



SEA KAYAKING AND HIKING IN THE LOFOTEN ISLANDS

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The Lofoten Islands are one of the most amazing destinations in the world for kayaking. This itinerant hiking and kayaking trip offers a completely unique vision of this wild and mountainous archipelago. We have carefully designed a beautiful journey to a succession of small fjords. The sharp peaks Selfjord, Skjelfjorden and Flakstadpollen surround us, the towering peak of Hermannsdalstinden, the highest point of the Lofoten Islands always in sight. Immerse yourself in the rich world of this diverse archipelago and forget the stresses of modern day life...

 Region	The Lofoten Islands
 Activity	Hiking Kayaking Summer
 Duration	10 days
 Group	5 to 12 people
 Code	ENORK4VA
 Price	From €1,700
 Level	3/5
 Comfort	1/5
 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: Chalet or hostel

📍 Day 2 The Lofoten Islands and Selfjord

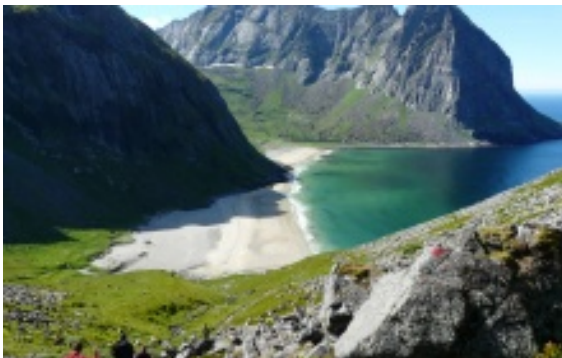


Early morning ferry transfer to the Lofoten Archipelago. In the sheltered fjord of Selfjord we put our kayaks in the water. This is an opportunity to familiarize ourselves with our boats and to practice handling them by paddling between the rocky islets and the sandy beaches of this superb fjord. We set up our first camp in the Yttersand area, facing the midnight sun. We will stay here for two nights.

2 hours of kayaking

Accommodation: Camping

📍 Day 3 Hiking to the top of Ryten



This morning, we walk through the moor towards the ridges which overlook Selfjord and its many islets. 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. We head back to our camp in the afternoon and can go kayak fishing in the ocean currents that stir at the entrance to Selfjord. We are likely to catch numerous fish to add to our evening meal!

5 hours of hiking

Elevation: +/- 560m

Accommodation: Camping

📍 Day 4 Fredvang, Flakstad



This morning we strike camp, load up our kayaks and take to the sea. Today we paddle to Fredvang village, stopping at the spectacular Ramberg beach for a picnic on the white sands surrounded by jagged peaks. We reach Flakstad in the afternoon and set up camp for the night. We can enjoy a lovely short coastal hike to end the day.

2 hours of kayaking

Accommodation: Camping

📍 Day 5 **Flakstad to Skjelfjord**



After a hearty breakfast, we strike camp and load up our kayaks. We sail, playing with the currents to the village of Sund. Compared to the West Coast, which is characterized by sandy beaches and turquoise waters, the East Coast presents a much more mineral 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 territory. We pass near Sund fishing village with its authentic red rorbus on stilts and enter the South through Skjelfjord where we set up our camp for two nights.

5-6 hours of kayaking

Accommodation: Camping

📍 Day 6 **Hiking to Vollandstinden**



This morning we set off in our kayaks to explore Skjelfjorden and to join the start of our hike to Vollandstinden. We paddle around Vestfjord where it is not rare to see seals, or even killer whales or porpoises. Today's hike offers splendid panoramas of the surrounding fjords and neighbouring peaks. Later this afternoon, we embark once again in our kayaks to join our camping spot. We will take advantage of this and form a fishing party as we paddle through the rich waters to our camp spot.

3 hours of kayaking

4 hours of hiking

Elevation: +/- 420m

Accommodation: Camping

📍 Day 7 **Skjelfjord to Nusfjord**

Today we leave to discover the beautiful UNESCO World Heritage listed, historical fishing village, Nusfjord. After paddling in the turquoise waters of Flakstadpollen we take time to visit Nusfjord. Tonight we set up camp at the outskirts of the village.

3 hours of kayaking

Accommodation: Camping

📍 Day 8 **End of our expedition**

After breakfast, we strike camp and kayak to re-join the starting point of our expedition. We pack away our gear and take the road to the extreme south of the Lofoten Islands.

2 hours of kayaking

Accommodation: Rorbu

📍 Day 9 **Hiking up Munkan**

Today we climb one of the most emblematic summits of the archipelago, Munkan (798 m). From the top we have an extraordinary view of the islands. This hike is the most alpine of our island journey; it brings us closer to the wild island landscapes and rugged high mountain atmosphere.

6 hours of hiking

Elevation: +/- 850m

📍 Day 10 **Moskenesøya and ferry from Vestfjorden**



On this day the group has an early morning boat transfer to Bodo and fight back at around 12.00.

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: ENORK4VA

Included

- All in-country transfers as detailed in itinerary
- Accommodation: Camping during the expedition, Rorbu / Sjøhus and hostel accommodations
- Full-board except when in Bodø
- Luggage transfers
- Kayaking equipment including drysuit
- Camping gear excepting the sleeping bag
- 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

Explanation 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.

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. 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.

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

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 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 1 quality 3 man tent per 2 people for maximum space and comfort. We also provide a large mess tent for mealtimes and communal moments.

Other Accommodations

Rorbuis are comfortable traditional houses 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 for a shower.

Please bring a sleeping bag (comfort 5°C ideal).

Transportation

This trip includes hiking, kayaking, taxi and ferry transfers.

We use double kayaks for maximum storage capacities and stability.

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.

Supplied equipment

Kayaking

Double kayaks, lifejackets, paddles, Drysuits and boots, a kayaking bag and waterproof bags...

Camping

Tent, sleeping mat, equipped mess tent including tables, chairs and cooking facilities (please bring a sleeping bag)

Fishing equipment

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)
- Your swim stuff
- 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
- 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

During the expedition, your luggage will be repacked into 20l waterproof bags which we provide. 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. 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 companion has a first-aid kit during the tour. However, 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

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 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.