



10-DAY ADVENTURE

KAYAKING & HIKING IN THE LOFOTEN ISLANDS

Norway

A ten-day trip combining kayaking and hiking in the breathtakingly beautiful Lofoten Islands archipelago. The Lofoten Islands are without doubt one of the world's most amazing kayaking destinations. This trip combines hiking and kayaking to offer completely unique perspective of this wild and mountainous archipelago, as well as providing a great way to get around when the mountains often plunge straight into the sea. We have carefully designed a beautiful journey to a succession of small fjords. The sharp peaks surround us as we paddle Selfjord, Skjelfjorden and Flakstadpollen, including the towering peak of Hermannsdalstinden (1029m), the highest point on the westernmost island of Moskenesøya. Immerse yourself in the rich world of this diverse archipelago and forget the stresses of modern day life.

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

KANDOO ADVENTURES



ITINERARY

DAY 1

DAY 1: ARRIVE IN BODØ

The Kandoo team will meet you at Bodø airport and transfer you to your accommodation. Depending on your arrival time there may be time to explore Bodø, the northernmost point of the Kystriksveien Coastal Route.

Transport: **Private transfer**
Accommodation: **Hotel**

DAY 2

DAY 2: FERRY TRANSFER TO LOFOTEN ISLANDS/ SELFJORD

We will catch an early morning ferry to the Lofoten Archipelago. In the sheltered fjord of Selfjord 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.

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

Transport: **Ferry**
Activity time: **2 hours**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

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.

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 Selfjord. Hopefully we will catch plenty of fish to add to our evening meal!

Hiking time: **5 hours**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

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.

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.

Activity time: **2 hours**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 5

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. We will set up camp here for two nights.

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

DAY 6

DAY 6: KAYAK AND HIKE TO VOLANDSTINDEN

We start off in our kayaks to explore Skjelfjorden and reach the start point of our hike to Vollandstinden. We paddle around Vestfjord where it is not un-common to see seals, or even killer whales and porpoises.

Today's hike offers splendid panoramas of the surrounding fjords and neighbouring peaks. Later in the afternoon, we take to our kayaks again to return to our campsite. We will take advantage of this time on the water to form a fishing party as we paddle through the rich waters.

Activity time: **2 hours**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 7

DAY 7: KAYAK TO NUSFJORD

Today we will paddle through the turquoise waters of Flakstadpollen to discover the UNESCO World Heritage listed, historical fishing village of Nusfjord. There will be time to visit Nusfjord before setting up camp on the outskirts of the village.

Activity time: **3 hours**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 8

DAY 8: KAYAK TO SELFJORD. TRANSFER TO Å

We pack up our camp for the final time and kayak to Selfjord where we began our expedition. We pack away our kayaking gear and take to the road to the village of Å in the extreme south of the Lofoten Islands. We will spend the night in a traditional rorbu.

Activity time: **2 hours**
Accommodation: **Hut**
Meals included:
Breakfast / Lunch / Dinner

DAY 9

DAY 9: HIKE TO THE TOP OF MUNKAN

Today we will climb one of the most iconic summits of the archipelago, Munkan (798m). From the top we will have an extraordinary view of the islands. This hike brings us the closest we have been to the wild island landscapes and high rugged mountains.

Hiking time: **6 hours**
Accommodation: **Hut**
Meals included: **Breakfast / Lunch**

DAY 10

DAY 10: FERRY TRANSFER TO BODØ

We will catch an early morning ferry to travel back to Bodø. Your flight out of Bodø will need to be booked for after 12pm.

Transport: **Ferry**
Meals included: **Breakfast**

PLEASE NOTE

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.

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

Daily walking time: 5 to 6 hours moderate pace

Daily elevation: 500 to 800 m

Preparation: You practice an endurance sporting activity at least once a week.

Experience: You enjoy regular hiking and you are in good physical condition.

This adventures is of moderate difficulty. This means you will need to be in good physical condition with experience of walking for at least 6 hours a day for several days in a row. On some days we will have up to 800m of ascent on rocky and possibly slippery ground. We will be wild camping, to be in the heart of nature.

The selected kayaking areas are deliberately very sheltered from the wind and swell at the beginning of the circuit to facilitate learning. Previous kayaking experience or an introduction to kayaking control and stability is also recommended but is not essential. In the more exposed areas, we leave our boats and explore the bays and fjords on foot.

At this latitude where the weather can be changeable, good equipment is advisable - sturdy hiking boots, a quality waterproof etc. The selected hikes in the Lofoten Islands are isolated and feature exceptional view points. Although these hikes are short, they can feature significant elevation gain and you should be comfortable in mountainous environments, uneven paths and steep passages.

If you have any questions about your suitability or how to prepare for this trip please do not hesitate to contact us.

FOOD & DRINK

Food

We are proud of the fresh and frankly delicious food we provide despite latitudes of 68° North. Each day begins with a hearty breakfast with plenty of tea and coffee. Each morning, you and your guide will prepare a picnic lunch for the day featuring local foods: sandwiches, salads, fruits, cakes and dried fruits. Evening meals are prepared together with your guide based on available local products. During the expedition, our access to fresh fruits and vegetables is a little limited but you will be able to eat freshly caught fish. During this trip you will have the opportunity to sample fish you caught from your kayak and local specialities prepared by your guide.

Drinks

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

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.

Other Accommodation

Rorbuer offer an unusual and authentic trip highlight. They are comfortable, traditional cabins used by fishermen from January to April. One house suits 2 to 4 people and includes kitchen and bathroom facilities. When showers require a fee, we will provide you with one token per person per day.

Please bring a sleeping bag (comfort level 0°C is ideal).

LUGGAGE

During the expedition, your luggage will be repacked into 20l waterproof bags which we provide. We recommend packing all of your clothes in plastic bags so that they stay dry. You can store your extra belongings in a safe place in our base camp.

Please bring a small rucksack to use as a day bag. 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.

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

- Sleeping tent per 2 people
- Sleeping mat
- Equipped mess tent including tables, chairs, cooking facilities
- Waterproof bags
- Tandem sea kayak with directional rudder (per 2 people)
- Gore-tex dry suit and boots
- Kayaking jacket
- Life jacket with two pockets
- Fishing equipment

CLOTHING TO BRING

Our advice for keeping warm

Winter in 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.)

Checklist

- Sleeping bag (comfort 0°C for camping)
- Sleeping bag liner - recommended for nights in Rorbus
- Your walking boots (high-rise, sturdy soles)
- Waterproof windproof jacket (with a hood) breathable, sealed seams
- Warm gloves and a hat
- Warm jumper(s) and jacket(s)
- Suitable underwear, t-shirts and walking trousers
- Warm thick socks
- Sunhat and sun cream
- Sunglasses (UV 400)
- Towel and toiletries
- Any personal medication
- A water bottle/flask
- Head torch & spare batteries (although it is nearly always light in the summer)
- Your swimming stuff (for the pool or sauna options)
- A small rucksack as a day-bag

EQUIPMENT TO BRING

- Your camera (with suitable protective case)
- Binoculars
- A comfortable pair of shoes for the evenings
- Waterproof trousers
- Extra layers
- Walking poles
- Tupperware and cutlery for picnics
- Wet wipes
- Blister plasters
- Tissues, toilet paper & a lighter
- Plastic bags for wet/dirty clothing

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.

