

# Hike Norway's Wild Lofoten Islands

**Tour Style:** European Centre Based  
**Destinations:** Norway & Scandinavia  
**Trip code:** LTLCL  
2 & 4



## HOLIDAY OVERVIEW

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Far above the Arctic Circle, the Lofoten Islands spill out into the Norwegian Sea. This land of majestic mountains, plunging fjords and wave-swept beaches is a wonderful wilderness of staggering natural beauty. The warm waters of the Gulf Stream give the islands a much milder climate than other areas which sit at the same latitude, so the summer months are the perfect time to walk and be at one with the natural world. In summer, the daylight hours are long; from late May to mid-July the islands are bathed in the wonderful light of the midnight sun. There are two guided walks to choose from each day taking in the wild coast with its white sandy beaches, areas of mountain and charming fishing villages with their traditional 'rorbuer' (fishermen's cabins). The week is based on the island of Austvågøya and includes travelling by ferry to the neighbouring islands of Hadseløya and Skrova. The area is home to sea eagles and whales; it is not unusual to spot these while out walking. Later in the season, as the nights draw in, there is always the chance of seeing the Northern Lights, adding an extra bit of magic to a wonderful destination.

## WHAT'S INCLUDED

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- Half Board - buffet breakfast and evening meal
- Transport to and from the walks
- A full programme of guided walks with 2 options every walking day

- The services of experienced HF Holidays' leaders
- 'With flight' holidays include flights from the UK and hotel transfers
- 7 nights' accommodation in en-suite rooms

## HOLIDAYS HIGHLIGHTS

- Enjoy scenery which is justifiably renowned as being the most awe-inspiring in Europe
- Discover Uttakleiv with famous white sand beaches and turquoise seas
- Taking the scenic ferry journey to Hadseløya island
- Enjoy our harbour-side hotel in the centre of Svolvær
- Sail the iconic Trollfjord, a once in a lifetime experience, as an option on your free day

## TRIP SUITABILITY

This is a level 2 and level 4 graded Activity, Easier walks: 4 to 7 miles (6½ to 11km) on rough and rocky paths. Up to 1,100 feet (330m) of ascent in a day. Harder walks: 6 to 10 miles (9½ to 16km) with some steeper ascents, pathless terrain and rough, rocky paths. Up to 2,700 feet (810m) of ascent in a day.



## ITINERARY

### Day 1: Arrival Day

Welcome to Hotel Thon. Unpack and settle in.

### Day 2: Svolvær To - Kabelvåg

A lovely introduction to the spectacular landscapes of the Lofoten islands, with today's walks passing through the picturesque town of Svolvær with its colourful houses and traditional red and yellow fishermen's cabins called rorbu, which nestle by the harbour, the sea and the inlets. Today's walks are also a wonderful introduction to the distinctive towering mountains and craggy pinnacles which are so characteristic of these islands.

### Option 1 - Kabelvåg To Svolvaer Via Litl And StorKongsvatnet

**Distance:** 7 miles (11km)

**Total ascent:** 400 feet (120m)

**In summary:** Our walk starts in the traditional fishing village of Kabelvåg. We follow tracks and paths to the lake of Prestvatnet and continue on our route past several lakes to reach the shores of LitlKongsvatnet, which completes our walk around this spectacular triangle of lakes. From here we make our way back to Svolvaer and the hotel.

**Highlight:** Discover Kabelvåg, founded a thousand years ago it is the oldest town in the north of Norway.

### Option 2 - Tjeldbergtinden, Lakes, And Kabelvåg

**Distance:** 6 miles (9½km)

**Total ascent:** 1,200 feet (360m)

**In summary:** We walk from the hotel through the colourful streets of Svolvaer, and continue to the suburb of Osan. From here we ascend on a winding track leading towards the local mountain and superb viewpoint of Tjeldbergtinden. From the col between its twin peaks we continue on the path along a ridge, narrow in places, to explore the ridge and then reach the main top. We descend steeply with care, to reach a track leading to the southern shores of LitlKongsvatnet. We continue along the southern shore of LitlKongsvatnet, turning onto a path beside the beautiful Prestvatnet lake, and continue to arrive at the charming, lively, traditional fishing village of Kabelvåg.

**Highlight:** Stunning views of Svolvaer, Kabelvåg, the mountains and islands from the summit of Tjeldbergtinden.

## Day 3: Hills And Coast Around Haukland To Utkaleiv

The beaches of Haukland and Utkaleiv are the most famous on Lofoten, with their white sands, turquoise seas, and backdrop of towering mountains. We take a coach through stunning scenery to the Haukland and Utkaleiv areas on the island of Vestvågøy to explore the hills and coastline surrounding these beautiful hamlets and beaches.

### Option 1 - Haukland To Utkaleiv

**Distance:** 7 miles (11km)

**Total ascent:** 800 feet (240m)

**In summary:** The easier walk starts at Haukland beach and ascends and descends over the hills via the old road, now a path and a grassy track, to the isolated hamlet of Utkaleiv. Here there's the option to take the coach to the Viking Museum or to continue on foot along the coast and round the headland, affording stunning coastal scenery and views.

**Highlight:** Visit Haukland beach voted one of the most beautiful beaches in Norway.

### Option 2 - Holandsmelen To Utkaleiv

**Distance:** 9 miles (14½km)

**Total ascent:** 2,300 feet (690m)

**In summary:** The harder walk ascends the delightful round but surprisingly steep hill of Holandsmelen, descending to the farm of Kjellbogen and then follows a grassy track and unsealed road to Haukland. From here, the walk ascends and descends over the old road to Utkaleiv and follows a good track round the headland with its marvellous coastal views.

**Highlight:** Superb views from Holandsmelen.

## Day 4: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include:

Cruise down to the spectacular **Trollfjord** – a spectacularly steep fjord narrowing to only 100m. Visit the vibrant little fishing town of **Henningsv er**, perched on the end of a thin promontory, its nickname is “The Venice of Lofoten”.

## Day 5: Exploring The Apnesfjellet Ridge Or Exploring Justadtinden

Today we travel south west to the area around Stamsund, one of Lofoten’s traditional fishing ports. The area provides a relatively accessible way for all walkers to reach some stunning viewpoints.

### Option 1 - Apnes To Stamsund

**Distance:** 7 miles (11km)

**Total ascent:** 1,400 feet (420m)

**In summary:** The easier walk starts from Apnes nestling below the Apnesfjellet ridge, and takes a path, occasionally steep and very rocky in places, to reach a lovely grassy ridge. Once here, the ridge can be explored, where, weather permitting, there are views of indescribable beauty, especially east, out to sea, and down to a network of islands. We then descend to the ski trails and pass two tranquil lakes, making our way to the attractive pub/cafe in the lovely village of Stamsund, by colourful houses in a residential area.

**Highlight:** Breathtaking views from the Apnesfjellet ridge.

### Option 2 - Justadtinden – High Above Stamsund

**Distance:** 7½ miles (12km)

**Total ascent:** 2,300 feet (690m)

**In summary:** The harder walk starts at the Hagskardet car park and ascends gradually to the col below the mighty summit of Justadtinden. We continue our ascent, steeper and rockier, to the summit of this well-known mountain, enjoying exhilarating 360 degree views, weather permitting. En route we walk through a wild upland area studded with lakes and wetland. We return by the same route, enjoying far reaching views of sea, islands and mountains.

**Highlight:** Exhilarating views from the summit of Justadtinden.

## Day 6: Hadsel ya

Both walks take the coach to the island of Hadsel ya, which forms part of the archipelago of Vester len. The

journey alone makes the day memorable.

### Option 1 - Annstad Valley To Melbu

**Distance:** 5 miles (8km)

**Total ascent:** 1,100 feet (330m)

**In summary:** The easier walk follows a track up the Annstad valley to a series of beautiful secluded lakes. We ascend on paths to the small hill, Barheia, from where, if the weather permits, we will be rewarded with superb views of the west coast of the Lofoten islands, the island of Hinnoya, and the mainland mountains. We follow a path down to the small village of Melbu for the ferry and bus back to Svølvær.

**Highlight:** Enjoy stunning views on the ferry ride across to Hadseløya.

### Option 2 - Summiting Pallheia

**Distance:** 6½ miles (10km)

**Total ascent:** 1,500 feet (450m)

**In summary:** The harder walk starts at the same place but soon turns off to ascend a steep and rocky path becoming grassy to a high plateau. From here, weather permitting we take a delightful path to the summit of Pallheia where the views are stunning. We return to Melbu for the ferry and coach back to Svølvær.

**Highlight:** Views from the summit of Pallheia.

## Day 7: The Island Of Skrova

Today both groups walk from the hotel to the nearby ferry terminal and take the short ferry journey to the island of Skrova. With its wonderful sandy beaches Skrova is an island not to be missed. It also offers the best view back to the Lofoten wall (as the island chain is often called).

### Option 1 - Around The Coast Of Skrova

**Distance:** 4½ miles (7½km)

**Total ascent:** 500 feet (150m)

**In summary:** We walk from the hotel to the ferry terminal to catch the ferry across to the beautiful island of Skrova which is steeped in fishing and whaling history. After disembarking from the ferry we follow the road round the harbour lined with the traditional red 'rorbu' (fishermen's cabins), and fishing boats to take a track and then a path. We follow the path passing beneath the mighty bulk of Hogskrova. The path ascends to the col between Hogskrova and Tuvene and descends steeply to the coast. We follow the path above the coast to the beautiful Merrvika Bay. The path crosses a rocky bay and then ascends to pass beneath Stappen and continues back to the track and the road where we catch the ferry back to Svølvær.

**Highlight:** Look out for sea eagles.

### Option 2 - Hogskrova And The Coast Of Skrova

**Distance:** 5 miles (8km)

**Total ascent:** 1,100 feet (330m)

**In summary:** We take the same route as the easier walk to the base of Hogskrova where we begin our very steep and rocky ascent with a rope handrail to assist us all the way to the mast just below the summit. In clear weather the views from here, of white sandy bays, islets, coves, the Lofoten wall and the mainland mountains, are guaranteed to take your breath away. After drinking in the views we tear ourselves away to descend steeply down the other side of the mountain to the col between Hogskrova and Tuvene. From the col we continue around the island, descending towards the coast. This section of the path above the coast is an excellent place for spotting sea eagles. We follow the path above the coast to the beautiful Merrivika Bay. The path crosses the very rocky Merrivika bay and then ascends to pass beneath Stappen and continues back to the track and the road where we catch the ferry back to Svolvær.

**Highlight:** The views from the summit of Hogskrova.

## Day 8: Departure Day

We hope to see you again soon.

## ACCOMMODATION

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### Hotel Scandic Svolvær - Lofoten Islands

The elegant 3-star Hotel Scandic Svolvær has a waterfront location and stands on an island, Lamholmen, in the heart of Svolvær, surrounded by pristine waters and soaring mountain peaks. An eye-catching, boat-shaped building houses a restaurant and bar with panoramic views across the harbour and you can watch pleasure boats and fishing boats coming and going and the famous coastal vessel, Hurtigruten, docking each day.

#### Accommodation Info

#### Rooms

The hotel has 146 en-suite rooms, all decorated in simple Scandinavian style.

All rooms have telephones, TV, and hairdryers.

As is usual in Europe, tea and coffee making facilities are not available in bedrooms, however there are facilities in the public areas to get hot drinks.

#### Facilities

The hotel has a lounge on the first floor and a restaurant and bar on the ground floor. Both have large picture windows with lovely views across the bustling harbour area and to the nearby towering mountains.

On the ground floor there is an outside decked area with tables and chairs. Inside, there are comfy chairs to relax in, a television area, WiFi and gifts on sale at reception.

#### Food & Drink

Our holidays at Scandic Svolvær are on a Half Board basis with a buffet breakfast and dinner.

#### Breakfast

Breakfast is a typical Scandinavian buffet offering an array of different choices from a selection of cold meats, cheeses, salad and freshly baked bread, to hot bacon, eggs and sausages.



## Lunch (Payable Locally)

Packed lunches can be purchased from the hotel and made up from the breakfast buffet. The hotel will fill flasks free of charge, and will provide you with a lunch bag on a daily basis for your picnic selection. Alternatively, you can purchase lunch items at the local supermarkets. Your leaders will tell you the opening times and where the supermarkets are situated.

## Evening Meal

A typical Norwegian self-service buffet is available with a choice of soup, salads, fish, meat, potatoes, rice or couscous, and a range of desserts and cheese. Bottles of water are provided free of charge at the tables.

## Drinks

Generally, the price of drinks in Norway is significantly higher than the rest of Europe.

## Your Evenings

The friendly atmosphere of our Guided Walking holidays continues into the evening.

Enjoy a glass of wine or local beer before hearing about the next day's walks. Your evening meal will be the main focus of the evening. After dinner you may like to join your leaders for a walk out to the Børsen Spiseri Fish bar for a drink and walk back via the fish racks to the hotel, explore the harbour area, take a drink in a local bar or café, relax on the decking at the hotel and watch the boats come and go including the daily arrival of the famous Norwegian Coastal Vessel.

On your holiday you can also visit the Lofoten war museum and the bowling alley. The Magic Ice welcomes you to a magical experience with ice art created by artists from all over the world. Don a warm "penguin coat" and enjoy the ice art as you sip your drink from a glass made of ice.

Your leader will also be checking out for any local events going on nearby. Or you may like to relax on the terrace or the bar, with a drink and chat with your fellow guests.

## USEFUL HOLIDAY INFORMATION

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### Essential Information

#### Passport Requirements

You may need to renew your British passport if you're travelling from 1 January 2021.

On the day you travel, you'll need your passport to both:

- have at least 6 months left
- be less than 10 years old (even if it has 6 months or more left)

Use the [government website](#) to see if your passport is valid for this holiday

#### EHIC Cards

The UK government has officially launched the Global Health Insurance Card (GHIC), which will replace the European Health Insurance Card (EHIC). UK residents can now apply for one of the GHIC cards, which will gradually replace the EHIC cards as they reach their expiry dates. Every family member travelling requires a GHIC. You can make an application for yourself and on behalf of your partner and any dependent children under the age of 16. Both cards will offer equivalent protection for emergency and medically necessary

healthcare needs when in the EU on a temporary stay, which includes holiday, study and business travel. Necessary healthcare includes things like

- emergency treatment and visits to A&E
- treatment for long-term or pre-existing medical conditions
- routine medical care for pre-existing conditions that need monitoring
- oxygen and kidney dialysis

The public only need to apply for their free GHIC cards when their current EHIC expires. The process is likely to take two weeks. For more information visit <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>.

The GHIC is not an alternative to travel insurance. We advise all holidaymakers to also invest in travel insurance that covers healthcare, so they are covered for other issues that may arise, as well as cancellations and lost luggage.

## Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

## Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

## Useful Information

The local language is Norwegian.

Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

If the international number you wish to call starts with a 0, you must drop the starting digit when dialing the number.

To dial a UK number 0044

To dial a Norwegian number 0047



## Local Currency

The local currency is the Norwegian Krona.

## Electricity

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

## ATM Availability

There are several ATM machines in Svolvær where you can obtain money.

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

## PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

## NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

## BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

## MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

## YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

## TRAVEL INSURANCE

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Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

## PEACE OF MIND

### ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

### MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

### TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

## PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

**Document produced:** 21-09-2021

