



March 4th-11th 2025
Norway



All you need to know about your Winter hoop Adventure:

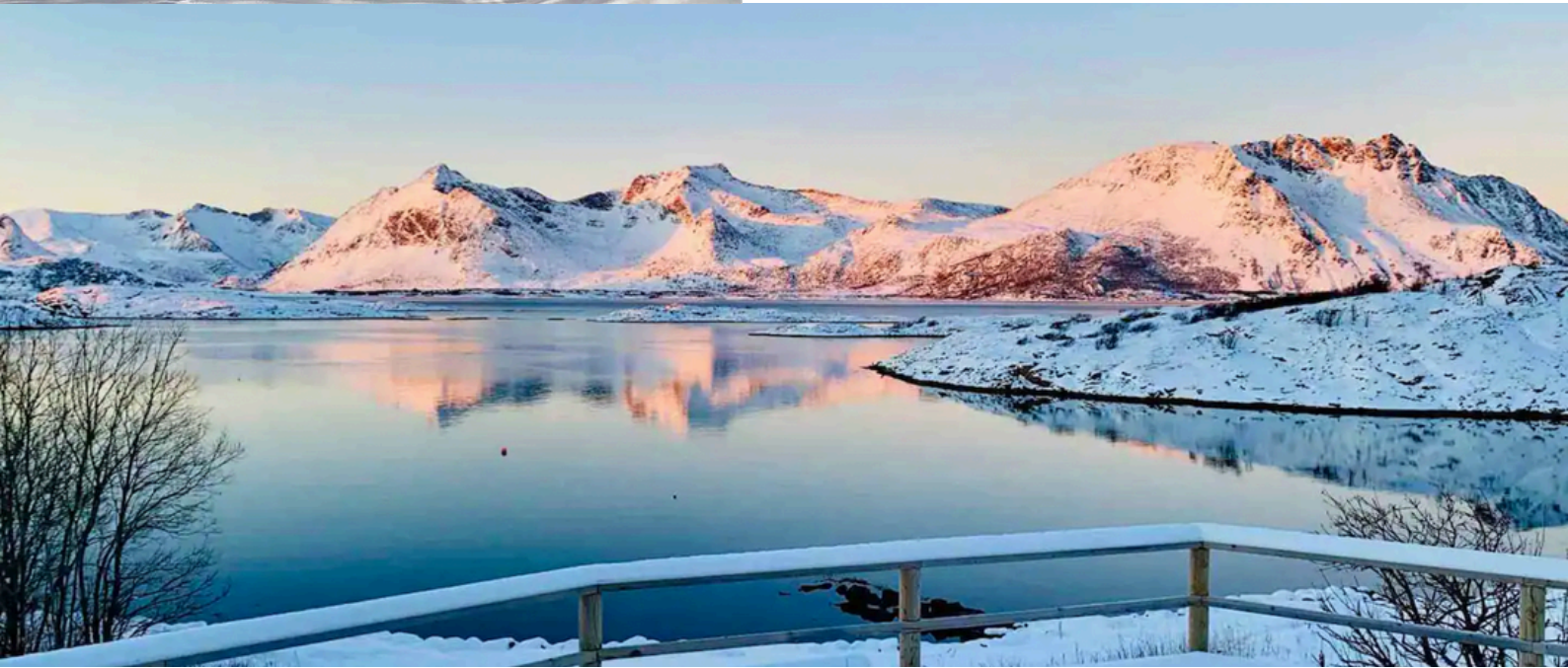
Where is Lofoten?

Lofoten is a string of islands located in between the 67th-68th latitude, in the arctic part of Norway.



Our basecamp will be in a historical building called Lyngværstua, a 30 minute drive from Svolvær. [Link to our beautiful accommodation's instagram here.](#)

The house on your left, the view below:





Snowshoes, what is that?

Snowshoes are the best way to enjoy nature in the snow. And believe me I was a bit sceptical, but using these while guiding tourists has opened up new areas that I did not see while on skis. A fun and safe way to move around.

How to dress?

In Norway we sure do love our wool and knitting is a popular past-time activity. We also have a saying "there is no bad weather only bad clothing".

What is important is to have layers, we start with thin wool base-layers, and then add sweaters and pants on top. Then outerlayers ; jacket and pants that can handle wind, and water is great. What's great about wool is that it transport sweat and you stay warmer longer. Cotton is made to keep you cool, so I do not recommend it for our outdoor activity. Merino wool, silk or fleece it better alternatives. Good shoes, gloves and hats are also important. If you don't have the right wardrobe, try looking for second hand gear, a lot can be found online.

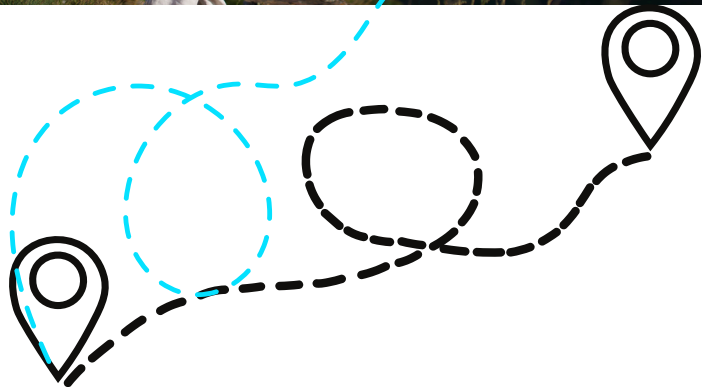


How cold is it?

We are in the arctic, but are lucky to have the gulf stream heating up our ocean, and since we are located on islands, it's a milder coastal climate. Average temperature in March is around 0 degrees celsius, with a range between +5 - -10. I always tell people to be prepared for it all. Sunny days, with cold crispy air, stormy days, where it snows in all directions at once, and sometimes even rain. Expect the unexpected and bring your layers, and you will be just fine. The water temperature is around 4 + this time of year, which makes it perfect to practice your breathwork in natural cold immersion. So hey bring your swimsuit as well;) Good for visiting the sauna as well.

Show night and Fire hooping

But hey don't forget to bring a bit of sparkles or sassy clothes, at Show Night we encourage everyone to do a performance, for our friendly and very supportive local community. Voluntarely of course, but highly cheered on! Wool or natural fibres are also the best to wear when we have our fire hooping workshop.



Look up travels to end destination:

Svolvær (SVJ), this is in Lofoten,

or to **Harstad/Evenes** Narvik airport Evenes (**EVE**), then there is a bus ride to Lofoten. (If many is coming this route at the same time I will arrange a pick up at the closest busstop). Please don't hesitate to ask me questions regarding your travels. For this purpose I can be contacted directly on whats app +4794292322.

If you want to travel by train from Oslo-Bodø, then take the boat from Bodø-Svolvær.

When flying to Svolvær you most often have a stop in Bodø (BOO).

And again, ask for help or advice on whats app +4794292322. All the best Elisabeth

OMG the Northern Lights!

or Aurora borealis as some people also call them. The magic lights that dance over the dark skies makes even us locals stop in awe, each time we see them. And apparently there is a 11 year cycle, which are said to peak in 2024/2025, so this is definitely a great time to come and visit. When staying for a whole week you have bigger chances to see the lights. It is not every night, and of course, clear skies is a pre-requisite. In Laukvika where our basecamp will be, we have one of the locals, Rob, who is a real Northern Lights expert, he is our first hand source of info, and even NASA gets info from him. If you want to take proper photos of the Northern light I recommend bringing a tripod, but even the phones today, can capture decent pictures of them.

How do I get to the edge of the world? Eshna Kutty is flying in from India, where are you traveling from?

Let the travel be part of your adventure and there are several options of getting here. I write my tips below, but also feel free to check out this [link](#).