

Welcome to Træna Arctic Fishing Selvær

INFORMATION FOLDER
TRÆNA ARCTIC FISHING

Welcome to our place!

Dear guest of Træna Arctic Fishing.

We are pleased to welcome you to our cabins constructed from 2017 - 2021. The owners of these cabins are 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. The first building from 2017 (Grønnrevet and Nargtind apartments) 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).

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 were the cod fisheries in winter-time, but also saithe/pollack and salmon were important species to fish outside Træna.

Apartments 3-5 are also named after local boats from the area. Svanen (apartment 3), Sandflæsa (apartment 4) and Selværgutt (apartment 5). See further information about the boats and the history on our facebook page. <https://www.facebook.com/trenaarcticfishing>

The SPA and grill cabin was moved in 2021. This is an old fishing house (constructed around 1950 based on two older fishing houses from Selvær) moved from the area where the new cabin Selværgutt is located now. We hope this can be a nice place for our guests when the weather is a bit windy (and for sunny evenings too).

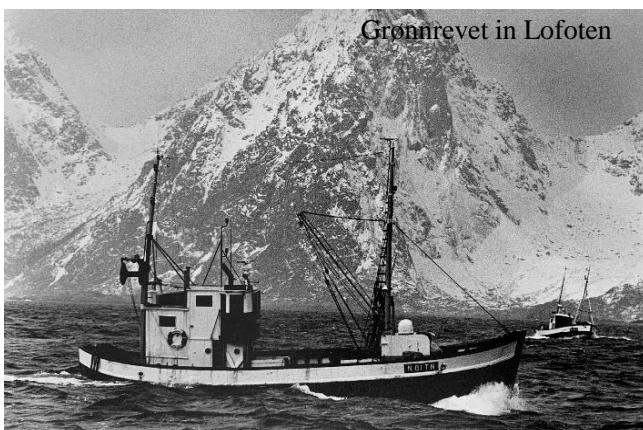
We hope you will feel the atmosphere and the authentic fishing environment when staying at our cabins. We also hope that the fishing areas around the island will give you a lot of good experiences and a pleasant stay.

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

Wish you all a nice vacation at Træna Arctic Fishing!

Best Regards

Yngve Myhre & Ole Kristian Johannessen



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CONTACT INFORMATION

Local Host at Selvær +47 975 24 099 and +31 6 29 26 51 78

Public Transportation Office in Nordland: +47 177 / www.reisnordland.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: +47 467 05305

Hurtigbåt/ Express boat: (see reisnordland)

Ferga/ Ferry: +47 947 95 651

Useful information: www.tenktraena.no, www.selvær.no or
www.trana.kommune.no

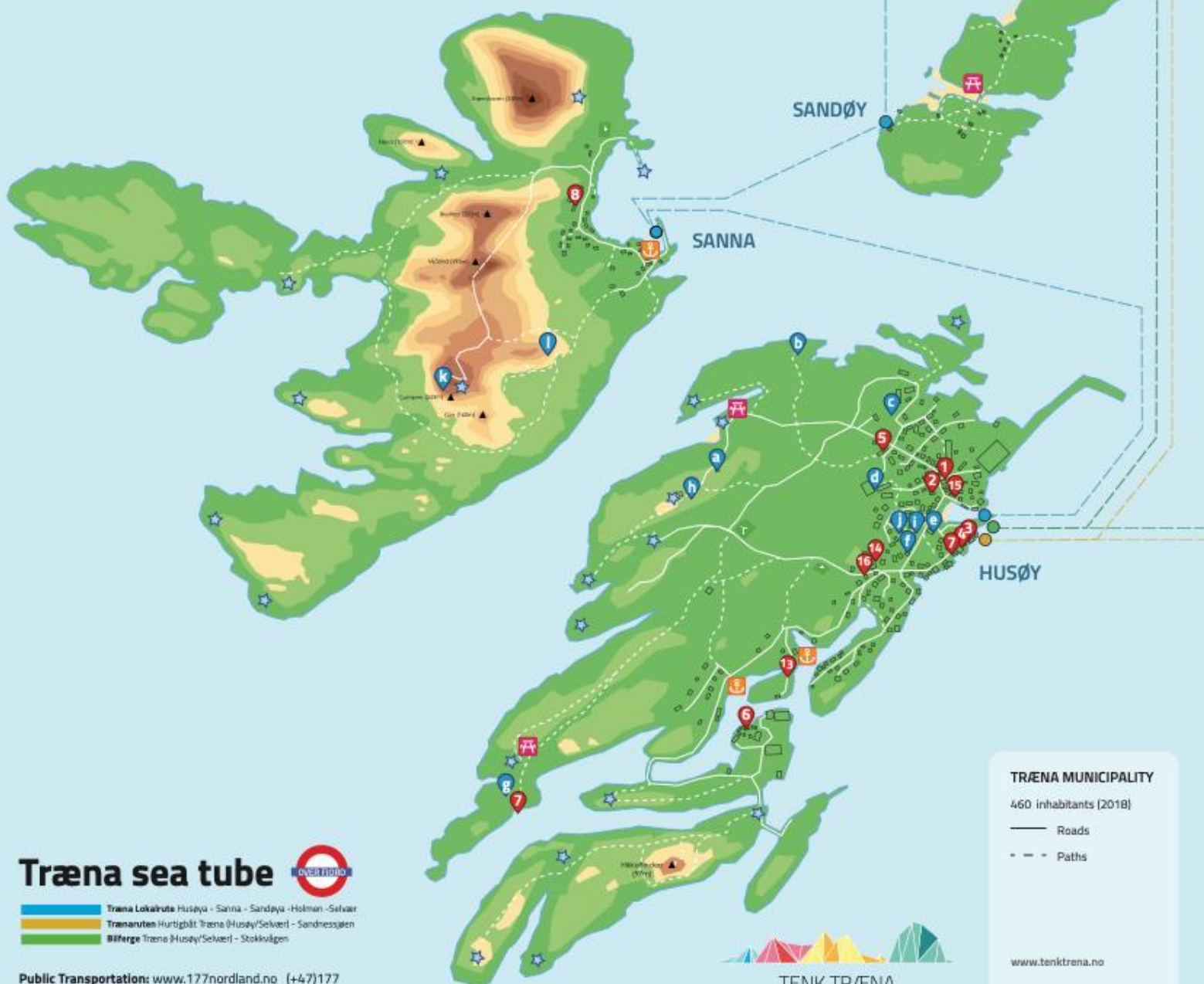
WELCOME TO TRÆNA!

KULTUR I TRÆNA

- a** Petter Dass Chapel
- b** Artscape Nordland (sculpture)
- c** Playground
- d** Træna Town Hall
Sports hall
Library
- e** Træna Church
- f** Træna Museum og shop
- g** Sculpture "The Moose" & Grill hut
- h** View Point Rune stone
- i** Tourist Information
- j** Træna-Hawaii (mural painting)
- k** Radar Station
- l** Mountain Cave "Kirkehelleren"
- ☆ Hiking Spots

SERVICE-TILBUD I TRÆNA

- 1** Café Aloha & Beauty Saloon
- 2** Flower Shop
- 3** Træna Grocery Store
- 4** Havfolkets Hus (pub, restaurant)
- 5** Gjestegården (Hostel, food)
- 6** Træna Rorbuerie (Cabins, food)
- 7** Sauna Seahouse
- 8** Sannas Community House (summer open)
- 9** Selvær Grocery Store & School
- 10** Træna Arctic Fishing Camp
- 11** Træna Overnatting (Hotel)
- 12** Selvær Community House (summer café)
- 13** Træna Sea Kayaks
- 14** Træna Community House
- 15** Pottery workshop
- 16** På Træna Coffee Roastery
- 17** Guestharbour / pier
- 18** Grill hut



Træna sea tube



- Træna Lokalrute** Husøy - Sanna - Sandøy - Holmen - Selvær
- Trænaruten** Hurtigbåt Træna (Husøy/Selvær) - Sandnessjøen
- Bilferge** Træna (Husøy/Selvær) - Stokkvikøen

Public Transportation: www.177nordland.no (+47) 177
www.tenktraena.no - turistkontor@trana.kommune.no - (+47) 0 44 16 92

TRÆNA MUNICIPALITY

460 inhabitants (2018)

- Roads
- - - Paths

www.tenktraena.no

TENK TRÆNA

SELVÆR, TRÆNA

70 (2010)

— Bilvei / Road

- - - - - Sti / Path



Turmål / Spots of interests



OPPLEV TRÆNA





FOOD STORE ON SELVÆR

Selvær Handel is the local shop in Selvær, with an assortment of food products and goods. There is a small coffee corner where you can sit down for a chat with the locals. If you arrive late – ask the shop if they can deliver some food to your apartment before arrival and you can pay the day after.

Opening hours might change, so check the latest updates in the store or at their Facebook page: <https://www.facebook.com/Selvaerhandel>

Selvær Handel.

butikkenselvaer@gmail.com

+47 975 91 114

FOOD STORE ON HUSØY

Food Store at Husøya open daily. www.jokertrena.no
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.reisnordland.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/Himmeltind operates Monday-Saturday between Husøy, Sanna, Sandøy and Selvær. Search routes from Selvær Hurtigbåtkai at www.reisnordland.no Direct number to the boat is : +47 467 05305

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 91 00 96 00 and for travels before 12.00 you need to order day before.

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"



Photo: Nordland Fylkeskommune/Ray Borkamo
The Express boat "Fredrikke"



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 (fiskebruket.no). 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/
- **Bird watching** - read more at <http://tranatrampers.blogspot.no/>
- Sculpture and art at Husøy - read more at www.tenktraena.no/skulpturlandskap-nordland/
- **Sauna at Husøy** - read more at www.tenktraena.no/naust
- **Coffee shops**, restaurants/bars and cultural activities at Husøy - check out 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 and www.selvaer.no



RECYCLING AND WASTE DISPOSAL

Here on Selvær we try to recycle and separate our waste as much as possible. The different categories and where to dispose of them are:

Plastic waste – which is collected in blue bags

Organic waste – which is collected in green bags

General waste – which is collected in white bags

Paper waste, inc. drinking cartons – there's a container at the ferry dock

Glass and metal waste – Also in a container at the ferry dock

Plastic soda bottles and beer cans that are bought in the store have a deposit on them of 2 or 3 NOK. You can get this back when you return the empty bottles/cans to the store.

Thank you for helping us recycle!



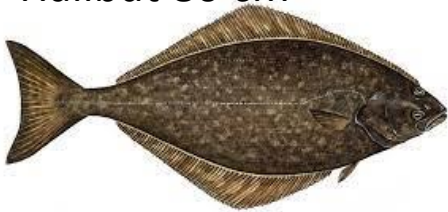
Fishing registration and minimum sizes

Please remember to record your catch in GoFish. Fish that have been released, must still be recorded.

Fish that are caught that are below minimum size should be released back to the sea.

Minimum sizes for some regularly caught species are:

Halibut 80 cm



Cod 44 cm



Redfish 32 cm



Wolffish no minimum size



Haddock 40 cm



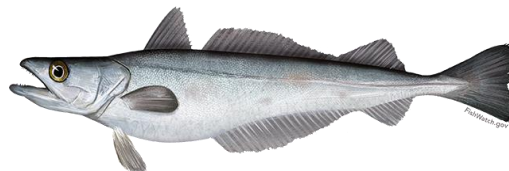
Saithe no minimum size



Whiting 32 cm



Hake 30 cm



Greenland halibut 45 cm



The Greenland Halibut is protected from 1st of September to the first of May and should not be fished in this period.

For a more complete list, check out www.fiskeridir.no

OTHER USEFUL INFORMATION FROM YOUR LOCAL HOST:

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

Please also take care of the halibut population in Selvær. Nice to bring home some to eat, but consider releasing the big ones that will generate more halibut and fun for the future.

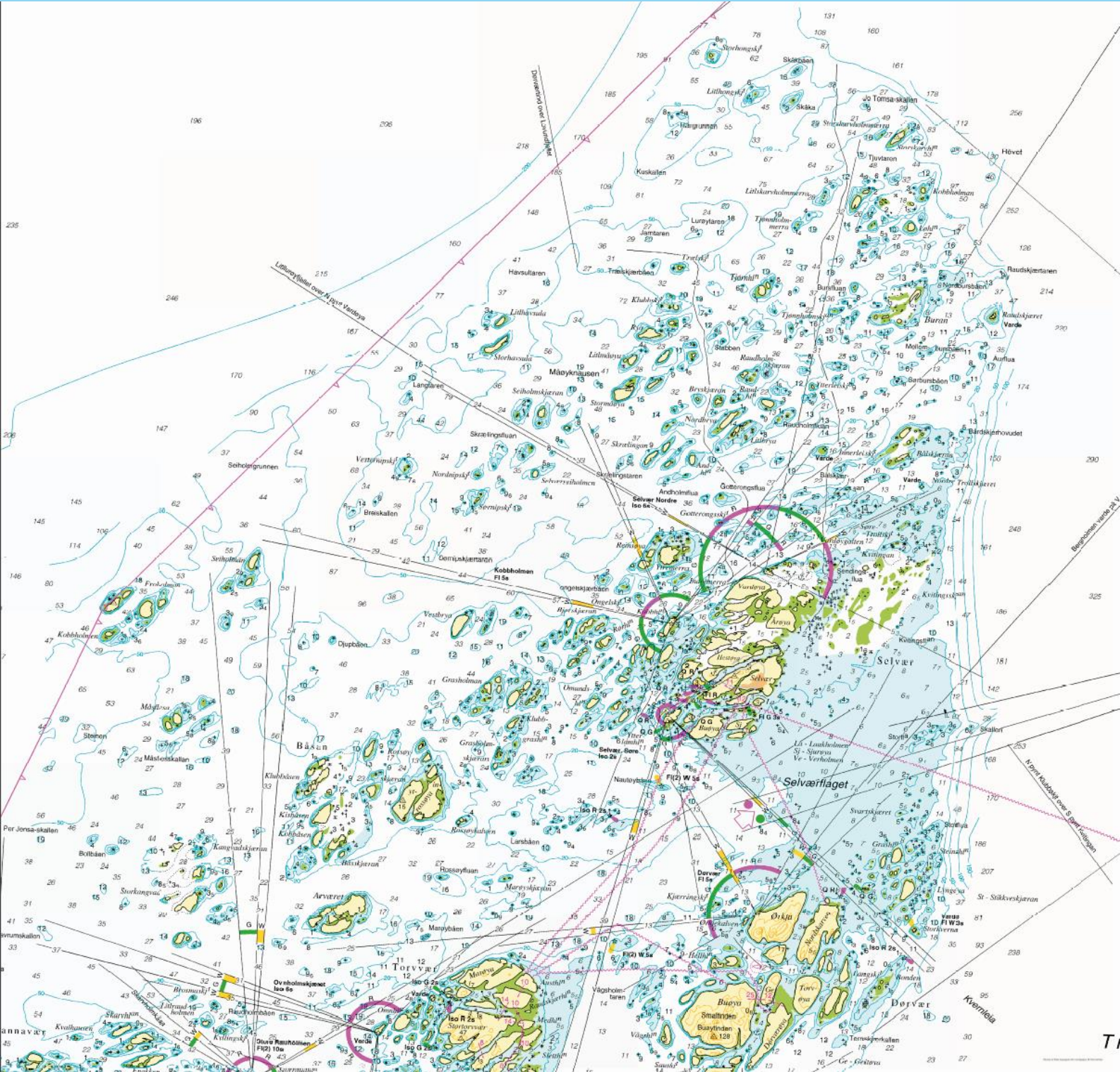
Great if you always keep the island clean! Collect your own (and others) trash, and contribute to keeping the ocean free from plastic and garbage.

We are very happy with all nice guests arriving on 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