

# CONTENTS

**Preface.** ..... 3

**Overview map** ..... 6

**Top walks** ..... 8

**General information** ..... 11

    Grades ..... 12

    GPS tracks and coordinates of the starting points ..... 13

    Symbols ..... 15

    Allemannsretten – the right to roam. .... 16

    Lofoten Code of Conduct. .... 17

**Useful tips.** ..... 26

    Emergency numbers ..... 29

    Leisure time and sport ..... 30

    Short walking glossary ..... 35

  

**Walking on the Lofoten** ..... 38

**1** 3.30 hrs **Røstlandet.** ..... 44

**2** 5.45 hrs **Måstad and Måstadheia, 407m** ..... 50

**3** 2.00 hrs **Håen, 438m.** ..... 54

**4** 4.30 hrs **Munkebu, 405m.** ..... 56

**5** 8.00 hrs **Hermannsdalstinden, 1029m** ..... 60

**6** 2.20 hrs **Vindstad – Bunesstranda.** ..... 64

**7** 3.10 hrs **Reinebringen, 484m** ..... 66

**8** 2.00 hrs **Solbjørnvatnet and Tekoppstetten, 365m.** ..... 69

**9** 3.00 hrs **Kvalvika** ..... 72

**10** 4.20 hrs **Ryten, 543m** ..... 76

**11** 1.20 hrs **Mulstøa** ..... 78

**12** 2.00 hrs **Litlberget, 281m.** ..... 80

**13** 2.30 hrs **Volandstinden, 457m** ..... 82

**14** 2.30 hrs **Flakstadtinden, 484m.** ..... 84

**15** 4.00 hrs **From Nesland to Nusfjord.** ..... 86

**16** 4.30 hrs **Tønsåsheia, 769m.** ..... 90

**17** 2.00 hrs **Napp – Andopen** ..... 92

**18** 3.30 hrs **Stornappstinden, 740m** ..... 94

**19** 3.30 hrs **Skottinden, 671m** ..... 96

**20** 2.30 hrs **Ballstadheia with Nonstinden, 459m** ..... 98

**21** 1.30 hrs **Hornsheia, 153m.** ..... 100

**22** 2.30 hrs **Offersøykammen, 436m** ..... 102

**23** 2.15 hrs **On old paths between Haukland and Utafleiv** ..... 104

**24** 4.30 hrs **Himmeltindan, 931m.** ..... 106

**25** 2.30 hrs **Along the coastal path between Eggum and Unstad.** .... 109

**26** 4.15 hrs **Steinetinden, 509m.** ..... 112

**27** 5.00 hrs **Justadtinden, 738m.** ..... 115

**28** 2.15 hrs **Brattflogan, 460m.** ..... 118

|                                  |                  |                                                          |            |
|----------------------------------|------------------|----------------------------------------------------------|------------|
| <b>29</b>                        | <b>2.00 hrs</b>  | <b>Vetten, 414m</b>                                      | <b>122</b> |
| <b>30</b>                        | <b>3.45 hrs</b>  | <b>Haveren, 808m</b>                                     | <b>124</b> |
| <b>31</b>                        | <b>1.45 hrs</b>  | <b>Hoven, 368m</b>                                       | <b>128</b> |
| <b>32</b>                        | <b>3.00 hrs</b>  | <b>Festvågtinden, 541m</b>                               | <b>131</b> |
| <b>33</b>                        | <b>2.15 hrs</b>  | <b>Glomtinden, 419m</b>                                  | <b>134</b> |
| <b>34</b>                        | <b>2.30 hrs</b>  | <b>Tjeldberginden, 367m</b>                              | <b>136</b> |
| <b>35</b>                        | <b>2.15 hrs</b>  | <b>Tuva, 477m</b>                                        | <b>138</b> |
| <b>36</b>                        | <b>3.00 hrs</b>  | <b>Fløya, 590m</b>                                       | <b>141</b> |
| <b>37</b>                        | <b>3.00 hrs</b>  | <b>Walking on the island of Skrova</b>                   | <b>144</b> |
| <b>38</b>                        | <b>4.00 hrs</b>  | <b>Suolovarri (Rundfjellet), 803m</b>                    | <b>147</b> |
| <b>39</b>                        | <b>4.30 hrs</b>  | <b>Matmora, 788m</b>                                     | <b>150</b> |
| <b>40</b>                        | <b>5.00 hrs</b>  | <b>Geitgallien, 1085m</b>                                | <b>154</b> |
| <b>41</b>                        | <b>1.45 hrs</b>  | <b>Keiservarden, 384m</b>                                | <b>156</b> |
| <b>42</b>                        | <b>2.30 hrs</b>  | <b>The Dronningstien on Årsteinen (Stortinden), 530m</b> | <b>160</b> |
| <b>Walking on the Vesterålen</b> |                  |                                                          | <b>162</b> |
| <b>43</b>                        | <b>3.00 hrs</b>  | <b>Trollfjordhytta, 405m</b>                             | <b>168</b> |
| <b>44</b>                        | <b>5.30 hrs</b>  | <b>Strøna, 906m</b>                                      | <b>172</b> |
| <b>45</b>                        | <b>5.30 hrs</b>  | <b>Lamlitinden, 657m</b>                                 | <b>174</b> |
| <b>46</b>                        | <b>2.00 hrs</b>  | <b>Finnsæterkollen, 439m</b>                             | <b>177</b> |
| <b>47</b>                        | <b>10.30 hrs</b> | <b>Møysalen, 1262m</b>                                   | <b>180</b> |
| <b>48</b>                        | <b>3 days</b>    | <b>Multi-day walk through the Møysalen nasjonalpark</b>  | <b>184</b> |
| <b>49</b>                        | <b>7.30 hrs</b>  | <b>Snytidhytta, 390m</b>                                 | <b>192</b> |
| <b>50</b>                        | <b>4.30 hrs</b>  | <b>Stortinden, 1021m</b>                                 | <b>195</b> |
| <b>51</b>                        | <b>4.30 hrs</b>  | <b>Skata, 736m</b>                                       | <b>198</b> |
| <b>52</b>                        | <b>2.30 hrs</b>  | <b>Veten, 467m</b>                                       | <b>201</b> |
| <b>53</b>                        | <b>3.00 hrs</b>  | <b>Breitinden, 598m</b>                                  | <b>204</b> |
| <b>54</b>                        | <b>1.30 hrs</b>  | <b>Vikan</b>                                             | <b>206</b> |
| <b>55</b>                        | <b>0.45 hrs</b>  | <b>Bufjellet, 210m</b>                                   | <b>210</b> |
| <b>56</b>                        | <b>2.50 hrs</b>  | <b>Trollan, 543m</b>                                     | <b>212</b> |
| <b>57</b>                        | <b>3.15 hrs</b>  | <b>Nonskollen, 611m</b>                                  | <b>214</b> |
| <b>58</b>                        | <b>5.30 hrs</b>  | <b>Dronningruta – the queen’s route</b>                  | <b>216</b> |
| <b>59</b>                        | <b>2.45 hrs</b>  | <b>Coastal paths between Stave and Bleik</b>             | <b>220</b> |
| <b>60</b>                        | <b>2.00 hrs</b>  | <b>Røyken, 468m</b>                                      | <b>226</b> |
| <b>Index</b>                     |                  |                                                          | <b>228</b> |