LOFOTEN, between sky and sea

Hiking with the midnight sun

Reference · 215

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DURATION	TRAVEL STYLE	LUGGAGE
8 days	**Accompanied / guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Comfort (room)	**3/4 ★★★☆**	**1 890 €**

Along the northern coasts of Norway, beyond the Arctic Circle, stand the spectacular islands of the Lofoten archipelago. Sharp mountains rising from the waves, between hidden creeks and roaring maelstroms, this ancestral territory of fishermen nevertheless enjoys the caresses of a benevolent Gulf Stream which offers it its surprisingly mild climate.

Ancient lands where legends were born, silent muses of mythological stories, the simple vision of these islands emerging from the boreal fog takes the traveler into the imagination of Viking sagas. During a week from islands to islands, solitary plateaus in primitive mountains, dominating azure bays and isolated hamlets under the amused eye of puffins and feagles, immerse yourself in the wild universe of this unique archipelago in the world.

You will love

- Spectacular and varied hikes in the most beautiful islands of the archipelago.
- A star route, in the comfort of the Sjøhus, typical fishermen's houses converted during the summer into holiday residences.
- An unforgettable ferry arrival on the archipelago from Bodø.
- A journey beyond the Arctic Circle into the pleasant oceanic climate of Lofoten.
- The possibility of being able to admire the unique spectacle of the aurora borealis from the end of summer.

Day-by-day itinerary

DAY 1

FLIGHT AND ARRIVAL TO BODØ

Meeting at the airport in Bodø for the beginning of your stay.
Meeting with your guide in the small port town of Bodø. Depending on arrival times, city tour. Night at the hotel on the shores of the Norwegian Sea.

DAY 2

FERRY TO THE LOFOTEN – HIKE AROUND THE ÅGVATNET LAKE

Boarding the ferry for a superb crossing of the Vestfjord, direction Lofoten and the island of Moskenesøya. Depending on the conditions, first easy hike around Lake Ågvatnet, in a wild valley between sea and mountains, or climb Andstabben (514m), with a magnificent panorama of the lake and the southern tip of the island of Moskenesøya. Settling down in Sørvågen for 2 nights in a Sjøhus, a traditional fisherman's house by the sea.
3h30 walk; Elevation: +/- 300m; 8km (Ågvatnet Lake)
4 h walk ; Elevation: +/- 620m; 5km (Andstabben)

DAY 3

VINDSTAD – BEACH OF BUNES – BRUNAKSELTINDEN

Departure by boat-taxi to the small village of Vinstad, a little corner of paradise inaccessible by road. Hike along the Bunesfjorden to a small pass overlooking the beautiful beach of Bunes. Climb to the top of Brunakseltinden (513m) to enjoy one of the most beautiful views of the archipelago over the Reinefjord. Return to Sørvågen accommodation.
3 h walk ; Elevation +/- 600m / 8km

DAY 4

KVALVIKA BAY – SUMMIT OF RYTEN

Discovery of Kvalvika Bay (“Whale Cove”) with its white sand beach and granite cliffs. After enjoying the calm of the bay and its emerald waters, climb to Lake Forsvatnet and climb the summit of Ryten (543m). Transfer to the island of Vestvågøya to the charming little fishing port of Ballstad. Installation for 3 nights in Sjøhus, a traditional fisherman's house by the sea.

5 h walk ; Elevation: +/- 760m; 9km

DAY 5

PLATEAU OF BALLSTADHEIDA

A superb coastal hike between the sea and the typical Lofoten mountains. The route runs along the fjord, alternating panoramas of the archipelago and the mainland coasts of Norway, then climbs to a magnificent alpine plateau overlooking the bay. Opportunity to see seals near the Grænvika lighthouse. Return to Ballstad, overnight in Sjøhus.

4 h walk ; Elevation +/- 640m; 6.5km

DAY 6

HAVEREN PEAK

Head to the far north of the island of Vestvågøya to climb the highest point of the stay! Located on a peninsula, Haveren (808m) looks like an impregnable fortress above the waves. Its ascent offers a beautiful variety of landscapes, between lakes, ridges and valleys. Return to Ballstad, overnight in Sjøhus.

5 h walk ; Elevation +/- 830m; 8km

DAY 7

FROM MORTSUND TO EINANGEN BY THE BREIDTINDEN RIDGE

The week ends with a beautiful course of the island of Vestvågeya. Starting from the hamlet of Mortsund, the route follows a long and majestic line of ridges for a series of spectacular and varied landscapes, between fjords and large plains. Then return to Sørvågen to take the ferry back to the mainland. Night in a hotel in Bodø, in rooms. (The program of the hike may depend on the Ferry schedule)

3h30 walk ; Elevation +/- 630m; 5km

DAY 8

RETURN FLIGHT

The stay ends after breakfast at the hotel.

Attention, in these latitudes more than elsewhere, the vagaries of weather and the conditions of certain routes can lead to a change in the programming of the stay. The guide will often have to adapt the program of the daily hikes on the spot, depending on the weather and the group.

The program has been drawn up according to the latest elements known at the time of its drafting; situations beyond our control can modify the course, in particular with regard to accommodation.

Dates and prices

Indicative price for a group of 6 people, for a stay of 8 days (6 days of hiking) and 7 nights: About 1995€ per person.
Contact us for a precise quotation.

PRICE

Include :

- Organizational costs and supervision by a qualified mountain guide;
- The car transfers provided for in the itinerary, in a 9-seater minibus driven by the guide;
- All meals (except those indicated in this technical sheet as not included);
- Accommodation;
- Ferry trips on D2 and D7 between Bodø and Sørvågen, and return boat trip from Reine to Vindstad on D3

Does not include :

- Flight from your home to Bodø (and return)
- Personal expenses (drinks, souvenirs, additional snacks, etc.);
- Visits, return travel from your home to the meeting point and dispersal;
- Meals on Day 1
- Airport taxes and other exclusions clearly and duly described on the corresponding technical sheet.

The journey

LEVEL ***

Elevation: from +/- 300m to +/- 800m per day
Walking time: 3 to 5 hours per day
Type of hike: The Lofoten are a hiking paradise thanks to their wild landscapes, but the paths and routes are not necessarily always well maintained or visible. Although most of the routes take classic mountain paths, this also means having to sometimes progress off the path in the middle of the moor and its vegetation, on more uneven ground. The relatively short profile of the hikes presented above should not be underestimated because of the varied terrain which can slow down and make progress more difficult. Some steep passages possible.

PHYSICAL CONDITION

Good general physical condition.
Recommended preparation: regular practice of walking, jogging, cycling... 2 to 3 hours of sport per week.
Being able to easily walk 15km (on the plain) in less than 3 hours.

CLIMATE ET CONDITIONS

Located beyond the Arctic Circle, the Lofoten archipelago is home to the largest positive temperature anomaly relative to latitude. Without the presence of the Gulf Stream bordering its coasts, this region would be covered only with rocks and ice. But the influence of the warm current and its extensions offer these islands a particularly mild climate, both in summer and winter. Between June and August, maximum temperatures can exceed 15°C, with averages of around 10°C.

Despite possible very rapid weather changes on these islands and in these latitudes, the period from May to June remains the driest of the year, and therefore the most suitable for hiking. However, it is important to be properly equipped against bad weather.

The month of June is the time of the summer solstice: between May 26 and July 17, the sun no longer descends below the horizon and allows you to admire the famous midnight sun. The sea temperature fluctuates around 10°C during this period.

GUIDE

Number of participants between 4 and 8 people supervised by a qualified professional (mountain guide).

ACCOMODATION

2 nights in a *** hotel in Bodø, in a twin or double room.
2 nights in Sjøhus, a renovated traditional fishermen's house, on the port of Sørvågen. 4 twin bedrooms with private bathrooms.
3 nights in Sjøhus, a renovated traditional fishermen's house, on the port of Ballstad. 4 twin bedrooms and two shared bathrooms. Possibility to reserve a Sauna and/or a Hot Tub (traditional outdoor hot bath).

The star stay and the choice of accommodation offer the possibility of being able to give up a stage depending on the fatigue of the participant and/or the weather conditions.

MEALS

For a stay with a guide, meals are included in the stay, except for dinners on Days 1 and 7, taken in town and at the expense of each person.

Possibility of half-board option from dinner on Day 2 to breakfast on Day 4 (see prices)
The guide takes care of the supplies and the meals can be prepared together in the kitchens of the accommodation.

Copious “Scandinavian” breakfasts based on local products. Lunches and picnics at noon are based on Scandinavian breads, cold cuts, smoked or marinated fish, local cheeses, fresh or dried fruit, biscuits and hot drinks.

For a few picnics, some freeze-dried dishes are possible, because they allow you to carry light and eat hot.
In the evening, a hearty and convivial dinner based on specialties and local products: fish of course (the famous salmon but also cod, typical of Lofoten), meat (lamb, pork, reindeer, etc.), accompanied by vegetables, rice, pasta...

Practical information

DEPARTTURE AND END OF THE HIKE

Start of the hike after the Day 2 ferry ride.
End of the hike at the accommodation on day 6 in the late afternoon.

INSURANCE

In accordance with the regulations, we are insured for Professional Civil Liability. Under no circumstances can we replace your Personal Civil Liability. If you have chosen the EUROP ASSISTANCE repatriation assistance insurance that we offer, Altitude Mont Blanc serves only as an interface between the customer and the insurer. We cannot influence either party. We stick to the strict conditions of sale. You are responsible for following the procedures for reporting any claim.

Before making any decision, contact EUROP ASSISTANCE.

TO CONTACT US

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Equipment and luggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Gore-Tex jacket
- Waterproof poncho + gaiters or Gore-Tex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

TRANSPORTS

Transfers are made using a 9-seater minibus driven by the guide.

TECHNICAL SHEET

Postal booking form

Complete this form and return it with your deposit.

Last name	
First name	
Birth date	
Address	
Phone	
Mobile phone	
Email	
Requested trip	**LOFOTEN, between sky and sea**
Number of days	**8**
Insurance	
Trip price	**1 890 €**
Estimated deposit (30%)	**567 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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