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Last Updated: September 28, 2019

Norway Winter & Northern Lights - ENT

7 days: Tromsø to Tromsø

What's Included

- Your Welcome Moment: Meet Your CEO and Group
- Dog sledding
- Reindeer farm and Sami culture visit
- Lofoten Islands stay
- Northern Lights tour
- Polar Museum visit (Tromsø)

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing April 5th, 2018 and onwards

Itinerary Notes

Please note that for the Dec. 22, 2019 and Dec. 20, 2020 departures, the Reindeer Farm and Sami Culture Visit on Day 3 will be unavailable due to holiday closures. In place of this activity, travellers will experience a traditional Norwegian Christmas dinner at a restaurant that serves specialties such as reindeer meet and other local, seasonal foods.

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1 Tromsø

Arrive at any time.

There are no activities planned until an evening welcome meeting.

Your Welcome Moment: Meet Your CEO and Group

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Accommodation

Thon Hotel Tromsø (or similar)

Hotel

Day 2 Tromsø/Narvik

Travel from Tromsø to Narvik. En route, stop to visit the Polarpark wildlife park and enjoy some dog sledding.

Private Vehicle

Tromsø - Bardu4h5m170km

Settle in and scan the scenery from the convenience of a private vehicle.

Dog Sledding in PolarPark

Bardu

Get ready for the ultimate winter experience, dog sledding! Drive your own team of Huskies in the beautiful nature surrounding Polar Park. Soak in the scenery of the unique landscape as it unfolds. This unique area is cloaked in darkness for much of the winter; sometimes the sun does not rise for days in this snowy wilderness.

Local bus

Bardu - Narvik1h11m100km

Climb aboard, grab a seat, and enjoy the ride.

Meals included: Breakfast

Accommodation

Thon Hotel Narvik (or similar)

Hotel

Day 3 Narvik/Lofoten

Visit a reindeer farm and learn about the Sami culture. Continue to the Lofoten Islands.

Stay in charming fishing cabins on the coast. Later, take an included tour to track down the Northern Lights. There will be multiple opportunities to spot the Aurora Borealis (Northern Lights) on this trip. If you don't see them here, don't despair.

Please note that for the Dec. 22, 2019 and Dec. 20, 2020 departures, the Reindeer Farm and Sami Culture Visit on this day will be unavailable due to holiday closures. In place of this activity, travellers will experience a traditional Norwegian Christmas dinner at a restaurant that serves specialties such as reindeer meet and other local, seasonal foods.

Private Vehicle

Narvik - Kvalsaukan3h195km

Settle in and scan the scenery from the convenience of a private vehicle.

Reindeer Farm and Sami Culture Visit

Kvalsaukan

Learn about the connection between reindeer and the Sami. Hosted by Sami Reindeer herders, we learn all about the process of reindeer herding. With thousands of reindeer in the mountains during the winter months you are guaranteed and up close and personal look at these wonderful creatures. Afterwards, immerse into Sami culture by sitting by the fire in a warm lavvu (Sami tent) while listening to the sounds the traditional joik (Sami singing).

Private Vehicle

Kvalsaukan - Svolvær1h45m117km

Settle in and scan the scenery from the convenience of a private vehicle.

Northern Lights Tour

Lofoten

Head out in this remote environment to try to spot the Aurora Borealis -- a colourful natural phenomena.

Meals included: Breakfast

Accommodation

Svinoya Rorbuer (or similar)

Hotel

Day 4 Lofoten

Enjoy free time on the islands with an optional wildlife-spotting cruise or scenic hikes.

Free Time

Lofoten

One of the most beautiful and isolated regions, Lofoten is an archipelago lying wholly within the Arctic Circle. Known for its distinctive scenery--boasting mountains peaks, sheltered bays and beaches-- it makes for a fantastic stop on any exploration of the Nordland.

Optional Activities - Day 4

Wildlife Spotting Cruise

Lofoten
800-1200NOK per person

Head out to spot marine life and birds flourishing off the coast of the Lofotens.

Lofoten War Museum

Lofoten 1h-2h
100NOK per person

Visit this exhibition to tour the museum's extensive collection of rare uniforms and artifacts from WWII.

Hiking

Lofoten
Free

Follow your CEO on a short hike into town. Stretch your legs and take in the beautiful scenery.

Meals included: Breakfast

Accommodation

Svinoya Rorbuer (or similar)

Hotel

Day 5 Lofoten/Tromsø

Travel by bus to Tromsø, and arrive just in time for dinner. Free time in the evening to get lost in this lively city. Opt for an evening concert at the Arctic Cathedral (seasonal).

If keen, there are more opportunities for Northern Lights viewing here.

Free Time

Tromsø Evening

Start exploring this northern city.

Private Vehicle

Lofoten - Tromsø 8h

Settle in and scan the scenery from the convenience of a private vehicle.

Optional Activities - Day 5

Concert at Arctic Cathedral

Tromsø
150NOK per person

Catch a midnight concert (February and March) at the Arctic Cathedral, which boasts a gorgeous mosaic built to reflect the dramatic scenery of the Arctic.

Meals included: Breakfast

Accommodation

Thon Hotel Tromsø (or similar)

Hotel

Day 6 Tromsø

Visit the Polar Museum in the late morning. Take the rest of the day to discover this quaint town and scenic surroundings. Opt to try snowshoeing or reindeer-sledding.

Polar Museum Visit

Tromsø

Enjoy a visit to the Polar Museum (Polarmuseet), one of the top museums in Norway. Learn about the way of life in the Arctic, and about polar explorers and their expeditions.

Free Time

Tromsø Half Day

There is so much to see and do.

Optional Activities - Day 6

Snowshoeing

Tromsø 2h-5h

800-1300NOK per person

Strap on some snowshoes and work up a sweat while enjoying the endless beauty of Norway in the winter.

Reindeer Sledding

Tromsø

1090-1795NOK per person

See more of the area and learn about reindeer and reindeer sledding on an enjoyable ride through the snowy wilderness.

Arctic Cathedral

Tromsø 30m-2h

50-170NOK per person

Serving as the parish church for mainland Tromsø, its beautiful shape and intricate architecture has made it into a widely adored landmark in Tromsø.

Arctic-Alpine Botanic Gardens

Tromsø 30m-1h

Free

Take a visit to the world's most northern botanic garden, featuring flora from the Arctic, Antarctic and Alpine plants from all continents.

Meals included: Breakfast

Accommodation

Thon Hotel Tromsø (or similar)

Hotel

Day 7 Tromsø

Depart at any time.

Meals included: Breakfast

What's Included

Your Welcome Moment: Meet Your CEO and Group. Dog sledding. Reindeer farm and Sami culture visit. Lofoten Islands stay. Northern Lights tour. Polar Museum visit (Tromsø).

Highlights

Command your own team of huskies on a dog sled, Visit a reindeer farm run by the Sami people, Stay overnight in fishing cabins, Witness the glow of the Aurora Borealis

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Itinerary Notes

Please note that for the Dec. 22, 2019 and Dec. 20, 2020 departures, the Reindeer Farm and Sami Culture Visit on Day 3 will be unavailable due to holiday closures. In place of this activity, travellers will experience a traditional Norwegian Christmas dinner at a restaurant that serves specialties such as reindeer meet and other local, seasonal foods.

Important Notes

The Northern Lights (Aurora Borealis) is a natural phenomena and is highly weather dependent. The ability to view the Northern Lights during your trip will be dependent on the appropriate weather/atmospheric conditions.

Group Leader Description

This G Adventures group trip is accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

Group Size Notes

Max 16, avg 12

Meals Included

6 breakfasts

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Private van, public bus, walking.

About our Transportation

To reach more remote locations we will be using local buses and private shuttles. You will be expected to travel by foot between stations and hotels.

Solo Travellers

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Accommodation

Standard hotel (4 nts), fishing cabins (2 nts)

About Accommodation

This itinerary mostly stays at 2-3 star hotels up to Scandinavian standards. Where possible, we've opted to use local accommodation that will show the characteristics of the surrounding area, like fisherman cabins on the Lofoten Islands.

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Joining Instructions

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Getting from Tromsø airport to city centre:

Bus:

The Flybussen (Airport Express Coach) runs between the airport and Tromsø city centre. It takes approximately 15 min by bus between the airport and the city centre.

City bus routes 40 and 42 run between the airport and Tromsø city centre. A single ticket for these city buses (purchased on board the bus) costs NOK 50.

Taxi:

The taxi fare from the airport to the city centre during the daytime on week days is approximately NOK 200. A higher fare applies on weekends and in the evening/at night.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBERS

G Adventures UK office (manned UK 8am - 8pm)

+44 (0) 2072439878

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, from calls within North America only: 1 888 800 4100

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

Calls from within Australia: 1 300 796 618

Calls from within New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

For absolute emergencies after office hours please contact +44 7817 262559

If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, and your call will be returned as soon as possible.

What to Take

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, as well as on and off transportation.

Packing List

Cold Weather:

* Long-sleeved shirts or sweater

* Scarf

* Warm gloves

* Warm hat

* Warm layers

Documents:

- * Flight info (required) (Printouts of e-tickets may be required at the border)
- * Insurance info (required) (With photocopies)
- * Passport (required) (With photocopies)
- * Required visas or vaccination certificates (required) (With photocopies)
- * Vouchers and pre-departure information (required)

ENWR:

- * Antibacterial wipes/gel
- * Camera (With extra memory cards and batteries)
- * Cash, credit and debit cards
- * Day pack (Used for daily excursions or short overnights)
- * Ear plugs
- * First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- * Fleece top/sweater
- * Flight info (Printouts of e-tickets may be required at the border)
- * Gloves
- * Goggles
- * Head lamp
- * Hiking boots/sturdy walking shoes
- * Ice grips for shoes
- * Insurance info (With photocopies)
- * Moneybelt
- * Passport (With photocopies)
- * Personal entertainment (Reading and writing materials, cards, music player, etc.)
- * Required visas or vaccination certificates (With photocopies)
- * Scarf
- * Small hot water thermos
- * Sunblock
- * Sunglasses
- * Thermal underwear
- * Toiletries (Preferably biodegradable)
- * Vouchers and pre-departure information
- * Warm hat
- * Warm winter coat
- * Watch and alarm clock
- * Weather-appropriate clothing
- * Wool socks
- * Wool sweater

Note: If you are prone to sea sickness, we recommend talking to your doctor about options to prevent symptoms for the ferry ride from Bodø to the Lofoten Islands.

Laundry

Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the closest laundromat is. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Tipping

It is customary in Europe to leave a small tip for service providers, such as waiters, if you are pleased with the service (EUR1-2).

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from EUR3-5 per day, depending on the quality and length of the service; ask your CEO for specific

recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline EUR30-40 per person, per week can be used.

Optional Activities

Lofoten

- Wildlife Spotting Cruise (800-1200NOK per person)
- Lofoten War Museum (100NOK per person)
- Hiking (Free)

Tromsø

- Concert at Arctic Cathedral (150NOK per person)
- Arctic Cathedral (50-170NOK per person)
- Arctic-Alpine Botanic Gardens (Free)
- Reindeer Sledding (1090-1795NOK per person)
- Snowshoeing (800-1300NOK per person)

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they engage in any form of paid sex work.

Travel Insurance

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and

make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

The Planeterra Foundation planeterra.org is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs so 100% of your donation will bring opportunity to people in need.

Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.