

8-DAY ADVENTURE

SUMMITS OF THE LOFOTEN ISLANDS

Norway

A one week trip hiking in arguably one of the most beautiful places on Earth. Beyond the Arctic Circle, in the permanent light of summer, we traverse the southern part of the Lofoten Islands, exploring the most mountainous and spectacular part of the archipelago. Colourful fishing villages nestle in emerald coves fringed with white sand beaches. Lush pastures, mysterious moors and rocky summits, with breath-taking panoramic views, set the scene for our excursions.
From the unusually-named village of Å to the stunning beach at Kvalvika, this programme offers a heady mix of wild nature and adventure, as well as distilling the island's laid back atmosphere, which live by the rhythm of the comings and goings of small fishing boats laden with today's catch.

TRIP HIGHLIGHTS

- Discover some of the most stunning treks in the Lofoten Islands
- Stay in a traditional Rorbu or Sjøhus
- Learn about the rich diversity of fauna and flora of the Lofoten Islands
- Trip fully carbon offset as standard


KANDOO
ADVENTURES
Yttersand
Ryten 543m
Fredvang
Neisha
Nusfjord
Munkan 798m
Reine
Moskenes
Å
BODØ
Trek
Ferry
Transfer

ITINERARY

DAY 1

DAY 1: ARRIVE IN BODØ

Welcome to Bodø! After you have collected your luggage, you will make your own way to the hotel where you will be able to check-in. Depending on your arrival time there may be time to explore Bodø, the northernmost point of the Kystriksveien Coastal Route. You will have a pre - trip briefing this evening with your guide and the rest of the group.

Transport: **Transfer**
Accomodation: **Hotel**

DAY 2

DAY 2: FERRY TRANSFER TO LOFOTEN ISLANDS AND MOSKENES VANET HIKE

We will catch an early morning ferry to the Lofoten Islands and the port at Moskenes. From here we will hike to Moskenes vatnet (or Moskanes lake). The route follows paths that take us above the lake, surrounded by views of waterfalls and steep peaks. After our hike, we take a short transfer to Å, the final settlement at the southern end of the road across the archipelago. South of here there are no more roads and boats are the only practical means of transport.

Transport: **Ferry**
Hiking time: **5 hours**
Walking distance: **9 km**
Accomodation: **Hut**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

DAY 3: CLIMB 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 up close to the wild island landscapes and high rugged mountains. This is one of the most challenging hikes on this trip, with steep, narrow trails and boulder sections involving hand rails or chains. Your effort will be well rewarded by the views from even the lower sections of the route and, as you climb higher, seeing the mountain lakes which all sit at different heights will take your breath away. This evening we return to the rorbu in Å.

Hiking time: **8 hours**
Walking distance: **12 km**
Accomodation: **Hut**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

DAY 4: CLIMB REINEBRINGEN

We begin with a short transfer to Reine, 'the Venice of the Lofoten', where we will have time to explore this traditional fishing village. The path to Reinebringen begins on the outskirts of the village. Unlike many mountain paths in the Lofoten Islands, this path has recently been restored, making it a very safe climb. 1664 steps will lead us to the summit, from where there is a picture-perfect view of the Lofoten Islands, with the Floan mountains rising majestically above the Reinefjord. There is an option to take a longer scenic route back to Reine. After the hike, we will take a scenic drive along the coastal road and over bridges that join connect sections of the archipelago to our rorbu for tonight.

Hiking time: **4 hours**
Accomodation: **Hut**
Meals included:
Breakfast / Lunch / Dinner

DAY 5

DAY 5: NEISHEIA SUMMIT

Today, we will hike from the door of our rorbu along an easy path to the summit of Neisheia, overlooking the village of Nusfjord, the straight of Nappsstraumen and, further afield, the Vestfjord coast. The majority of this route is pretty straightforward, but be prepared for the route narrowing around half way where you must take care where you step. If you are a fan of wild swimming, pack your swimwear today as we will pass countless lakes and if you fancy, you can take a dip! We will return to the rurbu for tonight's home-cooked dinner.

Hiking time: **4 hours**
Walking distance: **11 km**
Accomodation: **Hut**
Meals included:
Breakfast / Lunch / Dinner

DAY 6

DAY 6: KVALVIKA BEACH AND RYTEN

After a short transfer to Fredvang, we will climb up to a pass above the mythical Kvalvika Beach for panoramic views of Selfjord. Kvalvika Beach is also known as Whale Beach, as in the 19th century it housed a family of whalers. The geometry of the beach, the colour of the water and the striking black granite cliffs that surround it are unforgettable. Our route takes us down onto the beach, where there may be time for a quick dip in the turquoise blue water before heading back uphill and to the summit of Ryten. At the end of the day we head to a rustic wooden shelter which is usually reserved for locals, so we are very lucky to be allowed to stay here. The refuge is a truly exceptional location above Selfjord with splendid views of the ocean and the surrounding peaks. We will be carrying more than usual in our daypacks today, as, alongside our usual lunch items, we will all take a share of food for dinner tonight and breakfast tomorrow morning.

Hiking time: **6 - 7 hours**
Walking distance: **13 km**
Accomodation: **Hut**
Meals included:
Breakfast / Lunch / Dinner

DAY 7

DAY 7: PLATEAU OF YTRESAND AND MULSTØA

We leave the refuge on a trail that will take us through moorland and white sandy beaches to explore the isolated hamlet of Mulstøa. We follow an old path that connects the pastures and peat houses of Ytresand to the former fishing village of Mulstøa, with its charming beach. In addition to the many sheep that populate this path, numerous seabirds also nest in this region, including the famous sea eagle. Alos keep a look out for blueberries and cloudberries that grow along this trail. This afternoon we will head to the ridges overlooking Ytresand Beach, surrounded by ocean, fjords and mountains. After we have finished our hike, we will take a short transfer to Moskenes from where we catch a ferry back to Bodo this evening and settle in back at our hotel. Our guide will say goodbye to you at the ferry, so if you wish to give your guide a tip to say thank you, this should be done today. When we arrive back into Bodø, we make our own way back to the hotel for the final night of the trip.

Hiking time: **4 hours**
Walking distance: **7 km**
Accomodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 8

DAY 8: DEPARTURE

Depending on your flight time you may have the chance to relax and explore Bodø before making your own way to the airport for your onward flight.

Meals included: **Breakfast**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

The mountains in Norway are not to be underestimated, they are steep sided and often rise directly from sea level, so your legs will be getting a good workout. Yet, whilst a high level of fitness will make the days a lot easier it by no means requires super human fitness. A solid training plan will allow you to better prepare for the hikes and enjoy your trip. This adventure is of **moderate difficulty**. On some days we will have up to 800m of ascent on rocky and possibly slippery ground. Trekking poles are also a lifesaver!

If you are comfortable walking for 6-7 hours with an ascent of 800m over consecutive days then you are certainly fit enough to succeed on this trip. Think of it as climbing Snowdon or Ben Nevis every day for six days! If you can do this then there is no reason why you won't be absolutely fine on this trip. We find that all successful hikers share a real *Kandoo* attitude and that means high levels of grit and determination.

FOOD & DRINK

Food:
Staying well-fed on your trip is absolutely vital to keep up energy levels, so that you can enjoy your hikes. This adventure in Norway is full board apart from your evening meals in Bodø. We are proud of the fresh and frankly delicious food we provide despite latitudes of 68° North.

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.

Breakfast typically includes plenty of tea and coffee alongside hearty items like porridge oats, cereals, pancakes, fruit and bread with jams, perfect to fuel you for each day's hiking.

Lunches are picnic-style. Each morning, you will assist your guide in preparing a picnic lunch for the whole team for that day. Lunches feature sandwiches, salads, fruits, cakes and dried fruits. Everyone will carry some lunch items in their daypack each day whilst they hike.

Evening meals usually consist of some form of carbohydrate such as pasta or rice, alongside a stew or sauce and a local delicacy. 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). Evening meals are cooked in the kitchen at the rorbu each night, including on day 6, when your daypacks will be a little heavier as everyone will take some ingredients for dinner and also for breakfast the next morning./

Drinking water:
You will have access to natural spring water whilst trekking. This is safe to drink, however, if you wish to take extra precautions you may want to bring a filter or some purification tablets with you.

Drinks:
Alcohol and cigarettes are heavily taxed and expensive in Scandinavia. It is important that you stay well hydrated during this trip and we do not recommend bringing alcohol with you.

ACCOMMODATION

BODØ

In Bodø we will stay in comfortable 3* hotel accommodation in twin or double ensuite rooms.

LOFOTEN

Robu offer an unusual and authentic trip highlight. They are comfortable, traditional cabins used by fishermen from January to April. One house typically sleeps up to 6 people and includes kitchen and bathroom facilities. All but the remote mountain rorbu have hot showers, flushing toilets and Wifi. Depending on availability you may be in private twin rooms or dormitory style bunks. Please note that in the wilder regions of Norway, accommodation is scarce and often small, meaning that the level of comfort and equipment of each cottages remains variable. The majority of Rorbus we use will have freshly laundered bedding and towels, but this will not be the case at the rorbu on night 6 and we ask that you bring a sleeping bag liner.

TRANSPORT

All transportation costs to and from the Lofoten Islands are included, as well as any transfers whilst you are on the archipelago where you will be transported by minibus

LUGGAGE

Your main luggage will be transferred by vehicle to your accommodation each night so all you will need to carry during the day will be a small daypack.

Please bring a small rucksack of around 30L 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 in this bag. You will also need a larger bag to store your other clothes and belongings in. Please ensure that this is a soft bag like a rucksack, duffel bag or holdall rather than a hard cased suitcase because it is more practical to transport. We recommend packing all of your clothes in drybags so that they stay dry in the event of wet weather.

Please be aware that on Day 6 you will be staying at a remote mountain refuge and your daypack will need to be big enough to fit additional food for dinner that night and breakfast the next morning.

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.

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!

ON ARRIVAL

Once you have arrived and collected your luggage, make your way to the airport exit. There are buses every 10-15 minutes from the airport to the centre of town, where your hotel is located. Bus line 1 or 2 are usually the best options and tickets cost approx. 44 NOK. You can check the bus timetables and bus stop locations online in advance of your trip using the link below:
https://www.avinor.no/en/airport/bodo/info/public-transportation/

Alternatively, if you prefer to stretch your legs after your long journey, the airport is located very close to the city centre and the walk to your hotel is just over 1km and will take around 20 minutes.

PRE-TREK BRIEFING

It is a requirement of joining any of our trips that you attend a briefing before the trip begins. This gives our guide the opportunity to review the plans for the trip with you, make sure you have all the right gear and answer any questions you may have. Your pre-trip briefing in Bodø will take place in the evening at your hotel in Bodø.

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 the fares are around £4 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 400-500 NOK per person for the entire trip. Tips should be given in Norwegian Krone. 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 have their biometric data taken at the time or 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.

MEDICATION

There are no specific health risks. Your guide carries a first aid kit at all times but we recommend you carry the following items : - Painkillers/Anti-inflammatory tablets/gel - Second Skin Elastoplast (to prevent blisters)/ bandages - Sunscreen and moisturising cream (for sunburn) - Personal medication

EQUIPMENT & CLOTHING

CLOTHING TO BRING

Headgear

- Warm beanie-style hat - knitted or fleece
- Buff
- Peaked cap / wide-brimmed sun hat
- Sunglasses (UV 400)

Upper body

- T-shirts and a warm jumper
- Lightweight fleece or softshell (midlayer)
- Insulated jacket - down or primaloft
- Water and windproof hardshell outer jacket with hood (Goretex or similar)
- Gloves - warm fleece or wool gloves

Legs

- Breathable, fast-drying underwear
- Trekking trousers or shorts
- Wind and waterproof hardshell over-trousers (Goretex or similar)

Feet

- Hiking boots with ankle support
- Trainers / sandals - for wearing in the evening
- Breathable, medium weight trekking socks

EQUIPMENT TO BRING

- Trekking poles
- Sleeping bag liner (for use on night 6 at the mountain rorbu)
- A water bottle / hydration bag - must be able to carry 1.5-2L of water
- Tupperware - not essential but may be useful to carry packed lunch items
- Insect repellent
- Over-the-head midge net
- Camera and spare batteries
- Any personal medication including blister plasters
- Binoculars
- Toiletries - including sun cream and lip balm with high SPF rating
- Plastic bags for wet/dirty clothing
- Earplugs and eye mask for sleeping (you will be sharing a dorm room!)
- Swimwear and pack towel (if you plan on going for a swim)
- Snacks

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.