

Hike Norway's Wild Lofoten Islands

Trip style: Guided Walking Holidays

Destination: 📍 Norway

Trip code: LFT07-LCL09

Grades: 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

TRIP SUITABILITY

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

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.

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.

Day 5: 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 6: 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.

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.

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).

Day 8: Departure Day

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

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 information - SHARED WITH ALL EU NEW 2026

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.

Passport & Visa information - SHARED FOR ALL EU NEW 2026

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>

Packing list - Overseas Guided Walking

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)
