

# Arctic Experience

## 6 days | Starts/Ends: Tromso



Explore Norway's northern Arctic region. From Tromso head into the countryside, discover the animals of Polarpark, meet reindeer and learn about Sami culture in Vesteralen.

### HIGHLIGHTS AND INCLUSIONS

#### Trip Highlights

- Tromso - explore Norway's stunning Arctic capital
- Northern Lights - hunt for these shimmering lights in the Lofoten Islands
- Tromso region & Narvik - visit Polarpark and the fascinating Narvik War Museum
- Vesteralen - see hundreds of large & small islands
- Lofoten Islands - roam these beautiful islands dominated by snowy peaks that end in the sea

#### What's Included

- 5 nights in 3-4 star hotels
- 5 breakfasts & 1 lunch
- Arrival transfer on day 1
- Entrance into the Polarpark
- Visit to Reindeer farm
- Northern Lights hunting
- Fast boat from Harstad to Tromso
- English speaking guide throughout
- Coach services as per itinerary

#### What's Not Included

- Items of a personal nature and additional meals
- International flights to/from our tour start/end points and visas
- Gratuity for your tour guide. Tipping your tour guide is an entirely personal gesture

### DETAILED ITINERARY

#### Day 1 : Tromso



Upon arrival at Tromso airport you are met and transferred to your hotel where the remainder of the day is at leisure.

Tromso is 320km above the Arctic Circle and despite this very north location it's still home to a great number of international standard hotels, lively cafes, world class seafood restaurants, lots of museums and captivating galleries as well as an exciting nightlife. **Overnight - Tromso**

#### Day 2 : Polarpark and Narvik



Leaving the city behind us we enter into the Tromso region today. We discover different immaculate landscapes and immense walls of snow. We experience Polarpark - the world's most northerly wildlife park. We also have the opportunity to meet the big predators of the Arctic including the lynx, wolf and wolverine as well as elk, reindeer, musk ox and Arctic fox.

This afternoon we continue to Narvik - the famous port city where we will spend the night. Narvik was known to be a strategic place during the Second World War - why not learn more about this at the Narvik War Museum? (entrance fee €10) **Overnight - Narvik (B)**

### Arctic Experience - 6 days

www.onthegotours.com  
 UK 020 7371 1113 info@onthegotours.com  
 AUS 1300 855 684 aus-info@onthegotours.com  
 NZ 0800 44 77 69 CAN 1 866 890 7038  
 USA 1 866 606 2960 SA 0800 990 311

updated on 02-06-2020 09:10:37

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

# Arctic Experience

## Day 3 : Reindeer Farm & Northern Lights



Today we drive towards Sortland for an authentic Sami Experience at a typical reindeer farm. We have the opportunity to meet these beautiful animals as well as the reindeer herder. After lunch we drive towards Solvaer passing majestic landscapes as we go and hoping for some fantastic photo opportunities along the way (weather permitting). We arrive at our hotel in Lofoten for an evening at leisure. **Overnight - Svolvaer** (B, L)

## Day 4 : Svolvaer



Today we spend the day exploring the Lofoten Islands at leisure - these stunning islands are dominated by towering snowy peaks that end in the sea. The islands are separated from the mainland by the Vestfjord, these islands create a chain of about 150km from north to south between islands and bays. This region is very famous for cod fishing in the high season. This evening we head out on a Northern Lights hunt with our guide to try and witness this amazing phenomenon. **Overnight - Svolvaer** (B)

## Day 5 : Svolvaer to Tromso

Svolvaer - Tromso. After spending the morning at leisure, we make our way to Harstad to catch the fast boat back to Tromso. It's just a short walk to our hotel where we

have the rest of the evening to explore the city. There is an optional Northern Lights excursion available for an additional fee. **Overnight - Tromso** (B)

## Day 6 : Tromso

Touring arrangements end this morning after breakfast and hotel check out. We can book a transfer back to the airport for you - contact us for details. (B)

### HOTELS

Highlighted below are some of the hotels which we frequently use on this tour, though we reserve the right to substitute these hotels to ones of a similar standard.

**Please refer to your Tour Voucher for your confirmed arrival hotel and further arrival information.**

### Quality Hotel Saga

Set in the heart of Tromso, the Quality Hotel Saga offers contemporary accommodation in a favourable location. Guest rooms are designed in a simple style with neutral wall colourings and wooden floors. They include en-suite and coffee making facilities. Wi-Fi is provided throughout the hotel and they operate a cash-free system for all services. The hotel also benefits from an included breakfast buffet as well as optional evening buffet and daily afternoon waffles. The hotel is situated just a short walk from the Tourist Information Centre and the seafront where you are greeted with views of the Tromso Bridge and the iconic Arctic cathedral.



### Scandic Narvik

Dominating the landscape, the towering Scandic Narvik hotel is a sleek accommodation, which offers panoramic views of the surrounding mountains. Witness the wealth of natural beauty with which Narvik has been blessed from the hotel's sky bar whilst enjoying a refreshing beverage.

Rooms are pleasantly decorated with splashes of colour and well furnished with plush beds. For food with a view, head to the hotel's restaurant Tind, which serves fresh and delicious meals. The property is situated 3 miles from Narvik airport and a short walk from Narvik station.



### Thon Hotel Lofoten

The sun glints off the windowed facade of the Thon Hotel Lofoten as it sets over the harbour, on the edge of which the property is located. With mountains and lakes dominating the landscape, the views from the rooms, which are expertly decorated, spacious and comfortable, are unrivalled. Many Norwegian specialties are available at the onsite restaurant for when hunger strikes and there is a gym just 300m from the property to which guests have free access. The Thon Hotel Lofoten is perfectly located as a base for seeing the Northern Lights or going on a whale safari.



### KNOW BEFORE YOU GO

#### Norway Country Guide

#### Please note

This tour is operated in conjunction with our trusted partner and you will join travellers who booked through different operators, not solely On The Go

This itinerary should be used as a guide only and may vary from day to day depending on road & weather conditions.

## Arctic Experience - 6 days

www.onthegotours.com  
 UK 020 7371 1113 info@onthegotours.com  
 AUS 1300 855 684 aus-info@onthegotours.com  
 NZ 0800 44 77 69 CAN 1 866 890 7038  
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

# Arctic Experience

## Wi-Fi

Norway offers good internet access across its cities and larger towns with WiFi found in cafes and public spaces across the country. Many hotels provide free WiFi access to their guests and there is often free WiFi on board buses and trains though registration is usually required and access limited by time. Cruise ships that operate through Norway's fjords usually charge for WiFi and prices can be expensive

## Visas

Please be advised that visa requirements are subject to change and that visa procurement is the responsibility of the traveller and not On The Go Tours, therefore it is essential that you check current visa requirements with the embassy before travel. Please also ensure that your passport is valid for at least 3 months from your planned date of departure from Norway.

UK, Australia, New Zealand, Canada and USA passport holders do not require a visa for a stay of less than 90 days

Norway is part of the borderless region known as the Schengen Area and South African residents require a Schengen visa in order to enter Norway. A passport valid for at least three months from your departure is required and a visa will only be issued if blank pages are available and if the passport has been issued in the last 10 years. Requirements for the procurement of a Norway visa are subject to change but application requirements include round-trip travel itinerary specifying entry and exit dates from the Schengen state and proof of funds to support yourself during your stay, along with a copy of your travel insurance policy. Visas are issued by the Norwegian embassy in Pretoria.

## Currency

The official currency in Norway is Norwegian krone, written as NOK. Banknotes come in denominations of 50kr, 100kr, 200kr, 500kr and 1000kr. Check OANDA for the latest exchange rates.

Pound Sterling, US Dollars, Euro and other major currencies can be easily exchanged in Norway with banks and bureau de changes

offering the better exchange rates once in destination. It's advisable to request bank notes in smaller denominations, as it can sometimes be hard to get change from large notes and smaller notes are handy for smaller purchases. Debit and credit cards are widely accepted in restaurants, shops, hotels and even taxis across Norway and you'll find ATMs throughout the country, even in smaller towns, though withdrawal fees may be charged. Traveller's Cheques are not recommended as they're often difficult to exchange and incur high fees.

## Time & Voltage

Norway works on Central European Time (CET) which is one hour ahead of Greenwich Mean Time (GMT). Daylight Saving Time is observed in Norway with the clocks turning forward one hour at the end of March and one hour backwards at the end of October each year.

The standard voltage in Norway is 230 volts, 50Hz AC. Primary sockets generally require Continental or European plugs of the two round pin variety. We recommend that you pack a universal travel adaptor. You will need a voltage converter and plug adaptor in order to use U.S. appliances.

## Tipping

Salaries are really good in Norway with waiters and bar staff earning a decent wage, which means tipping is not required nor expected. Restaurants and bars include the service charge in your bill though in upmarket restaurants where table service is an important part of the experience, a tip is appreciated. It's also uncommon to tip taxi drivers or hotel staff.

## Food & Drink

Norwegian cuisine primarily focuses on game and fish, resources that are found in abundance in the country's pristine woodlands and surrounding seas. Traditionally meat would feature in every main meal whether it's slow-cured lamb's leg (fenalår) served with vegetables for dinner or smoked salmon (røkt laks) served with scrambled eggs, dill, mustard sauce and bread for lunch. Norway's long winters

meant that preserving food was necessary to last the season, which gave rise to a fondness for cured fish (tørrfisk), often eaten at breakfast with lefse, the national flatbread, and Jarlsberg cheese.

Preserved meat and sausages are popular and eaten as part of a spread or served in hearty stews. Norway's meat specialties include moose - said to taste similar to venison, reindeer - wonderfully lean meat, and grouse - tender with a mild gamey taste. These meats grace restaurant menus in autumn when hunting season begins. Often meat is accompanied by potatoes (mashed, boiled or pureed) and a cream-based sauce or thick gravy.

Like elsewhere in Europe, bread is an important staple in the Norwegian diet and tends to be coarse in texture and made with whole grain flour. Rye bread is typically used for open-sandwiches, known locally as smørbrød, a buttered slice of bread topped with a range of ingredients including cheese, caviar, hard boiled egg, herring, pâté, salad leaves, herbs, sliced cucumber, tomato and pickled beets.

Norway's climate and countryside are the ideal environment for wild fruits with strawberries, bilberries, lingonberries, raspberries and apples all particularly intense in flavour and used in desserts and sweet treats such as krumkake - a cross between a waffle and a pancake that's rolled up and filled with whipped cream.

The people of Norway love their coffee, so much so in fact that they are the second highest consumer of coffee in the world. This means you'll find quality barista-style coffee shops in all of Norway's cities and larger towns. As far as alcoholic beverages go, Norway produces a number of pilsners, red beers and malt beers with a rich flavour. With a long history, mjød (mead - a famous honey wine) is a very traditional Scandinavian drink and graces the shelves of many tourist shops though it's not a commonly-drunk beverage.

In recent decades Norway's dining scene has vastly improved with a much better selection of international cuisine and in the

## Arctic Experience - 6 days

www.onthegotours.com  
 UK 020 7371 1113 info@onthegotours.com  
 AUS 1300 855 684 aus-info@onthegotours.com  
 NZ 0800 44 77 69 CAN 1 866 890 7038  
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

# Arctic Experience

larger cities you'll find a respectable choice of dining options. Today, Norwegian chefs lean towards the use of locally produced organic ingredients, creating modern versions of traditional dishes.

**Water:** Tap water is safe to drink in Norway as it is of fantastic quality and unlikely to cause any stomach upsets. Avoid drinking from river streams when out in the countryside, however, as water may contain harmful parasites

## Health Requirements

You should seek medical advice from your local health practitioner before travelling to Norway and ensure that you receive all of the appropriate vaccinations. Allow yourself 6-8 weeks to do so. As a guide, vaccinations against tetanus are recommended. The medical facilities and healthcare in Norway are excellent and available for free or at a reduced cost to European Union citizens with a valid EHIC form or its replacement ID card.

During winter in Norway the main health risk is hypothermia and frostbite. With temperatures reaching well below freezing across Norway, ensure you have packed enough warm clothing and thermal under layers, as well as good quality gloves, socks and hat to keep body extremities warm and covered. In summer mosquitoes and blackflies are a particular nuisance so take a DEET-based repellent and keep covered up.

## Shopping

With a long tradition of knitting, Norway is an excellent place to pick up a wool sweater or scarf. Knitwear is of high quality and comes in a variety of timeless, practical designs and functional colours. Wool is also used for thermals and outdoor clothing, perfectly suited to the cold temperatures of Norway's winter so it's worth looking out for quality pieces while you're here.

High-end shoppers will find ample shopping opportunities for design pieces from furniture to lighting. Scandinavian design is particularly known for its use of traditional materials and contemporary styles.

In Norse mythology and Scandinavian folklore trolls are believed to be the very first inhabitants of the region and although you're unlikely to bump into a real-life troll, you can always bring home a miniature ceramic or plastic figurine. Another good souvenir option is a Viking drinking bowl made from wood and usually hand-painted or a Bjørklund cheese slicer, Norway's most famous invention.

Prices of goods in Norway are fixed though you may be able to bargain a little off the price for goods sold at markets.

## Prices of goods

Norway has one of the highest price levels for personal goods and services in all of Europe and its reputation as an expensive travel destination is well-deserved. Norwegians are paid a good living wage and there's little disparity in income but for an international visitor, the exchange rate means that Norway is a costly holiday.

To put it in some perspective, a main course at an inexpensive restaurant costs around USD\$18 while a three-course meal at a nicer restaurant will set you back closer to USD \$50. A half litre bottle of locally produced beer purchased at a bar will cost around \$8 while a small bottle of water is around USD\$2.50 though you can save money here by drinking tap water instead.

While on a tour in which your accommodation, local transportation, breakfast and touring is included in the price, we recommend you budget USD\$50-80 per person per day for additional meals, drinks and items of a personal nature.

## Arctic Experience - 6 days

www.onthegotours.com  
 UK 020 7371 1113 info@onthegotours.com  
 AUS 1300 855 684 aus-info@onthegotours.com  
 NZ 0800 44 77 69 CAN 1 866 890 7038  
 USA 1 866 606 2960 SA 0800 990 311

updated on 02-06-2020 09:10:37

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.