

Træna, Helgeland, Norway

One of Norway's most remote port calls — a tiny Arctic Circle archipelago of 400+ islands where Stone Age hunters once sheltered in sea caves now used for legendary music festivals. Fewer than 450 people call Træna home year-round.

-  Tender port
-  Typical call: 6-8 hrs
-  Card accepted everywhere (NOK)
-  Norwegian
-  Expedition/small ship only

MY DAY IN PORT

Ship/Date: _____	Arrive: _____	All aboard: _____
Excursion: _____	Notes: _____	

GETTING ASHORE

Docking: Tender — ships anchor off Husøy; small boats bring you to the harbor pier

Best For: Geology, Stone Age history, Arctic scenery, music festival (July)

Walk to center: Steps from tender pier; all of Husøy walkable in 20 min

Don't Miss: Kirkehelleren Cave on Sanna — a 9,000-year-old natural cathedral

 Getting around:

TOP THINGS TO DO

- **Kirkehelleren Cave, Sanna** — A colossal sea cave on Sanna island where archaeological digs have uncovered human remains dating back 9,000 years.
- **NATO Tunnel & Gampen Peak** — Walk through a pitch-black 300-metre hand-carved tunnel inside Sanna mountain to reach a NATO radar station and a... life — from Stone Age seal hunters to a local...
- **Træna Museum & The Hawaii Connection** — A small but fascinating museum in Husøy covering 9,000 years of island
- **Kvitingen Beach & Arctic Swimming** — White-sand beaches with turquoise water on Sanna island that look almost tropical — but the water is a bracing 8–12°C...
- **Arctic Sauna on the Ocean** — Træna's glass-fronted harborside sauna sits in a converted old boathouse on Husøy.

BEST WALKS

- **Husøy Village Loop** ⌚ 30-45 min · 🚶 Easy, flat · 📍 Starts at tender pier — A leisurely circuit of the main island, taking in the harbor, Petter Dass Chapel, Træna Museum, Aloha Café, and the colorful fishing...
- **Sanna: Ferry Pier to Kirkehelleren Cave** ⌚ 30-40 min return · 🚶 Easy, gravel path · 📍 From Sanna ferry landing — From the Sanna ferry pier, a well-marked gravel path (roughly 1.2 km / 0.7 miles) leads to the entrance of Kirkehelleren, the vast sea...

KNOW BEFORE YOU GO

- Layer up, always. Even in July, Atlantic winds at Træna can be biting. A windproof/waterproof jacket, hat, and sturdy walking shoes are essential.
- Sanna fills up fast. If your cruise line offers a Sanna excursion, book it. If going independently, check the local Torghatten Nord ferry schedule immediately when you land...
- Bring a flashlight for the Sanna tunnel. The 300-metre NATO tunnel inside the mountain is completely unlit. Your phone torch works — just make sure it's charged.