**Internet** www.visitharstad.com

#### GENERAL INFORMATION

**Guide Service** Most major languages  
**Terminal/Restrooms in pier area** No  
**Shuttle bus** Larsneset - No / Stangnes - Yes  
**Parking place for buses** Yes  
**Public transportation** Yes  
**Shopping** 250 m

**Currency exchange** Yes - 300 m  
**Internet access in pier area** No  
**Distance to airport** 45 km/ Harstad-Narvik EVE Airport  
**Distance to city centre** Larneset - 250 m / Stangnes - 4,5 km  
**Distance nearest hospital** UNN Harstad - 1.5 km

#### PORT SERVICE/FACILITIES & INFORMATION

**LNG** By car  
**ESI** Vessels that in the pre-arrival information have declared that they have a valid ESI certificate, will be granted the following discounts on the harbour dues: 20% for vessels with ESI score between 25-50 50% and for vessels with a higher ESI score than 50 40% discounts  
**Supplies available** By car  
**Waste** Containers  
**Grey water** By car  
**Tugboats** from Tromsø  
**Anchorage** Yes  
**Ship tender facilities** Yes  
**Tidal movement** 2 m

**Stangnes kai 2**  
**Gangway available (8 /10 /12 m)** No  
**Seawalk** No  
**ISPS approved** Yes  
**Restrictions in harbour** None

**Maximum ship length** 260 m  
**Maximum ship draft** 10 m  
**Maximum beam** None  
**Maximum air draft** None  
**Bollard strength (certification)** 50/None  
**Crew facilities** None

**Larsneset (city centre)**  
**Gangway available (8 /10 /12 m)** No  
**Seawalk** No  
**ISPS approved** Yes  
**Restrictions in harbour** None  
**Maximum ship length** 260 m  
**Maximum ship draft** 6.5 m  
**Maximum beam** None  
**Maximum air draft** None  
**Bollard strength (certification)** None  
**Crew facilities** None

**ANCHORAGE/TENDER**  
**Max size** 300/350  
**Ship tenders allowed** Yes  
**Type of bottom** Sand/gravel  
**Depth** 60m  
**Distance from anchorage to Tender Pier** 200 m  
**Tender Pier capacity** 2 boats



Quay	Length	Draft	Airdraft	Beam	Height
Larsneset Terminal	220 m	7.5-13 m	-	-	3.74 m
Seljestad Terminal	200 m	7.5 m	-	-	-
Stangnes Terminal	120 m	11.5 m	-	-	-

