

8-DAY ADVENTURE

## NORTHERN LIGHTS IN NORWAY

Norway

Beginning in the lively city of Tromsø, we venture out towards the steep sided mountains and huge glaciers of the Lyngen Alps. Following valley trails by snowshoe, we spend several days exploring the hidden paradise in the heart of these unique mountains before heading in the direction of the majestic island of Senja. These fjords and valleys offer mind blowing panoramas, blanketed by snow and ice, as the gentle lapping of waves caress the shoreline. Each night, providing the weather is on our side, we step out to catch a glimpse of the aurora borealis illuminating the evening; it's magical display weaving and dancing across the dark skies.

## TRIP HIGHLIGHTS

- Catch a glimpse of the beautiful phenomena of the Northern Lights
- Snowshoe through a peaceful, snowy wilderness
- Visit the quaint, colourful town of Mefjord with it's traditional Norwegian huts
- Trip fully carbon offset as standard



# ITINERARY

## DAY 1

### WELCOME TO TROMSØ

The Kandoo team will meet you at Tromsø airport and transfer you to your accommodation. Depending on your arrival, there may be time to explore Tromsø and sample some of the local cuisine before settling into the hotel for the night.

Transport: **Private transfer**

Accommodation: **Hotel**

## DAY 2

### LYNGEN ALPS

This morning we take a scenic drive and ferry crossing to the snowy peaks of the Lyngen Alps. Here we discover the grand, scooping valleys and beautiful, hanging glacial lakes characteristic of Northern Norway. As the day draws to a close, we arrive in the heart of the mountains and settle into our comfortable accommodation for two nights. As night falls, we may have the opportunity to go hunting for the Northern Lights, as they paint a masterpiece of vibrant colour across the sky.

Hiking time: **2 hours**

Accommodation: **Apartment**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 3

### LYNGEN ALPS – LYGSPOLLEN PENINSULA

This morning we explore the Lyngspollen Peninsula, a melting pot of rolling hills that lie between the jagged peaks, dropping away steeply into the cool, Arctic sea. We follow the formidable coastline of Lyngenfjord until we reach the start of the hike. Walking through gentle, idyllic landscapes, where wetlands have become frozen vistas, we marvel at the striking contrasts between the two landscapes, keeping our eyes peeled for the sea eagles and reindeer that call this land home. After an immersive day, soaking up the middle ground between the crashing sea and dominating mountains, we return to our cosy accommodation.

Hiking time: **3 hours**

Accommodation: **Apartment**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 4

### SENJA ISLAND AND STORVATNET LAKE

Heading in the direction of Senja Island, we begin our morning with a scenic drive via Finnsnes, a traditional Norwegian town nestled between a smattering of trees. We drop our bags off at the accommodation; a comfortable apartment in an exceptional location by the sea, then prepare for an afternoon of hiking to Lake Storvatnet known familiarly as "The Great Lake".

Hiking time: **2 hours**

Accommodation: **Apartment**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 5

### SENJA ISLAND – MEFJORDDALEN

This morning we depart on a hike towards the jagged peaks and sweeping snow slopes of Mefjorddalen. We take the winding road that runs along Ersfjord, boasting magnificent views. Once there, we head towards Mount Knuten, from where a very beautiful panorama of the "Devil's Teeth", a grating ridgeline that cuts straight down to the sea, greets us. We then head north where the dramatic atmosphere of the fjords dominates the landscape and end our hike in the charming village of Mefjord. Returning to our accommodation in the afternoon, we have time to rest, relax and enjoy dinner together. This evening, weather permitting, we will once again go hunting for the Northern Lights.

Hiking time: **3 hours**

Accommodation: **Apartment**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 6

### HUSFJELLET

Mount Husfjellet is an accessible mountain to the North of Senja Island which offers spectacular views over the wild Atlantic Coast. From the top you can see almost all of the surrounding mountains from Berg Island in the South to Okshornan, Ersfjorden and Steinsfjorden. We head up to this incredible viewpoint on foot today before returning to our accommodation in the evening for our last outing in search of the Northern Lights.

Hiking time: **3 hours**

Accommodation: **Apartment**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 7

### TROMSØ

Today we wave goodbye to Senja Island and return to Tromsø, arriving in the late morning. We settle into our accommodation in the city centre then enjoy the afternoon exploring this charming, colourful city. Our guides have lots of recommendations of places to visit, including the Cathedral, the Polar Museum or the Northern Lights Museum. This evening we may wish to celebrate the end of the trip with our group, sampling some local Norwegian cuisine or head out separately to find somewhere for dinner.

Accommodation: **Hotel**

Meals included: **Breakfast**

#### DAY 8

### DEPARTURE

Depending on your flight time you may have further chance to explore Tromsø. We then transfer you to the airport in time for your flight.

Transport: **Private transfer**

Meals included: **Breakfast**

### PLEASE NOTE

*The details in this programme are regularly updated but unforeseeable and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the itinerary may be made.*

*For safety reasons, we reserve the rights to interrupt your participation at any time if your technical level or fitness is deemed unsuitable or if you are seen as a danger to yourself or to those around you. This will in no case give rise to refunds or compensation.*

# TRIP INFORMATION

## DIFFICULTY

This Norwegian adventure is rated as **easy**. There will be hiking excursions everyday but the distances covered are relatively short and not very demanding, with very little ascent on most days. To get the most from the trip you should be in good health with a reasonable level of fitness. The weather in Norway is unpredictable, and can be extremely cold in winter with temperatures in Tromsø rarely exceeding 0°C and dropping to as low as -14°C. Strong winds and cold temperatures may make the relatively easy trekking on this trip feel much more challenging. That said, with the right layers and proper equipment this trip is achievable for anyone. If you are unsure about your suitability for this adventure, please feel free to contact us.

## FOOD & DRINK

We are proud of the fresh and frankly delicious food we provide on our Norwegian trips. Each day begins with a hearty breakfast with plenty of tea and coffee. Each morning, you will assist your guide in preparing a picnic lunch for the whole team for day featuring local foods: sandwiches, salads, fruits, cakes and dried fruits.

Your help in the kitchen is expected and much appreciated, particularly in the evenings with food prep and washing up. We like the whole group to work as a team to cook dinner, it creates a pleasant atmosphere as we reflect on the days adventures together. During your stay, you will have the opportunity to taste grilled or smoked salmon (laks), water-cooked and fresh shrimp (reker/ferske reker) and cod (torsk).

We would recommend bringing some of your own snacks to keep up energy levels during the daytime. We won't necessarily be passing or nearby shops during the trip so bringing these with you or buying them in Tromsø on Day 1 is recommended.

Do not forget that alcohol and cigarettes are heavily taxed and expensive in Scandinavia. If you wish to enjoy an aperitif with your group in the evening we recommend purchasing duty-free products at the airport.

## ACCOMMODATION

In Tromsø, we will be staying in comfortable hotels in twin or double rooms with en-suite private bathrooms.

Whilst travelling through the Fjords we will be staying in private apartments in twin rooms with shared bathroom facilities and communal areas.

Single rooms are only available in the hotel in Tromsø.

## LUGGAGE

You will need two bags for this trip. One main luggage bag (70-90L) for your clothes, toiletries and other personal items which will be transferred between locations by vehicle and will be waiting at your accommodation at the end of each day. Please do not bring a rigid suitcase - a flexible duffel bag / holdall is easier to transport. We also recommend packing all of your clothes into dry bags in case of bad weather. You will also need a 30-40L daysack that you will carry during the day. You will carry your own personal equipment (spare warm clothes, waterproofs, water bottle, camera and sun screen) as well as your packed lunch in this bag.



## HOW DO I GET THERE?

To reach Tromsø, there are direct flights from Oslo (3 hr journey) provided by SAS and Norwegian Airlines. Direct flights do not operate every day of the week so you may also need to spend a night in Oslo before continuing your journey the next day.

To reach Oslo from the UK, there are direct flights with British Airways from Heathrow and Norwegian Airlines have direct flights from Gatwick and Edinburgh. SAS have direct flights from Manchester.

If you are travelling from the US, SAS operate direct flights to Oslo from New York. From the west coast there are good flight options with Air France, KLM and Lufthansa.

*If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.*

## Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

### eC02 Flights Calculator

If you wish to travel more responsibly, then there are ways to reach Tromsø without flying. The Man in Seat 61 and Rome to Rio suggest optimal routes from London to Oslo, then Oslo onwards to Tromsø. These take a few days, meaning you can start your holiday early! Expect to pay more for trains and ferries than the cost of a flight, at around £350-400pp each way, but be rewarded with time to marvel at the passing scenery and have a relaxing start to the trip.

## BUDGET & CHANGE

The currency in Norway is the Norwegian Krone (KR). You can withdraw the local currency from ATMs in Trømso and payment by card is widely accepted. Please budget for meals and transport as necessary, drinks, tips, museum entry fees and other personal expenses. Norway can be expensive and a meal out for two can cost at minimum £60 (USD \$70) in Tromsø, whilst a bus ticket will be roughly £5 if not bought in advance. Taxis in Norway are also insanely expensive, expect to pay somewhere in the region of £15 for a 5 minute journey...it's definitely worth going by foot where possible. Therefore, our recommended guidance for spending budget in the Norway would be roughly **£200** (2600 NOK) on top of any tips, to give you ample souvenir spending money.

## TIPS

Tipping customs vary all over the world and can be very confusing when travelling to a new country. Tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual in Norway. Tips are not a substitute for good wages: our guides are all well paid and well looked after. If you are satisfied with your guide's services, we recommend a tip between **£30-40 per person** (equivalent to 350-450 NOK) for the entire trip. On the other hand, if you don't feel obliged, you would not be expected to tip at all.

# FORMALITIES & HEALTH

## PASSPORT

Most travellers require a passport that is valid for at least six months after the return date. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required. You can check your requirements on the website provided by the Norwegian government

## VISA

Travelling to Norway is visa free for up to 90 days, for UK and US citizens

## VACCINATIONS

No vaccinations are required.

## INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

# EQUIPMENT & CLOTHING

## EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- Snowshoes
- Poles
- Group safety equipment

## CLOTHING TO BRING

- Hat for sun protection
- Hat for warmth
- Scarf or snood
- Sunglasses
- Long sleeve shirts or cotton t-shirts
- Jumpers, 1 light weight and 1 warm
- Windproof and waterproof jacket with hood
- Insulated jacket
- Breathable fast drying underwear
- Warm gloves
- Comfortable long trousers (fast drying)
- Waterproof trousers
- Thermal long sleeved vest and leggings
- Trainers or sandals for evenings
- Walking socks
- Hiking boots (high rise, sturdy soles)

We recommend that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and does not dry quickly. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool. The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.



## **EQUIPMENT TO BRING**

- 2 x 1 litre water bottles or hydration pack
- Walking poles (optional, if you wish to use your own)
- Head torch with spare batteries and bulb
- Toiletries
- Towel
- Dry bags for keep clothes dry in your luggage
- Container for any toxic rubbish (batteries, sanitary items etc)
- Duffel bag (70 to 90 litres), flexible and water resistant
- Daypack (30 to 40 litres) to carry with you each day
- Camera
- Binoculars
- Thermos flask

# HOW TO BOOK THIS TRIP

1

## **CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

2

## **CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3

## **COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

