

TREKKING, SAILING, TOURISM, PHOTOGRAPHY

LOFOTEN FROM THE SEA

A sailboat trip with the best sites and activities
in Lofoten this summer.

NORWAY



Explore the best spots and places of Lofoten from a sailboat in 8 days. Climb mountains, make bonfires on the beach, enjoy saunas, cod fishing... all while sailing through the majestic fjords of northern Norway.

[View Web Program](#)

<https://b4experience.com/lofoten-from-the-sea>



RECOMMENDED MONTHS

JUNE, JULY, AUGUST, SEPTEMBER



PRICE

From 2.450€ /person

Group discounts





Highlights

- EXPLORATION OF THE LOFOTEN ISLANDS BY SAILBOAT.
- SAILING, PADDLE SURFING, SAUNAS, BEACH BONFIRES, FISHING...
- A SUSTAINABLE HOLIDAY
- HIKE THE BEST LOFOTEN SUMMITS

Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
7	Standard	25 May 2026 - 06 Sep 2026	8	2.450€

Travel only with your family or friends.

**Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
Svolvær - Bodø	16 Jun 2026	8	7	Svolvaer	2.450€
Bodø- Svolvær	20 Jul 2026	8	7	Bodø	2.450€
Svolvær - Svolvær	27 Jul 2026	8	7	Svolvaer	2.450€
Svolvær - Tromsø	04 Aug 2026	8	7	Svolvaer	2.450€
Svolvær - Bodø	19 Aug 2026	8	7	Svolvaer	2.450€
Bodø - Svolvær	27 Aug 2026	8	7	Bodø	2.450€
Svolvær - Svolvær	03 Sep 2026	8	7	Svolvaer	2.450€

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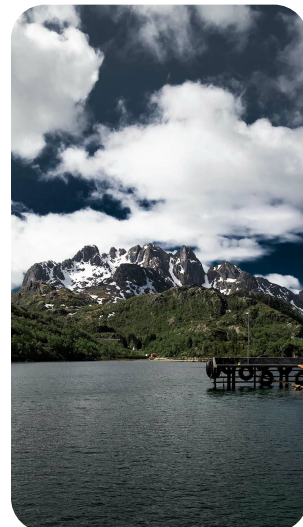
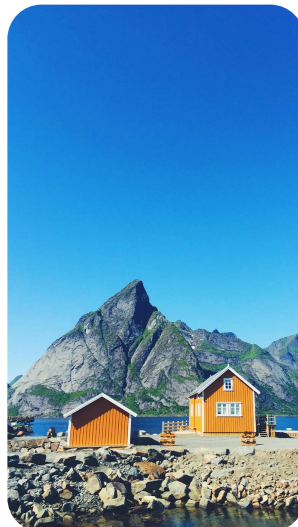
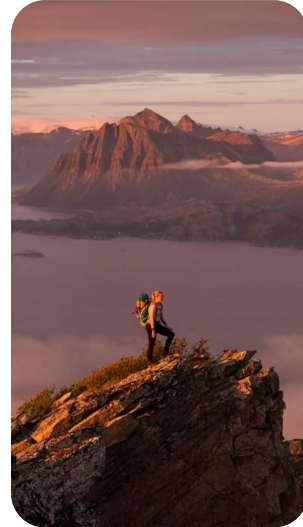
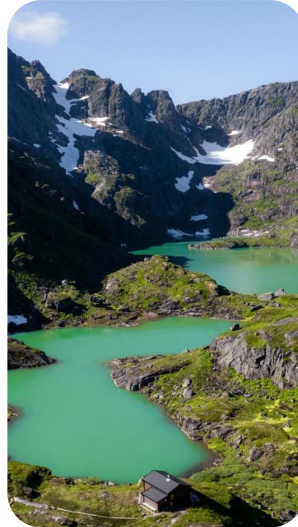


Included

- Experienced skipper with local knowledge onboard
- Small groups, maximum 6-10 people
- Accommodation onboard throughout the trip
- Comfort package with sheets, duvets, and pillows
- All meals onboard
- Sustainable, eco-friendly, and unique vacations
- All boat expenses such as diesel, gasoline, port fees, etc.
- Use of onboard equipment: kayaks, dinghy, fishing gear, etc.
- Personal safety equipment (Helly Hansen inflatable life jacket)
- Technical advice and material

Not Included

- Round-trip plane ticket to Norway (we can arrange it)
- Alcoholic beverages (you can each bring your own without problem)
- Visits to restaurants, museums, etc.
- All personal expenses
- Tips (optional)
- Travel/cancellation insurance: optional but recommended (we can arrange it)
- Anything not described under the "INCLUDED" section



Itinerary

DAY 1: WE START IN HENNINGSVÆR

At 4:00 PM, we will begin settling on board. We will review the itinerary and the week's objectives, along with essential safety instructions and an introduction to basic sail handling. During dinner, we will have the chance to get to know each other. If the weather permits, we may set sail the first night to a nearby anchorage.

Accommodation: Sailboat

Meals: Dinner.

DAY 2: EXPLORING RAFTSUNDET AND TROLLFJORDEN

Start your day with a refreshing morning swim followed by a hearty breakfast as we set sail towards the stunning landscapes of Raftsundet and Trollfjorden. Our route takes us past the picturesque islands of Lille Molla, Store Molla, and Digermulen. Enjoy lunch in the impressive Trollfjorden (the trolls' fjord), a narrow fjord famous among sailors for its towering cliffs that rise abruptly from the water. Trollfjorden offers fantastic hiking opportunities where you can walk through the mountains and perhaps even encounter the legendary troll families rumored to live there. Alternatively, you can fish or simply relax by the sea. In the afternoon, we continue our journey to the island of Skrova, where we will dock for the night. Skrova, once the main whaling port of Lofoten, boasts a prime location near the whale-rich waters of Vestfjord.

Accommodation: Sailing boat

Meals: breakfast + lunch + dinner

DAY 3: FROM SKROVA TO UNSTAD

Exploring Henningsvær and Gimsøya. We start the day with a morning hike up to the 231-meter peak of Skrova, offering stunning views of the Lofoten wall to the west, the vast Vestfjord to the south, and the mainland, including Steigen, to the east. Afterwards, we spend the day sailing towards Henningsvær, navigating through Gimsøystraumen before reaching the exposed northern coast of the Lofoten islands. Our afternoon destination is the famous surf beach of Unstad, where we anchor in a nearby bay and hike up the hill to Unstad.

Accommodation: Sailing boat

Meals: breakfast + lunch + dinner

DAY 4 : UNSTAD AND NUSFJORD, SURF AND SAIL

Start the day with a scenic hike to Unstad, where you can rent surfing gear or take a surfing or SUP lesson at Unstad Arctic Surf. If surfing isn't your thing, consider visiting the Viking Museum in Borg or simply exploring the stunning surroundings. In the afternoon, we will set sail for Nusfjord, a charming and well-preserved fishing village, one of the most authentic in Lofoten. For dinner, we have plans at the Karoline Restaurant, known as one of the best dining spots in the region. Nusfjord also offers a cozy pub, Pauline, perfect for a nighttime visit before resting for the night.

Accommodation: Sailboat

Meals: breakfast + lunch + dinner

DAY 5 : REINEFJORD AND BUNES BEACH

Hoy nos adentraremos en la belleza de Reine. La mejor forma de llegar a este pintoresco pueblo es en barco, ya que el puerto, enmarcado por imponentes montañas, ofrece unas vistas impresionantes. Las opciones para el día incluyen unirse a una excursión guiada en kayak, hacer senderismo hasta Reinebringen o tomar un barco hasta Reinefjord y luego hasta Vindstad. Desde Vindstad, un sendero nos lleva a la impresionante Bunesstranda (playa de Bunes) en el lado norte. Aquí, a menudo participamos en las limpiezas de la playa para mantener su estado intacto. Esta noche, nos quedaremos en Reine, lo que nos permitirá hacer una caminata nocturna hasta Reinebringen bajo casi 24 horas de luz solar.

Alojamiento: Velero

Meals: breakfast + lunch + dinner

DAY 6 : VÆROY, THE REMOTE SOUTHERMOST ISLAND

If weather and wind conditions permit, our goal today is to sail to Værøy, one of the most remote and southernmost islands in the Lofoten archipelago. Known as the "island of weather," Værøy is accessible only by boat and offers stunning beaches and spectacular mountains, some home to colonies of Norwegian puffins. After sailing and enjoying lunch, we will spend the afternoon exploring Værøy. We plan to hike the mountain trails and maybe take a refreshing swim in the evening before dinner.

Accommodation: Sailboat

Meals: breakfast + lunch + dinner

DAY 7 : VESTFJORDEN TO BODØ, SAIL ACROSS

After nearly a week exploring the fjords, it's time to prepare the boat for an important journey. Put on your sailing gloves because today we will cross the mighty Vestfjorden! The trip usually takes between 8 and 12 hours, depending on weather conditions. If you are sailing with a group of boats, this day becomes an exciting regatta. Upon arrival at the port of Bodø, we will freshen up and pack our bags before enjoying dinner. If the weather permits, we might go out for a beer to celebrate our last night together.

Accommodation: Sailboat

Meals: breakfast + lunch + dinner

DAY 8 : BODØ FINAL TRIP

Goodbye for now! As our exciting week of adventure and fun comes to an end, it's time to say farewell. This morning, we will pack up, clean, and prepare to leave the boat. For those interested, breakfast is available at the nearby Thon Hotel. Our journey officially concludes at 10:00 a.m. today. Thank you all for an amazing week together, and we look forward to welcoming you aboard again!

Meals: breakfast

Other programs: 8 days Bodø – Henningsvær

We have an 8-day trip from Bodø to Henningsvær:
Ideal for sailing and hiking enthusiasts

Day 1: Meet in Bodø and the adventure begins!
Day 2: Sailing to Steigen and Nordskot
Day 3: Kayaking in Nordskot and sailing to Tranøy lighthouse
Day 4: Along Vestfjorden to Trollfjorden and Skrova
Day 5: From Skrova to Unstad, sailing around Henningsvær and Gimsøya
Day 6: Surfing in Unstad and afternoon sailing to Nusfjord
Day 7: Last day sailing: sailing regatta to Henningsvær
Day 8: Thank you for now!
8-day program Bodø – Henningsvær

Accommodation: Sailboat

Meals: breakfast + lunch + dinner

OTHER PROGRAM : 8 days Henningsvær – Svolvær

We have an 8-day trip from Henningsvær to Svolvær:
Ideal for sailing and hiking enthusiasts.

Day 1: Meet in Henningsvær to start the adventure!
Day 2: Full day sailing to Reine
Day 3: Day trip to Bunesstranda or kayaking in Reinefjord
Day 4: Sail to the outer side and to Unstad Arctic Surf
Day 5: Sail through Austvågøy to Skrova
Day 6: To Trollfjorden and Trollheimen
Day 7: Cultural experiences in Nyvågar
Day 8: Goodbye for now in Svolvær!
8 días programa Henningsvær – Svolvær

Accommodation: Sailboat

Meals: breakfast + lunch + dinner

OTHER PROGRAM : 8 days Svolvær – Tromsø

We have an 8-day tour from Svolvær to Tromsø:

Ideal for sailing and hiking enthusiasts.

Day 1: Meet in Svolvær to start the adventure!

Day 2: Sailing to the northern side of the Lofoten Islands and to Møysalen National Park

Day 3: Hiking Møysalen 1263 m.a.s.l.

Day 4: Full day sailing to Bleik in Andøya

Day 5: Whale and seabird safari in Andøya

Day 6: Sailing around Senja and to Fjordgård

Day 7: Last day sailing to Tromsø; race day!

Day 8: Thanks for now!

Svolvær – Tromsø 8-day program

Accommodation: Sailboat

Meals: breakfast + lunch + dinner

OTHER PROGRAM : 8 days Tromsø - Svolvær

We have an 8-day tour from Tromsø to Svolvær:

Ideal for sailing and hiking enthusiasts.

Day 1: Meet in “the Paris of the North” to start the adventure!

Day 2: Sailing to Senja and hiking Segla and Hesten

Day 3: Sailing to Bergsfjorden and dinner at a restaurant in Hamn

Day 4: Sailing along the west coast of Andøya to Bleik

Day 5: Full day sailing to Møysalen National Park

Day 6: Hiking Møysalen and sailing to the Lofoten Islands

Day 7: Easy outing around Skrova and race to Henningsvær

Day 8: Thanks for now!

Tromsø – Svolvær 8-day program

Accommodation: Sailboat

Meals: breakfast + lunch + dinner

Payment and cancellation policy

Initial Deposit: To secure your spot, an initial payment of €600 is required at the time of booking.

Final Payment: The remaining balance must be paid no later than 60 days before the departure date.

Extras: Additional travel costs such as insurance, flights, or other optional services must be paid in full at the time of booking.

Cancellation Insurance: Clients may purchase trip cancellation insurance to recover the full amount paid (subject to the insurance conditions).

The end user may cancel the booked trip and is entitled to a refund of amounts paid, except for penalties indicated below. Additionally, the client must pay the Agency the amounts specified once the trip is confirmed. If the trip does not take place due to insufficient minimum participants, the client may keep the credit for future trips or request a full refund of the booking.

SPECIAL Cancellation Policy:

FULL REFUND UP TO 24 HOURS AFTER PURCHASE

- -More than 60 days before the trip: the deposit is retained and the rest of the amount is refunded.
- -Between 59 and 30 days before the trip: 50% of the total amount is retained and 50% refunded.
- -Less than 30 days before the trip: no refund is given.

*Processing fees of €150 apply.

*Cancellation fees for already issued bookings will not be refunded. If other non-refundable expenses have already been issued, these will also not be refunded and will be deducted from the amount to be paid.

*Cancellation cost of issued flights is 100% of the amount.

Packing List

CLOTHING AND SAILING GEAR:

- Wool/thermal underwear, preferably two sets.
- Wool socks and thermal insoles, preferably two sets.
- Hat and gloves (preferably wool with an outer layer resistant to wind and water).
- Scarf, buff, preferably wool.
- Warm sweater, preferably with a high collar.
- Warm pants, preferably with an inner layer.
- Down jacket or fiber jacket (such as Primaloft).
- "Restaurant/party clothes".
- Waterproof sailing boots.
- Sports shoes/lightweight shoes for onboard use.
- Hiking shoes for onshore hikes.
- Waterproof clothing for sailing or rain. Preferably, a light jacket set for hiking and a heavier one for sailing.
- Sailing gloves (not mandatory). Bike or ski gloves can also be used.

OTHER EQUIPMENT:

- Sunglasses.
- Sunscreen.
- Towel, soap.
- Swimwear.
- Personal water bottle.
- Backpack for onshore excursions, 40-60 liters.
- Earplugs and eye mask.
- Phone and camera charging, other tips (The boats have USB ports for charging while sailing, and 220V outlets for charging heavier equipment when powered by the engine or shore power).

We provide life jackets for everyone. If you have your own, bring it along (remember to unscrew the gas cartridge before checking in at the airport).

Pack like a sailor: place your luggage inside a bag or sack, NOT a hard suitcase. Bring as little as possible and try to limit to 20 kilos, but bring what you need! The less you bring, the better we sail and the less time you spend organizing your gear.

Make sure you have valid travel insurance, preferably with cancellation coverage.

This is just a recommended packing list. Please do a final check and bring everything you might need.

FAQs

How long is the trip and where does it depart from?

The trip lasts 8 days sailing around the Lofoten archipelago. There are several itineraries available, for example, from Bodø to Henningsvær or vice versa, as well as routes from Tromsø or to Tromsø, with a base price starting at €2,500.

What does the trip price include?

The cost covers: experienced skipper, small group (6–10 people), accommodation on the sailboat, Comfort package (sheets, duvet, pillows), all meals, use of kayaks, paddle surfing, fishing, sauna, fuel, fees, and Helly Hansen safety equipment.

Is it suitable for sailing beginners?

Yes. No prior experience is required; the skipper teaches basic maneuvers and participants can actively engage in sailing. The trip is suitable for everyone, from beginners to experienced sailors. We quickly transform beginners into sailors and offer experienced participants greater responsibilities. Our coastal trips involve sailing boats of 44 to 50 feet in protected coastal waters, with occasional open stretches for excitement. Routes are adjusted according to weather and conditions for a safe journey.

What types of activities take place during the voyage?

The trip combines sailing, mountain hiking (up to 600 m elevation gain, no technical difficulty), paddleboarding, surfing, cod fishing, sauna, and beach bonfires.

What places are visited in the standard itinerary?

The route depends on the chosen itinerary but visits places such as: Henningsvær, Trollfjorden, Skrova, Unstad, Nusfjord, Reine (and Bunesstranda), Værøy, and crossing Vestfjorden to Bodø, with stops to climb and explore small fishing villages.

What is the maximum water and air temperature in summer?

In summer, the sea temperature near Skrova can reach up to 14–17°C; the general climate in Lofoten is a mild subpolar oceanic type, with cool summers around 15–20 °C.

Why choose Lofoten by sailboat?

Besides the beauty of its fjords, beaches, and fishing villages, the trip offers active immersion in sailing, hands-on skipper training, multiple daily activities, and the experience of nearly 24 hours of daylight in summer.

How are the meals managed?

The culinary experience is as vital as hoisting the sails or taking the helm. Once on board, the crew will assign passengers in pairs who will take turns preparing breakfast, lunch, and dinner according to a scheduled rota. Worried about your cooking skills? Don't be! A comprehensive menu plan has been prepared for the entire trip, with all provisions on board. This menu is adaptable, allowing flexibility depending on the daily activities, whether you catch fresh fish or if the more adventurous cooks want to try something new. The menu plan is backed by a detailed recipe book specifically designed for cooking onboard, with ingredients, quantities, and methods tailored to each meal. Cooking onboard is more than a necessity; it's a key part of the sailing experience, fostering teamwork, trust, and a shared appreciation of diverse culinary traditions. The itinerary explains the meals included each day according to the program. If you have allergies or preferences, please indicate them in the registration form and we will take them into account.

What is the accommodation like?

The program offers accommodation in shared cabins. If you want a single cabin, please indicate this when making the reservation.

Is there heating on the sailboat?

The sailboats are fully equipped with heating to ensure comfort inside both during meals and while sleeping. Additionally, they have a drying area to make sure all equipment is dry and warm for the next day.



Contact us!

info@b4experience.com

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