

Murmansk Region, 2025

Region of Russia, in the Northwestern Federal District



Quickworld Factoid

Official Name : Murmansk Region
Status : Region of Russia, in the Northwestern Federal District
Country : Russia
Active : 28 May 1938 - Present
Capital : Murmansk
Population : 668,000 - Permanent Population (Russia Official Census - 2021)
Land Area : 136,600 sq km - 52,750 sq mi
Density : 4.9/sq km - 12.7/sq mi
World Region : Northern Europe
Coordinates : 67°59'N 34°54'E

Administrative Subdivisions

Districts (6)

Kandalakshsky	Kolsky	Kovdorsky
Lovozerky	Pechengsky	Tersky

Cities of Territorial Significance (13)

Apatity	Kandalaksha	Kirovsk
Kola	Kovdor	Monchegorsk
Murmansk	Olenegorsk	Ostrovnoy
Polyarny	Severomorsk	Snezhnogorsk
Zapolyarny		

Names

Official Name :
Murmansk Region
Мурманская область (*Russian*)
Short Form : Murmansk
ISO 3166-2 : RU-MUR

Physical Geography

World Region : Northern Europe

Area

Land : 136,600 sq km - 52,750 sq mi
Freshwater : 5,665 sq km - 2,188 sq mi
Total Land : 136,600 sq km - 52,750 sq mi
Total Inland Waters : 5,665 sq km - 2,188 sq mi