

Hiking Norway's Lofoten Islands and Beyond

SPECTACULAR ADVENTURES ABOVE THE ARCTIC CIRCLE



Wilderness Travel

Overview



TRIP DETAILS AT-A-GLANCE

Length: 9 days
Arrive: Bodø, Norway
Depart: Tromsø, Norway
Lodging: 8 nights hotels and rustic rorbuer
Meals: All meals included except 1 dinner
Activity: Hiking & Trekking

Trip Level: 1 2 3 ④ 5 6

8 hiking days on moderate to steep trails in sometimes rugged terrain, 3-5 hours most days

QUESTIONS?

Our Area Specialists are your single point of contact and would be happy to answer any questions about your trip!

800.368.2794 | 510.558.2488

HIGHLIGHTS

- Hike scenic trails and savor the long summer light above the Arctic Circle
- Paddle sea kayaks in magnificent Bergsfjorden, visit a Sámi reindeer farm
- Enjoy delightful cuisine, from incredible seafood to local lamb to reindeer soup, sip on local schnapps
- Stay in charming hotels and historic inns, including fishermen's stilt-cottages
- Explore Tromsø, northern Norway's Arctic capital

Introduction



In the far north of Norway, we'll explore from the steep peaks and tiny villages of the Lofoten Islands to dreamy Senja Island and onward to the cultural hub of Tromsø, the mountain-ringed Arctic capital. The breathtaking Lofoten archipelago includes the jagged spine of the 100-mile-long Lofotenveggen ("Lofoten Wall") and lies above the Arctic Circle but offers a mild climate thanks to the waters of the Gulf Stream. We'll head out on terrific hikes, paddle our sea kayaks in the crystalline waters of Bergsfjorden, and even visit a reindeer farm of the Sámi! Our overnights include *rorbuer* (historic fishermen's cabins) and an enchanting waterfront inn on Senja Island.

TRIP DATES

June 17-25, 2025

July 21-29, 2025

June 20-28, 2026

July 18-26, 2026

August 15-23, 2026

Itinerary



Overnight: Reine Rorbuer

Originally fishermen's cabins, these converted cottages are on the harbor in Reine and while they are simple, they retain much of their original charm. In the middle of a quiet fishing village, the cabins have wood paneled walls, grass roofs, and a lovely waterfront location.

Meals: B, L, D

Hiking Details: 3 miles, 2 hours, 1,400' ascent/descent (Day 1); 6 miles, 4 hours, 700' ascent/descent (Day 2)

Transportation Time: 3.5 hours by ferry, 30 minutes by car (Day 1); 1 hour by ferry (Day 2)

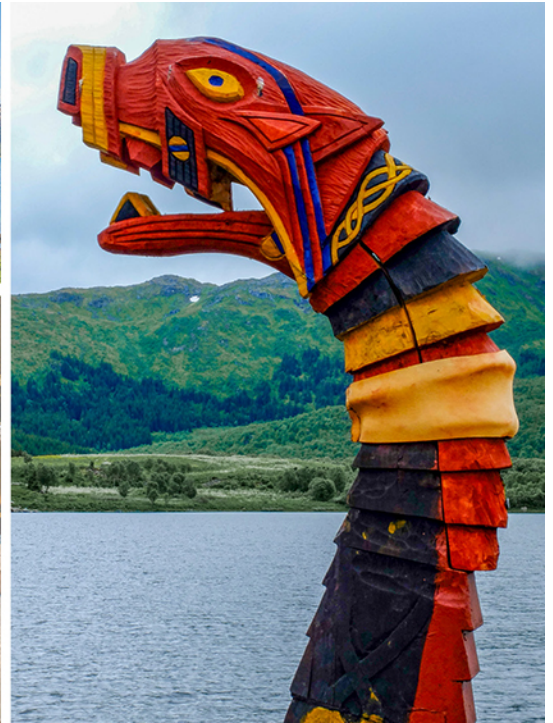
DAYS 1-2 ABOVE THE ARCTIC CIRCLE! / BODØ / REINEBRINGEN HIKE / FERRY TO VINDSTAD / HIKE TO BUNESSTRANDEN

Day 1: We welcome you to the Arctic! We meet in the town of Bodø, Norway, located just above the Arctic Circle, and board a ferry that crosses the deep glacial waters to the Lofoten Islands. In this legendary archipelago, white-sand beaches are around crystalline bays, and mountaintops pierce the sky. We'll transfer to Reine, a quaint village with a long heritage of fishing culture, and check in to our lodging along the waterfront. If the weather is good, we'll set out on a hike to Reinebringen, one of the most iconic hikes in Norway and a challenging, but spectacular, introduction to the Lofotens. We'll ascend a series of steep, stone staircases through craggy mountains that eventually bring us to a rocky path near the summit. At the top, we're rewarded with expansive views out to the mountains and of the picturesque fishing villages below. In the evening, we gather for our Welcome Dinner, a chance to sample the incredible seafood of Lofoten.

Note: You must arrive in Bodø the night before Day 1 of the trip to meet the group on the morning of Day 1.

Day 2: A short and spectacular ride by local ferry takes us through Reinefjorden on the southern crest of the Lofotens to a village not accessible by road. Docking at the tiny hamlet of Vindstad, with its traditional cod racks, we hike to the outer coast to Bunesstranden, a magnificent white-sand beach with grasscovered dunes backed by towering granite walls. The crystal-blue water invites the hardy for a swim—remember, we're above the Arctic Circle! We'll have a beachside lunch in this beautiful setting before ferrying back to Reine.

Itinerary



DAY 3 LOFOTR VIKING MUSEUM / HIKE UP GLOMTINDEN

This morning we drive to the Lofotr Viking Museum, featuring the largest Viking-era house ever found. We'll explore authentic artifacts from the Viking era, and enjoy participating in activities similar to those that the Vikings may have done themselves, like rowing a Viking ship or shooting a bow and arrow. A short drive from here brings us to the trailhead for our hike to Glomtinden. This is a short and steady hike that gets us beautiful views of Vågakallen Mountain set against the sea.

Overnight: Nyvagar Rorbuhotel (or Henningsvær Bryggehotell)

These comfortable, converted fishing huts feature bright rooms and large windows with views of the Lofoten Sea and surrounding mountains. We'll stay in the seaview rorbuer, each with two second floor bedrooms and twin beds, a small kitchenette, and a downstairs living area. Be sure to take a dip in the hot tub under the stars or warm up in the sauna overlooking the water.

Meals: B, L, D

Hiking Details: 4 miles, 3.5 hours, 1,400' ascent/descent

Transportation Time: 3 hours driving

Itinerary



Overnight: Hamn i Senja

Set along the water and framed by grassy hills, Hamn i Senja has an unparalleled location. Enjoy views of Senja Island from the comfort of your room or in the veranda "lighthouse." Unwind in the cognac saloon or enjoy the hot tub built into a wooden boat!

Meals: B, L, D

Transportation Time: 2 hours by ferry, 2 hours by car

DAY 4 SCENIC DRIVE AND FERRY / REINDEER FARM / ENCHANTING SENJA

We relax our hiking muscles during a wonderfully scenic drive along one of the most stunning roads in Norway, making plenty of stops along the way for photos and to visit a Sámi reindeer farm to see reindeer up close and learn about Sámi culture. We'll later board a ferry that threads through the islands to the fairytale setting of Senja, Norway's second largest island. Senja is otherworldly, with its pearly white beaches of crushed seashells and clear turquoise waters. Steep mountains plunging deep into the ocean are a prominent feature of the island. Our accommodation, Hamn i Senja, is a welcoming historic inn, complete with a cognac room and hot tub built onto an old wooden boat (a soak is definitely in order, and vintage Victorian swimming costumes are available!).

Itinerary



Overnight: Hamn i Senja

Meals: B, L, D

Hiking Details: 5 miles, 4 hours, 2,000' ascent/descent

Transportation Time: 2 hours by boat

DAY 5 THROUGH THE ISLANDS TO HUSJFELLET

An excursion by boat brings us out into the fjords for a scenic hike to Husfjellet, a breathtaking ridge above the sea. Along the way, we'll have panoramic views of nearby fjords—Ersfjorden and Bergsfjorden, dotted with dozens of small islands. From the top, we can admire several of Senja's amazing peaks. Back at our hotel in the afternoon, you can reward yourself with a soak in the hot tub, or enjoy some time at your leisure.

Overnight: Hamn i Senja

Meals: B, L, D

Hiking Details: 4 miles, 3 hours, 1,500' ascent/descent

DAY 6 KAYAK IN CRYSTALLINE WATERS / HIKE TO SUKKERTOPPEN

We take a private launch for our morning kayaking excursion in the sublime setting of Bergsfjorden, whose shapes and colors shifts with the changing weather, and we may be lucky enough to spot seals and eagles in this sheltered fjord. We'll also hike to the top of Sukkertoppen ("The Sugar Top") for 360-degree views over the fjord, the town of Hamn, and surrounding mountains.

Itinerary



Overnight: Radisson Blu Hotel Tromsø

With fantastic views of the city and harbor, Radisson Blu Hotel is an ideal place to relax after exploring the Arctic capital. Guest rooms are bright and spacious, with nice views of the Tromsø Fjords and modern bathrooms. The hotel has a pizzeria and coffee bar. If you are looking to break a sweat, be sure to head to their saunas or their fitness center, which overlooks the iconic Arctic Cathedral.

Meals: B, L

Hiking Details: 3 miles, 3 hours, 1,600' ascent/descent

Transportation Time: 3 hours by car, 1 hour by ferry

DAY 7 ICONIC HESTEN / FJORDGÅRD TO TROMSØ

This morning we take a scenic drive to Fjordgård for our hike to Hesten, where there are some of the best views of Segla. The hike is a moderate climb, and the views from the higher elevations are stunning as Hesten drops sharply into the fjord below. We'll have lunch along the way, and then head to Tromsø, which lies 200 miles north of the Arctic Circle. Dinner is on your own in this northern outpost (your Trip Leader is happy to make recommendations, depending on how local or fancy you want to go). Later we can take an optional evening visit to a floating sauna in the Tromsø harbor. This is a nice group sauna with changing rooms and a swimming area for a cold plunge in the harbor.

Itinerary



Overnight: Radisson Blu Hotel Tromsø

Meals: B, L, D

Hiking Details: 2 miles, 2 hours, 800' ascent/descent



DAY 8 HIKE ABOVE TROMSØ

A cable car brings us high above Tromsø for an easy hike with wonderful views over the city and Tromsø Fjord. We'll have a lunch at a restaurant at the top then descend back to town to visit the small but intriguing Polar Museum, with its exhibits on the ecology of the polar seas, the human history of the Arctic, and Norway's pioneering explorers, such as Roald Amundsen and Fridtjof Nansen. Norway has been producing great explorers ever since Leiv Eiriksson and the Viking Age and the museum proudly represents that. This evening we gather for a festive Farewell Dinner.

Meals: B

DAY 9 DEPART

Transfer to the airport for homeward-bound flights.

Pricing

TRIP COST

Prices are per person, based on double occupancy

2025

\$7,395 (10-14 members)

\$7,895 (4-9 members)

Single supplement: \$775

Please contact us for future years' pricing

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

PAYMENT TERMS

At time of reservation: \$600

90 days prior to departure: Balance

CANCELLATION & TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No Charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details:

www.wildernesstravel.com/insurance

TRIP COST INCLUDES

- Expert leadership of a Wilderness Travel Trip Leader and local guides
- Accommodations in hotels and rustic lodges
- All meals included except 1 dinner as indicated in Detailed Itinerary
- A glass of wine or beer with dinner
- All ground transportation and baggage handling from meeting until departure
- All activities as indicated in Detailed Itinerary

TRIP DOES NOT INCLUDE

- Travel to and from the arrival and departure location as indicated in Detailed Itinerary
- Additional hotel nights outside the trip's scheduled dates
- Optional gratuities to Trip Leaders or staff
- Optional travel insurance
- Other expenses of a personal nature (some alcoholic beverages, laundry, etc.)

CURRENCY EXCHANGE RATE

Because the prices published for our program are set so far in advance of the trip dates, we are occasionally faced with exceptional cost increases and/or currency fluctuations that affect the actual cost of running the trip. In most years, no price changes are necessary. However, we do reserve the right to raise or lower the trip price if there is a significant change in costs or exchange rates. If this is the case, your final invoice will reflect the difference in trip cost.

Arrival & Departure

ARRIVAL & MEETING PLACE

Suggested Airport: Bodø Airport (BOO)

Suggested Date & Time: Anytime prior to Day 1

Meeting Place: You will meet your Trip Leader in the lobby of Quality Hotel Ramsalt at 9:30 am on Day 1.

DEPARTURE

Suggested Airport: Tromsø Airport (TOS)

Suggested Date & Time: Day 9, anytime

Trip members are responsible for transferring on their own from the Ishavhotel to Tromsø Airport. The most convenient and quickest way to the airport from the group hotel is by taxi. The airport is only three miles from the hotel.

INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from Norway. Travel to Norway, from the US is primarily routed through London and Copenhagen, with good schedules and fares available on many airlines.

There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 970-818-8459 in the US or Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found on Exito's website at www.exitotravel.com.

Depending on your routing, it is necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary. The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

Please do not purchase your tickets until you are confirmed on the trip. Once your tickets have been purchased, please send us a copy of your airline schedule. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.

Trip Leaders

Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. For more information, including client comments about them and which specific departures they will be leading, please visit wildernesstravel.com/leaders.



GURO KREMPIG

As a nature enthusiast and trained outdoor guide in Norway, Guro is an excellent Trip Leader for our Norway journeys. She comes from a family of adventurers who has hiked in amazing places including Svalbard, Alaska, and Greenland. Her family actually filmed these trips, which resulted in a four-season series called “Villmarksbarna” that aired on Norwegian TV. When Guro is not guiding or hiking with her family, she enjoys skiing, dog mushing, and photography. "I think sharing the joy of nature's experience is one of the best things we can share with each other," she says.



NAOISE O MUIRCHEARTAIGH

Born on the Dingle Peninsula and into the distinct Gaelic culture of his ancestors, Naoise O Muircheartaigh (the Gaelic spelling of Moriarty) has been steeped in the culture of Ireland since birth and comes from generations of mountain guides, including his father, Con Moriarty, longtime leader of our Ireland trips. Naoise (pronounced “nee-sha”) has been hiking Ireland’s mountains and coasts since he could walk, and his pursuits as a rock and ice climber have led him around the world, from New Zealand to North Africa and the US. He has a deep love of nature and for sharing world’s wild landscapes and ancient cultures.



MARK TENNENT

A native of Bath, England, Mark Tennent quickly learned his calling was in the mountains. After earning a degree in Outdoor Education at Bangor Normal College in North Wales, he instructed at UK outdoor centers, graduated from the Royal Military Academy, and served as a Captain in the British Army. A recipient of several mountaineering and leadership certificates, Mark has worked in various parts of the world including Afghanistan, Macedonia, Kosovo, Kenya, Sudan, and India. Since 2005, he has lived in the French Alps, where he shares his passion for the outdoors, French food, and the local culture. He’s a member of the French Syndicat Interprofessionnel de la Montagne, bringing together mountain guides and climbing instructors. When not guiding, he can be found ski-mountaineering, rock climbing, and cycling.



SIGRID HANDLYKKEN

Sigrid grew up on the remote archipelago of Svalbard, Norway, and developed a passion for nature at a young age. After pursuing adventurous sports including paragliding, speedflying, skydiving, and kayaking after high school, she was a speedflying instructor and later earned a degree in nature guiding. Sigrid currently lives in Sunnmøre, where she shares her knowledge of Norway's land and culture with travelers. When she is not leading trips, you can find her skiing (in the winter) or kayaking (in the summer), as well as pursuing a master's degree in nature-based tourism. "I enjoy showing guests the hidden gems of Norway," she says, "and I work to tailor the best experiences for each individual guest or group."

What to Expect

WHAT THE TRIP IS LIKE

This trip is rated **Level 4, Moderate to Strenuous**, according to our trip grading system. You will need to be comfortable hiking 6 miles a day, being on your feet for up to 6 hours a day, and hiking on uneven surfaces including downhill over loose scree. You will also need to be able to keep up with the moderate but steady pace of the group as there are no alternative hiking options available.

Average Hiking Day

- 4 miles
- 3 hours
- 1,300 feet gain/loss

Challenge Day

- Day 5: 5 miles, 4 hours, and 2,000 feet gain/loss

TERRAIN

Our hikes will traverse coastal, beach, and mountainous terrain. Trails in Norway tend to be fairly narrow and they can be both steep and exposed, so you will need to be in good shape, have solid footing for rough sections on the trails, and have a head for heights, as some trails are along narrow cliff paths. Nothing in Lofoten is flat, and though the hikes are not long in terms of mileage, the terrain can be challenging. Hiking times can vary considerably due to weather, group interests, and other factors.

WEATHER

These breathtaking islands lie above the Arctic Circle but enjoy a mild climate thanks to the warm waters of the Gulf Stream. Temperatures should be in the mid 50s °F-60s°F. The weather can provide spectacular clear days but can also be very wet and change quickly. Trip members need to remain flexible and be prepared for a variety of conditions. Hiking and kayaking may need to be changed or substituted in case of inclement weather.

ACCOMMODATIONS

Some of our accommodations are in charming “rorbuer,” traditional fishermen’s cottages that have been converted to small hotels. They are bright and clean, giving you a wonderful sense of Norway’s heritage and culture, yet keep in mind that they are more spare in decor than what you may have experienced elsewhere in Europe. You’ll likely have shared living rooms, and in some cases, shared bathrooms.

CUISINE

Lunches will be at local restaurants or packed and enjoyed on the trail. Dinners will most often be at the hotels. We will sample the local cuisine—“from fiskesuppe (fish soup) to vafler (Norwegian-style waffles), chased with schnapps!

TRANSPORTATION

Our van will transport the group's luggage, so you only need to carry a daypack for items you need for the day (rain gear, sweater, camera, water bottle, etc.). Trip members are always free to skip a day's hike and travel to the next destination in the support vehicle (or remain at the hotel if we are not transferring that day). Please note that driving times can vary considerably due to weather conditions.

What to Expect

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	MILES	HOURS	ELEV. ASCENT/DESCENT	HOURS
1	3 miles	2 hours	1,400' ascent / 1,400' descent	3.5 hour ferry; 30 min drive
2	6 miles	4 hours	700' ascent / 700' descent	1.5 hours
3	4 miles	3.5 hours	1,400' ascent / 1,400' descent	3 hours
4				2 hours by ferry; 2 hour drive
5	5 miles	4 hours	2,000' ascent / 2,000' descent	2 hours by boat
6	4 miles	3 hours	1,500' ascent / 1,500' descent	
7	3 miles	3 hours	1,600' ascent / 1,600' descent	3 hours drive; 1 hour ferry
8	2 miles	2 hours	800' ascent / 800' descent	

AVERAGE DAILY MAX/MIN °F												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Senja	29/20	29/20	31/21	40/29	47/37	56/44	60/49	60/48	51/40	43/35	35/28	30/20
Tromsø	28/20	28/20	31/23	37/28	46/36	55/43	60/48	57/46	49/40	41/33	33/27	30/22
RAINFALL - INCHES												
Senja	3.7	3.5	2.8	2.4	1.8	2.0	2.6	3.0	3.9	5.1	4.3	4.3
Tromsø	3.7	3.4	2.8	2.5	1.9	2.3	3.0	3.2	4.0	5.2	4.2	4.2

Additional Information

CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 or email us at info@wildernesstravel.com.

REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us.

VISIT OUR WEBSITE

At www.wildernesstravel.com, you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.



WILDERNESS TRAVEL HAS BEEN AWARDED:

Best Travel Specialists in the World: *Condé Nast Traveler*, 2024, 4-time winner

World's Best Tour Operators: *Travel + Leisure*, 11-time winner

Best Wildlife, Hiking & Walking Trips: *AFAR Magazine*, 3 years in a row

Best Adventure Travel Companies: *USA Today*

Trip of the Year: *Outside Magazine*, 9-time winner

50 Tours of a Lifetime: *National Geographic Traveler*, 9 years in a row

Best Adventure Travel Companies: *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

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Wilderness Travel

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