



**Four**  
**SCENIC**  
cycling routes



# Explore Måløy with Us

**Explore Vågsøy Island effortlessly with our electric bikes.  
Experience nature up close and at your own pace. Discover  
Måløy and its surroundings with ease.**

# ESSENTIAL TIPS FOR YOUR CYCLING ADVENTURE

*In Norway, cyclists and drivers share the roads, so it's important to follow the same traffic rules. Here are some key safety tips to help you have a smooth ride:*

- **Always Wear a Helmet:** Your safety comes first! Wearing a helmet is a must
- **Be Seen:** Wear bright clothes and make sure you're always in clear view of drivers. Try to avoid riding in their blind spots
- **Follow Traffic Rules:** Yield when needed, let pedestrians cross at crosswalks
- **Ride Safely:** Stick to the right side of the road, signal with your hand when turning, and don't ride if you're under the influence of alcohol
- **Cycling on Sidewalks:** It's okay to cycle on sidewalks, but ride slowly and be considerate of pedestrians
- **Carrying Passengers:** Only children under 10 years old can ride as passengers on your bike.
- **Tunnel Safety:** Some tunnels don't allow cyclists. If you're cycling towards Raudeberg, there's a special bike path next to the tunnel—be sure to use it!
- **Be Prepared for Weather Changes:** The weather can change quickly, so pack warm clothes, snacks, and water



## EMERGENCY CONTACTS:

110 – FIRE

112 – POLICE

113 – MEDICAL

MÅLØY TOURS OFFICE: +47 469 02 095



**WHERE TO GRAB SNACKS BEFORE YOUR RIDE**  
If you'd like to pick up some food or drinks before your trip, here are a few nearby spots:

## RESTAURANTS/BAKERIES:

1. KRAFTSTASJONEN
2. TORGET MAT
3. HAVFRUEN
4. KB77 // KADAVER
5. BJØRGS
6. CATS MÅLØY

## GROCERY STORES:

7. REMA 1000
8. KIWI



# MÅLØY - KANNESTEINEN - HENDANES LIGHTHOUSE



**MODERATELY  
CHALLENGING**



**323 m**



**25 km, ≈ 2 H\***

## HIGHLIGHTS OF THE ROUTE

- **Måløy Tours Ticket Office:** Begin your journey by collecting your e-bike at Måløy Tours' ticket office, located at the pier. From there, head to the main road and turn left. Follow the signs toward **Oppedal** as you leave the pier area behind and begin your adventure.
- **Vågsberget Museum:** Vågsberget is a well-preserved historical trading post, once the main trading hub in the region. Today, it serves as a museum, offering a glimpse into Norway's rich coastal history. During the summer, you can tour the stately main building and the old merchant store (krambua). There is also a café where you can enjoy a cup of coffee before continuing your ride.
- **Vågsvåg:** As you cycle along this stretch, take in the charming scenery of colorful houses scattered along the road. If you have time, feel free to explore the village by cycling between the houses, enjoying the peaceful atmosphere of this coastal community.
- **Torskangerpollen:** This scenic spot offers a perfect place to pause and take in the beauty of the coastal landscape. Surrounded by tranquil waters and beautiful views, it's a great location for photos before continuing your ride.
- **Kannesteinen:** One of the most unique natural landmarks in the area, Kannesteinen is a mushroom-shaped rock formation sculpted by the sea. Stop here to admire its distinctive shape and capture some memorable photos. Be cautious on the deck if it's rainy, as it can be slippery. There are public toilets available at this stop for your convenience.
- **Hendanes Lighthouse:** When you reach the end of the road, park your bike, as it's about a 1 km walk each way to the lighthouse. The walk offers stunning coastal views as you approach the lighthouse, perched on a rugged cliff overlooking the Atlantic Ocean. Originally built in 1936, Hendanes Lighthouse served as a guiding light for ships navigating the treacherous coastal waters. Today, it stands as a scenic and historic viewpoint. Be sure to take in the panoramic views from this serene and remote location.

**\*Time Estimate:** This route is estimated to take approximately 2 hours, including photostops. However, the time may vary depending on your cycling speed and how long you choose to stop and enjoy the views. Feel free to take your time and enjoy the experience at your own pace!

# MÅLØY - RAUDEBERG - REFIK BEACH - TRANEBERGET



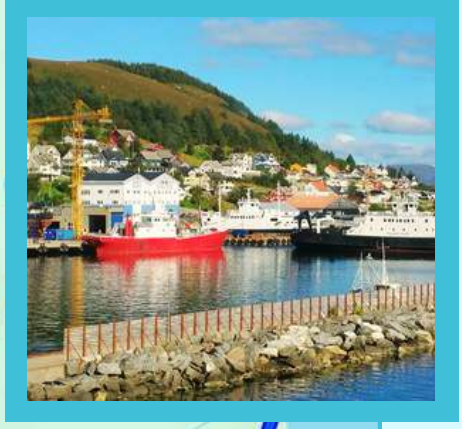
MODERATELY / HIGH CHALLENGING



63 m - 212 m



25 km, ≈ 2,5 H\*



# MÅLØY - RAUDEBERG - REFVIK BEACH - TRANEBERGET



MODERATELY / HIGH  
CHALLENGING



63 m - 212 m



25 km, ≈ 2,5 H\*

## HIGHLIGHTS OF THE ROUTE

- **Måløy Tours Ticket Office:** Begin your journey by collecting your e-bike at Måløy Tours' ticket office, located at the pier. After turning right towards Raudeberg, you'll quickly find a dedicated bicycle and pedestrian path. Be sure to use this path, as there is a tunnel on this road where bicycles are not permitted. The bicycle path will take you safely around the tunnel.
- **Raudeberg:** As you cycle through Raudeberg, you'll notice some of the local industries, including the nearby shipyard. If you need a break or refreshments, there is a Spar supermarket along the way where you can grab soft drinks or snacks. After the bicycle path, there is no sidewalk, so you'll need to cycle on the road. Remember to keep to the right side. The roads are narrow, but with a speed limit of 50-60 km/h, cars won't be driving too fast.
- **Refvik Beach:** One of the most beautiful beaches in the region, Refvik Beach is known for its stunning white sand and crystal-clear waters. It's a great spot for a peaceful stop, some photos, or even a quick dip in the sea before continuing your ride.
- **Kvalheimsveien:** After leaving Refvik Beach, head towards Kvalheimsveien, which involves a steady uphill climb. While it may be a bit of a challenge, the surrounding views make it worthwhile as you approach the top.
- **Traneberget:** Park your bicycle at the end of Kvalheimsveien and, if you like, you can hike up to Traneberget. The hike is 1.4 km to the top, but you don't need to go all the way up to enjoy stunning views. Even from lower points, you'll have breathtaking panoramic views of the coastline and surrounding landscape. It's a perfect spot to relax and take in the scenery before making your way back.

**\*Time Estimate:** This route is estimated to take approximately 2.5 hours, including photostops. However, the time may vary depending on your cycling speed and how long you choose to stop and enjoy the views. Feel free to take your time and enjoy the experience at your own pace!

# MÅLØY - RAUDEBERG - KVALHEIM - KRÅKENES LIGHTHOUSE



**HIGH CHALLENGING**



**456 m**



**46 km, ≈ 4 H\***



**Kråkenes Lighthouse**

Kråkenes

**Kvalheim; rest stop  
Hvileområde**

**Mehuken Vindkraftverk**



**Kvalheim**

**Raudeberg**



erstrand



617

**Måløy Cruise Terminal**

Vågsveg

Måløy



# MÅLØY - RAUDEBERG - KVALHEIM - KRÅKENES LIGHTHOUSE



**HIGH  
CHALLENGING**



**456 m**



**46 km, ≈ 4 H\***

## HIGHLIGHTS OF THE ROUTE

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- **Kvalheimsveien:** After passing Raudeberg, you'll begin the steady climb up Kvalheimsveien. This stretch will test your legs, but you'll be rewarded with fantastic views of Torskangerpollen and the open ocean. Take a moment to appreciate the serene beauty of the Norwegian coastline as you ride.
- **Mehuken Windmill Park:** As you continue, you'll pass right in front of the Mehuken Windmill Park, a favorite spot for locals to jog or hike on weekends. In winter, it's popular for cross-country skiing as well. If you're curious about the large round structure on the right side of the mountain, that's a military radar. It's a unique sight on the landscape and adds to the charm of the area.
- **Kvalheims Hvileområde (Rest Stop):** Don't forget to take a break at Kvalheims Hvileområde, a rest stop with panoramic views of the Stad Peninsula. It's a perfect place to catch your breath, enjoy a snack, and take in the dramatic landscape.
- **Kråkenes Lighthouse:** From the rest stop, it's just 5 km to the lighthouse. If you've made it this far, congratulations! The road to the lighthouse from the village passes a charming chapel with a cemetery, as well as historic boathouses and four mill-houses dating back to the 18th century. Kråkenes Lighthouse is located on one of the most weather-exposed points on the west coast, between Ålesund and Bergen. Here, the raw beauty of nature is on full display, with crashing waves and powerful winds shaping the landscape. The surrounding area invites you to explore the rugged seaside and the village of Kråkenes.

**\*Time Estimate:** This is the most challenging route and is estimated to take around 4 hours, including stops for photos and rest breaks. The time will vary depending on your cycling speed and how long you pause to enjoy the sights. Feel free to take your time and savor the adventure!

# EXPLORE THE CITY



**MODERATELY CHALLENGING**



**210 m**



**10 km, ≈ 1,5 H\***



**Måløy Cruise Terminal**

49 min  
km

**Gottebergshammaren**



**Trimløypa**

Havfruen Måløy

**Gate 1 - main road**

Gate 1

616



**Ellingskarshornet**

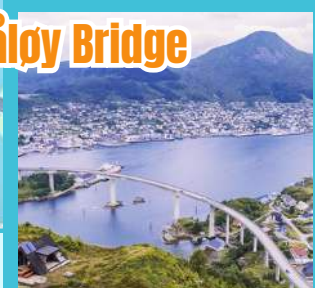
**Sør-Vågsøy Church**



**Måløy Bridge**

**Moldøen**

Google



# EXPLORE THE CITY



**MODERATELY  
CHALLENGING**



**210 m**



**10 km, ≈ 1,5 H\***

## EXPLORE MÅLØY'S CITY HIGHLIGHTS

- **Måløy Tours Ticket Office:** Begin your journey by collecting your e-bike at Måløy Tours' ticket office, located at the pier.
- **Gottebergshammeren:** Cycle uphill to Gottebergshammeren, a viewpoint offering beautiful panoramic views over Måløy and the surrounding area. This is a great first stop to appreciate the town's landscape.
- **Ellingskarhornet & Måløy Stadion:** Continue towards Ellingskarhornet and the Måløy Stadium. By the stadium you will see a local kindergarden. In the winter, this steep road can be challenging for parents, as it becomes very slippery with ice.
- **Waterworks and Trail Loop:** From here, head to Vannverket og Trimløpa, a scenic trail around the lake. The loop is about 1.5 km long and offers a beautiful, peaceful ride through nature. This path is perfect for a leisurely cycle while enjoying the serene landscape.
- **Sør-Vågsøy Kirke:** After enjoying the lake, cycle down towards Sør-Vågsøy Church. This beautiful church is a local landmark and a great spot to explore a bit of the town's architecture.
- **Måløy Bridge:** If you'd like, you can cross the Måløy Bridge to get another perspective of the town. Use the pedestrian side path, but be careful as it's quite narrow. Take your time and enjoy the views over the water.
- **Moldøen (Under the Bridge):** Right under the bridge, you'll find Moldøen, an island with a monument commemorating World War II. There's also a Frisbee Park, so if you're up for some fun, you can take a break and play a quick round of frisbee.
- **Ride Back Through Gate 1:** Make your way back through Gate 1, Måløy's newly renovated main road. Along this road, you'll find local shops and restaurants where you can stop for refreshments or a bit of shopping.
- **Street Art:** As you cycle through the city, keep an eye out for Måløy's vibrant street art. The murals are scattered around town, showcasing local culture and history, so take some time to enjoy these artistic pieces.
- **Boat Activity from the City Center:** From the city center, you can observe the busy boat activity in the harbor. Watch the fishing boats and ferries come and go as they move through the waterways, an important part of Måløy's daily life.

**\*Time Estimate:** This city exploration route should take about 1.5 hours, including stops for sightseeing, photos, and any breaks you might take at the shops, viewpoints, or along the lake.

