

Hike Norway's Wild Lofoten Islands

Trip style: Guided Walking Holidays

Destination: 📍 Norway

Trip code: LFT07-LCL09

Trip Walking Grade: ul 3 & 4

Carbon Footprint: 🌳 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 Svolvær
- Take in breathtaking views of the islands, mountains and seascapes

WHAT'S INCLUDED

- A choice of two walks a day with experienced HF Holidays leaders
- 7 nights' accommodation in Svolvær
- 7 breakfasts & 7 dinners
- All in-destination transport
- Return flights from London, including baggage and transfers

WALKING GRADES AND OPTIONS

This is a level 3 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 - ITINERARY

Day 1 Arrival Day

Welcome to Thon Svolvær 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 Svolvær 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 Svolvær 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 (10km)

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 Tjeldbergtinden.

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 - 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.

Option 2 - 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.

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 – 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.

Option 2 – 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 Hinnøya, 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.

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: 7½ 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: Exhilarating 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 – 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 Tuvne. 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.

Option 2 – Exploring Skrova

Distance: 5 miles (8km)

Ascent: 300 feet (100m)

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 Svolvær.

Highlight: Look out for sea eagles

Day 8 Departure Day

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

Daily Walk Options



Medium Walks

Walks follow well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough or steep in sections and will require reasonable fitness.

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.

Useful Holiday Information

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)
- 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)

Trip 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.

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>

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.

Document produced: 23 July 2026

