



# 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

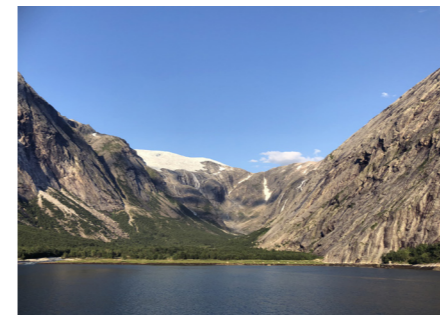
Duration: 5-6 hours  
Visit Mosjøen, "the historical town", where history remains alive today. The 19th century buildings are well preserved, forming a colourful backdrop to the little town's urban life. This tour also includes a serving of lunch and history in the oldest hotel in North Norway: Fru Haugan's 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.

#### 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

#### 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.



Nordfjorden. Photo: Mo i Rana Havn KF

#### 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.



Exploring the Grønligrotta cave. Photo: CH, Helgeland Reiseliv

#### 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



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

#### 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: North/East (N66° 19 min E14° 7,6 min )  
Website: www.moiranahavn.no  
E-mail: havna@moiranahavn.no  
Phone: +47 751 34 700  
Contact person: Øystein Lorentzen  
E-mail contact person: oystein@moiranahavn.no  
Phone contact person: +47 913 13 693  
Distance from pilot station: 40 nm (from west)  
Pilot channel: Ch.13-16  
Port VHF channel: Ch. 12-16

#### PORT INFORMATION

Designated cruise quay: Toraneskaia  
ISPS: Yes  
Maximum ship length: 300 m  
Maximum ship draft: 6,8 m  
(2024-new dredgingproject 9,5 m)  
Maximum beam: 32 m  
Maximum air draft: No limitation  
Bollard strength (certification): 100 tonn  
Tidal movement: 1,6 m

#### ANCHORAGE/ TENDER - YES

Max size: 300 m  
Ship tenders allowed: Yes  
Type of bottom: Sand/mudd

#### PORT SERVICES

Gangway available: 8-10 m  
Tugboats: No  
Crew facilities: No  
Bunkers delivery: Yes  
LNG bunkering: No  
Waste handling: Yes  
Grey water: Yes

#### SUSTAINABILITY

Shore Power: No  
EPI: No  
ESI: No  
Max ship per day: 1  
Max passenger per day: 2800

#### GENERAL INFORMATION

Turnaround facilities: No  
Terminal/Restrooms in pier area: No  
Shuttle bus: Yes, from the pier  
E-mail contact person: stig@polartours.no  
Parking place for buses: Yes, 1 to 8 buses  
Public transportation close by port: Yes  
Distance from port to airport: 12 km  
Distance from port to city centre: 900 m  
Distance from port to nearest hospital: 1,2km



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

