









MULTI-ACTIVITIES IN THE LOFOTEN ISLANDS

Multi-Activities in the Lofoten Islands

The Norwegian archipelago of Lofoten exists thanks to a superb and surprising coexistence between sea and mountains. The best, not to mention the most fun, way to travel between these islands and discover this wild territory of protected fjords and white sand beaches is by practicing nautical activities and other outdoor sports. During this dynamic stay we offer you not only the chance to discover the enchanting Lofoten Islands, but also a chance to try different recreational sports such as sea kayaking, stand-up paddling boarding and hiking in this remote and truly unique Arctic wilderness.

 Region	The Lofoten Islands
 Activity	Hiking Kayaking Summer
 Duration	8 days
 Group	5 to 12 people
 Code	ENORKVA
 Price	From €1,790
 Level	2/5
 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 also explore Bodø town today, the northernmost point of the stunning Kystriksveien Coastal Route.

Accommodation: Guesthouse

📍 Day 2 Vollandstiden Summit

Boat transfer to the Lofoten Islands and a rorbu settlement and a traditional fisherman's hut, on the island of Flakstadøya. To explore the area, we head to Vollandstiden, a characteristic peak with panoramic views of the surrounding fjords. This three summit peak enables everyone to enjoy breathtaking views. Please note that access to the third summit is only for people without vertigo!

4 hours of hiking

Elevation: + / - 350m

Accommodation: Rorbu / sjøhus

📍 Day 3 Kayaking between islands



First, we get kitted up. We will provide you with all of the technical equipment you need and teach you how to paddle, even if you have never sat in a kayak before, you can learn here amongst the fjords. Kayaking is an ancient mode of marine travel and for some here in Norway it is even a main source of income and transport! We navigate between islets with the currents and enjoy a picnic on a beach. You can expect regular sightings of birds and marine mammals. This afternoon, you can enjoy an introduction to troll fishing, the perfect opportunity to bring back a tasty morcel for the evening meal. Do you prefer mackerel or cod?

Accommodation: Rorbu / sjøhus

📍 Day 4 Kvalvika beach and overnight in a mountain hut



Kvalvika is one of the most well-known hiking destinations in the Lofoten Islands. The geometry of the beach, the unreal colour of the water and the striking black granite cliffs which surround us 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 up above Selfjord with splendid panoramas of the ocean and the surrounding peaks. We enjoy a meal by the fire - a memorable night.

5 hours of hiking

Elevation: + / - 500 m

Accommodation: Mountain Refuge

📍 Day 5 **Stand Up Paddle Boarding in Skagen**

We descend from our refuge perched high above the fjords and head to the beautiful Skagen Beach. Today we offer an introduction to Stand Up Paddle boarding. An ancestor of modern surfing, the Stand Up Paddle Board is more stable, it enables us to hike on the water and really is a lot of fun! This sport is accessible to all and the aquatic side is more pronounced than kayaking ... Do not worry, you will be equipped with neoprene wetsuits which will keep you warm in the refreshing water! Later this afternoon, after paddle boarding, we relax in a traditional wood-burning sauna.

Accommodation: Rorbu / sjøhus

📍 Day 6 **Hiking Napp to Vikten and the Glassblowers Beach**

This morning, we enjoy a gentle hike in the mountain atmosphere. We cross Vikten Valley through varied scenery. Maybe we will even have the chance to observe famous fisherman eagles which frequently nest in the surrounding cliffs. We cross Vikten pass and continue past two beautiful lakes; our walk ends at one of the beautiful Lofoten beaches. Today we will also visit a glassblowing workshop and learn traditional ancestral techniques from a local glassblower. We then make the most of our last evening on the Lofoten Islands with a fishing competition from the pontoon at our accommodation.

3 hours of hiking

Elevation; + / - 250 m

Accommodation: Rorbu / sjøhus

📍 Day 7 **Cruise&hike to Reinefjorden**



After a short morning transfer to Reine, 'the Venice of Lofoten' with its traditional rorbus on stilts, we board a ship and journey towards the famous Reine Fjord, one of the most spectacular fjord of Norway.

After landing at the small village of Vinstad, we walk on a gentle path to beautiful Bunes beach. Then we have two choices, chill on the beach and maybe take a swim or climb the Helvetestinden, one of the most stunning view that you will be given to see. We take the boat back to Reine and explore this village.

After dinner in a restaurant in the Lofoten archipelago, we board the ferry to Bodø.

Zodiac trip and ferry to Bodø

Accommodation: Inn

📍 Day 8 **Farewell Norway**

Breakfast and morning transfer to 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.

DATES & PRICES

International departures:

No departure for now

Trip code: ENORKVA

Included

- All in-country transfers as detailed in itinerary
- Accommodation: Gite / Rorbu / Mountain Refuge
- Full-board excluding the first and last evening meals
- All activities as detailed in the programme lead by qualified expert guides
- Technical equipment as necessary for the activities (more details under 'practical info' / 'equipment')
- Full accompaniment by a professional 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 2 Easy

Pace: Easy to moderate

Daily walking time: 3 to 5 hours

Daily elevation: 500 m

Preparation: One month before departure, you improve your stamina by training once a week.

Experience: Good physical condition

You are in good physical condition. You like to walk several days in a row, at an average of 3 to 5 hours per day (6 to 14 km) with vertical differences of up to 500 meters. You prefer simple accommodation, even rustic or short camps in base camp.

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 Sjøhus 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.

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, neoprene wetsuits and boots, a kayaking bag and waterproof bags...

Stand up Paddle Boarding

Paddle boards, paddles, wetsuits...

Fishing Equipment

Vital equipment

- A sleeping bag - a lighter 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
- Pyjamas
- 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 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.