

Activities summer

Product	Season, time and location	Specification	Price	Comments
TNF 001 Guided cycle trip Tromsø centre	Season: May - Sept. Duration: 4 hours Start point: Tromsø centre/Prostneset Pick up: 10am	Included visiting: • Polaria • Tromsø centre, market • Polar Museum	NOK 795 per person	Min. 4/max. 30 Grade: Easy
TNF 002 Guided cycle trip Tromsø - Tromsdalen	Season: June - Sept. Duration: 3 hours Start point: Tromsø centre/Prostneset Pick up: 10am	Included visiting: • Outside the Arctic Cathedral • Lavvu camp "Gutta på skauen"	NOK 695 per person	Min 4/max. 30pers. Grade: Miedium
TNF 003 Guided cycle trip Tromsø - Kvaløya and Håkøya!	Season: May - Sept. Duration: 6 hours Start point: Tromsø centre/Prostneset Pick up: 10am	Included visiting: • Stakken, coastal culture, old traditional boats and houses • Tirpiz monument	NOK 895 per person	Min. 4/max. 30 Grade: Medium/hard
TNF 004 Guided cycle trip in Kattfjord. Lauklines - Vasstrand!	Season: May - Sept. Duration: 3 hours Start point: Lauklines Kystferie, Kattfjord. Pick up: 10am	Included visiting: • Vasstrand, traditional North Norwegian village • Tulleng, historic warehouse	NOK 495 per person	Min. 4/max. 30 Return transfers from downtown Tromsø (90 min, NOK 300 per person) Grade: Easy/Medium
TNF 005 Guided cycle trip in Kattfjord incl. lavvu lunch	Season: May - Sept. Duration: 4 hours Start point: Lauklines Kystferie, Kattfjord. Pick up: 10am	Included visiting: • Vasstrand, traditional North Norwegian village • Tulleng, historic warehouse • Sami lavvu serving lunch	NOK 895 per person.	Min. 4/max. 30 Return transfers from downtown Tromsø (90 min, NOK 300 per person) Grade: Easy/Medium
TNF 006 Guided cycle trip in Kattfjord. Sandneshamn – Lauklines	Season: May - Sept. Duration: 4 hours Start point: Lauklines Kystferie, Kattfjord Pick up: 10am	Included visiting: • Cycle trip around Kattfjorden	NOK 595 per person	Min. 4/max. 30 Return transfers from downtown Tromsø (90 min, NOK 300 per person) Grade: Medium
TNF 007 Guided hiking trip Lauklines – Vasstinden	Season: July - Sept. Duration: 5 hours Start point: Lauklines Kystferie, Kattfjord. Start: 10am	Guided hiking trip to the summit of Vasstinden (897 m above sea level), steep	NOK 595 per person	Min. 4/max. 30 Return transfers from downtown Tromsø (90 min, NOK 300 per person) Grade: Hard
TNF 008 Guided hiking trip Vasstrand - Stortuva	Season: June - Sept. Duration: 4 hours Start point: Lauklines Kystferie, Kattfjord. Pick up: 10am	Guided hiking trip, a short drive to Vasstrand then hike to the summit of Stortuva (296 m above sea level) above Vasstrand	NOK 495 per person	Min. 4/max. 30 Return transfers from downtown Tromsø (90 min, NOK 300 per person) Grade: Medium
TNF 009 Lavvu dinner	Season: Year-round Duration: 2 hours Start point Lavvu camp Lauklines Kystferie, Kattfjord Start: 8pm	Hot dinner incl. traditional "Finnebiiff" with reindeer meat and mashed potatoes, tea/coffee and local lefse (sweet folded pancake). Other dishes available.	NOK 495 per person	Min. 4/max. 30 Grade: Easy
TNF010 Lavvu dinner	Season: Year-round Duration: 3.5 hours Start point: Radisson SAS Hotel Tromsø Pick up: 7pm	Hot dinner incl. traditional "Finnebiiff" with reindeer meat and mashed potatoes, tea/coffee and local lefse (sweet folded pancake). Other dishes available.	NOK 795 per person	Min. 4/max. 30 Includes guided transport from hotel in Tromsø Grade: Easy
TNF 011 Overnight stay in lavvucamp	Season: Year-round Duration: 11 hours Start point Radisson SAS Hotel Tromsø Pick up: 10pm	Enjoy a wilderness experience with your friends. Sleep in comfort on soft reindeer skins. This package includes two meals.	NOK 1790 per person	Min. 4/max. 20 Included Includes guided transport from hotel in Tromsø Grade: Easy
TNF 012 Cultural walk Tulleng	Season: Year-round Duration: 2 hours Start point: Lauklines Kystferie, Kattfjord. Pick up: 10am	Walk in coastal environments, guided tour at Tulleng, visit to an historic warehouse, tea/coffee and lefse	NOK 295 per person	Min. 4/max. 30 Return transfers from downtown Tromsø (90 min, NOK 300 per person) Grade: Easy
TNF 013 Cultural walk Tusøy	Season: May – Sept. Duration: 4 hours Start point Lauklines Kystferie, Kattfjord. Pick up: 10am	Boat trip Lauklines - Tusøy. Guided walk on the island include visiting Tusøy motor museum (old boat engines), post office and village museum. Tea/coffee and local lefse	NOK 895 per person	Min. 4/max. 30 Return transfers from downtown Tromsø (90 min, NOK 300 per person) Grade: Easy
TNF 014 Team activities	Season: Year-round Duration: 3 hours Start point Lauklines Kystferie, Kattfjord. Pick up: on request	Teambuilding includes six activities at our lavvu camp and ends with hot soup/lunch	NOK 695 per person	Min. 10/max. 30 Return transfers from downtown Tromsø (90 min, NOK 300 per person) Grade: Easy

Activities winter

Product	Season, time and location	Specification	Price	Comments
TNF W101 Guided ski trip	Season: jan. – april Duration: 3 hours Start point: Radisson SAS hotell Tromsø Pick up: 10am	Trip for beginners with Nordic mountain skis. We ski in easy terrain. Hot drink.	NOK 595 per person	Min. 4/max. 10 Includes ski equipment Grade: Easy
TNF W102 Guided ski trip	Season: jan. – april Duration: 5 hours Start point Radisson SAS hotel Tromsø Pick up: 10am	Ski trip for experienced skiers with Nordic mountain skis to the summit of a peak with fantastic views of the mountains of Kvaløya. Hot drink and local lefse	NOK 1095 per person	Min. 4/max. 10 Includes ski equipment Grade: Medium
TNF W103 Guided snowshoe trip	Season: jan. – april Duration: 2 hours Start point Radisson SAS hotel Tromsø Pick up: 10am	Short trip in easy terrain, suitable for rookies. Hot drink and local lefse	NOK 295 per person	Min. 10/max. 30. Includes snowshoes Grade: Easy
TNF W104 Guided snowshoe trip	Season: jan. – april Duration: 4 hours Startpoint Lauklines Kystferie, Kattfjord. Pick up: 10am	Guided snowshoe trip in wonderful nature, scaling small mountains	NOK 595 per person	Min. 4/max. 30 Includes snowshoes. Return transfers from downtown Tromsø (90 min, NOK 300 per person) Grade: Medium
TNF W105 Guided kick sled trip	Season: jan. – april Duration: 3 hours Start point Lauklines Kystferie, Kattfjord. Pick up: 10am	Start at Lauklines. This trip by kick sled is along a quiet country road beside the fjord. Visit to an historic warehouse. Hot drink and lefse	NOK 495 per person	Min. 4/max. 12 Includes kick sled Return transfers from downtown Tromsø (90 min, NOK 300 per person) Grade: Easy
TNF W106 Lavvu dinner	Season: All season Duration: 2 hours Start point Lavvucamp Lauklines Kystferie, Kattfjord Start: 8pm	Hot dinner incl. traditional "Finnebiff" with reindeer meat and mashed potatoes, tea/coffee and local lefse (sweet folded pancake). Other dishes available.	NOK 495 per person	Min. 4/max. 30 Grade: Easy
TNF W107 Lavvu dinner	Sesong: Hele året Duration: 3.5 hours Start point: Radisson SAS hotel Tromsø Pick up: 7pm	Hot dinner incl. traditional "Finnebiff" with reindeer meat and mashed potatoes, tea/coffee and local lefse (sweet folded pancake). Other dishes available.	NOK 795 per person	Min. 4/max. 30 Includes guided transport from hotel in Tromsø Grade: Easy
TNF W108 Overnight lavvu stay	Season: All season Duration: 11 hours Start point Radisson SAS hotel Tromsø Pick up: 10pm	Enjoy a wilderness experience with your friends. Sleep in comfort on soft reindeer skins. This package includes two meals.	NOK 1790 per person	Min. 4/max. 20 Includes guided transport from hotel in Tromsø Grade: Easy
TNF W109 Cultural walk Tulleng	Season: All season Duration: 2 hours. Start point: Lauklines Kystferie, Kattfjord. Pick up: 10am	Walk in coastal environments, guided tour at Tulleng, visit to an historic warehouse, tea/coffee and lefse	NOK 295 per person	Min. 4/max. 30 Return transfers from downtown Tromsø (90 min, NOK 300 per person) Grade: Easy
TNF W110 Team activities	Season: All season Duration: 3 hours Start point Lauklines Kystferie, Kattfjord. Pick up: on request	Teambuilding includes six activities at our lavvu camp and ends with hot soup/lunch	NOK 695 per person	Min. 10/max. 30 Return transfers from downtown Tromsø (90 min, NOK 300 per person) Grade: Easy

All prices are stated in Norwegian kroner (NOK) and are inclusive VAT. Prices are subject to change. Tours shall be paid for in advance unless otherwise arranged.

Our lavvu camp comprises two traditional lavvus in an idyllic location on the outer coast of Kvaløya. The lavvus feature benches and fire places and sleep 15 and 30 people respectively.

Our collaboration partner for accommodation, Lauklines Coastal Holidays, has six high standard cabins for hire, close to our lavvu camp, in Kattfjord on Kvaløya, 35 km south west of Tromsø. Each cabin is 100m² and sleeps up to six people.

The weather changes rapidly at these latitudes and we recommend bringing wind/waterproof clothing and footwear. We have clothing and footwear available for hire.

Grade scale:

Easy: Almost anyone! No special skills required other than a normal physical fitness level. Shorter trips include a maximum of two hours' physical activity. N.B. Cycle trips require basic cycle skills.

Medium: Tours designed to suit most people, a medium physical fitness level required and there is a maximum of four hours' physical activity.

Hard: These activities suit people who are experienced in the activity in question and who have a high level of endurance, and there is a maximum of six hours' physical activity.

Extra hard: These activities are designed for people who are very experienced in the activity in question and who have a very high level of endurance, and there is a maximum of 10 hours' physical activity.



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