Lofoten Winter Landscapes & Northern Lights



Trip style:	Destination:	Walking Grade	Carbon Footprint:
European holidays	Norway	4	901kg CO2

HOLIDAY OVERVIEW

As one of the world's most beautiful archipelagos, Norway's Lofoten Islands are revered for their rolling pastures, jagged peaks, soaring landscapes, pristine beaches, and picture-postcard villages. And while their beauty is by no means a secret year-round, it's even more spectacular in winter. For those keen to embark on incredible hiking trails in an Arctic climate that's surprisingly milder than you think, this trip is the perfect fit. Holiday highlights include snowshoe walks, a boat safari to seek out the native Sea Eagle, a 'Taste of Lofoten' walking tour to learn about local produce, and a lesson in how to best photograph the Northern Lights.

WHAT YOU'LL LOVE

- Seeking out the Northern Lights with an expert photographer
- Discovering the best of the islands on snowshoeing walks
- Learning about local specialties on a 'Taste of Lofoten' walking tour
- Enjoying a boat safari in search of the native Sea Eagle
- Soaking up the fairytale-like scenery in Svolvær

WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers
- Guided excursions with local leaders
- HF Holidays Tour Manager
- 6 nights' accommodation in Svolvaer
- 6 breakfasts & 6 dinners
- All sightseeing and entrance fees (as per itinerary)

ITINERARY - ITINERARY JANUARY 2027

Day 1 **Arrival Day**

Arrive in Evenes. Transfer to Thon Svolvær.

Day 2 **Taste of Lofoten & Northern Lights**

We'll take a walking tour from Lofoten's market square and learn about regional flavours and specialities including Arctic cod, Lofoten lamb, and cloudberries. After dinner, we'll head off on our evening excursion to see the Northern Lights, accompanied by an experienced photographer, for guidance on the best way of capturing the ribbon-like light display in the night sky. Set within the Arctic Circle and beneath the Northern Lights oval, the Lofoten Islands offer a superb chance to see the swirling Aurora Borealis off Norway's coast.

Day 3 **Snowshoeing Walk Kabelvåg Region & Northern Lights**

Distance: 2-3 miles (3-4 km)
Ascent: 215 ft (65m)
Descent: 215 ft (65m)

Explore the beautiful Lofoten Islands on our snowshoe nature explorer excursion on a round trip walk in the Kabelvåg region. Our guides will lead us to the best views and photo spots, sharing interesting stories along the way. After dinner, we'll head off on our evening excursion to see the Northern Lights, accompanied by an experienced photographer, for guidance on the best way of capturing the ribbon-like light display in the night sky. Set within the Arctic Circle and beneath the Northern Lights oval, the Lofoten Islands offer a superb chance to see the swirling Aurora Borealis off Norway's coast.

Day 4 **Boat Safari**

Departing from Svolvær's quayside, we join the RIB boat to enter the Trollfjorden and enjoy some of the most dramatic scenery Norway has to offer. There's a large proportion of sea eagles in this area, and our local expert will enlighten us about the wonderful wildlife.

Day 5 **Snowshoeing Walk in Teisthaugen**

Distance: 2 miles (3km)
Ascent: 260 ft (80m)
Descent: 260 ft (80m)

Back in the open air, we take another walk with our snowshoes. We'll soak up the beauty of the surrounds and learn more about the scattered forest landscapes and wilderness here in Teisthaugen from our experienced guide.

Day 6 Free Day

Each week there's a free day when no walks or activities are planned. This is an ideal opportunity to relax around the hotel, explore the town, or take an additional trip such as an island tour. There are several companies in Svolvaer operating excursions in the area, or you may take a public bus to visit one of the surrounding villages or towns.

Day 7 Departure Day

Transfer to Evenes for your return flight home.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) 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)

Excursions

Excursion information

- Approximate excursion durations: Northern Lights Photography 3.5 hours / Snowshoeing 3 hours / Sea Eagle safari 2 hours / Taste of Lofoten 1.5 hours
- Excursion days are subject to change due to operational reasons such as weather conditions. Our team in Lofoten will inform you of any amendments
- Please note, the routes listed for our snowshoeing excursions may vary. Your guides check local conditions regularly in order to select the best walk on the day. Snowshoes and poles will be provided. When there is no snow, crampons will be used
- Northern Lights excursion. Whilst it is not possible to guarantee sightings, your expert guides will do their utmost to find you the best opportunity
- To get a good photo of the Northern Lights, it is preferable that you are familiar with your camera. Your guide will offer tips on shutter speed, ISO and aperture
- The RIB boat excursion is not suitable for guests with back injuries

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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