## Helgelandspendelen

**Periode : 01.04.-19.06 + 17.08-31.10**

| | | Mandag | Tirsdag | Onsdag | Torsdag | Fredag | Lørdag | Søndag |
|---|---|---|---|---|---|---|---|---|
| **Fra** | **Træna** | **05:55** | **05:55** | **05:55** | **05:55** | **05:55** | **05:55** | **13:10** |
| | Lovund | 06:25 | 06:25 | 06:25 | 06:25 | 06:25 | 06:25 | 13:40 |
| | Sleneset | 06:45 | 06:45 | 06:45 | 06:45 | 06:45 | 06:45 | 14:00 |
| | Onøy | 07:00 | 07:00 | 07:00 | 07:00 | 07:00 | 07:00 | 14:15 |
| | Stokkvågen | 07:20 | 07:20 | 07:20 | 07:20 | 07:20 | 07:20 | 14:35 |
| | Nesna | 07:45 | 07:45 | 07:45 | 07:45 | 07:45 | / | 15:00 |
| **Til** | **Sandnessjøen** | 08:15 | 08:15 | 08:15 | 08:15 | 08:15 | / | 15:30 |
| **Fra** | **Sandnessjøen** | 10:40 | 10:40 | 10:40 | 10:40 | 10:40 | / | / |
| | Nesna | 11:10 | 11:10 | 11:10 | 11:10 | 11:10 | / | / |
| | Stokkvågen | 11:35 | 11:35 | 11:35 | 11:35 | 11:35 | 07:25 | / |
| | Onøy | 11:55 | 11:55 | 11:55 | 11:55 | 11:55 | 07:45 | / |
| | Sleneset | 12:10 | 12:10 | 12:10 | 12:10 | 12:10 | 08:00 | / |
| | Lovund | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 08:20 | / |
| **Til** | **Træna** | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 | 08:50 | / |
| **Fra** | **Træna** | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 | 08:50 | / |
| | Lovund | 13:30 | 13:30 | 13:30 | 13:30 | 13:30 | 09:20 | / |
| | Sleneset | 13:50 | 13:50 | 13:50 | 13:50 | 13:50 | 09:40 | / |
| | Onøy | 14:05 | 14:05 | 14:05 | 14:05 | 14:05 | 09:55 | / |
| | Stokkvågen | 14:25 | 14:25 | 14:25 | 14:25 | 14:25 | 10:15 | / |
| | Nesna | 14:50 | 14:50 | 14:50 | 14:50 | 14:50 | 10:40 | / |
| **Til** | **Sandnessjøen** | 15:20 | 15:20 | 15:20 | 15:20 | 15:20 | 11:10 | / |
| **Fra** | **Sandnessjøen** | 16:20 | 16:20 | 16:20 | 16:20 | 16:20 | 16:20 | 16:55 |
| | Nesna | 16:50 | 16:50 | 16:50 | 16:50 | 16:50 | 16:50 | 17:25 |
| | Stokkvågen | 17:15 | 17:15 | 17:15 | 17:15 | 17:15 | 17:15 | 17:50 |
| | Onøy | 17:35 | 17:35 | 17:35 | 17:35 | 17:35 | 17:35 | 18:10 |
| | Sleneset | 17:50 | 17:50 | 17:50 | 17:50 | 17:50 | 17:50 | 18:25 |
| | Lovund | 18:10 | 18:10 | 18:10 | 18:10 | 18:10 | 18:10 | 18:45 |
| **Til** | **Træna** | 18:40 | 18:40 | 18:40 | 18:40 | 18:40 | 18:40 | 19:15 |
| **Fra** | **Træna** | 18:40 | 18:40 | 18:40 | 18:40 | 18:40 | 18:40 | 19:15 |
| | Lovund | 19:10 | 19:10 | 19:10 | 19:10 | 19:10 | 19:10 | 19:45 |
| | Sleneset | 19:30 | 19:30 | 19:30 | 19:30 | 19:30 | 19:30 | 20:05 |
| | Onøy | 19:45 | 19:45 | 19:45 | 19:45 | 19:45 | 19:45 | 20:20 |
| **Til** | **Stokkvågen** | 20:05 | 20:05 | 20:05 | 20:05 | 20:05 | 20:05 | 20:40 |
| **Fra** | **Stokkvågen** | 20:15 | 20:15 | 20:15 | 20:15 | 20:15 | 20:15 | 20:45 |
| | Onøy | 20:35 | 20:35 | 20:35 | 20:35 | 20:35 | 20:35 | 21:05 |
| | Sleneset | 20:50 | 20:50 | 20:50 | 20:50 | 20:50 | 20:50 | 21:20 |
| | Lovund | 21:10 | 21:10 | 21:10 | 21:10 | 21:10 | 21:10 | 21:40 |
| **Til** | **Træna** | 21:40 | 21:40 | 21:40 | 21:40 | 21:40 | 21:40 | 22:10 |