

# Fjords and Fjells of the Lofoten Islands

Trip Code: LOF

Version: LOFB Fjords and Fjells of the Lofoten Islands 3 nights Sorvagen / 2 nights Fredvang



WALK & TREK



GUIDED GROUP

MODERATE



## HIGHLIGHTS

- Walking in Norway deep within the Arctic Circle in the Land of the Midnight Sun
- Enjoy a varied selection of walks, from remote coastal paths, to high peaks and dramatic ridges
- Sleep in traditional 'Rorbu' accommodation in tiny, colourful, fishing villages
- Hike up to Vollandstinden (457m) and Nesfjellet (406m) for one of the best panoramic views in the Lofoten Islands

**AT A GLANCE**

- 6 days walking
- Max altitude - 775m
- Join at Bodo

**ACCOMMODATIONS & MEALS**

- 7 Breakfasts
- 6 Lunches
- 5 Dinners
- 2 nights Hostel
- 5 nights Rorbu or Sjohus

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## Introduction

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200km north of the Arctic Circle, the Lofoten Islands rise like a barricade out of the vast Norwegian Sea. The islands form a chain of sharp granite peaks, soaring ridgelines and rocky outcrops covered in boisterous colonies of sea birds, which contrast with the calm sheltered bays, deep glacier cut fjords, long silver-sanded beaches and tiny fishing villages dotted with colourful fisherman's 'Rorbu'.

For this week long walking holiday we will be based in the tiny village of Fredvang (linked to the other islands by just a single bridge), and Sorvagen, a traditional working fishing village and a postcard perfect mix of red Rorbu, fishing boats and wooden racks of drying stockfish. Our accommodation will be comfortable fishermen's 'rorbu' or 'Sjohus', right next to the sea.

Our experts have spent years seeking out the most rewarding trails to perfect this collection of walks. Among the highlights will be the ascent of Ryten (543m) where we can enjoy the iconic view down over Kvalvika Beach, the ferry journey up Kjerkfjord from Reine, the trek to the stunningly located Munkebu Refuge (410m) and the panoramic views from Volvandstinden (457m) and Nesfjellet (406m).

Come and discover the secrets of Europe's most northerly wilderness outpost!

Note: Though each departure of this holiday includes the same walks, the day order of the itineraries and the ratio of nights spent between Fredvang or Sorvagen can vary between departures.

### Is this holiday for you?

Our walks will vary from 6 to 8 hrs. Underfoot conditions will vary from defined paths to grassy hillside, and sections of bog (where boardwalks are used to assist passage and protect the flora). We may also encounter short sections of bare rock (where chains are used to assist passage.) The average ascent and descent will be around 500/600m but, due to the island's topography, some of the climbs will be steep. It will be possible to choose to sit out some of the walks.

Given good weather conditions, this is a moderate-level hiking holiday at low elevation. However, if the

weather is not cooperative (conditions can be unpredictable, even in the summer) it becomes rather tougher and you should be prepared for this. This holiday is suitable for experienced walkers, looking for a unique experience and who are prepared for a variety of terrain and potentially changeable weather.

During week we will be sleeping in specially converted Rorbuer or Sjohus. Colourful and comfortable, these quirky accommodation are equipped with a kitchen/ living room/ dining room, bathroom and bedrooms with usually 2 - 4 beds.

The Tour Leader (with the group's assistance) will prepare meals from fresh local ingredients, using the facilities provided at the accommodations.

# Itinerary

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## DAY 1

**Meet at our hostel accommodation in Bodo. Complimentary airport transfers are provided.**

The group will meet at our hostel accommodation in Bodo. Bodo is the largest town in the county of Nordland, situated on a peninsula of mainland Norway. Flight time allowing there will be some time to look around the city's pretty harbour, enjoy the views of the surrounding peaks and look for white-tailed sea eagles (Bodo is home to one of the biggest population in the world). In the evening we will meet with our guide so we can discuss the plan for the coming days.



**Accommodation**  
Hostel

## DAY 2

**Morning ferry to Moskenes. Transfer to Sorvagen. Summit Tinstinden (490m).**

Today we begin by taking the morning ferry to the Southern end of the Lofoten Islands. The journey takes around 3hrs and we will enjoy some spectacular views as we approach the port of Moskenes. From here we drive the short distance to our accommodation in Sorvagen. In the afternoon we enjoy our first hike. From Sorvagen we hike in the direction of Munkan until we reach Stuvdalsvatnet Lake, from where our path forks off to the left across the shoulder which overhangs the lake, from where we will also have a superb view on the ocean. We continue up towards a small pass, before reaching the summit of Tinstinden (490 m), which overlooks Sorvagen on one side and the fishing village of A (pronounced "Oh") on the other. The aerial view over A and its lake is superb. Afterwards, we return back down to Sorvagen.

Meals: **B L D**



**Accommodation**  
Rorbu or Sjohus



**Ascent**  
500M



**Descent**  
500M



**Time**  
4 hrs walking



**Distance**  
6KM

## DAY 3

**Walk to the Munkebu Refuge (410m). Ascent of Munkan (775m).**

Today is dedicated to the climb to the small refuge of Munkebu. We traverse around the shores of Sorvagvatnet (the large lake in the centre of Sorvagen), before verging off. We will encounter a couple of short rocky sections, where chains have been fitted to provide assistance in wet conditions. Our trail weaves between mountain lakes and past a series of small ponds as we climb and there are some boggy sections. Next, we climb up towards Djupfjordheia from where we descend down to Munkebu hut. Here we make the ascent of Munkan Peak (775m) for a breathtaking view. Afterwards we retrace our steps back down toward Sorvagvatnet, traversing around the opposite shore from this morning towards Sorvagen.

Meals: **B L D**

 <b>Accommodation</b> Rorbu or Sjohus	 <b>Ascent</b> 900M	 <b>Descent</b> 900M	 <b>Time</b> 8 hrs walking	 <b>Distance</b> 15KM
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#### DAY 4

### Explore Reine, ferry ride along Reinefjorden and Kjerkfjorden and hike to Bunes beach. Return to Sorvagen.

After breakfast we drive for 15mins to reach the village of Reine, which has been voted as the most beautiful village in Norway. Its location is simple stunning, surrounded by the sea, fjords, and vertical walls of rock. From Reine we catch the speedboat service, which serves the small hamlets surrounding Reinefjorden and Kjerkfjorden; Vindstad, Rostad and Kirkefjord, some of which are only accessible by boat. We disembark at Vindstad, a journey of around 30 mins. The views as we speed up the fjords will be some of the best of the holiday. From Vindstad from where we make the return walk to Bunesstranda (Bunes Beach) via a small pass of around 150m. As it only accessible on foot or by boat, Bunes beach, with its pristine silver sand and crystal arctic water surrounded by cliffs, is one of the Lofoten Island's most scenic and isolated and we'll have some time here to soak in the views, or dip our feet in the cold, clear water. We return to Vindstad to take the ferry back to Reine. We have some time to look around Reine before returning to our accommodation.

Meals: **B L D**

 <b>Accommodation</b> Rorbu or Sjohus	 <b>Ascent</b> 632M	 <b>Descent</b> 632M	 <b>Time</b> 6.5 hrs walking	 <b>Distance</b> 12KM
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#### DAY 5

### Climb the peaks of Vollandstinden (457m) and Nesfjellet (406m). Overnight Fredvang.

A 30min transfer takes us north to the island of Flakstadoya and the start of today's walk. Our objectives, Vollandstinden (457m) and the smaller Nesfjellet (406m), are located on the southwest peninsula of

Flakstadoya. They are bordered by two majestic fjords: Skjelfjorden to the east, and Selfjorden to the west. Once again, the panoramic view from the summits are magical: we will be able to spot Fredvang and Ramberg Bays, fjords, the Stjerntindan range (934m), Masstinden (750m) and more... this is one of the most beautiful view points of the region! We descend and cross a chain of bridges to Fredvang, located at the north-west end of the island of Moskenesoya.

Meals: **B L D**

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 <b>Accommodation</b> Rorbu or Sjohus	 <b>Ascent</b> 500M	 <b>Descent</b> 500M	 <b>Time</b> 5 hrs walking	 <b>Distance</b> 7KM
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## DAY 6

### Ryten (543m) and Kvalvika beach. Overnight Fredvang.

Today's objective is Ryten (543m) and the beautiful beach at Kvalvika that sits below it. The beginning of the trail can be a little boggy but after a short distance we are heading up hill, the trail is steep and rocky in places and we will need to take care when wet, especially when descending down to the beach. We pick up the trail up Ryten on the right hand side of the beach; the trail takes us steeply up, but then flattens as we pass by a small lake before continuing up the last stretch towards the ridge we follow around towards the summit. After some time to admire the view we return back down to spend some time exploring the beach, which is often covered in driftwood swept all the way from Siberia. Until the last century this wood was pretty much the only source of wood available, it was collected and used to build houses, to make furniture, boats and burnt for firewood. In the afternoon we return to our accommodation.

Meals: **B L D**

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 <b>Accommodation</b> Rorbu or Sjohus	 <b>Ascent</b> 700M	 <b>Descent</b> 700M	 <b>Time</b> 5 hrs walking	 <b>Distance</b> 10KM
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## DAY 7

### Walk via Ytresand plateau to Mulstostinden (222m) and Litleberget (281m). Return to Bodo.

Today's walk begins nearby on the Ytresand plateau, which we cross to reach the small peaks of Mulstotinden (222m) and Litlberget (281m), from the summits, we can enjoy superb views of Fredvang Bay and its beautiful white sand beach. We transfer back to our accommodation and then on to Moskenes and in the afternoon we take the ferry back to Bodo where we check in at our hostel accommodation. The rest of the evening is free.

Meals: **B L**



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 <b>Accommodation</b> Hostel	 <b>Ascent</b> 350M	 <b>Descent</b> 350M	 <b>Time</b> 4 hrs walking	 <b>Distance</b> 10KM
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## DAY 8

### Departure Day.

The holiday ends after breakfast. It is just a short distance from the hostel to the airport and complimentary transfers to the airport in Bodo are included for anyone departing on this day.

Meals: **B**

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# Holiday Information

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## What's Included

- A professional and qualified tour leader
- All land transport and ferry journeys mentioned in the itinerary
- Accommodation as described
- Meals as described in the Meal Plan

## What's not Included

- Travel insurance
- Some meals as described in the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc

## Joining Arrangements & Transfers

The group will meet at the hostel in Bodo.

All clients arriving on Day 1 and departing on Day 8 will receive complimentary airport transfers on arrival and departure.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All meals except 2 dinners are included in the holiday price. On the days in Bodo where there is a variety of options the choice is yours. Depending on flight times, this means you will pay directly for a total of 2 dinners. We recommend you budget at least £30 for each of these meals.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Breakfasts and evening meals will be prepared by our Tour Leader (with the group's assistance) in the kitchens provided at the accommodations. Supplies will be purchased at local food stores, depending on the tastes of the group. At dinner time local specialities will predominate, so expect lots of fresh and cured fish and meat. We can certainly expect to sample some Stockfish, as this is the Lofoten island's biggest export. Stockfish is unsalted fish, especially cod, dried by cold air and wind on wooden racks on the foreshore. We'll see these drying racks all over the island. The choice of fruits and vegetables will be less varied.

Lunches will be cold picnics made each morning from a selection of items provided by the guide. Breakfasts will be buffet in style with a choice of cereals, bread, jams, meat, cheese, juice, tea and coffee. Those looking to sample traditional Norwegian foods should look out for cloudberry jam and brunost, an unusual brown whey cheese with a sweet caramelised flavour.

Each morning we will also make up our own packed lunches from the food provided at breakfast.

## Accommodation

For our two nights in Bodo we will be accommodated in a hostel in simple double to quad rooms. Bedding is provided.

During our nights in Fredvang and Sorvagen (2/3 nights depending on departure) we will stay in specially converted rorbu or sjohus.

Rorbu are the most traditional type of accommodation in the Lofoten Islands. Usually red in colour and planted on stilts in the sea, they once served as a shelter for fishermen. They are now comfortably furnished for visitors, with an equipped kitchen, rooms with two to four beds (so 4 to 8 sharing one rorbu in total). There will be a shared bathroom with toilet and a hot shower. The huts are electrically heated and often have a wood burner

Sjøhus (pronounced "cheuhusse") were originally housing for fishermen and fish factory workers. In the Sjøhus there are 2 to 6 beds per room with a shared toilet and shower room.

You are required to bring a sheet sleeping bag (sleeping bags are prohibited), a pillowcase and a towel.

Accommodation in the Lofoten Islands is in high demand in the summer and it is necessary for us to be flexible with the accommodation. It is possible that we might not use the originally intended accommodation in each of the locations, so sometime a short taxi journey or a slightly longer transfer will be required.

Single rooms are available at the hostel in Bodo for an additional cost.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.



## Spending Money

All meals except 2 dinners are included in the holiday price. £100-150 (or equivalent in US dollars, Euros etc) should be sufficient to cover your miscellaneous expenses, including non included meals. This will also allow you to pay reasonable tips to the Tour Leader. Credit and debit cards can be used to withdraw Norwegian Kroner from ATM's on arrival at the airport and in the town itself. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect).

## Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your tour leader. Tipping is entirely voluntary and should be dependent on good service. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members.

## Baggage Allowance

There is no weight limit other than that imposed by your airline, but as space is restricted in our minibus transport, we do ask you to restrict your luggage to one main item of baggage and one daysack.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Currency

The unit of currency in Norway is the Norwegian Krone.

## Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 3 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

## Climate

Due to the Gulf Stream the Lofoten Islands has a reasonably mild temperature compared to other destinations of the same latitude. From late May to mid July the sun does not drop below the horizon, meaning you can experience the 'midnight sun' if travelling during that period. June is generally the driest month, but July and August are warmest with an average temperature of 12°C. Rain and storms are always a possibility and you should be prepared for this.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Maps

Lofoten Islands 1:100,000 Turkart Maps

Lofoten Islands in Norway in a series of GPS compatible recreational Turkart maps at 1:100,000 with cartography from Norway's topographic survey and additional tourist information. Contours lines are drawn at 20m intervals.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

### YOU SHOULD BRING THE FOLLOWING ITEMS:

- Sturdy and waterproof hiking boots
- Gaiters
- Socks and underwear
- Trekking trousers
- Baselayer shirts (1 short sleeve, 1 long sleeve)
- Casual shirt or T-shirt
- Midlayer fleece
- Fleece jacket
- Down jacket or gilet

- Waterproof jacket
- Waterproof overtrousers
- Warm hat
- Sun hat
- Fleece gloves
- Sunglasses
- Tupperware lunch box and spork
- Daypack of approximately 30 litres
- Sun protection (including for lips)
- Water bottles x 2 (1 Litre) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

### **THE FOLLOWING ITEMS ARE OPTIONAL:**

- Swimwear
- Thermos flask
- Trainers

- Trekking poles
- Shorts
- Spare laces
- Headtorch
- Travel clothes
- Camera
- Dry bags
- Binoculars
- Reusable cloth bag for shopping (to avoid plastic bags)

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Bodo. Transfers to/from Bodo Airport are provided at the start/end of the holiday.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Bodo. Outbound flights will usually depart the UK in the morning, arriving in the afternoon. Return flights will depart in the afternoon of the last day of the itinerary, arriving in the UK later the same evening.

# Why Choose KE

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## Why KE

This holiday is exclusive to KE in the UK and offers fantastic value with appealing accommodation and most meals, all land transfers and ferries included!

**Please Note** This document was downloaded on 27/07/2024 and the trip is subject to change