

ARCTIC NORWAY • BODØ → TROMSØ • 28 JULY – 4 AUGUST 2026

NORWEGIAN FJORDS & LOFOTEN

7

NIGHTS

8

DAYS

Seven nights aboard M/Y *Solace* from Bodø to Tromsø, through Lofoten, Vesterålen and Senja in the long days of the Arctic summer.

68°N

ABOVE THE ARCTIC CIRCLE

THE EXPEDITION

AN EXPEDITION ALONG THE NORWEGIAN COAST

An expedition along the Norwegian coast is an unforgettable and beautiful journey. *Solace* boards at Bodø, just above the Arctic Circle, for an intimate look at Norway's indented and dramatic coastline, sailing narrow fjords with towering mountain peaks on either side. In the long days of the Arctic summer, lingering, dramatic sunsets take over the sky.

Norway comes alive in the summer, and the final itinerary is intentionally left flexible to take best advantage of each day's conditions. The route runs north through the great archipelagos of Arctic Norway: the outer Lofoten islands of Værøy and Reine, the narrow slot of Trollfjord, the sperm-whale grounds off Andenes above the Bleik Canyon, and the jagged peaks and white-sand beaches of Senja before the run into Tromsø.

Solace is a 57-metre Feadship, reborn in a ten-month refit at Pendennis and built for quiet voyaging. Her 12-metre Windy chase tender, by Espen Øino, is invaluable for exploring the fjords and coastal areas. Twelve guests. Fourteen crew. An expert expedition guide offering insight through this incredible landscape.



LOFOTEN

REINE



M/Y SOLACE

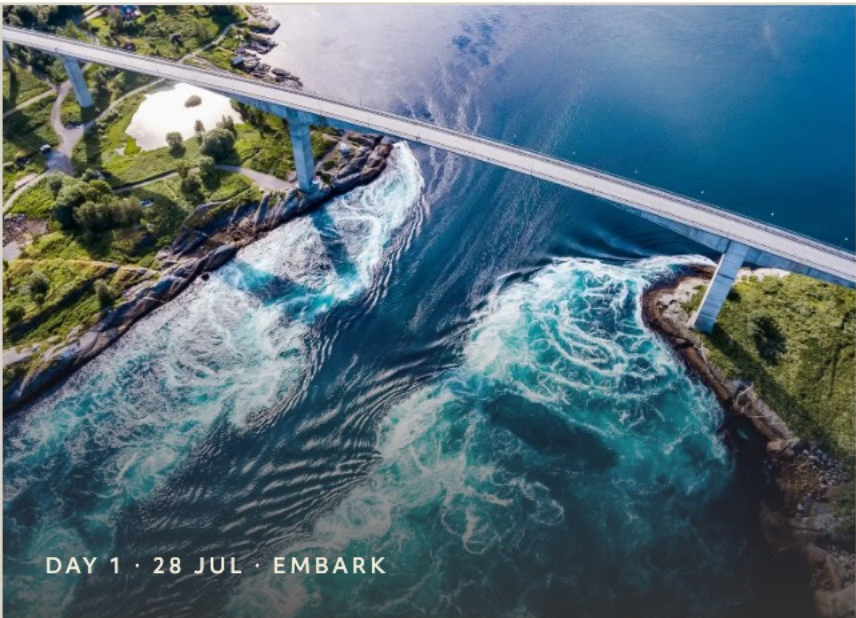
EXPEDITION YACHT



SENJA

DEVIL'S TEETH

EIGHT DAYS BODØ TO TROMSØ



DAY 1 · 28 JUL · EMBARK

BODØ · SALTSTRAUMEN

EMBARK · TIDAL RAPIDS · SEA EAGLES

Board *Solace* at Bodø, just above the Arctic Circle. Bodø is rich in wildlife, including a large population of white-tailed sea eagles hunting along the coast.

AFTERNOON

West toward Saltstraumen: every six hours, 400 million cubic metres of water are forced through a 150-metre strait, with whirlpools up to 10m and currents to 20 knots. If conditions allow, a Zodiac ride in this river on the ocean is a memorable experience.



DAY 2 · 29 JUL · EXPLORE

SJUNKHATTEN · RØRSTAD

NATIONAL PARK · ROADLESS SETTLEMENT

Into one of the large fjords on the coast of Sjunkhatten National Park, 171 km² of wild coast: time on the water, hiking ashore, otters and sea eagles.

ASHORE

The tiny settlement of Rørstad, with no roads connecting it to anywhere else. Most permanent residents have long since left, but the 18th-century church hints at a more important history.



DAY 3 · 30 JUL · OUTER LOFOTEN

VÆRØY · REINE

SEABIRD COLONIES · FISHING VILLAGES

Morning on Værøy: breeding seabirds, sea eagles, hiking across the island's peaks, and Zodiac cruising along the outer Lofoten coast.

ASHORE

A fishing trip out of Nusfjord and the Lofoten Stockfish Museum, where the islands' thousand-year cod economy is told in the original buildings. Evening anchorage off Reine.



DAY 4 · 31 JUL · LOFOTEN WALL

HENNINGSVÆR · TROLLFJORD

FISHING VILLAGE · VIKING MUSEUM

Henningsvær, spread across islets in Vestfjorden: the best-preserved traditional architecture in Lofoten, colorful buildings lining the harbor with steep mountains behind.

ASHORE

The Lofotr Viking Museum at Borg, built on the site of the largest Viking longhouse ever found. E-bikes and mountain bikes from RETUR in Lofoten. Evening cruise through Trollfjord, a sheer slot barely 100m wide at its mouth.



DAY 5 · 1 AUG · SPERM WHALES

ANDENES

BLEIK CANYON · WHALEWATCHING · LIGHTHOUSE

One of the best places to search for sperm whales: the leviathans inhabit the waters around a submarine canyon a few miles offshore. Weather permitting, *Solace* is the whale-watching platform, with an inside passage available if conditions turn.

ASHORE

The Whale Centre museum, which houses a sperm whale skeleton, and the lighthouse at the island's northern tip. White-tailed sea eagles along the coast.



DAY 6 · 2 AUG · SENJA

GRYLLEFJORD · BERGSBOTN

"NORWAY IN MINIATURE" · SENJA

Senja, Norway's second-largest island: jagged peaks, deep fjords and pristine waters. Stroll the charming fishing village of Gryllefjord and explore crystal-clear waters by Zodiac and kayak.

ASHORE

Drive to the Bergsbotn Platform, an elevated walkway with one of Northern Norway's most breathtaking vistas. The surreal white sand of Bøvær Beach. E-bikes from Senja by Heart. Many hikes in the region.



DAY 7 · 3 AUG · DEVIL'S TEETH

TUNGENESET · ØYFJORD

OKSHORNAN · ERSFJORD · SEGLA

North up Senja's coast to a region of jagged peaks and serene waters. From Tungeneset, the panorama of the legendary Okshornan, the Devil's Teeth, rises straight from the sea.

ASHORE

Ersfjord's white-sand beach beneath the peaks, and the fishing villages of Øyfjord. Great water for Zodiacs and kayaks; a very good optional hike to Segla, one of Senja's most celebrated vantage points.



DAY 8 · 4 AUG · DISEMBARK

TROMSØ

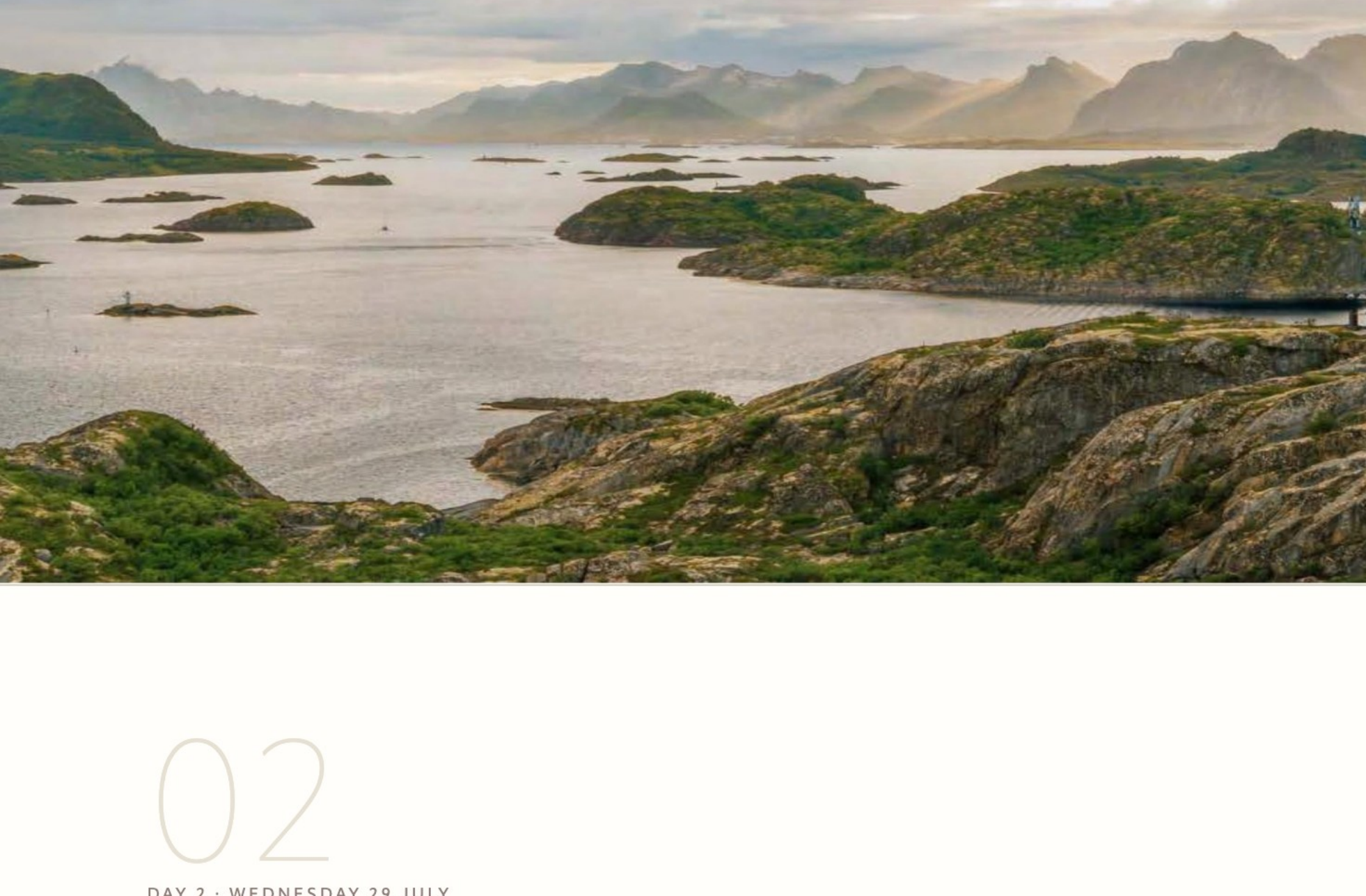
DISEMBARKATION · GATEWAY TO THE ARCTIC

Bid farewell to *Solace* in the capital of Northern Norway, one of the largest cities above the Arctic Circle.

BEFORE DEPARTING

Time permitting: the Arctic Cathedral, the Polar Museum, and possibly Restaurant Smak before heading to the airport, less than ten minutes from the harbour.

THE ITINERARY IN DETAIL



02

DAY 2 - WEDNESDAY 29 JULY

SJUNKHATTEN NATIONAL PARK · RØRSTAD

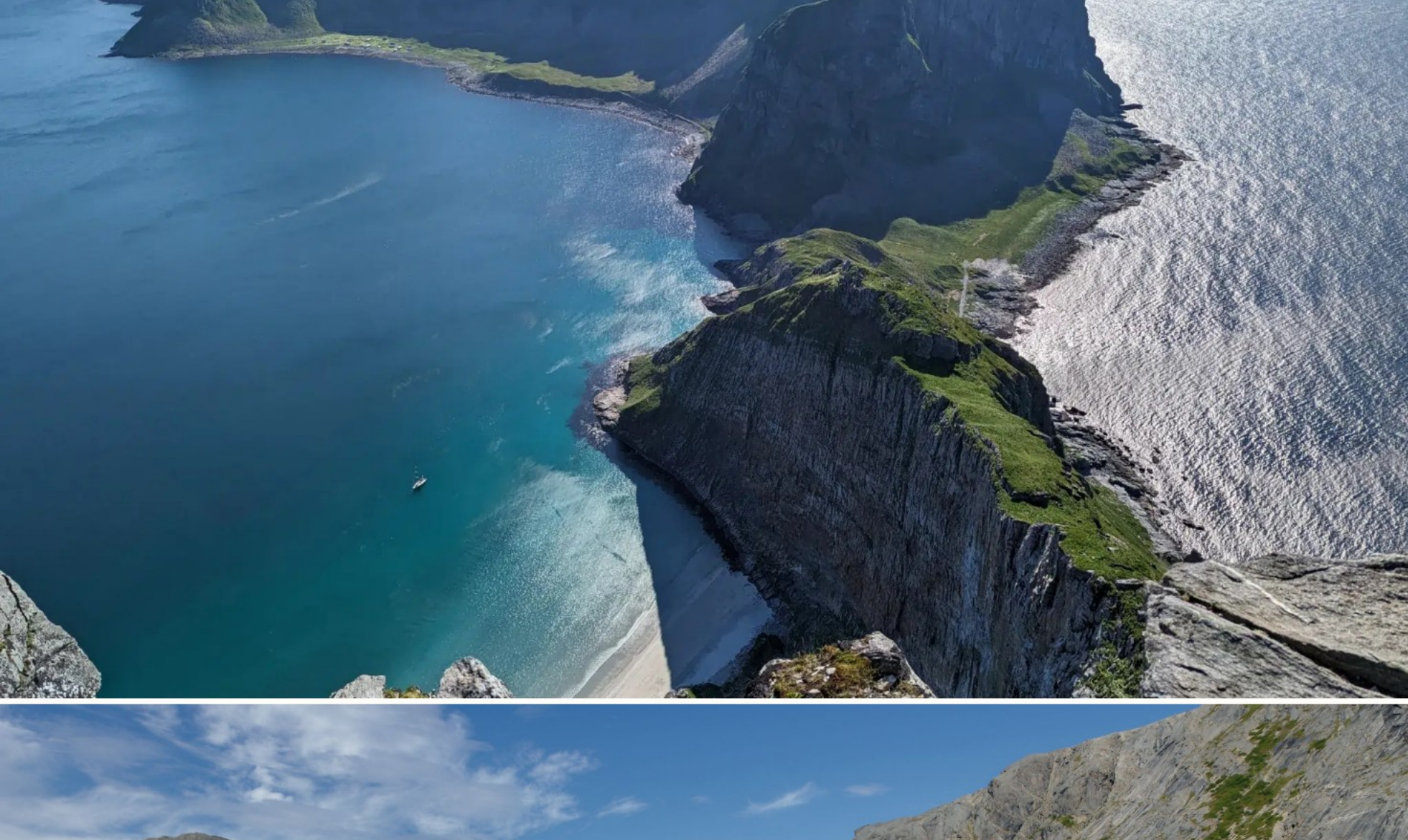
Sjunkhatten National Park covers 171 km² of wild coastal landscape on the peninsula north of Bodø. Today Solace travels into one of the large fjords on the park's coast in search of somewhere to spend time on the water or hiking ashore. The park is remarkable for both its wildlife and its flora: carnivorous sundew plants grow in the bogs, otters work the shoreline, and white-tailed sea eagles patrol overhead. The remoteness makes it feel a world apart from the mainland, and the day is arranged according to guest preference and the weather.

- Tender cruise along the park's coastline: otters, sea eagles and seabirds.
- Hiking ashore in the national park, from coastal paths to ridge walks.
- Kayaking in the sheltered waters adjacent to the park.

RØRSTAD

Exploration of the mainland coast continues with a visit to the tiny settlement of Rørstad, at an inlet on the north side of Sørfolda, where the great Folda fjord divides. There are no roads connecting Rørstad to anywhere else, and most permanent residents have long since left. But the church here, a cross-shaped building consecrated in 1761, hints at a more important history, and it still holds services each summer. The buildings that remain now serve as summer homes.

- Walk the settlement and its shoreline, one of the quietest corners of the Nordland coast.
- The 18th-century church, standing over the fjord it has faced for more than 260 years.



04

DAY 4 - FRIDAY 31 JULY

HENNINGSVÆR & TROLLFJORD

The picturesque fishing village of Henningsvær is made up of numerous islets spread among the waters of Vestfjorden. Its dramatic setting holds the most well-preserved architecture of the traditional Norwegian villages: colorful buildings lining the harbor, with steep mountains as a backdrop. Explore the village on foot, by bike, or by tender through the channels between the islets.

- E-bikes and mountain bikes from RETUR in Lofoten, planned as a rental stop for the group: ride the causeways and coast roads that link Henningsvær's islets to the mainland. rental.retur.no
- Village stroll and photography among the harbors, galleries and drying racks.

► OPTIONAL OVERLAND - LOFOTR VIKING MUSEUM

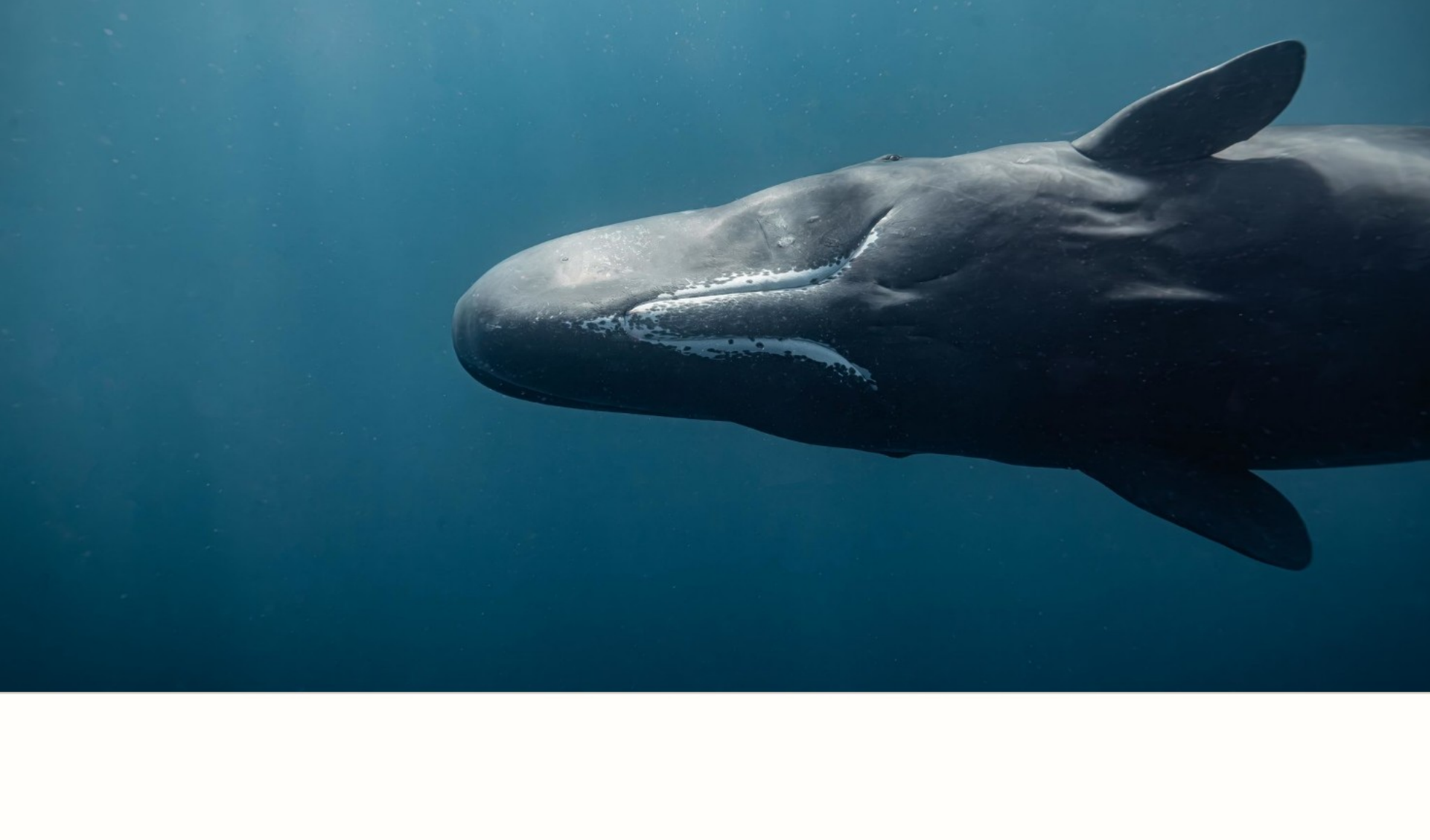
- Drive through Lofoten to the Lofotr Viking Museum at Borg, built on the site of the largest Viking longhouse ever discovered, a chieftain's residence from around 900 AD. Living-history interpreters, axe throwing, archery, Viking ship rides, and a detailed exhibition on Norse life.
- On-site restaurant available for lunch or bring a packed lunch from Solace.
- Drive time from Henningsvær approx. 1 hour each way.

Request to book in advance. Subject to availability.

museumnord.no/vare-museer/lofotr-vikingmuseum →

EVENING · TROLLFJORD

Nearby Trollfjord offers one of the most recognized landscapes of northern Norway, and a connection with the mythology that runs through the very geology of the region. As Solace navigates the impossibly narrow, two-kilometre stretch of water, enjoy time on deck passing along the smooth stone walls of this narrow gorge. If opportunity allows, enjoy a hike in the area.



06

DAY 6 - SUNDAY 2 AUGUST

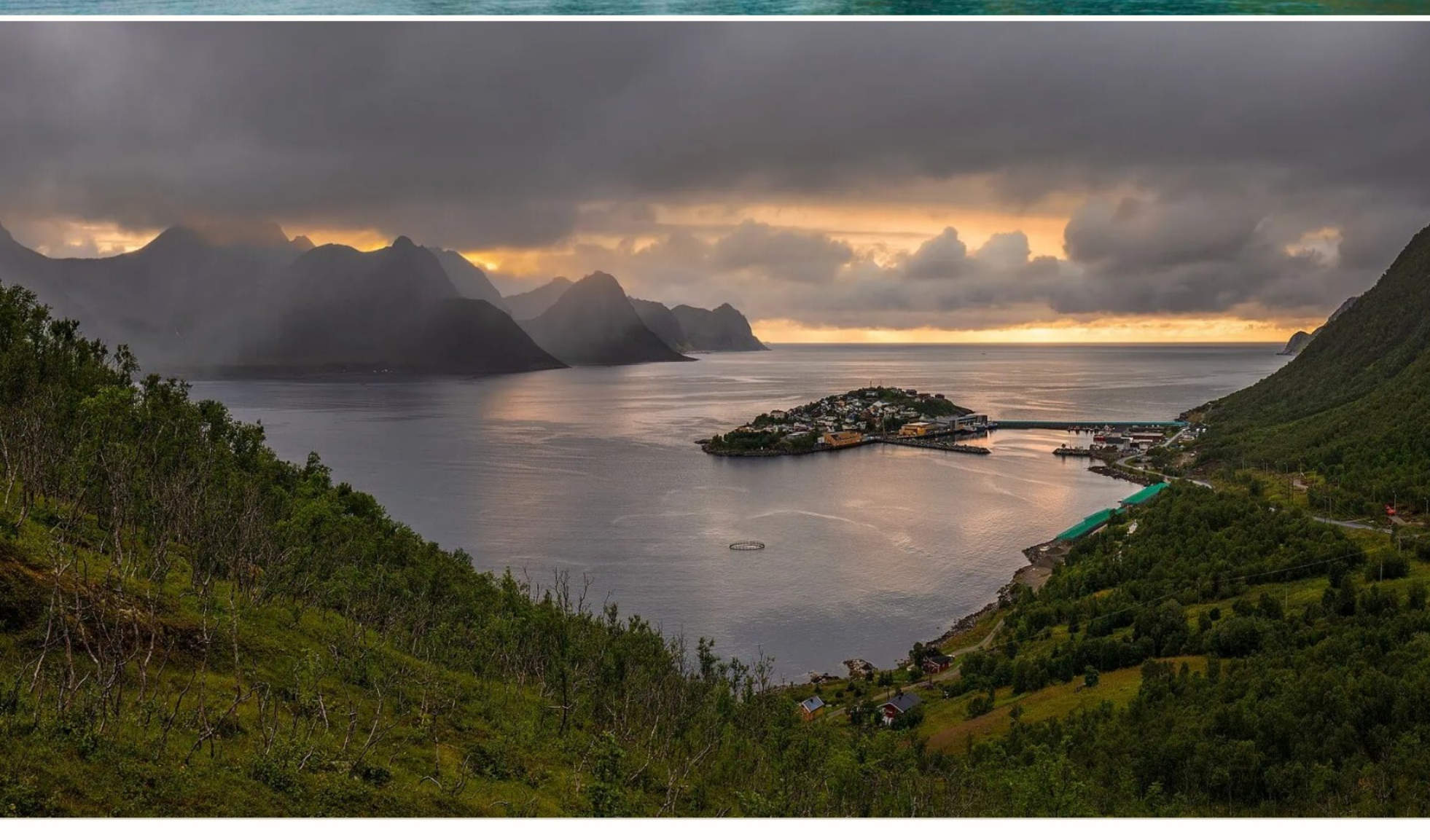
GRYLLEFJORD & BERGSBOTN · SENJA

Senja is Norway's second-largest island and one of its best-kept secrets: surrounded by jagged peaks, deep fjords and pristine waters, often described as "Norway in miniature." Gryllefjord, on the western coast, is a small but atmospheric working coastal community. It allegedly continued practising siesta until around 1980, a tradition said to trace to a Spanish merchant vessel that ran aground nearby around 1700.

The day offers multiple options: stroll the charming fishing village, explore crystal-clear waters by Zodiac beneath the towering cliffs, or kayak along the rugged coastline into quiet coves. By road, the Bergsbotn Platform, a stunning elevated walkway extending over the landscape, offers one of Northern Norway's most breathtaking vistas, and the surreal scenery of Bøvær Beach, a serene stretch of white sand framed by turquoise waters and a dramatic mountain backdrop, is close by.

ASHORE ON SENJA

- Bergsbotn Platform: an elevated viewing walkway high over Bergsfjorden, reached by a scenic drive from Gryllefjord.
- Bøvær Beach: white sand and turquoise water at the edge of the open sea.
- E-bikes on Senja from Senja by Heart, planned as a rental stop for the group: the coastal roads here are made for it. senjabycle.com
- Sandsvika beach hike: tender to Barbogen, then a one-hour hike to a 1,2 km beach with plants found nowhere else in Norway. Reindeer are sometimes seen on the sand.
- Kayaking and Zodiac cruising around Gryllefjord's sheltered inlets. Many hikes in the region, from gentle valley walks to demanding ridges.



08

DAY 8 - TUESDAY 4 AUGUST

TROMSØ · DISEMBARKATION

Bid farewell to Solace to begin the journey homeward. Tromsø is a vibrant university city and the capital of Northern Norway: with over 60,000 residents it is one of the largest cities above the Arctic Circle, known as the "gateway to the Arctic."

Time permitting before flights, the city rewards a short visit: the Polar Museum tells the story of the trappers and expeditions that pined from this harbour, the Arctic Cathedral is one of Norway's most striking pieces of post-war architecture, and Restaurant Smak is possibly on the cards before departing. The airport is conveniently located less than ten minutes from the harbour, on the western side of Tromsøya.

01

DAY 1 - TUESDAY 28 JULY

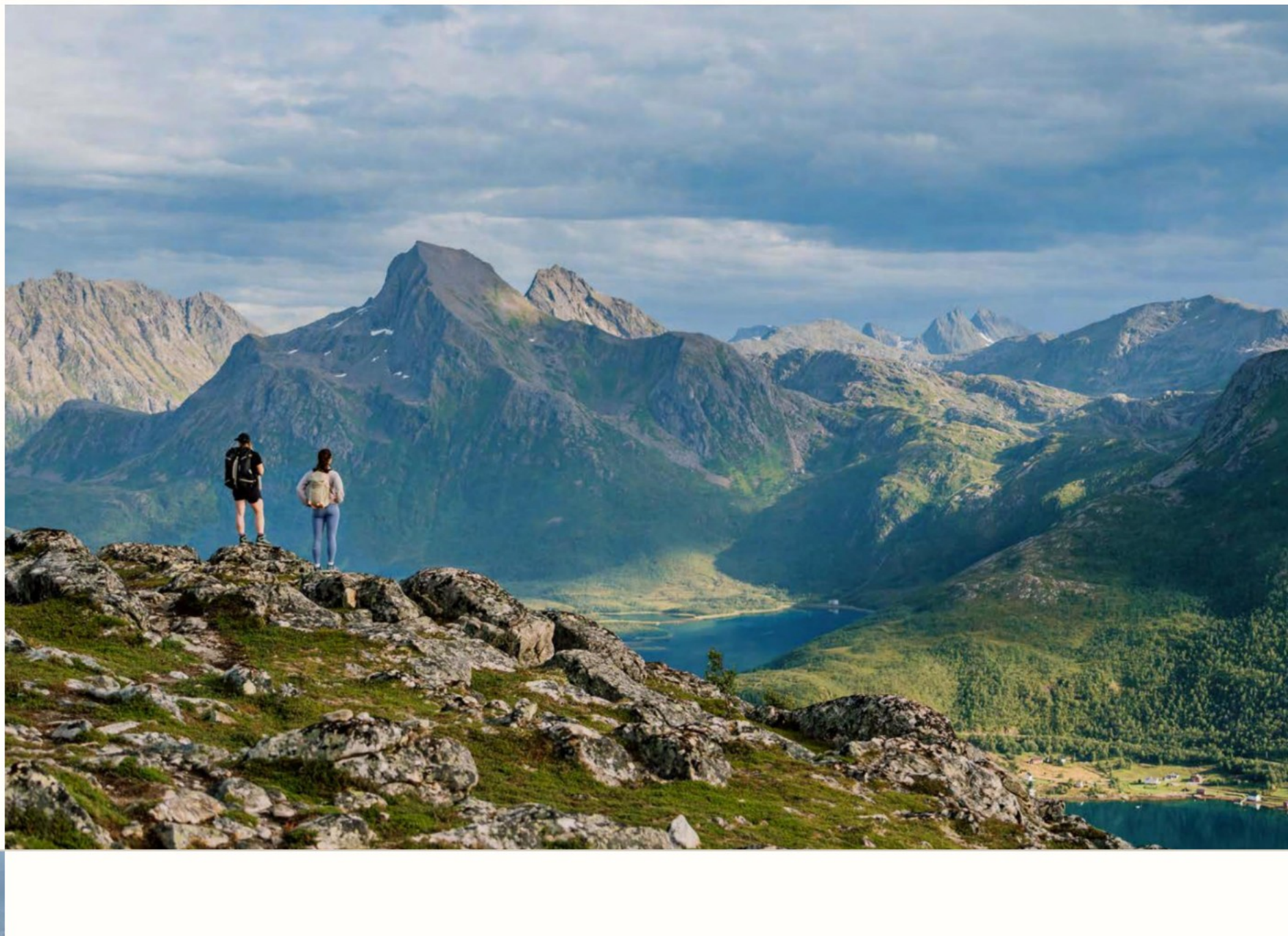
BODØ · SALTSTRAUMEN

Bodø sits just above the Arctic Circle on a flat peninsula jutting into Vestfjorden, with the Lofoten Wall rising from the water on the western horizon. In 2024 it became the first city north of the Arctic Circle to hold the title of European Capital of Culture, accelerating a decade of growth into a genuine cultural confidence, an outstanding food scene rooted in Arctic ingredients, and a substantially reimagined waterfront. The Stormen concert hall is one of the finest cultural venues in Northern Norway; the new Ramsalt district has brought energy and good restaurants to formerly industrial land.

Bodø is also rich in wildlife. The coast here supports one of the world's largest populations of white-tailed sea eagles: spectacular birds of prey with an eight-foot wingspan, unmistakable as they hunt along the shore.

AFTERNOON · SALTSTRAUMEN

After guests board and settle in, the voyage begins by heading west toward Saltstraumen, a natural spectacle found nowhere else on earth. Every six hours, 400 million cubic metres of seawater are forced through a 150-metre strait connecting Saltenfjorden and Skjerstadfjorden, generating whirlpools up to 10 metres across and currents reaching 20 knots. If conditions allow, a Zodiac ride in this river on the ocean is a memorable experience.



03

DAY 3 - THURSDAY 30 JULY

VÆRØY & REINE · LOFOTEN

The Lofoten Islands are a chain extending from the coast of Norway into the exposed waters of the North Atlantic, home to small communities that have made their living from the ocean for generations. For centuries the main economy of the islands has been the rich winter cod fishery, exported as dried stockfish. The exposed nature of the archipelago means the day runs very much at the whim of the weather.

Værøy is the jewel of the outer islands: a mountain-ringed island near the end of the chain, hosting massive colonies of breeding seabirds along with the sea eagles that hunt them. Spend the morning exploring the island on foot and by Zodiac, looking for eagles and seabirds along the cliffs.

- Fishing trip out of Nusfjord, one of Norway's oldest and best-preserved fishing villages, in the waters that built Lofoten.
- Lofoten Stockfish Museum: the story of tørrfisk production as practised here for over a thousand years, told in the original waterfront buildings.
- Zodiac cruising beneath the seabird cliffs of Værøy.

Later this evening Solace anchors off Reine, one of Lofoten's most scenic villages: a tight cluster of white and red fishing houses on a flat shelf of rock, with the Lofoten Wall rising almost vertically behind it.



05

DAY 5 - SATURDAY 1 AUGUST

ANDENES

The small town of Andenes is known as one of the best places to search for sperm whales. These ocean leviathans inhabit the waters around a deep submarine canyon a few miles offshore in the open Atlantic, where squid and fish attract the great whales year-round. Weather permitting, Solace herself is the whale-watching platform; if conditions are not favourable to head offshore, a protected inside passage is available. Finding and watching these animals requires some patience, but a close encounter with them is truly memorable. White-tailed sea eagles work the coast throughout.

Solace arrives at the town of Andenes at the island's northern point this afternoon. Shoreside, learn more about these huge mammals at the Whale Centre museum, which houses a full sperm whale skeleton, or walk to the lighthouse at the northern extremity.

ALSO IN ANDENES

- Whale Centre museum: exhibits on the great whales of the Bleik Canyon, built around a sperm whale skeleton.
- Puffin & sea eagle RIB safari (separate booking), 1.5 hours.
- Andenes lighthouse at the island's northern tip.



07

DAY 7 - MONDAY 3 AUGUST

TUNGENESET, ERSFJORD & ØYFJORD · SENJA

Sail north up Senja's coast to a region defined by jagged peaks, serene waters and authentic coastal life. From Tungeneset, take in the striking panorama of the legendary Okshornan, the Devil's Teeth: a dramatic line of sharp peaks rising straight from the sea, offering one of Northern Norway's most iconic views.

Ersfjorden cuts seven kilometres into the island beneath mountains of nearly 800 metres, and is known for its beautiful white-sand beach at the head of the fjord. Continuing on to Øyfjord, charming fishing villages dot the coastline, offering a glimpse into traditional Norwegian life amid extraordinary natural scenery: Husey, an island village connected to Senja by a short causeway, and Fjordgård beneath the peaks at the fjord's western side.

- Zodiacs and kayaks: this coast is great for both, from the beach at Ersfjord to the skerries of Øyfjord.
- Ersfjord beach: a serene stretch of white sand framed by dramatic peaks.
- Fishing villages of Øyfjord: Husey and Fjordgård, working communities in remarkable settings.
- Optional hike to Segla: the more adventurous are rewarded with breathtaking views over fjords and peaks from one of Senja's most celebrated vantage points.



THE ROUTE

BODØ TO TROMSØ

Approximate route only. Final routing is subject to weather, sea conditions and local guidance.



- 1 BODØ · SALTSTRAUMEN
28 Jul · Embark
- 2 SJUNKHATTEN · RØRSTAD
29 Jul
- 3 VÆRØY · REINE
30 Jul
- 4 HENNINGSVÆR · TROLLFJORD
31 Jul
- 5 ANDENES
1 Aug
- 6 GRYLLEFJORD · BERGSBOTN
2 Aug
- 7 TUNGENESET · ØYFJORD
3 Aug
- 8 TROMSØ
4 Aug · Disembark

MOMENTS

WHAT THE WEEK ACTUALLY FEELS LIKE



ARCTIC NORWAY · SEA CLIFFS



LOFOTR · VIKING LONGHOUSE



KAYAK · SHELTERED CHANNELS



ATLANTIC PUFFINS · SEABIRD COAST



WATERFALLS · THE NORWEGIAN COAST

A wide-angle photograph of an Arctic seascape at sunset. The sky is filled with soft, horizontal clouds in shades of orange, yellow, and blue. The sea is calm with gentle ripples. In the lower-left foreground, a small, dark silhouette of a boat is visible. In the distance, a long, low island or headland stretches across the horizon. The overall mood is serene and majestic.

*In the long days of the Arctic summer,
lingering, dramatic sunsets take over the
sky.*

ARCTIC NORWAY · 28 JULY – 4 AUGUST



THE VESSEL

M/Y *SOLACE*

A 57-metre Feadship, built in 2005 and reborn through a resurrecting refit at Pendennis completed in 2025, with interiors and exterior guest spaces refined by Vickers Studio for contemporary, family-oriented living. Though discreet in appearance, she is a true explorer at heart: classic lines concealing serious long-range capability, autonomy, and a pedigree build that speaks for itself.

She accommodates twelve guests across five suites, with two additional berths for guides, instructors or specialists, and a professional crew of fourteen. Completing her expedition profile is a semi-custom 12-metre Windy tender, capable of extended off-yacht exploration and landfall access in remote regions, and invaluable for exploring the fjords wherever the coast rewards a closer look.

LENGTH

57m

GUESTS

12 · 5 Suites

REFIT

Pendennis · 2025

BUILDER

Feadship · 2005

CREW

14

TENDER

12m Windy · Øino

YOUR EXPEDITION GUIDE



JOHANNES SCHRØDER

EXPEDITION GUIDE

Born and raised on the island of Smøla in Norway, Johannes has a keen interest in nature and wildlife, and developed a particular passion for birds at a young age. He has a Bachelor of Nature Management from NORD University and has worked as a wildlife management consultant for his local municipality. In recent years he has been working as a tour guide, leading sea eagle safaris by boat around the archipelago of Norway.

His keen eye for spotting and identifying wildlife, and his ability to share his knowledge in an engaging and accessible way, has made him a popular guide. When he is not working as a guide, Johannes spends almost all of his spare time out in the Norwegian nature hiking, camping, and fishing.



Bon Voyage