

Hiking in Norway - North

Trekking above the Arctic Circle: Lofoten Islands, Narvik, Ofotfjorden, Troms and Finnmarksvidda

ISBN: **9781786310958** (Short Code: 1095)

Publication Date: **22 Nov 2024**

Price: **£18.95**

Edition: **First**

Author: **Mike Laing**

LAM with flaps , 248 pages

17.20 x 11.60 cm

A guidebook to trekking in Norway north of the Arctic Circle, including the Lofoten Long Crossing in the region's south-west and the Finnmarksvidda in the far north-east. From 48-165km (30-103 miles) in length and taking between 4 and 10 days to walk, the trails cover mountain terrain and remote tundra and may cross residual snow at elevation, so are suitable for experienced hikers and backpackers.

Each of the five multi-day treks is described in detail, with accommodation, facilities and transport options highlighted, and alternative itineraries listed where relevant. Some of the trails criss-cross over the border into neighbouring Sweden and Finland.

- Includes **1:100,000 mapping** of each stage, with **1:400,000** trail overview maps also provided
- Handy **route summary tables**, **stage facilities planner** and **accommodation listings** help you plan your itinerary
- Details of **transport and refreshments** included for each trek
- **GPX files** available to download
- Sized to easily **fit in a jacket pocket**

About the author

Mike Laing is a freelance mountaineering instructor based in Snowdonia, North Wales. He has worked, travelled, climbed, cycled, rowed and trekked extensively in Greenland, South America, west and east Africa, Cuba, Europe and the Himalaya. Mike is a full member of the Association of Mountaineering Instructors (AMI) and operates his own business, Snowdonia Climbing.

Related books

9781852848057 Walking and Trekking in Iceland

9781852849139 Pocket First Aid and Wilderness Medicine

9781852849672 Trekking in Greenland - The Arctic Circle Trail

9781852849757 Hiking in Norway - South

9781852849825 Trekking the Kungsleden

We can help you

- Select the best range
- Keep up to date with new titles and editions
- Organise promotions
- Provide shelf display units, and spinners for larger ranges
- Arrange author talks and support in-store events

Contact Sarah Spencer
sarah@cicerone.co.uk

CICERONE

Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL
www.cicerone.co.uk | sarah@cicerone.co.uk | 01539 587982