



## ARCTIC ISLAND HOPPING

EXPRESSBOAT 3 TROMSØ-SKJERVØY

**○ 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

to stay and what to do on Reinøya and Vannøya check [www.karlsøy.kommune.no](http://www.karlsøy.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 suits most people. Lyngstuva is another situated at the far end of the Lyngen peninsula, and is a perfect spot to watch the midnight sun.

**○ ARNØYHAMN - ARNØYA**  
Arnøyhamn is a small village that has been inhabited since around the year 1500. In Arnøyhamn there have been stone age findings. Approximately 20 kilometers from

Arnøyhamn you find Lauksletta and Tarenset. At the end of the road in Tarenset 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 Olderdalen - 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](http://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](http://www.visit tromsø.no). Buses depart from the bus terminal at Prostneset adjacent to the tourist information office.

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

**○ LYNGSEIDET**  
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 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 Harstad 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 Signalaldalen 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 Mandalen 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 Reisa fjord, 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 Raishiin 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](http://www.visitalta.no).





FRONT PHOTO: ©MAGY MEDIA  
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 JOHAN DECK-VIGEN 23  
 9143 SKIBOTN  
 PHONE: +47 77 21 08 50  
 E-MAIL: POST@VISIT-LYNGENFJORD.COM  
 WEB: WWW.VISIT-LYNGENFJORD.COM



## ARCTIC ISLAND HOPPING

Replace island hopping in Greece with island hopping in Northern Norway this summer!

Hop from island to island using the express boat (hurtigbåt) as transportation and experience the Lyngenfjord region from the sea. Visit cosy villages off the tourist trail, go on great hikes and live the simple life. The sun never sets during the Midnight Sun season from mid-May to late July. From late August, you can experience the Northern Lights in the evenings. Great nature-based experiences await you!

We recommend that you bring a bike to reach all the sights and the accommodation on the islands. Rent a bike in Tromsø or bring your own.

### 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](http://www.visit tromsø.no)

### RINGVASSØY

*Hav & Fjell*: Fishermen's cottages. Sea fishing, ice fishing, snowshoeing and skiing trips. Boat and bike rental. PHONE: +47 480 58 540  
 WEB: [www.havogfjell.no](http://www.havogfjell.no)

### NORD-LENANGEN

ACCOMMODATION: *XLyngen*: Cabins and apartments. Meals, boat rental, sauna, jacuzzi, guided hikes and other activities on request. PHONE: +47 77 71 35 00  
 WEB: [www.xlyngen.no](http://www.xlyngen.no)

*Lyngen Fjordcamp*: Holiday house, sauna and outdoor hot tub. PHONE: +47 971 65 210  
 WEB: [www.lyngenfjordcamp.com](http://www.lyngenfjordcamp.com)

*Lyngen Experience Lodge/Lyngen: Experience Apartments*: Rooms and apartments. Meals, guided activities on request. PHONE: +47 969 91 999  
 WEB: [www.lyngenexperience.no](http://www.lyngenexperience.no)

PLACES TO EAT:  
 • *Sandnes restaurant*, at the old harbour  
 • Street food restaurant at the Blåisvatnet car park (open during summer)  
 • *Johansen Gatekjøkken* (fast food) close to XLyngen  
 • *Joker* at the express boat quay

### ARNØYHAMN - ARNØYA

ACCOMMODATION: *Visit Årøviksand*: Holiday houses and cabins. PHONE: +47 412 19 911  
 E-MAIL: [visitaarviksand@gmail.com](mailto:visitaarviksand@gmail.com)  
 WEB: [www.visitaarviksand.no](http://www.visitaarviksand.no)

*Lauksletta Overnatting*: Room and apartments. Meals and boat rental. PHONE: +47 920 89 824  
 E-MAIL: [lauksletta\\_overnatting@msn.com](mailto:lauksletta_overnatting@msn.com)



MIDNIGHT SUN AT SPÅKENES ©PETR PAVLIČEK

PLACES TO EAT:  
 • *Årøviksand - shop/café*: Meals on request  
 • *Lauksletta Overnatting*: Meals on request

### NIKKEBY - LAUKØYA

There is currently no accommodation or shop in *Laukøya*. Bring a tent! It's possible to rent private accommodation.

### SKJERVØY

ACCOMMODATION: *"Mor i Vågen"*: Holiday house. PHONE: +47 401 66 505  
 WEB: [www.dervolaadventure.no](http://www.dervolaadventure.no)

*Skjervøy Fiskecamp*: Cabins and apartments, sauna and boat rental. PHONE: +47 77 76 60 00  
 WEB: [www.skjervoy-fisecamp.com](http://www.skjervoy-fisecamp.com)

*Hotell Maritim Skjervøy*: Rooms, breakfast, lunch and dinner. PHONE: +47 77 76 03 77  
 WEB: [www.hotell-maritim.no](http://www.hotell-maritim.no)

*Lauksletta Overnatting*: Room and apartments. Meals and boat rental. PHONE: +47 920 89 824  
 E-MAIL: [lauksletta\\_overnatting@msn.com](mailto:lauksletta_overnatting@msn.com)



NORTHERN LIGHTS ©XLYNGEN

*På Hjørnet Guesthouse*: Apartments. PHONE: +47 77 76 06 02  
 WEB: [www.pahjornet.net](http://www.pahjornet.net)

PLACES TO EAT IN SKJERVØY:  
 • *På Hjørnet café*: pastry shop and lunch  
 • *Kasjotten restaurant*  
 • *Mix Kiosk*: sandwiches, fast food and ice cream  
 • *Hotell Maritim Skjervøy*  
 • *Kaien 70° Nord*: fast food

SKJERVØY - KVÆNANGEN (EXPRESS BOAT ROUTE 9)

### SEGLVIK

ACCOMMODATION: Bring your own tent. It's also possible to rent private accommodation.

PLACES TO EAT:  
 • There are no shops, cafés or restaurants, so bring your own food.

### REINFJORDEN

ACCOMMODATION: Bring your own tent. It's also possible to rent private accommodation.

PLACES TO EAT:  
 • There are no shops, cafés or restaurants, so bring your own food.

### SPILDRA

ACCOMMODATION: *Kvænangen Adventure*: Cabins and apartments, meals, boat rental, whale safaris and guided hiking trips. PHONE: +47 908 88 986  
 WEB: [www.kvanangen-adventure.no](http://www.kvanangen-adventure.no)

*Spindaj*: Cabins and boat rental. PHONE: +47 917 66 885 / 997 15 425  
 WEB: [www.spindaj.no](http://www.spindaj.no)

### OTHER SERVICES

- Grocery store
- Pub

### BURFJORD:

- PLACES TO EAT: *Kaffe E6*: fast food, dinner and lunch.



SEPPALATUNET SKJERVØY ©GEORG SICHELSCHMIDT



LYNGSTUVA ©PETR PAVLIČEK



MORITZ ABLINGER

### TROMS BILLET

The easiest and most affordable way to buy a bus ticket is via the "Troms Billett" app. The mobile travel planner gives you information in real time, and you can easily see when the bus, ferry or express boat will arrive at your stop.

Troms Fylkestrafikk offers a summer ticket valid unlimited travel on buses, express boats and ferries for a seven-day period.

The summer ticket costs NOK 990 per adult and NOK 495 for children (age 6-17) and seniors (67+).

### THE NORWEGIAN MOUNTAIN CODE AND GENERAL ADVICE

- Plan your trip and inform others about the route you have selected.
- Adapt the planned routes according to ability and conditions.
- Pay attention to the weather and the avalanche warnings.
- Be prepared for bad weather and frost, even on short trips.
- Bring the necessary equipment so you can help yourself and others.
- Choose safe routes. Recognise avalanche terrain and unsafe ice.
- Use a map and a compass. Always know where you are.
- Don't be ashamed to turn around.
- Conserve your energy and seek shelter if necessary.

Animals graze in the area and there is a requirement to keep your dog on a leash from April 1 - August 20 (until 15 October in Lyngen). Be careful with open fires. Follow the rules for the relevant area and season.

Please take your rubbish with you. Use tree-friendly hammock straps. Respect the nature and the locals!

Find timetables and read more by scanning the QR code:



\*\*\* Please note that the public transport only runs once or twice a day, so you should plan your trip well. Visit Lyngenfjord disclaims liability for any errors or changes.



## ARCTIC ISLAND HOPPING HOP-ON / HOP-OFF BUS

## HOP-ON HOP-OFF BUS

Get close to the locals and at the same time travel in an environmentally friendly way. Experience the Lyngenfjord region by taking the regional buses 150 Tromsø - Alta or 160 Tromsø - Storslett. Plan your trip based on our itinerary below and the bus schedule. When you are exploring the Lyngenfjord region in Northern Norway, taking the bus is a good alternative to renting a car. It's easy, reliable and comfortable. Sit back and enjoy the view!

### 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](http://www.visit tromsø.no)

### SVENSBY

*Svensby Tursenter*: Cabins and camper / caravan sites, grill hut and sauna. Bike rental. Meals on request. PHONE: +47 958 03 973  
 WEB: [www.svensbytursenter.no](http://www.svensbytursenter.no)

*Solheim Gård*: Cabins, apartments and meals on request. PHONE: +47 995 43 097

### PLACES TO EAT:

- *Zappfe Café* at the ferry landing serves snacks like sandwiches, cakes and hot dogs.

### LYNGSEIDET

*Aurora Fjord Cabins*: High standard cabins at the Aurora Spirit Distillery. Meals on request. PHONE: +47 919 07 471  
 WEB: [www.lyngen.com/overnatting/aurora-fjord-cabins/](http://www.lyngen.com/overnatting/aurora-fjord-cabins/)

*Magic Mountain Lodge*: Single and double rooms, MTB rental, MTB guiding and sauna. Meals on request. PHONE: +47 473 42 091  
 WEB: [www.mmlodge.no](http://www.mmlodge.no)

*Koppangen Brygger*: Apartments, double rooms, sauna and jacuzzi, fishing trips and fjord sightseeing. Meals on request. PHONE: +47 900 87 005  
 WEB: [www.koppangenbrygger.no](http://www.koppangenbrygger.no)

*Sorheim Brygge*: Apartments and holiday house. Boat rental, barbecue hut, pub and meals on request. PHONE: +47 412 01 480  
 WEB: [www.sorheim-brygge.no](http://www.sorheim-brygge.no)

*The Distillery Cabin*: Cabin. PHONE: +47 919 07 471  
 WEB: [www.auroraadventure.com](http://www.auroraadventure.com)

*Guesthouse Årøybukt*: Apartment. PHONE: +47 920 38 575  
 E-MAIL: [svein.eriksen@ibidid.no](mailto:svein.eriksen@ibidid.no)

*Sølhov*: Single, double, and family rooms, or dormitories. Guided kayak and fatbike tours. Outdoor hot tub. PHONE: +47 994 49 060  
 WEB: [www.solhov.com](http://www.solhov.com)

### PLACES TO EAT:

- *Kaffedråpen*
- *Go2Arctic Grill*

### OTHER SERVICES:

- Visit the local pub *Brannkassa* in the centre of Lyngseidet.
- Sports shop - Elektro shop: bike / ski rental
- Grocery shops and wine monopoly



ROTTENVIKFØSSEN ©PETR PAVLIČEK

### OLDERDALEN

ACCOMMODATION: *Olderdalen Ski Camp*: Apartments. PHONE: +47 917 67 077  
 WEB: [www.olderdalenskicamp.no](http://www.olderdalenskicamp.no)

### PLACES TO EAT:

- *Dittis* - kiosk at the ferry landing serving fast food and baguettes
- *Hilkom Guesthouse*

### OTHER SERVICES:

- There is a grocery store and a kiosk at the ferry landing (*Dittis*) serving fast food and baguettes. Stop by the local pub *Trydekontoret* if you visit during the weekend.

### OR VIA: NORDKJOSBOTN

### HATTENG

ACCOMMODATION *North Experience*: Aurora huts. Lavvu, sauna, jacuzzi and meeting room.

Activities and meals on request. PHONE: +47 900 33 609  
 WEB: [www.northexperience.no](http://www.northexperience.no)

OTHER SERVICES:  
 • There is a grocery store and fast-food restaurant *Hatteng Grillbar*.

### SKIBOTN

ACCOMMODATION: *Olderelva Camping*: Cabins, tent, caravan / camper sites. Service buildings with showers and sauna, laundry with washing machines and clothes dryer and disability-friendly toilet. The guest kitchen features stoves, microwave, dishwasher and dining area. PHONE: +47 77 71 54 44  
 WEB: [www.olderelv.no](http://www.olderelv.no)

*Brennfjell Camping*: Cabins and caravan / camper sites. PHONE: +47 951 81 732  
 WEB: [www.brennfjell.no](http://www.brennfjell.no)

### PLACES TO EAT:

- *Sarvvis*
- *Circle K* petrol station
- *Olderelva Camping*

*Strandbu Camping*: Cabins and caravan / camper sites. Guests can rent a Finnish sauna, hot tub or grill hut.



SKIBOTN MARKEDSPASS ©PETR PAVLIČEK



SPÅKENES ©PETR PAVLIČEK

PHONE: +47 77 71 53 40  
 WEB: [www.strandbu.no](http://www.strandbu.no)

*Skibotn Camping*: Cabins and caravan / camper sites, Finnish sauna, barbecue area, kiosk. PHONE: +47 77 71 52 77

*Skibotn Hotell/Sarvvis Restaurant*: Hotel. Bike rental, local souvenir shop, guided tours and jacuzzi. PHONE: +47 77 71 56 00  
 WEB: [www.skibotnhotel.no/en](http://www.skibotnhotel.no/en)

*Brennfjell Camping*: Cabins and caravan / camper sites. PHONE: +47 951 81 732  
 WEB: [www.brennfjell.no](http://www.brennfjell.no)

### PLACES TO EAT:

- *Sarvvis*
- *Circle K* petrol station
- *Olderelva Camping*

### BIRTAVARRE

There is no accommodation in *Birtavarre*. It's possible to rent private accommodation.

### SERVICES:

- In *Birtavarre*, you can buy food at the grocery stores *Coop* or *Joker*.
- *Husfliden* is open all day during the summer and serves coffee, lemonade and waffles.

### DJUPVIK/SPÅKENES

*Lyngen North*: Holiday houses and glass igloos. Sauna, jacuzzi, boat rental, bike rental, fishing gear and outdoor barbecue. PHONE: +47 466 40 669  
 WEB: [www.lyngen-north.com](http://www.lyngen-north.com)

*Lyngen Outdoor centre*: Holidays houses and apartments, meals on request, boat rental. PHONE: +47 900 28 697  
 WEB: [www.lyngen-outdoor.com](http://www.lyngen-outdoor.com)

### PLACES TO EAT:

- *Solvind Restaurant* at Lyngen North

### ROTSUND/ULØYA

*Havnes Handelssted*: Holiday houses. Boat rental. Sauna and jacuzzi. Museum and guided tours. PHONE: +47 901 80 690  
 WEB: [www.lyngen-havnes.no](http://www.lyngen-havnes.no)

*Arctic Panorama Lodge (Ulløybukt - take the ferry to Ulløybukt)*: Rooms. Spa with treatments, jacuzzi, sauna and meals on request. PHONE: +47 941 31 352  
 WEB: [www.arcticpanorama.com](http://www.arcticpanorama.com)

*Lyngen Outdoor centre*: Holidays houses and apartments, meals on request, boat rental. PHONE: +47 900 28 697  
 WEB: [www.lyngen-outdoor.com](http://www.lyngen-outdoor.com)

### SERVICES:

- In *Havnes*, you can shop at the small shop on site, where you can buy newspapers, fresh bread and other necessities.

### LANGSLETT

You can change buses here and take a detour to the charming fishing village of *Skjervøy*.

### SØRKJØSEN/STORSLETT

*North of Lyngen Apartments*: Apartments and breakfast. PHONE: +47 950 66 006  
 WEB: [www.northoflyngen.com](http://www.northoflyngen.com)

*Reisafford Hotell*: Rooms, restaurant and bar. PHONE: +47 77 76 60 00  
 WEB: [www.reisafford-hotel.com](http://www.reisafford-hotel.com)

### PLACES TO EAT:

- *På Taket Kafe*, *Sørkjøsen*
- *Bios*, *Storslett* - restaurant known for serving local food
- *Kaffekiin*, *Storslett* - coffee-shop, roastery

### OTHER SERVICES IN STORSLETT:

- National Park Centre
- Tourist Information office
- Grocery stores and wine monopoly
- Sport shop

### ALTA

For inspiration about where to eat, what to do and where to stay, visit [www.visitalta.no](http://www.visitalta.no)

Opening hours and transport are subject to change.



HAVNES ©CHRISTIAN BIEVER



RIDDURIDDU - ©BRJAN BERTELSEN



SKIBOTNIDISSA ©PETR PAVLIČEK