

SUMMITS OF THE LOFOTEN ISLANDS

Summits of the Lofoten Islands

Beyond the Arctic Circle, in the permanent light of summer, we traverse the southern part of the Lofoten islands, exploring the most mountainous and most spectacular part of the archipelago. Colourful fishing villages sit nestled in Emerald coves fringed with white sand beaches; lush pastures, mysterious moors and rocky summits with breathtaking panoramic views set the scene for our excursions. From Å to Nusfjord, this nature and adventure orientated programme distils the atmosphere of these islands which live to the rhythm of the comings and goings of small fishing boats laden with cod.

Region	The Lofoten Islands
Activity	Hiking
Duration	8 days
Group	3 to 15 people
Code	ENOR2VA
Price	From €1,500
Level	3/5
Comfort	3/5
Language(s)	English

ITINERARY

📍 Day 1 Welcome to Bodø



Meet your guide and group and settle into your accommodation. Depending on your arrival time, perhaps you can explore Bodø town, the northernmost point of the stunning Kystriksveien Coastal Route.

Accommodation: Guesthouse

📍 Day 2 The Village of Å



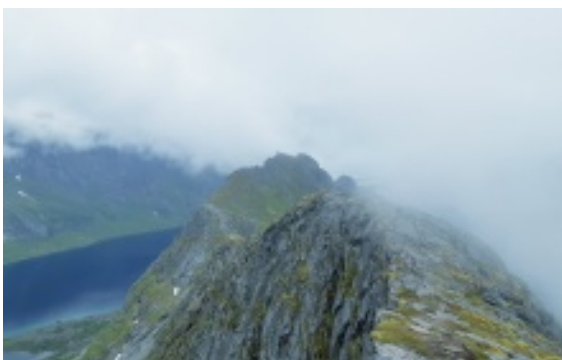
This morning we board the ferry to the Lofoten Islands and the village of Å, found at the end of the road. Further south, there are no roads and boats are necessary to travel through the mountainous terrain. From Å, we go for our first hike along a large lake, not far from the sea surrounded by steep peaks and waterfalls.

5 hours of walking

Elevation: + / - 250 m

Accommodation: Rorbu / sjøhus

📍 Day 3 Climbing Munkan



Today we summit one of the most iconic peaks of the archipelago, Munkan (798 m). Get ready for extraordinary views of the dramatic Lofoten islands. This hike is the most 'alpine' of our island journey and brings us closer by the wild landscapes and high mountain atmosphere.

8 hours hiking

Elevation: + / - 1100 m

Accommodation: Rorbu / sjøhus

📍 Day 4 Climbing Reinebringen



This morning, after a short transfer to the Queen City, Reine, 'the Venice of the Lofoten ', we take some time to visit this emblematic village of the Lofotens Islands.

The path to the Reinebringen starts as we exit the town. Rare fact of the Lofoten is that this steepy mountain path has been totally restored and opened in 2019. It makes locals and hikers really happy to be able to climb up there safely. We climb the 1664 steps that lead us to the top. On the summit, you will find a truly beautiful postcard sight of the Lofoten, with a profound view of the Reinefjord and Floan mountains standing majestically on top of the fjord.

We then either get back the same way we started or we do a circuit to make the hike a bit longer and more interesting. At the end of the day you will have the possibility to take a boat trip to Vinstad in order to enjoy the Reinefjord from the water level too (approx 30€ extra).

4 hours of hiking

Elevation: + / - 520 m

Accommodation: Rorbu / sjøhus

📍 Day 5 **Kvalvika Beach**

This morning, after a short transfer, we climb a pass above the mythical Kvalvika Beach to unique panoramic views of Selfjord. Kvalvika Beach is also known as Whale Beach because, 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. We are very lucky that we, exclusively, are able to stay here. The refuge is in a truly exceptional setting above Selfjord with splendid panoramas of the ocean and the surrounding peaks. We enjoy a meal by the fire and a memorable night.

5 hours of hiking

Elevation: + / - 760 m

Accommodation: Refuge

📍 Day 6 **Plateau of Yttersand and Mulstoa**

We leave the refuge to explore the isolated hamlet of Mustoa. Today's route brings us successively through moorland and white sandy beaches. We follow an old path that connects the pastures of Yttersand and its peat houses to the former fishing hamlet of Mulstoa and its charming beach which looks out to the ocean. In addition to the many sheep that populate this path, numerous sea birds, including the famous sea eagle nest in the region. This afternoon we head to the ridges overlooking Yttersand Beach and hike where ocean, mountains and fjords are everywhere.

4 hours of hiking

Elevation + 350 m / - 250m

Accommodation: Rorbu / sjøhus

📍 Day 7 **Neisheia Summit or a Sea Fishing Trip**

Today's hike takes along an easy path to a beautiful viewpoint overlooking the village of Nusfjord, the Vestfjord coast and Nappstraumen. We pass countless lakes which on beautiful summer days almost intice us to swim... For those who wish, today you can go fishing in the fjord (approximately 80 € for 3 hours at sea). The captain, a lovely colourful character, will share his contagious passion for the sea, a vital source of life in this Arctic Region. At the end of the day, or first thing tomorrow morning, we take the road to Bodø (3 hour ferry journey)

4 hours of hiking

Elevation: + / - 680 m

Accommodation: Rorbu / sjøhus

📍 Day 8 **Farewell Norway**

Perhaps you will have some free time to visit Bodø today, breakfast and transfer to Bodø airport included

The details in this programme are regularly updated but imponderables 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.

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.

DATES & PRICES

International departures:

No departure for now

Trip code: ENOR2VA

Included

- All in-country transfers as detailed in itinerary
- Accommodation: Gite, Rorbu / Sjøhus and guesthouse accommodations
- Full-board except when in Bodø (Day 1 and Day 7)
- Luggage transfers
- Accompaniment by an expert Altai guide

Not included

- Your international flights
- Registration fee: €18 (free for under 12s)
- Drinks, tips and personal expenses
- Meals in Bodø (~290 - 390 NOK per meal)
- Entrance fees for sites and museums (~50 NOK)

Notes

LEVEL 3/5 Moderate

Pace: Moderate

Daily walking time: 5 to 6 hours

Daily elevation: 500 to 800 m

Preparation: It is preferable that you practice an endurance focused 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 phase you.

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

Terms and conditions

Booking conditions

Booking a trip with Altai Norway implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. We reserve the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, we require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel

reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.

Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip. Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date we receive your cancellation or modification request in writing.

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact Altaï Norway in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Norway may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. We reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Altaï Norway as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

You will be accompanied by an expert Altai Guide throughout your stay. Armed with an abundance of experience and a wealth of expert knowledge our professional team know their country inside out. Our qualified guides are all English-speaking, all practicing outdoor practitioners and all incredibly passionate about Norway, the country they live in for a large chunk of each year.

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

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 evenings 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 or sleeping bag liner.

Transportation

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

Budget & exchange

The currency is the Norwegian Krone (kr)

Visit <http://www.xe.com> for the latest currency converter and exchange rates.

You can withdraw the local currency from in-country 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.

Tips

Although the custom is not widespread here, if you are satisfied with the services of your guide and local team, tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

Vital equipment

- A sleeping bag - a lighter sleeping bag or sleeping bag liner is recommended for nights in rorbust
- Sunglasses (high quality protection)
- A wind and waterproof jacket (breathable, sealed seams)
- Suitable underwear, t-shirts and walking trousers
- Hiking boots (high-rise, sturdy soles)

- Warm jumper(s) and jacket(s)
- Your swim stuff
- Sun cream
- A headtorch and spare batteries
- Warm thick socks
- Gloves
- A warm hat
- Any personal medication
- Pyjamas
- Towel & toiletries
- A thermos/suitable water bottle(s)

Material

We prefer 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 it does not dry fast. 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.

Our advice for keeping warm

Winter in Norway can be very cold, please think carefully about what clothes you bring, although we will provide warm outer layers, the layers you wear next to your skin make the biggest difference. We recommend:

- No cotton
- Bring dry spares of everything, even underwear and gloves
- Wear multiple layers including:
 1. A warm breathable base layer
 2. A second thermal layer
 3. Wind and waterproof protective out layer (we provide an additional quality jacket and over trousers).

Helpful equipment

You may also consider packing

- A pair of comfortable shoes for evenings in towns
- Waterproof trousers
- Walking poles
- Tupperware and cutlery for picnics
- Extra layers
- Wetwipes
- Blister plasters
- A suitable camera
- Plastic bags for wet/dirty clothing
- Tissues
- Toilet paper & a lighter

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.

Medicine

Your guide is a trained first-aider and will carry a first aid kit at all times during your trip for use in emergencies. We recommend that you bring your own first aid kit containing any personal medication, blister plasters, painkillers and suchlike. Do not forget suncream.

Passport

Most travellers require a passport that is valid for at least three 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: www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709

Visa

Most travellers of EU states do not need a VISA to visit Norway, as Norway is part of the Schengen agreement. This does not apply to travellers of other nations. It is your responsibility to confirm your specific visa requirements. You can check the following web site of the Norwegian government: www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709

Mandatory vaccines

There are no specific health risks.

Weather

In winter, the weather in Northern Norway is subject to frequent changes. This part of Norway, the Arctic Zone, benefits from a surprisingly pleasant micro climate. At a latitude of 68° North and 300km North of the Arctic Circle, summer here is relatively mild with average temperatures of around 14°C (57°F). However, it is humid and does rain regularly. Good quality (breathable with sealed seams) rain clothing, jacket and trousers are paramount.

Keep in mind this Norwegian proverb when packing: 'There is no bad weather, only bad clothing'

Electricity

In Norway, the standard Europlug (Type C & F) with two round prongs is used and most of Scandinavia uses 220 volts.

Local time

Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +1. Daylight Savings Time (DST) is observed.

Sustainable tourism

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously.

We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

The Leave No Trace policy can be summarized in 7 simple steps which we invite you to follow during your trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities.

We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.

If you have any questions regarding how to be a responsible traveller or concerning any other subject, please do not hesitate to contact us.