



Å, The Lofoten Islands



Northern Lights

Highlights of Northern Norway

Northern Norway's landscape changes from Alpine Mountains and narrow fjords, with thriving fishing communities, to Arctic Tundra and large open spaces.

Lofoten:

In 2007, National Geographic magazine commissioned 522 experts to study the impacts of tourism on islands worldwide. The islands of Lofoten were considered **the third best-preserved destination** and a historic and geological masterpiece. This study alone should give you an idea of why the archipelago of the Lofoten is worth visiting.

Start your exploration of the islands in the bustling harbour town of Svolvær, Norway's largest fishing and fish farming community, before driving along the southern coastline of Austvågøya to the pretty fishing village of **Henningsvæ**. Attracting artists with its colourful Rorbu, narrow waterways and active fishing community, it is in Henningsvæ that you will find the **Lofoten House Gallery** as well as a number of glass and ceramic workshops and the **Ocean Sounds Research Centre** where you can learn about Lofoten's nature and marine life.

Continue south to **Stamsund**, on the island of Vestvågøya, one of the most important fishing villages in western Lofoten and a port of call for Hurtigruten. Fishing has always been the foundation of life on the Lofoten and from February to May visitors to the region will see tonnes of fish hung out to dry on the stockfish racks. The island of Vestvågøya is home to the **Lofotr Viking Museum** a full-size reconstruction of a Chieftains longhouse which holds an exhibition of original artefacts.



Hamnøy, The Lofoten Islands

The road south, across the islands of Flakstadøya and Mosekenesøya ends at the village of Å (the distance from Svolvær to Å is 134km, from Henningsvæ to Å is 127km). Moskenes is renowned for some of the most fantastic walking trails in the Lofoten, its wild mountainous landscape and for its string of traditional fishing villages – **Hamnøy, Reine** and **Moskenes** to name but a few.

From the end of May to mid-July the natural phenomenon of the **Midnight sun** is visible from the Lofoten. For the best experience, travel to the northern coastline of the archipelago to villages such as **Fredvang, Ramberg, Eggum, Unstad, Kvalnes** and **Laukvik**.

Kirkenes:

The town of Kirkenes is located on the Barents Sea just 15km from the Russian Border. It is **the furthest extremity of northeast Europe** and influences from the east are apparent.

Within the compact town of 6,000 inhabitants, several small museums recount the history and heritage of this remote region. **The Frontier Museum** in particular is worthy of a visit. Venture outside of the town and a surprisingly fertile landscape will appear.

Kirkenes is the **first port of call of the Hurtigruten's southbound voyage**. From here it is a 2-day cruise to Tromsø, 3-days to Svolvær, 5-days to Trondheim and Alesund and 6-days to Bergen.





Tromsø



Husky dog sled excursion

Tromsø:

Located at a latitude of 70° north, Tromsø is the **largest city above the Arctic Circle** in the Nordic countries and also the location of the **world's northernmost university, brewery and cathedral**. Warmed by the Gulf Stream, the city enjoys a mild climate and as such is a delightful destination to visit at any time of year.

The evocative and lively city of Tromsø, with its mix of wooden buildings and modern developments, has much to offer the visitor. Popular attractions include: the **Polar Museum** which tells the exciting story of the polar expeditions which departed from the city; the much photographed **Arctic Cathedral** which, during the summer months, plays hosts to midnight concerts; **Polaria**, an arctic themed visitor centre, **Tromsø museum** with its exhibition of Sámi cultures past and present, and the wonderful cable car ride to the top of **Mount Storsteinen** (421m) which affords a fantastic view over the city and the surrounding archipelago.

Surrounding Tromsø is a breathtaking landscape of lofty mountains, traditional fishing villages, vibrant coastal communities, green fertile lands and white sand beaches. Contrasting with modern Tromsø, within a short drive you will find a landscape almost untouched by time and age-old traditions still very much alive.

The **Lyngen Alps** with its peaks reaching up to 1833m, gushing rivers, blue glaciers, rugged, weather beaten lands and marked walking trails are wonderful to explore by car or on foot.

Protecting Tromsø is the island of **Kvaløya** – Whale Island – a photographer's dream with its steep mountains falling into the fjords and colourful fishing villages. From Kvaløya it is possible to visit the islands of **Musvaer** (2 inhabitants), **Risøy** (1 inhabitant) and **Sandøy** (3 inhabitants) and truly experience the meaning of island life.



Tromsø

Notes: The months of July and August are the height of the tourist season in Norway. Please note that outside of these months, many attractions are closed or are open for reduced hours. If you have a specific site or museum that you would like to visit, please contact us to check that it will be open during your visit.

Full details of the following excursions can be found on our website www.sunvil.co.uk/discovery

Winter holidays in Tromsø:

The snow-capped mountains of Kvaløya Island and the mainland form a magical winter backdrop for the city of Tromsø. With the winter months in Tromsø comes the natural phenomena of the Polar Nights (November 21 to January 21) and the Northern Lights (September to April), as well as a host of activities to suit all interests.

Northern Light Excursions: The dance of the Northern Lights is an awe inspiring sight and one which will be engrained on your memory for a lifetime. It is in Tromsø that Joanna Lumley, whilst filming the BBC programme 'In the land of the Northern Lights', witnessed the Aurora Borealis.

Away from the artificial lights of central Tromsø, the breathtaking landscape is plunged into darkness with only the twinkle of stars to illuminate the scene. It is here, surrounded by peaceful, unspoiled nature, that seekers of the Northern Lights await the waves of blue, green, red and purple to appear.

Northern lights tour: After a short transfer you will arrive at a wilderness centre on the outskirts of Tromsø. Your evening will be spent at leisure: enjoy hot drinks and a traditional meal in the warmth of a lavvo

and visit the dog kennels whilst waiting for the Aurora Borealis to dance in the skies above.
Price £110.00 per person.

Chasing the Northern Lights:

Led by Kjetil Skogli - the guide who led Joanna Lumley on her search for the Northern Lights - this tour is a relentless chase in search of the awe-inspiring Aurora Borealis. Kjetil is also a professional photographer with a great knowledge of astronomy.
Price £243.00 per person.

Aurora theatre of food:

Using fresh local produce your guide will cook a delicious meal whilst you relax in a tranquil setting, listening to the distant sound of the sea and waiting for the dancing Aurora Borealis to show overhead.
Price £191.00 per person

Snowmobile excursions: Sunvil offers a 30km tour which travels through the valley of Finn to the lake of Tamok, crossing frozen lakes and rolling hills en route. The tour also includes a hot meal and the opportunity to try ice-fishing.
Price £235.00 per person

Husky dog sled excursions: Sunvil offers a short dog-sled tour (1-hour and c.10-18km) which takes you through the beautiful arctic landscape on the outskirts of Tromsø. Sit back, relax, enjoy the silence and watch the world go by as your sled is expertly steered by a musher. On returning to the wilderness centre you will have time to visit the kennels to meet the dogs. A hot meal, cake and a soft drink will also be served inside a Lavvo.
Price £207.00 per person

Sámi cultural tours: Experience handling and driving your own reindeer across the snow covered landscape (c. 1km per passenger). Back at the reindeer camp, you will enjoy a presentation of Sámi culture and history by your local guides. You will also have the opportunity to try lasso-throwing.
Price £222.00 per person

Note: If purchasing Sunvil travel insurance, the optional adventure extension must also be purchased if snowmobile, dog sled and/or reindeer sled excursions are planned.