



INFORMATION

HIKING IN MELØY 2021

THE JOYS OF NATURE FOR EVERY GENERATION



 Meløy Adventure

ERISK STOLT



PREFACE

The outdoors has become incredibly popular and is used both for recreation and experiences. We are extremely fortunate in Meløy to have so many different hiking opportunities. In this brochure, we want to introduce you to many of these hiking destinations. Spend the summer experiencing our beautiful municipality. Either by kayaking, hiking, mountain biking or going to the beach. If you bring a tent, you could even spend a night or two under the stars.

In this brochure, you'll find destinations for hiking, kayaking, cycling, and swimming.

Many of the destinations mentioned in this brochure are marked, either as part of Vandring i Meløy, Fjelltrimmen or as a DNT track. Some tracks are not marked, but you can find them on UT.no or Telltur.no. Either way, we recommend that you bring Meløy municipality's hiking map with you on your excursion.

Happy hiking!

For more information and maps:

www.ut.no www.telltur.no

SYMBOL EXPLANATION

-  Easy hike
-  Intermediate hike
-  Experienced hike
-  Expert hike
-  Mountain bike track
-  Round-trip (There and back)
-  Round-trip (Continuous)
-  One way
-  Duration (hour = t)
-  Minimum altitude
-  Maximum altitude
-  Vandring i Meløy
-  Fjelltrimmen
-  Den Norske Turistforening (DNT)

📷 Marlene Blomsterang Karlsen



At 18 different hiking destinations across the municipality, you'll find mailboxes with codes on them (TellTur). Make a note of the code at the destination.

Write down the code and the date you reached the destination on Fjelltrimkortet, which can be bought and handed in by October 1st. In addition, you can, if wanted, register your hikes on Telltur.no. On this webpage you can also sign up for TellTur's competition Sommertrivsel i Meløy (see page 4.)

Fjelltrimkort costs 80 NOK and must be ordered from Servicetorget tel: +47 75 71 00 00. You pay on VIPPS to nr. 135527, make sure to mark your payment with your name, address and how many Fjelltrimkort you want. We'll send you the card(s) in the mail. If you don't have VIPPS you can contact Servicetorget to order and get an invoice instead. If you as an adult, visits more then 10 of the hiking destinations, you'll get this year's Fjelltrim mug or plate. If you are over 75 years old or a child (10 or younger), you'll only have to visit 6 of the hiking destinations to get a mug or a plate. You'll get the title "Super hiker" if you visit 16 hiking destinations, if you are a child, you need 12 hikes to earn the title. As a "Super hiker" you'll get both a mug and a plate. Fjelltrimmen starts in April/May and ends October 1st. The codes will be put up at the hiking destinations as soon as the weather and snow conditions allow. To learn more about Fjelltrimmen visit www.meloy.kommune.no/fjelltrimmen and at www.telltur.no you can find descriptions and maps of the hikes.

ALL HIKEs ARE AT YOUR OWN RISK – BE CAREFUL!

📍 Marlene Blomstereng Karlsen



VANDRING I MELØY

The hiking trails and our nature is important for the health of the inhabitants of Meløy. Our nature is varied and offers it all: Glomfjellet and two national parks, countless islands, a glacier, white beaches, green fjords, quiet oceans, pointy peaks, and mellow hills. Through the project Vandring i Meløy we've marked 40 hiking trails by the national standard with the help of volunteers. By prepping and marking the trails, more people are inspired to enjoy nature and it's safe for people that don't know the area.

Støtt: Svenningen, Tjyvdalen

Reipå: Kunna rundt, Skroven/Ørskroven, Skjeggen, Hornneset, Horntinden

Ørnes: Mosvollskardet/Svartvatnet, Svartvasshamran, Barfjellet

Meløya: Meløytinden, Meløysund-Bremnes, Grotta på Meløya

Neverdal: Glomneset, Sandågåsen, Spilderhesten/Nordhesten, Neverdalsmarka

Glomfjord: Setvikhågen, Glomvasshågen, Nordhågen, Lille Glomvatn, Sfinxen

Halsa: Svartisen, Halsatuva, Skålsvikvatnet, Tjellbærskogen, Furøyodden

Engvågen: Koppen, Stordalstinden, Verdens ende

Grønøy: Storvarden, Grønøyfuruva, Einvika

Bolga: Bolga rundt, Ruggesteinen, Bolgtinden





TELLTUR MELØY

Join TellTur in Meløy. TellTur is the intermunicipal outdoor recreation boards electronic system for registering hikes. At www.telltur.no you'll find the different destinations and you can register your results by using the code found at the different destinations. Set your own goals or compete with other hikers on how many hiking destinations you can visit. You'll find the hiking destinations in Meløy by clicking on the tab Alle turmål in the menu. Zoom in on the map to your area to see which destinations are close by. And join us on a hike this summer.

COMPETITION TELLTUR – SOMMERTRIVSEL I MELØY 2021

We've had a competition called Vintertrivsel i Meløy, and this summer the competition is called Sommertrivsel i Meløy 2021 and includes 18 different destinations. Participation in the competition needs to be registered at www.telltur.no. Click on the tab Konkurranser and then Salten friluftsråd. From here pick Sommertrivsel i Meløy 2021, register as a user and sign up for the competition. The competition lasts from May 1st to October 1st. If you register more than 6 of the destinations in the competition, you'll have a chance of winning 1 of 4 gift cards valued at 1000 NOK. Two of the gift cards will exclusively be raffled from the age group 0-20.

PHOTO CONTEST #PÅTURIMELØY

Tag your photos with **#påturimeløy** on Instagram, and you'll be a part of our photo contest. We are looking for photos that captures great hiking experiences, and we'll award 5 photographers from the summer of 21. Remember that your post must be public so we'll be able to see it. The winning photos might be used by the municipality of Meløy on different occasions, the owner will then be contacted. The prize for the winners is a gift card valued at 500 NOK. The competition lasts from May 1st to October 1st.

55 FORFØRENDE – TELLTUR COMPETITION IN SALTEN

Sign up for Salten friluftsråds themed competition, 55 forførende friluftsmål 2021, and get to know the alluring hiking destinations all over Salten. The hikes are registered at www.telltur.no under the tab Konkurranser and Salten friluftsråd. You must have an account to sign up. The competition lasts from May 5th to November 5th.

The alluring hiking destinations in Meløy are: Engenbreen, Hornneset, Innerstøtt, Nedre Naver, Svartvasshamran and Verdens ende.

The book 55 forførende is now out for sale. In Meløy you can buy it at the library (Meløy bibliotek) and Servicetorget (Rådhuset).



EQUIPMENT RENTAL

Do you want to go on a hike, but don't have the equipment for it?

Meløy utstyrssentral have a variety of hiking and outdoor equipment you can rent. It's free of charge for kids and youth, and adults pay a very affordable price to rent equipment. The equipment rental is located at Meløy bibliotek in Ørnes and have the same opening hours as the library. For more information, visit www.meloy.kommune.no/utstyrssentral or call +47 75 71 07 90.

Some schools also have equipment rentals with varying contents. Contact the schools directly for more information and rent equipment:
Halsa skole tel: +47 75 71 03 30 or +47 99 69 66 30
Spildra skole tel: +47 75 71 04 00
Meløy oppvekstsenter tel: +47 75 71 01 90

HIKING MAP OF MELØY MUNICIPALITY

The map gives you a good overview of the different hiking destinations in Meløy, with many trails marked on the map and descriptions of the hikes and photos of the hikes on the back. You'll also find information on rentals, watercourses, fishing permits for sale, parking lots, sights and more. We recommend bringing the map with you when you go on hikes.

The scale of the map is 1:75 000. You can buy the map for 100 NOK at Servicetorget (Meløy Municipality) tel: +47 75 71 00 00.

MARKING OF TRAILS AND PATHS

Currently, many trails are being marked in Meløy, which is a positive measure to ensure that the outdoors is accessible for everyone. However, there are several ways to mark trails, which can be confusing for the public. We therefore recommend some ground rules for marking: when permanently marking trails use signs, blue tags and blue paints on trees, posts, rocks, and such. They should follow the indicated regulation. Permanent marking also requires a written agreement with every affected landowner. When temporarily marking trails, it is recommended to use blue bio gradable tags and/or signs that can be removed when the trails are no longer in use. Questions about the marking of trails are referred to Meløy Municipality.

KEEP DOGS ON A LEASH

A friendly reminder that all dogs are required by law to be on a leash during the period April 1st to August 20th, and we encourage every hiker to be considerate of wildlife, birds and farm animals grazing.



Kunna

Øra

Støtt

Reipå

Mesøya

Neverdal

Meløya

Ørnes

Glomfjord

Vassdalsvik

Glomfjord

Fykan

Bolga

Grønøy

Engavågen

Fjellveien

Amøya

Halså

Forøy

Holand

Holandsfjorden

Agskardet

Båt til Svartisen

Svartisen

17

452

Sentrumsrunden

ØRNES

Velkommen til en frisk sentrumsrunde!

Underveis på turen finner du informasjon og inspirasjon til både fysiske utfordringer og steder for utsikt, avspenning og hvile. Følger du hele ruta, legger du bak deg 2,6 km – godt for hjerte, kropp og sinn.

God tur!



SENTRUMSRUNDEN ØRNES AND GLOMFJORD

Not everyone can, or wants to hike the highest mountains, or hike strenuous or time demanding trails. The idea behind Sentrumsrunden is to highlight the many benefits of simple activities you can do every day. If you take a short (or long) stroll in the neighborhood, it can be incredibly important for your health and wellbeing. We therefore made Sentrumsrunden. Along the track you'll find signs that show the track, indicates where on the track you are and different recommendations of where you can increase your heartrate or pause and take a breather.

Sentrumsrunden in Ørnes

Is about 2,6 km long and doesn't have any steep hills. But if you want to increase your heartrate you can take a detour or two up a nearby hill. We recommend going up and down the hills multiple times to increase your heartrate. Bring a friend, maybe you can motivate each other? During Sentrumsrunden you can enjoy the view or let your thoughts wander from Kjærlighetsbenken (the love bench) at the docks.

Sentrumsrunden in Glomfjord

Is about 4 km long, if you choose to complete it. You'll encounter both hills going up and down. You can make the track longer by taking a detour or take a break on one of the benches and enjoy the fresh air and lovely surroundings. Maybe you'll meet an old acquaintance that you can stroll along with? Maybe you'll arrange to walk together more often? Maybe you'll notice something you've never noticed before?



Annie Kristin Sjøteig

SVENNINGEN, Støtt

The roundtrip starts at the steamship quay at Støtt. Walk towards the docks at Støtt. Where the road divides, make a right. Follow the marks to Svenningen. On your way there you can see well preserved bunkers and gun sites from WW2. With a head lamp you can explore the bunkers on your own. The view from the top is spectacular and you can look out on Vestfjorden, Lofotfjellene to the north and the islands of Helgeland to the south.



5,5 km



1,5 t



76 m



Heidi Norum

TJYVDALEN – STAVNES, Støtt

The roundtrip starts at the steamship quay. Walk towards the docks at Støtt and across the bridge to Indre Støtt and straight ahead. Take the first road to the right before the chapel and walk down Tjyvdalen, southwards to the beach area. Then make your way north and you'll see Meløy and Gåsvær to the east. You can continue the trip from Stavnes, which is a Fjelltrimpost (see page 3) this year, and around the island. You'll make your way back to the main road and can follow that back to the start.



6,5 km



2 t



14m



Trine Strømsvik



SKROVTINDEN, Reipå

Skrovttinden is located at Reipå. Start at the parking lot at the end of the road in Fore. Follow the trail and make a right turn upwards at the first fork in the trail. Follow the path and markings, it's a rather steep incline up the mountain side to the mountain plateau at 200 m above sea level. At the plateau you'll follow the trail that leads to the ridge to the northeast towards the peak, Skrovttinden. During the hike you'll get an excellent view of the fjord, you'll see the islands, Kunna and Øra, and a lovely view of Reipå.



6,6 km

3-4 t

463 m



Malene Bjørklund



BJØRNDALEN, Reipå

Start the trip from the exit of the forest road on Nordsidveien. Follow the tractor tracks, the first part of the trip is flat, but then it inclines steadily until you reach the end point in the valley, Bjørndalen. The last part of the hike follows a trail. About halfway there the tractor road splits, keep straight ahead, if you make a right turn, you'll get to the top of Grimstadskardet. From the mailbox in Bjørndalen, you can enjoy the view of both the east and the south.



4,6 km

1,5 t

280 m





HORNNESET, Reipå

In the municipality's most attractive outdoor area you'll find white beaches, skerries, hills and varied forest terrain. Multiple trails take you to the hiking destination, at the edge of the ocean. All the trails start from the parking lot at Fore, Reipå: Innerveien – make a right at the first fork in the trail and follow the path to the ocean. Midtre vei – follow the middle trail at the fork, this is a shorter path than Innerveien. Fjæraveien – follow the trail and make a left towards the ocean at the first fork in the path and walk along the oceanside to the end destination.



6,8 km



1,5 t



44 m



HORNTINDEN, Reipå

The hike starts at the parking lot at Fore, Reipå. Follow the path about 100 meters and make a right turn where the path forks. Make another right and follow the mount towards Hatten. You'll find an easy trail going forwards and when it divides make a left turn. The hike will take you over rocks and heathers. It is an easy hike but has an airy part towards the top where you might need to climb a little. At the top the landscape opens, and you get an amazing view towards the majestic islands, Kunna, Støtt, Gåsvær and all the way to Træna.



4,4 km



1,5 t



454 m





KUNNA RUNDT, ØRA-REIPÅ

The round trip starts at the docks and moves clockwise eastwards to Kunna. It is a hike full of experiences in an area that's exposed to the elements. The terrain is varied and might at times be challenging. It is NOT recommended to stray off the marked path because of large rocks, cliffs and you might end up getting stuck. Halfway there is Fleinværskjæret which is only accessible at low tide. Please consider that the hike has some challenging part towards the end.



9 km



3,5 t



30 m



MOSVOLLSKARDET, Ørnes

From the parking lot at the end of Øvre Mosvoldveien/ Løvset there's a marked path that takes you to Mosvollskardet. The path in the forest is suitable for both young and old, and for strollers and bikes. At Mosvollskardet you can make a pit stop at Knutbu or continue to follow the trail to the lake Svartvatnet in Reipå, a hidden gem in Meløy. You can start the hike from the end of Idrettsveien.



7,8 km



2,5 t



164 m





ØSTENTINDEN (BLÅTINDEN), Ørnes

The hike starts at Gjerset, follow the trail upwards and through the spruce forest. After you emerge from the spruce forest the trail will fork and a path goes northwest towards the peak Ronetind, while one path leads to the peak Østentind in the east. The path will steadily incline and become steeper towards the end. At the top you'll find a majestic view of the surrounding peaks and the islands below. The trail is unmarked, look up the trail on www.UT.no



5,6 km 3,5-4 t 716 m



SVARTVASSHAMRAN, Spilderdalen, Ørnes

The hike starts by the ski cabin in Spilderdalen” about 4 km from Spilderbrua, Follow the forest trail to the dam by the lake Matvatnet, from here you'll follow a trail to Breifjell and onwards to Svartvasshamran. The terrain is easy with clearly visible road and trail. In the area there are several smaller lakes where one can fish. Svartvasshamran is one of Meløy's 55 forførende destinations. The hike can also start from Mosvollidalen or Ørnes havn, you can find the trail on www.UT.no



12,2 km 4 t 626 m





BARFJELLET, Spildra skole, Ørnes

The hike starts from the school in Spildra. Follow the trail that goes through varied terrain, rocks, moss, and heather. Take a breather and enjoy the view from the rock Kvilarsteinen (TellTur destination), before continuing. The path is mostly dry, but you'll encounter small patches of bog. The trail to Barfjellet offers a lovely view of the area; Spildra to the southwest, Spildervika and Mesøya to the west, and Ørnes, Engøya og Teksmona in the northwest. From the top you can even, on clear days, see, all the way to Træna to the southwest. If you go early in the morning, you can even see the Hurtigrute going by.



10 km



3 t



574 m



BARNEHAGETRIMMEN

Each kindergarten in Meløy has their own hiking path. They are frequently used by the kids in kindergarten to allow them great outdoor experiences. The kids have a lot of stories, and we therefore want mom and dad, or others, to take a part of the experience. Take your kids with you on a hike in their habitat and listen to their stories. All destinations are now a part of the TellTur system and has their own code, you'll find them on www.telltur.no.

Reipå barnehage: Toppen av Tuven

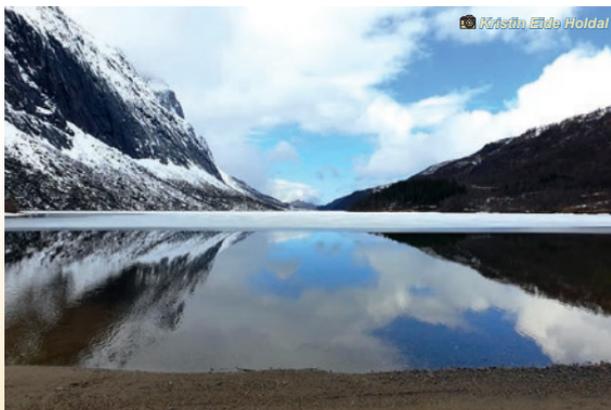
Utsikten barnehage: Under Sørhesten

Glomfjord barnehage: Under Nordhaugen

Halsa barnehage: Mortenhåla

Vall barnehage: Lille trollskogen

Meløy oppvekstsenter: Hundremeterskogen



SPILDERDALSBOTN, Ørnes

Start the hike by the power station in Spilderdalen, follow the trail past the house and follow the marked trail on towards the lake Spilderdalsvatnet. On the way there you'll walk past Vinterveien, where you can see the foundations of an old farm from the 1700s. It was inhabited until 1928. The hike is a bit long, but a nice family hike in varied terrain.



6 km



2-3 t



105 m



DJUPVIKFJELLET, Ørnes

The hike starts from the valley Aspdaalen by the football pitch. Be mindful of where you park so other cars can pass. Consider parking in the center of Ørnes. Follow the trail along the mountain ridge and make a left at the top where the trail forks. At the top you'll get a lovely view of Ørnes and the fjord below. An alternate route to the top follows the powerlines from Åsveien in Mosvoldalen or you can start from Spildra skole.



2,2 km



1,5 t



305 m





MELØYTINDEN, Meløy

From the docks drive to the road cross by Meløy kirke, make a right-hand turn and drive towards Skagen and on towards the parking lot at Bremnes. From here follow the signs and path that leads to the valley Ellingslettdalen. When you get up the mountain keep straight ahead until you see the lake Molivatnet. From there follow the path towards the right of the ridge up to the peak Meløytinden.



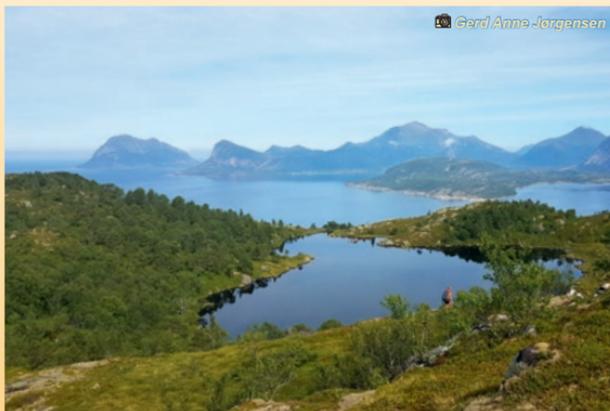
5,8 km



3,5 t



582 m



MELØYSUNDFJELLET, Meløy

Meløysundfjellet is located close to sea level, but still provides an amazing view of the mountains and islands of Meløy. 500 meters from the settlement above the docks, take off the road and head onto the marked path on the left-hand side. Follow the path past the small lake Lomtjønna and to the destination where you'll find a mailbox to register your trip. The hike is part of Meløymarsjløypa, you'll find the hike destination at www.UT.no.



3,4 km



1,5 t



233 m





Ertha Kjarpestedt Otnes

STORVATNET, Meløy

The hike starts from the parking lot by the beach at Bremnes on the north side of Meløya. Follow the forest road about 1 km until you see a sign, from here continue to the right upwards to Meløysund. From there you'll see a clear path up to the mountain and from there a path that leads to the lake Storvatnet. You'll pass the rental cabin Fjellheim, which is located right before you get to the lake. The mailbox for Fjelltrimmen is located right by the lake outlet. The view is great, and you can see Gåsvær, Støtt, Kunna and parts of Reipå. Bear in mind that there are farm animals grazing in the area.



4,4 km 1,5-2 t 126 m



Trond Skoglund

GROTTA, Meløy

The hike starts from the parking lot at Bremneset. Follow the tractor tracks east until you see the mailbox for the destination Løyfta, follow the blue markings through hilly and at times wet terrain at the northside of the island. The last part of the hike is a steep incline up to the cave, above the cave there is a steep cliff side about 150 meters above sea level. From here you'll get a lovely panoramic view of the islands and the mainland to the north. The cave entrance is big and slants downwards to a narrower passage. There is a rope at the entrance. Enter the cave cautiously and make sure to keep safe. Use a helmet and a head lamp.



6,4 km 3-4 t 150 m





Torunn Grønstad

GLOMNESET, Eidbuktt

The hike starts from the boat houses at the end of Strandveien. Follow the marked path up towards the top of the cape. There is a steep incline where you'll need to use the rope installed to get up the hill. The rest of the hike is in easy and varied terrain. It ends at the sector light. There are nice areas to rest and opportunities to fish. The hike is best executed when it doesn't rain. Be considerate of where you park.



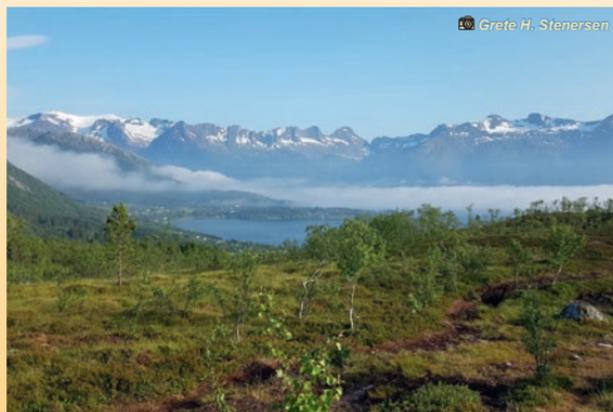
6,4 km



3 t



177 m



Grete H. Stenersen

SANDÅGÅSEN, Eidbuktt

The hike starts from a parking lot at Eidbuktt. Cross the main road and follow the marked path west across the hills, the path will eventually turn north. The path is frequently used and easy to follow. The hike is easy, and anyone can hike it, even families with small kids. The majestic Spilderhesten guides you to the destination. At the hiking destination you'll get a nice view of Spildra and Ørnes to the north, Neverdal to the south and the islands to the west.



4 km



1,5 t



207 m





Heidi Norum

SPILDERHESTEN, Neverdal

The path to Spiderhesten starts behind Utsikten barnehage. Please walk around the football pitch during the kindergarten's opening hours. Follow the forest path towards Miljøhytta and continue the trail behind the cabin and through the woods. Above the tree line the path goes through the scree. The scree is steep and full of loose mass, you therefore need to be careful about where you place your feet. From Sørhesten (500 m above sea level), follow the ridge east, towards the end you need to turn north to reach the peak. The hike from Sørhesten to Spiderhesten rewards you with an amazing 360 view.



5 km



4 t



811 m



Marlene Blomstereng Karlsen

NEVERDALSMARKA, Neverdal

Turn off riksvei 17 by the grocery store Snarkjøp in Neverdal and follow the road up to the ski cabin where you can park. Follow the marked path through the valley. By Neverdalsvatnet there is an open cabin where you can barbeque. This is also a good spot for fishing, swimming, and canoeing. Along the path you'll find Planetstia, mailboxes for TellTur and benches. Neverdalsmarka is suitable for families with small children. You can follow the path all the way to the end of the valley or take the shorter road to the end of the lake.



6,3 km



2,5 t



147 m





Esper Måravn

SETVIKHÅGEN, Glomfjord

The hike starts from Meløy Fritidsbad. Cross the main road to the south of the building and follow the construction road past the quarry and towards the top of Setvikhågen. From Setvikhågen you'll get a lovely view of the fjord Glomfjorden and the mountain chain Glomfjordalpene. The hike continues down to the old farms in Setvik. On the way there you'll pass German gun sites from WW2. From Setvik the path continues along Setvikåga towards Glomfjord.



5 km



1,5 t



195 m



Guñnlaug Gjersvik

GLOMVASSHÅGEN, Glomfjord

Hike the ski hill at Glomfjord alpinsenter. There is a good quality trail up to the mailbox at the top of Glomvasshågen. On the way there you can take a breather in the hut at Gif-sletta and again at the top of Glomvassbu which offers a lovely view of Glomfjorden. You can continue the hike up to the ski cabin at the top of the ski lift. The hike can alternatively start from Glomfjord skole – more information at www.Telltur.no.



5,4 km



3 t



562 m





Espen Karuhn

LILLE GLOMVATN, Glomfjord

Start the hike from the parking lot at Meløy kulturhus. Walk south to the pedestrian crossing bridge and follow the pebble trail around the lake Lille Glomvatn. By the path you'll find a hut where you can barbeque and a dock where you can swim and fish. The path is accessible for strollers and wheelchairs with a companion.



1,6 km



30 min



147 m



Annie Kristin Sjøteig

SKARDET UNDER SFINXEN, Glomfjord

Start the hike from Meløy fritidsbad. Cross the main road and the gravel football pitch to the east of Meløy fritidsbad. Follow the marked trail up through the spruce forest. Then follow the mountain ridge which steadily inclines to a plateau at about 650 meters above sea level. This is where you'll find the mailbox for Fjelltrimmen. The plateau is located between Ytre Holten and Sfinxen with a great view of Glomfjord and the fjord below. If you want, you can continue and steadily hike the incline to the top of Sfinxen at 836 meters above sea level.



4,8 km

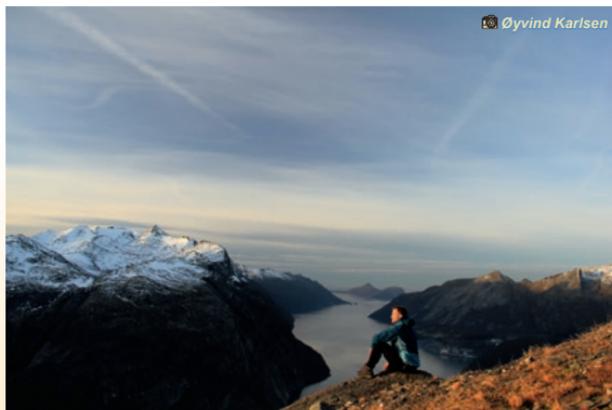


2-3 t



650 m





RALLARMARSJLØYPA, Glomfjord

This hike takes you on a trip in the footsteps of the old industrial workers from the first power plant being built in Glomfjord from 1912-1920. Take off riksvei 17 between the tunnels Fykantunnelen and Svartistunnelen. Park your car after you pass the bridge. Follow the trail up to Papphuset (a Telltur destination). Continue by taking the trail at the right side of the house, go around Djupdalen and up to the mountain and on to the lake Nedre Naver. The hike is steep and goes through rough terrain at times. The peak Reben in the west, 878 meters above sea level, is well worth the visit, to get there exit the trail between Papphuset and Djupdalen and follow the mountain ridge to the peak.



11 km 3,5-4 t 95 m 667 m



DNT-TURER – GLOMFJELLET

At Glomfjordfjellet there's plenty of long, and short, hikes. You can follow the different trails marked by The Norwegian Trekking Association (DNT). The trails are marked by small rock cairns, some are additionally marked with a red T. The trails are all hikes you can complete in one day, but you can also find longer hikes across the mountain to Beiarn and Gildeskål. Many of the trails are also good for mountain biking but remember that you must follow the rules for biking in national parks. DNTs trails are found at www.UT.no.

 Bjørn Kristian Nilsen



KJERRINGA, Glomfjord

The hike starts from either the parking lot at Namnlaus-høgda or the one at Storglomvassdemningen/Torsbu. Follow the trail marked with Ts to the lake Lille Sandvann. Make a 90 degree turn from the marked path on the southside of Lille Sandvann towards the rock cairn on Kjerringa. Follow the marks and rock cairns. The hiking destination offers a lovely view of Glomdalen, Svalvann where you'll see the cabin Svalvannshytta and Svartisen above Storglomvann.



9,2 km



3 t



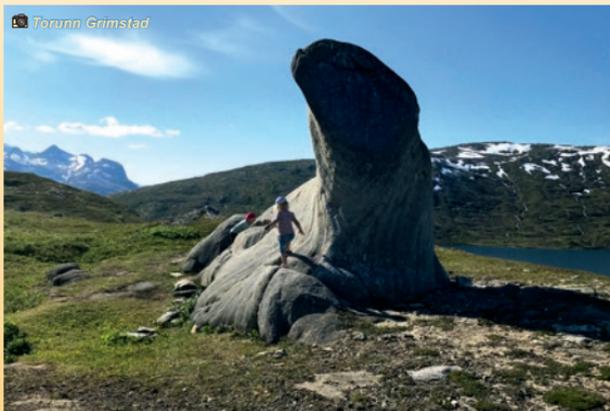
550 m



777 m



 Torunn Grimstad



NEDRE NAVER (LØVA-BRAKKA), Glomfjord

The hike starts from the parking lot at the lake Namnlausvatnet. Follow the old construction road west to the end of Namnlausvatnet. From here follow the trail marked with T's to the west until you reach the lake Nedre Navervatn. Follow the trail to the dam at Nedre Navervatn. On the way there you'll pass Glomfjordløva, a big rock that looks like a sea lion. By Nedre Naver you'll find Rallarbrakka and Fykantrappa. Make your way back the same way but make sure to get a good view of Fykantrappa which is a sight to behold. Both the view and the staircase are quite impressive from here.



10 km



3-4 t



550 m



595 m



IN MELØY THERE ARE TWO NATIONAL PARKS: SALTFJELLET-SVARTISEN NATIONAL PARK AND LÁHKO NATIONAL PARK

Saltfjellet–Svartisen

Saltfjellet-Svartisen is Norway's most diverse national park. From the wild Nordfjorden in the west, the park is vast with tall peaks, everlasting ice, luscious valleys with mountain birch and trickling rivers. To the east the park is characterized by Saltfjellets open mountain plains with vast amounts of drift from the ice age. The glacier, Svartisen, covers 370 km² and is Norway's second largest glacier. Calcareous rocks provide a rich flora with rare species. In the traditional areas used for reindeers there are a unique heritage of Sami cultural sites.



Láhko National Park

Láhko National Park is about 188 km² and scopes the mountain area east of Glomfjord. The national park has the largest consecutive area of limestone in Norway, found above the tree line. With its vast size and location, it is a unique area where rain and surface water has burrowed through the rock foundation and created copious amounts of caves and rock formations. The flora in the area is rich, with about 290 different plants.

KVITSTEINDALSGAMMEN, Glomfjord

Gamma, a traditional Sami hut, in Kvitsteindalen is a popular one-day hike at Glomfjellet. Park your car at the parking lot by Namnlausvatnet. Follow the T-marked path east by the lake Sandvatnet. You'll enter Láhko National Park and continue north of the lake lille Storglomvatnet. Gamma lies northeast of lille Storglomvatnet. The terrain is dry and easily traversed. Gamma is open, and 2-4 people can sleep there. It's equipped with a woodburning oven, propane, and cooking equipment.



14 km



4-5 t



550 m



660 m





Kine Uttakleiv

SVARTISEN – VARDEN, Holandsfjorden

Take the boat from Holandsvika to Svartisen. Follow the gravel road about 3 km to the glacier. After you've started the hike up the rock foundation the trail forks. Follow the blue marks painted on the bed rock. This will show you the easiest way up to Varden. Follow the blue marks on past Varden, this allows you to keep your distance to the glacier to keep you safe. You'll see DNT's red marks up towards Tåkeheimen after about 700 meters. Warning! Do not get too close to the glacier as big blocks of ice are constantly coming off the glacier.



8,6 km



2-3t



168/195 m



Amalie Breckan

TÅKEHEIMEN/HELGELANDBUKKEN

Take the boat from Holandsvika to Svartisen. From here it's about a 4 km walk to the edge of Engenbreen. From the edge of the glacier follow the T-marked path to the national park border. Continue by following the small rock cairns, the path can be hard to see at times, it's therefore important to keep a map with you in case visibility is low due to fog. It takes about 4 hours to hike up to the cabin. From Tåkeheimen it is a 381 m incline up to Helgelandsbukken. Follow the trail from the cabin opp to the plateau at about 1270 meters above sea level. From here there is no marked path to the top.



16,4 km



9-10 t



1454 m





FONNDALEN, Holandsfjorden

Take the boat from Holandsvika to Svartisen. From the docks walk or bike to Fonndalen. Hike up to the farm, through the courtyard and onto the forest path. Follow the marked trail until you reach the mailbox at the end of the valley. From here hike up to Fonndalsvatnet. This hike offers unique nature shaped during the ice age.



11 km



3-4 t



104 m



HOLANDSFJELLET, Halså

Start the hike from Skålsvika, east of Halså. Follow the forest path through the valley Skålsvikdalen. Just before the road crosses the river in Skålsvikdalen, make a right and follow the trail that is on the right-hand side of the river, up to the lake Skålsvikvatnet. Cross the lake mouth and follow the trail further up the hill on the north side of the lake until you get to the glen between the lakes Halsavatnet and Skålsvikvatnet. Follow the trail east up the mountain side, past the lake Natmålsvatnet and on to Holandsfjellet. Be considerate of where you park as parking is scarce along riksvei 17.



8,8 km



3-4 t



582 m





HALSATUVA, Halså

The hike starts from the parking lot by Skogsveien nr. 3 at Halså. The hike goes up the valley Bjørndalen on a forest path and on to a trail past the lake Halsavatnet up to Halsatuva. The last part of the hike is a bit steep, but there is no loose footing. At the top you can enjoy the magnificent view. By Halsavatnet you can camp and fish.



8,4 km



2,5 t



528 m



FURØYODDEN, Halså

Exit riksvei 17 towards "Furøy ferjekai, continue about 1 km towards Furøy Camping. Park at the parking lot at Furøy Camping. From here descend the 200 meters down to the docks where the hike starts. There is a lovely path in hilly coastal terrain. Part of the paths has been improved with wood across the boggy terrain, stairs across steep rock beds and multiple tables and benches along the route. There are spots ideal for barbequing. The hike is suitable for kids. You can also see cultural sites from the Viking Age along the route.



2,9 km



1 t



62 m





TEPPSKARVATNET, Ågskardet

Make a left at the road cross by the ferry docks at Ågskardet. Just after the road cross, make a right and follow the road through the neighborhood until you get to a gate. From there follow the marked trail up to the sign pointing to Blåsfjellet. Make a right and follow the trail towards Blåsfjellet until you get to the lake Teppskarvatnet. On the hike there is a lovely view of Ågskardet and the surrounding area. You don't have to bring a car on the ferry between Furøy and Ågskardet.



5 km



2 t



327 m



SØRKRÅGA, BJÆRANGEN

Exit the main road in Bjærangen and follow the side road through the valley. Park by the ski cabin or drive further to the power mast and park there. Remember to close the gate by the bridge! Follow the forest path until it ends. From here follow the marked trail to the destination. Parts of the hike might be through wet terrain. The hike leads you through grand nature with majestic mountains. At the end destination you'll get a lovely view of the valley Bjærangsdalen.



8,8 km



3-4 t



270 m





KJØLEN, Kjeldal

The hike starts from the sign in Kjeldal, follow the forest path. Follow the marked trail and cross the river and make a left. Go up past the hut, up the hill and across the bog. The hike has a steady incline until you reach about 850 meters above sea level. At the top you'll look down on the lake Renndalsvatnet, the fjord, the peak Klemmetinden and the islands Åmøy and Rødøy.



4 t 850 m



KLOKKA10STEIN, Engavågen

The hike starts from the community hall Idun. Follow the marked forest path and make a right when it forks. The forest path ends and continues with a trail. At the destination you can sit down and watch the sun set towards Bolga and Meløya. Klokka10steinen is a local name, and some say it is because the sun hits the mountain at 10 am. The hike is suitable for families with kids, but be careful at the top, the mountain side is steep and dangerous.



2,8 t 45-60 min 150 m





STORDALSTINDEN, Engavågen

From the Koppen there is a marked trail that goes by Sivertbu and Stordalsrabben to Stordalstinden. You might encounter wet terrain before Stordalsrabben. The view is great, and you can see all the skerries of Meløy, Svartisen and Helgelandsbukken. On sunny days you can even see the mountain chain of Lofoten. Alternatively, you can get here by following the marked trail from Askaliveien and up to Stordalstiden. It is a bit longer, around 3,1 km, the terrain is dry and is partly on a forest path.



8 km



4 t



539 m



VERDENS ENDE, Engavågen

Park by Vallvågen båthavn. From here the hike is on a paved path along the beach towards "Nordtun HelseRehab" and on to Verdens ende. Along the path there are small side trails down to the sea. The area has plenty of benches if you feel like sitting down and enjoying the view. The hike is accessible for people with disabilities. At Verdens ende you can barbeque and enjoy the view of the lovely skerries of Meløy.



2,4 km



30 min



5 m





STORVARDEN, Grønøy

Park by Grønøy community hall and make your way across the plain. The hike goes on through woods before the incline starts. After the first hill you've reached Lillewarden. This is a lovely spot to take a break for those who might need it. From here the hike goes straight up to Storwarden, where you'll be awarded with a beautiful view.



3,6 km



1t



104 m



EINVIKA, Grønøy

Drive to the end of Storsand and park at the parking lot by the beach. The hike starts from the beautiful Storsandfjæra, walk along the beach before entering the woods. At first it is a steep incline before you descend to Einvika. You might encounter wet terrain on the way there.



1,5 km



30 min



0 m





Marlene Blomstereng Karlsen

TROLLSKARET, Åmøya

Trollskaret is a detour from the hike up to Skarstinden at Åmøya. Drive across the bridge to Grønøy, make a left to Stavnes and follow the road about 1 km to Bognes. Park by the side of the road, make sure cars can pass, and follow the marked trail to Trollskaret. The Fjelltrim destination is by a large rock at the start of Trollskaret. Those who feel like it, can continue and hike the last bit through the scree to the top of Skarstinden.



5-6 km



3 t



431 m



Connie Slettan Olsen

BOLGTINDEN, Bolga

The hike starts from the docks at Bolga. Make a right towards Storvika. Follow the marked trail. The 339-meter-tall peak of the island is reached in about 1 hour. You'll meet different challenges along the way, you'll have to hoist yourself up, crawl, use the preinstalled ropes to get up the hills and cross bogs. About halfway there be sure to watch out for the steep cliffside above Bolgbørra. Do NOT descend to Bolgbørra from here! The top provides an amazing view of the islands below.



4,4 km



2 t



335 m





BOLGA RUNDT, Bolga

The hike starts from the docks at Bolga and takes you through Bolgbørta to Ruggesteinen and Klippfiskbergan. You can choose to hike to Ruggesteinen or Bolgbørta first. Bolgbørta is a natural hole through the mountain, and on clear days you can even see all the way to Lofoten to the north. Climb down on the north side and follow the marked trail along the beach to Ruggesteinen. One part of the hike across the bed rock by the sea has been fitted with support ropes since it can be slippery. By Vikan there is a nice hut where you can take a breather.



6,5 km



2 t



98 m



RUGGESTEINEN/KLIPPFISKBERGAN, Bolga

Follow the top road from the ferry docks to Bolga skole. Go through the gate to the west of the school and follow the trail to Klippfiskbergan. Just before Klippfiskbergan you'll pass a hut. The Fjelltrim destination is by the Ruggestein which is located by the sea. Ruggesteinen is a loose boulder that weighs about 60 tons, it's located just below Klippfiskbergan. Can you make the boulder move? The hike is suitable for families with children.



5,2 km



2 t



15 m





KAYAKING IN MELØY

The skerries of Meløy provides ample opportunities for some lovely kayaking trips. There is now a map for kayaking in two beautiful areas in Meløy; Bolga and Støtt. Information boards with a map of the area are found at the docks in both locations.

All the kayaking routes are divided by difficulty, and you have to adjust the route to your skill level. For more information visit www.meloy.kommune.no/patur

Støtt

At Støtt you can chose between 4 different routes with varying difficulty. Svenningen rundt, Helløya rundt, Helløya-Innerstøtt rundt, Støttværet rundt.

These routes let you experience the lively birds of the area, a bunch of wonderful white beaches, you can paddle across the shallows painted in white sand, or you can play in the waves further offshore. We can almost guarantee that you'll see a sea eagle, some otters or maybe even a seal or two.

Bolga

At Bolga you can chose between 3 different routes: Sandskjæran, Bolga and Bolgaværet rundt, Flatvær og Bolgværet rundt. The 3 different routes give you the option to paddle close to shore where you can enjoy the view of the white seabed and white beaches. Paddle between islands, skerries and islets, experience the lovely beaches where you can go ashore and take a breather or spend the night.

The longest route really gives you everything the skerries around Bolga has to offer; too many islands to count, islets and beautiful white beaches.



BIKING IN MELØY

Many memorable experiences can be made while biking. Meløy offers both biking along the road and biking off-road. Multiple of the destination in this brochure can be reached with a mountain bike, you'll find the symbol for mountain biking on some of the destinations. Remember to not stray from the path when biking.

MOSVOLDDALEN, ØRNES

This route is specially made for mountain biking and is the only one of its kind in Meløy. From the end of Idrettsveien bike the forest path until you get to the river where you can cross on a wooden bridge. The mountain bike track starts right across the bridge and to the right up the hill. The track is mostly man-made paths in hilly terrain. We recommend having a bike with proper cushioning and tires with good grip. The track was made by volunteers from Meløy's ski and biking club.



4,2



30 min



120 m



ALONG THE ROAD, MELØYA

Meløya offers a glimpse of exciting history and grand nature. The bike ride starts from Meløysund and goes west on fylkesvei 466. On the route you can stop at the multiple cultural sites that are at Meløy kirke, Meløygården and the island. At the road cross by the church, you have 3 options; Meløysjøen by the stone dock, Tukthuset with the fishery and docks, or to Skagen where you can watch the waves crash on to the rocks. The beach Bremnes is also worth a visit. For more info visit meloy.kommune.no



BEACHES IN MELØY

Meløy has many white beaches, some are easily accessible while others are hidden gems. You can find yourself a hidden cove where you'll have the entire beach to yourself or take a dip at night while you watch the midnight sun. You could take your family to the beach or share the joys of swimming with others. We've listed some of our recommended beach destinations, and we hope you have a lovely day at the beach with refreshing swims and sand between your toes.

STIA, Reipå

Stia is our most visited beach. Stia is located, easily accessible, by the main road between Reipå and Ørnes. It has a big parking lot, bathroom, and a paved path all the way down to the beach. This is a beach for the entire family where you can enjoy many hours of fun in the sun.

BREMNES, Meløya

Go to Meløy's biggest island and enjoy the idyllic Bremneset. Here you'll find a beautiful beach with benches and outhouse. You can camp here for the night, take a swim, or just enjoy the sun until the small hours.

ÅMNES CAMPING, Åmøya

By Åmnes camping there is a big and lovely beach that offers both swimming and room for other activities. Here you'll have a lovely view of the midnight sun and is the perfect photo opportunity with the island Bolga in the background. The islands Grønøy and Åmøy both offers unique and idyllic nature, you can even stumble upon a hidden gem of a beach.

HORNNESSET, Reipå

Horneset has 3 beaches that will make you want to never leave. You'll see why the area has the title of the municipality's most beautiful outdoor area. You'll definitely stumble upon locals. In the area there are plenty of places to pitch a tent and enjoy the view of the water and the midnight sun. There are no bathroom/outhouse here.

TRANSPORTATION

There are daily buses going from Bodø to Meløy. Another option is to take a boat, Hurtigbåten Nordlandsekspressen (NEX 1) provides comfortable transportation at sea and has stops multiple places in Meløy. Hurtigbåten makes daily trips from Bodø to Sandnessjøen and Meløy is on the route. In addition, Hurtigruten stops at Ørnes.

The municipality is tied together by a web of ferries, hurtigbåt and buses, that takes you to the different islands and around the municipality.

In the summer (19.06.2021-22.08.2021) the hurtigbåt between Bodø and Sandnessjøen makes extra trips, therefore our lovely islands and other locations are more available to visit.

For more information on transportation visit:

www.reisnordland.no

www.torghatten-nord.no

www.engenbreenskyss.no (boat to Svartisen)

Reservation of transportation:

www.meloy-minibusservice.no

www.nordlandsbuss.no/Leie-buss

www.facebook.com/meloyadventure (RIB trips)

www.engenbreenskyss.no (RIB trips and boat to Svartisen)

NYTTIGE LENKER

www.meloy.kommune.no (about the municipality of Meløy)

www.meloy.kommune.no/fjelltrimmen
(about Fjelltrimmen)

www.meloy.no – Meløy – tett på –

www.svartisen.no (about the different offers at Svartisen)

www.bot.no (about Meløy turlag)

www.glomfjellet.info (about cabins at Glomfjellet)

www.nordlandsmuseet.no (about the museum Nordlandsmuseet Meløy)

UT.NO

At www.ut.no you'll find the road maps from Google Maps. Use your position or type in the name of your location and get driving directions to the start of the hike directly to your phone.

EXPERIENCES IN MELØY

We hope that restrictions are lighter this summer and that we can have different events. We recommend keeping an eye out for information at: www.meloy.kommune.no (culture calendar for different cultural events) www.nordlandsmuseet.no (opening hours and happenings at Ørnes handelssted and Meløy bygdemuseum)
Facebook: group called Oppslagstavla i Meløy

The nature in Meløy offers a variety of experiences. Do you want to experience walking on a glacier, kayaking or other activities? Meløy has multiple providers of these activities. Get in contact with them for more information on their different offers. A list of the providers and places to spend the night can be found at:

www.visitmeloy.no - facebook.com/VisitMeløy
www.meloy.no - Meløy – tett på –
www.visitbodo.com and www.kystriksveien.no

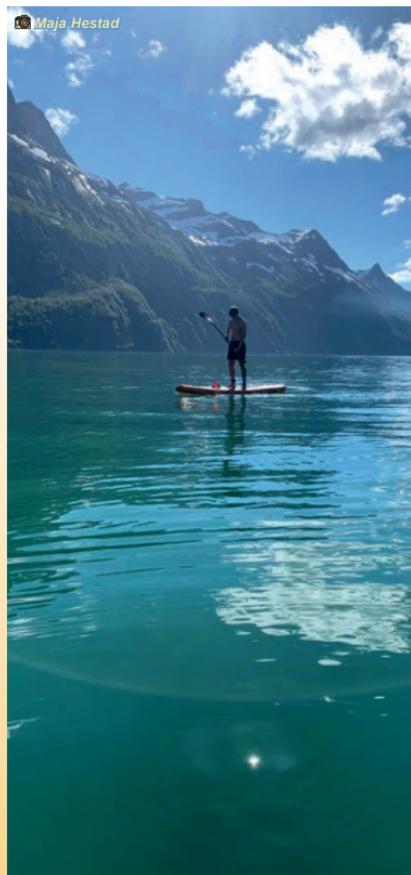
QR-CODES

Download a QR-code scanner to your phone and get access to maps and more detailed information on the different destinations. Start the app and point the camera to the QR-code. In a matter of seconds, you'll get the information about the destination on your phone. Remember that you need access to the internet to use the QR-code and that it isn't a replacement for an actual map. We recommend that you bring the hiking map of Meløy Municipality when you go hiking.

For more information about the hiking map, see page 7.



Eksempel QR-kode



GOD TUR!

THANK YOU TO EVERYONE THAT PROVIDED
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BROCHURE!

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