

Walking the Wild

December 2nd, 2021 - 7-8:30PM



**THE
MOUNTAINEERS**



**Among Cod Heads and Giants
On Norway's Lofoten Islands and Jotunheimen Circuit
with Cheryl Talbert**

Please mute your audio and turn off your video. The presentation will begin at 7PM.

Overview

- 
- Take you on a photo tour of two amazing hiking and trekking areas in Norway based on a Mountaineers Global Adventure in 2019.
 - Situate you on a map so that you can visualize the route and terrain.
 - Give you some basic information about the logistics and requirements of these adventures based on how we did them.



Lofoten
Islands



Bodø

Arctic Circle



Jotunheimen
National Park



Oslo

- Lofoten Islands adventure – June 14-25, 2019
- Jotunheimen adventure - June 25-July 6, 2019

PART 1 of our Norway Adventure: The Lofoten Islands

June 14-25, 2019

- Flew into Oslo, then domestic flight to Bodø → Ferry to Moskenes on the southernmost major island of the Lofoten archipelago
- Then 10 days day hiking and backpacking out of 8 different hubs, shuttling by van in between
 - *35 miles and 16,910' gain*
- 5 nights tent-camping, 1 night in surfers' cabins, 3 nights in rorbu (converted fishermen's cabins)
- Then flew back to Oslo from Evenes airport (on the islands)



1 hr 30 min
flight

★ Bodø

★ Oslo

Oslo Norway (lat. 60°N)

- National capitol & trade hub
- Population 1.7MM in 2021 (30%)
- Founded AD 1040 at the end of the Viking Age - part of Denmark
- Incredible culture, museums, green spaces



Gateway Town: Bodø (67°)

- Population 52,560 in 2021, largest city in the world this far north
- Midnight sun from 1 June to 14 July, polar night from early December to early January
- Home of the world's strongest tidal whirlpool, Saltstraumen!
- Incredible street art



Bodø continued!

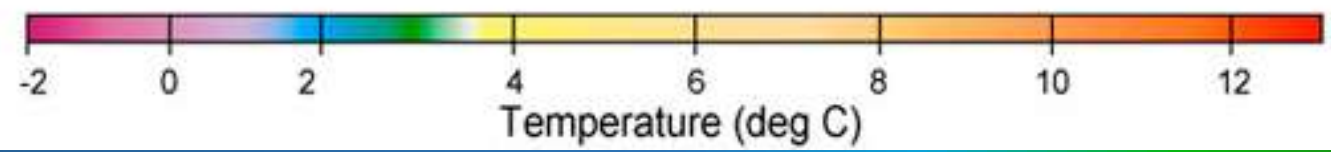
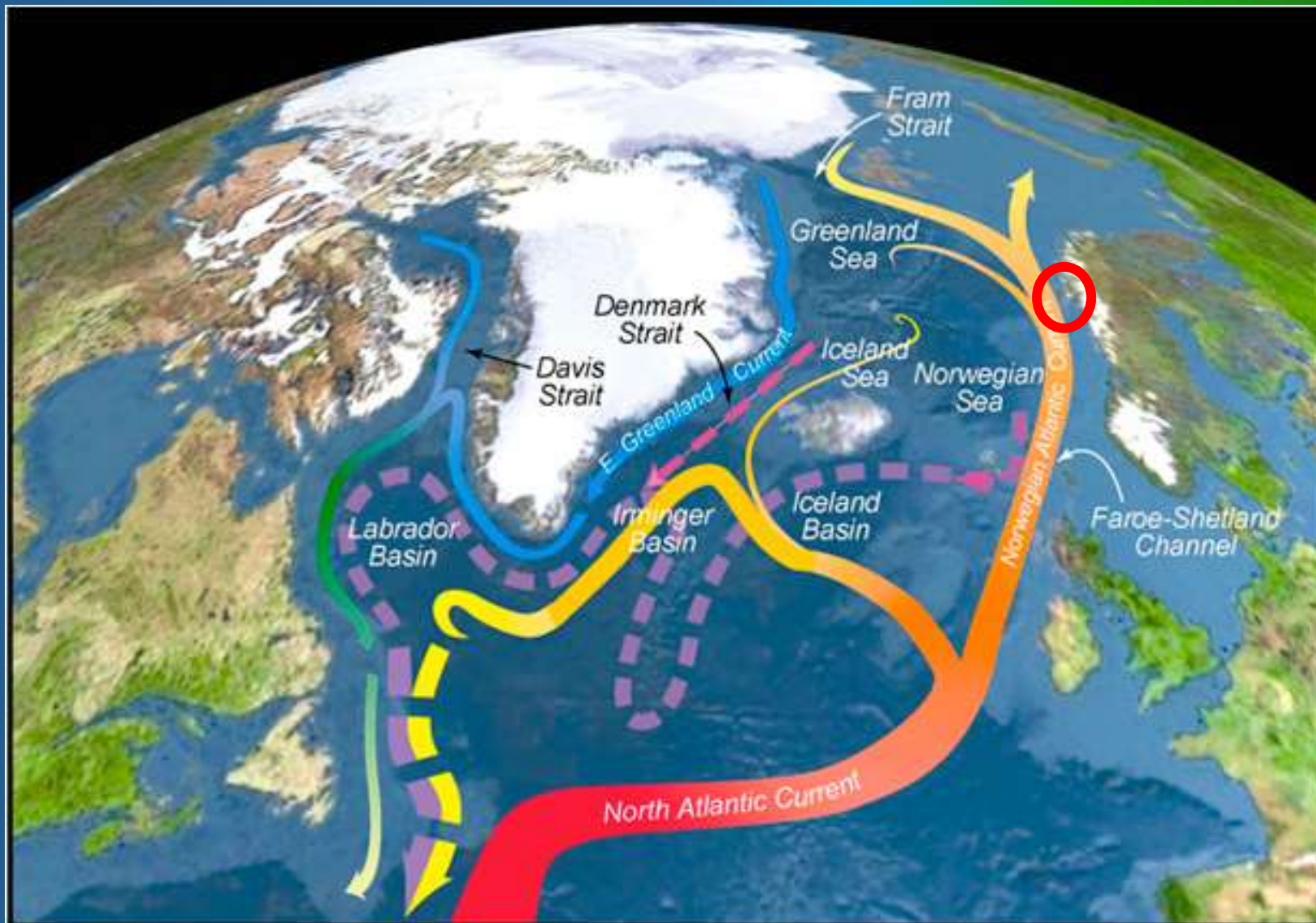
- First sampling of amazing local seafood!



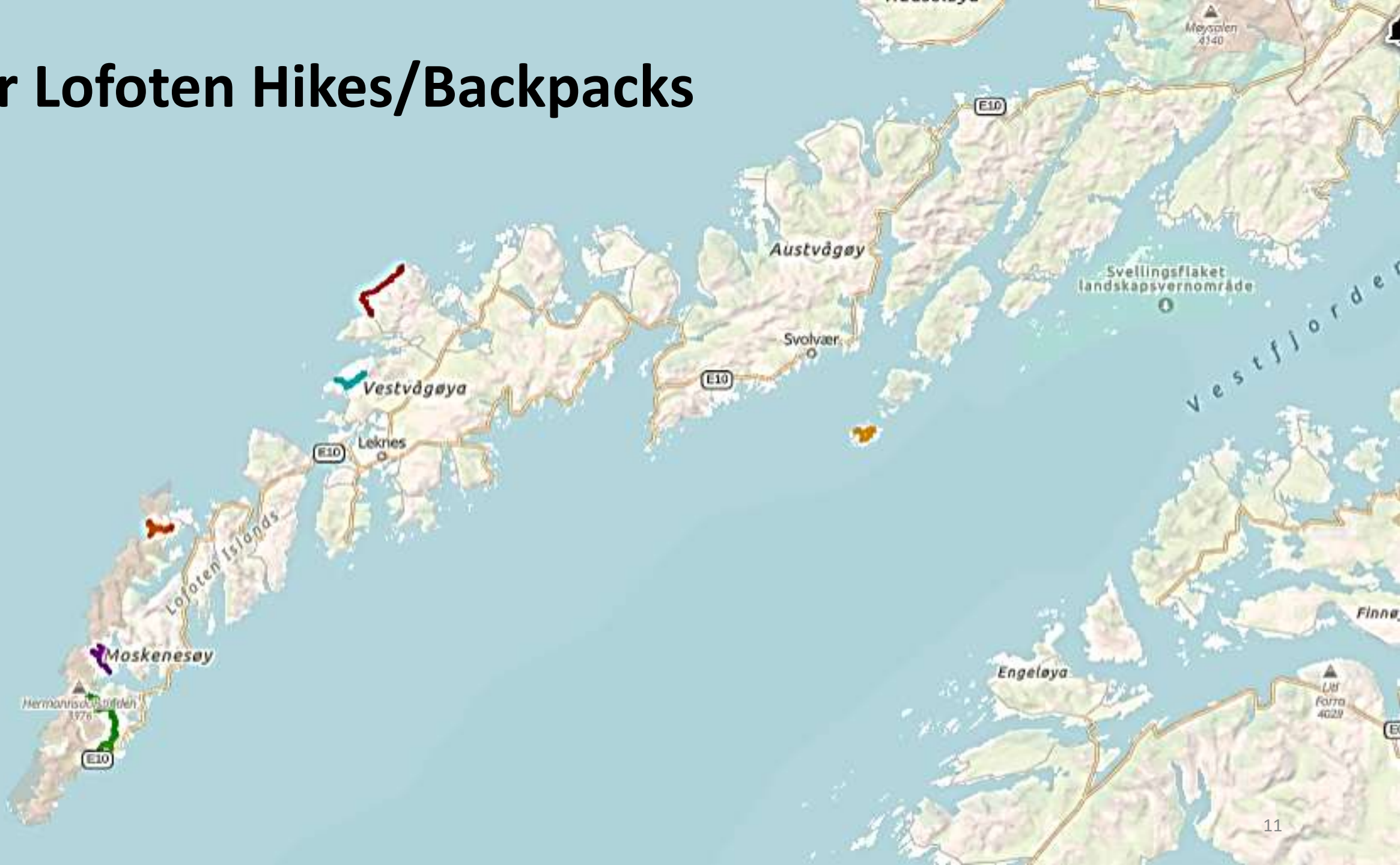
Lofoten Introduction

- Archipelago of 7 islands with hundreds of fjords and lakes.
- Yosemite-like granite batholiths rise steeply from the sea in all directions.
- 95 miles N of Arctic Circle, but mild and green due to the warm Norwegian-Atlantic current.





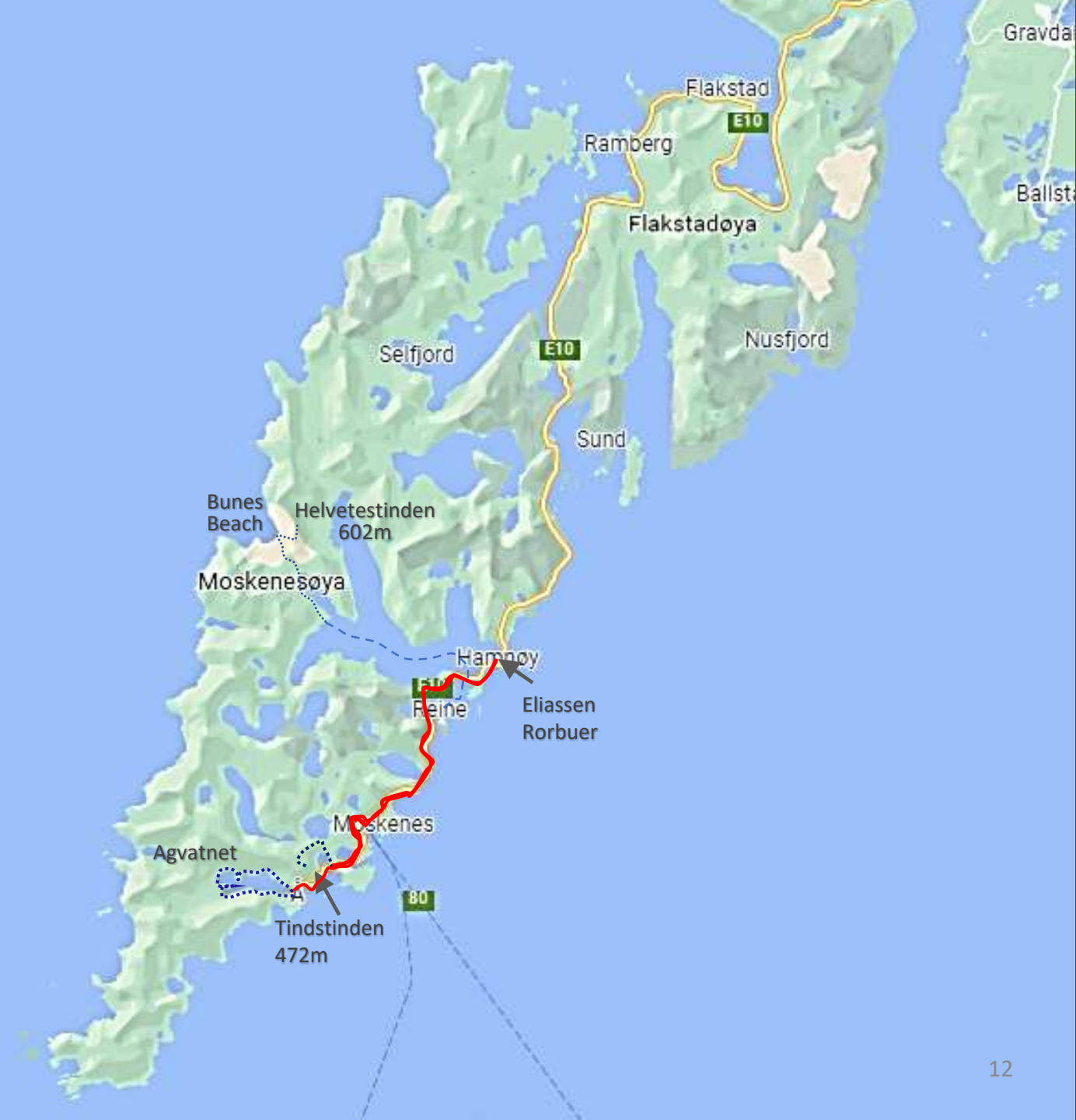
Our Lofoten Hikes/Backpacks





Day 1: Ferry to Moskenes, hike to Tindstinden, drive to Hamnoy for night in rorbuer

Day 2: Hike around Ågvatnet, explore Å, then ferry up Reinefjord to Vindstad, walk to Bunes Beach, hike up Helvetestinden.





Ferry from Bodø to the Lofotens



Later this day we will hike to the top of this!!

DAY 1.

Sorvagen to Tindstinden

October 31, 2021, 07:35 AM

Distance Ascent
3.04 mi **1,625 ft**

Elevation

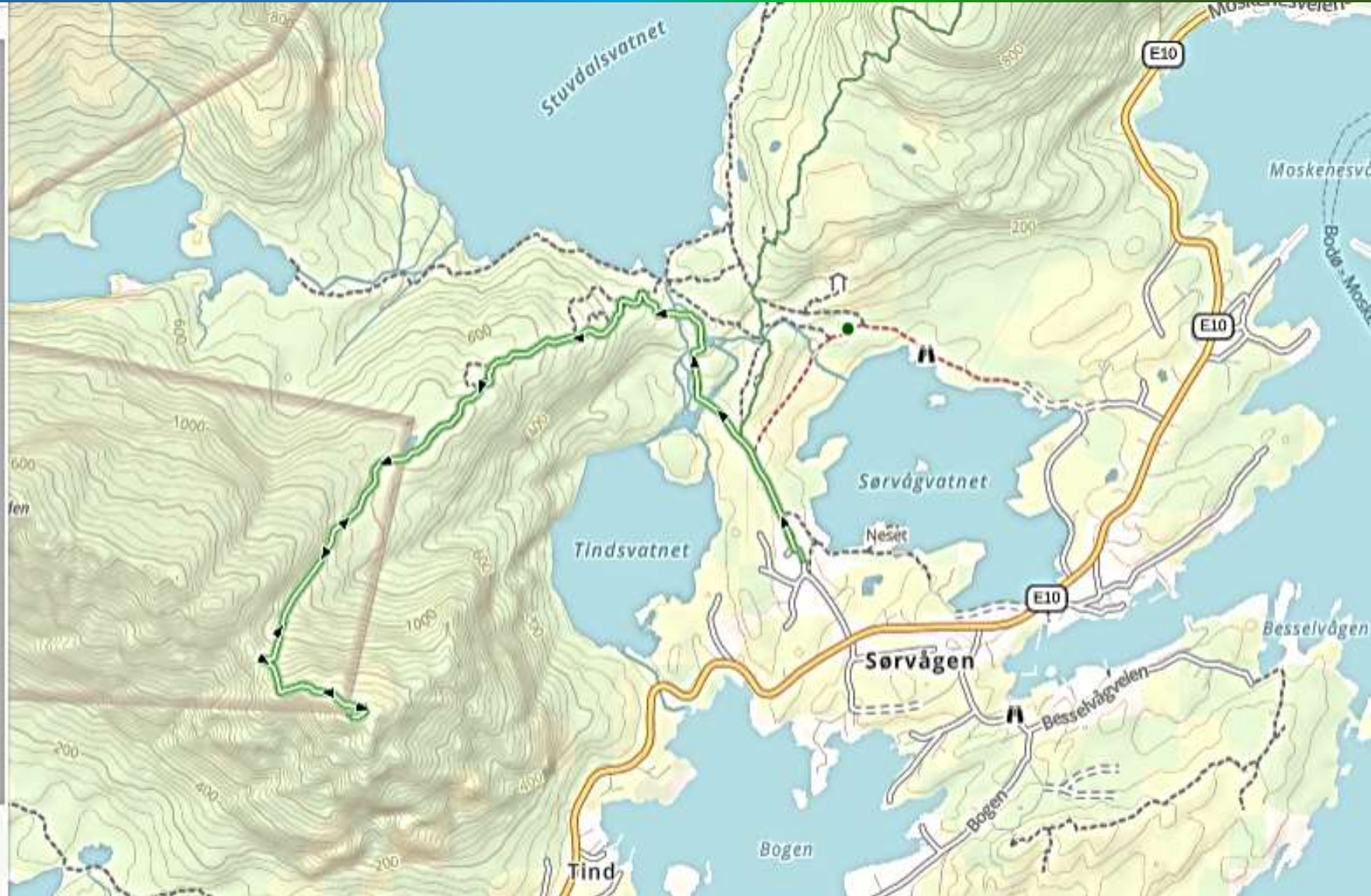


Ascent **1,625 ft**

Descent **1,627 ft**

Max Elevation **1,513 ft**

Min Elevation **33 ft**





Hiking Tindstinden – day 1

Hiking Tindstinden – day 1



Bridge over the Reinefjord to Hamnøy and our traditional Rorbuer



A Stockfish Culture





A 1000-year cod fishing history





Hamnoy, Eliassen
Rorbuer and granite
cliffs across the
Reinefjord



DAY 2.

Hike around Agvatnet Lake

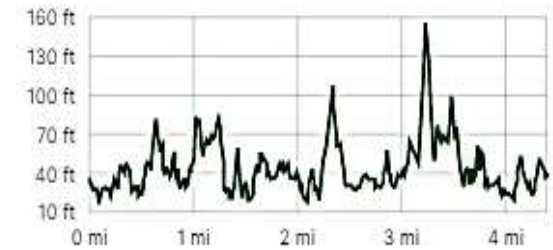
Edit

October 31, 2021, 09:03 AM

Lofoten 2019

Distance Ascent
4.41 mi **712 ft**

Elevation



Ascent **712 ft**

Descent **718 ft**

Max Elevation **155 ft**

Min Elevation **17 ft**





Hike around Ågvatnet



The fishing village of Å





Ferry up Reinefjord to Vindstad
for hike to Bunes Beach

DAY 2-3.

Vindstad to Bunes and Helvetestinden

October 31, 2021, 07:02 AM

Lofoten 2019

Distance **6.54 mi** Ascent **3,120 ft**

Elevation



Ascent **3,120 ft**

Descent **3,121 ft**

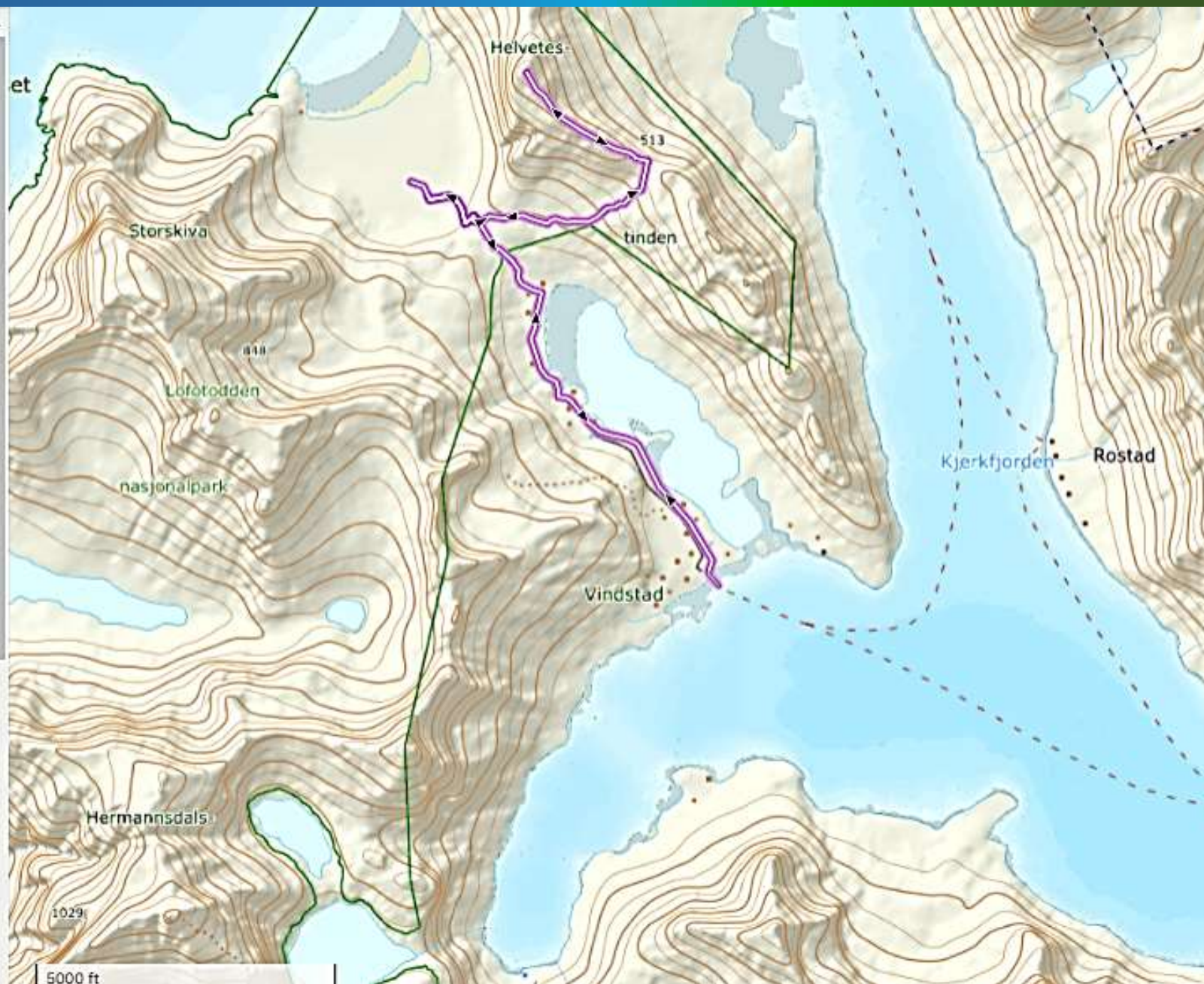
Max Elevation **1,694 ft**

Min Elevation **0 ft**

Map Visibility - ON
Route is visible on map



Edit





View up Forsfjorden to lookout we would visit 2 days later!



Helvetestind, 602m





Cod drying on clothesline!



Walking along the Bunesfjord toward Bunes Beach



Bunes Beach camp





After-dinner hike up Helvetestinden, 602m





Day 3: Hike/ferry back to Reine, drive 10 mins to Sørvågen, hike to Munkebu camp, hike to base of Hermanstinden and back, climb Munken, camp

Day 4: Walk back to Sørvågen



Bunes Beach



**Walk back to
Vindstad and ferry**



**Ferry side-trip up
Kjirkefjorden**



...and back to Reine dock



**...for a fabulous
café stop!**



DAY 3-4.

Sørvågen to Munkebu, Hermannsdalstinden, Munken

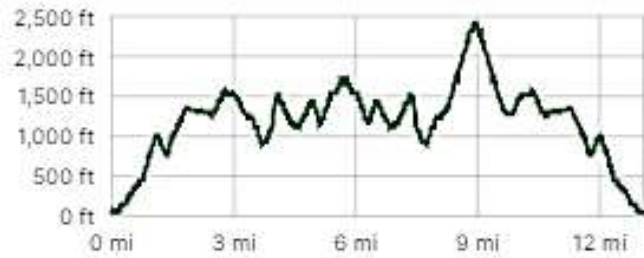
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October 31, 2021, 07:09 AM

Lofoten 2019

Distance Ascent
13.1 mi **7,144 ft**

Elevation



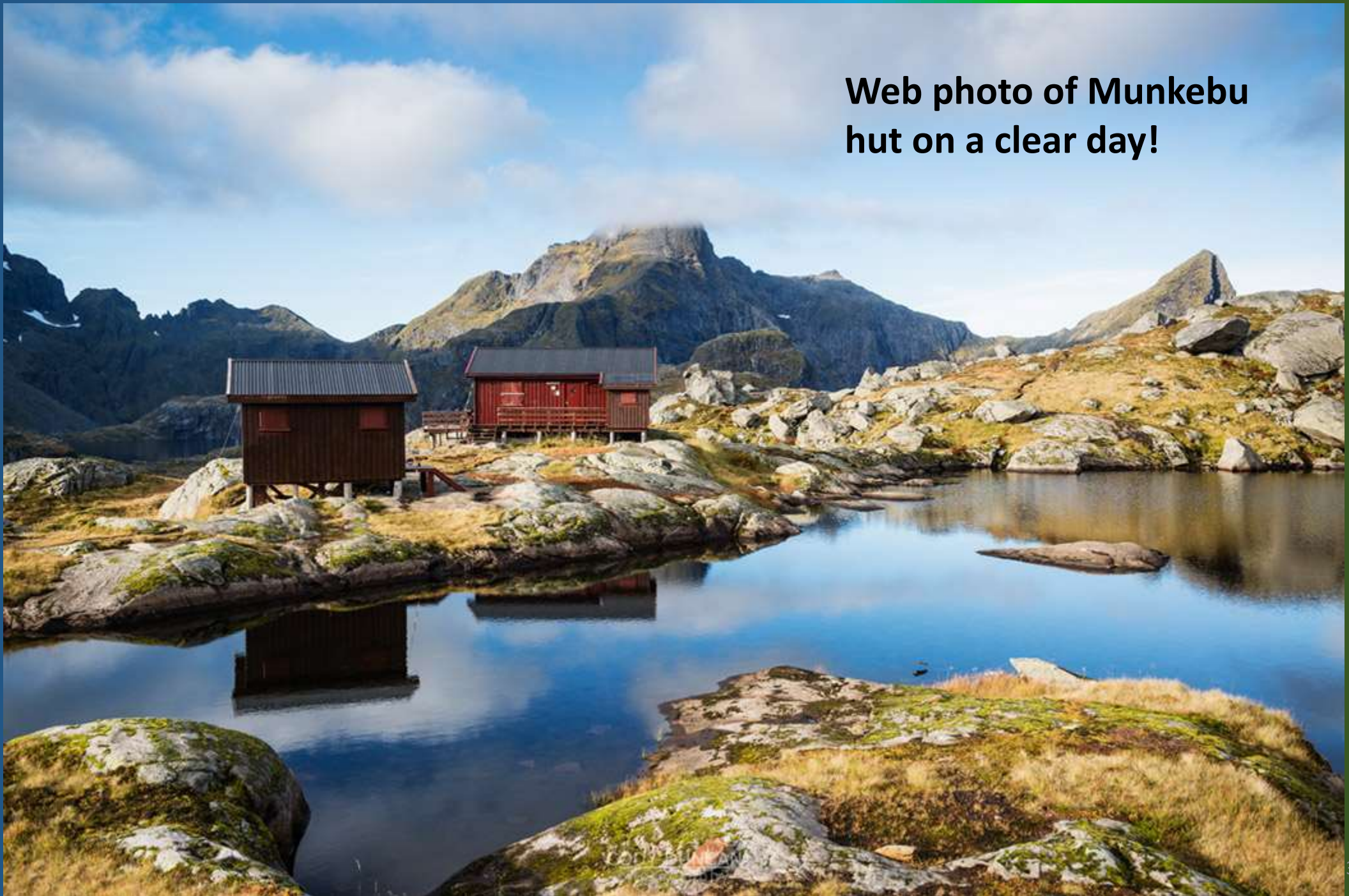
Ascent	7,144 ft
Descent	7,121 ft
Max Elevation	2,437 ft
Min Elevation	35 ft



5km hike to Munkebu hut and camp nearby at ~500m



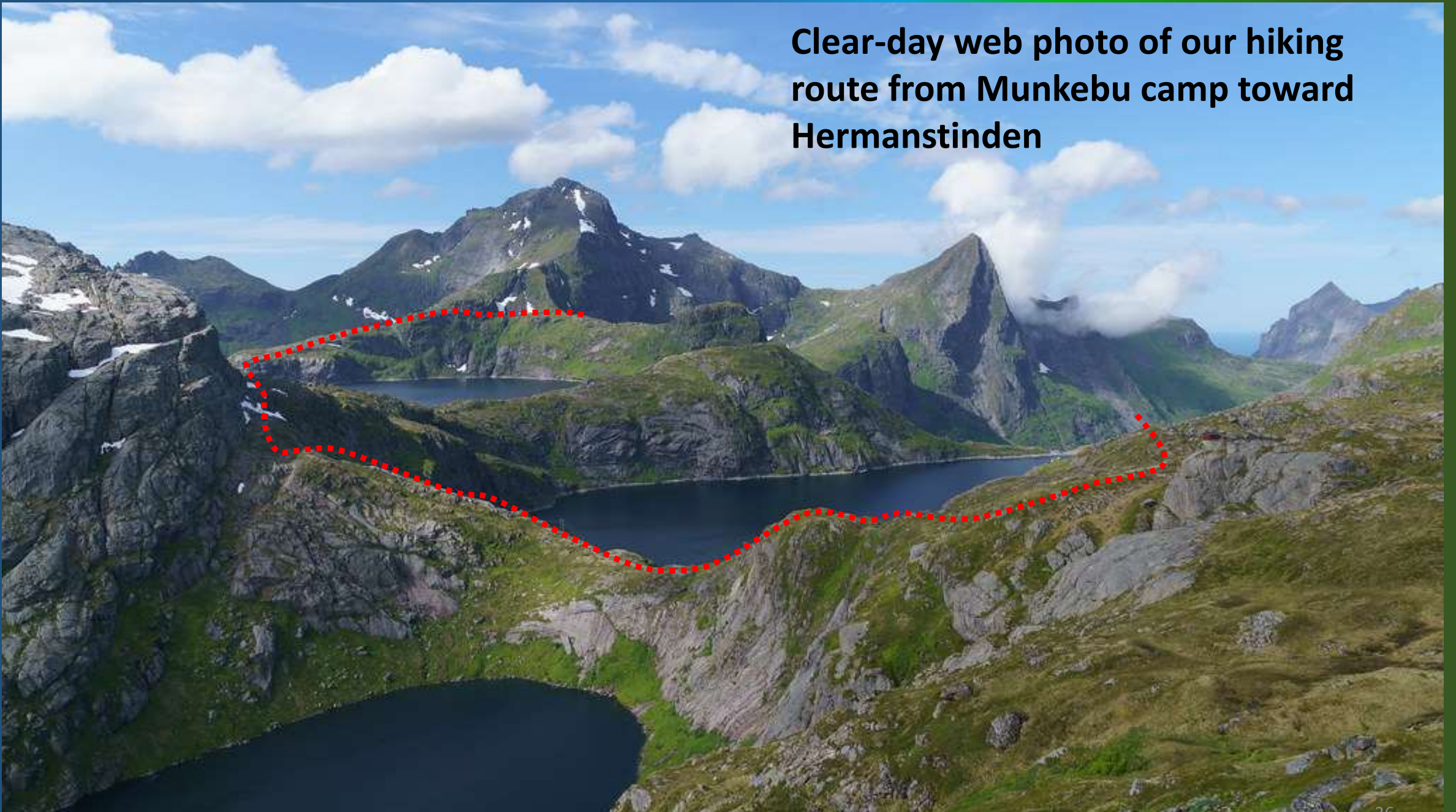
**Web photo of Munkebu
hut on a clear day!**





Video from our camp

Clear-day web photo of our hiking route from Munkebu camp toward Hermanstinden





**Our dayhike from
Munken camp
toward
Hermanstinden**



**Our group with
Hermanndalstinden in the
background**





Viewpoint over the Forsfjord toward Vinstad where we started our hike to Bunes beach 2 days before!



View over the Forsfjord to Vinstad





Then back to Munkebu and
hike up Munken, 797m





**Views from hike to
the top of Munken**



**View of Hermanstinden and Forsfjord
from Munken summit ridge**



**Views from Munken
summit ridge**



**After a second night at Munken camp
we headed back down to Sørpågen**





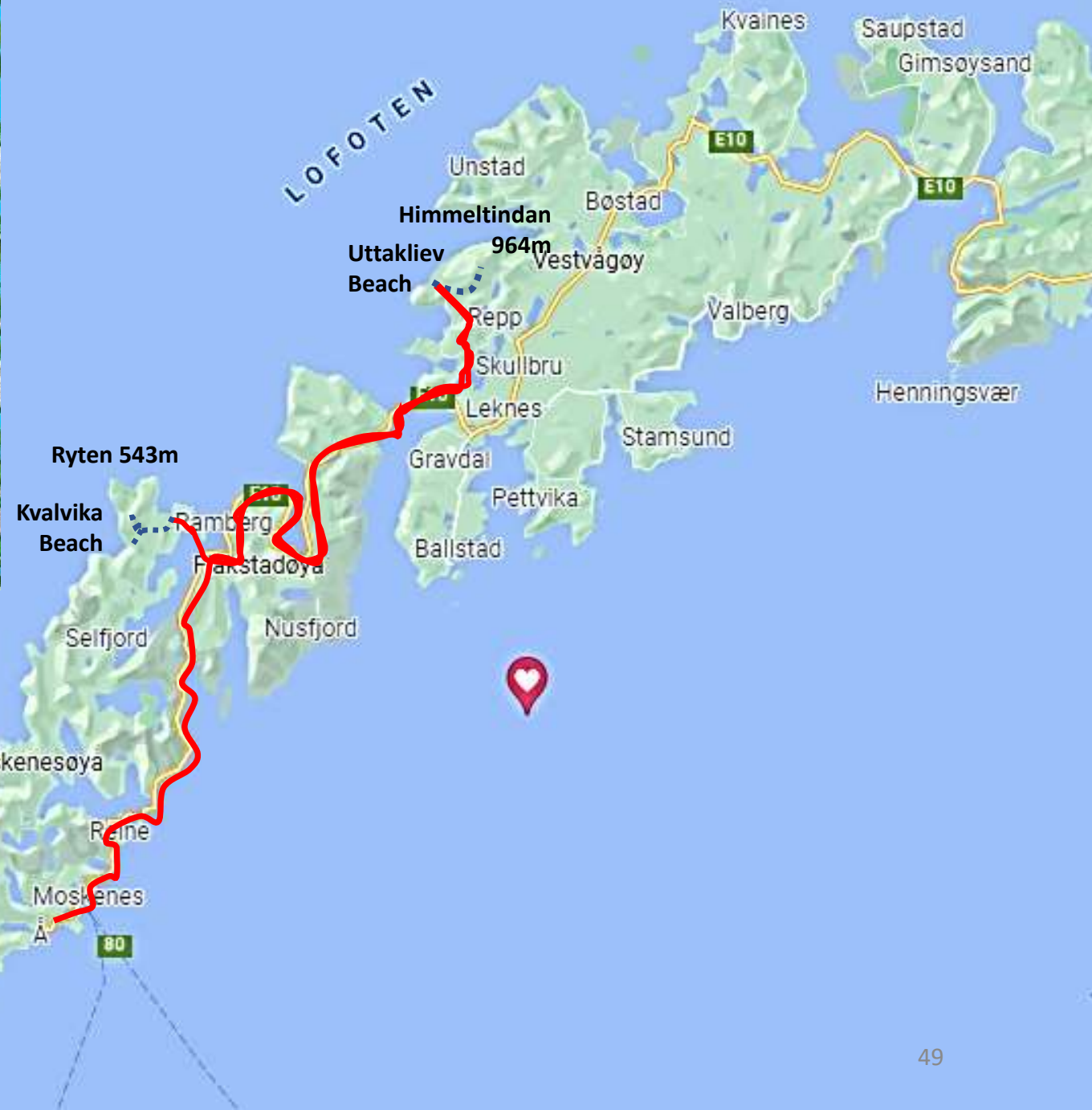
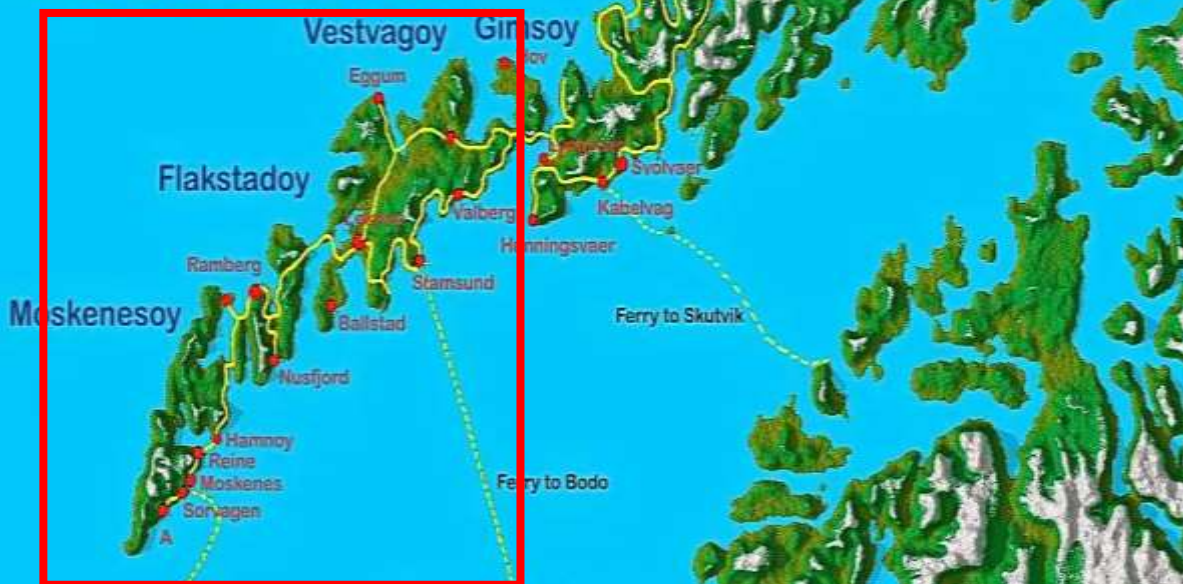
Heading back down
to Sørvågen





Norwegian Sea

LOFOTEN ISLANDS



Day 4 (cont): Drive 75 mins to Uttakleiv beach, walk up Himmeltinden and back, camp

Day 5: Drive 50 mins to Fredvang, hike to Ryten and Kvalvika beach, back to Uttakleiv to camp a 2nd night

Setting up camp on Uttakleiv Beach



DAY 4 (continued)

Uttakleiv Beach to

Himmeltinden

October 31, 2021, 07:27 AM

Lofoten 2019

Distance **2.72 mi**
Ascent **3,163 ft**

Elevation

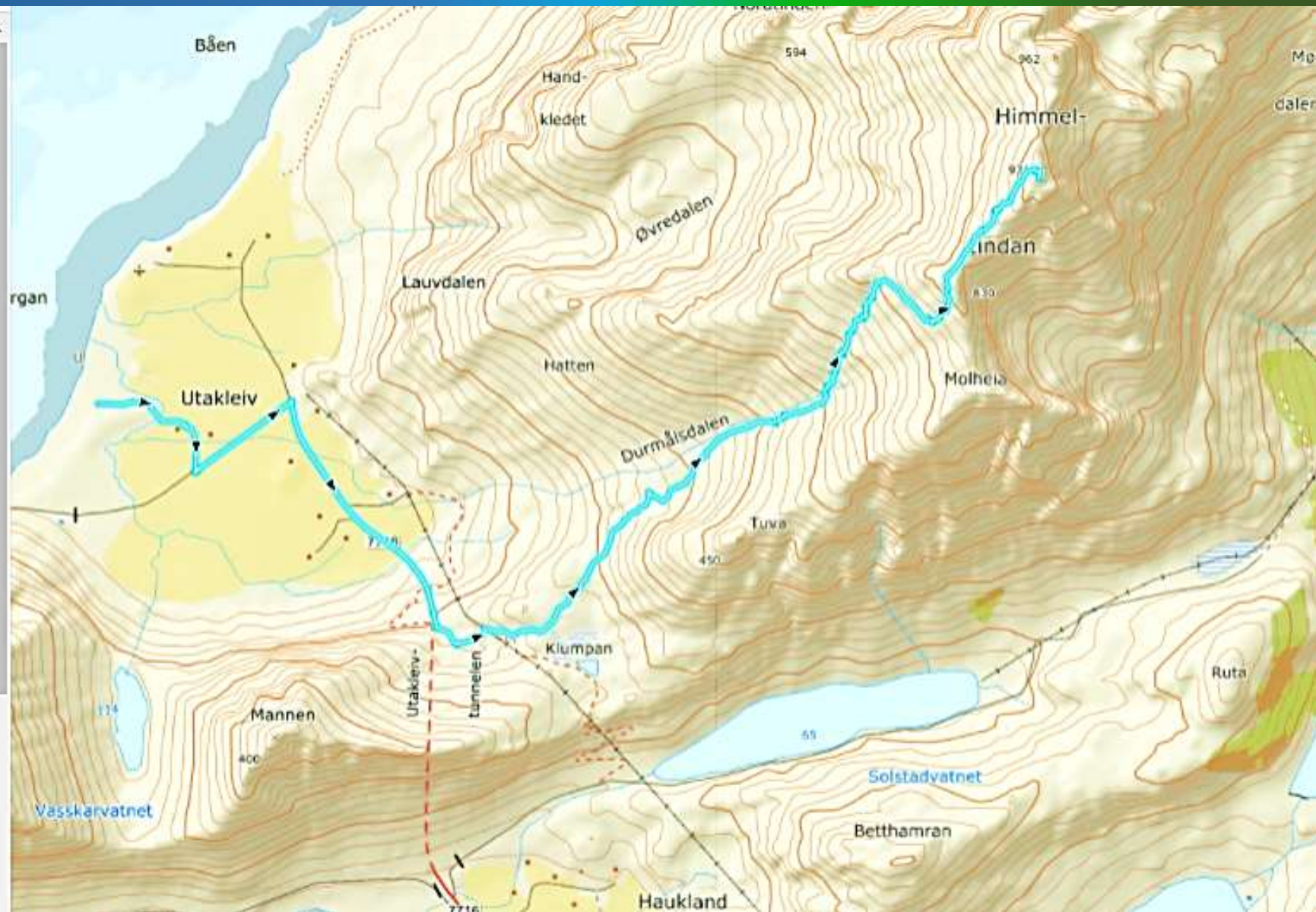


Ascent **3,163 ft**

Descent **246 ft**

Max Elevation **2,939 ft**

Min Elevation **10 ft**



Starting our walk up Himmendalstinden







From the slopes of Himmeltinden





View east from the summit



View west from the summit







Velkommen til **UTTAKLEIV**

Dinner at Uttakleiv camp





Sunset (around 11:30PM)

DAY 5.

Fredvang to Ryten and Kvalvika Beach [Edit](#)

October 31, 2021, 07:20 AM

Lofoten 2019

Distance Ascent
5.49 mi **3,533 ft**

Elevation



Ascent **3,533 ft**

Descent **3,556 ft**

Max Elevation **1,648 ft**

Min Elevation **0 ft**





Hike to the summit of Ryten





Famous Pulpit Rock and view of Kvalvika beach



Approaching Kvalvika beach



A tiny hut in the rocks built by two young Norwegians when they stayed here for 9 months a few years ago.





Summit of Ryten from Kvalvika beach





Day 6: Drive 30 mins to Unstad, hike to Eggum and back, stay at Unstad Arctic Surf cabins.

Day 7: Drive 1 hr Unstad to Henningsvær village, explore, then drive 30 mins to Svolvær – stay in a rorbuer there.



DAY 6.

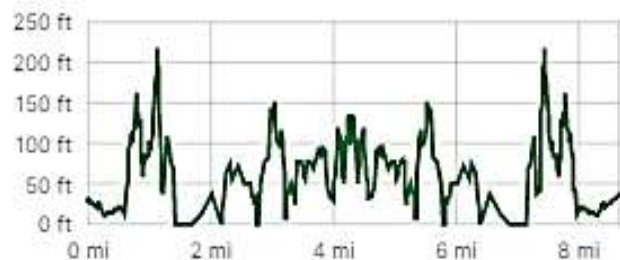
Unstad to Eggum

October 31, 2021, 07:56 AM

Lofoten 2019

Distance **8.71 mi**
Ascent **1,954 ft**

Elevation



Ascent **1,954 ft**

Descent **1,942 ft**

Max Elevation **218 ft**

Min Elevation **0 ft**





Unstad to Eggum walk



Famous sculpture by Swiss artist Markus Raetz, which changes its form 16 times as the viewer walks around it.



WW2 German radar station near Eggum



The town of Eggum (we didn't go that far)



Returning to Unstad





Views of Unstad's famous Arctic Surf beach and another fantastic meal!





Ker Jonassen

Welcome to **HENNINGSVÆR**

- 1** ACTIVITIES & ADVENTURES
LOFOTEN OPPLEVELSER
+47 90 58 14 75
- 2** ART GALLERY EXHIBITION
GALLERI LOFOTENS HUS
+47 76 07 15 73
- 3** HOTEL & RESTAURANT
HENNINGSVÆR BRYGGEHOTELL
+47 76 07 47 50
- 4** MOUNTAIN CLIMBING SCHOOL / CLIMBERS CAFE
NORD NORSK KLATRESKOLE
+47 90 57 42 08
- 5** KIOSK & GROCERIES
MIX HENNINGSVÆR
+47 76 07 45 16
- 6** RESTAURANT & ACCOMMODATION
FISKEKROGEN
+47 76 07 45 52
- 7** GROCERIES & FISHING EQUIPMENT & POST
JOKER HENNINGSVÆR
+47 76 07 46 52
- 8** ACCOMMODATION
GAMMELFLETEN BRYGGE
+47 92 50 08 07
- 9** WWW.LOFOTENØKONOMI.NO
LOFOTEN ØKONOMISERVICE
+47 76 07 59 00
- 10** HOTEL & RESTAURANT / ADVENTURES
FINNHOLMEN BRYGGE
+47 76 06 95 60
- 11** ACCOMMODATION
HENNINGSVÆR BRYGGE
+47 76 07 47 50
- 12** ACCOMMODATION & ACTIVITIES
HENNINGSVÆR RORBUER
+47 76 06 60 00
- 13** FISHING TRIPS
+47 76 06 60 00

- A** CHURCH
- B** SCHOOL
- C** COMMUNITY HOUSE
- D** FOOTBALL FIELD



Henningsvaer, population 510





Exploring above Henningsvaer





Web photo of Henningsvaer and it's famous football pitch!

Svolvær



Svinoya rorbuer in Svoldvær



View from our rorbuer
across to Svolveergeita



Norwegian Sea

LOFOTEN ISLANDS



Day 8: 20-minute ferry ride from Svoldvær to the island of Skrova – hike across the island, climb Høgskrova, ferry back to Svoldvær and our rorbuer.

Day 9: Drive 2.5 hrs to Evenes airport, fly to Oslo.

On the ferry to the island of Skrova



DAY 8.

Skrova-Hogskrova hike

October 31, 2021, 08:00 AM

Lofoten 2019

Distance 3.50 mi
Ascent 923 ft

Elevation



Ascent 923 ft

Descent 928 ft

Max Elevation 726 ft

Min Elevation 0 ft



Starting our Skrova circuit from
the ferry dock





Hogskrova climb









Glorious beaches on Skrova



**Finishing our circuit back to
the ferry**



**A Norwegian sub seen from
our ferry back to Svolvær**



Lofoten - Highlights

- Easy to get there - roads get you close to most hiking/climbing destinations.
- Yosemite-like granite walls all around, surrounded by water and lush green fields.
- Most trails are fairly short but rugged and go straight up. Most summits require at least a bit of scrambling. Lots of boggy sections. Not always well signed.
- Plenty of options for rambling and wild camping – much of it off-trail.
 - Rando-Lofoten has an end-to-end backpack itinerary across the Lofotens – but lots of road walking. We only did a few parts of this route.
- The fishing villages were really picturesque and charming. Don't miss a stay in the rorbuers!
- Great food – fish, game meats and lots of fresh vegies. Excellent small supermarkets and cafes.

Lofoten Planning Tips

- Best combo of favorable temps and low precip is May-June.
 - Also mild (in the 30sF) in Jan-Feb - wonderful for arctic surfing, northern lights, snowshoeing and sea eagles!
- Need to book rorbuers well in advance!
- Best to explore with a car (easy to rent on the islands) or bike.
- Best resources for trip planning: Rando-Lofoten.com, 68North.com, several blogs
- Used local outfitter (Hvitserk) to help us finalize our route, make transport and rorbuer bookings, guide us on the safest routes, and give us insights into the culture.
- Brought full overnight gear but only carried daypacks except on our Munkebu overnight. Max pack weight was ~25 lbs (2 days food).
- All our food was purchased at local grocery stores as we went.



Questions?