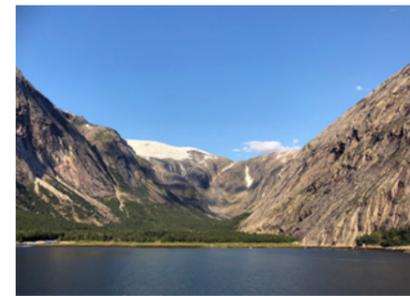




Arctic Circle Rana. Photo: www.visithelgeland.com, Rana



Nordfjorden. Photo: Mo i Rana Havn KF



Cave. Photo: CH, Helgeland Reiseliv



Sjøgata. Photo: Visit Helgeland

Skillevollen Idrettspark (Activity Park)

Duration: 2-3 hours

Skillevollen Idrettspark is an activity park open all year round. In winter, it offers skiing, snowshoeing, sledding, igloo building and ice-skating. In summer, roller blading, biking and hiking in a variety of terrains are the order of the day, as well as much, much more. This excursion is by bus. CAPACITY: 25-100 pax.

Two countries in one excursion, Norway and Sweden

Duration: 6 hours

Starting in Mo i Rana, you will take a bus to Hemavan / Tärnaby in Sweden, an extremely popular winter destination. Summertime offers the chance to view the area's vast botanical treasures and local culture. Lunch will be served at one of the restaurants in Hemavan, where you will also hear the story of Swedish downhill champions Ingemar Stenmark and Anja Persson. This excursion is by bus. Capacity: 20-200 pax.

The BEST of Helgeland

Whales, glacier, fjords, waterfalls and mountain viewpoints! All this can be experienced in this marvelous tour where we also cross into the Arctic Circle at the island Vikingen, which we are taken to by local boat. Lunch is at the boat and we use coach to get to the fjord and sea. Capacity: 40-100 pax. Duration: 6 hours

Hike like a local at Båsmofjellet with a visit to Stenneset Open Air Museum

Stenneset is an open air museum just outside the town centre. Here we find local history, food and activities. Here we also include a short local walking tour. This excursion is by bus. Capacity: 25-150 pax. Duration: 3 hours

MO I RANA

The Arctic Circle City

Mo i Rana is the city in Norway that is located closest to the Arctic Circle. The town is surrounded by beautiful nature, fjords and mountains, Scandinavia's second largest glacier, wonderful caves and one of the largest national parks in Norway. As a cruise port, Mo i Rana has a variety of attractions to offer cruise passengers, both summer and winter. In the wintertime you can watch the Northern Lights and in the summer the Midnight Sun. Visiting the Arctic Circle Centre, The Salmon History Museum, trips to the caves and the «Svartisen» glacier are popular among tourists, as well as enjoying the culinary attractions such as reindeer and the freshest seafood. The 300-m-long cruise pier has a minimum depth of 8 m and has good availability.

ATTRACTIONS/EXCURSIONS

The Arctic Circle and Sami Culture

Duration: 5-6 hours
The Arctic Circle is situated about one hour from Mo i Rana, and is the boundary between Saltfjellet and Svartisen National Park. We also pay a visit to a Sami family at Saltfjellet. Capacity: 25-200 pax.

Grønligrotta and Sætergrotta

Duration: 3 hours
The caves are the most popular and most visited limestone caves of the last century. The caves have been formed by water and ice over a period of 700,000 years. Come and see the earth's inner core. Grønligrotta & Sætergrotta are two of the biggest caves out of the 200 that are found in the district of Mo i Rana. This excursion is by bus. Capacity: 25-100 pax.

Historical walk and marvel at nature

Duration: 5-6 hours
Mosjøen, "the historical town", where history remains alive today. The old, 19th century buildings are well preserved, forming a colourful backdrop to the little town's urban life. This tour also includes a serving of lunch and history in the oldest hotel in North Norway: Fru Haugan's Hotel. We also take a drive through the magnificent nearby natural landscape. This excursion is by bus or train. Capacity: 25-100 pax.

City Sightseeing in Mo i Rana

Duration: 2 hours
Moholmen, the old part of Mo i Rana, is like an oasis in the city centre. A stroll around the district is like a trip back in time, away from the modern hustle and bustle. The oldest buildings in Moholmen date back to the 17th century, and the area is a living museum of the era before industry arrived in the town. Mo i Rana's past also goes back to the end of the 16th century, when the iron ore industry started, and it is now home to

the most modern industrial area in Norway. This excursion is by bus and features a walking tour. Capacity: 25-200 pax.

Spectacular outer island of Lovund

On this tour we visit the island of Salmon, Lovund. This island, formed like a hat, is one of our most visited tourist areas where the main industry is the export of salmon to the whole world. This is the island where people want's to stay and live their lives. This excursion is by coach and local charter boat. Capacity: 20- 100 pax. Duration: 8 hours

PORT OF MO I RANA

Visiting address Midtre gate 23
Mailing address P.O.B. 185, NO-8601 Mo i Rana
Phone +47 75 13 47 06
E-mail oystein@moiranhavn.no
Internet www.moiranhavn.no
Maritime contact person Mr. Øystein Lorentzen
E-mail contact person oystein@moiranhavn.no
Phone contact person +47 91313693
Distance from pilot station 45 nm
Pilot channel 13

TOURIST INFORMATION

Visiting address O.T.Olsens gate 1,
Mailing address O.T.Olsens gate 1, NO-8622 Mo i Rana
Phone +47 750 18000
E-mail post@visithelgeland.com
Internet www.visithelgeland.com
Distance from port 1 km

GENERAL INFORMATION

Guide Service Yes
Turnaround facilities No
Terminal/Restrooms in pier area No
Shuttle bus Yes
Parking place for buses Yes
Public transportation Yes
Shopping Yes

Currency exchange No
Internet access in pier area Yes
Distance to airport 15 km
Distance to city centre 0,5 km
Distance nearest hospital 3 km

PORT SERVICE/FACILITIES & INFORMATION

MGO by truck Yes
LNG N/A
EPI N/A
ESI N/A
Supplies available Yes
Waste Yes
Grey water No
Tugboats Yes
Anchorage Yes
Ship tender facilities No
Tidal movement 2,43 m tidal difference
Gangway available No
Seawalk No
ISPS approved Yes
Restrictions in harbour No
Maximum ship length 300 m
Maximum ship draft 8 m/ 11 m
Maximum beam 40 m
Maximum air draft 60 m
Bollard strength 50 t
Crew facilities No

ANCHORAGE/TENDER

Max size 100 m
Ship tenders allowed Yes
Type of bottom Mud
Depth 50 m

