

# FAM TRIP 23F. Lofoten 23 – 26 February, 2023

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## Food and Culture in Lofoten

### Lofoten food and culture

LOFOTEN has been welcoming guests from near and **far for hundreds of years and now it's your turn to savour a taste of what Lofoten has to offer.**

The natural history and landscape of Lofoten are truly majestic and breath-taking, and the region is a mecca for those seeking inspiring walks, activities, fresh food, a wide spread culture scene and lots more. All you must do is relax and have fun.

The Arctic light is truly spectacular with the northern lights from September to March and the midnight light from May to August.

The program will be subject to change and will adapt to weather and needs of the participants. Please do not hesitate to contact me for further input or requests, we will try to accommodate the best we can.



## Thursday 23<sup>rd</sup> February

Individual arrival of participants.

22 Feb at 23:00 with WF 838

23 Feb

11:25 with WF 828

13:10 with WF 830

17:55 with WF 834

Meet & greet at Lofoten Airport by Vegeir Selvøe from Visit Lofoten. You will be picked up upon arrival.

Check-in Henningsvaer Bryggehotell

[Home - Henningsvær \(henningsvaer.no\)](http://henningsvaer.no)

19:00 Dinner. A Henningsvaer Experience



## Friday 24<sup>th</sup> February

- 08:00 – 09:00 Breakfast and check-out
- 09:00 Tour around Henningsvaer
- 12:00 Departure towards South-West Lofoten
- 13:00 Visit to Lofotr [Lofotr Vikingmuseum](#)
- 14:00 Viking lunch. [The Vikings' Warm Lunch \(lofotr.no\)](#)
- 15.30 Departure to Holmen Lofoten
- 18:00 Holmen Lofoten
- 19:00 Dinner experience – Holmen Lofoten [Holmen Lofoten: A Unique Hotel & Culinary Restaurant in Lofoten](#)
- 23:00 Check-in at Eliassen Rorbuer [Eliassen Rorbuer | Experience amazing Lofoten and red fishermen's cottages](#)



## Saturday 25<sup>th</sup> February

08:15 Departure to Nusfjord

09:00 Breakfast and tour of Nusfjord [Home - Nusfjord Arctic Resort](#)

12:30 Lunch – Lofoten Seafood Centre. [Center – Lofoten Seafood Center](#)

17:00 Arrival and check-in at Solsiden Brygge [Solsiden Brygge | Lofoten | Ballstad \(solsiden-brygge.no\)](#)

19:00 Dinner and a Lofoten night



## Sunday 26<sup>th</sup> February

08:00 Optional swim and sauna

09:00 Breakfast together and check-out


Individual departures to the airport



# Practical information

- Tour leader/contact:
  - Vegeir Selboe / Visit Lofoten / Tel: +47 7606 9800
- Secondary contact (not traveling with you): Eugenia Fierros / VisitNorway / Tel: +34 679 417 756
- Clothing requirements :
  - In order for your stay in Northern Norway to be as comfortable as possible, it is important to have the right clothes. Bring warm and comfortable clothes and shoes. We recommend wearing 100% wool or similar quality clothing next to your skin. Layer your clothing, so that you can easily regulate your temperature by removing or adding a layer. Outer clothing should be lined and windproof. Most activity organisers supply clothing for excursions, i.e. thermal suits, shoes, hat and mittens.
- Accommodation, activities and meals in the program are paid by Visit Lofoten. We kindly ask you to pay for all the extra services (telephone, mini-bar, room-service etc) that you might use during your trip. Thank you for understanding!

**PRACTICAL INFORMATION**



The diagram shows four stages of clothing layers for a person. 
 **1st layer:** Long-sleeved and long-leg thermal underwear (synthetic or woollen), socks. 
 **2nd layer:** Jumper or fleece, trousers (cotton or fleece). 
 **3rd layer:** Thick jumper (wool or fleece), lined trousers (preferably windproof), woollen socks. 
 **4th layer:** Hat, winter jacket, gloves or mittens, winter shoes.

**RECOMMENDED CLOTHING**

In order for your stay in Norwegian Lapland to be as comfortable as possible, it is important to have the right clothes. Bring warm and comfortable clothes and shoes. We recommend wearing 100% wool or similar quality clothing next to your skin. Layer your clothing, so that you can easily regulate your temperature by removing or adding a layer. Outer clothing should be lined and windproof. Most activity organisers supply clothing for excursions, i.e. thermal suits, shoes, hat and mittens.

# More information

[www.lofoten.info](http://www.lofoten.info)

[The Lofoten Islands, Norway | Mountains and arctic fjords \(visitnorway.com\)](http://visitnorway.com)

# Social Media

@lofoteninfo

@visitnorway



Picture Copyright: Hallvard Kolltveit – Destination Lofoten



# Participants in the trip

Country	Company name	Prefix	First Name	Last Name	Email Address	Mobil number
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