



Welcome to Northern Norway!

We welcome you to experience winter in Northern Norway and the unique natural wonder of the Northern Lights. In addition to the fascinating spectacle in the sky there will be exciting activities at sea, we will get to know the culture of the Sami people and also learn about the stock fish from Lofoten. For more information you can see: www.visitnorthernnorway.com

Date: 12th – 16th of March 2015
Number of participants: up till 7 journalists
Places you will visit: Bodø, Saltfjellet, Polar Circle, Lofoten
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Clothing:

In order for your stay in stay warm and comfortable in the Norwegian Lapland, it is important to bring the right clothes. Please make sure you bring warm, comfortable clothes and shoes. We recommend wearing 100% wool or similar quality as under layer. 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 organizers supply clothing for excursions, i.e. thermal suits, shoes, hat and mittens.



Photos: www.northernnorway.com/ Christian Bothner/Sigurd Schultz

Date	Program:
Time:	
March 12th	Thursday
14:30	Arrival in Bodø Suggested flight SK4112 13.05 - 14.30
	You will be met at the airport by a representative from Northern Norway.



15:00	<p>Bus from Bodø to Saltfjellet Mountain, approx. 2, 5 hours. On our way we will get information about the Sami culture and the northern light.</p> <p>We will visit the Sami family Oskal at Saltfjellet, where we will enjoy a traditional Sami meal and visit their reindeer herd. http://www.saltfjell-reinprodukter.no/</p> <p>After listening to the Sami way of singing – called “joik” – we continue with bus to the Arctic Circle Center and the experience of the arctic light. We will cross the arctic circle by foot and watch a short film about the arctic light at the center. http://www.polarsirkelsenteret.no/English/english.htm</p> <p>A short ride with the bus will take us to the Saltfjellet Hotel Polarsirkelen, where we will spend the night. http://www.saltfjellethotell.no/rom.html</p>
March 13th	Friday
	Breakfast at the hotel, check out. Short bus ride to train station
09:23	Join the “Polarexpress”: Travel with train from Lønsdal Station (511 meters above sea level) at Saltfjellet to Bodø.
10:55	Arrival Bodø, check in at Scandic Havet Hotel in the city center http://www.scandichotels.com/Hotels/Norway/Bodo/Havet/?cmpid=ppc#.VPBlif5OPw
12:00	Transport to Kjerringøy Old Trade Centre outside Bodø, approx. 50 minutes from city center http://www.kjerringoy.info/
13.00	Guided tour of Kjerringøy Old Trade centre
14:00	Lunch at Markens Grøde http://www.kjerringoygard.no/
14:45	Bus back to the city centre
16:00	Excursion in a RIB-boat by the company Stella Polaris www.stella-polaris.no to Saltstraumen. Saltstraumen is the world’s strongest maelstrom. Every 6 hour more than 400 mill m3 of water rush through the 150 m wide and 3 km long strait connecting the Saltfjord and the Skjerstadjord at speeds up to 20 knots.
18:00	<p>Transport back to Bodø and to hotel Scandic Havet</p> <p>Free time in Bodø city centre, where there is a great “People & Fish”-festival going on! www.folkogfisk.no</p>
20:00	<p>Dinner at restaurant “Smak” www.restaurant-smak.no</p> <p>If good weather conditions after dinner, we will go hunting the Northern Lights! Short bus trip from city center, approx. 15 min drive. Hopefully we will be lucky and see the spectacular light show.</p>



March 14th Saturday	
	Breakfast, check out Free time
11:00	Visit the new Concert Hall www.stormen.no
11:30	Transfer to airport, approx. 5 min
	Light lunch at airport
12:35	Departure from Bodø airport to Leknes Airport with Wideroe www.wideroe.no
13:00	Arrival Leknes airport in Lofoten Transfer to Ramberg
13:45	Stand Up Paddle session at the beautiful Ramberg Beach by Lofoten Adventure Company. www.lofotenadventure.co/ . SUP is a fun way to try surfing, and is suitable for every level. You will stand on a big surfboard, and move around by the use of a paddle. The dry suits will keep you warm.
16:30	Transfer to Sund
17:00	Visit the local smith http://www.smedenisund.no/ http://www.sundfiskerimuseum.no/
18:00	Transfer to Hamnøy
18:20	Check in at Eliassen Rorbuer www.rorbuer.no
19:30	Dinner at Hamnøy Mat & Vinbu Night at Eliassen Rorbuer
March 15th Sunday	
08:00	Breakfast
09:00	Transfer to the tiny fishing village Å in Lofoten. Photo stop at Reinehalsen
09:30	Visit the Norwegian Fishing Village Museum http://www.museumnord.no/en/norwegian-fishing-village-museum/
11:00 – 15:00	Fishing trip with Aqua Lofoten Coast Adventure! Today you can try fishing yourself in the North Sea with a chance to catch cod, coalfish, wolfish and the giant halibut. Maybe we will see the sea eagle as well during our fishing trip! http://aqualofoten.no/en/fishing/
15:00 – 19:00	Free time at Reine / Hamnøy
19:00	Dinner at Gammelbua at Reine http://www.classicnorway.com/hotels/reine-rorbuer/about-reine#the-restaurant
	Overnight stay at Eliassen Rorbuer



March 16th	Monday
08:00	Breakfast and check out
09:00	Rib Trip in Reinefjorden Short hike to see Bunes beach for a spectacular view! http://no.tripadvisor.com/LocationPhotoDirectLink-g1527771-d7081935-i110643191-Bunes_Beach-Reine_Moskenes_Municipality_Nordland_Northern_Norway.html#110699982
11:00	Transfer to Leknes airport
13:00	Departure from Leknes Airport – via Bodø – to Oslo Suggested flight WF809/SK4113 13:15 – 16:25