



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

MO I RANA

The Arctic Circle town

Mo i Rana is the town in Norway located closest to the Arctic Circle. The town is surrounded by beautiful nature, fjords and mountains, Scandinavia's second largest glacier, wonderous 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, the Salmon History Museum and trips to the caves are popular among tourists, as well as enjoying culinary attractions such as reindeer and the freshest seafood imaginable. The 300-m-long cruise pier has minimum depth of 8 m and 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.

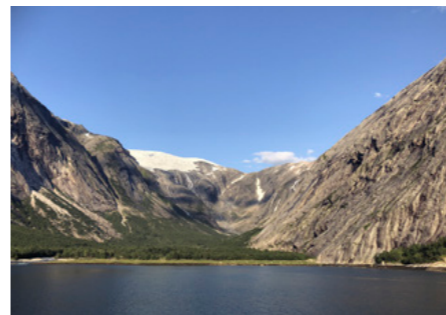
Grønligrotta and Sætergrotta
Duration: 3 hours
The caves are the most popular and most visited limestone caves of the last century. The caves have been formed by water and ice over a period of 700,000 years. Come and see the earth's inner core. Grønligrotta & Sætergrotta are two of the biggest caves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

Historical walk and marvel at nature by bus or train
Duration: 5-6 hours
Visit Mosjøen, "the historical town", where history remains alive today. The 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 bus and 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 town 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 worldwide. This is the island where people want to stay and live their lives. This excursion is by coach and local charter boat. Capacity: 20- 100 pax. Duration: 8 hours



Nordfjorden. Photo: Mo i Rana Havn KF



Exploring the Grønligrotta cave. Photo: CH, Helgeland Reiseliv



Sjøgata. Photo: Terje-Rakke, Nordic Life, Helgeland Reiseliv

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 on this marvellous tour where we also cross the Arctic Circle at the island Vikingen, which we are taken to by local boat. Lunch is served on the boat. We travel by coach to reach the fjord. 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

PORT OF MO I RANA
Position: 66°19'58"N and 14°07'77"E
Visiting address: Midtre gate 23
E-mail: oystein@moiranahavn.no
Website: www.moiranahavn.no
Phone: +47 75 13 47 06
VHF: Channel 12
Berths for cruise: Toraneskaia and Bulkterminalen
Distance to town centre: 500 m

DOCKING INFORMATION
Landing largest ship: 265 m
Air draft: No limitations
Tidal movement: 2.43 m tidal difference
Terminal contact: Øystein Lorentzen, Cruise Coordinator, +47 913 13 693, oystein@moiranahavn.no

TERMINAL FACILITIES (TURNAROUND)
Wi-Fi Service
Taxi
Shuttle bus
Distance to airport: 15 km

CREW FACILITIES
Free Wi - Fi

PORT SERVICES
Fresh water bunkering
Waste landing
Special waste

SECURITY & ENVIRONMENT
Fenced terminals (ISPS)
Security service

EPI
ESI
Max ships per day: 2
Max pax per day: 2,000

ANCHORAGE
Max GT: On request
Type of bottom: Mud
Minimum depth: 50 m
Distance from anchorage to tender pier: 200 m

TOURIST INFORMATION
Visiting address: Ole Tobias Olsens gate 1
E-mail: mo@visithelgeland.com
Phone: +47 75 01 80 00
Web: visithelgeland.com



Quay	Water depth	Length	Height	Fenders	Shore Power	Grey Water	Max Ship size
Toraneskaia	7.8 m	310 m	5.5 m	Tyres	No	No	265 m
Bulkterminalen	11 m	129 m	6 m	Tyres	No	No	265 m

