Arctic Menu
One of the many temptations of Northern Norway is our food. The abundant nature provides us with the best basic ingredients in the world, and these are the main ingredients of the Arctic Menu. So are our food traditions, and the joy of creating new and exotic variations of them. We look forward to welcoming you! More information on: www.arktiskmeny.no

Olavsrosa
Olavsrosa – St. Olav’s Rose – is the hallmark of Norwegian Heritage. It points the way to extraordinary experiences that are rooted in the Norwegian heritage. It is awarded in accordance with a strict assessment based on the product’s cultural value, how this is being protected and how the product is made available to the public. More information on: www.olavsrosa.no

Environmentally certified company
Companies and businesses that are subject to an environmental analysis and found to meet the defined industrial requirements are certified as Eco-Lighthouses (Miljøfyrtårn). The Eco-Lighthouse is a public Norwegian certificate. The scheme is supported and recommended by the Norwegian Ministry of the Environment. More information on: www.miljofyrtarn.no

Lofoten Winter
Companies that are marked with this symbol cooperate with the project Lofoten Winter. The objective for the project is to establish specific offers for our guests, especially in the late autumn and winter. The offers are quality assured through the project and the companies are committed to fulfill certain defined requirements. More information on: www.lofoten-winter.com

Highway E10 will soon be a National Tourist Route through Lofoten
National Tourist Routes is a nationwide project carried out by the Norwegian Public Roads Administration. The Head of the Norwegian Public Roads Administration provides the authorities and framework, and the Tourist Route Office of the Norwegian Public Roads Administration manages the project. A separate, superior review board ensures that the routes become a particular tourist attraction of high quality. Separate architectural boards ensure that the features along the routes are of a high visual quality. More information on: www.turistveg.no
Welcome to the Lofoten Islands!

If you are reading this brochure while in Lofoten, you will already have discovered the magic of this archipelago, north of the Arctic Circle. But if you are reading these words elsewhere in the world, and are wondering if the Lofoten Islands might be your next holiday destination, then you should close your eyes and imagine a landscape with blue sea and rows of jagged mountain peaks reaching up towards the heavens. See the waves rolling heavily towards the shore, hear the cry of gulls echoing between the rorbu cabin walls, relish the smell of the sea, the seaweed and the tarred quayside buildings. Should you crave something more dramatic, then lose yourself in a dream of Lofoten in the wintertime – the Dark Season, the Northern Lights, the snow. See the fleet come in from the fishing grounds, and maybe feel the tug of a genuine Lofoten cod on your own line ... In the autumn you can see killer whales (orca) breach an arm’s length away from you, as you sit close to the surface in a ribbed inflatable boat. The air around you may be filled with snow, rain or wind –or just the warmth of the drowsy autumn sun. Conditions may change –and it can happen quickly! It’s the experience of a lifetime, no matter what the weather.

It’s all there waiting for you –in the summer, in the winter, in the autumn, and in the spring. Whatever the season, it will always be an adventure. We will do our outmost to help you achieve your dream of a genuine Lofoten adventure.

And for those of you who are already here: go out and enjoy Lofoten! In this case at least, you can’t get too much of a good thing.

Kindest regards
Trygve Steen, Director of Tourism
Destination Lofoten
LOFOTEN

OSLO

FLAKSTADØY

MOSKENESØY

Bjerkvik, X E6/E10 - Melbu: 220 km
Ulsvåg, X E6/RV81 - Skutvik: 36 km
Fauske, X E6/RV80 - Bodø: 61 km
LOFAST: A boat-free connection to the mainland is being built and is scheduled for completion in December 2007. The new travelling time between Svolvær and Evenes will then be 2.5 hours.

FERRY CONNECTIONS:  www.hurtigruten.com
Melbu-Fiskebøl 25 min (www.nordtrafikk.no)
Skutvik-Svolvær 2 hours
Bodo-Røst 4,5 - 5 hours
Bodo-Værøy 3,5 - 5 hours
Røst - Værøy 2 hours
Værøy - Moskenes 1,5 hours
Bodo-Moskenes 3 – 3,5 hours

EXPRESS PASSENGER VESSELS (CATAMARAN), TRAVELLING TIME:
Svolvær - Bodo 3 h 30 min (www.hurtigruten.com)
Svolvær - Narvik 3 h 25 min (www.177nordland.com)

THE COASTAL VOYAGE (HURTIGRUTEN), TRAVELLING TIME:  www.hurtigruten.com
Bodo – Stamsund 3 h 45 min
Bodo - Svolvær 6 h
Stokmarknes - Svolvær 3 h
Stokmarknes - Stamsund 5 h 30 min

FLIGHTS BODØ–LOFOTEN 20-30 MINUTES:  www.wideroe.no
Bodo – Leknes
Bodo – Svolvær
Bodo - Røst
Bodo - Værøy with helicopter

www.nordtrafikk.no

Symbols
- Tourist Information Centres
- Artscape Nordland
- Drainage facilities for camping/bus toilets
Lofoten

Geography
Lofoten is the archipelago to the west in the ocean, north of the Arctic Circle, at the 67th and 68th degree parallels. The principal islands are Austvågøy, Gimsøy, Vestvågøy, Flakstadøy, Moskenesøy, Værøy and Røst. The southernmost part of Norway’s largest island, Hinnøy, is also in Lofoten. The total land area amounts to 1,227 sq. km. About 24,000 people live there. The road distance is almost 170 km from Fiskebøl near Vesterålen in the north to Å in the south, where the E10 ends. From Lofotodden, at the south end of Moskenesøy Island, the air distance is more than 60 km to Skomvær, the southernmost point in Lofoten.

Lofoten stretches like a wall of mountains to the southwest in the sea. Between the mainland and the «Lofoten Wall» lies the Vestfjord. Lofoten consists of mountains and peaks, wide open ocean, sheltered inlets, stretches of seashore and large virgin areas.

Transportation
Lofoten has airfields in Svolvær, at Leknes and at Røst. There are daily departures for Bodø. A helicopter service has been opened between Værøy Island and Bodø. The Coastal Express calls at Stamsund and Svolvær, both on the way north and on the way south every day.

There are bus connections with Vesterålen and Fauske/ Bodø, with further connections by train. Bodø is served by express boat from Svolvær. There are also bus and express boat services to Narvik. From there it is possible to travel further by train to Sweden. The ferry between Svolvær and Skutvik is the connection to the E6. When heading towards Vesterålen, people take the ferry from Fiskebøl to Melbu. A project has been started to provide a ferry-free connection to the mainland.

There are ferries from Moskenes to Bodø and routes in the south to Værøy and Røst, which also have daily ferry service to Bodø. Bridges and tunnels have replaced the ferries between the largest islands in Lofoten. There is a bicycle ferry between Ballstad and Nusfjord during the summer.

History
The first people came to Lofoten about 6,000 years ago. Lofoten’s Stone Age inhabitants survived on fishing and hunting in an area which provided good living. All of Lofoten was covered by large pine and birch woods at that time. There were deer, bear, wild reindeer, lynx and beaver, and the sea was full of fish, seals and whales. Agriculture developed early, and grain was harvested in Lofoten as early as 4,000 years ago. The Viking Era saw the emergence of several large chieftain seats. Tofts from a Viking chieftain seat have been found at Borg on Vestvågøy Island, containing the largest Viking banquet hall ever found in any country. The building was 8.5 metres wide and as much as 83 metres long. A reconstruction of the building has been raised, and the Viking Museum, LOFOTR, at Borg opened in June 1995.

The Lofot Fisheries early gained importance. King Øystein considered these fisheries to be of such significance that he, as early as 1103, built a church in Vågan, which at that time was the base of the Lofot fisheries. In about 1120, he also built the first fishermen’s huts ever mentioned in the Saga. Stockfish, produced from spawning cod, was the staple good, and it was sold to almost all of Europe. Italy is still the most important market for high-quality stockfish from Lofoten. Near Kabelvåg is the location of Vågar, the only medieval town of the North Calotte.

From the 14th century on, Lofoten had to pay taxes to Bergen. This was the beginning of an economic dominance which lasted for 600 years, first executed by the German Hansa tradesmen, and then by their Norwegian heirs. Changing times with bad years and poverty were succeeded by periods of good years and wealth. Following the 1860s came the large herring migrations which were the basis of growth, prosperity and immigration. The foundation of today’s settlement was laid.

Income
The winter fisheries for cod are still crucial for the settlement in Lofoten. Fishermen from all over North Norway take part in the Lofot Fisheries, which are based on the Norwegian Arctic cod’s spawning in the Vestfjord between February and April. The fishing of these stocks has been strictly regulated for many years, also in Lofoten. This has proven necessary in order to maintain stocks at
a secure level. Over the past 20 years, herring fishing in the area has been of increasing importance. Salmon farming has also become an important industry in Lofoten.

Agriculture is still significant to some of the areas in Lofoten, even though the number of farms has been greatly reduced in the past 30 years. Lofoten exports dairy products and meat. Lofoten lamb is the best in Norway. The industry is largely connected to the fisheries, but there is also other industrial activity in the region. The tourist industry is becoming increasingly important, now counting approximately 280,000 visitors per year. Public and private services as well as commercial and cultural activities are well-developed.

**Climate**

Due to the warm Gulf Stream, Lofoten has a much milder climate than other parts of the world at the same latitude, such as Alaska and Greenland. The coastal climate in Lofoten makes the winters mild and the summers relatively cool. January and February are the coldest months, with an average temperature of -1°C. July and August are warmest with an average temperature of 12°C. May and June are the driest months, with an average 40 mm of rainfall.

**Rocks and Scenery**

Lofoten has very interesting geological features. Transformed rock, which was formed approximately three billion years ago, is predominant. These are some of the oldest rocks on the earth. The mountains of Lofoten, however, were not formed until the last Ice Age, which ended about 10,000 years ago. When the ice withdrew, rigid edges and peaks were left behind. All the islands of Lofoten are surrounded by strong tidal currents. Moskstraumen between Lofotodden and Værøy is the most famous of them.

**Birds**

Lofoten has a rich and varied selection of plants. Plants usually found only in the mountains, in the fields and on the beach grow side by side along the shore. This is due to the fact that the landscape is exposed to much light and relatively cool temperatures during the summer, which enables the mountain plants to flourish all the way down to the coast. The most common trees in the woods are the Arctic birch, the rowan and the sallow. All conifers in Lofoten have been planted.

*Source: Ryvarden. “Lofoten and Vesterålen - A Guide to Travel and Culture”.*

**Source:**

www.lofoten.info

© Terje Rakke/Lofoten Vinter

thousands of puffins and other sea birds can be heard and seen here, joined in a colourful orchestra.

**Life in the Sea**

The Gulf Stream brings many fish species from the south, and Arctic species migrate from the north. Fishing has always been the very foundation of life in Lofoten. This is due to the close proximity to the fishing grounds. «Skrei» (spawning cod), which is caught during the winter fisheries, is the most important for the industry. In addition comes other important species such as haddock, saithe, red-fish, catfish, herring, tusk, ling, plaice, halibut and squid. Seals and killerwhales are regularly observed offshore Lofoten.
Vågan Municipality includes almost all of the islands of Austvågøy, Gimsøy and a number of small islands, among them Austvågøya, Gimsøy and Hinnøya also belongs to Vågan. Svolvær is the «capital» of Lofoten, and an important hub for the entire region. The town is also the largest gateway to Lofoten for the steadily increasing tourist traffic. Service industries are well developed, including both private and public services. The biggest newspaper in the area, Lofotposten, is published in Svolvær. There are many schools with several branches at the upper secondary level. In Kabelvåg, you will find the art and film college Nordland kunst- og filmskole as well as Lofoten Folk High School. The colourful cultural life includes choirs and bands, cabaret groups and a number of other activities. The Nordnorsk Kunstnercentrum (The Art Museum of Northern Norway) has been established in Lofoten, and 75% of all professional artists in Lofoten and Vesteraalen live in Vågan. The Lofoten International Art Festival is held here every other year. All kinds of sports; indoor sports hall, skiing slopes, floodlight tracks, wonderful walking and touring terrain and lively small-boat activity, form part of the leisure activities of people living here.

Public transport
Daily flights to the other air fields in the area and to the main airline network in Bode. Svolvær is called at daily both by the north-bound and the south-bound Hurtigruten Ships. Express boat service to Bode and Narvik. Ferry service to Skutvik/the E6. Vesterålen is served by the ferry route between Fiskebøl and Melbu. Good bus connections to and from Svolvær. Car ferry and express boat to Skrova. Car ferry to Store Molla from Digermulen. In autumn 2007, a new highway (E10) to Lofoten will be opened, enabling visitors to travel to Lofoten without taking a ferry.

Description of the district
Svolvær: Became a transit harbour in 1918. Svolvær was awarded town status on 17.5.1996, and today it has about 4,290 inhabitants. One of Northern Norway’s most important harbours for maritime service. Svolværgata, «the Svolvær Goat», is the town’s most characteristic feature, representing a challenge to climbers. The peak was reached for the first time in 1910. The painter Gunnar Berg from Svolvær painted many pictures from Lofoten. His most famous painting, «The Battle of Trollfjord» can be seen in the Gunnar Berg Gallery. Other art galleries include the Art Museum of Northern Norway, Galleri Dagfinn Bakke and Lofoten Theme Gallery. The Lofoten War Memorial Museum recounts the role of the Lofoten Islands during World War 2. Unique ice sculptures are displayed at Magic Ice next to the Hurtigruten docks. Svolvær offers the exciting atmosphere of a bustling harbour, a small town and an artists’ environment simultaneously.

Storvågan: Historical area with roots dating back to the year 900. In the Middle Ages the area was the most densely populated in Northern Norway due to the Lofoten fisheries. From Storvågan, all fish was transported out of the region for further export to the continent. In addition we have the Lofof Museum, the Lofot Aquarium and Gallery Espolin Johnson - all of them fine attractions.

Kabelvåg: This community was the most important fishing village in the last century. Kabelvåg forms part of the municipality’s cultural history reserve with an interesting architectural environment. Approximately 1,920 inhabitants. Around the year 1103, King Øystein had Lofoten’s first church built in Kabelvåg. Later, in around 1120, he also had «rorbu» cabins built for the fishermen. A commemorative statue of him can be seen on the heights overlooking Kabelvåg town centre. Vågan Church, also known as the «Lofoten Cathedral» can also be found in Kabelvåg. It was built in 1898 and can accommodate up to 1200 people. The village square is the heart of Kabelvåg, and creates a good atmosphere around the harbour. Visit the gallery of artists Thor Erdal and Inger Anne Nyaas, which is situated right next to the square.

Henningsvær: «The Venice of Lofoten» and one of Lofoten’s largest fishing villages, has approximately 470 inhabitants. Galleri Lofotens Hus is a popular tourist attraction. In addition to paintings by Karl Erik Harr, it has a collection of paintings by other well-known 19th and 20th century artists from Nordland. There is also an exhibition of photographs taken in Lofoten at around the turn of the 19th century by the well-known photographer, Wilse. Henningsvær has a number of interesting workshops and outlets for glass and ceramics in Henningsvær on Engelskmannsbrygga (The Englishmen’s Hamlet), as well as a candlemaking workshop.

Skrova: This island jewel of the Vestfjord, with its wonderful sandy beaches, offers the best views of “Lofotvægen”, the “wall” of mountains that runs through the Lofoten Islands. Skrova has the least rainfall and most hours of sunshine in the region, and offers the most unique facilities in Lofoten for photography, art galleries, accommodation, places to eat, sea fishing and good walking country. From the mountain Skrovafjellet, at 282 metres, there are superb views of Hamarøy, Landegode, Lofotvægen and all the way to Værøy. With its population of around 230, Skrova has been a centre for fisheries and whaling for many decades. This authentic fishing village offers visitors the chance to relax in peaceful surroundings. Daily communications with Narvik, Skutvik, Bode and Svolvær. The community of Skrova and the surrounding islands are absolutely worth a visit.

Digerumlen and Raftsundet: The community of Digerumlen with Keiservarden is situated by the entrance to the Raftsundet strait. There are organized trips from Svolvær several times a day in the summer to these beautiful natural surroundings and to Trollfjorden. Take the side road from Highway E10 near Fiskebøl. This is an excellent area for cycling trips.

Laukvik is situated on the north-western coast of Lofoten and offers fantastic views of the ocean and the midnight sun. About 430 people live there, and the main sources of income are fishing and agriculture. There is a range of accommodation, and the surrounding area is a good starting point for walks to places like the mountain Matmora. There is also a small museum in Laukvik.

Gimsøy - Hov is situated on the north-western coast of Lofoten and offers fantastic views of the ocean and the midnight sun. Hov is one of the oldest inhabited places in the Lofoten Islands, and as such has a wealth of ancient monuments including burial mounds and landing places for boats that date back as early as the Stone Age and Iron Age. Lofoten Golf Course has been established in the same spectacular environment. At present, it is a 9-hole course situated right on the seashore.

Area: 477 km2
Population: 8,988
Municipal centre: Svolvær
Telephone: +47 75 42 00 00
www.vagan.kommune.no
The western and southern parts of Vestvågøy are dominated by tall steep mountains. The north and east are also mountainous, but here the mountains are not as steep nor as tall as in the west and south. Between the mountains, the land stretches out to form a wide valley, Lofoten’s principal agricultural area. Vestvågøy is actually the second largest agricultural municipality in Nordland County. The municipality’s school system is very well established from primary to upper secondary levels. There is a wealth of cultural activity in the borough including the Lofoten Theatre, the Nordland Puppet Theatre, the Children’s School of Culture, the School Brass Band, the Choir, folk dance groups and several sports clubs. There are also swimming pools and sports halls, a central stadium, ski jump and downhill slope, in addition to lit skiing trails and first class rambling terrain providing the opportunity of activity all year round.

**Public transport**

Daily flights between Leknes, Svolvær and Bodø. The Coastal Express calls at Stamsund every day. Vestvågøy is connected with areas in the west by a tunnel under Nappstraumen. The road to the east crosses to the islands of Gimsøy and Austvågøy, to which two bridges were opened in 1981.

**Business**

Supplemented by services and trade, fishing and agriculture are the main sources of income for the municipality. The Lofoten Trålrederi (a trawler company) is based in Stamsund. A national test has confirmed that the best lamb in the country comes from Lofoten. The fishing fleet employs a significant number of people.

**Description of the district**

**Ballstad:** Approx. 1,000 inhabitants, one of Lofoten’s largest fishing villages. Here you will find a steam processing plant for cod-liver oil, a boat yard harbouring the world’s largest mural, an art gallery, cafés, restaurants, and several places where you can hire fishermen’s huts for accommodation. Ballstad was one of the first communities to provide this kind of accommodation.

**Gravdal:** Approx. 2,100 inhabitants, one of the largest villages on Vestvågøy. Lofoten Hospital and the Nordland School of Fisheries are situated here. Buksnes Church, built in dragon style in 1905, is also worth a visit.

**Leknes:** The municipality’s centre of administration and trade, with about 2,050 inhabitants and well-developed services, including hotels, cafés, restaurants, auto repair shops, specialty shops, a pharmacy, bakery, cinema, swimming pool. The newspaper «Lofot-Tidende» is published here twice a week.

**Vik/Haukland:** Marvellous white beaches; fine spots from which to watch the Midnight Sun, and a popular outing place for both local residents and tourists.

**Unstad:** A mountain lookout. The houses here are grouped together as they would have been in the Middle Ages. Great tracks and facilities for hiking. A tunnel leading to the village was opened in autumn 1995. Excellent conditions for surfers.

**Borg:** «Lofotr Vikingmuseum». The biggest Viking Age chieftain’s homestead in Scandinavia has been excavated at Borg and a full-scale replica of the chieftain’s house has been reconstructed. If you have time, you can go down and take a look at «Lofotr», the Viking ship, and the authentic boathouse replica. The King’s Stone, signed during the royal couple’s visit to Northern Norway in summer 1992.

**Eggum:** The houses here are grouped together as they would have been in the Middle Ages, and attractively situated at the foot of tall mountains. Beautiful pebble beach; lookout for viewers of the Midnight Sun. «Borga», built in stone during WW II, was one of the first German radar stations in northern Europe. Good starting point for hikes.

**Mortsund:** An active fishing village with several fish farms. The most modern cod-liver oil factory in Northern Norway. Salmon farming. Trail to the Middagstinden mountain. Rich bird life.

**Stamsund:** Approx. 1,500 inhabitants, one of the largest fishing villages in Western Lofoten. There are handicraft shops and Hurtigruten docks. Stamsund Sports Club runs the best alpine skiing resort in Lofoten. An artists’ studio and «Galleri 2» are situated approx. 100 m from the Hurtigruten docks. A theatre festival is arranged here every summer.

**Holøyene:** One of the largest known North Norwegian burial sights from pagan times, believed to date back to the early Iron Age, i.e. somewhere between 200/300 and 600 BC.

**Vestvågøy Museum:** At Fygle, there is a fine collection of approx. 2,000 items. At Skaftnes (Sennesvik), the collection further consists of a farm house from 1860, a pier, a large boat house and a forge. There are also remains from the Stone Age in the settlements at Sversvika.

**Borge Church:** Consecrated in 1987, this church has room for 700 people and is often used for concerts. «Open road Church». The church is well known for its distinctive architecture and excellent acoustics.

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**www.lofoten.info**
Flakstad Municipality consists of Flakstadøy Island and the northern part of Moskenesøy Island. The origin of the municipality name, Flakstad, is unclear. It might derive from the word «flag», meaning «cliff». An older name for the island was «Vargfot», meaning «wolf’s paw».

The E10, also known as «King Olav V’s Road», passes through Flakstad on its way to Å. Most of the people in Flakstad live along the outer edge of Lofoten, facing the ocean, in fishing hamlets such as Ramberg and Fredvang.

In Vestfjord we find Sund, Skjelfjord, Nesland and Nusfjord. Most of the beaches and farmland areas are found at Fredvang, on the northern tip of Moskenesøy Island, Vareid and the area around Flakstad Church. The local tourist information centre is situated between the parish of Flakstad and the village of Ramberg (about 2 km north of the centre). The municipality is divided in two by the rapid strait of Sundstraumen, which at its narrowest, at Strømsnes between the islands Moskenesøy and Flakstadøy, is just wide enough for two fishing vessels to pass each other.

The administrative centre, Ramberg, has a library, a supermarket, a petrol station and a garage. Furthermore, the municipality has good schools and services; there are places to eat in Ramberg that are open all year round, and in the summer there are also places to eat at Fredvang, Sund, Vikten and in Nusfjord.

**Public transport**

The distance from Ramberg to the nearest airport at Leknes, is 33 km, and Stamsund, the nearest port of call for the Hurtigruten ships is 49 km away. There are ferries to Bøda, Værøy and Røst from Moskenesøy island, is the point of departure for hiking trails leading to Yttersida, «the Outside». In the area around Fredvang are picnic grounds, cabins for daytime hikers, and the village association’s cabin with overnight sleeping facilities. The «Draug Festival» takes places in July.

**Business**

Fishing and agriculture are the main sources of income for the municipality. Fish is brought to land at Fredvang, Nusfjord, Napp, Ramberg and Sund. At Vikten, Ramberg and Sund, there are also well-established arts and crafts centres. Smeden, «the Blacksmith», at Sund, probably has the largest number of visitors, together with the glassblowing workshop at Vikten. With between 20,000 to 30,000 visitors during the summertime, these are among Lofoten’s most popular attractions.

**Description of the area**

There are remains of Stone Age settlements in Flakstad. Nusfjord and Sund have been referred to as fishing villages in documents, dating back to the 16th century. The Church and the King were major landowners, but during the 19th century most of the King’s land was sold to private parties, and the system involving landowners in fishing villages came into existence. When this system crumbled, new, modern fishing villages cropped up in the municipality.

**Ramberg:** The administrative centre is located next to a lovely white sandy beach facing the Norwegian Sea. Just outside the village we find the beautiful Flakstad Church, built out of wood in 1780, with its characteristic onion cupola. The altarpiece is older than the church, and the pulpit was painted by the master painter from Bergen, Godtfred Ezechiel.

**Nusfjord:** Flakstad’s most famous fishing village. During the European Architecture Conservation Year in 1975, Nusfjord was chosen as one of three pilot projects for the preservation of original construction customs in Norway. Here you will find an agglomeration of fishermen’s huts, some of which are inhabited by fishermen during the winter season, and used by tourists in the summer. Michele Sarno’s silver smith workshop "Krismar Solvsmile" is open all year round.

**Vikten:** Here you will find a glass blowing hut and the Åses keramikk pottery, both popular tourist attractions where handmade products are sold. The pebble beach faces the open sea.

**Napp:** A modern fishing village. The beginning of the Flakstadstien trail, a sign-posted footpath leading from Napp, past Storbåthallaren - a well-known Stone Age settlement - to the abandoned farming and fishing village of Østre Nesland.

**Sund:** An old fishing hamlet. A fisheries museum with a separate department for boat engines that can be started. Home of the smith who made the smith for the Battle of Narvik in 1940.

**Fredvang:** This fishing village, situated on the northern part of Moskenesøy island, is the point of departure for hiking trails leading to Yttersida, «the Outside». In the area around Fredvang are picnic grounds, cabins for daytime hikers, and the village association’s cabin with overnight sleeping facilities. The «Draug Festival» takes places in July.

**Mølnarodden:** Easy access to hiking trails near the Solbjørnsvatnet lake.

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**Area:** 180 km²  
**Population:** 1,453  
**Municipal centre: Ramberg**  
**Telephone:** +47 76 05 22 01  
**www.flakstad.kommune.no**
Moskenes municipality covers the southern part of the island of Moskenesøya, where the landscape has been sculpted by glaciers and other elemental forces that have turned it into one of the wildest and most fascinating spots in Norway. Hermannsdalstind, with an altitude of 1029 metres, is the highest mountain in Western Lofoten. There are a large number of mountain lakes to fish in. The landscape is characterised by sheer mountains and a narrow shoreline, and has some of the oldest rocks in Europe, approximately 3 billion years old. There was settlement on the western side of the island, overlooking the mighty ocean, up until the 1950s. Today, settlement is concentrated on the eastern side, where there are good harbour conditions for the fishing fleet, cargo vessels and pleasure boats. Services in the municipality are well-developed and include grocery shops, a bank, post office, kiosks, restaurants, cafés and a petrol station. The municipality also has a primary and secondary school. There are many cultural activities in Moskenes, including a music school, a library, art gallery, and numerous clubs and organizations.

Public transport
There are ferries to Bodø, Værøy and Røst. The E10 connects Moskenes with central and eastern parts of Lofoten. There are good bus connections with Leknes, Stamsund and Svolvær. In Svolvær there are bus and boat connections with Vesterålen and Narvik. Distance to the nearest airport, Leknes: 55 km. Distance to the nearest port of call for the Coastal Express, Stamsund: 70 km.

Business
Fisheries have been, and still are, essential for habitation in Moskenes. Moskenes is one of the municipalities in Norway that is most dependent on fishing. In recent years, tourism has gained in importance.

Description of the district
In Moskenes, the fishing villages lie one after the other like pearls on a string. In places like Hamnøy, Sakrisøy, Reine, Moskenes, Sørvågen, Tind and Å, much can be learnt about everyday life in a fishing village. You can also follow the example of many visitors, and rent a fisherman’s hut, spending your vacation in an authentic and lively environment. Moskenes Island has plenty to offer for those who wish to meet the elements. A boat trip by way of the Maelstrom, characterized as one of the fiercest - and possibly the most dangerous - ocean currents in the world, brings us to the "Outside" of Lofoten. Here we find traces of settlement dating thousands of years back in time. The gigantic Kollihellaren Cave inRefsvika is a coastal cavern with approximately 3,000 year old cave paintings. Organised boat trips and fishing trips in the Maelstrom in summer, together with visits to the cave in Refsvika, in the company of authorised guides. Fishing boats also offer trips that provide insight into the professional life of fishermen: «Fisherman for a day». Back on the «Inside», you might want to take a trip to Reinefjorden. From Reine a boat goes to one of the most beautiful fjords, where you can have a pleasant walk when you go ashore. In the centre of Reine you will find a popular glass shop and fish shop. Reine is also the home and workplace of the versatile artist Jan F. Wanggaard.

Moskenes Municipality’s contribution to «Skulpturlandskap Nordland», the sculpture «Laurel leaves in Moskenes», by Spanish artist Cristina Iglesias, is situated in Akkarvik by Hamnøy. In Moskenes there is also a sculpture in memory of Tennes-Kaspara, the last person to be beheaded in Moskenes. Galleri Krysset, a private art gallery, and the Norwegian Telecom Museum, are located in Sørvågen. Moskenes is known for its fantastic walking country, both in the mountains and in any of the small fishing villages, so rich in tradition. A two hour hike from Sørvågen, along a signposted and marked rambler’s trail, will lead you to the Lofoten MountainTouring Association’s rambler’s cabin, «Munkebu» (DNT).

At Norsk Fiskeværsmuseum (the Norwegian Fishing Village Museum) in Å, you can experience the activities of a genuine, traditional fishing village. For 200 years, the museum’s buildings have served their own different purposes in the ancient village: in the boat house, steam processing plant for cod-liver oil, forge, bakery, and fishermens’ cabins etc. visitors can experience life related to the Lofoten fisheries, the dried fish production and cod-liver oil production, as well as local beliefs and superstitions connected with the "Drageun" sea monster and the Maelstrom. The forge and the bakery are in operation throughout the summer. The museum also produces and sells its own cod-liver oil. Close to the museum is Lofoten Tørrfiskmuseum (Lofoten Dried Fish Museum), dedicated to the history of the production and sale of Norway’s oldest export, dried fish. Through extensive exhibits, guided tours and video films in several languages, visitors can learn all about this historic industry.

On the island of Sakrisøya, Dagmars Dukke- og Leketøymuseum (Dagmar’s Doll and Toy Museum) can be found - a place for the whole family. The first of its kind in Norway - opened in 1992. There is a second-hand shop there too. On the other side of the road is Anitas Sjømatbutikk (Anita’s Seafood Shop), selling a wide range of fresh, smoked and dried fish.

Historical events
1906: Northern Europe’s first wireless telegraph station was opened in Sørvågen. Norsk Teksemuseum (The Norwegian Telecom Museum) has been established in Sørvågen to present the unique history of local telecommunications.
1928: Northern Europe’s first radio telephony station is opened in Sørvågen. With the aim of linking broadcasting and telephone technology, church services in Moskenes Church were transferred to the radio station on 12 February 1929.
1941: The Reine Raid is carried out by Norwegian and British commandos.
1963: King Olav opens the Lofoten Road. The King goes ashore at Å and lays down a commemorative plaque at Hamnøy.
1992: «King Olav’s Road», Highway E10 from Å to the national border.

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**Værøy, a Living Coastal Community**

Værøy, the penultimate in the chain of the Lofoten Islands, has every feature typical of Lofoten in one place: midnight sun, white sandy beaches, seabird colonies, trolls, and an historical but still active fishing village.

**Nature and Environment**

The Værøy mountains differ from those in the rest of Lofoten. Although just as steep, they are easier to ascend. Wonderful views in all directions after little more than a brisk walk.

To the east and south of the mountains lies Sørland, the island's municipal centre.

On the northern side of the island are Old Værøy Church and Parsonage. Værøy's former airfield is now home to a campsite, art exhibit venue and pub. The midnight sun, from 30 May to 13 July, can be seen at its best out here where the path to Måstad begins.

Over 80 % of jobs in Værøy are connected with the fisheries. Fishing in Lofoten is for cod in winter, Greenland halibut and saithe in summer, and herring in autumn. The climate on Værøy, with its mild winters and cool summers, is perfect for producing stockfish (dried fish). Italy and Spain are the most important markets, and as a result of this trade down through the centuries Værøy is twinned with Venice. The per capita value of fish exports is approximately NOK 650,000.

**Attractions**

**Seabird colonies.** The great seabird colonies in the cliffs on the outer edge of the Måstad peninsula on Værøy were in times gone by an important and necessary food resource for the people of the island.

**Måstad.** Once, 150 people lived on Måstad. With no roads and poor harbour facilities, Måstad was eventually abandoned. Going ashore at Måstad is frequently combined with fishing trips or an expedition by boat to see the bird colonies.

**Lundehund.** Puffins were hunted using specially trained "lundehund" or puffin dogs. All the "lundehund" dogs in Norway can trace their roots back to Måstad on Værøy.

**Trolls.** Værøy, more than any other, is the island of trolls. This is where the huge, notorious "tussene" lived, Lofoten's biggest trolls. You will meet Heimertussen and Yttertussen on the way from Nordland to Måstad.

**Eagle hunters’ caves.** In the days when there was a bounty on catching eagles, the birds were caught by the islanders using only their bare hands. Lying concealed in mountain caves, the hunters would lure the eagles with bait and then catch them alive.

**Sanden.** A beautiful and unusual sandy beach, with caves containing paintings over 3,000 years old.

**Molbakken.** Molbakken in Nordland is a large pebble beach at the old sea level. A large number of finds from the Viking age have been made here.

**Moskstraumen.** The trip from Moskenes to Værøy takes one across one of the world’s fiercest maelstrom currents, «Moskstraumen», which inspired both Edgar Allan Poe and Jules Verne in their writings.

**Old Værøy Church** with its black, onion-shaped dome, is also the oldest church in Lofoten, built in about 1740 and moved to Værøy in 1799. The carved alabaster altarpiece figures are English and date from about 1430.

**Activities**

Visitors to Værøy will find a range of activities to enjoy. Some activities are seasonal. Visits to the seabird colonies from the latter half of May until the beginning of August. Fishing trips are organised all year round. The area around Værøy is perfect for kayaking and diving. The mountain walking trails offer wonderful scenic views.

**Transport**

The world's most northerly helicopter route goes every day to/from Bodø. Ferry route: Bodø– Moskenes– Værøy– Røst.

**Art and Culture**

Værøy enjoys a rich cultural life, including the largest male voice choir in the Lofoten Islands. The Sjyrock Music Festival is an annual event.

Værøy is an exciting meeting place for a variety of artistic and cultural offerings. The island has inspired many artists over the years, including the famous Norwegian painter, Theodor Kittelsen.

**Accommodation**

Værøy offers a variety of accommodation. On the north side of Værøy is a guesthouse and the island’s only campsite. On the south side of the island you will find converted fishermen’s huts and boathouses, cabins, and a motel.

**Services**

Sørland has shops with cash machines and post office services, a bank, petrol station, fish landing facility, garage, cafés, pub, municipal administration, library, doctor and registered nurse.

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**Area:** 17.5 km²

**Population:** 756

**Municipal centre:** Sørland

**Telephone:** +47 76 05 15 00

www.varoy.kommune.no
On the tip of Lofoten, out in the ocean about 100 km to the west of Bodø and 115 km to the north of the Arctic Circle, we come to Røst and its 365 islands, islets and reefs. The largest of them, with its highest point just barely 12 m above sea level, is Røstlandet. Further south, the islands of Storfjellet, Vedøya, Trenyken and Hærnyken loom like gigantic monuments in the water. The entire population of this municipality is to be found on Røstlandet and a couple of lesser islands with which it is connected by roads. Here, too, we find the municipal administration offices, a primary school, a nursery, shops with post office facilities, restaurant, hotel, airport, and fisheries warehouses.

Business
The great ocean itself, and what is left of the Gulf Stream, leaves its mark on Røst, with mild winters and cool summers. Coupled with relentless winds, the climate is ideal for the production of the island's most important export commodity, stockfish. From January to April large amounts of cod are brought ashore and hung on racks, to be processed by the weather and turned into first class products. Røst is more dependent on fish than most other municipalities in the country. In fact, not many municipalities in Norway produce export articles for larger sums per inhabitant than Røst.

Public Transport
There are daily flights between Bodø and Røst. Good corresponding flights. Ferry link between Bodø, Værøy and Moskenes. The direct crossing from Bodø to Røst takes about 4.5 hours on the ferry and 20 minutes by air.

Description of the District
The scenery on Røstlandet, covered as it is by flat pastures, marshes and innumerable lakes and ponds, contrasts sharply with the towering, steep bird cliffs that rise out of the sea towards the southwest. Nowhere else in Norway will you find as many nesting sea birds as on these islands.

The Church Ruins
The church itself was consecrated in May 1839 by a bishop, the Right Rev. Kierschow. In building their church out of stone, people felt they were safeguarding it from storms. It was constructed along lines laid down by the architect Lindstows for the country’s churches in general for countryside churches, but is presumed to have been the only church of its kind to be made of stone, as a protection against storms. It was used until 1900, as it was considered too small and demolished the year after by Royal decree.

Art/Culture/History
Røst, and in particular Skomvær Lighthouse, the final outpost overlooking the Atlantic Ocean, has long been a source of inspiration and a favoured destination among artists and writers. The clergyman-poet Petter Dass described Røst in his poems, and Thorolf Holmboe wrote “The Cormorants of Røst.” The Legend of the cormorants of Utrøst and the fairy tale world that according to tradition is to be found out at sea off Skomvær Lighthouse, is also well known. Pictorial artist Theodor Kittelsen lived at Skomvær Lighthouse for almost two years in the late 1880’s, publishing his accounts in the form of both drawings and writings. Karl Erik Harr has also illustrated the fairy tale of “The Cormorants of Utrøst” and his illustrations are on permanent display at Røst School. Many of famous Norwegian artist Kaare Espolin Johnson’s best known motifs are from Røst.

Pietro Querini
This was a Venetian nobleman, shipwrecked in the North Sea during the early winter of 1431, on a journey from Crete to Flanders. One of the lifeboats with survivors from the wreck drifted ashore on the uninhabited island Sandøy, outside Røst. The survivors were found, in very poor condition, in January 1432. They stayed on till spring, and then left on ships carrying stockfish. The Italians’ narratives of conditions on Røst at the time is one of the most important descriptions we have about the lives of ordinary people in Northern Norway during the Middle Ages. A monument to commemorate Querini and his companions was unveiled on Sandøy, 10 July 1932.

Bird Nesting Colonies
The steep and towering islands southwest of the populated island of Røstlandet, are «home» for the largest number of nesting birds across Norway, - with approximately a quarter of the country’s seabird population. A «census» taken in 1992 shows a population of 2.5 million adult birds. During the summer, there are daily boat trips to the nesting colonies. On the island of Vedøya, you can see the remnants of early settlement, showing that the island was probably an old fishing and hunting station. Bird lovers and researchers, both at home and abroad, regularly visit these ornithologically important islands. Moreover, a book about the birds on Røst has been published in Norwegian, English, German and French.

Area: 11 km2
Population: 593
Municipal centre: Røstlandet
Telephone: + 47 76 05 05 00
www.rost.kommune.no
The underlying idea of this project is that a work of art, by its presence creates a place of its own. The sculpture also visualizes its surroundings, thus giving the place a new dimension. Artscape Nordland has also given rise to a wideranging and important debate on contemporary art in the region. See: http://skulpturlandskap.no/

RØST
Title: The Nest. The height of the column fragments 25 cm, diameter 85 cm, the diameter of the eggs 25 cm.
Artist: Luciano Fabro, Italy.
Luciano Fabro says that the sculpture The Nest is a monument made for birds. The site of the sculpture on an island where migrating birds nest creates this meaning. The forms of the sculpture are derived both from nature and from culture. The eggs mark the beginning of a life, while the classical forms of the columns tell of bygone splendors.
Location: The bird island Vedøya.

MOSKENES
Title: Laurel Leaves - Moskenes. Two aluminium wall reliefs 273 x 266 and 312 x 266 cm.
Artist: Cristina Iglesias, Spain.
Laurel Leaves - Moskenes is a re-marking of a natural site, an entrance to the naturally formed Devil´s Churn. The artist has placed a relief wall on both sides of the entrance, thus wishing to signify its mystery and its value. The recreation of the site as a work of art is about the human will to make things beautiful. The idea of beauty here is derived from the patterns of nature, the shapes and forms that by repetition form «a landscape within a landscape» as the artist has said, or, one could add, «a patterned field within the fields of vegetation».
Location: Between the E10 and the fiord, 2 km north of Hamnøy.

FLAKSTAD
Title: Epitaph. Material: Natural rocks. Height: 5 m Diameter: 8.5 m. Shape: Cylindrical
Artist: Toshikatsu Endo, Japan.
Endo often uses the circle as a basis for his sculptures. As a symbol, it expresses eternal and inherent orderliness in a concept of time that is circular as opposed to the linear conception of time that we are used to in the western way of thinking.
Location: Just off the road to Skjelfjord, approx. 2 km from Ramberg.

VESTVÅGØY
Title: Head. Iron and granite. Height 178 cm.
Artist: Markus Raetz, Switzerland.
Markus Raetz’s art is about seeing, about how we observe the things around us. We are shown surprices, and reminded that they can be experienced even in other situations in our life, if we pay attention. The sculpture on Eggum changes its form – and thus also its content – 16 times as the viewer walks around the sculpture. From one viewing angle, it looks like a classical portrait, and from another the head is seen upside down.
Location: About 2 km beyond the village Eggum.

VÅGAN
Untitled. Glass and steel. Height: 2,5 m.
Artist: Dan Graham, USA.
What role does the onlooker play in his encounter with the work of modern art? Graham’s solution to this question explicitly involves the actual sculptural structure itself. In his pavilions, with their walls of glass and mirrors, the onlooker becomes aware of both his physical position and the relationship between this and the sculptur’s transparent and reflective walls, while simultaneusly seeing himself in the same environment as that which surrounds the work of art itself.
Location: At E10 near the old ferry-quai at Lyngvær.

Lofoten – Enjoy Nature at its best!

We would like you and your children to enjoy your next stay in Lofoten just as much as you did this one! By following a few simple guidelines, you will help us to achieve this goal.

- Make use of the natural resources without damaging or polluting them. Avoid using motor vehicles whenever possible. You will be far closer to Nature on foot, on a bike or in a boat! Please note that certain places may be overtly subject to wear and tear – even though Lofoten is green and luxuriant, the natural surroundings are vulnerable and growth conditions are often only marginal. Please do not drive on the grass! If you are camping in a tent, caravan or mobile home, we kindly request that you stay at the proper camp sites.
- The Right of Way allows you to move freely through open country-side, but you must show consideration to plants and animals, and especially to nesting birds. If you suspect that any kind of environmental crimes are being committed, please do not hesitate to report this to the local tourist information centre, the police or any other relevant body!
- Choose environmentally friendly merchandise and overnight accommodations that focus on the environment.
- We recommend you to visit some of our many natural and cultural attractions. By learning about Lofoten you will enrich yourself, and your knowledge will lead to a better understanding of the state of resources and the local way of life.
- We thank you for your help and consideration, and wish you welcome back to Lofoten!
Events in Lofoten 2007

Week 13  Lofoteventyret (The Lofoten Adventure)
An annual tradition in Svolvær, with activities and attractions for big and small – in the days prior to the annual World Championships in “Skreifi ske” (Arctic Cod Fishing).

www.lofoteventyret.no

30-31 March  VM i Skreifi ske (World Championships in Arctic Cod Fishing)
International fishing competition in Svolvær.

www.vmiskreifi ske.info

20-22 April  Lofot fishing
International fisheries fair that is organised in Kabelvåg every other year.

www.lofotstand.no

25-27 May  Codstock
Music and culture festival in Henningsvær.

www.codstock.com

29 May - 2 June  Stamsund International Theatre Festival
Uncompromising and exciting dramatic art for people of all ages. Also a chance for artists from the North of Norway to meet.

www.stamsund-internasjonale.no

29 June - 1 July  Lofoten Fiskefestival (Lofoten Fisheries Festival)
A festival for all ages, held every summer on the island of Skrova in Lofoten.

http://festival.skovala.net

6-7 July  Sjyrock
Music festival at Værøy.

www.sjyrock.com

8-17 July  Lofoten International Chamber Music Festival
International chamber music festival in spectacular surroundings, featuring internationally renowned and loved musicians. Vågan, Vestvågøy, Flakstad and Moskenes.

www.lofotenfestival.com

21-22 July  Digermuldagene (Digermulen Days)
Cultural festival in idyllic Raftsundet. Including “The Kaiser March” on Sunday, a popular mountain walk for all the family.

www.digermulen.de

3-4 August  ALO-festivalen (The ALO Festival)
Rock, groovy music and sheer dance enjoyment. Ramberg.

www.alofestivalen.no

8-12 August  Viking Festival
What must it have been like to wander around among the Vikings at Borg over 1000 years ago? Talks, songs, music and activities.

www.lofotr.no

6-8 September  Lofoten Countryfestival
Country music and dance at Leknes.

www.lofoten-countryfestival.com

October  Lofoten internasjonale Tørrfiskfestival
Since 1991, a festival celebrating dried fish has been held in Henningsvær; with cooking competitions, seminars and plenty of opportunity for all ages to party!

www.litf.net

From 1 November  Pre-Christmas activities in Henningsvær
Christmas shopping, glassblowing, candle-making and other pre-Christmas activities in Henningsvær. Guaranteed free of shopping malls!

www.henningsvar.net / www.lofoten-winter.com

1 December  An old-fashioned Christmas at Å
Christmas preparations at the Norwegian Fishing Village Museum in the traditional fishing village of Å. Bakery, cod-liver oil factory, Christmas market.

www.lofotr.info / www.lofoten-winter.com

31 December  Celebrate New Year the Viking way

www.lofotr.no / www.lofoten-winter.com

© Steve Kennedy, www.sjyrock.com

© Jan Ottar Olufsen, www.codstock.com

© www.stamsund-internasjonale.no
Hiking trails in Lofoten promote all kinds of activities and wonderful experiences in varied and exciting country. Some trails are marked with cairns, others are unmarked. Most tourist information centres sell hiking maps, and are able to offer you more detailed information: Lofoten Turlag, postboks 90, 8370 Leknes, www.lofoten-turlag.no

IMPORTANT! Please be careful even when following marked and well-trodden paths through seemingly safe terrain. There will always be steep drops close by. Remember to take with you a hiking map, suitable clothing/footwear and sufficient food. Show consideration for the environment! We ask visitors to help us take care of Lofoten’s attractive, but vulnerable natural surroundings (flora and fauna, etc.)

**RØST**
The island Restlandet has an area of 6 by 6 km and is as flat as a pancake. Rambling about here, you won’t encounter many impediments. A trip to the church ruins is recommended, as well as a boat trip to Skomvær lighthouse and to the birdcliffs.

**VÆRØY**
Alt. 1: An enjoyable and not very exerting walk would take you past the school to Marka where the tarred road ends. From here, you continue through a gravel pit and to a lovely stretch along the shore which is called Narviksangen. Here you can choose between several tracks, all of which lead to the promontory Nupneset. The walk from the gravel pit to Nupneset takes about an hour. You might follow the shore on your way back; there is a fantastic pebble beach inside the inlet.

Alt. 2: The walk from Nordlandsangen to Måstad is decidedly more exerting. The track is blazed, and with sturdy shoes and a bit of stamina you should have a wonderful time. At an easy pace the walk should take 2 to 3 hours each way. Please remember that the track might be slippery in rainy weather.

**MOSKENES**
Alt. 1: Along an illuminated trail around the lake Sørvaðsvannet, starting at Sørvaðen; a pleasant walk of about one hour’s duration. If you would like a longer walk, try taking a detour up to the Studalens valley.

Alt. 2: A moderate walk, marked with cairns and starting from the main road near the Gallery Krysset in Sørvaðen. Walk up to Studalsvannet lake, continue up to lake Tridalsvann and Fjerdalsvann. From there proceed up to Djupfjordheia moor and Munkebu cabin. Allow approx. 5 hours for the trip to Munkebu cabin and back.

Alt. 3: From Ramsvika, you can climb up to the viewpoint on Mount Reinebringen. This is an excellent trail, but very steep and there are also some patches of loose gravel on the way, so it may be a bit slippery. Be careful! Allow approx. 2 hours to the top and back.

Alt. 4: To get to Vindstad you take the fjord route from Reine. From Vindstad there is a road to the bottom of the fjord, crossing an isthmus 75 m above sea-level, and down to Bunes. This fabulous sandy beach is well worth your effort. The entire trip (including the boat ride) takes 4 hours. It is possible to have the boat stop so that you can go ashore in the Forsfjord. From there it is possible to go to Mount Hov and you will reach the top in half an hour, depending on what shape you are in.

Alt. 5: Drive towards Henningsvær and stop just before the dump in Skrova, Ure and Vestfjorden. This is 380 m above sea level. This is an easygoing and well marked path. Walking time about 3 hours.

**VESTVÅGØY**
Alt. 1: At Ballstad you start at Kræmmervika/the breakwater and follow a walk along the shore to the southern tip of Vestvågøy: Brurstolen. Allow for 1 hour so far. Then you continue along Nappstraumen to the ruins at South Græna and North Græna. This takes about 2 hours. Return by the same route.

Alt. 2: Departure from «Borga» at Eggum along the road, which eventually turns into a mere path, to the beacon; 1.5 hours so far. This area is well suited for watching the Midnight Sun.

Alt. 3: You start at Vikjord, walking along the northern side of the water, and onwards up a glen to Urdfjernet. You need about an hour to reach this point at 100 m above sea-level.

Alt. 4: Start from the road to the youth hostel in Stamsund, walk about 300 m and take the Ringveien about 400 m - and then towards right by the sign; we follow the path. Further towards Ørntuva and up to the Heah - big cairn and a magnificent view towards Henningsvær, Skrova, Ure and Vestfjorden. This is 380 m above sea level. This is an easygoing and well marked path. Walking time about 3 hours.

**VÅGAN**
Alt. 1: A fine walk from Gimsøya takes you up to Hoven. Start at Hov and you will reach the top in half an hour or an hour, depending on what shape you are in.

Alt. 2: On Austvågøy, you drive to the end of the road at Brenna. Passing a barn on the same side as the shore, you will find the path that continues to Sundlandsfjorden. From here, continue walking as far as you want to. Excellent area from which to watch the Midnight Sun.

Alt. 3: Drive towards Henningsvær and stop just before the dump in Djupfjorden. Continue on the path along the fjord to a lake. Secluded bathing beach at the far end of the lake. Allow for at least an hour on your way to the beach.

Alt. 4: Leave Highway E10 at the Esso service station in Osan, Svolvær. Turn second left and follow the gravelled road towards the pistol range. At the bend in the road just before you reach the radio mast, turn right and follow the trail that climbs steeply up to Tjeldbergtind peak. A fairly demanding hike in steep terrain. Approx. 1.5 – 2 hours there and back to the service station.

Alt. 5: Follow the gravelled road from Svolvær to the north of the Lille and Store Kongsvatn lakes. There is a power station at the end of the road. The path to Kabelvåg begins there and follows the shoreline most of the way. Go back the same way, or follow the gravelled road to Kabelvåg. Easy walk through even terrain. From Svolvær town centre to Kabelvåg town centre, approx. 3 hours’ walk.
Cycling in the Lofoten Islands

If you plan to cycle on the main E10 route through the Lofoten Islands, it is advisable to take particular care owing to periodically heavy traffic and narrow stretches of road. In the summer months especially, it can be wise to choose an alternative route where possible. With clothing suited to the conditions and good equipment, Lofoten can be comfortably enjoyed not just in the busiest weeks of summer. Lofoten is in general easy cycling country, with the highest point approximately 130 metres above sea level and the lowest approximately 130 metres below sea level.

We recommend taking a cycle with good tyres. Although the E10 is tarred the entire way, there are innumerable fantastic little side roads that are unmade or gravelled. Remember to bring waterproof and windproof clothing and good shoes, as well as gloves, reflector vest, safety helmet, plenty of lights and reflectors on your cycle, and a first aid kit. The inhabitants of Lofoten are fond of people – so be sure to contact those you meet along the road if you have any queries or need help!

The midnight sun is visible in the areas on the western and northern side of Lofoten from the end of May to mid-July. Seabirds, including the sea eagle, can be seen along Lofoten’s entire coastline – all year round.

Digermulen–Fiskebøl: 43 km
Raftsundet is a wonderful area for cycling, with its quiet country roads and relatively little traffic for large parts of the route. Excellent walking country! Combine your tour with the high-speed boat service from Svolvær to Holandshamn on some days of the week or the ferry from Digermulen to Finnvik, staying at Store Molla. On the road from Raftsundbrua to Fiskebøl there are three tunnels: the Myrland tunnel (1910 metres), the Falkfjord tunnel (500 metres) and the subsea Slekefjord tunnel (3340 metres). The Slekefjord tunnel has a steep descent and ascent, but is light, offers good visibility and has a powerful ventilation system.

Fiskebøl–Laukvik–Svolvær: 68 km
From Fiskebøl the route runs along the outer side of the island of Austvågøya and into a stretch of beautiful coastline. Fine sandy beaches and excellent walking country are guaranteed to make you want to take your time exploring this route. In summer, you can enjoy the midnight sun in Laukvik. The landscape varies between marshy areas, lakes and the arms of fjords. Large sections of the route are unmade roads with little traffic. The last part of the route goes on the E10.

Svolvær–Henningsvær: 26 km
Separate walking and cycling path westwards through Kabelvåg to Ørnesøya. From Ørnesøya you will need to cycle on the E10 through the Rørvik-skar tunnel, which is 745 metres long. At Rørvik bathing beach, take the road to Henningsvær. This area, from Svolvær to Kabelvåg and Henningsvær, offers many attractions, including art galleries, museums, charming restaurants and cafés, and plenty of activities.

Henningsvær–Stamsund: 63 km
Returning to the E10, past Lyngvær you can cross the bridge at Gimsøybrua (views of Bø in Vesterålen). Take time to explore the island of Gimsøy: little traffic, unmade roads, wonderful walking country and long, white, sandy beaches combine to make this a delightful tour. In summer, you can enjoy the midnight sun from the northern side of the island. There is also overnight accommodation at Hov. Continuing to the island of Vestvågøy, you will need to cross the water at Sundklastraumen. Follow the RV 815 route on the southern side, before turning off at the Valbergveien road and continue cycling to Stamsund. Valbergveien has a firm surface and relatively little traffic.

Stamsund–Ballstad: 27 km
From Stamsund the road climbs over Hagskaret (approx. 100 metres above sea level) before descending to Fygle. Alternatively, you can take the road via Finnstad/Sennesvik. Take a pleasant detour to the active fishing village of Mortund. Leknes is the administrative centre of Vestvågøy Municipality. Take the route north again and visit the Lofot Viking Museum at Borg (follow the E10 north for 14 km). Unstad and Eggum are also worth seeing, and here the midnight sun is visible in summer. Both places are excellent for getting to by bike. Returning to Leknes, continue to Ballstad, a working fishing village offering restaurants, cafés and a range of activities.

Ballstad–Nusfjord: 29 km
Special service offering cycle transport by boat from Ballstad to Nusfjord over Nappstraumen in the summer months. Or you can cycle out to the E10 again and continue westwards through the subsea tunnel (1780 metres) to the island of Flakstadøya. Note there is a steep descent and ascent. A visit to Vikten (midnight sun in summer) is recommended when cycling on the E10 between the Nappstraumen tunnel and the turn-off to Nusfjord. Dramatically beautiful countryside and idyllic sandy beaches will make you want to stop along the way.

Nusfjord–Á: 51 km
Ride out onto the E10 again and continue westwards. Nesland, Ramberg, Fredvang/Selfjorden and Sund are all places that should be seen. Ramberg and Fredvang also offer views of the midnight sun in summer. Carry on cycling across a number of islands connected by bridges. Idyllic fishing villages line the coast of the island of Moskenes like a string of pearls. There is a lot to see, experience and enjoy on Moskenes. Take time out to enjoy a boat trip from Reine and into the Reinefjord – perhaps combined with a walk from Vindstad and over to Bunesstranda. Allow plenty of time! The E10 is narrow and winding along large stretches of this road.

Værøy: 22 km
The island of Værøy, with its 22 km of roads, offers fine opportunities for enjoying the magnificent scenery. Good walking trails on both the north and south sides of Værøy. You will also find a range of activities, attractions, cafés and galleries here. The midnight sun is visible from the north side of the island. The characteristic puffin can be seen here from early May until early August. Many other species of seabird and sea eagles can be seen all year round. The roads are tarred almost the entire way and have relatively little traffic.

Røst: 12 km
The people of Røst live on the island of Røstlandet, which has 12 km of roads. The highest point on Røstlandet is only 12 metres, which makes getting about quite easy. The midnight sun can be seen from all over the island. The ruins of the stone church from 1839 are worth a visit. A boat trip between the islands of Røst is virtually obligatory! Here, too, you can experience teeming bird life all year round, including puffins from early May to early August. At the very extremity of the Lofoten Islands shines the lighthouse at Skomvær Fyr.

For more information, tips and advice, we recommend the following websites:

Lofoten Sykkelklubb (cycling club): www.lofotensk.no
Lofoten Sykkelutleie (cycle hire): www.lofoten-aktiv.no
Syklistenes Landsforening (national association of cyclists): www.slf.no

www.lofoten.info
LOFOTEN SEAFARI
See the Lofoten Islands from the sea in an open rubber dinghy (RIB). Lofoten Seafari offers a range of package tours for groups and individuals. Scheduled departures from Svolvær town square during the summer. Killer whale safaris from October to January. The company has experienced guides who are very familiar with the area and who place particular emphasis on their knowledge of the local history, flora and fauna, birds and fish. Safety on board is of utmost importance. The company relies on quality products and the recommendations of our customers. Season all year round. Office in Svolvær. Tel. (+47) 414 70 000 www.lofoten-seafari.no / post@lofoten-seafari.no

LOFOTEN
We screen the film "Islands in the Sea" about the history of Lofoten - a historical, philosophical film including theories about, amongst other things, the first settlers in the archipelago. This is a film that presents Lofoten's history in a different way to that which you may be used to. Commentary in Norwegian, English and German. The film is also screened at Ocean Sounds in Henningsvær. For alternative, spiritual experiences of Lofoten, visit www.xlofoten.no. Office in Svolvær. Tel. (+47) 948 67 431 www.xlofoten.no / xlofoten@x-lofoten.com

LOFOTCRUISE
Lofotcruise specialises in adventure trips and chartered tours in the Vestfjord. In addition to scheduled outings to the Trollfjord and fishing trips during the summer, Lofotcruise also tailors trips to suit the customer's own requirements. The company also welcomes orders regarding the transport of groups to and from Lofoten via Bodø, Evenes or Harstad. Our vessels can accommodate from 12 to 70 passengers. Season all year round. Office in Svolvær. Tel. (+47) 993 03 999, Fax. (+47) 76 07 09 31 www.lofotcruise.com / post@lofotcruise.com

LOFOTTUR
Are you adventurous? The sights are many, the distances short. You really need to be at sea to enjoy the true, authentic Lofoten Islands. Lofottur arranges trips to sea for groups of up to 38 people, including trips for delegates at courses and conferences, adventure tours and, of course, family and pleasure tours. We also offer sea taxi services, fishing trips and Trollfjord tours. Season all year round. Office in Svolvær. Tel. (+47) 414 18 134 / 76 07 82 80, Fax. (+47) 913 42 843 www.lofot-tur.no / enki Joha@online.no

LOFOTEN GOLF LINKS
Beautifully situated golf course by the sea, facing north towards the Midnight Sun. Clubhouse with cafe, bar, pro-shop, golf club rental and meeting room. Overnight accommodation in rooms, apartments and cabins. Golfing courses and activities for groups and individuals throughout the season. Season: April 20 to October 20. Location: Hov, Gimsøy. Tel. (+47) 76 07 20 02, Fax. (+47) 76 07 20 03 www.lofoten-golf.no / post@lofoten-golf.no

LOFOTEN CHARTERBÅT
Lofoten Charterbåt consists of 4 boats accommodating from 12 to 60 passengers. The company offers cruises in the Lofoten Islands, fishing trips and chartered tours in the county of Nordland on request. Scheduled trips from Svolvær town square to the Trollfjord during the summer, killer whale safaris in late autumn and fishing trips during the winter. Events can be arranged all year round when booked in advance. Office in Kabelvåg. Tel. (+47) 916 17 941, Fax. (+47) 76 07 28 46 www.lofotencharterbåt.no / post@lofotencharterbåt.no

LOFOTEN BICYCLE HIRE (Lofoten Sykkelselvete)
Cycling in Lofoten offers unique experiences. With the right accessories and clothing to suit the prevailing conditions, every trip will be a thrilling event. Lofoten Bicycle Hire offers bicycles for hire all over Lofoten and Vesteraalen. Top quality 21 gear off-road hybrid bikes with luggage carriers. Reflectors should be used and are included in our rates. Waterproof bags, helmets and a range of other touring gear also available for hire. Recommended tours available, with or without a guide. Season: May 15 – October 1. Office in Svolvær. Tel. (+47) 76 07 30 00 / 922 31 324 www.lofoten-aktivt.no / sykkelt@lofoten-aktivt.no

KABELVÅG TURBÅT OG TRAFIKKSKOLE
The MS "Tina" offers chartered tours, fishing trips and tours of the Trollfjord. Carries up to 38 passengers. Scheduled daily Trollfjord tours from Svolvær between June 10 and September 1 at 10 am and 3.30 pm. Trips last approx. 3 hours. Chartered tours and fishing trips available all year round by prior arrangement. Office in Kabelvåg. Tel. (+47) 900 97 255, Fax. (+47) 760 74 620 www.lofotferga.no / gabriel@lofotenferga.no

LOFOTFERRY – The Lofoten Ferry, Charter Boat
Scenic and culinary happenings along Lofoten's coastline with emphasis on eco-tourism. Suitable for chartered tours, coach parties, course and conference groups. We arrange Trollfjord cruises between May and September, the Lofoten Fishery Safaris in late autumn, and little bit of both in April, and killer whale safaris in November. Lofotferga is a charming, listed vessel that has been awarded the Olav’s Rose seal of quality by Norwegian Heritage. Capacity: 85 passengers. Fully licensed and approved kitchen. Maritime menu. Thermostats, AV-equipment in the lounge. Warm survival suits on other trips. Season: all year round. Office in Kabelvåg. Tel. (+47) 45 83 27 00 / 45 83 27 01 www.lofotferga.no / gabie@lofotenferga.no

LOFOTEN OPPELEVELSER (Lofoten Adventures)
Good local knowledge and 10 years of experience provide us with the necessary expertise to tailor fantastic adventures in conjunction with, for instance, courses and conferences. Join us on one of our whale safaris. Season: March 15 – November 30. Office in Kabelvåg. Tel. (+47) 76 07 50 01, Fax. (+47) 76 07 50 23 www.lofoten-opplevelser.no / post@lofoten-opplevelser.no

LOFOTEN KAJAKK
The kayak is an extremely environmentally-friendly means of transport that offers fantastic opportunities to explore the marine and coastal environments. Lofoten Kajakk offers guided kayak trips and mountain walks. NPF and BCU approved kayak courses. Sea kayaks and surf kayaks for hire, kayaks and kayak gear for sale. Learn how to surf in a sea kayak or surf kayak. Special winter programs available also available using skis or snow shoes. Season all year round. Office in Kabelvåg. Tel. (+47) 992 31 100, Fax. (+47) 76 07 19 55 www.lofoten-aktivt.no / post@lofoten-aktivt.no

OCEAN SOUNDS
At the research centre in Henningsvær you can meet scientists and gain an insight into killer whale research. The centre also houses art exhibitions related to marine life and Lofoten's natural environment. See multimedia presentations about killer whales, the cod and marine life in Lofoten. Or see the film "Islands in the Sea" by XLofoten. Between October and January you can join a killer whale research expedition, or in April, a cod research expedition. Between May and September, marine biology and nature expeditions are available. Open all year round. Tel. (+47) 76 07 18 28 www.ocean-sounds.com / info@ocean-sounds.com
Activities

LOFOTEN GUIDE SERVICE
Guide services all year round in Norwegian, English, German, French, Italian, Japanese, Finnish and other languages. Our programmes are for the most part intended for shipping companies (cruise ships and Coastal Voyage vessels), tour operators and travel companies, but we also offer assistance to other groups and individuals in conjunction with their visits to Lofoten. Please contact us for packages including overnight accommodation, meals and adventures by coach, boat or on foot. Offices in Leknes and Tromsø.
Tel. (+47) 76 06 09 70, Fax. (+47) 76 06 64 67
www.lofotguide.com / post@lofotguide.com

KRÆMMERVIKA RORBUER
If you need a break from your cycling tour, Kræmmervika is the place for you. Daily bicycle ferry between Ballstad and Nusfjord. Crossings must be booked by the evening before. Boats for hire for those wishing to catch their own fish. Trips with local fishermen can be arranged on request. Kræmmervika is the natural starting point for wonderful mountain hikes, with or without a guide. Season: March 1 to October 31. Location: Ballstad.
Tel. (+47) 76 06 09 20, Fax. (+47) 76 06 09 26
www.lofoten-adventure.com / post@growth.no

FISKEBÅTEN IVERSEN JR (The Fishing Boat "Iversen Jr.")
Fishing trips available in the Vestfjord on board the 47 foot MS "Iversen Jr." Skipper Børge Iversen has 30 years of experience as a professional fisherman. Daily departures at 2 pm between June 15 and August 30. Duration: approx. 3 hours. Prices when minimum of 4 passengers: NOK 350 for adults and 200 for children. Hire of fishing tackle included in price. Ask for overnight accommodation offers. Location: near Sjøstrand Rorbuer, Ballstad.
Tel. (+47) 76 08 84 95, Fax. (+47) 76 08 84 72
www.rorbuer.info / post@rorbuer.info

COAST ADVENTURE
We show you Lofoten's sights, including nature, trade and industry and history. Shown and explained aboard an open rubber dinghy (RIB). Visit both abandoned and thriving fishing villages. Human settlement in the most amazing places. Caves with traces of human settlement from the Stone Age. Seabird colonies and sea eagles at close quarters. Round trips of the islands of Flakstadøy and Moskenesøy, traversing the world’s strongest maelstrom. Enjoy the Midnight Sun and sunset along the outer coast of the Lofoten Islands. In the winter, you can observe the Lofoten Fishery at close quarters. Season all year round. Office in Ramberg.
Tel. (+47) 480 90 820, Fax. (+47) 76 05 20 21
www.coast-adventure.no / post@coast-adventure.no

MOSKSTRAUMEN ADVENTURE LOFOTEN
Coast and nature-based activities where we, as fishermen, apply our profession, identity and experience as the cornerstone of our product. Deep-sea fishing on a traditional fishing boat. Coastal adventure tours in large rubber dinghies (RIBs) with visits to abandoned fishing villages, coastal caves with cave paintings, and the Maelstrom - one of the strongest tidal currents in the world. Scheduled daily departures between May 1 and August 31. Adventure trips and overnight accommodation available all year round by prior arrangement. Office in Å.
Tel. (+47) 907 70 741
www.moskstraumen.com / booking@moskstraumen.com

For further information about scheduled activities in late autumn and winter, please visit: www.lofoten-winter.com, www.orca-lofoten.no

SHOOPING IN LOFOTEN
VIC BREMNES
Vic Bremnes offers Norwegian knitwear for the whole family together with fashions for men. Quality and top service. The shop is centrally situated in Svolvaer town square. Open from 9 am to 10 pm, Monday to Friday, in June, July and August. All credit cards accepted. Tax-free shopping available to customers living outside Scandinavia. Welcome to some enjoyable shopping.
Tel. (+47) 76 07 13 34, Fax. (+47) 76 07 46 03
www.valo.no/bremnes / vicsvolvaer@sensewave.com

RØDSAND
Rødsand Libris is a bookshop with, amongst other things, a wide range of literature on the Lofoten Islands together with books on other parts of North Norway. We also offer a broad selection of postcards, souvenirs and office equipment. The shop is centrally situated at No. 8 Vestfjordgata (Svolvær), a mere 30 metres from the town square, and only a short distance from the coffee bars on the harbour promenade. From June to late August opening times are from 9 am to 10 pm. All credit cards accepted. Tax-free shopping available to customers living outside Scandinavia. Rødsand Libris also has branches at the Amfisenter in Svolvær and the Lofotsenteret in Leknes. Hungry for information about Lofoten? Then we wish you a warm welcome.
Tel. (+47) 76 07 59 11, Fax. (+47) 76 07 59 19
www.rodsand.net / rodsand.bokhandel@libris.no

LOFOTEN GAVER OG BRUKSKUNST (Gifts and Applied Art)
Lofoten Gaver og Brukskunst offers not only Lofoten's biggest selection of souvenirs, but also a glimpse of the history of Lofoten. Admission free. Local handcrafts and applied art, clothing, jewellery, postcards and pictures, together with ceramics from our own workshop. All credit cards and currencies accepted. Tax-free shopping. Whatever the weather, it is always cosy inside this shop. We serve coffee and cakes around our fireplace. We also have a web shop.
Location: Storgata 38, 8370 Leknes. Open all year round.
Tel. (+47) 76 08 13 12, Fax. (+47) 76 08 16 80
www.gave.no / post@gave.no

www.lofoten.info
Attractons

**MAGIC ICE, SVOLVÆR**
Sculptures and installations made of ice, dramatic landscapes and stunning images, tell the story of nature, traditions and a fisherman’s life on this island. Magic Ice has a unique atmosphere that has to be experienced from the inside. Location: at the end of the Hurtigruten docks in Svolvær.

**LOFOTEN KRIGSMINNEMUSEUM (Lofoten War Memorial Museum)**, SVOLVÆR
The museum portrays Lofoten during World War 2, in which the two Lofoten rafts and the occupying forces’ extension of the fortifications were key events. The museum also houses Scandinavia’s largest exhibition of military uniforms and arms from World War 2. Location: Svolvær town centre, near the Hurtigruten docks.

**GALLERI DAGFINN BAKKE** (Dagfinn Bakke Gallery), SVOLVÆR
The gallery is owned by the artist Dagfinn Bakke. He paints and sculpts from Lofoten in an impressive style. Watercolours, sculptrures and graphics by well-known Norwegian artists. Sale of works. Framing. Location: Svolvær town centre, near the hurtigruten docks.

**NORDNORSK KUNSTNERSENTER (The North Norwegian Artists’ Centre)**, SVOLVÆR
Contemporary art gallery and shop with a wide range of visual arts and crafts, books, posters, postcards and catalogues. The centre is run by the North Norwegian artists’ association and is situated on the island of Svinøya, 1 km from the centre of Svolvær.

**GALLERI ESPOLIN** (Espolin Gallery), STORVÅGAN
Norway’s largest collection of the works of the artist Kaare Espolin Johnsen. The cultural history of the region is conveyed in an unforgettable way. Two permanent exhibition halls and one for changing exhibitions. Video room, Espolin room and art shop.

**MUSEUM NORD – LOFOTMUSEET (Lofoten Museum)**, STORVÅGAN
The museum is built around an old farm in a fishing village. The main building dates back to 1815 and contains several exhibitions. From the farm area there is a boathouse with high-sided sailing boats from northern Norway (Nordlandsbåter), old fishermen’s huts and objects from prehistoric times and the Middle Ages. Guided tours by appointment. Recommended for families with children. 

**LOFOTAKVARIET (Lofoten Aquarium)**, STORVÅGAN
The aquarium shows life in the sea, from the beaches to the great depths of the ocean. There is also a sea pond and an otter pond that have become very popular among visitors. Arctic cod (“skrei”) and a number of fish species and other marine life can also be seen in the aquarium. Nature photographs from Lofoten are displayed in an amazing film. Marine environment centre features a display of marine mammals and other interesting information. Location: approx. 100 metres from the Hurtigruten docks.

**VESTVÅGØY MUSEUM, FYGLE OG SKAFTNES**
At Fygle, the museum houses a collection related to school history and the fisheries. The main building was a school, and its contents date back to 1860. There is also a pier, large boathouse and a smithy. Recommended for families with children. Location: Fygle, approx. 2 kilometres from Leknes in the direction of Samsund. Skaftnes, approx. 2 kilometres from Ure.

**LOFOTEN DESIGN/GLASSHYTTA, VIKTEN**
The glassworks at Glasshytta are housed in a beautiful building with high and low chimneys, surrounded by greenery. The factory produces ornamental cod-liver oil lamps and knives for women. Location: By Highway E10, approx. 15 minutes from Svolvær.

**BORG**
An impressive reconstruction of one of the largest houses that has been found dating back to the Viking Age. In the longhouse there is a guided tour of the banquet hall, a living area and an exhibition. There is a copy of the Gokstad ship, smithy and boathouse. Rowing tours with the Viking ship. Wild boars, horses and sheep. Activities arranged in the summer season. Recommended for families with children. Location: By Highway E10 until you reach Lilland (Bestad) and then the turn towards Unstad.

**LOFOTR VIKINGMUSEET (Lofotr Viking Museum)**, BORG
Artistic reconstruction of one of the largest houses that has been found dating back to the Viking Age. In the longhouse there is a guided tour of the banquet hall, a living area and an exhibition. There is a copy of the Gokstad ship, smithy and boathouse. Rowing tours with the Viking ship. Wild boars, horses and sheep. Activities arranged in the summer season. Recommended for families with children. Location: By Highway E10 until you reach Lilland (Bestad) and then the turn towards Unstad.

**SUND FISKERMUSEUM** (Sunnd Fishing Village Museum), SUND

**DAGMARS DUKKE- OG LEKETÖYMUSEUM (Dagmar’s Museum Of Dolls And Toys)**, SAKRISØY
The museum opened in 1992 as the first ever of its kind in Norway. It features dolls and toys from the period 1860-1965. A quirky second hand shop on the first floor also sells coffee and Norwegian waffles. This place really speaks to your heart! Recommended for the entire family, big and small boys included! Location: By Highway E10, between Reine and Hamnoy.

**GLASS-MANETEN (The Jellyfish)**, REINE
Charming little shop selling all kinds of glass items. Glass art, hand-crafted articles and souvenirs, inspired by local nature and traditions. Also sale of knitted items and paintings. Free entry. Location: in the market square at Reine.

**NORSK TELEMUSÉUM (The Norwegian Telecom Museum)**, SØRVÅGEN
Based on the theme “Cod, telegraph and telephone”. This unusual museum, with exhibits of land-line telegraphy, wireless telegraphy and radio telephony, shows why Lofoten was such an important part of Norwegian and European telecom history – and how both Marconi and Kaiser Wilhelm II of Germany were linked to the establishment of the first fixed wireless telegraphy system in Northern Europe.

**NORSK FISKÆRÆRMUSEUM (Norwegian Fishing Village Museum)**, Å
A comprehensive fishing village museum showcasing 150 years old coastal building environments: Life and work in the fishing village and fishermen’s huts. The Lofoten fisheries, boats and tackle. Dried fish and clipfish (split, salted and dried cod). Sea monsters, myths, beliefs and superstitions. Cod-liver oil factory (1850), with sale of cod-liver oil. Sale of cinnamon rolls and other pastries from our own bakery (1844). Smithy producing ornamental cod-liver oil lamps and knives for women. Information video and guided tours. Family activities. Lofoten Malstrømsenter (Maelstrom Centre) and cave paintings.}

www.lofoten.info
Attractions

Glass blowing and ceramics production on request:

- Lofoten Galleri 1559, Vestvågøya
  - Free admission. Guided tours on request.

- Lofoten Krigsmuseum, Svolvær
  - Free admission. Guided tours on request.

- Norsk Fiskeværsmuseum, Å
  - Free admission. Guided tours on request.

- Norsk Telemuseum, Sørvågen
  - Free admission. Guided tours on request.

- Glass-Maneten, Reine
  - Free admission. Guided tours on request.

- Norsk Fiskeværsmuseum, Å
  - Free admission. Guided tours on request.

- Lofoten Design/Glasshylta, Vikten
  - Free admission. Guided tours on request.

- Sund Fiskerimuseum, Sund
  - Free admission. Guided tours on request.

- Lofot Galleri 1599, Vestvågøya
  - Free admission. Guided tours on request.

- Lofoten Galleri, Svolvær
  - Free admission. Guided tours on request.

- Galleri Espolin, Storvågan
  - Free admission. Guided tours on request.

- Museums Nord - Lofotmuseumet, Storvågan
  - Free admission. Guided tours on request.

- Galleri Dagfinn Bakke, Svolvær
  - Free admission. Guided tours on request.

- Galleri Ola Strand, Ørnes
  - Free admission. Guided tours on request.
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<tr>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Svolvær</td>
<td>Kjøkkenet</td>
<td>76 07 11 40</td>
<td>76 07 75 99</td>
<td><a href="http://www.anker-brygge.no">www.anker-brygge.no</a></td>
<td><a href="mailto:booking@anker-brygge.no">booking@anker-brygge.no</a></td>
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<td>Svolvær</td>
<td>Nordvik Blutlie</td>
<td>76 07 00 00</td>
<td>76 06 66 29</td>
<td><a href="http://www.nordvikblutlie.no">www.nordvikblutlie.no</a></td>
<td><a href="mailto:post@nordvikblutlie.no">post@nordvikblutlie.no</a></td>
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<td>76 07 07 20</td>
<td>76 07 17 36</td>
<td><a href="http://www.hertz.no">www.hertz.no</a></td>
<td><a href="mailto:hertz.svolvaer@hertz.no">hertz.svolvaer@hertz.no</a></td>
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<td>Svolvaar and Kabelvåg Taxi</td>
<td>76 06 06 22</td>
<td>76 07 22 60</td>
<td><a href="http://www.svolvaarandkabelvaagtaxis.no">www.svolvaarandkabelvaagtaxis.no</a></td>
<td><a href="mailto:post@lofoten-taxi.no">post@lofoten-taxi.no</a></td>
</tr>
<tr>
<td>Office, Svolvaar</td>
<td>Arctic Buss Lofoten</td>
<td>926 99 060</td>
<td>927 11 484</td>
<td><a href="http://www.arcticbuss.no">www.arcticbuss.no</a></td>
<td><a href="mailto:post@arcticbuss.no">post@arcticbuss.no</a></td>
</tr>
<tr>
<td>Office, Kabelvåg</td>
<td>Lofoten Tours</td>
<td>76 09 39 01</td>
<td>76 09 39 03</td>
<td><a href="http://www.lofoten-tours.no">www.lofoten-tours.no</a></td>
<td><a href="mailto:post@lofoten-tours.no">post@lofoten-tours.no</a></td>
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<tr>
<td>Office, Palmberg Buss</td>
<td>800 39 804</td>
<td>76 07 26 59</td>
<td>76 07 26 59</td>
<td><a href="http://www.palmberg.buss.no">www.palmberg.buss.no</a></td>
<td><a href="mailto:stig@palmberg.buss.no">stig@palmberg.buss.no</a></td>
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<tr>
<td>Office, Lofoten Charterbuss</td>
<td>Lofoten Charterbuss</td>
<td>926 66 058</td>
<td>926 66 058</td>
<td><a href="http://www.arcticbuss.no">www.arcticbuss.no</a></td>
<td><a href="mailto:post@arcticbuss.no">post@arcticbuss.no</a></td>
</tr>
<tr>
<td>Office, Nordtrafikk Buss</td>
<td>Lofoten Tours</td>
<td>76 11 11 11</td>
<td>76 08 26 12</td>
<td><a href="http://www.nordtrafikk.no">www.nordtrafikk.no</a></td>
<td><a href="mailto:post@lofoten-tours.no">post@lofoten-tours.no</a></td>
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<tr>
<td>Office, Arctic Buss Lofoten</td>
<td>Lofoten Tours</td>
<td>76 09 39 01</td>
<td>76 09 39 03</td>
<td><a href="http://www.lofoten-tours.no">www.lofoten-tours.no</a></td>
<td><a href="mailto:post@lofoten-tours.no">post@lofoten-tours.no</a></td>
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**RENT A CAR**

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<th>FAX. (+47)</th>
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<tr>
<td>Office, Svolvær and Leines</td>
<td>Avis Bilutlieie</td>
<td>76 07 11 40</td>
<td>76 07 75 99</td>
<td><a href="http://www.avis.no">www.avis.no</a></td>
<td><a href="mailto:svolvaar@avis.no">svolvaar@avis.no</a></td>
</tr>
<tr>
<td>Office, Svolvær</td>
<td>Nordvik Blutlieie</td>
<td>76 07 00 00</td>
<td>76 06 66 29</td>
<td><a href="http://www.nordvikblutlieie.no">www.nordvikblutlieie.no</a></td>
<td><a href="mailto:post@nordvikblutlieie.no">post@nordvikblutlieie.no</a></td>
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<tr>
<td>Office, Svolvær</td>
<td>Hertz Blutlieie</td>
<td>76 07 07 20</td>
<td>76 07 17 36</td>
<td><a href="http://www.hertz.no">www.hertz.no</a></td>
<td><a href="mailto:hertz.svolvaer@hertz.no">hertz.svolvaer@hertz.no</a></td>
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**TAXI & MAXI-TAXI**

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<td>76 06 06 00</td>
<td>76 07 22 60</td>
<td><a href="http://www.svolvaarandkabelvaagtaxis.no">www.svolvaarandkabelvaagtaxis.no</a></td>
<td><a href="mailto:post@lofoten-taxi.no">post@lofoten-taxi.no</a></td>
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<tr>
<td>Office, Stamsund and Svolvaar</td>
<td>Arctic Buss Lofoten</td>
<td>926 99 060</td>
<td>927 11 484</td>
<td><a href="http://www.arcticbuss.no">www.arcticbuss.no</a></td>
<td><a href="mailto:post@arcticbuss.no">post@arcticbuss.no</a></td>
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<tr>
<td>Office, Lofoten Tours</td>
<td>76 09 39 01</td>
<td>76 09 39 03</td>
<td><a href="http://www.lofoten-tours.no">www.lofoten-tours.no</a></td>
<td><a href="mailto:post@lofoten-tours.no">post@lofoten-tours.no</a></td>
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**BUS**

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<td>Office, Svolvær</td>
<td>Palmberg Buss</td>
<td>800 39 804</td>
<td>76 07 26 59</td>
<td><a href="http://www.palmberg.buss.no">www.palmberg.buss.no</a></td>
<td><a href="mailto:stig@palmberg.buss.no">stig@palmberg.buss.no</a></td>
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<tr>
<td>Office, Kabelvåg</td>
<td>Lofoten Charterbuss</td>
<td>926 66 058</td>
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<td>76 09 39 03</td>
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<td><a href="mailto:post@lofoten-tours.no">post@lofoten-tours.no</a></td>
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**RESTAURANTS**

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<th>NAME</th>
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<td>Svolvær</td>
<td>Kjøkkenet</td>
<td>76 06 64 80</td>
<td>76 06 64 70</td>
<td><a href="http://www.anker-brygge.no">www.anker-brygge.no</a></td>
<td><a href="mailto:booking@anker-brygge.no">booking@anker-brygge.no</a></td>
<td>48</td>
<td>1.1.-31.12.</td>
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<tr>
<td>Svolvær</td>
<td>Børsen Spiseri</td>
<td>76 06 99 31</td>
<td>76 07 48 98</td>
<td><a href="http://www.svinoya.no">www.svinoya.no</a></td>
<td><a href="mailto:post@svinoya.no">post@svinoya.no</a></td>
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<td>Kabelvåg</td>
<td>Præstangbrygga</td>
<td>76 07 80 60</td>
<td>76 06 99 69</td>
<td><a href="http://www.finnholmen.no">www.finnholmen.no</a></td>
<td><a href="mailto:post@finnholmen.no">post@finnholmen.no</a></td>
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<td>1.3.-1.9.</td>
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<td>Svolvær</td>
<td>Fiskekrogen</td>
<td>76 07 46 52</td>
<td>76 07 46 55</td>
<td><a href="http://www.fiskekrogen.net">www.fiskekrogen.net</a></td>
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<td>Mortsund</td>
<td>Restaurant Marmælen</td>
<td>76 05 50 60</td>
<td>76 06 71 11</td>
<td><a href="http://www.statles.no">www.statles.no</a></td>
<td><a href="mailto:post@statles.no">post@statles.no</a></td>
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<td>Havets Helter</td>
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<td>76 06 09 26</td>
<td><a href="http://www.lofoten-adventure.com">www.lofoten-adventure.com</a></td>
<td><a href="mailto:post@growth.no">post@growth.no</a></td>
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<td>Ramberg</td>
<td>Ramberg Gjestegård</td>
<td>76 09 35 00</td>
<td>76 09 31 40</td>
<td><a href="http://www.ramberg-gjestegard.no">www.ramberg-gjestegard.no</a></td>
<td><a href="mailto:ramberggjest@lofoten.com">ramberggjest@lofoten.com</a></td>
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<td>Reine</td>
<td>Gammelbua</td>
<td>76 09 22 22</td>
<td>76 09 22 25</td>
<td><a href="http://www.reinerorbuer.no">www.reinerorbuer.no</a></td>
<td><a href="mailto:post@reinerorbuer.no">post@reinerorbuer.no</a></td>
<td>78</td>
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<tr>
<td>Sørvågen</td>
<td>Maren Anna</td>
<td>76 09 20 50</td>
<td>76 09 20 51</td>
<td><a href="http://www.lofoten-info.no/marenanna">www.lofoten-info.no/marenanna</a></td>
<td><a href="mailto:marenanna@lofoten-info.no">marenanna@lofoten-info.no</a></td>
<td>76</td>
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**HOTEL/YOUTH HOSTEL/GUESTHOUSE**

**LOCATION** | **BUSINESS/COMPANY E-MAIL** | **TEL (+47) FAX (+47)** | **ROOM/ BEDS** | **CABIN/ BEDS** | **PRICE RANGE** |
---|---|---|---|---|---|
8064 Rest | Rest Bryggehostel bogphas@online.no | 76 05 06 00 76 09 60 40 | HR 16 / 32 | | |
8398 Reine | Reine Pensjonat info@reinepensjonat.no | 76 09 21 09 76 09 21 09 | GV 8 / 20 | | |
A | Å-Hamna RorbuerenIndependent Hostel info@blotferiene.com | 76 09 12 11 / 911 50 560 76 09 11 14 | VMFRS 8 / 20 | | |
8392 Svolvågen | | | | | |
8380 Ramberg | Friløpsgården café, pub & overnatting post@friløpsgården.no | 76 09 33 44 / 934 26 857 F 3 / 11 | | | |
Lillevåg, 15 | | | | | |
8370 Leknes | Norlandia Lofoten Hotel lofoten@norlandia.no | 76 08 06 25 76 06 06 92 | H 60 / 118 | | |
Hex. Gimsøy | Lofoten Golf Links post@loften-golf.no | 76 07 20 03 | DFLG 16 / 26 1 / 4 | | |
8314 Gimsøysand | | | | | |
8312 Henningsvær | Henningsvær Bryggehostel booking@henningsvaer.dvgl.no | 76 07 47 50 76 07 47 30 | H 31 / 65 | | |
8312 Henningsvær | | | | | |
Finnholmens Brygge | post@froenholmen.no | 76 06 99 60 76 06 99 69 | H 24 / 48 | | |
Finnholmens Brygge | | | | | |
Frisøren 24 | Lofoten Sommerhotel/Kabelløft Vandervenheim post@lofen.fno.no | 76 06 96 80 76 06 96 81 | CFHV 56 / 112 | | |
8310 Kabelvåg | | | | | |
Fiskeret 46 | Norlandia Vestfjord Hotel post@vestfjord.norlandia.no | 76 07 08 70 76 07 08 54 | H 63 / 118 | | |
8300 Svolvåra | | | | | |
Austnesfjord, 12 | Best Western Svolvar Hotel Lofoten post@svolvar-hotel.no | 76 07 19 99 76 07 09 09 | LH 28 / 58 | | |
8300 Svolvåra | | | | | |
Lamholmen | Rica Hotel Svolvær rica.hotel.svolvaer@rica.no | 76 07 22 22 76 07 20 01 | H 147 / 280 | | |
8300 Svolvåra | | | | | |
O.J. Kaalundsgaard | Thon Hotel Svolvær svolvær@thonhotels.no | 76 09 40 00 76 09 40 49 | H 30 / 60 | | |
8300 Svolvåra | | | | | |
Marinhaugen 10 | Anne Gerds B&B annegerd.home@online.no | 995 29 945 85 02 46 41 | G 3 / 6 | | |
8300 Svolvåra | | | | | |

**CAMPING/CABINS FOR RENT**

**LOCATION** | **BUSINESS/COMPANY E-MAIL** | **TEL (+47) FAX (+47)** | **ROOM/ BEDS** | **CABIN/ BEDS** | **PRICE RANGE** |
---|---|---|---|---|---|
Nordland | Trollhavna Camping booking@citottonportal.com | 900 25 221 | C | | |
8063 Varøy | | | | | |
Maskenåsvegen | Maskenes Camping krav@online.no | 994 89 405 76 09 14 37 | C | | |
8330 Svolvåra | | | | | |
8380 Ramberg | Ramberg Gjestegård ramberggjest@loften.no | 76 09 35 00 76 09 31 40 | CD 10 / 28 | | |
| | | | | | |
Unstadvieien 105 | Unstad Camping post@lofoten.fno.com | 76 08 64 33 / 918 60 494 | CDR 6 / 36 | | |
8360 Bisestad | | | | | |
Rolvsfjord | Bristranda Sjælcamping bl@lofen.no | 76 08 71 00 76 08 71 44 | CDLS 21 / 100 | | |
8370 Leknes | | | | | |
Alstad | Lofoten Turistsenter, Alstad | | CD 6 / 23 | | | |
8370 Leknes | | | | | |
Storfjord | Storfjord Camping og Hyttegard post@storfjordcamping.no | 76 08 68 04 91 40 22 50 | CD 10 / 40 | | |
8340 Samsund | | | | | |
Hov, Gimsøy | Hov Feriegard & Camping unihov@online.no | 76 07 71 57 / 477 55 813 76 07 71 57 | ACD 10 / 20 1 / 4 | | |
8314 Gimsøysand | | | | | |
Ørsvågen 45 | Sandvik-Fjord & Sjælhuscamping post@sandvika-camping.no | 76 07 81 45 76 07 90 10 | ACD FLRS 21 / 90 | | |
8309 Kabbelvåg | | | | | |
Ørsvågen | Lofoten Turist- og Rorbuerenter booking@orsvag.no | 76 07 81 80 76 07 83 37 | CDFA 19 / 40 47 / 208 | | |
8310 Kabbelvåg | | | | | |
Mølnosen 19 | Kabelvåg Feriehus og Camping post@kabvelvag.no | 76 07 86 20 / 932 34 231 76 07 83 69 | AC 1 / 6 | | |
8310 Kabbelvåg | | | | | |
Sløvåg | Skippergården Camping skippergaard@sløvag.no | 76 07 51 97 76 07 51 97 | ACD 4 / 10 5 / 18 | | |
8345 Sløvåg | | | | | |
Løknesveien 10 | Lofoten Sport og Turistsenter km09fj-turin@online.no | 76 07 21 64 | CD 14 / 92 | | |
8300 Svolvåra | | | | | |
Vaterfjord | Hammerstad Sjælcamping hammerstad-camping@ci.net | 76 07 03 05 76 07 22 80 | CDMS 8 / 36 | | |
8300 Svolvåra | | | | | |

**SYMBOLS**

- Restaurant
- Café
- Beer/wine
- Fully licensed
- Diving
- Allergy-room
- Adapted for wheelchair users
- Bicycle rent
- Possibilities for fishing
- Golf
- El-terminal
- Hire of boats
- Playground
- Hiking
- Canoe/kayaking
- Whale Safari
- Ocean Rafting
- Riding
- Winter activities
- Surfing
- Less than NOK500 a night
- NOK 500 – 750 a night
- NOK 750 – 1000 a night
- Over NOK 1000 a night

**w w w. l o f o t e n . i n f o**

23
The Need and Availability of Accommodation

Even before the year 900 AD, the sagas tell us of boats from along the coast being equipped for the journey to Lofoten and the winter cod fishing season. In addition to the ordinary “home” fisheries, tales were told along the coast of the extremely bounteous winter fishery off the Lofoten Islands. People travelled for days and even weeks in open rowing boats and sailing boats to take part in the abundant fisheries of Lofoten, throughout the entire winter. This created a need for accommodation. We have little knowledge of how this need was met during the first centuries, but from the sagas, we know that in the early 1100’s, King Øystein decided that “rorbus” should be built for the visiting fishermen in Lofoten. This tells us something of how important this fishery was for the country’s economy even at such an early date.

The Word “Rorbu”

RORBU? What are the origins of the word? “Bu” means a (small) dwelling, and is derivative of the Norwegian word, “bo”, to live in. So: A tiny house to live in. But the word is also used in certain other contexts, e.g. “redskapsbu” - a “house” where tools are kept. The first syllable of the word RORBU derives from the Norwegian word “ro”, to row. For centuries the fishermen came in rowing boats, and it was not until the early 1900’s that the fishing boats were equipped with engines. One literally “rowed” out to the fishing grounds. Even after three generations of motor boats, the Norwegian for “row out to the fishing grounds” is still the vernacular for taking part in the fisheries. A “rorbu”, then, is a house where the fishermen lived when they rowed out to the fishing grounds.

New Use and Modernisation

Around 1960, when hundreds of rorbus were empty all year round and many had been demolished or blown down by the winter storms, some of the better cabins were let out to tourists for the first time. During a twenty year period, the amount of tourists wishing to stay in rorbus increased, and the owners had their rorbu cabins restored and modernized. The old main part could often be left as it was, whereas the parts that were used to store tackle and other equipment have been insulated against the cold and furnished with showers, toilets and one or more additional bedrooms. Whereas previously it was necessary to carry water to the rorbus, today, practically all the cabins have hot and cold running water.

“Sjøhus” - Quayside Rooms

In the fishing villages we also find larger buildings where the fishermen’s catch was landed. These quayside fish halls, were normally built with two to four floors and here too, rooms were furnished to accommodate the land-based workers in the fishing industry and some of the boat crews. Since much of this accommodation was used by fishermen, these are sometimes also referred to as rorbus. In order to distinguish this type of accommodation from the traditional, detached rorbus, the term SJØHUS is used about these larger buildings. The accommodation offered in these “sjøhus”, or quayside rooms, is often of a more modern fashion than the old cabins, and in many cases these accommodation units are more spacious than the traditional rorbus. In some of the “sjøhus” the guests share a common kitchen and lounge.
## Rorbuer/Seahouses

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<th>Fax (+47)</th>
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<th>Rorbuer Beds</th>
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<td>A</td>
<td>Festkårbygga Rorbuer, A <a href="mailto:pedeman@online.no">pedeman@online.no</a></td>
<td>76 09 19 11 / 971 41 692</td>
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### Symbols
- Restaurant
- Kafe
- Beer
- Wine
- Fully licensed
- Diving
- Allergy-room
- Adapted for wheelchair users
- Bicycle rental
- Possibilities for fishing
- Golf
- El-terminal
- Hire of boats
- Playground
- Hiking
- Canoe/kayaking
- Whale Safari
- Ocean Rafting
- Riding
- Winter activities
- Surfing
- Less than NOK500 a night
- NOK 500 – 750 a night
- NOK 750 – 1000 a night
- Over NOK 1000 a night

www.lofoten.info
Welcome to our world, a world offering unusual experiences closer than you think. Whether it is adventure and exciting activities or relaxation you are after, the variations in climate, environment, nature and choice mean that it is always peak season somewhere in the region!

For booking and information see our website

www.thebestofthearctic.com
Many people associate Lofoten with the Midnight Sun, idyllic summers and visitors from all the corners of the world. However, if you want to experience the tough, genuine and original life of the many fishing villages, you should visit Lofoten outside of the hectic summer season!

Every autumn the herring and killer whales swim up the Tysfjord and Vestfjord to spend the winter here. From mid-October until mid-January, killer whale safaris set out from Lofoten in a large passenger boat and rubber dinghies. You will become part of a natural phenomenon as you study these enormous animals up close. An experience of several tonnes!

Go ocean rafting in Lofoten! The open sea, steep mountains, narrow straits and luscious islets. Changing light and crystal-clear water. An experience you will never forget and one that will make your hair stand on end even if you don’t have any! The rubber dinghies are extremely robust and will carry you to new adventures.

The coastal currents pump the clear water from the Atlantic Ocean through and past the numerous islands. The characteristic marine life and the excellent view are due to the location – far out to sea and far north. In the currents and on the cliff walls you will find blankets of soft corals that filter the nutritious water. Cracks and crevices are encompassed by swaying tangle, like endless forests down towards the bright, white coral sand. Down here the catfish waits, and here they are found in abundance. Diving or snorkelling in Lofoten is an experience of a lifetime! The arctic, crystal-clear water provides you with a unique opportunity to discover life beneath the surface.

Lofoten is also one of Norway’s best and the world’s northernmost sites for wave surfing! The waves are usually great and plentiful.

Kayaking in Lofoten. The world’s most stunning archipelago is waiting for you. You couldn’t get closer to the ocean and the seals. Experience nature and the animal kingdom from the surface of the ocean. A kayak gives you the opportunity to move around at your own tempo, and it is the best way to relax!

Experience the Viking Age as it really was! At Borg, archaeologists have discovered the largest house ever found from this era. It is the house of one of the most powerful chieftains in Northern Norway. The building is 83 meters long and has been reconstructed as a living museum with findings, reconstructions, exhibitions and domestic animals. Experience a genuine Viking lunch in the Banquet Hall or attend the chieftain’s feast. An experience that will give you a good idea of the life that our rugged forefathers used to lead!

One of the world’s largest seasonal fisheries takes place in Lofoten. From mid-February until the end of April, Lofoten is full of life. The arctic cod swims from the vast, nutritious areas of the Barents Sea in its millions, en route to the spawning grounds near Lofoten in order to continue the species. Professional fishermen from the entire coast of Norway participate in this event. You can learn more about Lofoten in a historical perspective, for better or for worse, in the museums that describe the everyday life of traditional fishermen and farmers, and in the galleries, where artists have been inspired by this challenging way of life.

Come out to sea and try your luck at fishing! Experience the atmosphere and the excitement at the fishing area. One thing is certain; you won’t be bored with the scenery while you are waiting for the fish to bite! You might see a flock of sea eagles waiting for some fresh food. Or the steep Lofoten Mountains that plunge straight down into Vestfjord.

The weather in Lofoten changes rapidly in winter. These swift changes provide us with a magnificent light that has inspired artists and drawn them to this area for several decades. The result of having Lofoten as your source of inspiration is evident in the many art galleries and photo exhibitions, as well as at the blacksmith’s and the weaver’s, in glass, ice and ceramics. The magical Northern Light often plays in the sky. Come and visit the colourful people of Lofoten, and if you are lucky, you might even catch one of the raging storms!

Lofoten has two alpine ski lifts. Lofoten is an eldorado for everyone who enjoys telemark skiing. Plus snowshoes give winter a different perspective, as it is so much easier and safer to get to places. Have you ever been on a mountain trip beneath the Northern Light, or as the sun is just crossing the horizon? Try it in Lofoten. It will be an unforgettable trip!

The greatest experience is actually just being in Lofoten at this time of year. Watch the fish being hung on the drying racks. Enjoy life in the harbour of the fishing villages. Go to a skreimølje dinner party to enjoy this local cod dish. Chat to the local fishermen in one of the pubs. Sun for breakfast, storm for dinner and a calm sea for supper. Enjoy the light in Lofoten.


For more information about activities with regular departures in late autumn and winter: www.lofoten-winter.com, www.orca-lofoten.no

For further information and recommendations of activities, please enquire at your place of accommodation or the nearest tourist information office in Lofoten.
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www.statles.no
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- Courses and conferences
- Galleries
- Photography centre
- Shop
- Rafting
- Sea angling
- Superb walking country
- Good communications

Lofoten Fiskefestival (Lofoten Fisheries Festival) 29/6-1/7 -2007

www.skrova.net

Layout: www.AuroraBorealis.no  Foto: ivar Kjilli - Stockshots.no
Svinøya is a tiny, vibrant fishing hamlet on an island in Svolvær harbour, with a bridge linking it to the city centre. Enjoy the tranquillity in our restored fishermen’s cabins (rorbu), complete with modern bathrooms, well-equipped kitchens, and comfortable bedrooms with made beds. You are at the centre of events here, with the Lofoten Adventure right outside your door.

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- 4 km from Svolvær Airport

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Telefax +47 76 07 48 98
www.svinoya.no • post@svinoya.no
For further details about Lofoten, see www.lofoten-startside.no
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www.lofoten.info

Svinøya Rorbuer
Museum Nord - Lofotmuseet
The museum will give you an impression of what life in the old fishing village was like, and the contrasts between the fisherman’s simple daily life and the abundant lifestyle on the farm belonging to the owner of the village.

Exhibitions and other activities:
- The history of the Lofoten fisheries, Collection of Nordland’s boats, Fisherman's huts from around 1800-1850, Old boat engines
- The fishing village owner’s farm from 1815 with various themed exhibitions – Historical garden: “Old perennials”
- Souvenir shop
- Cultural Heritage Path from the museum to the town centre of Kabelvåg, on the site of the medieval town Vågar
- "Archaeological dig for children" everyday in July at 12:00 and 14:00
- Medieval Marked 23-24 June 2007

Galleri Espolin
Galleri Espolin boasts Norway’s largest collection of the works of Kaare Espolin Johnson. Here you can meet the private, everyday person: In his direct and poetic works Kaare Espolin Johnson has shed an unforgettable light on the life and fate of coastal people.

- Permanent exhibition featuring more than 160 works
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- Tours
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New wing opened in 2005 containing:
- Espolin room
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- Exhibition hall for changing exhibitions
- Activity room for children

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E-mail: lofotmuseet@museumnord.no - www.museumnord.no
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Ocean Environment Centre

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- Fish farming/ Aquaculture
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Kabelvåg has expanded on the outskirts of the old medieval town of Vågar - North Norway’s first town settlement built up around the stockfish trade. Kabelvåg is the original trade centre of Lofoten. People have been coming here for centuries to visit the annual summer market, and nowadays we deal in art, applied crafts and enjoyable experiences.

The town centre has maintained its structure from the 1800’s and gives a good impression of how people have lived in Lofoten during the last 200 years. Something which makes Kabelvåg a natural meeting place for tourists, artists and students.
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A THOUSAND YEARS AGO the biggest houses of the Viking Age stood on the sacred heights at Borg on the Lofoten Islands. Here the mistress of the household and the chieftain held sway. Little did the Borg farmer realize the consequences when he discovered some pieces of pottery in his plough furrows in 1981. This find was the start of Lofotr Viking Museum.

Archaeologists from the whole of Northern Europe came flocking to Lofoten, where the farm of one of the mightiest North-Norwegian chieftains was found. The 83-metre long chieftain’s house has been reconstructed to its full size.

The Viking museum is very special. When you enter the chieftain’s house, you are transported back to the Iron Age. Light flickers from the hearths and gleams from cod-liver-oil lamps, the smell of wood tar fills your nostrils, the humming from cooking activities rises the 9 meters up to the roof. You can watch handicraft demonstrations using authentic Viking methods.

Lofotr was a centre of power in the Iron Age and had extensive contact with the rest of Europe. Several factors coincide to indicate that Borg was the seat of a chieftain. There are several burial grounds nearby, with some very big burial mounds and large boat-house tofts, where the chieftain could have kept a ship the size of the Gokstadship. Finds from the excavations, such as gold foil fertility figures, Frankish pottery and Rhineland glass, add to the picture. The museum houses a permanent exhibition, showing unique exhibits from the excavations.

Outside the chieftain’s house you will find some domestic animals - just as you would have done 1000 years ago. Horses, sheep and hens all thrive in the fertile landscape around Borg.

It is worth your while to walk down to the boathouse, where there is a reconstruction of the Gokstad ship. If the weather is good, you can go for a trip on it. On the way down to the boathouse you will pass a reconstructed Iron-Agesmithy.

A day at the Viking Museum at Borg is an unforgettable experience.
MEET Moby Dick

Since the beginning in 1988, our Whale Safari has been visited by innumerable journalists and TV teams. The Whale and Dolphin Conservation Society (WDCS), that has specialized in publishing reviews of this type of tourism all over the world has given us the following commendation: «The world’s largest, most successful Arctic whale watching operation is Hvalsafari AS (Whalesafari Ltd.) in Andenes».

The Product
Educational activities form the nucleus of whale safari tours in Andenes. Right from the start in 1988, our whale safaris have involved research, learning and adventure joined together in one single, integrated unit. The idea has attracted considerable attention both at home and abroad.

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Weather reservations
Out on the open sea, the wind can some-times be too strong, making it impossible to see the whales. For this reason, there can be cancella-tions, and it’s best if you don’t put all your stakes on one certain day. The sea voyage can, in any event, be a though experience, and you should dress warmly and have warm footwear.

Whale Guarantee
We will give you a free new trip if you are unfortunate and don’t see whales the first time.

Season
May 25. - September 15.

Departures
During the season departures are offered at 09.30/11.30/15.30 and 17.30. The boat trip normally lasts about 4-5 hours.

Reservations
The Whale Safari tours fare out on two boats several times daily, as required. Just the same, it can still be difficult to find space. Therefore, it’s best to make advance reservations, preferably a couple of days before the trip.

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Read more at: www.midnightteetime.com

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• Bicycle ferry Ballstad - Nusfjord

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As the entire region´s joint promotional body, Destination Lofoten is responsible for the following:

• International and national marketing, promotion and sales.
• Co-ordinating existing traveltrade products in the area, and product development.
• Co-operation with international tour operators.
• The production of promotional material.
• Representing Lofoten at trade fairs and shows.
• Developing a joint profile and Lofoten as a destination.
• Co-ordinated product information.
• Official tourist information.
• Taking care of the hospitality- and information duties on behalf of the municipalities of the Lofoten islands.

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www.met.no (Norwegian and English)
www.senorge.no (Norwegian only)

For further information and links, please refer to:
www.lofoten.info

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