

## Local Secrets of Northern Norway with Northern Lights



Alexander Kühn

6 days - Visit the best of Helgeland and Lofoten on this independent Northern Lights adventure. Experience the magic of Northern Norway in the autumn and winter, where snow-dusted peaks and cosy coastal villages create a landscape straight out of a fairytale. This independent tour takes you from the dramatic beauty of Lofoten to the remote island of Støtt – the Top of Helgeland, offering a unique blend of nature, culture, and tranquility. With flexible activities and locally hosted stays, you'll enjoy the freedom to shape your own Arctic adventure, whether that means chasing the Northern Lights, exploring quiet fishing villages, or simply relaxing by the fire in your rorbu cabin.

Winter brings a special kind of serenity to the coast, with crisp air, soft light, and long evenings perfect for Aurora viewing. From Svolvær to Støtt, you'll travel through some of Norway's best regions for spotting the Northern Lights, with opportunities to witness this natural wonder from sea, shore, or even your accommodation. Along the way, enjoy guided excursions, hearty local meals, and warm hospitality, all thoughtfully arranged so you can focus on the experience, not the logistics.

### Highlights include

- Authentic Stays: 2 nights in a traditional rorbu cabin in Svolvær and 2 nights in a Superior Room on the tranquil island of Støtt
- Scenic Coastal Voyage: Overnight cruise from Svolvær to Ørnes aboard Havila or Hurtigruten, with upgrade options available.
- Sea Eagle Safari: Thrilling RIB boat adventure to the majestic Trollfjorden.
- Guided Experiences: Explore Lofoten's sights, visit a historic fishing village and museum in Støtt, and enjoy a boat journey along the islands of Helgeland
- Northern Lights Possibilities: Travel through prime aurora-viewing regions including Lofoten, the Helgeland coast and Støtt island, offering excellent chances to witness the

magical Northern Lights on clear winter nights.

- Seamless Transfers: All private and public ferry boat transfers included, from arrival in Svolvær to departure from Bodø.

## Quick Facts

**Start Place**

Svolvær, Norway

**End Place**

Bodø, Norway

**Country Visited**

Norway

**Duration**

6 Days

**Start Date**

Flexible

**Travel Style**

Independent (<https://fiftydegreesnorth.com/eu/faq>)

**Suitability**

Independent holiday with moderately active activities and no luggage handling included

**Code**

50DN1495

**As a Certified B Corporation, 50 Degrees North has designed this tour using handpicked local hoteliers and suppliers who share our ethos of delivering services and activities of high social and environmental standards.**

**The CO<sub>2</sub>-e per person per day of all tours is carefully measured following each season. We fully offset all emissions of our tours on your behalf, and we constantly look at ways to reduce emissions where possible.**

## Details

**TRANSPORTATION**

Private airport transfers on arrival and when departing, and private transfer to the harbour in Svolvær.

Overnight Coastal Voyage from Svolvær to Ørnes. Public ferry boat crossings from Ørnes to Støtt and back, and Coastal Voyage day crossing from Ørnes to Bodø.

**INCLUDED**

- 2 nights in self contained rorbu (fisherman's cabin) with kitchen and private facilities in Svolvær
- 2 nights in a Superior Room on Støtt-island

- 1 night on board Havila or Hurtigruten Coastal Voyage crossing from Svolvær to Ørnes (inside cabin, upgrades possible depending on availability)
- Daily breakfast and full board while staying in Støtt (breakfast, lunch, dinner - note: drinks are not included)
- Sea Eagle Safari to Trollfjorden with RIB boat
- Sightseeing tour in Lofoten
- Guided tour of Fishing Village and Museum in Støtt
- Norther Lights Excursion in Støtt
- Exploring the Archipelagoe by Boat in Støtt
- 24-hour emergency service (<https://fiftydegreesnorth.com/eu/info-centre/why-book-with-50-Degrees-North>)
- Taxes and service fees (<https://fiftydegreesnorth.com/eu/info-centre/why-book-with-50-Degrees-North>)

#### Transfers:

- Private arrival transfer from Svolvær airport to your accommodation
- Private transfer to harbour in Lofoten
- Boat crossing from Ørnes to Støtt and back (public ferry boat)
- Day crossing on Coastal Voyage from Ørnes to Bodø
- Private departure transfer from Bodø harbour to airport

#### NOT INCLUDED

International flights, meals and drinks not specified and items of personal nature.

## Itinerary

### Day 1 - Arrive in Lofoten: Gateway to the Arctic

Arrive in Svolvær, the heart of Lofoten, and enjoy a private transfer to your cosy rorbu cabin at Svinøya. Spend the afternoon exploring the charming harbour town with its art galleries, seafood restaurants and scenic waterfront. Dinner is independent, perhaps try one of the local eateries for a taste of Arctic cuisine. As night falls, keep an eye on the sky: on clear evenings, you may catch your first glimpse of the Northern Lights dancing above the fjords!

#### ACCOMMODATION

Svinøya Rorbuer

## Day 2 - Sea Eagle Safari & Coastal Exploration

After breakfast, gear up for an exhilarating Sea Eagle Safari by RIB boat to the dramatic Trollfjorden. Watch these majestic birds soar above steep fjord walls. The rest of the day is yours to explore independently: hike, visit local shops or simply relax by the sea.

### MEALS

1 Breakfast

### ACCOMMODATION

Svinøya Rorbuer

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## Day 3 - Scenic Landscapes and Coastal Voyage

Enjoy breakfast, then check out and leave your luggage at reception. Join a guided sightseeing tour through Lofoten's stunning landscapes before transferring to the port for your overnight coastal voyage aboard Havila or Hurtigruten. We recommend having dinner before embarking on the journey, sailing past rugged coastlines and remote fjords. Settle into your comfortable inside cabin (with upgrade options available), and as darkness falls, step out on deck—far from city lights, this is an ideal opportunity to witness the Northern Lights shimmering across the Arctic sky.

### MEALS

1 Breakfast

### ACCOMMODATION

On board Havila or Hurtigruten on the Coastal Voyage

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## Day 4 - Arrival in Støtt: Island Life, Local Heritage and Northern Lights

Arrive in Ørnes and transfer by local boat to the peaceful island of Støtt. After breakfast, meet your local host and dive into the island's history with a guided tour of the Fisheries Museum and a stroll through the traditional fishing village. In winter, if snow conditions allow, the village walk can be done on snowshoes, adding a fun and immersive twist to the experience. Enjoy a local lunch and spend the afternoon relaxing or exploring the island's serene surroundings.

After dinner, join a guided evening excursion, Jakten på Nordlyset ("The Hunt for the Northern Lights"), where your local guide will lead you to the best viewing spots on the island. With minimal light pollution and wide-open skies, Støtt offers excellent conditions for spotting the Aurora Borealis.

### MEALS

1 Breakfast

1 Lunch

1 Dinner

### ACCOMMODATION

Støtt - Top of Helgeland

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## Day 5 - Arctic Archipelago

After breakfast, set out on a scenic boat trip through the surrounding archipelago, an unforgettable journey among snow-covered islets, dramatic coastlines, and quiet fjords. This peaceful excursion offers a chance to experience the raw beauty of Helgeland's autumnal or winter seascape, while spotting local wildlife along the way.

Return to Støtt for a warm dinner and a final evening under the Arctic sky. With clear conditions, this night may offer your last, and perhaps the most spectacular opportunity to witness the Northern Lights dancing above the island.

### MEALS

1 Breakfast

1 Lunch

1 Dinner

### ACCOMMODATION

Støtt - Top of Helgeland

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## Day 6 - Farewell to the Coast

Begin your final day with a local boat transfer from Støtt to Ørnes. Upon arrival, you'll have a couple of hours to relax at a nearby hotel, where light refreshments are available while you wait for your onward journey.

Later, board Havila or Hurtigruten for a scenic daytime crossing to Bodø, sailing through the stunning fjords of the Helgeland coast. Lunch is available for purchase on board, and the journey takes approximately three hours, offering a peaceful and picturesque conclusion to your Arctic adventure. Upon arrival in Bodø, a private transfer will take you to the airport for your onward flight.

*We recommend avoiding international flight bookings on your departure day, as weather conditions may occasionally affect local travel schedules.*

### MEALS

1 Breakfast

## Important Information

Due to the possibility of weather-related delays in coastal and island transportation, we strongly recommend not booking international flights on your departure day. Allowing extra time either in Bodø or Oslo, ensures a more relaxed end to your journey and helps avoid disruptions to onward travel plans.

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### Travel Insurance and Safety

Travel insurance is compulsory for all tours with 50 Degrees North. The safety of our travellers, staff and operators is a major priority of 50 Degrees North. With an operational office in Norway, 50 Degrees North has access to an up-to-the-minute flow of information regarding the countries we work in. We are also in regular contact with the various operators we use. Their in-depth knowledge and understanding of their various areas is vital.

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## Practical information about Scandinavian Hotels

- Hotel rooms in Scandinavia are normally furnished with twin beds, which can be moved together to form a double bed or placed separately. Please note that single rooms are generally smaller than doubles, and are often equipped with a shower instead of a bath. Purpose-built triple or family rooms are likewise unusual in Scandinavian hotels. Whilst it is possible for 3 persons to share a room, this will normally be a double room with an extra bed, with correspondingly less space to move about in.
- It is also unusual to have a porter at hotels to carry your luggage.
- There is free wi-fi in many hotels in Scandinavia.
- Unexpectedly, all forms of Scandinavian accommodation rarely provide tea and coffee facilities in their rooms. If you are lucky, a kettle will be supplied but nothing else. Please ask at reception for some provisions when you arrive or just carry a small selection from home.
- Please also note that in Scandinavia - in particular, during winter - the included lunch will often be a hearty warm soup with bread.
- More remote hotels in Lapland will offer dinner at an additional cost. In some spots, there will be limited choices else where. Generally, you get a very nice home-cooked Scandinavian dinner. However, you may sometimes find only one or two choices only for your main course.
- In Scandinavia, it is normal for washing and laundry facilities to be in the basement. If you are staying in apartment type accommodation, check downstairs or ask for assistance.

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## Self-catering in Norway

*Written by Jayde Kincaid, who married a Norwegian, and was happily (albeit with some hesitation) introduced to a world of Norwegian every day food habits.*

At 50 Degrees North, we want to encourage our travellers to try local Norwegian food & drink. This may seem difficult in Scandinavia in general without a large budget, and in particular Norway. Some of the more remote villages you might visit have limited restaurants or cafes, some of which can be pretty expensive. There is certainly no street food! One way to get about sampling local food is by self-catering. You will find plenty of friendly locals in the small town grocery stores and supermarkets who will be happy to help you picking out local ingredients. Just don't be shy – ask! And, don't rush – make your local small town shopping part of your holiday experience. Read the local notice boards, and enjoy an ice cream out the front when you have finished. It is what the locals do!

**Note: Statoil cups** - a good idea to save money as you drive around Norway: purchase a Statoil (petrol station) metal cup and you get free refills of coffee, tea and hot chocolate at the Statoil stations.

## GROCERY SHOPPING IN REMOTE OR FAR FLUNG NORWAY:

Norway has an extensive range of grocery stores, and in most small villages you will find at least one, if not two or three grocery stores. However, they do have limited opening hours, and except for 'Bunnpris', they are all closed on Sundays. You will see the weekend hours shown in brackets on the store sign out front. If you are arriving in a larger town, we do suggest you stock up with some staples before you head out into the mountains or on a coastal drive.

#### **A few tips:**

- Plastic bags are NOK1-2 and you will always need to pack your own shopping.
- You can recycle your bottles and cans for a receipt that you can cash in. Recycling points are found in all stores.
- Alcohol sold in food stores (mainly beer and cider) is restricted by government regulation to certain hours. This varies slightly, but on weekdays alcohol sales stop at 8pm regardless and on Saturdays at 6pm. Outside these hours and on Sundays you can only buy alcohol in licensed restaurants or bars.
- Any alcohol over 4.7% can only be bought at special government controlled liquor store (Vinmonopolet). These are very rare in smaller remote towns and villages, so stock up before you leave the city.

#### **THINGS TO TRY FROM A GENERAL GROCERY STORE:**

**Meatballs or "meatcakes":** these come in all shapes, sizes and quality. They are generally really tasty and a bit better than what you find at IKEA. Also pick up a packet of dried ready-made brown sauce that goes with them. Be on the look out for Lingonberry sauce/jam, or even fresh lingonberries that you can use to make a fresh sauce (little red circular berries). Don't add too much sugar, they are served quite tart.

If you want to try to make this brown sauce yourself, buy some 'brunost' (brown cheese), the required creams and follow the recipe below.

**Hotdogs:** known as 'pølse' in Norwegian, hot dogs are abundant in Norway. Cheap and cheerful – pølse is THE fast food of Norway. They are sold at service stations, newsagents, corner stores and fast food outlets. Pølse come with a dazzling variety of toppings and bread. Some of the pølse highlights would be the bacon wrapped ones, sprinkled with dried onion, mustards and mayonnaise. You will also find them wrapped in waffles (mostly in and around Fredrikstad) or the Norwegian pancake, 'lompe'.

Note: there are strict requirements by the Food Safety commission for traditional pølse to be of the highest quality and they have even set requirements for what types of ingredients are allowed.

Like Norwegian beer, you will find seasonal pølse – Christmas pølse (Julepølse) is obviously found only in the lead up to the celebrations.

If you are planning to eat Norwegian style, use boil pølse on the stove and add to meals with potatoes and stew.

Note; steer away from tinned cheap pølse and meatballs.

**Fish cakes:** these also come in lots of variation and are generally served with a white sauce and lots of parsley. The Norwegians also use a basic white sauce on broccoli with cheese on top. These fish cakes are often found in fish shops, fried or steamed, ready to eat. A great fast snack.

**Reindeer:** we strongly suggest you try reindeer meat when you are travelling in the far north. It generally comes frozen, so look for finely cut reindeer meat in the freezer section. It is a more expensive option, but absolutely delicious albeit quite gamey. Be sure to get mushrooms, a small amount of brown cheese and rømme (crème fraîche). Fry it all up in a pan - a bit like a beef stroganoff. Serve with boiled potatoes or rice.

**Mushrooms:** if you are travelling in the chanterelle harvest season (mid/late August), be sure to try them. They are the yellow mushroom found in autumn. Or better still, have a look around the pine forests and pick

some. Be sure to image search them before you head out so you know what to pick. They are really delicious with the brown cheese sauce and reindeer.

**Salmon, prawns & fish:** always be on the look out for a chance to buy fresh fish. Yes, it is possible to smooth talk a fisherman at the harbour. Or look for the local fish-kiosk or fish-shop. Be on the look out for small signs pointing you in the direction of fresh fish sales – 'reker' (shrimps, not prawns) or 'fersk fisk' (fresh fish) are the words you need.

Norwegians are very proud of their shrimps – and of course completely justified. Their shrimps are small and tasty and harvested from the cool North Sea. Norwegians traditionally serve them with mayonnaise and lemon. Peel them and pop them on a fresh white slice of bread. Mayonnaise is layered on top with dill, pepper & salt.

**Smoked Salmon:** Norwegian smoked salmon is the best in the world hands down. Be sure to try all the different varieties you see – often, in larger supermarkets or delis, you can try before you buy.

**Tubed 'kaviar' (caviar):** this is a must try. It is cheap and perfect for the travellers pantry. This is what my husband craves like an Australian abroad would crave vegemite.

**Norwegian pre-made dips and salads:** the Norwegian supermarkets have a large range of premade salads and dips. They last quite a while and are good fillers for sandwiches. Our favourite are the cubed beetroot salad and the potato salads. They come in easy-to-carry and pack-up containers – perfect for picnics. Tubed mayonnaise is also handy for picnics.

'Leverpostei' (liver pate) in many variations can also be found in the supermarket. This pate is normally served on brown bread then topped with sliced red onions or sweet pickles. Protein rich and very tasty if you like pate – it is found on most Norwegian breakfast tables.

**Yoghurt:** now – this is an interesting one. Norwegian yoghurt comes in a variety of styles - some can be very runny, sour and low fat. There are varying names/codes for each sort. You might like to check with a local when you are buying yoghurt to be sure you are getting what you want. Some of the yoghurt comes as though it is milk, in normal milk cartons - sour runny yoghurt is NOT nice in your coffee.

**Bread:** the Norwegian supermarket bread generally comes un-cut. You can either cut it in the shop – ask for help the first time you do it. They have industrial bread cutting machines near the bakery section. The bread can be quite plain in the main supermarkets so be on the look out for boutique bakeries in the larger towns if you enjoy fancy bread. Also keep an eye out for the Norwegian flatbread, Lefse, which is similar to Mexican tortillas. Usually served with butter and sugar, sometimes cinnamon too. Occasionally made with potato.

**Waffles:** Norwegian waffle stalls are similar to the sausage sizzle or hot dog stand. It is the most common fundraising or community building food product. Don't expect sickly sweet jams or whipped cream – you will find these fresh chewy waffles served with sour cream and home made tart berry jams. Never go past one!

**Chocolate:** we recommend that you try the 'FREIA' milk chocolate during your stay. It melts in your mouth.

**Berries:** if you travel in early autumn (mid/late August) this is berry season. Forest berries that is. Ask a local and head up into the hills or forest in search for berries. You may find; blueberries, lingonberries, raspberries and if you are up north or in the central mountains; the rare yellow cloudbberries.

## **NORWEGIAN FARM PRODUCE:**

On a self-drive journey, always be on the look out for small farm shops or stands along the road. Things you cannot drive past:

**Strawberries:** if you are travelling in the strawberry season – you MUST try Norwegian strawberries. They are seriously amazing. Grown in the nutritious earth that has the chance to rejuvenate through a long winter.



\_And if you go past a self-pick strawberry farm, put everything else on hold and enter! Norwegians wait all year for this event. \_

**New potatoes:** be on the look out for new season potatoes – they are often sold in little stands beside the road. Often on an honesty basis; i.e. grab a bag and put the money in an allocated tin.

#### **CLASSIC RECIPE:**

Basic Brown Cheese Recipe – can be used with meatballs, reindeer, with added mushrooms.

- 2 tablespoons butter
- 2 tablespoons flour
- ¾ cup light cream
- ½ cup chicken broth (optional - just use water if you cannot find this)
- 1 cup shredded gjetost or brown goats cheese
- ¾ cup rømme (crème fraiche)
- 2 tablespoons chopped parsley or 2 tablespoons fresh dill

Method:

Using the meat dish that has been browned off, remove as much oil from the pan as possible and blend in butter and flour. Remove from heat and blend in light cream. Add chicken broth, bring to boil, stirring and cooking until thickened. Mix in Gjetost cheese. Turn heat low.

Blend some of the sauce into the rømme (crème fraiche), then return all to sauce. Add chopped parsley or fresh dill.

Happy shopping and cooking!



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