

**Helgelandskysten Kayaking Expedition**  
**Nordland, Norway**  
**Intermediate - Advanced**  
**19th June - 28th June 2026**  
**(Meet & Greet - 19th - Start paddling 20th - Finish paddling 27th - Depart 28th)**  
**8 Paddling Days**

**Expedition Outline**

The rugged and dramatic landscapes of the Helgelandskysten region in Nordland, Norway, offer an unparalleled experience for sea kayakers. Expect pristine fjords, towering cliffs, secluded beaches and serene waterways surrounded by majestic Arctic scenery. This is wilderness paddling at its finest, with moments of stillness broken only by the cries of seabirds and the splash of your paddle.

Paddling across the Arctic Circle boundary is a truly unique experience - one of those quiet but powerful moments that makes for real adventure paddling.

The expedition will include eight days of kayaking with opportunities to fish and hike in the breathtaking landscapes of this Arctic wonderland. Along the way, we will explore hidden coves, remote islands and picturesque fishing villages that have stood the test of time in one of Norway's most untouched regions.

You will be paddling in remote, uninhabited areas, camping on pristine beaches and sheltered coves under the glow of the midnight sun. Distances will vary daily, depending on weather and landing opportunities, making this a true expedition experience. Each day will challenge and reward, offering incredible opportunities for skill development, adventure and immersion in nature.

While this is an expedition in a remote wilderness, we'll also enjoy moments of culture and connection. The trip includes opportunities to savour local delicacies and take in the simple yet profound hospitality of the region's people. This blend of wild beauty and authentic culture makes Helgelandskysten a unique kayaking destination.

**Experience Needed**

This expedition is best suited for intermediate to advanced paddlers who are comfortable in conditions up to force 4 winds and can paddle an average of 25 km per day. You should have experience with open crossings and be confident in self-rescue techniques. Previous expedition experience is essential.

There can be long periods spent in the kayak with limited opportunities to land; being comfortable sitting in a kayak without a leg stretch opportunity is desirable.

If you have any questions about your suitability for the trip, please contact us at:  
[James@seakayakingcornwall.com](mailto:James@seakayakingcornwall.com)  
[info@seakayakingcornwall.com](mailto:info@seakayakingcornwall.com)

## **What Is Included**

- Experienced Sea Kayaking Cornwall guide & Experienced Nordic Paddling guide with expert area knowledge for planning, safety and advice throughout the trip.
- Single-seater sea kayak (we primarily use durable, high-performance models suited for the conditions). Nordic Paddling will provide a fleet of Design Kayaks to use.
- Paddles, spray decks and buoyancy aids (PFDs).
- Transport from Mo I Rana Campsite to the launch point.

## **Not Included**

- Flights to Mo I Rana Airport (Helgelandskysten, Norway).
- Transport to the meeting point Mo i Rana Camping NAF.
- Hotel or Camping accommodation fee for the first and last nights (19th and 27th June).
  - Camping gear. (Camping gear can be rented from Nordic Paddling at additional expense; this needs to be organised in advance.)
  - Food and drinks.
  - Personal travel insurance.
- Drysuits and personal paddling gear

## **Nordic Paddling**

Rasmus at Nordic Paddling is able to provide the following equipment at additional expense to save you flying it out. If you plan on hiring any of this equipment, please let us know at least two months ahead of the planned start date.

- Tent
- Sleeping Bags
- Sleeping Mats
- Wetsuit
- Bag + Dry trousers

## **Location and Times**

Mo i Rana is served by several airlines, offering connections from across Europe. Once you book your flight, please send us the details so we can organise a briefing / meeting time.

We will meet at a central location in Mo i Rana; Mo i Rana Camping NAF Hammerveien 8, 8626 Mo i Rana, Norway for a pre-expedition briefing on the 19th of June. During this session, we'll discuss the route, check equipment and make final preparations for the trip. This is also an excellent opportunity to purchase any additional supplies needed before we set off early the following morning. After 8 days of paddling, we will return to Mo I Rana on the 27th, with the evening free to rest and celebrate a successful expedition. Departures will be on the 28th.

Camping can be booked directly for the first and last night (19th & 27th) with Mo i Rana Camping NAF, <https://www.mocamping.no/> . Mo i Rana Camping offers a central location with multiple supermarkets available within a 20-minute walk. If you would prefer alternative accommodation, there are many Airbnbs or hotels in Mo i Rana for you to choose from.

### **What To Bring**

Essential Items:

- Passport and travel insurance.
- Food (foraged opportunities to supplement your food will be provided but shouldn't be relied upon).
- Water.
- Tent, sleeping bag and mat suitable for Arctic summer conditions. (A suitable bivi bag can increase temperatures inside a tent significantly.)
- Stove and cooking gear compatible with standard fuel types.
- Personal paddling kit: dry bags, waterproof clothing and warm layers for variable conditions.
- Comfortable footwear for paddling and walking. (There are some great hiking opportunities in the islands, so bring some sturdy footwear suitable for this.)

### **Optional Items:**

- Fishing gear (lightweight and compact).
- Camera or smartphone for photography.
- Sunglasses, sun cream and insect repellent.

Remember that everything must fit in your kayak, so pack efficiently!

### **Additional Notes**

Weather conditions in Nordland can change rapidly, even in summer. We will adapt our route and daily plans as needed to ensure a safe and enjoyable experience for everyone.

Taxis are available in the Mo i Rana region through the app "Taxifix" or Nordland Taxi.

Telephone: 0047 22 38 83 09 . Alternative transfer services may be available.

Mo i Rana has a range of supermarkets including Rema1000 and Brunnpris. These often sell expedition-type meals; however, this cannot be guaranteed. These supermarkets also often have a reduced selection or opening hours on Sundays.

Fuel canisters are available in some supermarkets and fuel stations.

Looking forward to paddling with you on this incredible journey into the Arctic wild!

Sea Kayaking Cornwall Team