

NORWAY –THE LOFOTEN ISLANDS

8-day / 7-night one-hotel **GUIDED** walking tour with a choice of moderate to challenging guided walks daily



The dramatic scenery and intense light of the **Lofoten Islands** give them a reputation as one of the most beautiful island archipelagos in the world, and this one-week guided walking holiday in the far north of Norway must be one of our most spectacular. The islands are truly a photographer's delight, bathed as they are in the transcendent light of the 'midnight sun'. The mountains are not high but they plunge sharply and steeply to the sea. Just some 200 kilometres north of the Arctic Circle, the Gulf Stream creates a relatively mild climate here. During the week we visit beautiful lakes nestling amidst the mountains, walk along the coast and try to spot sea eagles and whales, ascend a few of the smaller mountains and passes, visit charming fishing villages with their traditional *rorbu* (fishermen's cabins), and take the ferry to the neighbouring islands of Hadseloya, the home of Hurtigruten, and Skrova, with its sandy beaches and panoramic views over the 'Lofoten Wall'.

Centre-based guided walking holidays offer a choice of guided walks each day with a free day mid-week to explore the local area or to relax. There is plenty to do on your free day – take a cruise on the narrow Trollfjord or visit Henningsvær, a quaint town with colourful traditional houses. Svolvær is home to the Lofoten War Memorial Museum, with uniforms and artefacts from the Allied commando raid to capture the Enigma machine.

Cost from: **\$7295** per person (twin share) Single room supplement from \$1265
Mid/high/peak season supplements from **\$30 - \$135** per person apply on selected departures

Departures: 7, 21, 28 July, 4, 11, 18 August, 1 September, 2027

Includes: 7 nights in comfortable hotel room with ensuite bathrooms, 7 breakfasts, 7 evening meals, experienced walks leaders offering choice of two levels of guided walks on 5 days with one free day mid-week, local transport to/from the walks.

Not Included: Meals and drinks not mentioned, personal expenses, transport and/or excursions on your free day. Arrival and departure transfers are only available if booked in conjunction with group charter flights from and to the UK, please ask for details and costs.

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Accommodation: The stylish 4-star Thon Hotel stands in the heart of Svolvær's trendy harbour area, surrounded by pristine waters and soaring mountain peaks and with views out over the Lofoten Island archipelago. Holidays in Svolvær are Half Board with a buffet breakfast and set menu dinner. *On occasion we may use a different property of a similar standard and location.*



Trip Grading: Walk moderate to longer distances on well-defined paths. Sections of hilly or upland areas and may have sections of rough or steeper terrain, some pathless and some rough, rocky paths. Will require reasonable fitness. Choice of easier walks of 7-11km with ascent up to 330m or harder walks of 10-16km with up to 810m ascent in a day.

A typical European centre-based walking holiday offers a choice of up to two guided walks each day. You choose the walk that best suits your ability and fitness. Walks leaders make the final decision on which routes are offered; each evening they will brief you about the walks for the next day and answer questions you may have.

Suggested itinerary (Routes are determined by the walk leaders each day and are subject to change):

Day 1: Arrival day Plan to arrive at the hotel mid-afternoon in time for dinner.

Day 2: Svolvær and Kabelvåg A walk today through Svolvær with its colourful houses and traditional red and yellow fishermen's cabins called *rorbu*. We then pass by two major lakes through a landscape shaped by glaciers, beneath or to the top of Svolvær's local mountain, Tjeldbergtinden, and continue under the shadow of the mountain of Kongstinden surrounded by the glacier-scraped rock stripped of all vegetation, so typical of the Arctic. We end our walk in the historic town of Kabelvåg, the oldest town in the north of Norway. We have time for a beer or coffee overlooking the harbour, before catching the bus back to Svolvær.

Day 3: Hills and beaches A morning coach transfer to the Haukland and Uttakleiv areas of the island of Vesvågøy, known for white sand beaches and turquoise seas against a backdrop of towering mountains. We begin our walk ascending the round, but surprisingly steep hill of Holandsmelen, descending to the farm of Kjellbogen and then following a grassy track and unsealed road to Haukland. Continue along the old road to Uttakleiv and follow the good track round the headland with its coastal views.

Day 4: Free day Take the opportunity to cruise down to Trollfjord, a spectacularly steep and narrow fjord or visit the *Venice of Lofoten*, the little fishing town of Henningsvær, perched on the end of a thin promontory.

Day 5: Hadseløya We travel by coach and ferry to the island of Hadseløya, which forms part of the archipelago of Vesterålen. Following a track up the Annstad valley, we come across a series of beautiful, secluded lakes. We then ascend on paths to the small hill, Barheia, or, up to a high plateau and the summit of Pallheia; both offer superb views (weather permitting) of the west coast of the Lofoten islands, the island of Hinnøya, and the mainland mountains,. We follow a path down to the small village of Melbu for the ferry and bus back to Svolvær.

Day 6: Exploring Apnesfjellet or Justadtinden We travel south-west today to Stamsund, one of Lofoten's traditional fishing ports. The area provides a relatively accessible way for all walkers to reach some stunning viewpoints. The easier walk explores the Apnesfjellet ridge, where, weather permitting, there are views of indescribable beauty, especially east, out to sea, and down to a network of islands. Alternatively, we ascend gradually to the col below the mighty summit of Justadtinden and continue round the ridge to the summit of Steindalstinden, walking through a wild upland area studded with lakes and wetland with exhilarating views if the weather permits. Both walks finish at the pub/café in the lovely village of Stamsund

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Day 7: The Island of Skrova We take the ferry to Skrova, with its sandy beaches and the best view back to the Lofoten wall (as the islands are commonly called). Skrova has been a centre for fishing and whaling for decades and is a fascinating island to explore. Both groups circumnavigate the island; the easier route passes beneath the mighty bulks of Hogskrova and Stappen over to Merrvika Bay, while the harder walk ascends the rocky path to the top of Hogskrova, the highest point on Skrova, before descending to Merrvika Bay. Although the mountain rises only 282 metres it is a very steep path aided by handrails. Continuing around the island back to the village where there are art galleries and cafés, before returning by the ferry to the hotel.

Day 8: Departure day Tour departs after breakfast.



Contact Outdoor Travel for more details and reservations:

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