



Side trip to Hamnøy, one of Lofoten's most picturesque fishing villages.

The islands contain a myriad of hiking options, ranging from family-friendly coastal jaunts to rugged mountain treks.

highly recommended to overnight along the way if you have the time, inclination, and a storm-worthy shelter. There are excellent campsites overlooking Tennesvatnet lake, near Munkebu hut, a two-and-a-half to three-hour walk from Sørvågen. From a meteorological perspective, this approach will improve your chances of catching clear views; you can make an early start the following day, thereby reaching the summit of Hermannsdalstinden during

the morning hours, when visibility is often at its best. From an intangible perspective, you also give yourself the gift of sleeping under Lofoten's night sky. If your timing is just right and the weather gods are amenable, be sure to spend as many moments as you can outside your shelter. Look up toward the infinite heavens, and then lower your gaze to the equally ethereal moonlit peaks and lakes surrounding you on all sides.

The Lofoten islands may be one of those places whose reputation precedes it, but whatever the expectation, it will rarely disappoint those with a love for the outdoors. ♦

final push to the summit, in which hikers can expect to negotiate loose rock and boulders. Upon reaching the top, you will be greeted with one of the most stunning views imaginable. In every direction, there are glacier-sculpted fjords, granite pinnacles, sheer cliffs, and hidden coves and islets. In fine weather, it is a panorama you will never forget.

Although it is possible to do the return hike from Sørvågen to Hermannsdalstinden in one long day, it is

GOOD TO KNOW

About the Trail
 / **DISTANCE** 18 km (11.2 mi)
 / **DURATION** 7 to 11 hours
 / **LEVEL** Moderate

Start / Finish
 ↻ Sørvågen (out and back)

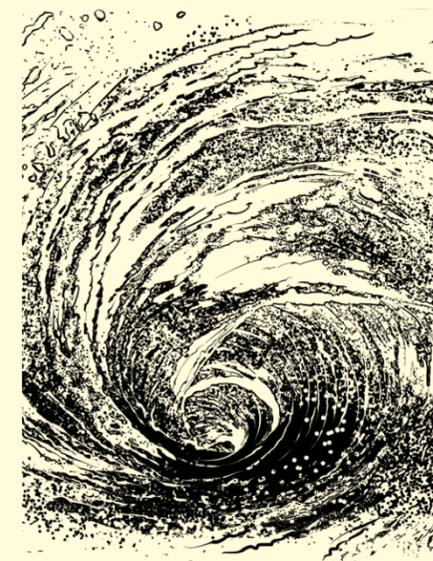
Season
 June to September

Conditions
 Despite lying on a similar latitude to places such as Alaska and Greenland, the Lofoten islands experience a relatively mild oceanic climate. Average winter and summer temperatures are 1°C (33.8°F) and 13°C (55.4°F), respectively.

Alternate Route
 A shorter and steeper alternative to the Sørvågen route begins at Forsfjord, which is accessed via the Vindstad/Bunes ferry from the village of Reine. From the Forsfjord pier, hike steeply up to the shores of Tennesvatnet lake, and from there head southwest to link up with the Sørvågen trail at Hill 448.

Across the Lofoten Islands
 If you are looking for something longer than the hike to Hermannsdalstinden peak, consider a 160 km trek across the entire archipelago. Beginning in the hamlet of Delp

on the island of Austvågøya and finishing near the village of Å in Moskenes, the “long crossing” consists of more than 18,386 m (60,322 ft) of combined elevation gain and loss, and takes 11 days, on average, to complete.



BACKGROUND

Moskstraumen Situated off the Lofoten archipelago is a singular system of tidal eddies and whirlpools known as the

Moskstraumen (or maelstrom). Over the centuries, this hydrological phenomenon has been featured in classic literary tales, including Jules Verne's *Twenty Thousand Leagues Under the Sea* and Edgar Allan Poe's short story *A Descent into the Maelström*. What sets Lofoten's legendary Moskstraumen apart from most other whirlpools is its strength—it's the second strongest of its kind in the world—and the fact that it occurs in open sea, rather than in a river or strait.

HELPFUL HINTS

Northern Lights For those interested in combining hiking and witnessing the aurora borealis in Lofoten, the best chance comes in the month of September. Though the days are shorter and the weather more unpredictable than in July and August, the payoff comes in the form of fewer tourists, autumn colors, and the chance to see Mother Nature's light show from one of the most spectacular viewpoints.

Arriving in the Lofotens Perhaps the most memorable way to begin your Lofoten adventure is via a three-hour ferry ride from Bodø to Moskenes. Approaching the islands by sea, the peninsula's jagged profile gradually transforms from a distant speck on the horizon to one of the most breathtaking collections of deep fjords and towering rocky peaks imaginable.

