Hike Norway's Wild Lofoten Islands



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Norway	5 & 8	956kg CO2

HOLIDAY OVERVIEW

A wonderland of jagged mountains, plunging fjords, white sand beaches, and staggering natural beauty, the Lofoten Islands spill out into the Norwegian Sea. Based in Svolvær – the picturesque town best known for its colourful houses and traditional red and yellow rorbuer (fisherman's cabins) – we'll travel by ferry to the neighbouring islands of Hadseløya and Skrova to discover varied scenery on foot.

WHAT YOU'LL LOVE

- Learning more about the archipelago's rich heritage
- Discovering the stunning white sands of Uttakleiv
- Taking the scenic ferry journey to Hadseløya island
- Staying in a harbourside hotel in the centre of Svolvaer
- Take in breathtaking views of the islands, mountains and seascapes

WHAT'S INCLUDED

- A choice of two walks a day with experienced local leaders

- HF Holidays Tour manager
- 7 nights' accommodation in Svolvaer
- 7 breakfasts & 7 dinners
- All in-destination transport
- Return flights from London, including baggage and transfers

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Welcome to Thon Svolvaer Hotel, Avisgata. Unpack and settle in. In the case our group arrival at the hotel is in the evening, our welcome meeting may be arranged for the following morning.

Day 2 **Svolvær and 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: 7.5 miles (12km)

Total ascent: 560 feet (170m)

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 Svolvær and the hotel.

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

Option 2 - Tjeldbergtinden, Lakes, and Kabelvåg

Distance: 7.3 miles (11.5km)

Total ascent: 1,200 feet (360m)

In summary: We walk from the hotel through the colourful streets of Svolvær, 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, Kabelvag, the mountains and islands from the summit of Tjeldbergentinden.

Day 3 Hills and coast around Haukland to Uttakleiv

The beaches of Haukland and Uttakleiv 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 Uttakleiv areas on the island of Vestvågøy to explore the hills and coastline surrounding these beautiful hamlets and beaches.

Option 1 - Haukland to Uttakleiv

Distance: 5 miles (8km)

Total ascent: 723 feet (220m)

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 Uttakleiv. Here there's the option to take the coach to the Viking Museum or to continue on foot around 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 Uttakleiv

Distance: 9 miles (15km)

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 Uttakleiv 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 **Henningsvær**, perched on the end of a thin promontory, its nickname is “The Venice of Lofoten".

There are several local cruises available in Lofoten - we do recommend prebooking if you wish to do a trip, as these can be busy in the high season.

Day 5 Hadseløya

Both walks take the coach and the ferry to the island of Hadseløya, which forms part of the archipelago of Vesterålen. 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 a path steep in places 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 Svolvær.

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 Svolvær.

Highlight: Views from the summit of Pallheia.

Day 6 **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 - Exploring the Apnesfjellet ridge

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 - Exploring Justadtinden

Distance: 7.5 miles (12km)

Total ascent: 2,300 feet (700m)

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: Exhilerating views from the summit of Justadtinden.

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 - Exploring Skrova

Distance: 5 miles (8km)

Ascent: 393 feet (120m)

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' (fisherman's cabins), and boats to take a track leading to the fine white sandy beach at Hattvika. For those wanting to brave the cold sea waters there may be time for a swim. We retrace our steps along the track turning off before the road to take a path beneath the impressive bulk of Hogskrova Fell. We ascend the small hill of Litl Stappen with its superb views. Returning to the road we continue round by the fjord to an old tunnel, home to a remarkable collection of photos depicting Skrova life and people. We return by the road to the harbour to catch the ferry back to Svolvaer.

Highlight: Look out for sea eagles

Option 2 - Hogskrova and the coast of Skrova

Distance: 6.2 miles (10km)

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 Svolvaer.

Highlight: The views from the summit of Hogskrova.

Day 8 Departure Day

We hope to see you again soon. Early departures may have a packed breakfast from the hotel.

DAILY WALK OPTIONS



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.



Challenging walking grade 8

Challenging walks for fit, experienced walkers. Expect rugged or mountainous terrain, or some longer distances than typical for this grade. Typically, 12-13 miles (19-21km) with around 2,300ft (700m) of ascent.

ACCOMMODATION

Thon Svolvær Hotel - Lofoten Islands

Located in the centre of Svolvær's trendy harbour area, this stylish 4-star hotel is surrounded by mountains and looks out over the Lofoten Island archipelago. Guest rooms are modern and stylish while hotel facilities include a brand-new gym and two saunas. There's also a dive board over the sea if you fancy a refreshing dip in the bracing waters off Norway's coast. In the restaurant, you can indulge in a filling buffet breakfast to start your day and a set menu of local dishes for dinner each evening.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Itialian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

Tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport. If you choose this option, transfers are not included in the price. Unfortunately, we are unable to offer our shared transport service in this destination. Anyone arriving on a separate flight to the HF Holidays group must arrange their own onward travel to and from the destination airport.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Language Information for Lofoten Islands

The local language is Norwegian.

Telephone Code for Lofoten Islands

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

Local currency for Lofoten Islands

The local currency is the Norwegian Krona.

ELECTRICITY

Electricity information for Lofoten Islands

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

ATM AVAILABILITY

ATM availability for Lofoten Islands

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

TRIPNOTE VALIDITY

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.

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