

### **Olafshølet**

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Olafshølet is a short sporty cave in Plurdalen in Rana. It has an entrance pitch of 45 m. It was explored and surveyed in 1965 by Northern Speleological Group (NSG). At the bottom of the shaft is a short dry passage leading east. If you follow the bedding plane north you can slide down into the main part of the cave. In the main chamber the river Storbekken runs, and you can follow it for some meters up- and downstream. Upstream to the left there is a small camber with very cold water. Olafshølet is a phreatic segment where the water has been flowing upwards, and with its 54 meters it is one of the larger in Norway.

Part of the road leading to the cave is private, and we urge everyone to travel with care. The trees around the entrance offers good points for belays, but be aware of rubbing of the rope at the uppermost 2-3 meters of the pitch.