Fjords and Fjells of the Lofoten Islands

Trip Code: LOF

Version:

WALK & TREK	GUIDED GROUP	6 MODERATE



HIGHLIGHTS

- Walking in Norway deep within the Arctic Circle in the Land of the Midnight Sun
- Climb the 1,664 steps of Reinebringen for a view over "Norway's most beautiful village"
- Sleep in traditional 'Rorbu' accommodation in tiny, colourful, fishing villages
- Hike up to Volandstinden (457m) and Nesfjellet (406m) for one of the best panoramic views in the Lofoten Islands

- Work together with your guide to prepare evening meals and share stories from the day's adventures on the trails

AT A GLANCE

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

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

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, trekking to the top of Reinebringen , 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 unually 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

Version:

Holiday Information

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 3 dinners are included in the holiday price. On the days in Bodo where there is a variety of options the choice is yours and the day in Reine where the group will eat in a local restaurant. Depending on flight times, this means you will pay directly for a total of 3 dinners. We recommend you budget at least £50 for each of these meals.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Breakfasts and evening meals will be prepared together in the kitchens provided at the accommodation. It's a great chance to work together as a group and share stories about the day's adventures. 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 staying in a basic hostel with simple double or quad rooms (some of which feature bunk beds). Bedding is provided.

During our stay in Fredvang and Sørvågen (2 or 3 nights, depending on departure), we will be accommodated in specially converted rorbu or sjohus.

Rorbu are the most traditional form of accommodation in the Lofoten Islands. Typically painted red and perched on stilts over the sea, they originally served as shelters for fishermen. Nowadays, they are comfortably furnished for visitors, featuring an equipped kitchen and rooms with two to four beds (so each rorbu accommodates 4 to 8 people). There is a shared bathroom with a toilet and hot shower. The huts are electrically heated and often include a wood burner.

Sjohus (pronounced "cheuhusse") were originally homes for fishermen and fish factory workers. In a sjøhus, there are 2 to 6 beds per room with shared toilet and shower facilities.

Accommodation in the Lofoten Islands is in high demand during the summer, so we may need to be flexible with the lodging arrangements. It's possible that alternative accommodation may be used in some locations, and occasionally a short taxi ride or a slightly longer transfer might be required.

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

Group Leader & Support Staff

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

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

All meals except 3 dinners are included in the holiday price. £150-200 (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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

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 prepare 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 before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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 directly 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.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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.

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)
- 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)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

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

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

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

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 11/11/2026 and the trip is subject to change