

# Island hopping by bike in Mid - Norway

4-6 days

Experience Norway's most exciting and spectacular island - Leka, beautiful Abelvær, and the protected fishing village of Sør-Gjæslingan. In this suggested tour, which can be done in 4-6 days, you hop from highlight to highlight along the Namdal Coast.



*On this trip, you will get to experience one of Norway's most special islands - Leka.  
Photo Leif Rune Jensen*

## THE WILD AND BEAUTIFUL NAMDAL COAST

The combination of express boat and bicycle make this a varied and exciting trip. The tour starts in Namsos on board the express boat Foldafjord to beautiful Abelvær. You bike to Rørvik, and can come along on exciting boat trips to Risværet and the largest fishing village south of the Lofoten Islands at South Gjæslingan. The tour continues to the island of Leka - an island that cannot be described, but must be experienced.

Complete tour suggestions at: [kystriksveien.no/namdalskysten](http://kystriksveien.no/namdalskysten)

*Historical accommodation at Abelvær, one of the most beautiful places on the Namdal Coast*



## Tour itinerary

**Season** May - October.

**From:** Namsos (Trondheim)

**Duration:** 4-7 days\*

**Boattrips:** July.

**Booking:** We plan and book the entire trip for you including bicycle rental, activities and accommodation.

**post@kystriksveien.no / 74 40 17 17**

\* The tour as described here is a 6-day trip, but it can be customized as

**More information:**

[kystriksveien.no/namdalskysten](http://kystriksveien.no/namdalskysten)



## How long would you like to use ?

There are several variations of this tour suggestion, which will determine the itinerary. We customise based on the number of days and what you would like to experience, contact us: +47 74 40 17 17, [post@kystriksveien.no](mailto:post@kystriksveien.no)

### Day 1: The trip to Namsos

You can take a bus from Trondheim Airport Værnes to Namsos - bus departs at 11:40 am on weekdays, and connects with the express boat from Namsos. You can also fly to Namsos Airport and have your bikes shipped there directly.

After arrival at Namsos, you retrieve your bikes (now or at the agreed time), and you bike to your place of lodging. We recommend a visit to Rock City (late opening hours - see [rockcity.no](http://rockcity.no)). Accommodation at Namsos

### Day 2: Namsos - Abelvær

You will take the express boat to Abelvær at 11:45 am / 4:00 pm (weekdays), and spend the first part of the day in Namsos. Activities include pedalling along an abandoned railway on a velopedede car, taking a trip to nearby Klompen mountain, or visiting one of the museums. We can customise your itinerary.

You will take the boat to Abelvær and stay the night in historic surroundings at Abelvær Farm. Abelvær Farm is an old trading post where the Brandtzæg family conducted commerce and operations related to fish production, fishing nets and farming from 1802. Nowadays, guests can stay at the Abelvær Farm in apartments and rooms in historic style. Dinner

### Day 3: Abelvær - Rørvik - Leka: 38 km

The bicycle trip up to Rørvik is a great ride. Just north of Abelvær, you can join Christian on a kayaking trip (see [exploreyn.no](http://exploreyn.no)) if you want a very special experience.

In Rørvik, you can visit the exhibitions at the Norveg Coastal Culture Centre and learn about coastal history going 11,000 years back in time. In the summer season, you can take exciting boat trips in the archipelago to destinations such as the biggest fishing village south of the Lofoten Islands - Sør-Gjæslingan. In the afternoon/evening, you will take the express boat to the island of Leka. Accommodation on Leka

### Day 4: Leka round-trip bike ride: 30 km

Leka is one of Norway's most spectacular islands, and the round-trip bike ride around Leka will be the trip's highlight for many visitors. Riding a bike on the western side of Leka is like coming to another planet - this is the only place in Norway where we can take a geological journey to the Earth's interior ! There are many great walks on Leka - get more info at [kystriksveien.no/herlaugtur](http://kystriksveien.no/herlaugtur). Accommodation on Leka

### Day 5: Leka - Kolvereid: 53 km

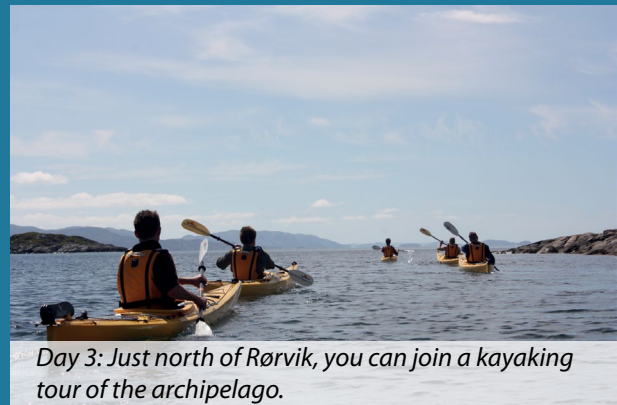
You will take the ferry from Skei (Leka) to Gutvik and bike to Kolvereid. Slightly hilly terrain. Accommodation at Kolvereid Family Camping, or at Bakkalandet Hotel.

### Day 6: Kolvereid - Namsos: 59 km

The leg down to Namsos is quite hilly and demanding, but goes through splendid nature. It is also possible to bike to Rørvik (22 km), and take the express boat down to Namsos (1:50 pm). This boat connects with the bus down to Værnes, which departs at 3:30 pm.



Day 2: How about trying a velopedede car or maybe taking a bike ride to the Norwegian Sawmill Museum



Day 3: Just north of Rørvik, you can join a kayaking tour of the archipelago.

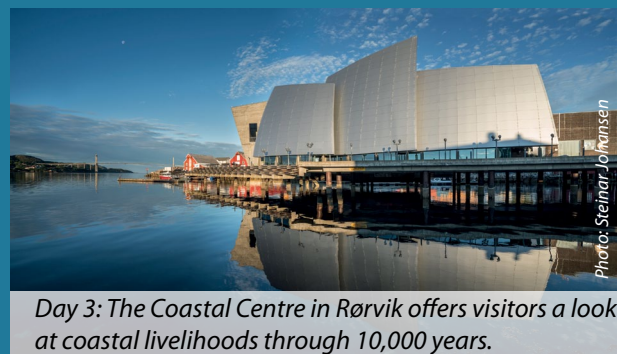


Photo: Steinar Johnsen

Day 3: The Coastal Centre in Rørvik offers visitors a look at coastal livelihoods through 10,000 years.



Photo: Terje Rakke / IN

In the summer season, you can come along on exciting boat trips. Must be customized for the trip plan.

Information about boattrips:  
[kystriksveien.no/baat](http://kystriksveien.no/baat)  
Timeschedule Express Boat:  
[kystriksveien.no/foldafjord](http://kystriksveien.no/foldafjord)