



8-DAY ADVENTURE

## SUMMITS OF THE LOFOTEN ISLANDS

Norway

A one week trip hiking in arguably one of the most beautiful places on Earth. Beyond the Arctic Circle, in the permanent light of summer, we traverse the southern part of the Lofoten Islands, exploring the most mountainous and spectacular part of the archipelago. Colourful fishing villages nestle in emerald coves fringed with white sand beaches. Lush pastures, mysterious moors and rocky summits, with breath-taking panoramic views, set the scene for our excursions.

From the unusually-named village of Å to Nusfjord, this programme offers a heady mix of wild nature and adventure, as well as distilling the island's laid back atmosphere, which live by the rhythm of the comings and goings of small fishing boats laden with cod.

## TRIP HIGHLIGHTS

- Discover some of the most stunning treks in the Lofoten Islands
- Stay in a traditional Rorbu or Sjøhus
- Learn about the rich diversity of fauna and flora of the Lofoten Islands
- Trip fully carbon offset as standard



# ITINERARY

## DAY 1

### DAY 1: ARRIVE IN BODØ

The Kandoo team will meet you at Bodø airport and transfer you to your accommodation. Depending on your arrival time there may be time to explore Bodø, the northernmost point of the Kystriksveien Coastal Route.

Transport: **Private transfer**  
Accommodation: **Hotel**

## DAY 2

### DAY 2: FERRY TRANSFER TO LOFOTEN ISLANDS/Å

We will catch an early morning ferry to the Lofoten Islands and the village of Å, the final settlement at the southern end of the road across the archipelago. South of here there are no more roads and boats are the only practical means of transport. Our first hike will be along a large lake, not far from the sea, which is surrounded by steep peaks and waterfalls.

Transport: **Ferry**  
Hiking time: **5 hours**  
Accommodation: **Hut**  
Meals included:  
**Breakfast / Lunch / Dinner**

## DAY 3

### DAY 3: CLIMB MUNKAN

Today we will climb one of the most iconic summits of the archipelago, Munkan (798m). From the top we will have an extraordinary view of the islands. This hike brings us up close to the wild island landscapes and high rugged mountains.

Hiking time: **8 hours**  
Accommodation: **Hut**  
Meals included:  
**Breakfast / Lunch / Dinner**

## DAY 4

### DAY 4: CLIMB REINEBRINGEN

We begin with a short transfer to Reine, 'the Venice of the Lofoten', where we will have time to explore this traditional fishing village. The path to Reinebringen begins on the outskirts of the village.

Unlike many mountain paths in the Lofoten Islands, this path has recently been restored, making it a very safe climb. 1664 steps will lead us to the summit, from where there is a picture-perfect view of the Lofoten Islands, with the Floan mountains rising majestically above the Reinefjord. We can either retrace our steps to Reine, or take a slightly longer circuit route back. At the end of the day there is an option to take a boat trip to Vinstad for another view of the Reinefjord from the water. The boat trip costs approximately £25.

Hiking time: **4 hours**  
Accommodation: **Hut**  
Meals included:  
**Breakfast / Lunch / Dinner**

## DAY 5

### DAY 5: NEISHEIA SUMMIT

Today's hike is on an easy path to a beautiful viewpoint overlooking the village of Nusfjord, the Vestfjord coast and Nappstraumen, We will pass countless lakes which on a beautiful summer day look very enticing for swimming! As an optional alternative, it is possible to go on a sea-fishing trip in the fjord. The captain is quite a character and will share his contagious passion for the sea, a vital source of life in the Arctic region. The trip will last 3 hours and costs approximately £70.

Hiking time: **4 hours**  
Accommodation: **Hut**  
Meals included:  
**Breakfast / Lunch / Dinner**

#### DAY 6

### DAY 6: KVALVIKA BEACH

After a short transfer we will climb up to a pass above the mythical Kvalvika Beach for panoramic views of Selfjord. Kvalvika Beach is also known as Whale Beach, as 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, so we are very lucky to be allowed to stay here. The refuge is a truly exceptional location above Selfjord with splendid views of the ocean and the surrounding peaks. We will enjoy a meal by the fire and a memorable night in this unique setting.

Hiking time: **5 hours**

Accommodation: **Hut**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 7

### DAY 7: PLATEAU OF YTRESAND AND MULSTØA

We leave the refuge on a trail that will take us through moorland and white sandy beaches to explore the isolated hamlet of Mulstøa. We follow an old path that connects the pastures and peat houses of Ytresand to the former fishing village of Mulstøa, with its charming beach. In addition to the many sheep that populate this path, numerous seabirds also nest in this region, including the famous sea eagle. This afternoon we will head to the ridges overlooking Ytresand Beach, surrounded by ocean, fjords and mountains. We catch a ferry back to Bodo this evening and settle in back at our hotel.

Hiking time: **4 hours**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

#### DAY 8

### DAY 8: DEPARTURE

Depending on your flight time you may have the chance to explore Bodø before we take you back to the airport.

Meals included: **Breakfast**

### PLEASE NOTE

*The details in this programme are regularly updated but unforeseeable 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.*

# TRIP INFORMATION

## DIFFICULTY

The mountains in Norway are not to be underestimated, they are steep sided and often rise directly from sea level, so your legs will be getting a good workout. Yet, whilst a high level of fitness will make the days a lot easier it by no means requires super human fitness. A solid training plan will allow you to better prepare for the hikes and enjoy your trip. This adventure is of **moderate difficulty**. On some days we will have up to 800m of ascent on rocky and possibly slippery ground. Trekking poles are also a lifesaver!

If you are comfortable walking for 6-7 hours with an ascent of 800m over consecutive days then you are certainly fit enough to succeed on this trip. Think of it as climbing Snowdon or Ben Nevis every day for six days! If you can do this then there is no reason why you won't be absolutely fine on this trip. We find that all successful hikers share a real *Kandoo* attitude and that means high levels of grit and determination.

## FOOD & DRINK

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 will assist your guide in preparing a picnic lunch for the whole team for day featuring local foods: sandwiches, salads, fruits, cakes and dried fruits.

Your help in the kitchen is expected and much appreciated, particularly in the evenings with food prep and washing up. We like the whole group to work as a team to cook dinner, it creates a pleasant atmosphere as we reflect on the days adventures together. 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 evening 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, flushing 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 (comfort level 5°C is ideal) or sleeping bag liner.

## TRANSPORT

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

## LUGGAGE

Your main luggage will be transferred by vehicle to your accommodation each night so all you will need to carry during the day will be a small daypack.

Please bring a small rucksack 20-30L 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 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.

## HOW DO I GET THERE?

You will need to arrive at Bodø Airport (BOO) on day 1 of your itinerary where a member of our team will be waiting to greet you.

From the UK, SAS have convenient flights from Heathrow and Manchester via Oslo, the journey time is roughly 6 hours. Norwegian Airlines also offer flights from London Gatwick and Edinburgh via Oslo.

For those travelling from the US, SAS offer flights from New York via Oslo. You can also fly with SAS from San Francisco connecting through Copenhagen or New York and then Oslo. Travellers from the west coast also have flight options with Iceland Air and Lufthansa.

*If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.*

## Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

### [eCO2 Flights Calculator](#)

Alternatively if you wish to travel more responsibly, then there are other ways to reach Bodø. [The Man in Seat 61](#) and [Rome to Rio](#) suggest optimal routes from London to Oslo, then Oslo onwards to Bodø. These take a few days, meaning you can start your holiday early! Expect to pay more for trains and ferries than the cost of a flight, at around £300-350pp each way, but be rewarded with time to marvel at the passing scenery and have a delightful breakfast at sea.

If you decide to travel this way, get in touch and let us know, because we like to reward our responsible travellers!

## BUDGET & CHANGE

The currency in Norway is the Norwegian Krone (KR). You can withdraw the local currency from 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. Norway can be expensive and a meal out for two can cost at minimum GBP £60 (USD \$70). Bodø is a relatively small city and from our hotel there are plenty of restaurants and places to see within walking distance, however if you wish to take the bus it is £3.30 for a 10 minute journey. Taxis in Norway are also insanely expensive, expect to pay somewhere in the region of £15 for a 5 minute journey...it's definitely worth going by foot where possible. Therefore, our recommended guidance for spending budget in the Norway would be roughly **£200** (2600 NOK) on top of any tips, to give you ample souvenir spending money.

## **TIPS**

Tipping customs vary all over the world and can be very confusing when travelling to a new country. Tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual in Norway. Tips are not a substitute for good wages: our guides are all well paid and well looked after. If you are satisfied with your guide's services, we recommend a tip between **£30-40 per person** (equivalent to 350-450 NOK) for the entire trip. On the other hand, if you receive bad service or have not been treated well, you would not be expected to tip at all.

# FORMALITIES & HEALTH

## PASSPORT

Most travellers require a passport that is valid for at least six 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

## VISA

Travelling to Norway is visa free for up to 90 days, for UK and US citizens

## VACCINATIONS

No vaccinations are required.

## INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

## MEDICATION

There are no specific health risks. Your guide carries a first aid kit at all times but we recommend you carry the following items : - Painkillers/Anti-inflammatory tablets/gel - Second Skin Elastoplast (to prevent blisters)/bandages - Sunscreen and moisturising cream (for sunburn) - Personal medication



# EQUIPMENT & CLOTHING

## CLOTHING TO BRING

- A sleeping bag - a lighter sleeping bag or sleeping bag liner is recommended for nights in rorbus
- Your walking boots (high-rise, sturdy soles)
- Waterproof windproof jacket (with a hood) breathable, sealed seams
- Warm gloves and a hat
- Warm jumper(s) and jacket(s)
- Suitable underwear, t-shirts and walking trousers
- Warm thick socks
- Sunhat and sun cream
- Sunglasses (UV 400)
- Pyjamas, towel and toiletries
- Any personal medication
- A water bottle/flask
- Head torch & spare batteries (although it is nearly always light in the summer)
- Your swimming stuff (for the pool or sauna options)
- A small rucksack as a day-bag 20-30L

## EQUIPMENT TO BRING

- Your camera (with suitable protective case)
- Binoculars
- A comfortable pair of shoes for the evenings in towns.
- Waterproof trousers
- Extra layers
- Walking poles
- Tupperware and cutlery for picnics
- Wet wipes
- Blister plasters
- Tissues, toilet paper & a lighter
- Plastic bags for wet/dirty clothing

# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

