

# Welcome to Træna Arctic Fishing Selvær

## Welcome to our place!

Dear guest of Træna Artic Fishing.  
We are pleased to welcome you to our renovated fishing cabin. The owners of this cabin is Yngve Myhre (from Selvær) and Ole Kristian Johannessen (from Lurøy).

Our fathers and grandfathers have been privileged to use the ocean's outside Selvær as fishing areas for generations. This cabin and quay belonged to Yngve's father and was used for the docking of the fishing boat Grønnrevet (17 meter long and built in 1950) from mid-70th to around 1990 (see picture below). Grønnrevet was then too old to operate and Yngve's father decided to buy a new vessel for his fishing activities. Ole's father owned and operated a similar vessel (named Nargtind - 20,6 meter long and built in 1956) and used to fish in Lofoten and outside Træna.

The main fisheries for both vessels was the cod fisheries in winter-time, but also

saithe/colin and salmon were important spices to fish for both vessels outside Træna.

We hope you will feel the atmosphere and the authentic fishing environment when staying at our cabin. We also hope that the fishing areas around the island will give you a lot of good experiences and a pleasant stay.

Please check the weather forecast in advance of every trip from Selvær ([www.yr.no](http://www.yr.no)) and you can also ask for advice of the weather conditions from our local host.

Wish you all a nice vacation at Træna Arctic Fishing!

Best Regards

YngveMyhre &  
Ole Kristian Johannessen



Grønnrevet



Nargtind

# CONTENT

MAPS.....	4
SHOPS & LOCAL SERVICES .....	6
TRANSPORTATION.....	7
OTHER ACTIVITIES .....	8

## CONTACT INFORMATION

Local Host at Selvær +47 975 24 099

Public Transportation Office in Nordland: +47 177 / [www.177nordland.no](http://www.177nordland.no)

Emergency numbers:

Fire and major accidents: 110

Police and rescue coordination: 112

Abulance and medical emergency: 113

Træna Tourist Information: +47 404 41 692 (only in use during summer)

Træna Kommune / Træna Municipality administration: +47 750 95 800

Selvær Handel / Local Shop: +47 450 50 948

Lokalruta /Local boat: +47 975 91 114

Hurtigbåt/ Express boat: +47 480 77 012

Ferga/ Ferry: +47 947 95 651

Useful information: [www.tenktraena.no](http://www.tenktraena.no) or [www.trana.kommune.no](http://www.trana.kommune.no)

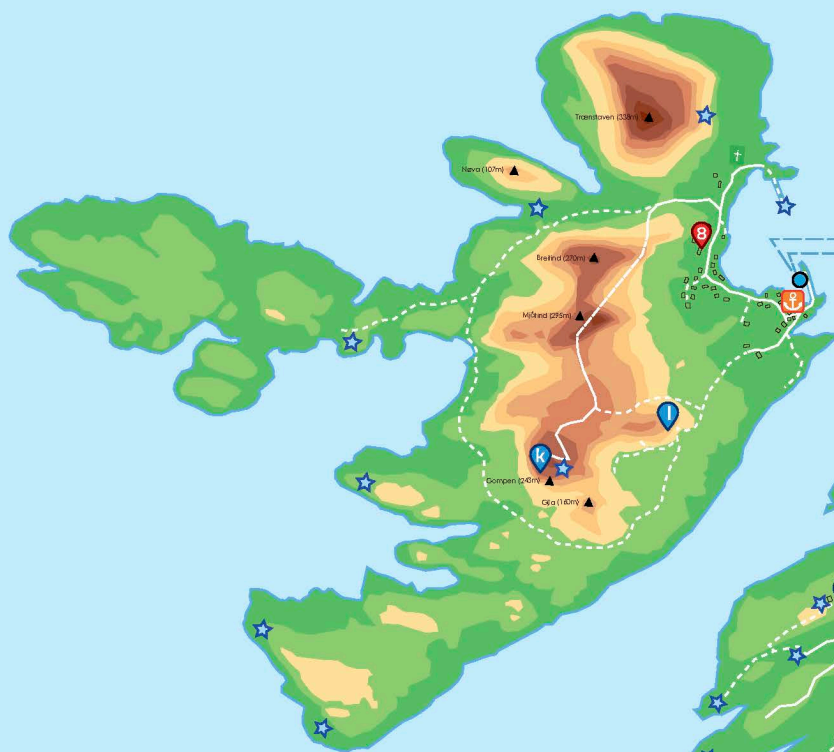
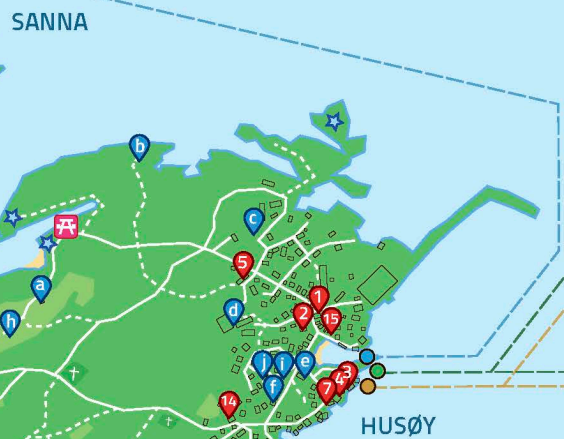
# VELKOMMEN TIL TRÆNA!

## KULTUR I TRÆNA

- a** Petter Dass Kapell
- b** Skulpturlandskap Nordland
- c** Lekeplass
- d** Træna Rådhus & Trænahallen  
(Barnehage, Skole, Rådhus, treningsrom, Bibliotek, NAV, svømmehall, idrettshall)
- e** Træna Kirke
- f** Træna Museum og butikk
- g** "Elgen" og Gapahuk & Klatrepark
- h** Runesteinen & Fjeldreier
- i** Træna Informasjon
- j** Træna Hawaii (utstilling/veggmaleri)
- k** NATO-Stasjonen
- l** Kirkehelleren
- ★ Turmål




## SERVICE-TILBUD I TRÆNA

- 1** Café ALOHA og Salong Havbris
- 2** Malins Krambu & Blomster
- 3** Træna Handel Joker (Apotek, Post)
- 4** Havfolkets Hus (bar, restaurant)
- 5** Gjestegården (Overnatting, mat)
- 6** Træna Rorbuerie (Overnatting, mat)
- 7** Badstue og Badstue-Naust
- 8** Sannas Grendahus (sommerkafé)
- 9** Selvær Butikk (kaffekrok) og Skole
- 10** Træna Arctic Fishing (Overnatting)
- 11** Træna Overnatting (hotell, kurs)
- 12** Selvær Nettnohus (sommerkafé)
- 13** Træna Havkajakk
- 14** Træna Grendahus (kino, mm)
- 15** Havkermaikk
-  Gjestehavn/kai
-  Gapahuk/Grillplass



## Træna sea tube



-  Træna Lokarute Husøya - Sanna - Sandøya - Holmen - Selvær
-  Trænaruten Hurtigbåt Træna (Husøy/Selvær) - Sandnessjøen
-  Bilferge Træna (Husøy/Selvær) - Stokkvågen

Public Transportation: [www.177nordland.no](http://www.177nordland.no) (+47)177  
[www.tenktræna.no](http://www.tenktræna.no) - [turistkontor@træna.kommune.no](mailto:turistkontor@træna.kommune.no) - (+47) 0 44 16 92

## TRÆNA KOMMUNE

487 innbyggere (2016)

— Bilvei

- - - Sti

NB: Av praktiske årsaker har avstanden mellom øyene her blitt komprimert og er derfor ute av proporsjon. Nøyaktige sjøkart er tilgjengelig på vår nettside.

[www.tenktræna.no](http://www.tenktræna.no)



TENK TRÆNA

# SELVÆR, TRÆNA

70 (2010)

— Bilvei / Road

- - - Sti / Path



Turmål / Spots of interests



OPPLEV TRÆNA



# SELVÆR HANDEL

## LOCAL SHOP IN SELVÆR

Selvær Handel is the local shop in Selvær, with a assortment of food products and goods. There is a small coffee corner where you can sit down for a chat with the locals. Opening hours might change, so check the latest updates in the store or at their Facebook page: Selvær Handel. [butikkenselvaer@gmail.com](mailto:butikkenselvaer@gmail.com) / +47 975 91 114

Monday: 12-19:30  
Thuesday: CLOSED  
Wednesday 14-19:30  
Thursday: CLOSED  
Friday: 15:30-17:30  
19-20  
Saturday: 12-14  
Sunday: CLOSED

### SUMMER

Extended opening hours.  
Check the notifications on  
the store or on Facebook!

On call:  
Ann Lois: +4795558196  
Aud: +4748059523  
Line: +4748001002

## LOCAL STORE AT HUSØY

Food Store at Husøya open daily. [www.jokertrena.no](http://www.jokertrena.no)  
[joker.trena@joker.no](mailto:joker.trena@joker.no) / +47 750 95 233

Monday: 10-16:30 , 18:30-19:30  
Thuesday: 10-16:30  
Wednesday 10-19:30  
Thursday: 10-16:30  
Friday: 10-16:30, 18:30-19:30  
Saturday: 10-14  
Sunday: 14-15



The car ferry

## PUBLIC TRANSPORTATION

There are several boats and ferries serving Træna on a daily basis. All public transportation is coordinated by Nordland Fylkeskommune. Always check the latest updates at [www.177nordland.no](http://www.177nordland.no) or by calling them at (+47)177. Please note that some routes are only traficated on call.

### LOCAL BOAT

The local boat called Sanna operates Monday-Saturday between Husøy, Sanna, Sandøy and Selvær. Search routes from Selvær Hurtigbåtkai at [www.177nordland.no](http://www.177nordland.no). Direct number to the boat is : +47 975 91 114

### EXPRESS BOATS

The express boat (Hurtigbåten) serves Selvær on daily basis. It leaves from Selvær Hurtigbåtkai. Some routes you need to order in advance by calling +47 480 77 012

### CAR FERRY

The car ferry serves Selvær all days a week except for Saturdays. Search routes from and to Selvær Fergekai. You order the ferry in advance by calling +47 947 95 651

**TRAVEL PASS NORDLAND: Buy a travel card for 7 days (990 nok) travel as much as you like on express boats and busses in Nordland.**



The local boat "Sanna"



The Express boat "Helgeland"



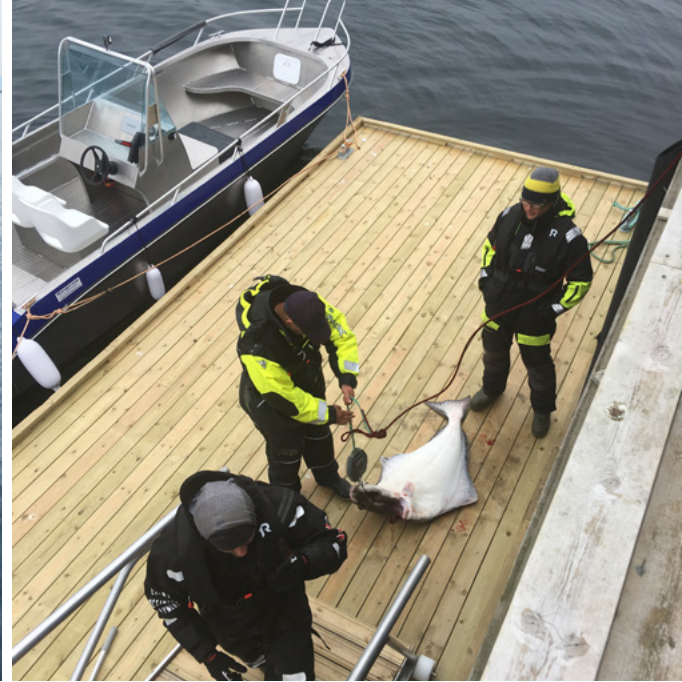
Trænstaven, 338 m. located at Sanna. Photo: Sonja Langskjær

## OTHER ACTIVITIES IN THE AREA

- **Round trips with the local boat Sanna.** (Info folders available at the Tourist information) Hop on and off at Husøy, Sanna, Sandøy, Holmen and Selvær.
- **Træna-Hawaii** - a journey on 100 years and 10 000 nautical miles  
Guided tours available for booking. Please contact your local host.
- **Book a tour to Myken**, our neighbour island north from Selvær. Here you can experience the only Arctic Whiskey and try out the local restaurant. Book a trip with your own boat, or get a speed-boat there. Contact your local host for booking.
- **Stone Age Tour** - Guided tour to Sanna available for booking, or experience on your own. Info folders at [www.tenktraena.no/sanna-by-foot/](http://www.tenktraena.no/sanna-by-foot/)
- **Bird watching** - read more at <http://tranatrampers.blogspot.no/>
- Sculpture and art at Husøy - read more at [www.tenktraena.no/skulpturlandskap-nordland/](http://www.tenktraena.no/skulpturlandskap-nordland/)
- **Sauna at Husøy** - read more at [www.tenktraena.no/naust](http://www.tenktraena.no/naust)
- **Coffee shops**, restaurants/bars and cultural activities at Husøy - check out [www.tenktraena.no/bospis-traena/](http://www.tenktraena.no/bospis-traena/)
- **Climbing**, Sanna - group excursions available for booking via Rana Spesialsport.
- **Selvær seaweed excursions** - contact your local host.

**MORE INFO ON: [www.tenktraena.no](http://www.tenktraena.no)**





## **OTHER USEFUL INFORMATION FROM YOUR LOCAL HOST:**

**Selvær is an island with eider ducks. Please be careful and treat them as neighbours!**

**Please always keep the island clean! Collect your own (and others) trash, and contribute to keeping the ocean free from plastic and garbage.**

**We are very happy for all nice guests arriving in Selvær! You are very welcome to join local activities and take part in the community. You are also very welcome to shop your food in the local food store and contribute to the local economy!**



HAVE A PLEASANT STAY!



[www.tenktraena.no/arcticfishing](http://www.tenktraena.no/arcticfishing)