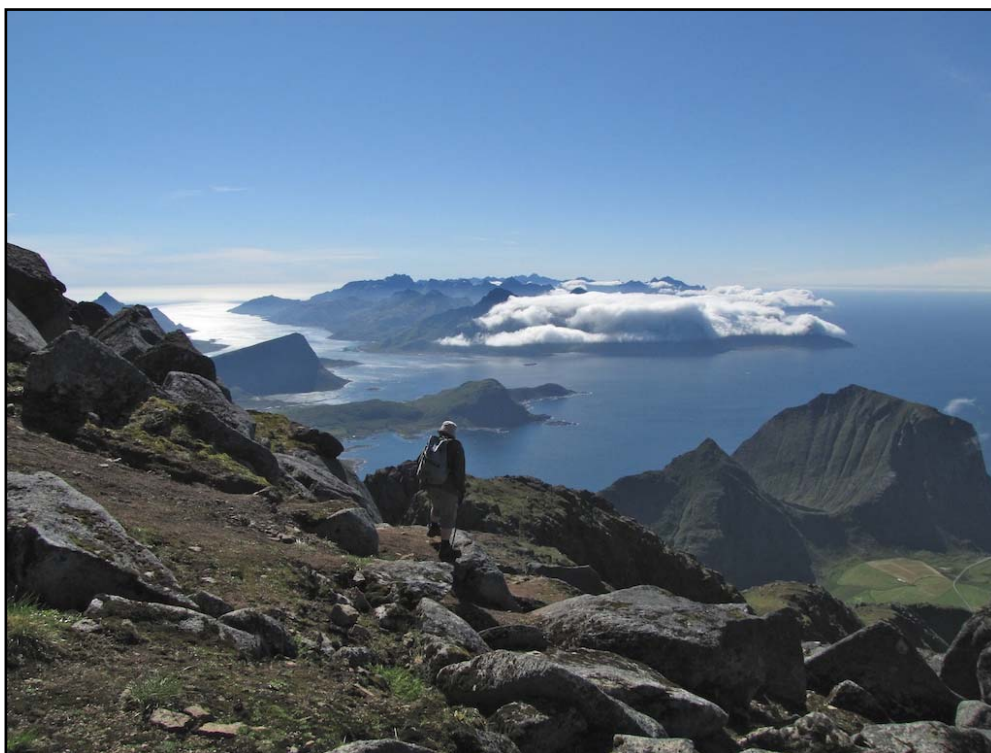




PEAKS AND RIDGES in the LOFOTEN ISLANDS



This information should answer some of your questions about the trip and give you a better idea of what we do day-to-day. It doesn't hope to answer everything. If you have any questions please get in touch.



On our way down from Himmeltind. Photo Roope Roine

- **Walk through Lofoten's dramatic mountain landscape**
- **Day trips with no overnight gear to carry**
- **A mixture of well trodden paths and off the beaten track**
- **Experienced IML guide**
- **Friendly accommodation with good food**
- **Some long days**

Lofoten Islands

Emerging from the North Atlantic in the north of Norway, this 'string of pearls' located above the Arctic Circle offers some of the most dramatic walking in Norway. The mountains are not among the highest in the country but, rising straight from the sea, they make up in appearance what they lack in metres. These mountains are amongst the oldest on the planet, at 3.5 billion years old. Several ice ages have helped to carve an impressive landscape of steep mountain faces within

typical U shaped valleys. The sea is ever present, with long narrow fjords and bays, and many of the islands are linked by bridges and tunnels.

Trip summary

From our comfortable base in the old Prestgård (old vicarage), at the village of Flakstad we set out on a series of challenging day walks with a cultural/rest day mid week to break the pace. We make use of trails where they exist and walk off trail where they don't, to access the very best walks in Lofoten. We aim to climb a new peak every day. Occasionally there will be some steep or exposed terrain but there are no technical difficulties so all that is needed is previous walking experience off trail, a reasonable level of fitness and a head for heights.

The trip was designed and will be led by Roope Roine who has worked as a mountaineering and sea kayaking guide in Lofoten for three seasons. Roope has also led and helped create some of High Places' popular Greenland trips and has led trips in many parts of the world including the Himalayas and South America.

Trip grade

This trip has been graded 'steady plus' due to the occasionally steep terrain. If you are not used to walking off trail you may find some days a grade harder.

Climate

Lofoten is affected by a maritime climate which is not too different from summer weather in the UK or New Zealand. The weather can change quickly and rain is always possible. The midnight sun brings plenty of daylight hours in July and August.

Accommodation

Our base on the Island of Flakstad. We stay in an beautifully restored old vicarage next to the old wooden church from 1800 century, with two person rooms with shared toilet facilities. The building has a cosy common room and a large dining room where we eat breakfast and dinner.



Flakstad restored vicarage

Meals

All meals are included. See day to day itinerary for full details. Breakfast is continental with porridge, muesli & cornflakes, bread, tea and coffee. Lunches consist of sandwiches, fruits and snacks that are made up at breakfast. Evening meals are served at the Prästgården where we stay, they are specifically designed for hungry walkers and are for the most part made from locally grown produce. Vegetarian meals must be pre-ordered – please advise if you eat fish/eggs/cheese.

Maps

All of our route is covered by an excellent 1:100,000 map of Lofoten published by Ugland IT Group (previously Statens Kartverk), sheet reference 2547. 1:50 000 maps are also available but 5-6 sheets would be needed. Maps can easily be obtained in Lofoten for around NOK140. Stanfords also have a supply – the 1:100,000 Lofoten map is catalogue no 93604.

<http://www.stanfords.co.uk/stock/lofoten-93604/>

Transport

We will use a minibus to transfer between Leknes and Ballstad and to reach the start or end of the walks.

DAY BY DAY ITINERARY

This itinerary is flexible and should be seen as a guide only. Local conditions, weather or fitness could lead to changes in our daily plans. All times and distances are approximate. 'B,L,D' refers to meals included in the trip cost, i.e. Breakfast, Lunch, Dinner. Walking times include breaks.

Please note that this trip will require a daily assessment to make the most of the weather each day. The plan below is only a sample of what we may do and each evening your leader will discuss options for the next day. We plan to climb a new peak each day.

DAY 1 Arrive Leknes on the island of Vestvågøy in the Lofoten Islands – your flight will probably have come via Oslo and Bodo. Transfer to Flakstad. 35 min/25km, situated on the north side of the island of Flakstad. D.

DAY 2 A 30 minute drive across to Flakstadoya takes us to the start of our walk to Stokvika bay and up to Ryten 543 m and onwards to Kvalvika bay and to Selfjord. A round walk on the magical north side of the island. 6-7 hours. (BLD)



DAY 3 Today's peak is on the north side of Flakstad. We drive to Vikten (approx 25 mins) and climb Hustinden (691m). 5-6 hours. (B,L,D)

Vestvågøy's northern side. Photo Roope Roine

DAY 4 We drive to Haukland (approx 30 min) on the west coast of Vestvågøy and start our walk on the beach voted the most beautiful in Norway in 2002 to climb Himmeltind (964m). 7-8 hours (B,L,D)

DAY 5 A well earned rest day and a chance to discover more about some of the rich history and culture of the Islands. There have been some remarkable findings from the Viking age and the Viking Museum is built around the largest building found from that period. This is an excellent museum where you meet 'Vikings' and find out about their daily life. Museum entrance fees are included. After the museum visit we do a coastal walk on the north side of the Island (3 hours). (B,L,D)

DAY 6 On our final day we plan to climb Tönsåsheia 769 m west of Nusfjord. 6-7 hours. (B,L,D)

DAY 7 Time to leave this mini paradise and head back home. After breakfast our transport leaves for Leknes Airport for the flight home, or there are other ferry options. (B).

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