



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 Nusfjord, 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 cod.

TRIP HIGHLIGHTS

- Discover some of the most stunning treks in the Lofoten Islands
- Stay in a traditional Rorbu and catch fish from your kayak
- Learn about the rich diversity of fauna and flora of the Lofoten Islands

Mulstøa

Kvalvika Beach

NUSFJORD

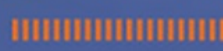
Munkan 798m

REINE

Reinebringen

Å

BODD >



Trek



Ferry



Transfer

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/Å

We will catch an early morning ferry to the Lofoten Islands and the village of 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. Our first hike will be along a large lake, not far from the sea, which is surrounded by steep peaks and waterfalls.

Transport: **Ferry**
Hiking time: **5 hours**
Accommodation: **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.

Hiking time: **8 hours**
Accommodation: **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. We can either retrace our steps to Reine, or take a slightly longer circuit route back. At the end of the day there is an option to take a boat trip to Vinstad for another view of the Reinefjord from the water. The boat trip costs approximately £25.

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

DAY 5

DAY 5: KVALVIKA BEACH

After a short transfer 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. 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 enjoy a meal by the fire and a memorable night in this unique setting.

Hiking time: **5 hours**

Accommodation: **Refuge**

Meals included:

Breakfast / Lunch / Dinner

DAY 6

DAY 6: 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. This afternoon we will head to the ridges overlooking Ytresand Beach, surrounded by ocean, fjords and mountains.

Hiking time: **4 hours**

Accommodation: **Hut**

Meals included:

Breakfast / Lunch / Dinner

DAY 7

DAY 7: NEISHEIA SUMMIT

Today's hike is on an easy path to a beautiful viewpoint overlooking the village of Nusfjord, the Vestfjord coast and Nappstraumen. We will pass countless lakes which on a beautiful summer day look very enticing for swimming!

As an optional alternative, it is possible to go on a sea-fishing trip in the fjord. The captain is quite a character and will share his contagious passion for the sea, a vital source of life in the Arctic region. The trip will last 3 hours and costs approximately £70. We will spend our final night on the Lofoten Islands in a rorbu.

Hiking time: **4 hours**

Accommodation: **Hut**

Meals included:

Breakfast / Lunch / Dinner

DAY 8

DAY 8: 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. Depending on your flight time you may have the chance to explore Bodø before we take you back to the airport.

Transport: **Ferry**

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

Level 3/5: Moderate

Pace: Moderate

Daily walking time: 5 to 6 hours

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. Several days of hiking in a row does not faze you.

Additional notes: This trip features a night in a refuge in the heart of nature.

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.

At this latitude where the weather can be changeable, good equipment is advisable - sturdy hiking boots, a good 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 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).

drinks

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

BODØ

We sleep in a guesthouse or hostel accommodation. Rooms are shared between 2 to 8 people, shared toilets.

LOFOTEN

We stay in Søjhus or Rorbu accommodation, comfortable traditional houses used by fishermen from January to April. Rooms are shared between 4 to 6 people. 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. All lodgings have the following elements: heating, hot showers, toilets, common dining room and equipped kitchen. When showers are not free, you will receive one token per day per person to shower.

Please bring a sleeping bag (comfort level 5°C is ideal) or sleeping bag liner.

YOUR GUIDE

Level 3/5: COMFORTABLE

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TRANSPORT

You will be escorted by private minibus. This trip also includes airport transfers and ferry transportation

LUGGAGE

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. 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 or holdall rather than a hard cased suitcase because it is more practical to transport. We recommend packing all of your clothes in plastic bags so that they stay dry in the event of wet weather.

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.

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

- A sleeping bag - a lighter sleeping bag or sleeping bag liner is 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)
- Pyjamas, 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 in towns.
- 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.

