



GORSABRUA © JAN R. OLSEN



BLÅISVANNET © LYNGENEXPERIENCE



AURORA SPIRIT DISTILLERY



OTERTINDEN © PETR PAVLIČEK



MOLLISFOSSEN © MAGY MEDIA



DALBERGET © PETR PAVLIČEK

ARCTIC ISLAND HOPPING

to stay and what to do on *Reinøya* and *Vannøya* check www.karlsoy.kommune.no.

○ NORD-LENANGEN
Nord-Lenangen is the northernmost village on the *Lyngen peninsula*, surrounded by the *Lyngen Alps*. Visit *Blåisvatnet* (The Blue Lake) which is our most popular hike in the *Lyngenfjord* region. From the express boat dock to the *Blåisvatnet* parking lot, it is approximately a 1 hour bike ride (. The hiking trip to *Blåisvatnet* is easy (8 km, 3-4 hours) and is a perfect spot to watch the midnight sun.

○ TROMSØ
The express boat leaves from *Prostneset*, where you also will find the central bus station and the tourist information.

○ REINØYA
The express boat stops at the old trading post *Finnkroken*. Here you will find a village museum and *Finnkroken Chapel*.

○ VANNØYA
The island *Vannøya* is situated far north out towards the sea. The island has a rich wildlife, and the main industry is fishing. For more information about where

Arnøyhamn you find *Lauksletta* and *Tareneset*. At the end of the road in *Tareneset* the *Arnøya cultural trail* starts. The trail tells the story about the culture and the nature of *Arnøya*. *Årviksand* is the northernmost inhabited village on *Arnøya*, and has a spectacular view of the ocean and the surrounding islands. *Årviksand* is a good starting point for many great hikes.

○ NIKKEBY - LAUKØYA
Laukøya has beautiful nature, and is situated on the other side of the sound from *Arnøya*. You can take a ferry from *Laukøy* to *Arnøya* and the island *Kågen*. On *Laukøya* we recommend a hiking trip to *Hellnesodden*. The hike takes you far north on *Laukøya* and all the way to the ocean.

○ SKJERVØY
In the cozy and vibrant fishing village *Skjervøy*, you find several

shops, cafes, and restaurants. A short distance from the city centre lies the *Stussnes* mountain. Here you are rewarded with a beautiful view of the fishing village *Skjervøy* and the fjords. This is an easy hike, and you can spend the night in the new hammock park (Bring your own hammock and (long) ropes). Visit the craftshop *Seppalatunet* to learn about *Skjervøy* and the interesting story about the dog handler *Leonhard Seppala*. Visit *Aurora Salmon centre* to learn about the norwegian salmon production.

EXPRESSBOAT 9 SKJERVØY-KVENANGEN

○ SEGLVIK
Seglvik is a small fishing village. Here the hiking possibilities are endless, with views over the open sea.

○ REINFJORD
Hiking in the valleys and to the

glaciers. Tip: Hike to *Olderfjord* - another abandoned fishing village.

○ SPILDRA
Spildra is a unique cultural heritage area featuring more than 300 Stone Age tofts, ruins of ancient Sami residential sites and seiidi offering stones and completely unique Sami bear graves, scree burials and graves in rock crevices and caves. Go hiking on the cultural heritage trail. We recommend a guided trip to get the most out of your visit (*Kvænangen Adventure*). For more information about *Seglvik*, *Reinfjord* and *Spildra*, visit www.kvaenangen.com.

○ BURFJORD
Here you will hop-on or hop-off the express boat. In *Burfjord* you can catch the bus towards *Alta* or *Storslett*/*Skjervøy*/*Tromsø*. You can find grocery shops, a restaurant, the local museum and in summer a tourist information.

HOP-ON / HOP-OFF BUS

BUS 150 - VIA LYNGEN

○ TROMSØ
Tromsø is the largest city in Northern Norway and the "Gateway to the Arctic". For inspiration about what to do and where to eat, visit www.visit tromsø.no. Buses depart from the bus terminal at *Prostneset* adjacent to the tourist information office.

○ SVENSBY
During the ferry crossing from *Brevikøidet* to the farming village of *Svensby*, you will get your first view of the spectacular *Lyngen Alps*. Rent a bike at *Svensby Turcenter* and visit *Jægervatnet* or *Blåisvatnet* (The Blue Lake), go on hikes or rent a boat and go fishing.

○ LYNSEIDET
Lyngseidet is the municipal administrative centre of *Lyngen* and, with a population of 800, is the largest settlement on the shores of the *Lyngenfjord*. We recommend visiting the *Aurora Spirit Distillery*, which is the world's northernmost whisky distillery and is situated approx. 11 km from *Lyngseidet* (a 30-minute bike ride). You can go on a hike from *Lyngseidet* or rent a bike to reach other places.

○ OLDERDALEN
In *Olderdalen*, you can go on hikes offering spectacular views of the *Lyngen Alps*.

OR VIA - BUS 160:

○ NORDKJOSBOTN
The locals refer to *Nordkjosbotn* as *Vollan*. You can change buses here and travel further south towards *Harsstad* and *Narvik*. *Nordkjosbotn*

has facilities including a restaurant, shops, hairdresser, pharmacy and petrol stations.

○ HATTENG
From *Hatteng*, you can go on nice hikes and see the iconic mountain *Otertind*. From here, you can enter the *Signalalen* valley and the border region to Sweden and Finland for endless hiking options.

○ SKIBOTN
Skibotn is now known for its many trails for hiking and mountain biking. From the centre of the village, you can easily walk or bike to the *Hengen waterfall* or the viewpoint at *Svarteberget*. The *Skibotnutlopet Nature Reserve* is a great place for birdwatching. We recommend a visit to the historic *Skibotn Marketplace*, which was the largest and most important market in Northern Norway.

○ MANNDALEN
The village of *Mann dalen* is known for its Sami culture and history. We recommend visiting the *Centre of Northern Peoples*, which is a Sami cultural centre, and *Husfliden* where you can buy local crafts. If you are interested in war history, visit *Jan Baalsrud's burial site* and the *Baalsrud Cave* up in the valley (hike 10 km).

○ BIRTAVARRE
Birtavarre is the gateway to *Halti - Finland's* highest mountain. A gravel road leads up to 750 m above sea level. On the way to *Halti* (27 km), you should visit *Ankerlia*, the old mining community (10.6 km from *Birtavarre*), and the popular *Gorsa bridge* (14.3 km from *Birtavarre*). Adventurous visitors can bungee jump off the *Gorsa bridge* (open every Saturday during the summer).

○ DJUPVIK/SPÅKENES
At *Spåkenes*, you can visit the ruins

of the World War II coastal fort and experience the rich bird life. Around 60 different bird species have been observed here. Hike up to *Dalberget* (460 m.a.s.l.) and enjoy the view of the *Lyngenfjord* and *Lyngen Alps*.

○ ROTSUND/ULØYA
Take the ferry from *Rotsund* to *Uløya* and visit *Havnes trading post*, which is a well-preserved, listed 19th century trading post, situated in some of the most stunning scenery in Northern Norway.

○ LANGSLETT
You can change buses here and take a detour to the charming fishing village of *Skjervøy*. Read more about *Skjervøy* under *Island Hopping*.

○ SØRKJOSEN/STORSLETT
In *Sørkjosen*, by the *Reisafjord*, we recommend a visit to *Kronebutikken* craft store and hiking to *Truisku* to enjoy nice views of the fjord and the two

villages. At *Storslett* (only a few km from *Sørkjosen*), there are several shops, cafés and other services. We recommend visiting the *Halti centre*, which houses the local museum and the national park centre. *Storslett* is the gateway to the *Reisa Valley* with the 120 km long *Reisa River* and the *Reisa National Park*. We recommend taking a riverboat tour from *Ovi Raishim* up the river and to the *Mollisfossen waterfall*.

○ ALTA
Alta is the largest town in *Finnmark*, where you can experience Sami culture and rock art featured on the UNESCO World Heritage list.

For more information, visit www.visitalta.no.

