

# SELF-GUIDED HIKING IN THE LOFOTEN ISLANDS

## *Self-Guided Hiking in the Lofoten Islands*

The dramatic Lofoten Islands lie anchored beyond the Arctic Circle. In a world where rugged mountains, white sandy beaches and colourful fishing villages intertwine with the Norwegian Sea, you can go hiking, try wild camping and explore the area freely with your own rental vehicle. Discover one of the wildest regions in Europe, home to a whole host of flora and fauna including many famous sea birds and eagles!

 Region	The Lofoten Islands
 Activity	Hiking Summer
 Duration	8 days
 Code	ENORL13VA
 Price	From €695
 Level	3/5
 Comfort	3/5

## ITINERARY

### 📍 Day 1 Welcome to Norway



Collect your rental vehicle at Bodø airport. Settle into your accommodation and explore the town. Bodø is the northernmost point of the stunning Kystriksveien Coastal Route.

*Accommodation: Hotel*

### 📍 Day 2 Sørvagen ferry to Å

This morning you 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, you can enjoy two days hiking in the mountains. Today, you walk along a large lake surrounded by steep peaks, then, climb a pass with stunning views.

*4 hours of hiking*

*Accommodation: Camping*

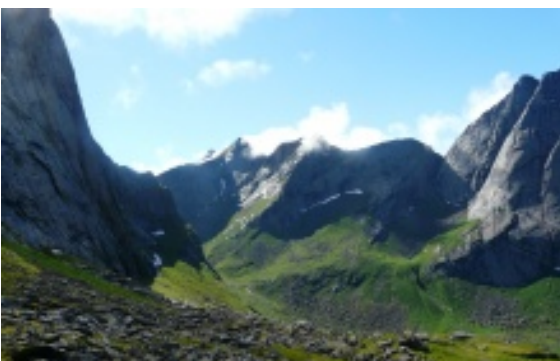
### 📍 Day 3 Climbing Munkan

Today you summit one of the iconic peaks of the archipelago, Munkan (798 m). Get ready for extraordinary views of the dramatic Lofoten islands...

*6 hours of hiking*

*Accommodation: Camping*

### 📍 Day 4 Fredvang

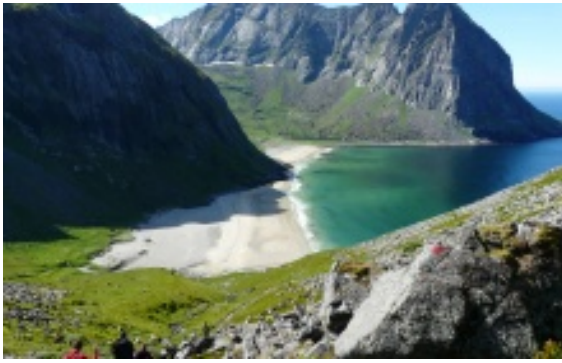


Today you travel to Fredvang, a small Lofoten fishing port. After eating, you embark on a superb hike. Your journey successively through the moor, across white sand beaches and on a ridge top path which dominates the Norwegian Sea. Today is a great opportunity to observe a variety of sea birds (Eiders, Skuas, Gulls...) as you stroll through a world of omnipresent ocean, mountains and fjords. You spend three nights in the Leknes area.

*5 hours of hiking*

*Accommodation: Camping*

### 📍 Day 5 Whale Bay - Kvalvika Beach



Whale Bay earned its name because, in the 19th century, it housed a family of whalers. Today you explore an amazing natural setting, truly worthy of Jules Verne's novels. A striking white sand beach surrounded by dark imposing granite cliffs... Having soaked in this incredible Norwegian ambiance, you head back along Fredvang Fjord and it is a short transfer to the delightful small village of Mortsund.

5 hours of hiking

Accommodation: Camping

#### 📍 Day 6 **Ballstad - Nonstinden Summit - Mortsund**

The Lofoten archipelago is truly stunning in the late afternoon light. Return to the seaside at the end of the day and this evening you can choose to visit the only bar in the village which comes complete with a Norwegian fishing bar atmosphere and a terrace...

#### OPTIONAL ACTIVITIES

From Kabelvåg (Lofoten center), you can go kayaking or mountain biking. Consult us.

5 hours of hiking

Accommodation: Camping

#### 📍 Day 7 **Trolltindan pass - ferry to Bodø**



Early this morning you leave to hike in the picturesque Kyllingdal Valley and cross Trolltindan pass. From the top, you can admire superb panoramic views of this remarkable string of islands. On they way down, you head to the port of Moskenes and take the ferry back to Bodø.

4 hours of hiking

Accommodation: Hotel

#### 📍 Day 8 **Bodø**

Return your rental vehicle at Bodø airport.

*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.*

## PERIOD & BUDGET

### When to travel?

The best period for travelling is during the following months:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

### Price

From € 695 per person for 2 travellers

*The budget is an indication of the price per person, subject to availability. Your local agent will send you a customized quote with the exact price. The price can vary according to availability, level of services, period of travel, number of participants, booking time frame and other items.*

### Included

- Tents and camping gear for 5 nights\*
- 2 nights in hotel accommodation in Bodø
- A detailed roadbook including a selection of the most beautiful hikes in the Lofoten Islands
- A rental vehicle, category A with CDW insurance and unlimited km
- Return ferry journey Bodø / Moskenes with your vehicle

\*This trip is also possible using rorbu accommodation, please contact us for more information and prices

### Not included

- Your international flights
- Registration fee: €18 (free for under 12s)
- Meals and drinks (campsites and rorbus include kitchen access, anticipate between €10 and €50 per person per meal)
- Campsite fees (approx €10 per person per night)
- Showers in campsites (€1 or €2 per shower)

Please note that wild camping is allowed in Norway providing you are at least 100m from houses.

### Notes

#### Explanantion of difficulty level:

#### LEVEL 3 Moderate

Pace: Moderate

Daily walking time: 5 to 6 hours

Daily elevation: 500 to 800 m

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

Experience: You walk regularly and you are in good physical condition.

You are in good physical condition. You like to walk several days in a row, at an average of 5 to 6 hours per day (15 to 20 km) with vertical differences of up to 800 meters. You prefer nights in camping bivouac camping or wild, to be in the heart of nature.

Please note: As this is a self-guided trip, this active adventure can be adapted by yourself to be as challenging or relaxing as you wish.

### 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 Altai Norway in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altai 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 Altai 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**

Armed with an abundance of experience and a wealth of knowledge our professional Altai Norway team know the country inside out. They are here to assist and support you any time in the run up to your trip, during your holiday and after your adventure.

### **Food**

You will find lots of recommendations for shops, restaurants and cafés in your detailed roadbook.

Do not forget that alcohol and cigarettes are heavily taxed and expensive in Scandinavia but you can purchase duty-free products at the airport.

### **Accommodation**

#### **Camping**

A fantastic way to connect to the natural environment. Norwegian campsites are always clean, well located and usual amenities (hot shower fees between €1 and €4 per shower). We provide you with all technical camping equipment. Please note that it is not possible to reserve campsites in advance and a fee of around €10 per person is normally charged. Also, wild camping is legal in Norway as long as you are at least 100m away from the nearest houses.

#### **Sjøhus - Rorbu or Hotel Accommodation**

Rorbus are comfortable traditional houses used by fishermen from January to April. One house suits 2 to 4 people and includes kitchen and bathroom facilities.

Please note that in the wilder regions of Norway, accommodation is scarce and often small. Moreover, the beautiful summer season is short (about two months) making it difficult to find places to stay during the summer. Despite a permanent effort in the choice of accommodation, the level of comfort and equipment provided remains variable.

If you would like to stay in hotel or rorbu accommodation please [contact us](#).

### **Transportation**

To hire a vehicle you will need a valid drivers licence, issued for a minimum of 12 months. Minimum age: 19 (or 25 for vehicle categories E, I, K & L).

### **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 local team, tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

### **Supplied equipment**

If you choose the camping option, we will supply you with quality tents and technical camping gear.

### **Vital equipment**

- A sleeping bag (comfort 0°C for camping)
- A thinner sleeping bag or sleeping bag liner is recommended for nights in rorbus
- 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)
- Sun cream
- A headtorch and spare batteries

- Warm thick socks
- Gloves
- A warm hat
- Any personal medication
- 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
- Your swim stuff
- 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**

---

We recommend that you bring your medications:

- Personal medication
- Anti pain medication Paracetamol
- Diarrhoea drugs
- Intestinal dressing
- Sun screen with strong protection for the lips and the skin
- Eye drops for the eyes
- Moisturizing cream for the treatment of superficial burns (blisters and sunburns)



- An adhesive elastic banda box of adhesive plasters and disinfectant compresses
- Double skin for blisters

## ***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](http://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](http://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 hope you will follow during our 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.