



LOFOTEN ISLANDS KAYAKING

An Inn to Inn Arctic Paddling Adventure

NORWAY ~ MULTISPORT ~ 7 DAYS

TRIP DETAILS

7 days

*Easy to intermediate
sea kayaking and hiking*

*5 nights traditional
Roburer inns
1 night hotel in Bodo*

2010 DATES

June 6—12

June 13—19

LAND COST

\$3990 US per person

*From: Bodo
Group Size: 10*

These impressively scenic islands form an archipelago one hundred miles north of the Arctic Circle. It is a place of mystical landscape illuminated by nearly continuous daylight. Glacially-carved, sheer granite spires rise out of a sea made rich by the meeting of the warm Gulf Stream and the Arctic Ocean. Islands are fringed with green pasture land and dotted with picturesque fishing villages each with its own unique character and dramatic mountain backdrop. This is a true Arctic kayaking adventure with the advantage of finishing every day with a sauna and a warm bed.

You'll kayak the length of this remarkable chain of islands through indigo-blue fjords cutting between jagged peaks, stopping at white sand beaches and hiking to viewpoints for incredible panoramic vistas. At the end of each paddling day you'll stay in "rorbuers", traditional lodges and have time to explore and sample the local cuisine. Great kayaking, spectacular scenery and Norway's culture of the sea make the Lofoten Islands one of the world's great paddling trips.

ITINERARY

ARRIVAL - Bodo~ Plan to arrive in Bodø on or before the Saturday prior to the first scheduled day of our itinerary; Sunday. We recommend staying at the Rica Hotel Bodø prior to the expedition (+47 75 54 70 00 or <http://www.rica-hotels.com>). The final night of the trip, Saturday, is spent at this hotel (which is included in the trip price).

Bodø is a northern town of 45 000 inhabitants and is Nordland's largest city; after being destroyed by the Germans in 1940 Bodø and was subsequently rebuilt after the war. This was completed in 1959 with the completion of the new town hall. Today Bodø has a bustling harbor that services Nordland's important fishing industry. Norway's capital, Oslo, is served by a wide range of airlines from North America and Europe; the most notable among them is SAS with numerous flights daily. There are connecting flights to Bodø several times a day from Oslo on SAS (www.sas.no) or Norwegian (www.norwegian.no). You can also get to Bodø from Oslo by train (www.nsb.no).

DAY 1 ~ Your guide will meet you in the lobby of the Clarion Collection Hotel Grand Bodø on Sunday morning at 08:00. After meeting your guide in the hotel lobby you will embark on a short walk to the ferry terminal for the Lofoten Islands. The ferry takes approximately 3.5 - 4 hours. Aboard the ferry your guide will go over details of the week's trip. Landing at the town Moskenes you will be met by

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the company support van and drive to the picturesque village of Å. Å is a true living museum, a preserved fishing village with picture-postcard scenes at every turn and an excellent place to learn about the history and significance of the Lofoten. From there we journey on to the delightful town of Reine. It was recently voted the most scenic place in Norway and is our base for two nights.

DAY 2 ~ A comprehensive introduction to kayaking and a paddle past the jagged peaks of Reinefjord and into Bunesfjord. Our lunch spot is the saddle between the vertical walls of Moskenes Titons. Hike for a view of the north Atlantic from the ruins of one of the oldest settlements in the Lofoten. Returning to Reine we prepare our evening meal, socialize and enjoy the midnight-sun stroll.

DAY 3 ~ Leaving Reine we kayak along the walls of the Moskenes Titons to the Sund Sound, a narrow river-like channel that separates Moskenes Island from Flakstad Island. In the town of Sund we tour the Blacksmith museum where a local artists craft metal sculptures. After lunch we paddle past the southern tip of Kunna Island and then across the mouth of Skjelfjord and along the majestic rock faces of Flakstad Island. Making our way to the hidden mouth of Nusfjord, we can try our luck at fishing as we approach the fjord. The entrance to this “tucked away” fjord opens up and we paddle into the natural harbour of Nusfjord. The village is protected under the UNESCO world heritage act and has been beautifully restored (the lonely Planet Guide describes its waterfront as, “excruciatingly picturesque”). Explore town or relax on the wharf, sipping a cold beer and listening to the sounds of the nesting seabirds on the offshore “bird-rock”.

DAY 4 ~ The Napp Sound separates Flakstad Island from Vestvåg Island (Lofoten’s largest island) and is one of Lofoten’s most impressive waterways. With a tidal currents that flow at up to 5 knots we time our departure from Nusfjord and crossing of the Napp for slack water (the point at the tidal current stops before reversing direction) when the water is calm.

A 2 hour paddle takes us to our landing on Vestvåg Island at Ballstad where we refuel our bodies on hot coffee and a light snack. Leaving Ballstad after our short break we make the 30 minute crossing of the mouth of Buksnesfjord. Once we have crossed we will explore the many small islands that lead us to Stamsund. Arriving Stamsund in time for a late lunch the balance of the day may be spent relaxing and exploring this scenic village and surrounding area. We eat a hearty evening meal and turn in early in anticipation of the next day’s short paddle and afternoon hike.

DAY 5 ~ We paddle out of Stamsund’s harbour and ride the rising tide into Rolvsfjord. Cruising through islands and shallows we keep on the lookout for sea eagles perched on the islands and explore the intertidal life in the shallows. The tidal current carries us deeper and deeper into Rolvsfjord and finally passing through the last narrows the tiny village of Brustranda comes into view.

Landing at Brustranda we take a break for lunch before starting the 3 hour hill walk to Borg. Hiking over the lush green slopes we arrive at the Lofotr Viking Museum the site of the largest Viking era house ruin in Scandinavia. The museum includes; a full-scale reconstruction of the 83 meter long 9th century Viking Chieftain’s house, a Viking ship replica, costumed interpreters and a restaurant offering period food items (the tour includes a glass of mead). The support van meets us at the museum and transports us back to Rolvsfjord for a sauna and the evening meal.

DAY 6 ~ We ride the out-flowing tidal current from Rolvsfjord and cruise through the Valberg Islands to perfect lunch stop at a beautiful white sand beach. We cross the Gimsøy Sound at tidal slack. Gimsøy Sound

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separates Vestvåg Island from Austvåg Island, the last island of the Lofoten chain. This is the last major crossing of our Lofoten journey. We paddle into the bustling harbor at Henningsvær, yet another picture-perfect island village backed by sculpted rock peaks. Henningsvær is the Lofoten's largest fishing port and a cultural center with galleries, waterside restaurants and bars. It is also a rock climbing mecca whose granite walls draw climbers from all over Europe. After a rest and a sauna we head out and explore this lively town and take in the nightlife at the Klatre Kafe - Climbers Cafe.

DAY 7 ~ Kayaking out of Henningsvær we pass the Vågakallen, a famous good-luck landmark for Lofoten fishermen. Cruising along granite cliffs and through clusters of small islands we approach the busy harbor at Svolvær. Entering the harbor we are greeted by the well known statue of "The Fisherman's Wife" that has welcomed countless mariners to the Lofoten's largest port. After lunch and a shower there is time to explore Svolvær's galleries and shops or simply linger over a coffee at a waterfront café and absorb a little more of the magical atmosphere of the Islands before we board the southbound Hurtigruta to Bodø. We arrive in Bodø after midnight and check into the Rica Hotel Bodø. Flights to Oslo or elsewhere in Norway can be booked for the next morning.

LAND COST

\$4490 US per person

ABOUT THE TRIP

Sea kayaking is a unique way to tour this very exceptional place. As the itinerary suggests the scenery is remarkable and the long days offer a very unusual range of light so a good supply of film/ memory cards is advisable. The trip travels from rorbuer to rorbuer where the accommodations are similar to B&B's or hostels with private rooms. Luggage is transferred daily a by van and if for whatever reason participants prefer not to paddle on any given day they are welcome to travel to the next town in the van .

WHAT'S INCLUDED

- professional guides
- roundtrip ferry transportation to the Lofoten Islands from Bodo
- accomodation in traditional rorbuer inns and hotel final night in Bodo
- museum admission
- expedition kayaks, tents, lifejackets, dry bags and safety equipment
- all meals from lunch on Day 1 to supper on Day 7
- luggage transfers between inns.
- group first aid kit

WHAT'S NOT

Airfares; hotel accommodation; insurance of any kind (we strongly suggest that you purchase travel insurance that covers medical and evacuation as well as cancellations for medical reasons), tipping of guides; alcoholic beverages or items of a personal nature.

Weather

The Lofoten Island's weather is generally mild in the summer with day-time temperatures averaging 07°C to 20°C and night-time temperatures 07°C to 20°C between June and September. The Lofoten Islands climate is influenced by their high latitude and the possibility of rain and mist is very good. The water temperatures are fairly chilly and range from 06°C to 12°C degrees in May/June.

Norway - Useful Information for Travelers

Norway is a social democratic country. The currency is 'kroner' and taxes are quite high. Alcohol is not included in the trip price. We recommend purchasing desired alcohol at DUTY FREE before arriving in Norway as taxes make buying alcohol in Norway extremely expensive, for example a beer costs 70 kroner (\$12.00 US) at a restaurant.

There are TAX FREE SHOPPING stores across the country. An 11-18.5% (depending on the amount spent in one store) cash refund will be issued upon departure. Always look for stores displaying the TAX FREE SHOPPING logo when your purchases in one store exceed NOK 310. Ask for a Global Refund Cheque and show ID (passport) which proves you are resident outside Norway, Sweden, Denmark and Finland. The shop assistant will wrap and seal the goods. Write your name, address and passport number on the cheque before you reach the cash point. When leaving Norway show your representative (not Customs) the sealed goods, your ID (passport) and the Global Refund Cheque(s) and you will immediately receive your cash refund.

THE NEXT STEP

Ready to go? Registering is easy!

Just call us at 1-800-677-0877 and reserve your spot! You can also book a reservation online at our website (www.tofino.com).

Leave the Rest to Us

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists, up-to-date health advice and other details.

Why Tofino Expeditions?

We have more than 18 years of experience as an expedition guide service, are leaders in sea-kayak instruction and have an industry wide reputation for safety, service and great food. We have guided thousands of paddlers on wilderness trips and are thrilled that so many guests become repeat clientele. Our trips are physically satisfying vacations that are designed to be relaxing, safe, thought-provoking and fun.

Our Commitment to Conservation

Tofino Expeditions has always been at the forefront of minimum impact camping technique and we have been formally recognized for our responsible expedition methods and management. We actively support a range of organizations that share our commitment to wilderness preservation.

References

Don't take our word for how great our trips are. We'll be happy to provide you with references of satisfied past travelers.

Questions?

Feel free to call us at 1-800-677-0877 if you still have any questions or concerns. We're here to help you. You can also check out our website at www.tofino.com.

TERMS AND CONDITIONS

Questions?

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Deposits and Payment

A \$500 US per person deposit holds your space until 90 days before trip departure, when payment is due in full. If your deposit is made by credit card we will process the balance 90 days prior to departure unless notified to do otherwise. Due to the nature of international operations, prices are subject to change.

Inclusive Services

The information package for each trip contains a comprehensive list of equipment and services which are included in the trip cost. Please read these carefully and call our office if you require further information.

Not included

Airfares, most meals in towns (to allow for individual choice), gratuities to staff, insurance of any kind, airport taxes (if any), alcoholic beverages or soft drinks and other items of a personal nature. Medical costs, costs of hospitalization, evacuation by helicopter or any other means is not covered in the trip cost.

Cancellations

A significant portion of our expenses are committed long before departure. At the time we receive written notice that you must cancel your trip, the following fees will apply (all dates are from departure date):

From time of reservation until 90 days prior to departure: \$150

89 to 60 days prior to departure: \$500

59 to 30 days prior to departure: 50% of Land Cost

29 days or less prior to departure: 100% of Land Cost.