



# EQUUS Journeys

HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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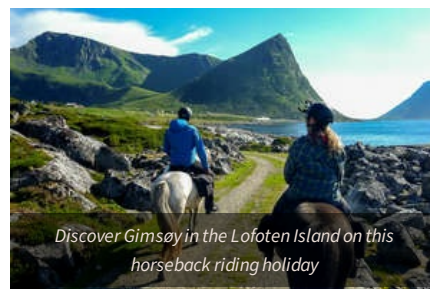
Last updated 14/07/2025

## The Lofoten Islands of Norway

### NORWAY

An **equestrian stay** in Norway, in the very heart of the Lofoten Islands. On horseback, uncover the wild and isolated nature of the island of Gimsøy and follow the old Viking routes to discover **magnificent Norwegian landscapes**. Depending on the season, you will experience the spectacle of the midnight sun, or the colourful northern lights, all from the comfort of your lodge, located a stone's throw away from the beach. This **riding holiday in Lofoten** is an unforgettable experience that will have you immersed in the culture of the Vikings who shaped the history of this special country.

<b>Centre based holidays</b>	 <b>6 days (5 days riding) -</b>	 <b>From £0</b>		Family holidays from 12 y.o	Open to non-riders
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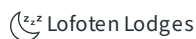


### ITINERARY

## Highlights

- Idyllic accommodation within walking distance from the beach, offering an ideal location for viewing of the Northern Lights or the Midnight sun.
- Ride energetic and comfortable Icelandic horses.
- Uncover the hidden secrets of the Lofoten islands, in particular the rugged island of Gimsøy.

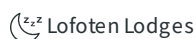
## Day 1 — 1 : EUROPE - LEKNES or SVOLVAER – EQUESTRIAN FARM - 2 hours riding



Flight from Europe to Leknes or Svolvær. Flights are not included but we can help book them for you on request. Depending on where you will be flying from, it is likely that your flight plan will require you to depart a day early and spend the night in Oslo. We can help with those arrangements too. Depending on the season there are non-stop flights between Oslo and Leknes or Svolvær, or you might need to connect via Bodø airport.

Your guide will be there to welcome you on arrival and transfer you to the farm (approx. 1 hour drive). Dinner at the farm restaurant before meeting the horses and embarking on a night time ride. You will have the chance to admire the strange beauty of the midnight sun or the Northern Lights (dependant on the season). Overnight at the lodge.

## Day 2 — 2 : GIMSOY - 4-6 hours riding



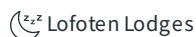
Today, your trail ride will allow you to discover the impressive, yet completely wild landscape of the small island of Gimsoy, located in the very heart of the Lofoten archipelago. Cross the old roads that the Vikings once crossed before you before stopping for lunch in a traditional Lavvo tent situated in

the Vinje valley. Return to the farm at the end of the day for a hearty dinner and peaceful night's rest.

Please note riding hours may adjust according to season.

## Day 3 — 3 : AALAN GARD - 4-6 hours riding

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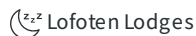


Today you will be riding in another island of the Lofoten and enjoy the beautiful sceneries. You will stop at the Aalan farm where you can enjoy an organic meal made from fresh farm produce. After lunch, continue your ride along a new trail before heading back to the farm.

Please note riding hours may adjust according to season.

## Day 4 — 4 : GIMSOY - 4-6 hours riding

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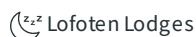
Today's ride will take you into a beautiful valley called Gjendalen where we also have lunch if the weather is good – otherwise you will have cosy lunch break at the local café.

This morning, you will saddle up your horses and continue the exploration on the island of Gimsoy. Start in the small town of Jenndalen before descending down to the white beach of Vinje where you will enjoy some lunch and relaxation at a local cafe. Here, your guide will take you to the most beautiful corners of the island where you can take in the magnificent views of the wild landscapes. Let the horses stretch their legs as you gallop along the sandy beaches before returning back to the farm in the afternoon.

Please note riding hours may adjust according to season.

## Day 5 — 5 : UNSTAD - 4-6 hours riding

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Depending on the weather, today you will either ride over the mountain to Unstad or to the nature reserve of Eggum. You will stop for lunch that will either be prepared by the local community or a local cheese farm.

Please note riding hours may adjust according to season.

## Day 6 — 6 : LEKNES or SVOLVAER – EUROPE - No riding

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One final group breakfast, before catching your flight home. Again, it is possible your flight plan requires you to spend a night in Oslo and arrive home the following day.

### DATES & PRICES

We are currently updating our dates and prices they will be online soon. If you want details of this holiday, please do not hesitate to contact us.

## Price details

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No departure for this destination. Please contact our travel advisers for more information.

- International and domestic flights are not included, but can be booked on request - please contact us for rates.

- Rates are per person, based on two riders sharing a twin or double room during the ride.

- Groups are composed of a minimum of 4 riders and a maximum of 9 international riders, plus guides.

- There is no single supplement if you are willing to share a room with another guest of the same sex. To guarantee your own room there is a single supplement of €350/£300/\$370.

- Transfers from and to Leknes or Svolvær airport are included in the price. Transfers can't be scheduled earlier than 7am and after 10pm.

- Children, accompanied by an adult, are welcome from 12 years old - provided they have the required equestrian level.

- Accompanying non-riders are welcome.

- The weight limit for this ride is 85 kg / 187 lbs / 13st3. Please contact us if you are over this limit and would like to join the ride.

- One of the lodges has an outdoor jacuzzi that can be booked upon request and payable locally (NOK 1000 per use, c. €95/£90/\$110) - this doesn't operate all year round, please contact us in advance.

Please Note

The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.

The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

## Price includes

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### SUPPORT TEAM

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1 English-speaking horse guide

### LOGISTICS

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1 support vehicle

1 vehicle and driver

1 horse equipped with saddle and bridle per rider

### INLAND TRANSPORT

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Airport transfers

### ACCOMMODATION

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Double room - lodge (5 nights)

### MEALS

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Full board from dinner on arrival day to breakfast on departure day

## Price doesn't include

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### MEALS

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Beverages and personal extras

### TRANSPORT

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International and domestic flights

### EXTRAS

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Tips to the local team

### INSURANCE

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Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

## Optional

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### ACCOMMODATION

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Single room supplement

EQUESTRIAN INFO

## Horses

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The team is made up of 52 horses. All the horses live out all year round.

They are Icelandic horses carried by the history of the Vikings and the sagas, each with four comfortable paces. Most of them can tölt, a fast but comfortable step. Every horse has their own character, which you will become acquainted to after your week's stay.

## Guide & local team

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Frøde and Lisa will be your guides. Frøde grew up on a farm and has great knowledge and expertise. He loves his horses, and knows each of their individual characters. He speaks Norwegian, English and German.

Like Lisa, Lisa is an enthusiastic rider with extensive knowledge of the local terrain. She has been passionate about horses since a young age and will be happy to welcome you in Norway. She speaks Norwegian and English.

## Minimum riding ability

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### MINIMUM RIDING ABILITY

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You must be comfortable at riding in all three paces, over a long period of time. You will be spending up to 7 hours in the saddle so you must be riding fit.

Rider weight limit: 85 kg / 187 lbs / 13st3

### PACE

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All paces will be experienced. The tölt is usually a fast but comfortable pace that riders will adapt to quickly (not all horses can tölt). In more difficult terrain the horses will walk or trot.

### TACKING ABILITY AND PARTICIPATION

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Everyone's help is required for grooming, tacking and untacking. You can also help with the distribution of food and water.

### TRIP CONDITIONS AND REQUESTED EXPERIENCE

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You must be riding fit and be prepared for long days in the saddle and different climates. You may be required to dismount and lead your horse on foot over some more difficult mountainous paths. Previous experience in trail riding would be an advantage but is not essential.

There are a few steep climbs and you must be able to balance yourself well in the saddle and have a good head for heights.

### EQUESTRIAN EQUIPMENT

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The horses are fitted with Icelandic tack (similar to English tack), adapted to them in order to provide comfort for both horse and rider. Saddle bags are provided.

Riding helmets are mandatory and you should take your own to ensure the correct fit.

## TRAVEL INFO

### COMFORT

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Double/twin room at Hov Guesthouse. The guesthouse is newly and beautifully renovated and specially made for our riding guests. It got 6 bedrooms, living room, kitchen and 3 bathrooms to share. The house is situated 50 meters from the stable and restaurant Låven with a beautiful view to the north and the white beach at Hov.

An outdoor Jacuzzi is available at an additional cost.

### MEALS

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Buffet breakfasts.

Picnic or restaurant lunches – picnic lunches are brought to you by a support vehicle.

Two-course dinners at Låven Restaurant near the lodges.

Alcohol and extra drinks are not included but can be purchased locally as the restaurant is fully licensed.

### CLIMATE

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Gimsoy experiences a maritime climate. The annual temperature is 7 ° C.

The highest average temperature in Gimsoy is 13 ° C in July and the lowest is 2 ° C in January. The weather and climate of Gimsoy are suitable for winter sports. Snow can fall from September to May.

The weather can change very quickly and there can be real temperature variations in a very short period of time. In the summer season between May and July it is possible to experience the midnight sun.

Depending on the time of year, you could ride under the Northern lights (September to mid April - all sightings are weather dependent) or the midnight sun from late May to mid July.

## **TIPS**

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Tips are not mandatory but very welcome if you are pleased with the service provided.

## **PACKING LIST**

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Please adapt this list to your departure date and let us know if you have any doubts.

### Head

- A riding helmet is mandatory. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable.
- Sunhat: cap for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana for protecting your neck and face from the sun and dust

### Upper Body

- Thermals in case of cold weather (long or short-sleeved T-shirts)
- Short or long-sleeved cotton shirts (to provide protection from the sun) or T-shirt in a quick-drying material
- Lightweight fleece or jumper
- Warm polar fleece or equivalent (plus a spare in case one gets wet)
- Warm Goretex-style jacket (water-proof and breathable)

### Legs

- 2 pairs of jodhpurs or long leather trousers
- 1 change of trousers (riding trousers or jeans)
- 1 pair of waterproof over trousers
- A swim suit may be useful
- Cotton or synthetic underwear (non-irritant)

### Hands and feet

- 1 pair Comfortable riding boots. We recommend short boots with half chaps but you may wish to take long chaps or long boots.
- Lightweight shoes or trainers for the evenings
- Several pairs of socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

### Other useful items

- Small bum bag to be worn whilst riding
- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- Backpacks are not to be worn whilst riding. Everything should be kept either in pockets or in a bum bag : lip balm, sun screen, small camera, glasses, rope etc.
- Water bottle (1.5 litres or 2 equivalent)
- Headtorch or small torch for moving around at night - bring spare batteries and bulbs (necessary in winter to walk to the restaurant)
- Toiletries
- Ear plugs (may be useful)
- Sleeping mask, especially in the summer (midnight sun)
- Camera and high capacity memory card. Spare battery
- Waterproof bags for your camera and phone

### Medical kit

- Sunscreen and lip balm - should be high factor
- Insect repellent - mosquito spray is essential in the summer
- Any medication you regularly take
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..

- 10cm wide bandage
- Painkillers
- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Re-hydration sachets
- Antiseptic wipes
- Handwash gel

#### General information

- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals
- In your hand luggage carry any valuables, such as your camera, ipod, ipad etc.
- Travelling in your riding boots and carrying your hat and some riding clothes is highly recommended - then if your luggage goes astray you are still able to ride!

## SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please [see this page](#) .