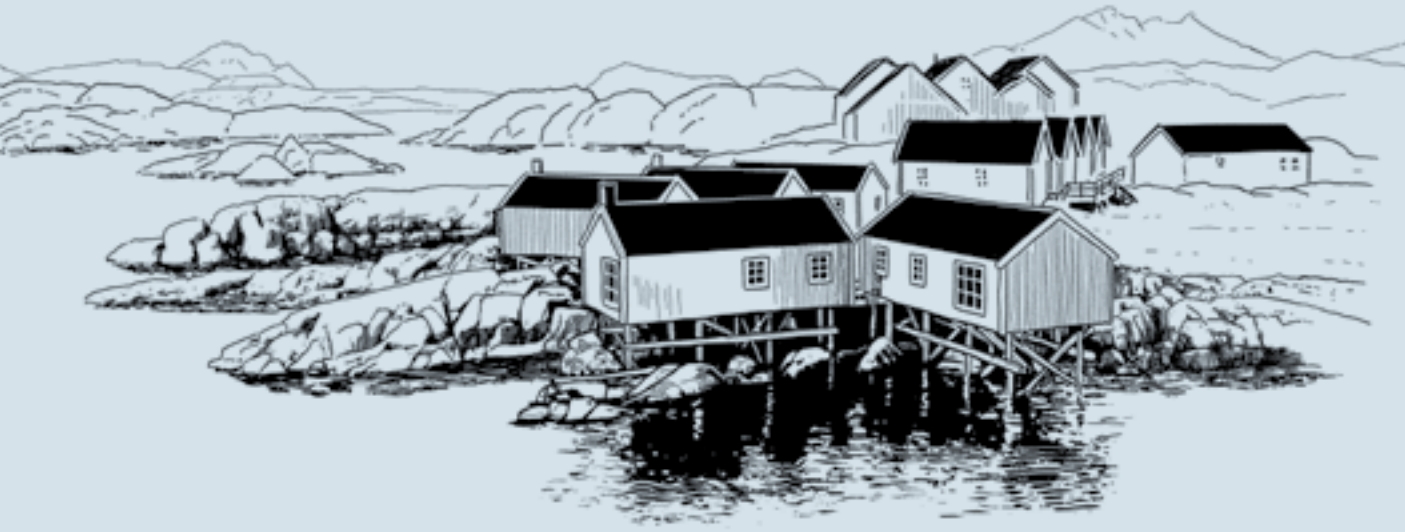




↑↑ Descending towards Forsfjorden.
↑ Mother Nature's lightshow over Horseid Beach.



GOOD TO KNOW

START/FINISH

The hamlet of Delp to the village of Å

SEASON

Mid-June to late September. Due to the warm currents of the Gulf Stream, the Lofoten Islands experience a relatively mild oceanic climate. Despite it lying at a similar latitude to places such as Alaska and Greenland, average winter and summer temperatures in the archipelago are a comparatively balmy 1 °C (33.8 °F) and 13 °C (55.4 °F), respectively.

ACCOMMODATIONS

Wild camping is possible throughout the Long Crossing. There are various villages and towns on or near the route where you can find indoor accommodations. The main options are as follows (beginning from Delp): Svolvær, Leknes, Ramberg, Reine, Sørvågen, and Å.

HIGHLIGHTS

- 1. The ridge walk to Matmora peak
- 2. The views east from Dalstuva peak
- 3. The lonely moorland of central Vestvågøya
- 4. The trek from Selfjord Bay to the village of Å, including the not-to-be-missed side trips to Horseid Beach and the incomparable Hermannsdalstinden peak (see Bonus Track)

HELPFUL HINTS

GETTING THERE & AWAY

The principal gateway to the Lofotens is the town of Bodø, which is serviced by daily flights and trains from Oslo. From Bodø, you can catch one of the regular ferries to either Svolvær (the closest town to the northeastern terminus) or Moskenes harbor (the nearest access point to the southwestern terminus). The actual terminuses can be reached by local buses, or in the case of the village of Å, you can walk there from Moskenes harbor after disembarking the ferry (5 km/3.1 mi).

DO I NEED TO PAY A FEE OR OBTAIN A PERMIT?

No, on both counts.

WHAT TO BRING

Recommended items include a 50 L backpack, sleeping bag accurately rated to at least -5 °C (23 °F), sleeping mat, three-season tent, trail running shoes or lightweight synthetic hiking boots, water bottles, small first aid kit, sun protection (hat, glasses, sunscreen), map and compass and/or GPS app on your smartphone, headlamp, toiletries, power bank for charging electronics, small bottle of bug repellent, and trekking poles (optional).

Recommended clothing includes a fleece or synthetic insulation layer,

rain jacket, rain pants, beanie or buff, three pairs of socks, merino wool or synthetic long sleeve hiking shirt, hiking shorts or pants, and head net.

WATER

Abundant throughout the trail. You should never have to carry more than one or two liters at any time.

FOOD

In addition to the villages and towns mentioned in the accommodations section, other places where you can find restaurants or small shops include (from northeast to southwest) Sandsletta Campground, Nusfjord village, Fredvang, and Sørvågen.

E10 CONNECTOR SECTIONS

Linking together the islands of the archipelago, the E10 is Lofoten's main road and receives quite a lot of tourist traffic over the peak summer season. During the Long Crossing, there are two lengthy sections in which the hiking route and E10 are unavoidably contiguous. For safety's sake, it's recommended to either hitch or take a bus or taxi during these busy stretches. The first connects stages 3 and 4 and extends for 6.3 km (3.9 mi) between the hamlet of Kleppstad and the junction of the E10 with the much quieter Fv815 (from where it's a further 6.5 km/4 mi south to the hamlet of Vikjorda). The second