

8-DAY ADVENTURE

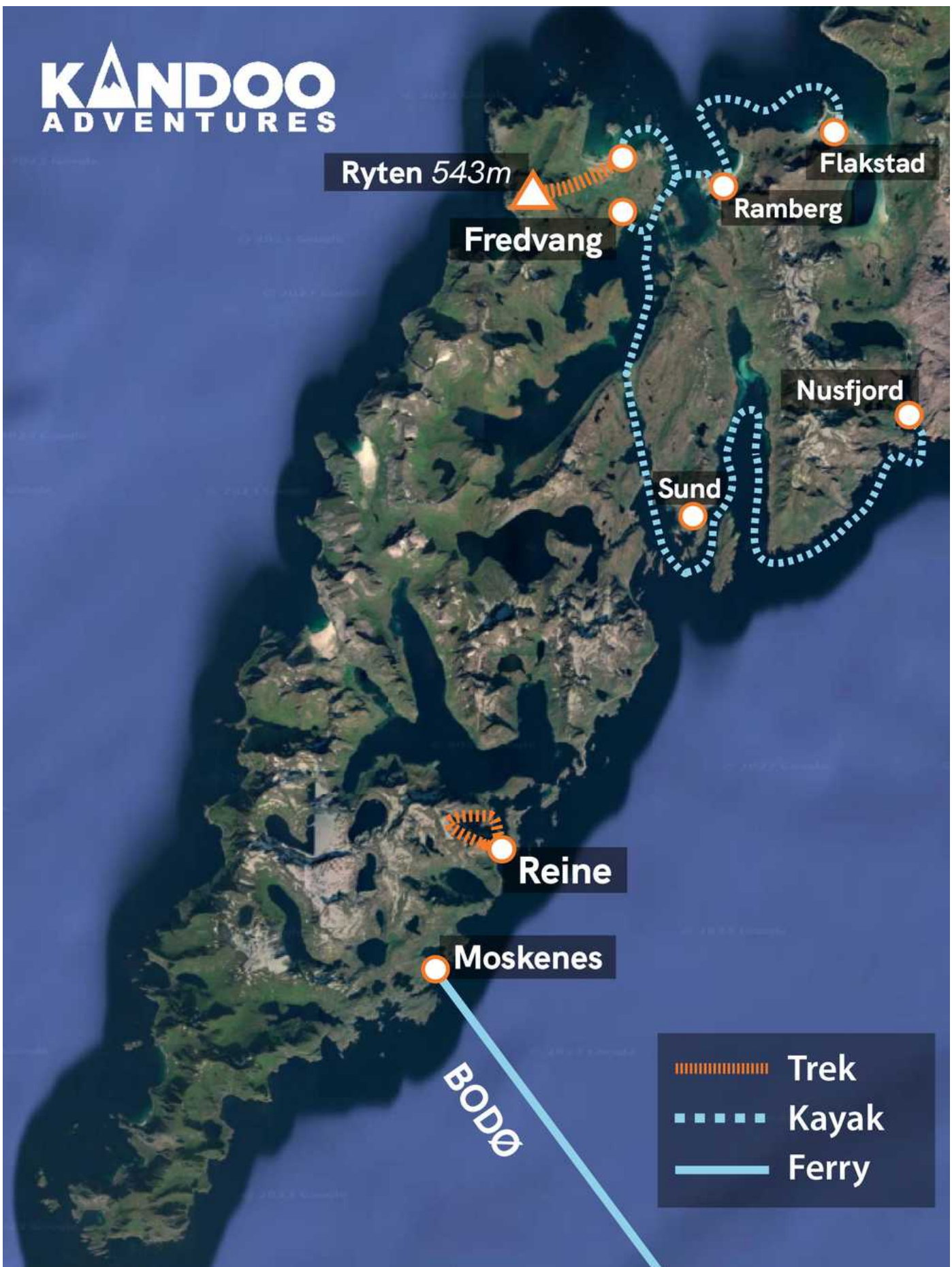
## KAYAKING AND HIKING IN THE LOFOTEN ISLANDS

Norway

A week of adventure combining kayaking and hiking in the breathtakingly beautiful Lofoten Islands. This awesome archipelago is, without doubt, one of the world's most amazing kayaking destinations. A landscape in which the steep sided cliff faces plunge into the untouched ripples of the ocean below. Kayaking through these waters offers a completely unique perspective of this wild and mountainous landscape, as well as providing a great way to get around a rugged, undulating region. We have carefully designed a beautiful journey through a succession of small, relatively sheltered fjords, where the sharp peaks of Selfjord, Skjelfjorden and Hermannsdalstinden (1029m), tower above us as we paddle. A remote floating paradise!

## TRIP HIGHLIGHTS

- Kayak among the spectacular Norwegian fjords
- Stay in a traditional Rorbu and catch fish from your kayak
- Learn about the rich diversity of fauna and flora of the Lofoten Islands
- Trip fully carbon offset as standard



# ITINERARY

## DAY 1

### ARRIVE IN BODØ

Arrive at Bodø airport and transfer to your accommodation. Depending on your arrival time there may be some free time to explore Bodø, the northernmost point of the Kystriksveien Coastal Route.

Accommodation: **Hotel**

## DAY 2

### FERRY TRANSFER TO LOFOTEN ISLANDS

We will walk 10 minutes to the ferry terminal with our bags (rucksacks recommended for this journey). For those of us who don't want to walk a taxi can be arranged from our hotel for this journey. We then board our early morning ferry to the Lofoten Archipelago. We arrive into Moskenes and in the sheltered fjord of Fredvang we will take to the water in our kayaks. This is a great opportunity to familiarise ourselves with our boats and to practice handling them.

Transport: **Ferry**

Activity time: **2 hours**

Accommodation: **Wild Camp**

Meals included:

**Breakfast / Lunch / Dinner**

We will paddle between the rocky islets and sandy beaches of this superb fjord and set up our first camp in the Fredvang area, facing the midnight sun - we will camp here for two nights.

## DAY 3

### HIKE TO THE TOP OF RYTEN

In the morning we will start walking through the moorland towards the ridges which overlook Selfjord. It is a spectacular hike to the top of Ryten with views of the white sands of Kvalvika and the dramatic peaks of Moskenesøya Island.

Hiking time: **5 hours**

Accommodation: **Wild Camp**

Meals included:

**Breakfast / Lunch / Dinner**

In the afternoon we will head back to our camp and can go kayak fishing in the ocean currents that stir at the entrance to Fredvang. Hopefully we will catch plenty of fish to add to our evening meal!

## DAY 4

### KAYAK TO FREDVANG AND FLAKSTAD

This morning we will break camp, load up our kayaks and take to the sea. We will paddle to Fredvang village, stopping at the spectacular Ramberg beach for a picnic on the white sands surrounded by jagged peaks.

Activity time: **2 hours**

Accommodation: **Wild Camp**

Meals included:

**Breakfast / Lunch / Dinner**

We reach Flakstad later in the afternoon and set up camp for the night. To end the day we can enjoy a lovely short coastal hike.

#### DAY 5

### KAYAK TO SKJELFJORD

After a hearty breakfast we will pack up camp and load up our kayaks once more. We paddle, playing with the currents, towards the village of Sund. Compared to the West coast, which is characterised by sandy beaches and turquoise waters, the East coast has a much rockier landscape. This coast is much more sheltered from the ocean winds which explains why so many fishing villages are found here, adding colour to the granite backdrop. We pass near Sund fishing village, with its traditional red rorbuer sitting on stilts at the water's edge, and enter Skjelfjord from the south. This will be our last night camping.

Activity time: **5 - 6 hours**  
Accommodation: **Wild Camp**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 6

### KAYAK TO NUSFJORD

We start off in our kayaks to explore Skjelfjorden. We paddle around Vestfjord where it is not un-common to see seals, or even killer whales and porpoises. We then continue paddling through the turquoise waters of Flakstadpollen to discover the historical fishing village of Nusfjord. Here we spend the night in a traditional Rorbu cabin.

Activity time: **5 - 6 hours**  
Accommodation: **Rorbu**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 7

### NUSFJORD - HIKE IN NESLAND - FERRY TO BODØ

This morning, we explore the beautiful village of Nusfjord, possibly making a visit to the local bakery to sample some of the delicious local pastries. We then transfer to the picturesque area of Nesland and head out on a short hike, taking in the last of the breathtaking Lofoten views before hopping back on the ferry and returning to Bodø.

Transport: **Ferry**  
Hiking time: **2 - 3 hours**  
Accommodation: **Hotel**  
Meals included: **Breakfast / Lunch**

#### DAY 8

### DEPARTURE

Today we are transferred to the airport for our onwards journey.

Meals included: **Breakfast**

Please note: Depending on ferry times you may arrive late into Bodø on the night of Day 7 so please consider this when booking your departure flights.

### PLEASE NOTE

*The Norwegian Sea at this latitude (68 ° -70 ° North) can be agitated in any season. For this reason and for the safety of everyone, we reserve the right to move or cancel any nautical activities, without notice, depending on the state of the sea. Please note that June departures enable the observation of the midnight sun and departures after mid-August offer a good chance of observing the aurora borealis.*

# TRIP INFORMATION

## DIFFICULTY

The kayaking and hiking on this trip is of moderate difficulty, so we have rated this trip as level 3. However, as with all *Kandoo* trips, we like to have the satisfaction of completing a challenge, so we can guarantee this won't be a walk in the park.

Fredvang Bay, where your trip begins, is sheltered from the wind and swell to allow you to get used to the kayak. Previous kayaking experience or an introduction to kayaking control and stability is recommended but is not essential. In the more exposed areas, we leave our boats and explore the bays and fjords on foot. You can expect to kayak up to a maximum of 18km a day and take part in hikes of up to 6 hours. In good weather the kayaking can feel easy but if you encounter strong winds or rainy conditions, it could feel very difficult indeed. The hikes in the Lofoten Islands feature exceptional view points. Although these hikes are relatively short, they can feature significant elevation gain and you should be comfortable in mountainous environments, on uneven paths and steep passages.

As well as kayaking and hiking you will also be packing away and putting up tents, assisting with cooking, loading and unloading kayaks and fetching water. There are no porters, cooks or waiters on this trip, you are part of the expedition and must do your share of the work. Although this makes the adventure more demanding, it adds to the enormous sense of satisfaction and achievement at the end of your journey. As it never goes dark in Norway in the summer months, some people may also find it difficult to sleep (we recommend an eye mask to help with this).

If you have any questions about your suitability for this trip or would like more specific information about what to expect, please do not hesitate to contact us.

## FOOD & DRINK

This trip includes full board meals except for your night spent in Bodø in Day 1 and Day 8, when meals are at your own expense. There is a range of restaurants to choose from in Bodø or the hotel restaurant is also very good.

Despite the remote areas we will travel to, we are proud of the varied and frankly delicious food we provide even when wild camping. Because everything we need for the 5 day expedition must be carried with us in our kayaks, we are limited on what we can carry and must choose our ingredients carefully. Fresh produce is used nearer the start of the trip with the more basic foodstuffs such as pasta and rice used towards the end. Norwegian delicacies such as reindeer/minke whale dried meats, Skyr and smoked cod roe "kaviar" add a cultural element to the meal. In the evenings, you can expect dishes of quinoa, lentils, salmon fillets, tofu and reindeer. Some evening meals will be vegetarian and we will carry as much fresh veg as possible. There will also be deserts of fruit yogurt, cake or chocolate.

For breakfast there is a choice of cereals, bread, chocolate spread, jam, honey and plenty of tea and coffee. Lunches are comprised of soup, noodles, veg sticks, bread, local "kaviar", Norwegian brown cheese and cold cuts. If you would like to bring along some snacks for in-between meals then these can be kept in your daysack.

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs. Whilst kayaking, the guide will do their best to plan meals that cater to all requirements; however, you may be required to bring some additional snacks or food items to supplement meals for dietary requirements such as gluten intolerances. This is due to the lack of availability of these products in the Lofoten islands.

Fresh water is available at all the camping locations. The water in Norway is very clean so you are able to refill your bottles directly from the streams!

## **ACCOMMODATION**

On this trip you will stay in a range of different locations: on campsites, at wild camping spots, in a Rorbu and in our Bodø hotel.

### **Camping**

We provide a good quality 3 man tent per 2 people to allow for maximum space and comfort. We also provide a large mess tent for mealtimes and as a communal area. During the camping expedition you are expected to be a valued member of the expedition team and help set up / strike camps, load kayaks etc. The toilet situation whilst wild camping will be a case of finding somewhere hidden, away from camp or the path and digging a hole. Please remember to bring toilet roll and a lighter to burn it after use. In the campsites hot showers are available using a token. These will be available from your guide.

Whilst kayaking, all your camping equipment including your sleeping bags and sleeping mats will be placed into dry bags and strapped to your kayak. For extra waterproofing, you may wish to use a drybag as a compression sack for your sleeping bag. This will give it an extra level of protection against the waves.

### **Other Accommodation**

Rorbu offer an unusual and authentic trip highlight. They are comfortable, traditional cabins used by fishermen from January to April. One house suits 2 to 6 people and includes kitchen and bathroom facilities with hot showers, flushing toilets and Wifi. Depending on availability you may be in private twin rooms or alpine style bunks above the living space, either way, the Rorbu will feel luxurious in comparison to your previous nights camping. When showers require a fee, we will provide you with one token per person per day. The Rorbu will generally have all bed linen provided.

### **Hotel**

In Bodø we will stay in comfortable hotel accommodation in twin ensuite rooms on the first and last night of our trip.

## **LUGGAGE**

You will need a 70-90L soft duffel or rucksack as your main luggage for this trip. You may be asked to carry your luggage for the 10 minute walk from the hotel to the ferry port on Day 2 of your itinerary. We would therefore recommend bringing a rucksack where possible as this will be easier to carry. Another available option, should you not wish to carry your bag, would be to book a taxi for this journey.

During the expedition, your luggage will be repacked into a 13L waterproof bag which we provide; this includes your clothing, toiletries, torch and any other essential personal items. This is not an enormous amount of space so bringing clothing that packs down small is strongly recommended. We also recommend packing all of your clothes in plastic bags or dry bags within this as an extra precaution so that they stay dry. Your 13L bag will then be placed in one of the storage compartments within the boat to give additional waterproofing. Your sleeping bag will be repacked into a 22L drybag that will be shared with another participant, it is therefore worthwhile bringing a compression sack so you can make your sleeping bag as small as possible. This will be strapped onto the top of the boat. You can store any extra belongings in a safe place in our base camp.

Please bring a small rucksack 20-30L to use as a day bag. A soft backed rucksack will allow you to fold it into a small space in your kayak. You can bring this as hand luggage on the aeroplane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag.

## HOW DO I GET THERE?

You will need to arrive at Bodø Airport (BOO) on day 1 of your itinerary where a member of our team will be waiting to greet you.

From the UK, SAS have convenient flights from Heathrow and Manchester via Oslo, the journey time is roughly 6 hours. Norwegian Airlines also offer flights from London Gatwick and Edinburgh via Oslo.

For those travelling from the US, SAS offer flights from New York via Oslo. You can also fly with SAS from San Francisco connecting through Copenhagen or New York and then Oslo. Travellers from the west coast also have flight options with Iceland Air 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.*

**Please note: Depending on ferry times you may arrive late into Bodø on the night of Day 7 so please consider this when booking your departure flights.**

### 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](#)

Alternatively if you wish to travel more responsibly, then there are other ways to reach Bodø. [The Man in Seat 61](#) and [Rome to Rio](#) suggest optimal routes from London to Oslo, then Oslo onwards to Bodø. 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 £300-350pp each way, but be rewarded with time to marvel at the passing scenery and have a delightful breakfast at sea.

If you decide to travel this way, get in touch and let us know, because we like to reward our responsible travellers!

## BUDGET & CHANGE

The currency in Norway is the Norwegian Krone (KR). You can withdraw the local currency from ATMs 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 GBP £60 (USD \$70). Bodø is a relatively small city and from our hotel there are plenty of restaurants and places to see within walking distance, however if you wish to take the bus it is £3.30 for a 10 minute journey. 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 400-550 NOK) for the entire trip. On the other hand, if you receive bad service or have not been treated well, 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. Please be aware that the new EES (Entry Exit System) is now active for all Non-EU nationals. This means your biometric data (photo and fingerprints) will be taken at the border on arrival. Those travelling from the UK may have their biometric data taken at the time of boarding, rather than on arrival in the EU.

## 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

- Sleeping tent per 2 people
- Sleeping mat
- Equipped mess tent including tables, chairs, cooking facilities
- Waterproof bags (1 x 13L for personal items, 1 x 22L shared, for sleeping bags)
- Tandem sea kayak with directional rudder (per 2 people)
- Gore-tex dry suit and over shoes
- Life jacket with two pockets
- Fishing equipment

## CLOTHING TO BRING

### Our advice for keeping warm

Norway can be very cold, so please think carefully about what clothes you bring. Although we will provide warm outer layers for kayaking, the layers you wear next to your skin make the biggest difference.

### We recommend:

No cotton (see below)

Bring dry spares of everything, including underwear and gloves

Wear multiple layers including:

1. A warm breathable base layer
2. A second thermal layer
3. Wind and waterproof protective outer layers  
(we provide an additional quality jacket and over trousers.)

### Kit list

- Your walking boots (high-rise, sturdy soles)
- A comfortable pair of water shoes - old trainers or neoprene booties will work well
- Waterproof windproof jacket (with a hood) and trouser - breathable, sealed seams
- Warm gloves and a hat
- Warm jumper and jacket
- Suitable underwear
- T-shirts
- Walking trousers or shorts
- Warm thick socks
- Sunhat - preferably wide brimmed
- Sunglasses (UV 400)
- Your swimming stuff

## **EQUIPMENT TO BRING**

- Sleeping bag (comfort 0°C for camping) - must pack down to fit in a shared 22L bag with another sleeping bag.
- A small rucksack as a day-bag 20-30L
- A water bottle/flask
- Tupperware - for use as eating utensil
- Head torch & spare batteries (although it is nearly always light in the summer)
- Insect repellent
- Midge net
- Your camera (with suitable protective case)
- Small packable towel
- Any personal medication including blister plasters
- Binoculars
- Walking poles
- Toiletries - including sun cream and wet wipes
- Tissues, toilet paper & a lighter
- Plastic bags for wet/dirty clothing
- Eye mask (Lofoten has 24hr daylight during summer)
- Earplugs (for the noisy seagulls)

# 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.

