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Official tourist information of
Tromsø city centre and region



Tromsø guide

2019/2020



Visit
TROMSØ!

**WHERE
YOUR
ARCTIC
ADVENTURE
BEGINS**

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Welcome to Tromsø

where your arctic adventure begins!

Tromsø sits in the heart of Arctic Norway. Being a meeting point for cultures, trade and family life for over a thousand years, we are no less affected by climate change and centralisation than other Arctic locations. In 2019, Tromsø will be certified as a sustainable destination.

We are working hard to ensure that Tromsø thrives for our townsfolk, local businesses and our fragile environment. We want our visitors to positively impact on our local communities, which is why we have made some guidelines for you to read. Please take a few minutes to read them on page 8. For those of us fortunate enough to call the Arctic Capital home, there is no better place to live. With the pure air filling our lungs every day, we thrive where most people might think it's near impossible to exist – nearly 70 degrees north, in Northern Norway's largest city. We're also lucky to

enjoy two natural phenomena every year lighting up our lives – the Northern Lights and the Midnight Sun. Tromsø really is a year-round destination.

From September to April, the Northern Lights dominate the sky in Tromsø. Go on chases or take a polar-night dog sled under the sweeping Aurora. During the Polar Night season, our city cafes and bars are packed with locals, warming themselves with a freshly brewed coffee, or taking in a locally brewed beer; often planning their next ski trip or “hyttetur” (trip to the cabin).

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#TROMSOCARES

Internationally recognized restaurants and bars serve up cuisine with produce sourced from local farms and fisheries, with a range of arctic dishes hard to find anywhere else. Locally produced beer and spirits accompanies the dishes to make it a truly local dining experience. Unique cultural events, such as Tromsø International Film Festival, celebrating 30 years in 2020, and the Northern Lights festival, fills Tromsø with people from all over the world, adding unique life to the city.

As spring arrives, the snow stays long in the mountains, and people head up to cabins, or to ski. Off-piste skiing in the glorious mountains is what some of the locals wait all season for. Eclipsing the French Alps – those with serious ambitions head to the Lyngen Alps where you'll experience amazing runs with the Arctic Ocean opening up in front of you. Please remember to check var-som.no for the latest information on avalanche warnings before heading out, and use a local guide!

During summer, many head into the fjords to go fishing. You can do the same, joining an excursion, catching your own cod for dinner. Hiking is also extremely popular, and you can experience some of the 600 accessible mountain tops in the Tromsø region. Both locals and visitors look forward to the Midnight Sun marathon in June and “Rakettnatt” in August, a music festival in the heart of the city. The city has a rich cultural tradition and is home to people with many backgrounds. Amongst those are the Sami people, with fishing and reindeer husbandry at the centre of their culture. Visitors can experience first-hand how they continue to thrive in the north by accessing the rich natural resources in the region.

Arctic exploration is something intrinsically linked to Tromsø. It is from here that Roald Amundsen took his last, fateful flight towards Svalbard in June 1928. Tromsø was also the launch-pad for explorers heading to the North Pole. The city



Chris

What: CEO

Where: Manchester, UK

Why Tromsø: I have made a family life in Tromsø, as I moved here 8 years ago to work.

Language: English & Norwegian

Favourite season: Summer

Favourite activity: Kayaking in the fjords around Tromsø. Fresh air, amazing scenery and wildlife.

The best about Tromsø: A small but packed city hosting both nightlife, shopping and eating, yet it's in the exotic Arctic Circle! Oh, did I mention the mind-blowing scenery from almost everywhere you stand?

My best tip for visitors: Look up! A lot of Tromsø's beautiful architecture is above street level.

still has the air of those explorers' excitement around the nooks and crannies of the Old Town, Skansen, where you can discover the Polar Museum and learn more of Tromsø's explorer past.

Nature, culture, city-life, local food and drink; we really do have it all in the Arctic Capital.

Welcome to Tromsø
– now release the explorer within you!

Chris Hudson,
CEO Visit Tromsø-Region



Berit

What: Information Coordinator and Marketing

Where: Hedmark, Norway

Why Tromsø: The university, the people & the nature.

Language: Norwegian, English and German

Favourite season: Autumn

Favourite activity: Hiking

The best about Tromsø: People are so open and friendly, and the city is surrounded by the greatest nature you'll ever find. Also, the nightlife in Tromsø is great!

My best tip for visitors: Buy a "Kvikklunsj" chocolate, fill up a thermos with something hot and bring it on your hike. Talk to the locals for the best tips on where to go and what to do.



Lone

What: Marketing Manager

Where: Tromsø, Norway

Why Tromsø: Born & raised

Language: Norwegian & English

Favourite season: Summer – endless daylight and cool summer nights.

Favourite activity: Stand up paddle boarding – summer and winter, and hiking.

The best thing about Tromsø: Breath-taking nature and dynamic urban city in instant distance, and the people.

Best tips: Check out both the city and the nature. And wear wool! Don't get cold.



Sylvi

What: Partner Development Manager

Where: Malangen, Norway

Why Tromsø: It just became my place when young

Language: Norwegian, English, some French

Favourite season: Autumn

Favourite activity: Fishing autumn and cross-country skiing winter

The best about Tromsø: The fresh air, the stunning nature and the change of seasons throughout the year is fascinating. This combined with the urban and pulsing city suits me perfect.

Best tips: The fascinating light throughout the year. Every season is spectacular.



Trude

What: Product Coordinator

Where: Tromsø, Norway

Why Tromsø: I have my closest family and friends here, and I want my two sons to grow up here, like I did.

Language: Norwegian, English & Spanish

Favourite season: Summer

Favourite activity: Go for a walk or crosscountry skiing around the small lakes and green areas close to where I live.

The best thing about Tromsø: It's a great place to grow up, with the nature right at your door step. The fresh air, that I only need to walk for 10 minutes to enjoy the smell of trees, grass and leaves.

Best tips: For me, silence is also a wonderful kind of music. Go a little bit outside the city centre and just listen to the silence, take a deep breath, and enjoy the fresh air.



Inger-Lise

What: Project Leader Sustainability

Where: Målselv, Norway

Why Tromsø: Moved from Målselv to Tromsø in 2005 for work.

Language: Norwegian & English

Favourite season: Winter! ... but I also love summer.

Favourite activity: Flyfishing, running, cross-country skiing, swimming indoor or outdoor.

The best thing about Tromsø: I can go running or skiing from right outside my house. Only 1.5 min later I'm in the middle of nature. The great mountain and fishing possibilities are also magic!

My best tip: Take a walk on the wild side. Try our great local food, local coffee and of course – our great local beer. In that order.



Maria

What: Social Media Marketing

Where: Aalborg, Denmark

Why Tromsø: It is a small city but yet big enough to be rich in both a hot city life and stunning nature.

Language: Danish, English and beginning Norwegian

Favourite season: September is definitely the best month with sunny days, but also darkness in the evening. You might get lucky seeing the northern lights.

Favourite activity: Exploring the nearby nature or new secret spots in the city.

The best thing about Tromsø: Something is always happening! Food, music, film and all kinds of festivals are always around the corner

My best tip: Bring different clothes. No matter the season, it is always varied temperatures.



Kristine

What: Marketing Advisor

Where: Notodden, Norway

Why Tromsø: Studies and work

Language: Norwegian, English & French

Favourite season: Summer

Favourite activity: Hiking

The best thing about Tromsø: Long summer nights under the midnight sun.

My best tip: Take a road trip around the island of Kvaløya and experience the fjords and the mountains. You will find a new place to photograph every 5 minutes.



Malin

What: Digital Marketing Consultant

Where: Målselv, Norway

Why Tromsø: It's close to the small town that I'm from, but I can still get that freshly made cappuccino that I've gotten used to from living in bigger cities

Language: Norwegian, English, German

Favourite season: Summer during summer and winter during winter

Favourite activity: Hiking and cross-country skiing

The best thing about Tromsø: It's growing city life combined with some of the best nature experiences in the world.

My best tip: Walk any mountain around Tromsø during summer and you'll get the best midnight sun experience, and maybe even meet a reindeer or two.



Hijiri

What: Tourist Informasjon Manager

Where: Nagano, Japan

Why Tromsø: Have made a family and lived in Tromsø since 2006

Language: Japanese, English & Norwegian

Favourite season: Autumn

Favourite activity: Driving along the coastal roads of Tromsø and going for a walk towards Tromsdalstinden.

The best about Tromsø: The biggest city in the north surrounded by great nature. It has high quality local cuisine and cultural events year round. Also the best place to see the Aurora.

Best tips: 30 minutes' walk from the city centre and you are in the middle of nature.



Julia

What: Information Coordinator

Where: Tampere, Finland

Why Tromsø: My awesome husband is from here

Language: Finnish, Norwegian and English

Favourite season: Definitely summer!

Favourite activity: I would say hiking. It doesn't cost anything and easy to do even with kids.

The best about Tromsø: The landscape, and the people! People here are super kind and helpful.

Best tips: Take a drive somewhere. You don't need any actual destination. It doesn't matter where you end up because the trip itself is going to be just beautiful. Don't forget your camera!



Synnøve

What: Information Coordinator

Where: Tromsø, Norway

Why Tromsø: Born and raised

Language: French, English and Norwegian

Favourite season: Summer

Favourite activity: Skiing!

The best about Tromsø: It has everything that a bigger city has, but Tromsø also has fresh air and it's surrounded by beautiful nature! I also love the cosy cafés that we have here.

Best tips: Go skiing in winter in our skiing tracks or take a walk around Prestvannet in summertime!



Gry

What: Information Coordinator

Where: Tromsø, Norway

Why: Born and raised

Language: Norwegian and English

Favorite season: summer

Favorite activity: Hiking

The best about Tromsø: Even though it is a big city, it feels smaller, and you are just 20 min away from a breathtaking hike or a thrilling boattrip in stunning surroundings.

Best tips: Enjoy a nice cup of coffee at the top of a mountain or in the sun at one of Tromsø's many cafés.



Janita

What: Information Coordinator

Where: Tromsø, Norway

Why Tromsø: Born and raised here.

Language: Norwegian, English and Spanish

Favourite season: Summer, autumn and winter

Favourite activity: Snowboard and photography

The best thing about Tromsø: I love how unpredictable it is here. Ranging from rainbows, beautiful colors in the sky, snowing, sunsets, Northern lights. I could go on.

My best tip: Bring your camera and start walking. No matter where you go you will definitely see beautiful surroundings. Be creative. Pictures are always good for keeping memories vivid.



Zillah

What: Gift Shop Purchaser, Team Tourist Information

Where: Northumberland, UK

Why Tromsø: Love in a cold climate

Language: English, Maltese, Italian, French, Norwegian

Favourite season: Autumn

Favourite activity: Berry picking

The best about Tromsø: Amazing natural beauty, a photographer and painter's paradise. The sunrise and sunset colours (twice a year) have to be seen to be believed.

Best tips: Come in August or September: August for the best days of summer and September to see the first Northern Lights.



Magne

What: Information Coordinator and projects on nature based tourism

Where: Ramfjord, Norway

Why Tromsø: The wild nature in its' surroundings and the subarctic climate

Language: Norwegian, English and fair bit of German

Favourite season: Most probably winter

Favourite activity: Mountaineering, hiking, dogsledding. Plenty to do here!

The best thing about Tromsø: The wild nature in its' surroundings. (Yeah... that had to come up there twice!)

My best tip: We have to adjust our adventures according to the weather. Don't stress and roll with the nature.



Rebekka

What: Information Coordinator

Where: Gudbrandsdalen, Norway

Why Tromsø: I started my studies here, and just didn't want to leave again.

Language: Norwegian, Spanish and English.

Favorite season: Winter

Favorite activity: Go to museums/art museums.

The best thing about Tromsø: The combination of the mountains and the ocean under the sun and the Northern Lights.

Best tip: Remember to look up when it's dark outside, suddenly the Northern Lights could be right over you. It is truly magical

Caring for Tromsø

– a sustainable, world-class Arctic destination!

Everyone is welcome here and you are our guest. We encourage you to be considerate during your stay in Tromsø by following these simple guidelines. In this way, you will contribute to preserving the beautiful nature we have up here and ensure the locals enjoy hosting you.

ILLUSTRATION © KINE YVONNE KJÆR

1 Leave no trace – use established paths and fireplaces

As the saying goes “take only photos, leave only footprints”. Always use marked and established paths. Avoid leaving traces in the nature from pitching tents on soft, vulnerable ground or making stone cairns, etc. Only use established fireplaces and ensure there is no fire risk. Take your own firewood – never break off branches or twigs. Check that your fire is completely out before leaving. The lighting of fires or barbecues (including single-use barbecues) is not permitted in or near forests and other uncultivated lands in Norway from 15 April to 15 September.

2 Respect animals, birds and plants

Respect the animal life, especially during the spring calving and breeding seasons. Always keep a good distance from wild animals and avoid causing them unnecessary stress. Remember to keep your dog on a leash. Don't disturb abandoned chicks or other baby animals. The removal of eggs from nests is not permitted. Avoid picking wild flowers as many wild flowers are rare so far north. Everyone has the right to pick wild blueberries, lingonberries and crowberries on uncultivated land. However, it is not permitted to pick cloudberries in enclosed areas.

3 Take your rubbish – only use existing toilets

Don't leave any rubbish behind. Avoid using wet wipes because they take so long to decay. If there are no rubbish containers in the area, take all your rubbish with you. If nature calls in an area where there are no existing toilets, you must take used toilet paper with you in a separate bag.

4 Use camp sites

If you plan to pitch a tent, use an official camp site or established camping area with toilet and waste disposal facilities.

5 Respect private property

Don't drive or park on private roads, forest roads or access roads without the landowner's permission. If you open gates, remember to close them behind you to prevent grazing animals, like cows, sheep and reindeer, from escaping.

6 Going skiing or hiking – use local guides

The nature is beautiful, but it can also be unpredictable. For your own safety, we recommend going on organised trips with local guides during both the summer and winter seasons. You will find a list of activity providers on page 46. If you want to ski or hike on your own, you will find a list of recommended, safe trips in the local area on page 58. The weather in the Arctic can change quickly. Note the length of the route and the time of the sunset. Always check the weather forecast on www.yr.no before setting off. Always take extra clothes and food – even on short trips. Read more about how to dress for Arctic conditions on page 10.

7 Be considerate

Be considerate to the locals and your fellow hikers. The silence of nature is part of the experience, for locals and visitors alike. In Norway, we generally greet people we meet along the hiking trail.

8

Avalanche safety

Troms is the county in Norway with the most avalanche accidents. Always check the weather conditions before going on a skiing or hiking trip. Good planning is good risk management. Check www.varsom.no for avalanche warnings and advice about how best to plan your trip. Check the weather forecast on www.yr.no. Remember the weather can change quickly. Be aware that avalanches in this region can block roads, so always take extra clothes and footwear – even if you are only going for a drive.

9

Road traffic safety

Rural roads are often narrow – remember to keep as far to the right as possible when driving and always walk on the left-hand side. Keep a good distance when passing cyclists. Always use a high visibility vest or reflector when you are out and about in the dark, regardless of whether you are in urban areas, walking beside roads or chasing the Northern Lights.

10

Photography, drones

There are many subjects you may wish to photograph. If you plan to photograph people, it's important to ask first. The use of drones is prohibited on Tromsø's main island, Tromsøya, as well as on parts of Kvaløya and the mainland. Check the rules on page 131.

WE CARE! Show that you care too.

Share your experiences with us and us using the hashtag #tromsocares. You will find us on Facebook and Instagram @visit tromsno.

If you need emergency assistance, please call the local emergency number 113.

Enjoy your visit and welcome back!

#Tromsocares



Dress for success

In order for your stay in Northern Norway to be as comfortable as possible, it is important to have the right clothes.

PHOTO © THERESE NORMAN ANDERSEN

Bring warm and comfortable clothes and shoes. We recommend wearing 100 percent wool or similar quality clothing next to your skin. Layer your clothing so that you can easily regulate your temperature by removing or adding a layer. Outer clothing should be lined and windproof. Many activity organizers supply clothing for excursions, i.e. thermal suits, shoes, hat and mittens. Tromsø has a varied climate and in the winter an average temperature of around -4 °C. However, if you are coming here to experience Arctic adventures or chase the Northern Lights, you need to expect temperatures from -25 °C to +5 °C.

Spring & Summer (May-August)

Summer wool, summer hat, summer down-jacket and summer gloves are words the locals know well. The average temperature is 10 °C, so naturally we dress accordingly. In the early summer, from May-June, it can be a little wet and cold. It is a good idea to have a thin wool layer and a light wind- and rainproof jacket when exploring around the city. The weather in July and August- September tends to be better, but the same applies for these months as well. This is especially so if you intend to do any hiking. It is very important to take both warm clothing and a rain jacket with you whenever you go hiking. Remember: Weather changes quickly – and it is often a lot colder up in the mountains than it is in the city centre.

Autumn & Winter (September – April)

To feel really comfortable outdoors in winter it's important to dress properly. Especially if you will be participating in some kind of physical activity. Think layer-by-layer, we recommend wool or some other material that keeps you dry closest to your body. A warm down jacket makes a very nice outer layer if it's really cold outside. And don't forget warm shoes, gloves and a cap. If you come from a warm country or do not wish to carry a lot of bulky clothing with you, there is an excellent company in Tromsø called Tromsø Outdoor, which supplies a full range of outdoor clothing read about them on page 51.

Long-sleeved and long-legged wool underwear

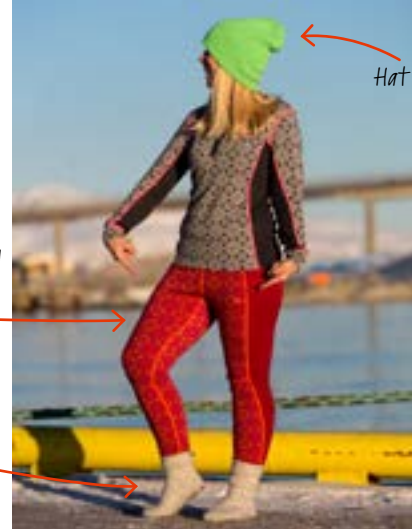
Wool socks

Mitten or gloves

Lined trousers – preferably windproof

Windproof/ water resistant jacket

Waterproof, warm shoes with non-slip soles



Arctic Memory Makers

NORTHERN NORWAY TRAVEL

Locally owned and with a team of first-hand adventurers, Northern Norway Travel provides tours all year round.

From Northern Light tours to Historical City Walks, our guides share their knowledge, skills and passion with you to make your stay in the Arctic as memorable as possible. We provide all types of transportation services and activities on request, including daily departures and custom-made tours especially for your needs.

Join our Northern Light mini-bus chase – it's more than just a chase.

Step onto our new minibus and make yourself comfortable as we leave the city lights behind. On your journey we'll teach you about our local culture and history as we ride along spectacular coastal and inland roads. Keep warm in your thermal suit and relax on reindeer furs with a hot chocolate around a Norwegian campfire. We use locally sourced food to prepare a delicious meal for you under the Arctic sky. Experience the show of colours, patterns and movements of the Northern Lights, which your guide will capture and send the next day.

We focus on sustainable solutions

Our team aspire to develop Tromsø as a high-quality tourist destination by investing in the region using

local providers and focusing on sustainable solutions in everything we do. We love our pristine landscape and we tend to keep it that way. Making our tours as nature-friendly as possible, we always make sure not to interfere with the natural flora by using fire pits. We also use reusable metal mugs and plastic free packaging on our tours. Our collaboration with Stein Sørensen Persontransport makes sure we can offer transportation with an eco-friendly focus and low emissions.

It's important for us that you feel safe while visiting us, and that is why we continuously provide training to our employees and work on bettering our company routines. All our products are designed by our experienced team of managers, administrators and outdoor experts. Our ultimate goal is to make your stay in the Arctic as memorable as possible.

We're looking forward to hearing from you. Our phone and e-mail services are open for bookings 24/7.



CONTACT US

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Phone: +47 413 66 111

www.northernnorwaytravel.no





Agenturet
ØL OG VINBAR

Always something new to taste

In an old building from 1837, in Sjøgata 12, you can visit Agenturet Beer and Wine bar. Agenturet is a warm, cosy and intimate bar where you can experience the original atmosphere from old times.

We are sure that you will find your favorite drink amongst our 120 different beers and 250 wines from all over the world.

From 11.00 – 18.00 we offer real homemade food. Coffee lovers will also find good quality here.

Our prices are just as polite as our staff.

Warm Welcome!

Opening hours:

Monday - Saturday kl. 11.00
(Sunday from kl. 18.00)



Compagniet
bar • bistro

If you are either thirsty or hungry you are most welcome

Compagniet Bar-Bistro is a French inspired Bistro.

Our chef Sandor Csoka invites you to culinary experiences with food and wine in focus. We offer a rich menu, so everyone should find something they like.

In addition, you can order everything from our rich bar menu.

Warm Welcome!

Opening hours:

Monday - Saturday
from kl. 16.00



Compagniet
nightclub

The most popular Nightclub in Tromsø

is open for you every Friday and Saturday from 22.00 to 03.30.

Here you can have a great party with your friends. The best DJ's in Tromsø will all the time make your mood better.

If you appreciate quality Drinks/Cocktails - Compagniet Nighclub is your proper place.

Happy Welcome!

Opening hours:

Monday - Saturday kl. 11.00
(Sunday from kl. 18.00)

Icons to help you choose your activities



Sami & Reindeer



Fishing



Northern Lights



Hiking



Husky



Snowmobile



Kayak



Bicycle



Snowshoeing & Skiing



Car



Boat



Snow & Ice



Wildlife



Fjord



Midnight sun



Swimming/Sauna



Accommodation



Camper



Family



Photography

Look up

Tromsø is located at nearly 70° north between magnificent fjords, breathtaking mountain peaks, and islands. It is a prime starting point for your arctic adventure. Situated in the middle of the Aurora oval, the area with the highest probability of seeing the Northern Lights, makes Tromsø one of the best places in the world to see the Green Lady dance across the sky. The Polar Night season and the Arctic Light gives unforgettable light shows and some of the longest sunsets you will ever experience. In summer, the Midnight Sun joins us from May to July. When the sun never sets below the horizon, we are too busy to sleep.

PHOTO © KARI SCHIBEVAAG



FUN FACT: Did you know that you can make your own Northern Lights at The Arctic University Museum of Norway?

Facts

Who:

Per Helge Nylund

What:

Museum communicator within the Arctic Circle

Where:

The Arctic University Museum of Norway

Sparks of light

Did you know that the Northern Lights also occur in the summertime but, as it's so bright in Northern Norway in summer, they're invisible? Or that the Northern Lights are produced by millions upon millions of atoms lighting up at the same time?

TEXT: LONE HELLE. PHOTO: JANITA ZENTENO

Tromsø is situated directly beneath the Auroral Oval. Even the smallest appearance of the Northern Lights is visible here, making Tromsø an ideal place to observe them – as scientists have from day to day for a century. But what exactly are auroras? Where do they come from? And where's the best place to see them?

We sat down with Per Helge Nylund of The Arctic University Museum of Norway to learn more about the fascinating phenomenon of the Aurora Borealis.

Luminous atoms

“Many have thought that the Northern Lights are produced through refracted sunlight, like rainbows are,” explains Nylund. “But they're not – they're formed by energy from the sun. Simply put, the Northern Lights appear when gases in the Earth's atmosphere are bombarded with particles – electrons – from the sun and begin to glow as a result. The Northern Lights we see are simply illuminated gas. And that gas is part of the Earth's atmosphere.”

A mass of tiny electrons flows from the sun in all directions into the cosmos, he explains, adding that some collide with the Earth. As the Earth has a magnetic field, the electrons are directed towards the polar areas and strike in a circle around the geomagnetic north and south poles. This is the reason why there are no Northern Lights at the equator.

“The particles from the sun arrive at very high speed and crash into the layer of gases in the upper atmosphere. When a particle smashes into an atom, the atom's

surplus energy makes it unstable. It develops 'existential problems'. An atom has few means to get rid of energy but it can emit a small flash of light. So, to rid themselves of their energy, atmospheric atoms begin to glow. When millions upon millions of atoms shine at the same time, we can see the light from the ground,” Nylund says with a smile.

During many years as a communication consultant, Nylund has told countless children, adults and (not least) journalists what the Northern Lights are, with great enthusiasm. He has a unique ability to explain the phenomenon in an easily understandable way.

“Once I was interviewed for Japanese children's TV and had three seconds to explain what they are. I said that the Northern Lights occur because the Sun blows kisses to Earth.”

“Northern Lights occur because the Sun blows kisses to Earth”

Different gases produce different colours

Nylund says that the process of an atom producing light after being struck by an electron takes less than a second – a long time in the atomic world. And since there are many millions of atoms illuminating together, it looks like the light is moving.

“When the Northern Lights dance across the sky, what we are seeing, simply, is a huge number of atoms coming alight, one after another. It's totally crazy when you think about it,” says Nylund.



PIONEER: Kristian Birkeland's Northern Lights research laid the foundation for modern research.

Photo: The Arctic University Museum of Norway

- Why do the Northern Lights have different colours?

"Different elements of gas burn with a different colour. The green light results from oxygen atoms burning with a green colour. And if the Northern Lights are green with a little pink below, there's nitrogen burning pink and purple. The Northern Lights change colours where two different elements meet. It's interesting that the colour says something about how high the Northern Lights are, too. The border between green and pink light is 100 km above the ground."

Northern Lights research

At the turn of the last century, Norway's leading researcher of the Aurora Borealis was Kristian Birkeland (1867–1917). The founder of the first Northern Lights observatory in Alta in 1899, Birkeland discovered, among other things, how the Northern Lights are associated with magnetic currents in the upper atmosphere. In 1918, a geophysical observatory opened at Prestvannet in Tromsø and, 12 years later, the Northern Lights Observatory opened in the same place.

In 1928, some small buildings for housing instruments were erected as a part of the observatory – without nails, since metal can affect the measurements. Constituting a completely unique environment for scientific research in Norway, these protected buildings remain at Prestvannet, just like they were when they were erected. "If something from Tromsø were to be inscribed on the UNESCO World Heritage List, it would be this place," says Nylund.

Research into the Northern Lights still continues in Tromsø, and UiT Norway's Arctic University is at the forefront of knowledge.

"While we know how the Northern Lights are formed, now we're investigating how they affect other things, such as space weather, and whether they create sound. There are people who say they have heard the Northern Lights while standing on the Finnmarksvidda plateau. Science can't explain it yet, but there are many theories. Pretty cool!" says Nylund.

Create your own Northern Lights

Today, there are three places in the world where you can create your own Aurora. And one of them is, of course, The Arctic University Museum of Norway.

"When you visit us, you can make your own Northern Lights. Until three years ago, Tromsø Museum was the only place you could do it. Birkeland was the first to successfully recreate them in the lab, and we do it the same way. In those days it was common to bring nature to the laboratory for the purposes of investigation. That

might have been simple with a stone, but it was far more difficult with the aurora. Birkeland was a talented researcher and the theory he proposed for the Northern Lights turned out to be correct. But it wasn't until the 1960s, when we could launch rockets and put satellites up there, that we could begin to confirm that," says Nylund.

If you want to see the Northern Lights outside the lab, Nylund has no doubt where you should head to. "Prestvannet is the place to be. That's the spot in Northern Norway specifically chosen for the study of the Aurora Borealis. There are a few more buildings and a bit more light up there now, but the top of Tromsøya is a good place to see the Northern Lights. There's nowhere else in the world where they've been studied more than they have up there!"



DID YOU KNOW ...

... that the Northern Lights are around in the summer, too? It's just that here in northern Norway it's so bright that we can't see them. You have to wait until late August, when it gets dark again, to see them.

... that when it comes to research, Tromsø is the most important town in the world? The Aurora Borealis have been researched here for a century.

... that the Northern Lights come in many different colours? Different atoms produce different colours. Oxygen atoms give green light, nitrogen atoms pink, and hydrogen atoms blue. You can't see the blue light with the naked eye – but modern cameras can capture it.

... that the colour of the light tells us how far above us the Northern Lights are occurring?

Quick guide for Northern Lights photography

PHOTO © KARI SCHIBEVAAG

YOU NEED:

- Camera with a wide angle lens
- Tripod to keep the camera steady
- Warm clothes (wool in layers)
- Headlight (to sort your camera settings)
- Dark place (avoid light pollution)
- Hot drinks to keep you warm
- Patience is your friend

1. Set your camera in **manual mode (M)**.
2. Set the focus to **Infinity**.
3. ISO is all about light sensitivity and poor light requires **high ISO**. Set the ISO to 3200. Depending on the light (very strong Northern Lights, full moon, lot of snow), 1600 or even 800 might be enough.
4. You need the **aperture (f)** to be as **wide as possible** (the lowest number), f: 1.8, f: 2.8, f: 3.2
5. You need to get the **fastest possible shutter speed** to "freeze" the Northern Lights' movements. Long shutter speeds make the Green Lady appear like a veil over the sky. Anything from **2-30 seconds** can work depending on your camera.
6. Use a **tripod** or rest your camera on something steady. Set the **self-timer** on 2-3 seconds so you have time to let go of the button before it starts taking pictures.
7. Be prepared! Sort your camera settings at home before you go out. You want to be ready if she appears.

ADVERTISEMENT

Midnight Sun Concerts

Every night at 23:00 between 1st of June until 15th of August

A varied and rich program featuring solo performances, ensembles and choirs, blended with the fantastic acoustics in the Arctic Cathedral.



CONTACT US:

Phone: +47 410 08 470

E-mail: booking@ishavskatedralen.no

www.ishavskatedralen.no



The Midnight Sun



During the Arctic summer nights, the city of Tromsø never sleeps and the people from the north enjoy every minute of the orange sky. The Midnight Sun is a natural phenomenon that only occurs in places north of the Arctic Circle during the summer months. It is a magical time of the year and it means that summer has finally arrived in the north.

PHOTO © GUNNAR MAGNE BERG

Do you have a dream about experiencing bright summer nights and a glowing Midnight Sun that almost sinks into the sea before rising again? In areas surrounding Tromsø, you can enjoy the tranquility, the majestic mountains, listen to the birds chirping and the sound of the waves, and perhaps enjoy a close-up encounter with arctic wildlife. In Tromsø, the Midnight Sun is visible for 24 hours from late May until late July. The period is longer, the further north you travel.

Activities during the Midnight Sun

Our activity providers offer a variety of tours, and our visitors do activities in the middle of the night just to experience the Midnight Sun. When you explore the wilderness during the night, you get to see nature and wildlife in a different light. Taking a fjord tour by boat or car lets you experience the fjords and the mountain under the majestic Arctic Light. Hiking during the Midnight Sun is a perfect activity for those who wish to spend some time in a beautiful mountain landscape. You can also go exploring our narrow fjords by kayak. We have plenty of activities that suit everyone - come and experience the unique climate with us!



The Northern Lights



Northern Norway is home to one of the world's most spectacular natural light shows. The Northern Lights are known as Aurora Borealis, which means 'dawn of the north'. The Northern Lights are always present, but winter is usually the best time to see them, due to lower levels of light pollution and the clear, crisp air.

PHOTO © VEGARD STIEN

It is possible to see the Northern Lights from September to April, depending on the weather conditions and solar activity. If the sky is clear, you might be able to see the Northern Lights right above the city centre, but to increase your chances we recommend going on a tour away from the bright city lights. There are no guarantees that you will see the aurora dancing above the sky, but our Northern Lights activity suppliers do their utmost to make it possible for you to experience it. Seeing the Northern Lights often requires patience. The more days you have available, the greater the chance that both the solar activity and the weather will cooperate.

Northern Lights chase or experience?

We offer a wide selection of Northern Lights tours. You can choose between a Northern Lights chase or a Northern Lights experience. During a Northern Lights chase, you join one of our experienced and knowledgeable providers who will fulfil your dream of seeing the Aurora. The chase might take up to 10 hours depending how far away the clear skies are for that specific evening/night. Northern Lights experiences are activities that offer that bit of extra adventure to your Arctic experience. It's as if the nature in the Tromsø region was especially created for outdoor adventures. On the next pages, you can read about our activity suppliers. Check out our website for more than 80 activities to book and choose from.

Arctic Lights

Learn more about our suppliers who will take you out on unforgettable adventures under the Arctic Light.



Northern Norway Travel

With excellent drivers and guides, we offer tours like Northern Lights Chase, Tromsø City Walk, Kvaløya Fjord Tours or tailor after your wish. Tailored tours like a trip to Senja with layover, activities, or a private sightseeing tour for just a few hours. Get in touch with us to hear what we can offer you. Complete experiences with food, sightseeing, and the best of Tromsø depending on the choice of tour. We focus on eco friendly materials and good local food from our favorite historical café. We are ECO-Lighthouse certified and strive to not leave any other footprints behind than those in the sand or snow.

E-mail: booking@northernnorwaytravel.no

Phone: +47 413 66 111



Pukka Travels

At Pukka Travels, we are constantly striving to create unique experiences for today's modern explorer. We believe the next generation of travel embodies exclusive eco-friendly tours and experiences close to nature. We create tailor-made experiences for those looking to fulfill their travels with something more than a spectacular photo (don't worry, you'll get those too). We respect the world in which we live and make sure to seamlessly integrate with the wildlife we cross paths with, and the mountains we summit.

E-mail: support@pukkatravels.com

Phone: +47 993 71 010



Amazing Arctic

We are specialized in guiding small groups up to 8 guests and give your more attention. We are passionate local aurora hunters and know the best locations to chase it. During the day time we offer Arctic landscape tours through the most beautiful and breathtaking landscapes in this region where we often see seals, reindeers and moose. On our Aurora tour we offer warm clothing and winter boots, set up a cozy bonfire to keep you warm and serve you warm grilled meal prepared on bonfire, hot drink and biscuits. We take unlimited professional aurora pictures of you free of charge. We offer multiple discounts. Visit: www.amazingarctic.com. Try our quality, challenge our price.

E-mail: contact@amazingarctic.com

Phone: +47 409 55 243



Arctic Experience

Hi! I'm Dan, a native Norwegian who is born and raised under the dancing Northern Lights, and ever since I was a small kid I can remember being captivated by this beauty in the night sky. I'm a photographer & aurora hunter, which means that I will go as far as possible to find the best locations to see the lights. Homemade carrot cake and vegetable soup will keep you warm and comfortable while I tell you the legends and the physics behind the lights, and the small group of max 8 guests will ensure that I can provide the best service possible to you. PS: I only have tours every other day, to be able to move a tour if the weather is bad; people don't pay me to look at clouds.

E-mail: post@arcticx.no

Phone: +47 971 85 890



Arctic Explorers

We are Northern Lights and photography specialists. We have a quality company with small personal groups up to 14 guests. On our tours, we provide warm expedition suits, winter shoes, tripods, pictures from the tour and passionate guides. As we experience magical moments throughout the year, we want you to experience that very moment yourself. We are committed to your participation, so we will try to cater to everyone's needs. We will guide you and endeavour for you to experience those breath-taking moments whilst feeling safe and comfortable. We hope that we will get the pleasure of your company on our tours!

E-mail: post@arcticexplorers.no

Phone: +47 486 02 238



Arctic Guide Service

Finish your day off by spending the night chasing the northern lights with Arctic Guide Service. We take you to see nature's most spectacular light show, and will use our decade worth of experience to give you the unforgettable experience you deserve. Our guides are passionately committed to choosing the best destination and will use their knowledge, the latest weather forecast update, and work in team with our drivers who know road conditions very well to calculate the best route for the night. Our crew have one specific mission: to take you wherever the chances to admire the magnificent Aurora are best!

E-mail: tromso@arcticguideservice.no

Phone: +47 922 07 901



Arctic Trip

Arctic Trip is a small family company providing customized nature based tours. We are focusing on private groups from one to fifteen people. Company owner Roy has lived all his life in Troms, and it has always been important for him to be close to nature. He has been guiding for more than ten years now, with excellent reviews. The northern lights chase is our main product, but we also do many other outdoor activities such as sightseeing, skiing, snowshoeing, icefishing, wilderness skills etc. We will prepare homemade food on our tours. Your wish, my goal.

E-mail: roy@arctictrip.no

Phone: +47 476 63 447



AuroraPhotoGuide

After more than 20 years with a passion for Northern Lights photography Geir Ytterstad started AuroraPhotoGuide 5 years ago. From September to the end of March, we hunt the Northern Lights. We take you to the area outside Tromsø, with the best possible chances for clear skies on your selected evening. Geir and his team has long experience in photography, and chasing the Northern Lights. We will help you with your camera settings, and we will take pictures of you under the magnificent lights. We wish to give you an unforgettable evening under the arctic sky with (in our opinion) the most beautiful natural phenomenon. www.auroraphotoguide.com

E-mail: geir@tosfoto.no

Phone: +47 900 18 900



Creative Vacations

We are two artists who love to share our experience, passion and our perspective of Northern-Norway. We specialise in Northern Lights tours, fjords tours, photo and art workshops. Our mission is to hunt the Northern Lights, to inspire and to have fun. You will get an authentic experience, connection with nature, culture, art and locale histories. Included: Winter suit, winter shoes, tripods and knowledge of your camera. Vidar, born and raised in Tromsø, is a professional award winning photographer. Silvia is a visual artist. She has participated in international exhibitions. Hablamos español! On parle français!

E-mail: info@creativevacations.no

Phone: + 47 988 09 283



Explore the Arctic

Small groups - Big experiences. Our highly qualified local guides ensure unique and unforgettable adventures with a personal touch. We offer Northern Lights trips, winter fjord cruises, charter boat fishing and midnight sun fjord cruises. We have more than 10 years of experience with outdoor activities in Tromsø. During the trips, you will learn about the area, its history and wildlife. We provide you with quality clothing and all the equipment you need. We'll take professional photos during the trips and are always happy to share them with you afterwards. All our guides, drivers and skippers are local as nothing can beat local knowledge. Let's discover and Explore the Arctic.

E-mail: post@explorethearctic.no

Phone: +47 948 60 941



Greenlander

With more than 1000 successful Northern Light tours behind us, we know how to find the Aurora. One of the smallest group sizes gives you the advantage of having more of our guides attention. Greenlander use high quality equipment on the tours and your experience and safety will not be compromised. This includes 4x4 vehicle transportation and -30C thermal equipment (free of charge). Greenlander's success rate finding the Northern Lights is 95-98% and we'll do everything in our power to find them, sometimes even driving to Finland and Sweden.

E-mail: info@greenlander.no

Phone: +47 401 93 055



Marianne's Heaven on Earth Aurora Chaser Tours

I am Marianne, a native of Tromvik – a small fishing village on the island of Kvaløya. My family first settled here in the early 1700s. For as long as I remember, I've been fascinated by the Northern Lights and its mystery. I don't feel at home unless I'm outside, under the stars, the Midnight Sun, planning a new photographic image, to fulfil my lifelong passion. A friend gave me the idea to share the wonderful experiences that I have been enjoying all my life. I have been lucky enough to find guides who share the same passion as me to photograph and who have chased the aurora worldwide. Come and join us!

E-mail: aurora.chaser.bergli@gmail.com

Phone: +47 971 73 074



Northern Adventure Troms

Northern Adventure Troms offers activities in Tromsø, accommodation and boat rentals on North-Senja's pearl, Laukvik. Our experience and local knowledge in Tromsø and Senja gives you access to fantastic areas and arctic wildlife such as whale/eagle safari, boat/fjordcruise, fishingtour and northern lights chase in small exclusive groups with personalized service. Family-friendly and including a delicious lunch (alt.vegetarian).

E-mail: post@northernadventuretroms.no

Phone: +47 971 99 323



Northern Horizon

Join us on our small group tours to explore the beauty of the Arctic. During the night, we will take you on a Northern Lights hunt. During the day, we offer an Arctic nature excursion. Come with us and witness one of the most stunning natural light phenomenon – the Aurora Borealis. Discover the unique landscape of Northern Norway, full of fjords, mountains, beaches and regional wildlife. We cannot wait to meet you and guide you during your stay in Tromsø!

E-mail: contact@northernhorizon.no

Phone: +47 922 90 870



Northern Light Planetarium

Since 1989 the Northern light planetarium has offered the aurora borealis, the perfect playground to display all its beauty, no matter what the weather conditions are like outside. In the 360° dome theatre, breathtaking northern lights come alive every day. This stunning full-dome visual (English, German and Norwegian narration) is featuring the aurora in science, history, and myth. High definition footage leaves the impression of watching the northern lights live. All planetarium shows and entrance to the Science Centre – hands on science for the curious minded of all ages - are included in the admission fee. For program, changes and off-schedule screenings see: www.nordnorsk.vitensenter.no

E-mail: post@nordnorsk.vitensenter.no

Phone: +47 776 20 945





NorthernShots Tours



We created the AURORA CHASE excursion, and we offer two main products: the "basic" Aurora Chase, with 50% discount on another tour if you don't spot the Lights! And the AURORA PASS, where you can join the aurora chase tour as many times as you want during one week, for a fixed price! We also offer a wide range of Fjord photo tours, city sightseeing and Husky Dog Sledding activities! Come and visit us at our crazy shop "The Booking Point" in Amundsens Plass 1 (always open, right in front of the tourist information building).

E-mail: contact@northernshots.com

Phone: +47 986 09 309



Northern Lights Tromsø



Probably the best Northern Lights chasers in the world with a happy atmosphere, keen interest in photography and a skilled nose in smelling out clear skies when the weather is in a bad mood. Our specialty is the small groups where you can escape the crowds. A thermal suit and a nice cup of hot chocolate are included to keep you warm, along with high-resolution photos taken during the tour. You will receive them via email at no extra cost so you can share them with your friends and print them for your album. We welcome you to join our chase!

E-mail: info@northernlightstromso.no

Phone: +47 911 95 518



Northern Soul Adventures



The company was established in 2016, pursuing a dream to offer intimate & memorable experiences throughout the raw boreal seasons. We spent years travelling the world & living abroad, seeking adventure through numerous road trips, and collecting inspiration for what we do today. With no two tours ever the same, our enthusiasm never fades. Our custom-built tour van, is fully equipped with everything you may need in the arctic, allowing us to discover remote & dramatic scenery, often taking you the road less travelled. As passionate photographers we craft & capture vibrant moments, allowing you to appreciate the vast silent landscapes, in an organic storytelling atmosphere around the roaring campfire. If you love nature and live for adventure, we look forward to meeting you. NB: max 7 souls / vegan friendly.

E-mail: info@northernsouladventures.com

Phone: +47 966 99 018



Scan Adventure



Raised by a Norwegian mother and German father in Germany, I always believed that one day I would live in Norway. While growing up, my mother told me stories about the Tromsø region with its mountains, fjords and arctic lights. Since 2009, my guides and I have been running successful Aurora chases in the area of Tromsø. The knowledge we have acquired over the years give us the best chances to find the Aurora. Join us on a personal and small group safari to find the beautiful lights. We offer a variety of languages like Norwegian, English, German or Italian. If you like to explore the region and city of Tromsø during the daytime, then we can offer you customized city walks and adventures. We welcome you to join our tours!

E-mail: karina@scanadventure.no

Phone: +47 993 41 814



The Green Adventure



Join our guided activities to find a little bit of wilderness. Small informal groups and friendly guides guaranteed. Want to see the fjords? Our scenic drive along the coast is available all year round, local snacks and lunch included. Came to see the Northern Lights? We are experienced in finding clear skies and cooperate with many others to find it. We also try to avoid crowds to view Aurora in peace and quiet. Want to try snowshoeing? We offer an easy guided hike. Looking for Midnight Sun? Let's watch it by a campfire. "Green" stands for green aurora, but also nature and ecology. We cater for vegetarians and vegans.

E-mail: booking2@ersfjordbotn.no

Phone: +47 451 25 173



The Northern Lights Hunter



We are one of the longest running northern lights companies in Tromsø. Our mission is to show our guests the amazing Northern Lights by minibus, while driving through the wonderful landscape of the North. When we are on the chase for the Green Lady, we will have several stops, serving hot coffee, tea, chocolate and something sweet. If needed, we provide you with warm clothing and tripods. Our professional team, driver and guide, will take care of you and take pictures of you and the Northern Lights which you will get from us complimentary. Day tours though spectacular landscapes and private tours are available.

E-mail: tefurnes@online.no

Phone: +47 908 81 675



Tromsø Friluftsentner



As a small local family-run company, we have from 2004 given our guests adventures straight from our hearts. For us it is not only about "Miss Aurora" or the midnight sun, but also about meeting people that has an impact on our soul. We represent the local culture while bringing you the experiences of fresh sea air, the peace, and the clear beautiful colours that surrounds us. We are so grateful that we are able to witness the moment when mother nature reveals herself to our you, in all her glory. Welcome to an authentic North Norwegian experience!

E-mail: info@tromso-friluftsentner.no

Phone: +47 907 51 583



Tromsø Guide



Tromsø Guide was launched in 2017 by professional guides with the mission to deliver the ultimate Aurora chase experiences to everyone who comes to Tromsø to see and understand the Northern Lights. We pride ourselves with putting our guests' satisfaction and joy at the core of our service. Our competence and commitment to guests' satisfaction allowed us to receive Trip Advisor Certificate of Excellence, be featured in the BBC documentary, and serve Olympic gold medalists. We offer tours with awesome guides, in small groups, and affordable prices. Book a tour for you to remember for a lifetime!

E-mail: hello@tromsoguide.no

Phone: +47 481 83 560



Tromsø Individuell



Tromsø Individuell lives up to its name. Roundtrips, private photo tours with a passionate photographer, or customized tours for bigger groups - all trips leave room for individual wishes and are also suitable for families. We are a small company dedicated to show you the beautiful nature that surrounds Tromsø. It all started with the „All Day Fjord Tour to Sommarøy“ by van about six years ago. It's one of the longest day tours available in Tromsø and has become a classic over the years. Join us and you will be welcomed by a dedicated guide with in-depth knowledge about the region for a tour in a personal atmosphere.

E-mail: guideedel@gmail.com

Phone: +47 981 29 461



Wandering Owl



Meet the Owls and join our family! Are you looking for a small and personal company to organize your stay? We offer a range of outdoor experiences for everybody, in all seasons, with an eco-friendly approach, high quality, and attention to the detail. Our guides are nature and photography experts, who will send you home with an incredible experience of the Norwegian nature, together with stunning photos as memories of your trip. All our tours include delicious homemade meals prepared by our cooks and highly praised by our reviewers, together with all the necessary equipment to keep you warm and happy.

E-mail: info@wanderingowl.com

Phone: +47 484 60 081

Northern Lights tourism guidelines

Northern Lights tourism has increased dramatically in recent years, and it is extremely important that our guests conduct themselves correctly whilst out in our fragile nature. This is for both your own safety, the safety of others around you, and the sustainability of our beautiful destination. Below are some guidelines to keep everyone safe and happy!

PLEASE DO

- Use registered guide companies.
- Listen to your guide. They will give you good practical and safety advice.
- Wear reflective clothing whilst out on tour.
- Respect the locals.
- Give way to local traffic.
- Respect resting places. If you or your tour stop in a resting space, please be aware of other users.
- If you have a hire car, please be careful on the roads. Drive to the conditions, keep a low speed and be aware of local traffic, people and animals.

PLEASE DON'T

- Do not walk in the middle of the road.
- Do not light fires next to other traffic, and never in resting places.
- Please do not trespass onto private land.
- Please do not drop litter.

#TROMSOCARES



The Aurora Chase

Price: 990,-



Fjord Photo Tour

Price: 1190,-

Aurora PASS

Aurora PASS

Price: from 2300,-

NORTHERNSHOTS Tours

NorthernShots.com

contact@northernshots.com

+47 98609309

Come visit us at our BOOKING POINT

Road Amundsendsplass 1

ARCTIC GUIDE SERVICE

12 years of dedicated Northern Lights guiding

People travel from all over the world to chase the Northern lights in Tromsø. We wanted in on the adventure and joined Arctic Guide Service who knows the best spots for seeing the Northern Lights.

It's snowing in Tromsø, but there's nothing stopping us, says Sergi who's our guide for the evening. A comfortable, heated bus is taking us out to chase the Northern lights tonight. The weather isn't perfect, but it doesn't mean that we can't find clear skies elsewhere in the region.

Most people don't know where to go, but our guides are passionately committed and will use their experience to choose the best spots for seeing the northern lights on that exact evening. That's the main advantage and what makes our tours so special. Also, our guides can read the weather and Northern Lights reports, which is valuable in choosing which direction to go when you're chasing the Northern lights. This changes on a daily basis, Sergi explains.

Hunting the light

With 11 years of dedicated Northern Lights guiding, Arctic Guide Service has a lot to offer. We listen eagerly as Sergi is about to tell us about the phenomenon that so many people travel far to experience with their own eyes. I can hear that my fellow chasers on today's trip are fascinated. Sergi has an easy way of explaining the phenomenon to us so we can understand the Northern Lights better. He also gives good tips on camera settings

and how to take the best photos of the Northern lights.

Fulfilling dreams

Sergi has worked as a guide for 3 years, and he never gets tired of chasing the Northern lights. The Northern Lights looks different every night, and when it starts dancing in different colours it's amazing. Seeing the Northern lights makes him happy, but watching his guests experiencing it, often for the first time, makes him even happier. Witnessing people fulfil their dream about seeing the Northern Lights is the coolest thing.

In addition to being guides, Sergi and his guide colleagues at Arctic Guide Service are all amazing photographers. Photographing the Northern Lights is a skill. She is not an easy lady to photograph ... When you join in on a chase with Arctic Guide Service, you'll get photos included in the prize.

Shortly after, the bus stops. We have reached tonight's destination – the best spot for clear skies and experiencing the Northern Lights tonight. We're dressed up in thermos, hats and gloves, and grab our cameras for a walk along a forest path. And with that said, the sky opened, and the green lady started dancing in the sky above us ...

“Witnessing people fulfil their dream about seeing the Northern Lights is the coolest thing.”



CONTACT US

Phone: +47 922 07 901

E-mail: tromso@arcticguideservice.no

www.arcticguideservice.com



A magical ice wonderland

PHOTO © MATS GANGVIK

Magic Ice Bar opened its doors in Tromsø for the first time in spring 2018. The popular winter wonderland is constructed from several tons of natural ice from Norway.

The ice bar and art gallery is the work of world renowned ice carvers. Magic Ice is the gateway to an adventure to the Arctic Circle. Here you can follow in the footsteps of the early arctic explorers such as Fridtjof Nansen and Roald Amundsen and others, this exhibit tells their stories of adventure and discovery as it sails through

the North Pole. The entire permanent exhibition is constructed of crystal clear ice – even the glasses at the bar are ice! By blending in music and the glow of candle-light, a uniquely magical atmosphere is created.

In a magical fairy tale adventure with the wondrous surroundings of snow and ice, Magic Ice Tromsø presents a truly magical experience!

We provide warm winter ponchos and gloves before you step inside the ice bar. The entrance includes a welcome drink served in a glass made of ice.

Opening hours

Winter

15th September-15th May

Monday-Thursday:
11:00-23:00

Friday-Saturday:
11:00-24:00

Sunday:
11:00-23:00

Summer

15th May- 15th September

Monday-Thursday:
14:00-22:00

Friday-Saturday:
14:00-24:00

Sunday:
14:00-22:00



WHERE TO FIND US

Adress: Kaigata 4, 9008 Tromsø
Phone: +47 41 30 10 50

www.magicice.no

Breathe in

If you love being out in nature, you have come to the right place. The possibilities are endless. From almost everywhere you turn, you will have a great view to mountains and ocean. Enjoy the nature on your own, breathe in the fresh air and enjoy the view, or go on one of the more than 200 outdoor activities our providers offer. Be charmed by the cute huskies, be a musher for a day and go dog sledding, or enjoy a real sami adventure. Experience the Arctic wildlife on a fjord tour, enjoy a mountain hike in summer or go snowshoeing or skiing in winter. Get closer to the water in a kayak or feel the wind in your hair on a RIB-boat trip. Keep reading and get inspired to make your stay in Tromsø unforgettable.

PHOTO © KARI SCHIBEVAAG

Adventure girl

in an adventure world

World champion kitesurfer and adventurer Kari Schibeavaag (40) loves the playground the Tromsø region offers all year round. In summer she runs her own surf centre in Lofoten. However, as soon as autumn and winter come, the newly crowned snow kite world champion packs her surf van with all sorts of sports gear and warm clothes and heads further north to do what she likes best: Being out in nature.

TEXT: LONE HELLE. PHOTO © TOMMY SIMONSEN AND LARS ERIK TUNBY

Tromsø Favourites

Mountain hike:

Finnlandsfjellet is great for snow kiting.

Place:

Out at sea or in the mountains.

Activity:

Kiting, if I have to choose only one.

Favorite place in the city centre:

Risø mat & kaffebar.

Travel essentials:

Wool from top to toe!



Facts

Who:

Kari Schibeavaag (40)

What:

World champion kite surfer and photographer

Where:

Tromsø, Lofoten & Stavanger

Food:

Food cooked on a camp fire tastes best.

Drink:

Sparkling water or water straight from the stream on the mountain

Instagram:

@Karischibeavaag

BORN IN THE SOUTH of Norway, Kari feels like she's from the north – only missing the accent. Having travelled all over the world as a professional kiter and adventurer, she has visited exotic destinations, such as Brazil, Hawaii, South Africa and Australia. Then she discovered Northern Norway.

“Northern Norway is one of the most amazing places on earth. The mountains, the sea, the life and atmosphere – it's unique. If I were to choose a city to live in, I would choose Tromsø in a heartbeat. It has everything you can dream of. However, it's not a typical city. It's perfectly located, surrounded by nature. Tromsø has everything I need. It's the perfect playground,” says Schibeavaag.

Winter love

For the past few years, Schibeavaag has returned to the Tromsø region every winter. Within the last year she has done kitesurfing at Sommarøy, skiing in the mountains surrounding Tromsø, dog sledding in Brøstadbotn, and whale watching, kiting and paddle boarding off the coast of Skjervøy, to mention but a few of her adventures. And she always travels with her best friend, Truls, a 10-year-old Jack Russel Terrier. Schibeavaag loves the endless of opportunities for adventures the Tromsø region offers, with activities and tours for every level – whether you're a beginner or a professional.

“The city consists of small, narrow streets with different coloured houses that light up the city. Walking in the shopping street, you can see the mountains on the horizon, and you feel like you're already at one with nature. Just a short drive around or off the island of Tromsø, you'll feel like you're in the countryside, with possibilities for short and long mountain hikes. There are several amazing kite spots and it is, without a doubt, a paddle board paradise. Not to mention the Midnight Sun and

the Northern Lights lighting up the skies,” Schibeavaag says enthusiastically.

Her ice blue eyes sparkle when she talks about her relationship with nature. Having four seasons, all very distinctive in the North and all equally amazing, according to Schibeavaag, is one of the best things about Northern Norway.

“The light is magical, whether you're here for the autumn/winter season, experiencing the darkness brightened up by the Northern Lights, or during summer when the Midnight Sun colours the skies. During summer, the orange light in the middle of the night, is the best. I love that!”

Schibeavaag doesn't hesitate in stating that the raw North Norwegian winters and the constantly changing weather create the best opportunities for fun activities. She can even turn bad weather into something positive.

“The stormy days offer the perfect conditions for kiting! If you have the right equipment and skills, that's no stress. It is rarely too cold when you are active. However, you get cold quite quickly when you stop whether it's kiting in the Arctic sea or going cross-country skiing. The key if you get cold is to change into dry, warm clothes, but that applies for all outdoor sports. Always bring wool and an extra change of clothes when you are out in nature. That is a true life-saver in the north in any season.

NB! Kari Schibeavaag is a Visit Tromsø Ambassador and she has taken several of the pictures in this guide.



Sami Activities



In Tromsø, you can have a real encounter with the Sami people. The Sami people welcome you to their nature reserve close to Tromsø.

PHOTO © TROMSØ ARCTIC REINDEER EXPERIENCE

Sami families are proud to share their culture and history through food, stories, information and reindeer sledding. About 40,000 Sami live in Norway, 20,000 in Sweden, 7,500 in Finland, and 2,000 in Russia. Today only 2 percent of Sami work in the reindeer industry. Reindeer sledding is the oldest means of transportation in Northern Norway. The indigenous Sami people, mak-

ing these trips an ideal way to encounter their culture and to meet the reindeers.

In the summer, you can book a tour to one of our sami activity providers and experience their way of life. One of the main activities is to meet and feed the reindeers, and let them tell you about their culture. If you are lucky, they will even sing you a traditional Sami joik. During the winter period, you can travel across snow-covered terrain by a reindeer sled (depending on snow conditions). This activity is very popular and suits both children and adults. On some of the tours, you can also try ice fishing, or you can book this separately to fulfil your Sami experience.

Husky activities



Meet our husky friends and go out on a mini expedition in the Troms region. We promise – it will be an unforgettable adventure.

PHOTO © VEGARD STIEN

In winter, you can go dogsledding in all kinds of weather if there is enough snow. The sled is usually shared by two; one is standing up; controlling the direction and speed, known as 'mushing', while the other is seated and just enjoying the ride.

The adventure begins when you hop on the sled and let the huskies pull you over the frozen landscape. While dogsledding you can enjoy the stunning views of the ocean and surrounding mountains. During the Polar Night, the only light we see is from the stars and the moon – and if we're lucky, Lady Aurora might put on a show.

In summer, you can go on a hike with the puppies and help the mushers train the future sled dogs. You can also go hiking with the huskies to explore the nature of Northern Norway. You are also welcomed to just meet and cuddle with the huskies.





Arctic Wildlife

Tromsø and Northern Norway offers many different wildlife species. The moose, the reindeers and a wide range of bird species like the predatory sea eagle, are common sights in the Tromsø region. If you go on a boat trip, you might get lucky and catch a glimpse of seals and different types of whales like orcas, humpback whales or pilot whales as they follow the herring shoals during the winter months.

PHOTO © WILDSEAS



Kayaking

The coast around Tromsø is one of Norway's best areas for sea kayaking. The narrow fjords, majestic mountains and a variety of land provide a special setting. Here you can go exploring the white beaches, look up on the steep mountains and enjoy the amazing marine wildlife. Kayaking is a great way to experience the sea while being active.

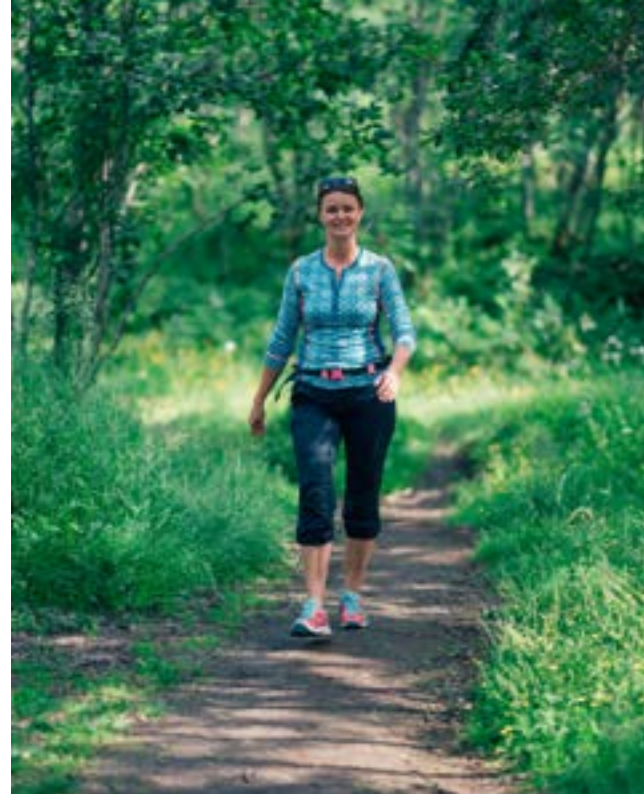
PHOTO © VEGARD STIEN



Hiking

Covered by mountains and wilderness, Tromsø is the perfect place for outdoor activities like hiking. The mountains surrounding Tromsø are for many inhabitants the main reason for living in this Arctic city. Usually the hiking season starts in mid-June until late September depending on the snow conditions. Only 1,5 km from the city centre you can enjoy impressive panoramas over Tromsø and Kvaløya on the top of Mount Storsteinen on Fløya (400m above the city).

PHOTO © VEGARD STIEN



Fjord tours

A comfortable way to explore the Tromsø region is by boat or minibus/minivan. Find your inner explorer by joining a gentle boat cruise, RIB boat or sailing a luxury catamaran to get close-up contact with the mountains, fjords and wildlife. Northern Norway have raw and impressive nature. Less than an hour from Tromsø by boat, you will be able to access the wild coast of the island of Kvaløya, a paradise for many bird species like the white-tailed sea eagle and puffins.

As Tromsø is situated on an island between steep mountain peaks, exploring the region by minivan (2-8 guests) or minibus (2-20 guests) enables you to discover the narrowest fjords, majestic mountains and the archipelago on the outer coast with white sandy beaches.

PHOTO © ERSJFORDBOTTEN KYSTFERIE





Ski and snowshoeing

Cross-country skiing has been a part of the North Norwegian culture for centuries. They say that the Norwegians are born with skies on their feet and almost all love the outdoor activities. A short lesson is recommended for absolute beginners, while the more experienced can conquer mountains. During the winter months, there are illuminated ski tracks for anyone to use crossing the whole Island of Tromsø.

Snowshoeing is great for individuals and families who enjoy exploring nature in beautiful and peaceful surroundings. If you can walk, you can go snowshoeing. Quite simply, it's a way of walking easily on deep snow. You can go snowshoeing during the day or during the evening with a professional guide. Participants need no previous experience of snowshoeing, as your guide will teach you everything you need to know.

PHOTO © KARI SCHIBEVAAG



Snow & Ice

Tromsø offers a wide range of snow and ice activities. What about experiencing the thrill of driving a snowmobile through snowy forest and over frozen landscapes? Our selections of snowmobile safaris are suitable for everyone with a car or motorcycle driving license.

A scenic two-hours drive from Tromsø you can explore the magnificent world of glaciers with a professional guide. You will be provided with all the tools you will need for the ultimate glacier and ice climbing adventure.

We also recommend visiting the magical winter wonderland of Tromsø Ice Domes. The site is build every year as the Polar Night approaches, and is set among high mountains in the beautiful Tamok Valley.

PHOTO © BJØRNAR NILSEN



Fishing

You cannot visit Northern Norway without seeing if the fish is biting! If you head out to sea, catching a fish is almost a guarantee. Cod, pollock, halibut or wolffish are among the most common species. As soon as the lakes have frozen, it is time to go ice fishing. You will learn how to drill your own hole in the ice, bait the line... and enjoy the thrill of the wait. As it is often a few degrees colder on a boat or a frozen lake, the activity suppliers will provide you with an extra outer layer of waterproof clothing.

PHOTO © GUNNAR MAGNE BERG



Photography Tours

A guided tour in the Troms region and photography course in one! Our photo tours will take you to Tromsø's best photo spots and the guides will tell stories about the places you are visiting. We offer different types of photo tours, depending on the season you are traveling in. During the winter you can go on a Northern Lights photography tour and get the chance to photograph the amazing Lady Aurora yourself. In summer you can join a photography tour and explore the wildlife, the beautiful mountains and the narrow fjords. You will get tips on shooting, so you can take your own postcard images.

PHOTO © KARI SCHIBEVAAG



The Great Outdoors

Learn more about our suppliers who will take you out on unforgettable adventures in the wilderness.

Environmentally friendly supplier



Brim AS



Want to see the northern lights over a tasteful five course meal? Or how about a completely silent whale watching experience? We purpose built an electric ship so that you can experience nature's majesty in modern comfort and with minimal impact. With environmentally conscious design driven by the latest sustainable technology, nature lets us come closer. We launch an underwater drone and hydrophone that bring you below the surface, while carving in silence through crystal clear waters and epic coastal landscapes of the North.

E-mail: info@brimexplorer.com

Phone: +47 970 78 478



Active Tromsø



Your ultimate destination for outdoor activities in Northern Norway. With more than 40 years of experience in extreme challenges, we offer kayaking, glacier hikes, mountaineering, advanced dog sled trips and week-long expeditions in the pristine Arctic wilderness. Our trips are authentic, personal and caring for your dogs quickly bonds you together to make lifetime friends and memories. Each activity is suitable for everyone with a good fitness level and includes high quality gear. Your safety and wellbeing is of paramount importance to us. A once-in-a-lifetime treat for anyone, who has the spirit for adventure running in their blood.

E-mail: post@activetromso.no

Phone: +47 481 37 133



Arctic Adventure Tours



Arctic Adventure Tours was established with blue mountains in 1999 in the highlands of Kvaløya. Per-Thore and Hege started up with only some sledges and a few Alaskan huskies. Since then the family business has expanded every year and today we have 120 dogs and an amazing team. We offer some of Northern Norway's most exciting and arctic adventure tours and expeditions. We wisely choose our team members and have some of the best people in the field – providing you with competent, respected and experienced guides, skippers and expedition leaders. Together with our beloved Alaskan huskies, we will give you an experience of a lifetime.

E-mail: post@arcticadventuretours.no

Phone: +47 456 35 288



Arctic Breeze



I am Brynjar from Arctic Breeze. I work with small groups, which gives greater flexibility for stops, activities and decision on the length of the trip. The beauty of the Northern Lights is truly striking. The expectations are naturally high from seeing many great photo illustrations. However, nature determines this phenomenon. It is all about playing on nature's premises. Outdoor activity was always my favourite. I have extensive experience in how to read and utilize nature and the weather for having the best possible experience of the Northern Lights. Every night is different, and you will get my honest assessment of the opportunities for your evening.

E-mail: post@arcticbreeze.no

Phone: +47 909 80 919



Arctic Cruise in Norway



We are a local company based in Tromsø. Our guests are able to pay a little more for a better experience. Small groups of guests is our speciality. We offer unique experiences with memories that last a lifetime. Arctic Princess sail/motor catamaran is perfect for a relaxed tour while we sail among the fjords and mountains. Arctic Queen (luxury yacht) takes you there with high comfort and is perfect for a private cruise. Princess Emi, (smaller yacht) is fun for a slightly lower price. ArcticX, our electric car Tesla model X, can take five private guests in a customized tour.

E-mail: kal@acinorway.com

Phone: +47 905 49 997



Arctic Expedition



Arctic Expedition offer a variety of activities and packages. Everything from a cruise along the Norwegian Coast, to activities in Tromsø, Alta, Porsanger (Finnmark), or a boat trip in Svalbard, Spitsbergen. From Bodø, in the southern part of Northern Norway, to North Cape, expeditions for the adventurer and family friendly activities. You can also book exclusive accommodation with us. We specialise on Northern Lights and whale safari and exploring untouched areas in the arctic. It can be by boat or expedition ship, RIB, bike, dog sledge or snowmobile. Most of our team is from Northern Norway, we have a lot of local knowledge, and we are eager to show you the undeniable beauty of our home. In winter we have 4 ships in Tromsø with departures every day.

E-mail: info@arcticexpedition.no

Phone: +47 918 00 000



Aurora Alps



Make tracks to awesome Aurora Alps! For an unforgettable holiday experience head to the winter wonderland of the Aurora Alps camp at Breivikeidet, near Tromsø, Norway. Breath-taking sights – including mountains, fjords and the magical Northern Lights. Experience activities from dogsledding, snowmobiling and cross-country skiing, to the simple delights of feeding reindeer, or experiencing traditional Sami culture. Aurora Alps offer a wonderful adventure like no other.

E-mail: post@auroraalps.no

Phone: + 47 917 35 497



Basecamp Senja



Exciting sea adventures in open Zodiac boats in Senja. Basecamp Senja is located outer Senja, in the small village Skaland. Posthuset Expedition Lodge is located right at the water front. Designed for adventures. Accommodation up to ten people. Outer Senja is probably the most scenic area in the north. We run exclusive 2,5 days winter expedition from December to March. See more activities at www.basecamp-senja.no. Basecamp Senja is located at the National Scenic Route in Senja. Fabulous ski touring in a summit to sea skiing landscape (March-April). Express boat from Tromsø to Finnsnes. www.basecampsenja.no.

E-mail: post@basecampsenja.no

Phone: +47 917 09 618



Destination Tromsø AS



Destination Tromsø is a specialized activity supplier based in the gateway to the arctic. Like many of the explorers before us, we believe in constant pursuit of adventure. We share our passion for the outdoors by providing our guests with the chance to immerse themselves in the Arctic nature through hands on experiences. If this sounds like you, join us on one of our excursions and follow in the footsteps of past explorers.

E-mail: booking@destinationtromso.com

Phone: +47 400 01 663



Ersfjordbotn Brygge



Ersfjordbotn Brygge was established in 2014 and is located about 15 min from the airport of Tromsø. We specialize in organising adventures in the beautiful nature of Northern Norway. We offer Northern Lights tours, fjord cruise by bus or boat, whale watching, mountain hiking, skiing and deep sea fishing, as well as accommodation on the quayside. Ersfjorden is one of the best known fjords in the world because of its scenery and astonishing arctic nature. Photo: Bjørnar G. Hansen.

E-mail: post@ersfjordbotnbrygge.no

Phone: + 47 917 03 341



FlexiTour Tromsø



Exploring nature's beauty is our passion, inspiration and profession which we are offering to small and private groups too. The tours and activities change from season to season in order to welcome Midnight Sun guests in summer and Northern Lights guests in winter. Besides scheduled fjord tours, northern lights or Midnight Sun tours, we offer customized activities such as hiking, shore fishing and sightseeing. Our friendly guides assistance is focused to make your experience personal, unique and comfortable and help with whatever could be needed during your tour.

E-mail: tromso@flexitour.no

Phone: +47 469 73 055



Green Gold of Norway



Welcome to Green Gold of Norway – bed, breakfast and adventure by Francisco Damm. In Summer we run daily RIB-Boat Photographic Excursions from Tromsø to Musvær and to Beautiful Hella. From September to April we run our popular 24hrs Activity Stay packages which includes Photography, RIB-Boat (Whale Watching) or Snowmobile excursions in the day time, and Northern Lights Chase & accommodation in our Crystal Lavvos in the evening. Hope to see you soon!

E-mail: francisco@greengoldofnorway.com

Phone: +47 928 09 057



Lyngen Tourist



LyngenTourist is a family run business with seventeen years of experience in tourism. We offer activities that give you an arctic experience with our amazing location with panoramic sea views. Few, if any activity gives you closer contact to the arctic than "arctic swimming" followed by a hot sauna! LyngenTourist also provides Northern Lights chases for private groups to our aurora basecamp. The most significant difference from our chase compared to other providers is our modern facilities located in the districts' most popular area for Northern Lights watching.

E-mail: booking@lyngentourist.no

Phone: +47 412 26 609



Lyngsfjord Adventure



Winter Adventures 24/7. Lyngsfjord Adventure provides outdoor activities from the wilderness centre of Camp Tamok, with departure from the city centre of Tromsø every day. The daytime adventures give you an amazing view of the untamed mountains of Tamok valley, whilst the evening tours will give you a great opportunity to experience the Northern Lights. But Camp Tamok offers a lot more than just activities: Untouched wilderness and a once-in-a-lifetime experience. For the ultimate Arctic experience try our Overnight Programme. But be aware: The Northern Lights will keep you awake - do not expect too much sleep... The adventures are available from 15th November to the end of March.

E-mail: post@lyngsfjord.com

Phone: + 47 777 15 588



Polar Adventures



Polar Adventures is a small cosy family company that provides genuine and local family- friendly adventures. The company was born to share the heart of Tromsø and the passion from the land its founders grew up with. We treat you like friends and let you experience what Scandinavian people ordinary do while out having fun in nature with family and friends. With Polar Adventures you will learn and discover Arctic nature in a very cheerful and close atmosphere, as we want to keep it as genuine as possible. Our tours are different in that way, it's all about having fun and relaxation while experiencing new things in beautiful surroundings. We start off as strangers but during the tour we make new friends forever.

E-mail: post@polaradventures.no

Phone: +47 909 89 995



Polar Cabin



Once upon a time, there was a cabin in a beautiful forest surrounded with spectacular nature in Northern Norway. This cabin is perfect base for outdoor activities like observing the Northern Lights, snowshoeing, hiking, skiing, or just relaxing, reading books, listening to the birds. Our activities are special and only in a small group. We focus on quality and you will be served delicious food, adventure, information and service. We will be happy to share with you our special place in a beautiful landscape and comfortable, cosy and warm Polar Cabin. If you want to have it all with best quality and not feel so "touristic", come to Polar Cabin. For more information, check our website: www.polarcabin.no.

E-mail: post@polarcabin.no

Phone: +47 974 37 991



Sørøya Havfiskecruise



As owners of Sørøya Havfiskecruise we can proudly introduce ourselves as pioneers of winter tourism by boat in Tromsø. Our slogan is; quality over quantity! We live on board ourselves in the wintertime. Norwegian skippers and crew with great knowledge and years of experience, makes this a safe and memorable trip. Since 2006, we have offered boat trips to our guests with our solid and cosy catamaran MB Havcruise. Custom made for tourism such as Northern Lights, fishing, and fjord cruises. A maximum of 12 guests per trip provides a social and a cosy atmosphere. All food served is rich in tradition and of the highest quality.

E-mail: post@havcruise.no

Phone: +47 948 43 500



The Arctic Drive



The Arctic Drive has standard adventure tours and special tours adapted to you all year round. We are widely known among celebrities and high-ranking VIP clients. Whether you are alone or with a large group, we arrange for fantastic Arctic experiences and great memories! Experience all this: safely driving a Toyota Hilux converted Arctic Truck such as Top Gear drove to the North pole in 2007; on a Jet Ski or flying on our Flyboard, with a helmet and warm suit on a snowmobile ice fishingtrip or fishingtrips driving the coolest side by side 4X4... We have all the cool fun stuff!

E-mail: hello@thearticdrive.com

Phone: +47 971 30 001



Tromsø Arctic Reindeer



We are a traditional reindeer herding family offering authentic Sami reindeer experience with over 300 reindeer at the camp within a 30-minute drive from Tromsø. We offer a number of tours, including reindeer sledding, and you will be hosted by local Sami reindeer herders who will show and teach you about reindeer herding and Sami culture. You get to feed these magnificent animals and experience the joy of being close to the reindeer, the feeling of coming into a warm lavvu (Sami tent) and gamme (Sami Wooden Hut), the smells and tastes of traditional Sami food and the sounds of the traditional joik.

E-mail: info@tromsoarcticreindeer.com

Phone: +47 983 13 038 or +47 957 59 710



Tromsø Golf

The world's northernmost 18 holes golf course. With us you can enjoy a golfing while being surrounded by beautiful landscape. The course offers challenges for everyone, beginner as well as for the experienced golfer. On our website (www.tromsogolf.no) you can find an overview of all our different holes. At our golf course, you can play in the Midnight Sun with views to the Lyngen Alps. Welcome!

E-mail: bjorn@tromsogolf.com

Phone: +47 907 66 520



Tromsø Lapland – Saami Experience



We would like to invite you to meet our beautiful reindeer and join a family-friendly reindeer-safari with the stunning Lyngen Alps in the backdrop. Our company was established in 2009 and has the longest experience of running Saami culture and reindeer-sledding tours in Tromsø. Saami are the indigenous people of Scandinavia and have lived and worked with reindeer for centuries, giving us countless generations of knowledge about the fascinating and charming creature that helped us survive in this extreme Arctic nature. Our expert guides will reveal the secrets of surviving life in the cold and display treasures from our culture.

E-mail: post@tromsolapland.no

Phone: +47 918 57 635



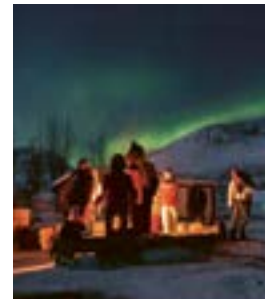
Tromsø Outdoor AS



Driven by passion, love for our place and nature, being active outdoors. Focused on good equipment, local development, good work environment, professional advice, friends and family time, trying new things. We do what we love and we share our lifestyle with Tromsø visitors. Our speciality is guiding outdoor activities. In the summer e-bike tours, November to April snowshoeing, cross country skiing, introduction to randonee skiing trips. Rental offers: Over 200 bicycles · Winter clothes and boots · Skis (XC and Randonee), splitboards · Snowshoes · Tripods, headlamps · Camping gear · Fatbikes, winter bikes. website: www.tromsooutdoor.no

E-mail: post@tromsooutdoor.no

Phone: +47 975 75 875



Tromsø Safari



Tromsø Safari is the leading activity company in Tromsø and provides a wide range of fun and scenic activities, embracing the natural beauty and culture of Tromsø and Northern Norway. We offer an easy way to explore our exciting part of the world, but at the same time maintaining and strengthening local pride and involvement. Tromsø Safari is locally owned and operated. Our philosophy is based on maintaining our strong local connection by tight cooperation and involvement with local land owners, activity operators, guides, and others, which will contribute to a better tourism destination for our guests and locals for today and the future.

E-mail: info@tromsosafari.no

Phone: +47 953 02 888



Tromsø Villmarkssenter



30 years ago, the renowned dog sled racer Tove Sørensen opened her home to guests from all over the world. Since then, she and her family have dedicated their life to educating visitors about Alaskan huskies, dog sledding and the arctic nature through sustainable outdoor activities. On our programs you will not only experience everything we love about our home, but discover your very own inner connection to the Arctic. Whether you let us teach you how to drive a sled, escape all stress in a kayak under the midnight sun or help us train our sled dog puppies – Tromsø Villmarkssenter is your home in the wilderness!

E-mail: mail@villmarkssenter.no

Phone: +47 776 96 002



Northern Light Dog Adventure



Spend a memorable day as a musher off the beaten track. Join a North Norwegian family and be actively involved throughout, from the briefing around the kitchen table to looking after your own dog team and helping to feed them. We only offer this quality product to small groups because we want you to get the most out of this beautiful adventure. Participants must be in good shape and want to be actively involved. We provide all necessary gear, instruction, hospitality and one coffee break. Two people on each sled.

E-mail: post@northernlightdogadventure.com

Phone: +47 930 23 819



WildSeas



Our concept is to develop unique, exclusive wilderness safaris carefully crafted with quality, comfort and excellence in mind. We provide our guests with unforgettable arctic adventures in the winter wonderland of Tromsø, including Whale Research Safari & Aurora Spirit experience, Fjords & Arctic Wildlife Safari & Polaria aquarium and Northern Lights Dinner Cruise on-board our tall ship SS Johanna. We fill our summer with midnight sun dinner cruises from Tromsø and adventures in the spectacular Lofoten islands. Try our signature Glamping, kayaking, hiking, Trollfjord & Wildlife Safari as well as an exceptional organic goat farm and cultural experience.

E-mail: info@wildseas.no

Phone: +47 900 78 896



Northern Sea Adventure



The Northern Sea Adventure history starts with the company founder Kenneth Tårnes. Kenneth has a solid maritime experience, surviving 17 years in the Norwegian Navy, and he wanted to use this experience to create his own tourist company with high focus on safety at sea. MS Aafjord has an European Security Certificate issued by Norwegian Maritime Authorities in 2017. The ship was inspected and certified for 5 new years in 2018. Offering fjord cruises, Northern Lights hunting, fishing tours and wildlife safaris. Their vision is high focus on safety, quality – and fantastic nature experiences in the arctic.

E-mail: kenneth@northernsea.no

Phone: +47 913 97 076



Skittenelv Camping



Camping ground with cabins and sites for tent, camper vans and caravans. The camping is located 25 km north of Tromsø, by the seaside. We offer a variety of exciting activities. You can among other things, have a swim in the northern most heated outdoor pool with a 50 meter waterslide, and a small wading pool with slide for the smallest children. The pool has a temperature of 28 to 30 degrees. You can also play miniature golf, barbeque, rent a boat and go fishing. Skittenelv Camping is the perfect place for you if you want to get out of the city and explore the countryside of Tromsø.

E-mail: post@skittenelvcamping.no

Phone: +47 468 58 000



Helitrans



Experience breathtaking views of the fjords and alpine mountains of Troms. Helitrans is one of Norway's biggest helicopter operators and we can help you getting a unique experience out of your stay. Our helicopters can seat 5 people, and we adhere strongly to our motto: Mission first, Safety Always!

E-mail: ordre@helitrans.no

Phone: +47 483 13 000

Other activity providers

Arctic Event Balsfjord

E-mail: post@arcticeventbalsfjord.no
Phone: +47 907 76 713

Enjoy The Arctic

E-mail: contact@enjoythearctic.no
Phone: +47 978 35 778

Polar Charter

E-mail: booking@polarcharter.no
Phone: +47 975 23 250

Solbø Maritime AS

E-mail: post@solbomaritime.no
Phone: +47 976 91 533

Karlsøy Buss AS

E-mail: aurora@karlsoybuss.no
Phone: +47 930 00 728

Aurora VIP

E-mail: morten.strand1@gmail.com
Phone: +47 959 36 514

Farout

Email: info@farout.no
Phone: +47 466 44 966

Nordens Paris Charter

E-mail: r-lorent@online.no
Phone: +47 93485368

North Tour

E-mail: booking@north-tour.com
Phone: +47 41463702

Symbol: nordlys, hundekjøring, overnatting

Polar Yacht

E-mail: contact@polaryacht.com
Phone: +47 90039086

SamiCamp

E-mail: booking@samicamp.com
Phone: +47 993 44 098

Tromsø Activities

E-mail: tromsoactivities@gmail.com
Phone: +47 98899268



A true Sámi Experience

We Sámi's have been living and working with reindeers for centuries and we would like to invite you to visit our authentic Sámi camp. Our company, Tromsø Lapland was established in 2009 and has the longest experience of running reindeer sledding and Sámi culture tours in Tromsø.

PHOTO: TROMSØ LAPLAND

Reindeer sledding is one of the oldest means of transportation in the north and now you can join us for an unforgettable experience in the Arctic. We'll make the sled all set for you and together with our Sámi guides you'll ride under the Northern sky with breathtaking views of the Lyngen Alps.

Back at our camp you will get a chance to feed our hundreds of reindeers, and bond with them up close and personal. Hopefully, you will learn to cherish and respect these curious and furry creatures just like we do. Our tours includes tasting a traditional Sami meal gathered around the bonfire in our lavvo. We'll of course share stories of our unique ancient culture and show you traditional artifacts and treasures.

We welcome you to join one of our exciting tours!



CONTACT US

Phone: +47 918 57 635

E-mail: post@tromsolapland.no

www.tromsolapland.no

Breathtaking view

The Cable Car, mostly known as "Fjellheisen", offers the most spectacular view towards Tromsø City. During its years, it has made itself the city's most known attraction in Tromsø. Fjellheisen is proud to offer the best view over Tromsø at 421 metres above sea level.

PHOTO: GUNNAR MAGNE BERG

The history of the cable car goes back to 1961, when four brothers got together and built it after earning some money in fisheries, seal hunting and polar expeditions. In the early sixties, there were few tourists in town except for holidaymakers from Sweden and Finland. Today the Cable Car have about 180.000 visitors a year and it just keeps coming. The journey up the mountainside takes just four minutes. When arriving on the viewing platform at the upper station, you can enjoy the views over the surrounding mountains and fjords. After

enjoying the landscape, you are invited in to Fjellstua restaurant for a taste of local food and snacks. During the winter season, it is the perfect location to enjoy a good meal while waiting for the Northern Lights.

Fjellstua restaurant is open all year around and serves local dishes like, reindeer burgers, bidos stew and of course Tromsø's best Norwegian waffles. From around 20 May to around 24 July, the Midnight Sun can be seen from Mount Storsteinen. Nothing can compare to enjoying a cold drink while the Midnight Sun fills the horizon. Come and experience the view for yourself!

Welcome!



Fjellheisen CONTACT US
Phone: +47 776 38 737
E-mail: post@fjellheisen.no

www.fjellheisen.no



Play together

Most of Tromsø's attractions can be enjoyed by curious minds of all ages. Visit Polaria at seal-feeding time to enjoy the cute seals' daily training sessions. The Science Centre offers wonderful interactive fun and discovery, as well as educational films in the Planetarium. A ride on the cable car Fjellheisen is thrilling in itself and offers the best views of Tromsø island. In the summer, you can go for gentle walks from the upper cable car station. Tromsø University Museum is a firm favourite with children. Learn about the Vikings, the Sami Culture, archaeology and the challenges of the natural world here in the Arctic.

PHOTO © VEGARD STIEN





Fun for families

Tromsø can offer a wide range of family friendly activities. Here are a few ...

TEXT: ZILLAH BUGEJA & HIJIRI TAKAGI.
PHOTO © VEGARD STIEN

First, let's talk about the free stuff:

- *Charlottenlund* near Prestvannet on the island is a recreational area with playground and barbecue pits. Tobogganing, cross-country skiing, ice skating and snowshoeing in the winter
- *Telegrafbukta*: beach and recreational area with playground and barbecue pits
- Easy hikes (See p. 60 or ask for recommendations at the the Tourist Information Centre)
- *Strandtorget* play area in the city centre

- *The Botanical Gardens* has a small play area
- *Folkeparken* outdoor museum (Sundays, summer only)
- Play areas belonging to schools, after hours
- *The library* has a nice children's section for reading and drawing

Activities in Tromsø:

- *Tromsø AlpinPark*: downhill ski centre.
- *Ice skating*: outdoors/indoors in the winter.
- Tobogganing, cross-country skiing and snowshoeing in the winter.
- Have fun bowling.
- Go to the cinema.
- Rent bikes and go cycling.
- Swimming at *Alfheim swimming pool*, Tromsøbadet (opening in autumn 2019), *Stakkevollan* (p. 64-65) or at *Enter St-Elisabeth Hotel* (p. 108).
- *Leo's Lekeland* is an indoor play area near *Jekta* shopping mall.
- Check out *Tromsø Mini Zoo*.
- Reindeer sledding is a really nice family-friendly activity as the sleds don't go that fast and you can enjoy the scenery, touch the animals, and learn a bit about the

- Sami people and their culture.
- Take a day trip to *Grottebadet* water park. Buy return tickets with the express boat from Tromsø to Harstad on Saturdays.

Activities in the Tromsø region:

- Visit the family-friendly downhill, snowboarding and cross-country centre in *Målselv Fjellandsby* (p. 65)
- See the wildlife in *Polar Park* (p. 65),
- Meet the *Senja Troll* – the world's largest troll statue - located on *Senja island* (p. 114).
- *Spaceship Aurora* in *Vesterålen* takes the entire family on an exciting virtual journey in to space (p. 125).

The activities in the region require your own transport.

Read more about how to get to the Tromsø region on p. 110. The Arctic Route bus goes to Målselv and Polar Park between December and March (p. 128). Please check opening hours of attractions. For more information about public transportation, see p. 131 or visit www.tromskortet.no

Let's go hiking

There are a lot of mountains in the Tromsø region. Here is a guide to three family friendly hikes.

Easy (summer/winter) Ørnfløya

Brensholmen 154 m above sea level

Duration: 1 hour

Bus: Route 420 and 422 from Prostneset in city centre. Ask to be let off in the crossroad between Tromsø/ Brensholmen/ Sommarøy.

Parking: By the road in a layby next to the starting point.

A popular hill with an amazing view. Follow the marked route along the trail from the road close to the crossroad between Tromsø, Brensholmen and Sommarøy. From the top, you have an amazing view to Sommarøya and Hillesøya in the north-west, in the southwest you can see Senja and Hekkingen, and north you can see the characteristic Håja. When you get down it is nice to take a walk around Sandvika beach.

Dress for the weather

Even in summer when the weather is nice and warm, colder temperatures and wind can surprise you on the top. Good hiking shoes is important. Read about how to dress on page 10.

Medium (summer/winter) Rødtinden

Kvaløysletta 470 m above sea level

Duration: 1,5-3 hours

Bus: Route 42 from Sjøgata S4 in the city centre

Parking: By the ski hut at Storelva stadion

A popular mountain close to Tromsø city centre. Start by the lights for the ski track and follow the track until the path turns left, while the ski track turns sharp right. The path goes all the way to the top. Great views.

Medium (summer) Storsteinen

Tromsdalen 421 m above sea level

Duration: 2-3 hours roundtrip

Bus: Bus 26 goes from Sjøgata S1 in the city centre

Parking: You will find a parking area beside the lower cable car station. Remember to pay for your parking.

Storsteinen – “The big rock” – is a classic Tromsø hike with perfect view over the city. You can choose between different routes with different difficulty levels. You can take the path to

the right of the cable car house, or the new Sherpa built steps to the left of the cable car house. If you are very sporty, it is also possible to walk up straight under the lift. Be aware that this route is quite steep. If you want to save time and your knees, you can also choose to take the cable car one-way (up or down). Just remember to buy a ticket. In winter we recommend you take the cable car both ways. The Cable Car is also disability friendly – with a ramp at the lower station and wheel chair lift at the upper station. If you feel like walking further than Storsteinen, you can continue to Fløya Mountain, which is a bit further up (671 m above sea level).

Let's go fishing

Tromsø region is an Eldorado for anglers and we welcome you to our fishing wonderland. Don't forget to bring your fishing gear when travelling here.

TEXT: INGER-LISE BRONES & KYLE PARSONAGE. PHOTO © PRIVATE

Sea Fishing

Most common species:

- Cod
- Haddock
- Halibut
- Pollock

WERE TO FISH:

- **Straumhella**, also known as Hella, is easily accessible by bus from Tromsø city centre (approx. 40mins). Remember to check the tides in advance. The fish bite best 2 hours before high tide to 30 minutes after.
- **Futrikelv/Kvalsundet** on Kvaløya is a great place to fish from land. Only a 30-minute drive from Tromsø City Centre.
- **Håkøybrua** (Hakøya/Kvaløya) is a nice place to fish from the single lane bridge, which connects Håkøya to Kvaløya. It is within bicycle distance from Tromsø City Centre, and is also easy to reach by bus (approximately 30mins).

Licences & regulations

Note that you do need a license for all fresh water and river fishing in the Tromsø region. Please check the local rules and regulations. If you haven't fished before or did not bring your gear, you can book a fishing trip with one of our activity providers. Please visit www.visitromso.no for more information and book your fishing adventure. Rules for recreational fishing in Norway.

Please visit this website:
<https://www.fiskeridir.no/English/Recreational-fishing>.



River & freshwater fishing

Most common species:

- Salmon
- Sea trout
- Arctic Char
- Brown Trout

WHERE TO FISH:

- **Ringvannet on Ringvassøya**: The fishing season from 1st July until mid-August. Great possibilities for trout, sea run trout and salmon. A fishing license is required and can be purchased at www.inatur.no
- **Tønsvikelva**: Located a short distance from Tromsø (approximately 20 km). This spot is wellknown for sea-run trout. Fishing licenses can be purchased from Skittenev Camping (post@skittenevcamping.no).
- **Kattfjord Lake**: The most common species here is trout. A fishing license is required. Please contact post@kattfjordutviklingslag.no for information related to fishing and fishing licenses in this area.
- **Målselva river**: If you wish to fish bigger salmon, Målselva is a 2 hour drive from Tromsø City Centre. Please contact Rundhaug Gjestegård (post@rundhauggjestegard.no) or Målselv Fjellandsby (booking@maelselvffjellandsby.no) for more information about fishing in the Målselv area.



A Musher's Home

Tromsø Villmarkssenter is a family-run dog sledding business, founded 30 years ago by the renowned dog sled racer Tove Sørensen. Tove and her son Torkil have dedicated their lives to their love of Alaskan Huskies, the arctic nature, and the dog sledding lifestyle. The Villmarkssenter is their home and the heart of their everyday life.

PHOTO: TROMSØ VILLMARKSSENTER

Each of our programs is an invitation to our guests, to share our daily life and experience first-hand all the things that make us happy.

In summer, you can go hiking with the huskies, join a puppy training session, or go kayaking under the morning or midnight sun. And in winter there are dog sledding trips, snowshoe hikes or you can visit the 300 Alaskan Huskies under the northern lights. You can even follow Tove and Torkil on a multiday sledding expedition!

In addition to running the family business, Tove and Torkil have competed numerous times in some of the world's most extreme dog races. The huskies you meet at Tromsø Villmarkssenter are not just cute and cuddly dogs, they are professional athletes tested at the highest level!

Tove has entered Finnmarksløpet (Europe's longest dog sledding race) an impressive 21 times. Torkil was

basically born on the sledge. He started sledding at the age of 4 and now races with her every year.

In 2006, Tove completed the world's longest dog sled race in Alaska, The Iditarod. Even though she was injured and lost sight in one eye during training, she still decided to compete and finished as number 28 and even won the "Rookie of the year" award!

After I first read about it, it was never an option not to race. It was an unforgettable experience, says Tove. My next goal is to race it together with Torkil!

Behind all these activities stands the deep love of this family for their Huskies.

Our lives revolve around our dogs. They are at the same time our closest coworkers, our most important resource and most valuable investment. Our whole company depends on their health, happiness and willingness to work with us. And my dogs only give everything for me, because they know I will give everything for them. At our center, everyone has to be like family, to support each other in good times and bad times. So visit us and become part of the Tromsø Villmarkssenter family!



CONTACT US

Phone: +47 776 96 002

E-mail: mail@villmarkssenter.no

www.villmarkssenter.no

Family fun

Learn more about our suppliers who will inspire you create unforgettable memories.



The Cable Car

The Cable Car is Tromsø's most popular tourist destination. From the large outdoor terrace, you can enjoy the spectacular panoramic view of Tromsø and the virtually endless sight of islands, fjords, mountains and the open sea. If you look in the other direction, you will see the majestic mountain Tromsdalstinden, which towers 1,238 m above sea level. In summer, the panorama deck at the upper station provides excellent opportunities of seeing the Midnight Sun, while in winter it's an ideal place for hunting the magical Northern Lights.

E-mail: booking@fjellheisen.no

Phone: + 47 776 38 737



Blue Vision



Would you like to learn more about the Atlantic salmon and how it's produced? Blue Vision is a viewing center for salmon farming owned by the fish farming company Gratanglaks AS. By visiting Blue Vision you'll learn about modern, Norwegian aquaculture through interactive screens containing information, games, pictures and films. We also send live footage from our facilities at sea where you'll see the salmon being fed. The viewing center is adapted to all ages and is therefore perfect for families. Where to find us: On the 2nd floor at Kystens Hus. Opening hours: Monday-Friday 08:00-16:00. Free entrance. Welcome!

E-mail: bluevision@gratanglaks.no

Phone: +47 975 35 440



Tromsø Arctic-Alpine Botanic Garden



Discover the beauty of alpine flowers from around the world as well as plants from the Arctic. Many exotic species, like the iconic blue poppy of the Himalayas. The collections of Primula and Saxifraga are renown among rock garden societies. Herb garden with medical and traditional food and dye plants. Small café with shop open during the summer. The garden is only a 5 minutes' walk away from the Tromsø Cruise Port – follow the blue flowers painted on the pavement. Open 24/7, entrance free of charge.

E-mail: postmottak@tmu.uit.no

Phone: +47 776 45 001



Nordnorsk Vitensenter (science centre)

Are you just a little bit curious? What if you could explore the layers of the atmosphere in the northern light elevator, play with the magnetic field, or produce energy in a hamster wheel? These are a few examples from the exhibition themes reflecting our northern location, energy and environment, the sky, the climate, and the human body. Our interactive exhibits engage the senses, suit all ages and demonstrate the diversity of nature and technologies surrounding us. Each Sunday, engaging activities take place in one of the labs. Entrance to the Science Centre and planetarium – breathtaking full-dome northern light films are shown all year - is included in the admission fee. For more, see: www.nordnorsk.vitensenter.no

E-mail: post@nordnorsk.vitensenter.no

Phone: +47 776 20 945



Tromsø University Museum



Discover the Sami culture past and present through comprehensive exhibitions. Unique interactive Northern Lights exhibit - try making your own Aurora! Find out about Northern wildlife, whales and climate challenges. Experience the Stone Age use of fire, see the oldest chewing gum in Norway, and enter a Viking longhouse. Admire beautiful Medieval and Lutheran church art from the North. The museum is open 360 days a year. A Sami turf hut outside is open during the summer. Well-stocked museum shop with quality gifts. Free parking!

E-mail: postmottak@tmu.uit.no

Phone: +47 776 45 001



Norfishinfo



Welcome to norfishinfo. Centrally located in Tromsø city, yet only a short distance to major fishing adventures and nature experiences! We offer fishing and adventure tours on the bay for families and for small groups up to 6 people. Our specialty is tours for family / friend groups who want a nice experience at sea in an intimate atmosphere aboard "Marine Xellent", comfortable and modern 32 foot boat with seating inside and outside on the deck. We visit fishing spots near Tromsø, where anyone can try fishing, or just enjoy the sea air, and the surrounding nature. In the winter months there are the popular whale watching tours and the hunt for the Northern Lights on the program. Everyone, children and adults are safeguarded in a good way on board "Marine Xellent". Warm clothes, life jacket and drink / snacks and food included on all our tours. Welcome aboard.

E-mail: mail@norfishinfo.com

Phone: +47 911 74 763



Polaria – Meet the Arctic

Located in a distinctive building resembling ice floes pressed up on land, the Arctic marine experience centre is just a five-minute walk from downtown Tromsø. Polaria showcases research on climate and the environment in the Arctic region through interesting knowledge-based exhibits produced in collaboration with scientists from the Fram Centre. Polaria presents aquariums featuring seals, fish and marine animals from Arctic and Subarctic regions. The panoramic cinema screens films about the Svalbard wilderness and Northern Lights. The Polaria shop sells unique gifts and souvenirs, and the café serves light refreshments every day year-round.

E-mail: booking@polaria.no

Phone: +47 777 50 100



Ishavstoget

Hop on to a small train though the Capital of the North Tromsø with the only train ever in town. City and Panoramic Tour: round trip through Tromsø's pedestrian street, heading southwards along the waterfront, higher up with a view and back through historic skansen. Commentary in Norwegian, English, German, French, Spanish, Italian, Russian and Chinese. The train runs from 1st of June until 31st of August between 11am and 4pm. Meeting point: Storgata - pedestrian street.

E-mail: tefurnes@online.no

Phone: + 47 908 81 675



Ice skating hall



Everyone is welcome to Norway's most northern ice-skating hall, which also have a small café. It's possible to rent skates, helmets and penguins (support for smaller children) if one doesn't own the equipment themselves. Opening hours are Tuesdays between 19:00-21:00, Saturdays between 11.00 – 14.00 and Sundays between 15.00 – 18.00. The opening hours can be reduced some days due to match activity, so it is wise to check the website before your visit. Opening period is medio October – end of April

E-mail: idrett@tromso.kommune.no

Phone: + 47 912 42 074



Ice skating track



Go ice-skating in the world's most northern outdoor speed skating track. It is possible to rent skates, helmets and supports for smaller children in the café, which the local skating club runs. The speed skating track opening hours are Mondays/Wednesdays between 17:15-20:45 and Saturdays/Sundays between 11:00-16:00. Since it's an outdoor track it could be closed on short notice because of the weather. Opening period is beginning of November to the end of February.

E-mail: idrett@tromso.kommune.no

Phone: + 47 906 21 62



Stakkevollan swimming pool



Swim in an indoor facility where there is an exposed mountainside. Stakkevollan opening hours are Mondays/Wednesdays between 16:00-22:00 and Saturdays between 10:00-16:00. The swimming pool has a ramp for wheelchairs, and a small kiosk. The pool is closed during public holidays.

E-mail: idrett@tromso.kommune.no

Phone: + 47 776 72 770



Alfheim swimming pool



Swim in one of Tromsø's oldest swimming pool, which even has a fantastic view. Alfheim swimming pool has a 25m pool and a 10m paddling pool, a diving board that is 3m and a small kiosk. The swimming pool is open daily, and is located just out of the city centre.

E-mail: idrett@tromso.kommune.no

Phone: + 47 777 90 426



Tromsøbadet



A bit cold outside? Why not pamper yourself with a relaxing day at Tromsøbadet! Take in the panorama views from our heated outdoor pool and wellness area. Heat up in our hot Finnish sauna and steam bath. Finish off with a refreshing dip in our plunge pool, if you dare! For active swimmers, our Olympic size pool with diving facilities up to 10-meters is just the right thing. A wave machine, paddling pool and exciting water slides will keep the kids occupied. In the evening, join us for some Arctic wellness, Nordic bathing and sauna culture, after doors have closed to the public. Who knows, if you are lucky you may even catch a glimpse of the Aurora from our heated outdoor pool.

E-mail: info@tromsobadet.no

Phone: + 47 776 55 000



Polar Park



Polar Park Arctic Wildlife Centre is the world's northernmost animal park, and home to Norway's large predators such as bears, wolves, and lynx as well as deer, moose, reindeer and muskox. Our main goal is to create a Norwegian wilderness experience with the beautiful surroundings of Northern Norway's nature as a setting for your visit to Polar Park.

Address: Polar Park N-9360 Bardu

E-mail: post@polarpark.no

Phone: + 47 482 40 000



Måselv Mountain Village



Far north of the Arctic Circle, but still easy to get to! Måselv Mountain Village is a resort that is particularly wonderful for guests who want to combine Arctic activities and accommodation. Visitors will discover wonderful ski slopes, cross-country skiing trials with panoramic views, facilities for children, a ski café/restaurant, pub and sports shop. At the Welcome Centre the guests can buy lift passes, souvenirs, book ski school, and hire rental products. The large range of activities on offer includes the downhill slopes, wonderful prepared cross-country ski trails, a freestyle ski park, dog sledding, Sami experiences, an indoor water park and much more. In the summer, our guests can try fishing, biking and hiking in the unforgettable Midnight Sun.

Address: Myrefjell, 9321 Moen

E-mail: booking@malselvffjellandsby.no

Phone: + 47 941 40 000

Urban Arctic

Tromsø is a vibrant city with a rich and diverse cultural scene. You will find everything from exciting events, pulsating nightlife and a wide range of shopping opportunities. Large and small concerts are arranged year round, and the streets in the city centre are full of restaurants and bars that combine local produce with international flavors. Tasting the North Norwegian delicacy “stockfish” is mandatory. Let’s not forget the shopping. In Tromsø you can find everything from knitwear to arts and craft, interior, jewellery, high fashion, vintage treasures, local food products and souvenirs.

Welcome to the urban arctic!

PHOTO © DAVID JENSEN/RAKETT NATT



Force of nature

Alice Marie Jektevik (29) has always had an urge to stand up to injustice in society. It's no wonder then that she ended up as festival producer of Riddu Riđđu – one of the world's largest indigenous festivals.

TEXT: BERIT HØISEN & LONE HELLE. PHOTO © JANITA ZENTENO

“Riddu Riđđu is a protest against injustice. We do something that other festivals don't do and we do it in a very cool way. We have a vision behind all the artists we book and all the events we organise. The festival has respect for people and a strong sense of ethical values woven into its DNA. This matches my personality. When things are unfair or unbalanced, it's even more important for me to stand up to them,” says Alice Marie Jektevik.

In the summer of 2019, the 29-year-old will produce her second festival, which will be the 28th in the festival's history.

“I just met a woman who commented that the best concert she experienced in 2018 was by an Australian hip-hop artist in a lavvu at Riddu Riđđu in the middle of the night. It's cool to be able to give people experiences like that,” says the festival producer.

Small storm, big festival

The village of Manndalen in North Troms has a permanent population of around 600, but Europe's largest indigenous festival – Riddu Riđđu – takes place here every summer. When the village plays host to 7,000 festival-goers over a three-day period, everyone turns up for a gigantic, collective effort.

“To ensure everyone has a place to sleep, artists and guests are accommodated in private houses, cabins and fishermen's cottages. Everyone helps. This is the tradition here in Manndalen. It's a very hospitable place,” says Jektevik.

Riddu Riđđu means “A small storm on the coast” in the North Sami language, and it's not without reason that the festival has gained precisely that name. The festival was founded in 1991 with a desire to change the world.

Facts

Who:

Alice Marie Jektevik (29)

What:

Buvttadeaddji / Producer,
Riddu Riđđu Festivála

Where:

Olmmáivággi /
Manndalen

Food:

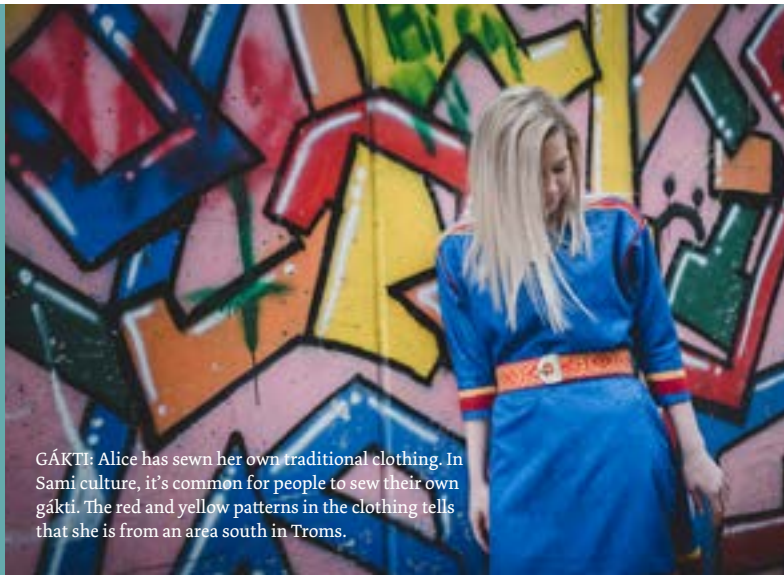
Guolli / Local fish

Drink:

Šjampánje / Champagne

Instagram:

@djeesalice



GÁKTI: Alice has sewn her own traditional clothing. In Sami culture, it's common for people to sew their own gákti. The red and yellow patterns in the clothing tells that she is from an area south in Troms.

“Young Sami people today have one foot in traditional Sami culture and the other in urban society.”



A group of local youth gathered for a barbecue and started discussing their identity and roots. They wondered why being Sami was associated with shame. They decided to be proud of their Coastal Sami background. They wanted to turn shame to pride through music and culture, but they faced much resistance. Road signs featuring Sami names were shot at and the youth working for the festival were laughed at and faced strong resistance. Families were split, but the youth did not give up.

“Riddu Riddu has developed a lot since those days. Today, the festival is part of Manndalen’s identity. It’s a big and important festival with a strong international indigenous profile. Riddu is an important voice for the world’s indigenous people and is better known abroad than it is in Norway. It doesn’t matter where we go, we always meet people who know about Riddu Riddu,” says Jektevik.

Journey to identity

The 29-year-old grew up on the island of Kvaløya in Tromsø, but later moved to Oslo. While in the capital, she discovered her Sami roots and started learning the Sami language.

“Learning Sami as an adult is difficult, but I can speak some and hopefully will learn more going forward. The process has been a bit difficult but it’s also very cool. My grandparents are Coastal Sami. My grandfather is from Andørja in Troms where I have spent a huge amount of time. Our family fished, farmed and herded reindeer. It took a long time before he started talking about his Coastal Sami background but, when he realised that I was interested, he opened up more,” says Jektevik.

Jektevik worked as a journalist for several years before switching to the cultural sector and becoming a festival producer.

“It started with working as a volunteer at Embla, a festival focusing on gender equality, and since then it has snowballed. I started a nightclub concept for Sami youth in Oslo that is still going strong, and in 2016 I helped arrange Sápmi Pride in Kautokeino,” she says.

When the chance to become festival producer of Riddu Riddu came along, Jektevik was never in doubt. She wanted the job – and she got it.

“I have always made slightly impulsive choices and moving from Oslo to Manndalen is probably one of them. I’m really pleased I took this opportunity.”

From knowledge to acknowledge

The role of festival producer offers exciting and varied

work, which involves a lot of travel to check out artists for the festival.

“We book indigenous people from all over the world – from Russia and Alaska to Australia and New Zealand. Riddu has had everything from world-renowned hip-hop artists to Mongolian overtone throat singers on the programme,” says the festival producer.

Due to the festival’s profile, Jektevik works in the space where culture meets politics.

“Riddu plays an important role in the public discussion in Sápmi and Northern Norway. We put topical issues on the agenda from a Sami and indigenous perspective and aim to be a voice for indigenous peoples. We also put a lot of effort into cultural understanding and into building bridges between people from different countries.”

The battle for Sami people to gain respect and acceptance in Norwegian society remains ongoing. Jektevik says while there is still a long way to go, it has become easier.

“There is still a lot of prejudice and ignorance among people, but thankfully much less than in the past. Sami are now more visible, and more and more people are discovering that they have Sami roots or that they know someone who is Sami. It then becomes less unfamiliar and scary.”

However, even though a lot has improved, Jektevik is preoccupied with the fact that we still have a long way to go in Norwegian society.

“I hope we get to the stage where people regard Sami as a natural part of Norway, and that it becomes normal to see Sami signs and hear Sami language. For most people, it’s still unclear who the Sami are and that the Sami are different. While some do traditional reindeer herding, others grow up in the city and study. It’s important to be accepted for who you are. Young Sami people today have one foot in traditional Sami culture and the other in urban society.”

Learn a little bit of Sami:

Bures!
Hello!

Mu namma lea...
My name is...

Mii du namma lea?
What’s your name?

Sidatgo gáfe?
Would you like some coffee?

Lasit mu snapchatas
Add me on snapchat.

Riddu Riddu lea máilmmi
buoremus festivála!
Riddu Riddu is the best
festival in the whole world!



Tromsø Favourites

Hike:

Sálašoaivi / Tromsdalstinden. Is it possible to fall in love with a mountain? If yes this is the one.

Place:

Sállir / Kvaløya where I grew up. This island has it all: Amazing mountains, sandy beaches, whales in the fjord. Go see it!

Activity:

Outdoor festivals during the summer, Tromsø International Film Festival in the winter..

Favorite place in the city centre:

Risø mat & kaffebar.

Travel essentials:

Wool socks, called “læsta” by the locals. Year round, life is too short to have cold feet!

URBAN AND TRADITIONAL: Alice enjoys having one foot in each culture. The silver brooch she wears was the first Pride brooch made at Juhls’ Silvergallery in Kautokeino to mark the first Sápmi Pride event.



Festival director Martha Otte at her favourite venue. Verdensteatret cinema opened in 1916. Today, films are screened daily by “Verdensteatret Cinematek”, a part of the Tromsø International Film Festival foundation.

Facts

Who:

Martha Otte

What:

Festival Director

Where:

Tromsø / Hayward, California

Food:

Nothing can beat a hot fish burger in your hand!

Drink:

A hot spicy apple toddy with fresh ginger

Instagram:

@tiffmartha

Film magic in the Polar Night

For many locals, Tromsø International Film Festival (TIFF) is a magical highlight during the winter darkness. Festival Director Martha Otte is now looking forward to inviting film enthusiasts to a festival for the 30th time.

Remember TIFF's 30th anniversary from 13.-19. januar 2020!

TEXT: LONE HELLE. PHOTO © MATS GANGVIK

The film dust has barely settled after the 29th edition of the festival when we meet the festival director for a film chat in the heart of the festival, Verdensteatret Cinematek.

“At the moment, I can’t say a lot about what’s going to happen in 2020. I hope we can gather some threads from the festival’s history and celebrate them together with the members of the audience who have attended faithfully the first 30 editions of TIFF, those who will attend the next 30 editions and everyone who fits somewhere in between,” says Festival Director Martha Otte

Dynamics and contrasts

Otte’s TIFF adventure started with a brief appointment for

the festival in 1998. And it has snowballed ever since. She has now sat in the director’s chair for 15 years and gives the city of Tromsø much of the credit for TIFF becoming such a huge success.

“Tromsø is the optimal festival city! A compact city centre surrounded by spectacular nature combined with a robust social life and a local population that’s curious about the world and open to new impressions. Add to that a festival profile that takes the audience seriously, trusts them, and challenges them with film experiences they didn’t know they needed. Film is an art form that is social by nature. It gathers people together in a dark room and demands their attention at the same time. The setting for the festival,



FOKUS CINEMA: The old cinema “Fokus kino” is today Tromsø’s fantastic library. Photo: iTromsø

the finest season in the north – the Polar Night, matches the cinema perfectly. I think our slogan “Frozen land, moving pictures” captures this perfectly. The fact that a film festival in the Polar Night at latitude 69 degrees north would be a success was not something that could be taken for granted, but in hindsight it still seems quite obvious,” says Otte.

And a success it has become. Every year, in the third week of January, downtown Tromsø is filled to the brim with people who are going to a film, have been to a film, are rushing to the next film – or just needs a break between films.

“If I had lived in a small town in the US with a population of 75,000, it’s unlikely it would have been as lively. Tromsø has a wonderful dynamic and social DNA. The contrasts between the darkness and light, and the closeness between the city and nature, break with the norm. Tromsø is not A4. The people are curious and open for more. This has helped shape the festival,” says Otte, who originates from California.

Playing with the format

TIFF made its debut in early 1991 – during the dark season. A season that many considered “dead” because there was virtually no life on the streets. The festival was intended to be a counterbalance to the strongly Hollywood-dominated cinema world of the day by screening alternative films from around the world. In those days, there were only two screening venues (Verdensteatret and Fokus), however, today TIFF screens films at 8 venues and 12 screens throughout the city.

“Take the old cinema, Fokus Kino. It’s better suited as a library, ha-ha. Nevertheless, it was a wonderful cinema. It had a high ceiling and you climbed stairs to enter the cinema. Today the audience need to go down stairs to reach most cinemas in the world which are generally underground,” says Otte.’

The film festival can report new audience records virtually every year. While ticket sales totalled 5,200 tickets during the inaugural festival, this figure had jumped to 60,342 in 2019.



OPEN AIR CINEMA: The polar season is perfect for outdoor screenings. Here the screen is made of snow. Photo: Ola Røe

TIFF has served the audience film screenings combined with beer tastings, karaoke and a dirty dancing dance party to mention a few. “We do special screenings because it’s fun! There are many ways to ‘unwrap’ the opportunities film presents”.

Outdoor screenings are another tradition that suits the dark season well. “In years gone by, we screened films outdoors on a screen made of snow, but we have stopped doing that. There are no guarantees when it comes to the weather in Tromsø in January. It can change in a matter of hours and a ‘snow screen’ deteriorates rapidly in mild weather. That detracts from the film experience. We still have outdoor screenings, but we now use a normal screen. We have chosen to focus on providing a good film experience outdoors in the Arctic environment.”

- What impact do you think TIFF has had on Tromsø?

“I hope many strong film experiences has made a difference to people over time.

We have a humanistic festival profile that deals with the world – getting to know other cultures and human destiny and a variety of perspectives.”

- What sort of films do you like best?

“Films that break the mould, that surprise me, and still manage to tell me something about human experience.”

The Festival Director is in no doubt when it comes to what she likes most about the festival. “I love being in the cinema when the lights go down, just as the film begins to unfold on the screen. I look at the faces of the audience lit up by the light from the screen. I can feel the sum of their expectations. A magical moment!”

Tromsø Favourites

Hike:

Walking along the quayside in downtown Tromsø early in the morning in the spring.

Place:

The cinema at Verdensteatret

Activity:

Watching a film at Verdensteatret.

Favorite place in the city centre:

Verdensteatret.

Travel essentials:

Using ice grippers under your shoes should be compulsory for everyone during the winter, but only outside.

History, culture & guided tours

Get ready to learn more and explore about Tromsø.



Northern Norway Art Museum

Nordnorsk Kunstmuseum makes space for ideas. Through art, we give a multitude of perspectives on North, life and the people inhabiting this landscape. In our galleries, you can see art from the Norwegian masters like Munch and Tidemand, contemporary masters like Hockney and OC Jenssen, and everything in between, in all shapes and formats. We present new, temporary exhibitions on a regular basis, in addition to our thematically organized exhibition from the museum collection. The entire museum is accessible for the disabled. Children are very welcome and can freely use our workshop or our drawing station. We also have a shop with gifts, books, jewellery and other design items.

E-mail: nnkm@nnkm.no

Phone: +47 776 47 020



The Polar Museum

Discover exiting stories of risky Arctic trapping and sea mammal hunting as well as courageous Polar explorers! Following its establishment as the "Gateway to the Arctic" in the late 19th century, Tromsø became a base for many polar expeditions. The Polar Museum preserves and conveys stories related to this aspect of the history of Tromsø and the Arctic. The Polar Museum's permanent exhibitions deal with sealing, overwintering trapping, the stories of famous trappers such as Henry Rudi and Wanny Woldstad, the expeditions of Fridtjof Nansen and Roald Amundsen. Lovely situated in an 1830s warehouse on the seafront. Museum shop.

E-mail: postmaster@polarmuseum.no

Phone: +47 776 23 360



Perspektivet Museum

Perspektivet Museum exhibits in a magnificent 1838 neoclassical building, showing stories from Tromsø's past and present and international documentary photography. It was established in 1996 with the purpose of developing and sharing knowledge as the basis for understanding connections in life, for creating tolerance of cultural diversity, and for offering alternative socio-cultural perspectives. The Museum has come to be known as an active environment for documenting contemporary life and for communication with the wider public. The museum belongs to Norway's national museum network and also participates in networks for minorities and cultural diversity. Café and museum shop. Free guided tours on Sundays at Folkeparken open air museum during the summer season.

E-mail: post@perspektivet.no

Phone: +47 776 01 910

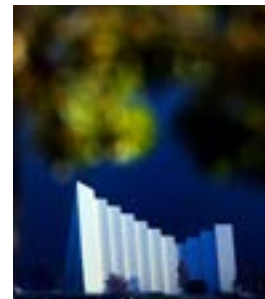


Tromsø domkirke

Tromsø domkirke, built in 1861, is the northernmost protestant cathedral and Norway's only wooden cathedral. This beautiful cathedral is open to visitors most days from 11.30-16.00. In addition, we can arrange special concerts for groups and guided tours. All year long, we offer a range of concerts and events. During the summer, the cathedral host regular concerts. Service in Norwegian are held on Sundays at 11.00, while services in English are held some Sundays and during holidays at 17.00 For more information visit our website <http://kirken.tromso.no>.

E-mail: post@kirken.tromso.no

Phone: +47 776 05 090



The Arctic Cathedral

Tromsdalen Church, also known as The Arctic Cathedral was dedicated in 1965. Architect Jan Inge Hovig succeeded in creating a masterpiece. It is a landmark of Tromsø, an active parish church and a popular concert hall. The main entrance on the western side is surrounded by a large glass façade with a pronounced cross. The fantastic glass mosaic on the eastern side was added in 1972, and is one of the biggest in Europe. We offer daily organ concerts and midnight sun concerts in the summer time and Northern lights concerts in February and March.

E-mail: booking@ishavskatedralen.no

Phone: +47 410 08 470



Husfliden – National Costume Production

At Norsk Flid Husfliden Tromsø, we make Norwegian traditional folk costumes all year round. In our shop you will find locally made handicrafts of excellent quality. We have a wide range of gifts for yourself, friends and family. Visit our website for more information: www.norskflid.no/tromso.

E-mail: tromso@norskflid.no

Phone: +47 777 58 860



Galleri NORD

Welcome to Galleri NORD in the heart of Tromsø. At our gallery you will find a variety of pictorial art, sculptures, handicrafts and design products from Tromsø and Northern Norway. Our artists are local, sami, regional and national artists who in different ways are inspired by the special characteristics of the North. We sell photographs of Northern Norway taken by award-winning photographers, art cards and gift articles. In addition to our own framing shop, the gallery provide ateliers for local artists - you are welcome to visit and watch the artists at work. We are open every day – including Sundays.

E-mail: post@gallerinord.no

Phone: +47 468 00 462



Polarstjerna

A monument to the tradition of Arctic Sea hunting, the MV Polstjerna (Polar Star) can be seen in a glass house at the waterfront just south of the city centre. You can observe it at any time from the pier. Built in 1949 and with 33 years of seal hunting activity, this ship alone brought back nearly 100,000 seals in total, contributing to the economy of Tromsø. The Arctic Society acquired the ship in 1981, and in 2010 the MV Polstjerna became a part of the collections of The Arctic University Museum of Norway. You can find out more from texts at the pier, or by visiting the Polar Museum.

E-mail: postmaster@polarmuseum.no

Phone: +47 776 23 360



Tromsø Kunstforening

Tromsø Kunstforening (TKF) has organized exhibition with local, regional and international artists since 1924 and is one of Tromsø's oldest cultural institutions. TKF show newer and experimental contemporary art. In our exhibitions and projects, we work with an international perspective but also with a focus on artists and themes relating to our region. TKF place considerable emphasis on creating reflection and discussion around art. For this reason, we arrange regular seminars, artist talks, and other events, which give the public knowledge and access to today's contemporary art.

E-mail: post@tromsokunstforening.no

Phone: +47 77 65 58 27



Full Steam Tromsø

Full Steam is located at the venerable old Bangsund bridge from 1902. Exhibition on the history of fisheries in Tromsø, from the Viking age to the mid-1900s. Focus on Skrei – migrating cod. We guide our guests through the important story of Codfish in Troms County, from boat to export, stockfish and the important role of the cod liver oil. The exhibition consists of old fishing gear that was used both on land and at sea, everything is genuine and has been used. Each tour lasts 1-1.5 hours and costs kr 590,- per person. Free admission for children under 15 years.

E-mail: booking@fullsteamtromso.no

Phone: +47 478 35 055



Sadio Nor Theatre

Be entertained and learn about the local culture here in the High North. We would particularly like to mention our theatre walks, where we guide you through the city while portraying people who made it more colourful. "The actors are professional and creative, and bring excitement, energy and joy to their performance. Our international group really enjoyed it!" - Silje K Vemoy, Event Manager, JCP Event. If you are a group or gathering coming to Tromsø, feel free to contact us about our performances! www.sadionor.com

E-mail: sadionor@sadionor.com

Phone: +47 480 49 924



Ludwig Mack Brewhouse

Guided Tour. The northernmost brewery in the world welcomes you to a guided tour. The tour includes a film about Mack history, a presentation of the raw materials that goes into beer, the brewing process, Mack's beer range and a visit to our microbrewery. You can also visit our pub Ølhallen - the oldest pub in Tromsø with 72 beers on tap. Monday to Saturday.

* 180,- / person (60min) includes one tastings. (min. 10 guests)

Drop-in tours; Mon-Fri: 15.30 (June 20th – August 20th we expand with another tour at 14.00) Saturday: 14.30

E-mail: lmb@mack.no

Phone: +47 800 80 440



Haugen Produksjoner

«Welcome to my Home», by Haugen Produksjoner invites you inside a North-Norwegian home inhabited by some of Tromsø's many vibrant performance artists. «Welcome to my Home» is both a performance and a home-visit. It's both an artistic and an everyday experience that merge together in the cosy and familiar setting of a privat home. This home visit is an original way to get a deeper understanding of life in our arctic region. Haugen Produksjoner is run by the sisters and dance artists Anne Katrine and Liv Hanne Haugen. Their work is represented both on national and international platforms. For more info: www.haugenproduksjoner.no

E-mail: post@haugenproduksjoner.no

Phone: +47 418 08 699



Tromsø Budget Tours

You are walking in the footsteps of the Arctic explorers. Come and discover their frontier town! All year: Historical City Walk with guided tour at the Polar Museum, Tromsø Beer Safari with brewery visit, samples and Arctic tapas. We also offer a spooky ghost walk, as well as a seafood tour. By employing only experienced resident tour guides, and through cooperation with other authentic local businesses, we are able to provide unique, top-rated experiences at the lowest rates in Tromsø. Contact us for more information, online booking, or to request a custom tour. All languages available on request, for private tours.

E-mail: booking@budgettours.no

Phone: +47 942 07 508



Tromsø Defence Museum

Tromsø Defence Museum was founded in 1993 to take care of the city's war history from early times - around 1250 - until today. The "Tirpitz" exhibition - a permanent exhibit of objects, text and images showing the western world's largest and most powerful battleship (52 600 tonnes). Tromsø War Museum is situated at Midtre Kaldslett, 4.5 km south of the Tromsø Bridge on the mainland, by Solstrandveien. Open Sundays in May and September. Open every day except Mondays and Tuesdays from June through August.

E-mail: leif@tromsoforsvarsmuseum.no

Phone: +47 776 77 210

Dig in

*Tromsø is known for pulsating nightlife, bars and restaurants.
Get a taste of the local vibe, food and drinks.*



Rå Sushi

Rå Sushi was founded in 2011 as the first sushi restaurant in Tromsø. Perfectly situated along the coast of Northern Norway in the midst of our domestic fisheries, we use mainly locally caught fish and seafood such as salmon, halibut, king crab and whale. Our sushi is surprisingly full-flavored and colourful as we use a variety of fruits, vegetables and tasty sauces. The brightly coloured food is reflected in our vivid interior and informal service. Welcome to a well composed- and delicious sushi meal!

Make a reservation here: [Phone: +47 776 84 600](tel:+4777684600)
E-mail: tromso@raasushi.no

Bardus Bistro

Arctic kitchen in the heart of the city. Bardus Bistro is a northern Norwegian reflection of the traditional bistro concept, a small relaxed restaurant serving honest home style meals with a menu based on the ingredients and culinary history of the north. Priding ourselves on our strong personal relationships with local suppliers, at Bardus we are able to create inventive and ever-changing menus using ingredients such as moose, reindeer, king crab, fresh fish and whale. It is very rare indeed that our ingredients arrive from any postal code other than Tromsø and its region. Having said that, where the cod swims really is out of our hands, however the hook and its owner are most certainly local. We serve food according to season, and to satisfy our own curiosity. You will be familiar with most of things that land on your plate, but not everything... we love to surprise as well as satisfy. And when the sun blesses us with its presence we'll serve you on Tromsø's most sun-drenched verandah.

Make a reservation here: [Phone: +47 926 74 888](tel:+4792674888)
E-mail: post@bardus.no

Bardus Bar

Home of Tromsø's famous Arctic Seaweed cocktail. Bardus Bar is at it's heart a Northern Norwegian experience. A classic cocktail bar dedicated to combining the finest products in the region to produce the highest quality experience. For the visitors amongst us the locally harvested Arctic seaweed cocktail is an experience not to be missed. Whether you have a desire for a superbly crafted cocktail, a great glass of wine, a beer you have never heard of or to flirt with the finest examples of aged distillation...we will be sure to make you feel at home. And if you feel for a bite of food you can slide into our bistro and enjoy one of Tromsø's finest Kitchens.

Make a reservation here: [Phone: +47 926 74 888](tel:+4792674888)
E-mail: post@bardus.no

Presis Tapas og Bar

From the moment you walk through the doors at Presis Tapas and Bar, you forget that you are in Tromsø. The feeling of a warm summers day in the tropics or a cosy backyard in Spain hits you with love. Flowers, reggae and off course the smell of the food makes you feel good. The food we serve combines locally sourced produce with inspiration from around the world, our chefs loves to experiment. The whole restaurant screams summer and love. Come and enjoy Sangria and delicious food with your favourite people.

Make a reservation here: [Phone: +47 776 81 020](tel:+4777681020)
E-mail: presistapas@circa.as

Emmas Drømmekjøkken

Emma's dream kitchen prides itself in serving blue ribbon French cuisine, in combination with great local food prepared to the highest standards from first-class local ingredients. The dream kitchen is upstairs, and on street level you find Emmas UNDER. The restaurant upstairs has a classic elegance, while the restaurant downstairs has a down-to-earth and unpretentious atmosphere. Enjoy relaxed surroundings and prices all can afford.

Make a reservation here: [Phone: +47 776 37 730](tel:+4777637730)
E-mail: post@emmas.as

Mathallen Tromsø

Mathallen Tromsø is a temple of the Arctic, Northern Norwegian ingredients. Delicacy groceries such as cheese, meat and especially fish all have places in their own counters. The really unique Arctic raw materials are harvested from the cold ocean, and are found in our fish counter. The selection here is just the tip that raises us from delicatessens other places in the world. If we do not find the right item to heighten the meal, for our kitchen or in your home, we develop it ourselves. Eventually this has led to a significant number of our own specially produced products. These lovely ingredients create the foundation for the menus our restaurant offers. The young kitchen staff, managed by Gunnar Jensen at the helm, serves lunch from 11:00 to 16:00 and dinner until 22.00 in the evening. Seasonal best ingredients provide a holistic experience. There are also opportunities for snappier a la carte, which anyway will create lasting memories.

Make a reservation here: [Phone: + 47 776 80 100](tel:+4777680100)
E-mail: booking@mathallentromso.no

Casa Inferno

Pizza Restaurant with character in Tromsø. We have brought with us a piece of Italy to the Arctic Circle. With our wood-fired stone oven we serve authentic pizzas made by Italian chefs and many quality wines from Italy. All this in a steampunk inspired atmosphere. We focus on authentic Italian pizza and ingredients, both in terms of food and drink. However, we also incorporate fine local products like our own house beer and a few selection of other beers all brewed in Tromsø by our friends at Bryggeri13. Casa Inferno is both an experience for the taste of the Italian cuisine and also a visual experience for the innovative.

Make a reservation here: [Phone: +47 77680995](tel:+4777680995)
E-mail: post@casainferno.no





Restaurant Smak

We opened in Tromsø in 2017. We want to give our guests good food, friendly service and show what great local products we have here in the North. We get fish, meat, vegetables and other great products up here in the North during the year. Of course, there are not a lot of vegetables or berries during the winter, but when we can, we will serve that perfect strawberry from a local organic farmer - and we are so proud of it! We only have set menus. We only have 24 seats so bookings are necessary.

Make a reservation here:

Phone: + 47 941 76 110

E-mail: booking@restaurant-smak.no

Suvi

At Suvi we love to experiment with local ingredients, like sushi with reindeer and whale. We have a big sushi meny that offer high quality sushi for beginners as well as sushi lovers. In addition to this, our menu consist of asian fusion inspired dishes. Our food is based on family recipes and made from scratch, with focus on quality and details. In our restaurant you can enjoy a delicious meal in our inviting surroundings, while having a great view on the busy city life outside. All our dishes are available as take-away as well.

Make a reservation here:

Phone: +47 776 91 166

E-mail: post@suvitromso.no

Raketten Since 1911

The kiosk built by the young woman Margit Løkke back in 1911 has been such a part of Tromsø's town square it represents more than its tiny size suggests; it is the symbol of the heart of Tromsø! The shape of this kiosk has earned it its "The Rocket" amongst the people of Tromsø; and we celebrate this name by claiming to be the tiniest bar in the universe! We serve hot and cold drinks and the best hot dog imaginable, with a side order of history and charm. We will soon serve local vegetarian sausages! In a wheelchair it is possible to roll on to our deck, just contact us if you need any help. This little Rocket thinks the sky is the limit!

E-mail: astronaut@raketten.org

Koselig cafe&home bakery

We opened in 2014 as a small home confectionery. For several years, the apartment expanded and became a bakery and cafe. A distinctive feature of the Koselig cafe is that everything is produced locally and exclusively from natural ingredients of local production. All this guarantees exceptional freshness and natural taste. Also a very large selection of drinks. High-quality coffee, natural tea, a variety of cocktails, fresh juice and more. It is a large room with a variety of furniture, where there is a place to be alone or with a company.

Phone: +47 922 64 597

E-mail: koseverden@koseverden.no



Ølhallen Brewpub

Macks brewpub - Ølhallen with its long and colorful history is one of the most iconic places in Tromsø. It's a place where townspeople of all ages meet and taste the best beers from Mack as well as other Norwegian breweries. We serve our beer from 72 different taps. You can also visit our brewshop Kjeller 5 that it is located beside Ølhallen. Opening hours: Mon-Wed: 11.00-20.30 Thu: 11.00-00.30 Fri: 11.00-01.30 Sat: 10.00-01.30 Sun: Closed.

Make a reservation here:

Phone: +47 776 24 580

E-mail: olhallen@mack.no

Aurora Spirit Distillery

The world's northernmost distillery can be found at the mouth of the Lyngen Fjord in the middle of Northern Lights country. Aurora Spirit's price winning visitor centre serves Northern Lights tourists aquavit and gin with water from a glacier as part of a complete Arctic experience. At the visitor centre you can gain insight into the production process and learn about the Arctic environment. The centre also acts as a base for a number of outdoor activities. If guests are lucky, they can experience the Northern Lights at the same time as they are enjoying their drink. And the whisky? That is in barrels in an old, bombproof NATO bunker nearby and will be ready for the market in 2020. The visitor centre is open year round.

Phone: +47 919 04 260

E-mail: post@auroraspirit.com

Fun Pub

Our Pub is located in the middle of the Tromsø City Centre. The bar has multiple screens making it ideal for showing sporting events. During the weekends, we have DJ with dancing floor. We also have shuffleboard and darts for those who would like to try. If you get hungry, Peppes Pizza delivers food directly to us. Industry night every Saturday. We are open all days. Welcome!

Make a reservation here:

Phone: +47 776 87 500

Mail: trond@funpubtromso.no

Magic Ice – The arctic experience

An Arctic Experience in Tromsø. It is the perfect outing for all ages - Welcome to an enchanting and magical adventure, a sub-zero experience that you'll never forget! The popular winter wonderland attraction is constructed from several tons of natural ice from Norway. Step inside and discover the history of Tromsø through ice sculptures! Be amazed as you come face to face with some of Norway's most historic and famous explorers while you experience what life is like inside the Arctic circle. You'll get a winter poncho and gloves to wear inside and our signature drink served at the ice-bar. Open Every Day - All Year. Address: Kirkegata 4, 9008 Tromsø. <https://www.magicice.no/listings/tromso-norway/>

Phone: +47 413 01 050

E-mail: tromso@magic-ice.no



Yonas Pizza

Yonas has been offering its guests the best quality pizza, in a casual and cozy atmosphere, since 1974. Our most famous pizza, the "Taco pizza", can be both ordered with hot or medium spices. For our waiters it is important to deliver you the best possible products. They will do their best to fulfil your wishes. In our modern restaurant, you can choose to sit in different areas. Children also have their own play area where they can make their own pizza. Welcome!

Make a reservation here:

Phone: +47 776 66 666

Mail: support@yonas.no

Peppes Pizza Tromsø

In the heart of Tromsø you will find Peppes Pizza. You can enjoy our food in cosy surroundings in an informal setting in our restaurant, take it home or have it delivered at your door. Our menu varies from our Original Classic Chicago with a thick crust to Freestyle California with a thin crust made of sour dough. We also have a selection of salads, Peppes Burger and other tasteful dishes. Stop by for a taste of real Norwegian pizza history.

Make a reservation here:

Phone: +47 222 25 555

E-mail: peppes@peppes.no

Egon Tromsø

Egon is a warm and welcoming restaurant with a focus on casual dining. Being a guest at Egon should be an experience and a break from everyday life. Everyone should feel at home with us! The restaurant is located in the middle of the city centre. We have a child's room and a meeting room. Our menu is available in seven different languages and in addition we have a full allergy menu, these you can find both in our restaurant and online.

Make a reservation here:

Phone: +47 777 51 735

E-mail: tromso@egon.no

Steakers Restaurant

With a great view of Tromsø's inner harbour, we have served great food for 20 years. We specialize in steak house food, and pride ourselves in having the tenderest and tallest steaks the market has to offer. We are one of the largest buyers of local ingredients in the region. 80 % of our meat comes from Northern Norway. Our restaurant seats 180 guests, and we can offer several solutions for groups. We hope to have you as our guest and wish you welcome to us and to Tromsø.

Make a reservation here:

Phone: +47 776 13 330

E-mail: post@steakers.no

Smørtorget – A declaration of love

When two women took the initiative to bring life back to an old common square, the dairy market of old Tromsø, Smørtorget was established. It is the result of love for old objects and fascination with modern influences. Enjoy the smells and flavors of homemade pastries at the café – taste local espresso, based coffee and our lovely porridge, soups and toasts. Enjoy a cup of coffee and go looking for vintage treasures all at the same place! Open everyday 08am-5pm, Saturday 10am-5pm and Saturdays 11am-5pm.

Make a reservation here:

Phone: +47 957 00 930

E-mail: hildeeilertsensletvold@gmail.com

Compagniet

Tromsø's oldest restaurant located in an old merchant house from 1837. The building hides the secret why Tromsø is called Paris of the north. Once owned by a prominent family from the fishing industry, the old mansion now offers rustic and distinguished dining rooms and a menu that is constantly evolving. Neither food and wine, nor decor is left to chance. Visit us for a gourmet dinner in a historic and cosy atmosphere.

Make a reservation here:

Phone: +47 776 64 222

E-mail: post@compagniet.no

Arctandria

The restaurant Arctandria is located in an old store house on the quayside in central Tromsø. As the name suggests, seafood is the order of the day at Arctandria Sjømat Restaurant. Come for its smoked or salted seal and grilled stockfish, stay for its views over the fjord and its stylish warehouse-esque interior. The dishes are based on locally supplied specialities from Troms region. Aptly titled, the word 'Arctandria' is often translated as the 'gateway to the Arctic Ocean', most notably by Petter Dass.

Make a reservation here:

Phone: +47 776 00 720

E-mail: booking@skarven.no

Skarven Vertshus and BiffHuset

Vertshuset Skarven is a popular pub on the quayside in downtown Tromsø. Enjoy a drink in the cozy and casual bar, or outside on the deck as soon as the sun hits the city. If you're looking for a good meal, Skarven Biffhus (which is one of the five restaurants that make up "Vertshuset Skarven") can offer delicious steaks of beef, reindeer, pork, lamb, duck, chicken and fish. We focus on local and regional food. Biffhuset is the agricultural component of Vertshuset Skarven's Arctic profile and focus on coastal culture. Biffhuset is open daily from 15.30.

Make a reservation here:

Phone: +47 776 00 720

Mail: booking@skarven.no





Skirri – Kystens Mathus

Welcome to our new restaurant in the heart of Tromsø city centre. A delightful place to eat in Tromsø's architectural diamond Kystens Hus and a combination of good dining and lovely scenic charm as rated by our diners. Proving to be a hit with our guests we still don't know whether the private dining area next to the gigantic aquarium, a table by the window facing the spectacular view or the entrance overlooking the city centre, is the favourite place to enjoy our special arctic menu.

Make a reservation here: arrangement@kystensmathus.no Phone: +47 948 20 825
E-mail: arrangement@kystensmathus.no

Kitchen and Table

Mixing Arctic ingredients with flavors from Manhattan is a recipe for success! Top chef Marcus Samuelsson has achieved global status with his culinary achievements in the United States. He has cooked for Barack Obama, appeared as a judge on numerous American television programmes and has done a great job putting Scandinavian cooking on the map! We are located in one of Tromsø's newest hotels Clarion Hotel The Edge. After dinner we can welcome you up to our Skybar to have a drink with a view of Tromsø.

Make a reservation here: tromso@kitchenandtable.no Phone: +47 776 68 484
E-mail: tromso@kitchenandtable.no

Fiskekompaniet Tromsø

In a stressful society dominated by kiosks and fast-food chains, we would like to offer you some of the genuine and healthy food we harvest from the ocean. Our menu is full of inspiring dishes and tastes, so let us invite you to a tasteful culinary experience. Seafood and sea view makes the perfect combination. Our restaurant is located in the central harbour of Tromsø. This makes Fiskekompaniet a perfect place for enjoying a great meal and at the same time being inspired by the maritime view. Welcome!

Make a reservation here: bord@fiskekompani.no Phone: +47 776 87 600
E-mail: bord@fiskekompani.no

Café Flyt

In April 2005, we opened our doors for the extreme sports enthusiasts in Tromsø and surroundings. We have been committed to creating a warm living room for extreme challenges, fierce burgers, and good music. We have succeeded! At cafeflyt you will be able to start your search for new discoveries and experiences. Our specialty is of course the burger, but we have plenty of other things on our menu that are so good! Visit our website cafeflyt.no to see our menu and read more about what we serve!

Make a reservation here: kontakt@cafeflyt.no Phone: +47 776 96 800
Mail: kontakt@cafeflyt.no



Roast Restaurant

Let's be honest: we've made it easy. Picking out the very best that our suppliers can offer from each season, has provided us with a shortcut to lovely experiences for our guests. It's our guarantee for you to serve you food cooked with love and fantastic wine in an informal atmosphere. Roast Tromsø offers you an Arctic gastronomic experience out of the ordinary. You'll find us at Scandic Ishavshotel. Welcome!

Make a reservation here: roast.tromso@scandichotels.com Phone: +47 776 66 400
Mail: roast.tromso@scandichotels.com

Gründer Café & Bar

The place with everything from a tasty lunch to party atmosphere in the evenings. Gründer is one of Tromsø's most popular venues for all kinds of people. Lunch from 11:00 every day except Sundays. Tasty toasts, soup, sandwiches and salads are popular menu items. In the evenings, Gründer turns into a bustling bar. On weekends, Gründer is merged with Gründer by Night and becomes the party place of the city!

Make a reservation here: kevin.jacobsen@nordic.no Phone: +47 930 02 874
Mail: kevin.jacobsen@nordic.no

T Tapas

Local sourced food meets the traditional tapas, the delightful mix in which we pick the best from the south of Europe and coordinate it with local delicacies. King crab, salmon, reindeer, cod scallops, duck and other delicacies are prepared with lots of tempting accessories and waiting for you. Welcome all guests to our central location on the main square in the middle of town.

Make a reservation here: post@tromsotapas.no Phone: +47 930 82 727
E-mail: post@tromsotapas.no

Eide Handel

More than 60 years of food culture and through three generations, we have run Eide Handel at Kvaløya. Living the way we do here in the north is a privilege. Pure nature, abundance of resources and a multitude of life everywhere – a unique pantry. We invest in tradition and quality, and wish to bring these wonderful resources to you. We feel fortunate to be able to cooperate with local farmers and fishermen, who know how to harvest nature in the best possible way. We take food seriously and aim for quality in every aspect. Our uniquely skilled professionals who know how to utilize good ingredients, and always aim for the best possible results. We call our food home-made – because this is as close as you can get to your own kitchen.

E-mail: post@eidehandel.no
Phone: +47 776 65 650



Hostess Anne Brit Andreassen

Tastes like a dream

Emma's Dream Kitchen is a local institution that manages to attract patrons from all layers of society with its homely charm.

In the heart of Tromsø city centre just across the road from the beautiful wooden Tromsø cathedral, you will find Emma's Dream Kitchen in Kirkegata 8. With the invaluable help of an experienced, enthusiastic and professional staff, the perfect hostess and the brain behind Emma's, Anne Brit Andreassen, has established a highly renowned restaurant with the town's most welcoming atmosphere.

20 years of dream food

- The staff do their utmost to ensure that it will be a joy and pleasure to dine at the Dream Kitchen. We want our guests to have the most enjoyable dining experience, says Anne Brit.

Dining at Emma's can be both intimate and formal, but above all, homely and relaxing. The perfectly prepared food is always tasty. Generosity, care, love and consideration, together with high expertise have been the main factors behind the restaurant's success. This year they proudly celebrate their 20th anniversary.

Genuine and honest food

Emma's dream kitchen is well versed in traditional French cuisine and also keeps abreast of the latest trends, fashion and culinary skills, but above all she appreciates as they say in the north, «real food». Well prepared local produce, just like our mothers and their mothers before them used to make.

Boknafisk of skrei (semi-dried cod) and fish au gratin are two such authentic North Norwegian dishes. They always remain on the menu while other dishes change 5 - 6 times a year, according to season.

- Our famous fish au gratin actually started out as a staff dish, but after we put it on the menu, it has been the locals' favourite dish for years, says Anne Brit.

Emmas
DRÖMMEKJØKKEN

MAKE A RESERVATION
Phone: +47 776 37 730
E-mail: post@emmas.as

www.emmas.as



MAKE A RESERVATION

Phone: +47 776 31 000

E-mail: post@kalarestaurant.no

www.kalarestaurant.no

Asian dining with a northern touch

Visit Kala restaurant in the middle of the city, only a quick walk from the harbour. We use fresh, local products, traditional techniques and blend it with our dedication and desire of creating innovative Asian dishes, with a Northern touch.

With this, we wish to expand your culinary experience and open up new taste palettes. Our heritage concept of sharing food sets the mood for guests to feel like home and join in on our tasting dishes together. We also serve the most northern based, handmade Ramen in the world, and have a sake bar open in the evenings.

Real energy on real adventures

Real turmat is high quality outdoor food from the Arctic. Freeze-dried breakfasts, soups and dinners with tastes that suits both grown-ups and kids. Our dishes are tasty and complete hot meals made to ensure a necessary and correct composition of nutrients. At the same time, it secures you optimal restitution. Our skillfull team of chefs selects the best ingredients available, and they always put their energy and expertise into preparing tasty lightweight meals suited for any outdoor occasion. Easy to carry – easy to prepare. Just add hot water, stir, and enjoy the meal!



PHOTO © ROLV-ERIK BERGE/DRYTECH

Vegan or vegetarian?

Most of the restaurants in Tromsø have at least one vegetarian option on the menu. If you fancy vegan food, we recommend that you contact the restaurant in advance to make a request.

Hang out with the locals! Helmersen's newly refurbished cafe and wine bar is the perfect place to hang out, maybe grabbing a bite to eat whilst planning your next adventure.



Shop til you drop

In town you can explore everything from local delicacies and vintage treasures, to arts & crafts and high fashion.



Britts

Scandinavian Design. Britts is a family driven interior and women shop. With an eye for details and function, the Britts team hand picks products that add character and personality to you and your home. We have a lot of Scandinavian and Norwegian brands. Choose with your heart – that's what we do! The shop was started in 1983. Welcome to visit our shop in Storgata 89, right in the center of Tromsø.

E-mail: tmail@britts.no

Phone: +47 776 01 980



Dragøy

Throughout 30 years, we have delivered seafood to thousands of customers and companies. The business includes reception of fish and shellfish, processing, wholesale, export and retail sales through own fish shops at Jekta Storsenter and at Kystens Hus in the city centre.

E-mail: post@dragoy.no

Phone: +47 77 67 32 30



Snarby Strikkestudio

A Norwegian knitwear shop, since 1987. Our focus is on Norwegian made products in long lasting and luxurious qualities. We have two stores in Tromsø, both offering knitted items and balls of yarn to create your own. Our traditional store on Fredrik Langes gate has two floors with knitting wool and is the perfect place for yarn enthusiasts whereas our new, modern store - located in the brand new Tromsø harbour terminal – has the larger selection of knitted garments from Dale of Norway, Oleana and Rauma. We have a huge range of qualities from super light merino tops and elegant cardigans to warm woollen sweaters and Weatherproof jackets. We also have our own range of products produced here in Tromsø.

E-mail: snarby@strikkestudio.no

Phone: +47 776 41 320



Skinnboden arctic products Tromsø as

Skinnboden is perhaps Tromsø's most exciting store! Our concept is goods that reflect life in the Arctic. With us you can buy polar bear skin, seal skin, reindeer, polar fox fur etc. We have many great products in leather, skin and fur. Norwegian knitwear is also one of our specialties. We can tempt you with a large selection of unique souvenirs made especially for our store! Shopping for travel groups outside of opening hours is fully possible, if opening hours should not fit! Please contact us and we will find a suitable time! We are centrally located in the center of the city center. Welcome to a nice shopping experience!

E-mail: post@skinnbodentromso.no

Phone: +47 413 00 085



Jacob Friis, ur-optikk

Jacob Friis is the oldest watchmaker and optician in Tromsø city, celebrating 115 years in 2018. Despite the long history, it is today a trendy and fashionable shop carrying designer brands in glasses and sunglasses. We personally pick our collections with a mix of independent eyewear as well as fashion brands. We hold several quality brands in Swiss watches, like Eterna and Tag Heuer, and have a nice collection of Seiko watches. You can also find binoculars, contact lenses and eye-products. Welcome to visit our website www.jacobfriis.no and the shop in Storgata 60!

E-mail: post@jacobfriis.no

Phone: +47 776 83 135



Profil Glassdesign

Profil Glassdesign is located at Kvaløya about 50 min drive from Tromsø. Here we have our workshop, studio and a café. The past 17 years Tove has worked with glass sculptures and art. The majestic scenery and the ever-changing light, especially the Northern Lights during the winter gives her inspiration. We offer many types of glass products and designs; each and every product you see is handcrafted by ourselves. We have our own workshop, atelier and a café. If you need gifts or want to liven up your home, we have many exciting products available. Please contact us for a chat or stop by our shop for a cup of coffee and a friendly chat about art and design!

E-mail: rottese@online.no

Phone: +47 922 82 844



Skoringen

Skoringen, or Tromsø Skotømagasin, which has been the name from the beginning, has a long history in Tromsø, that goes back to 1906 when Dorthea C. Willumsen first opened the store, and has since then been within the Willumsen family. In 2012, we re-opened our store in brand new locations in the main street (Storgata 68). At Skoringen we have the largest selection of quality shoes for the whole family and hold several world leading brands! Our sealskin boots and slippers, and the reindeer insoles are very popular and distinct Norwegian products that will keep you warm on those cold arctic days. Tourists from outside of Scandinavia are welcome to shop with tax-free refund. We look forward seeing you!

E-mail: tromso@skoringen.no

Phone: +47 210 79 300



Nansen Outdoor Store Tromsø AS

At Nansen Outdoor Store we offer a wide selection of outdoor clothing for all types of weather conditions. The clothes are delivered to us from Helly Hansen™, one of the oldest and most respected Norwegian clothing brands. We also sell the very popular Kånken backpacks from Fjällräven in all the colors of the rainbow. Furthermore we also have a wide selection of traditional, high quality, Norwegian sweaters from Dale of Norway. In our store you will also find a range of Norwegian health and dietary supplements such as seal oil, Omega 3, blueberry extract and much more. At our shop tourists from anywhere outside of Scandinavia have the opportunity to shop tax free for tax refund. We hope to see you at the store!

E-mail: teluomuse@gmail.com

Phone: +47 940 57 881



Tromsø Gift & Souvenir Shop

Tromsø Gift & Souvenir Shop was founded in 1999. Today it is one of Scandinavia's most popular and visited stores. We offer souvenirs of a wide range. We have a selection of both local and national arts & handcrafts, and we also offer the typical commercialized souvenirs. Our products represent the local culture in Northern Norway. We have a wide selection of Sami handcraft. Sami people are one of the native people in Norway with a rich culture to share.

E-mail: post@tgss.no

Phone: +47 776 734 13



Nerstranda

You will find Nerstranda shopping centre centrally located in downtown Tromsø. With 42 stores and restaurants/cafés, and 2 million annual visitors, this place is the centre of Tromsø for fashion and shopping. At Nerstranda you can wander amongst trendy brand stores and well-known chain stores. A well deserved break can be taken at any of the three restaurants / cafés. Here you can find a pharmacy, ATM, storage boxes, liquor store, cafés and several gift- and fashion stores selling Scandinavian design. Nerstranda offers free afternoon parking in our indoor garage: Weekdays at 5:00 PM – 8:00 PM. Saturdays at 4:00 PM – 6:00 PM.

E-mail: nerstranda@steenstrom.com

Phone: +47 776 53 700



Jekta Shopping Centre

Jekta Storsenter is one of the biggest and finest shopping centre in Norway with over 130 stores and 65,000 square meters of shopping! In 2016 we won the award for best shopping centre in Norway. We have a medical clinic, dermatologist centre and chiropractor clinic. Exciting retail concepts that are not found elsewhere in Tromsø is established in Jekta. With over 130 shops you will always find what you need in Jekta Storsenter, with Northern Norway's largest and best selection. We have free parking, good bus links, and are only five minutes away from the airport and the city centre.

E-mail: jektastorsenter.vektor@nokas.com

Phone: +47 908 10 525

Welcome to Northern Norway's largest shopping mall



Jekta Shopping center is the biggest and finest shopping center in Northern Norway with more than 130 stores and 65,000 square meters of shopping. Here you can truly enjoy nordic shopping at its best!

PHOTO © JEKTA STORSENTER

The center offers a vibrant mix of retail stores and services that can't be found anywhere else in Tromsø, with speciality shops carrying products from the region as well as the rest of Norway. In addition to the great shopping opportunities, we also have medical- and dermatologist center and chiropractor clinic.

With over 130 shops, you will always find what you need at Jekta Storsenter, with Northern Norway's largest and best selection.

We offer free parking, excellent bus connections, and it is only five minutes away from the airport and the city centre.

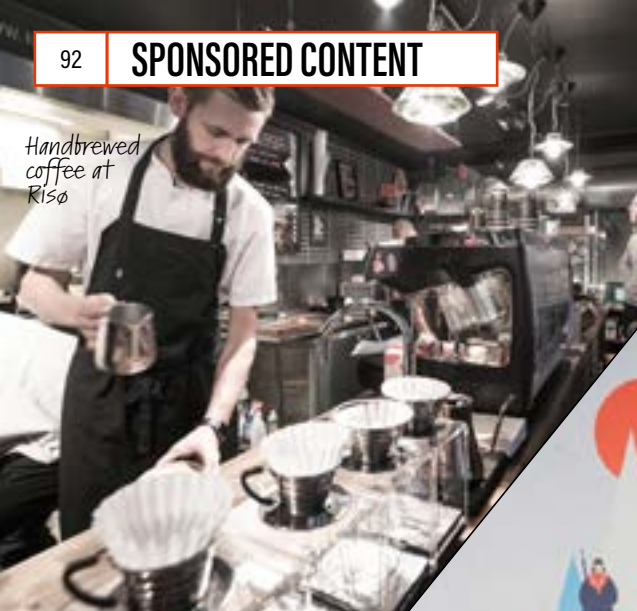
We look forward to seeing you!

**JEKTA
STORSENTER**
STØRST | NORD



Our opening hours:
Monday-Friday: 10:00-21:00
Saturday: 10:00-18:00
Sunday: closed
www.jekta.no

Handbrewed
coffee at
Risø



If you'd like to find some of Tromsø's treasures, you can't go wrong with these local favourites. Let's explore!

HIDDEN GEMS IN TROMSØ



Wanny Woldstad was the first female "trapper" on Spitsbergen

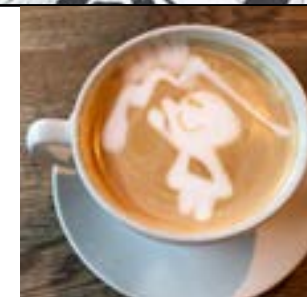
Ready for take off?



PHOTO © DANIEL MIKKELSEN

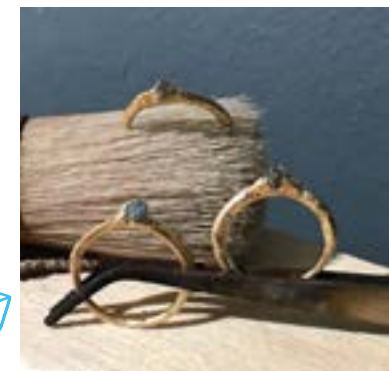
For the coffee lover

If you're a serious coffee lover, you should make a stop at **RISØ MAT OG KAFFEBAR**. Located along Strandgata, you will find this café filled with guests wanting an excellent, personalized cup of coffee. The menu includes a range of coffees, but also a decent breakfast and lunch menu. If you're having a sweet tooth; the cinnamon bun is really a must! Risø is housed in one of Tromsø's oldest buildings. Since it was built in 1806, it has been home to, and sold, groceries, coal, cod liver oil (tran), it has been an ironmongers, a fishmongers, a furniture store, sold wellington boots, snow-blowers and cars ... just to mention a few. Enjoy!



Hey Gorgeous!

STUDIO WOROOM is an interior concept store in the heart of the city. Located on the third floor at Nerstranda we invite you in to our small universe with curated design items from all over the world, with Scandinavian design in the main seat. We offer everything from furniture to small design objects that fit perfectly in your suitcase. Come join us for a cozy atmosphere and we'll be glad to tell you which treasures you can't leave behind.



Possibly the smallest bar in the universe

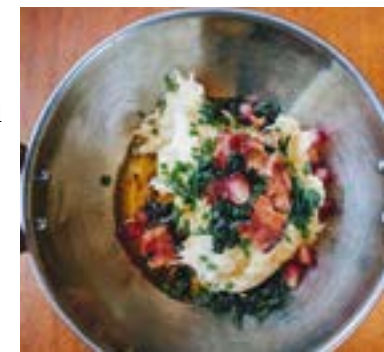
RAKETTEN was built in 1911 by a 18 year old woman, Margit Løkke. This little kiosk has survived two large city fires, and lives to tell the tale of this city's development. It is the only old kiosk still in business, and has got license to serve as a bar. The very best hot dogs, with locally produced buns and sausages, served with charm and smiles. A tiny symbol of Tromsø, and highly praised by many guests before you on TripAdvisor; come see if they were right ... ;) Join the local astronaut on the town square!

Handmade arts and craft

WABI SABI is located in the courtyard of the old Mack brewery. Their arts and crafts are really something special. Here you can find jewelry with its own individual character crafted by hand in Tromsø. Despite being well hidden, inside the shop, there is an abundance of handmade jewelry. The artists Ann-Merete and Dagmar may give you a tour of their workspace, and you can even join one of their workshops to make your own jewelry.

One for the tastebuds

HILDR is focusing on international and local inspired small dishes. The menu is frequently changing, based on the seasonal ingredients and the chef's mood. The cozy and intimate atmosphere makes this the perfect place to spend quality time with friends and family. Local and short traveled ingredients make it a unique dining experience in Northern Norway.





Best view in town

You don't have to be a book lover to love our library! It sure has one of the best views in town. Did you know that it used to be a cinema?



PHOTO © JANITA ZENTENO

In the mood for art?

At **GALLERI NORD** you will find a variety of pictorial art, sculptures, handicrafts and design products from Tromsø and Northern Norway. They sell photographs of Northern Norway taken by award-winning photographers, art cards and gift articles. In addition, the gallery provides ateliers for local artists – you are welcome to visit and watch the artists at work. Open every day – including Sundays.



Well crafted jewelry is everlasting

Since founded in 1984, the local jewelry store **WINTERVOLD** has become a well-known store in Tromsø, including new trends and timeless pieces. Wintervold dedicate themselves to provide high quality, value and service to all customers. The store's interior is warm and inviting, easily accessible from the main street, Storgata, just across the Cathedral.

Vintage goods & tasty food

SMØRTORGET is a place with art, design, retro and coffee. Enjoy the smells and flavors of homemade pastries at the Smørtorget – taste local espresso, based coffee and our lovely porridge, soups and toasts. Enjoy a cup of coffee and go looking for vintage treasures all at the same place!



Everything is awesome

Enter our cave of nerdy happiness... you won't regret it! **LEGOLOFTET** / Tromsø Bruktbokhandel sells all the treasures you didn't know you wanted! We have one of Norway's the biggest selections of Lego, manga, fantasy and sci-fi books, collectable figurines, board games, books and comics - most of them in English. Welcome!



Perfectly framed

KRANE ART GALLERY is a charming gallery who has sold art and framing as a family-run business since 1908. The 4th generation is now heading on for the future. They sell art on behalf of a wealth of artists, with an emphasis on North Norwegian art. They host regular exhibitions, and, as a bonus, also offer highly touted handicrafts made of glass, ceramics and porcelain. Skip the tat in the nearby high-street – because this is where to invest in quality items to remind you of your visit to Tromsø.



How does a on deck saltwater hot tub sound?

VULKANA is a traditional Norwegian fishing boat built in 1957, transformed into an spa and adventure vessel. While cruising through the breath-taking Norwegian Fjords you will be able to experience the unique on-board wellness facilities. A wood-fired Finnish sauna, on deck saltwater hot tub, Japanese Zen lounge and a Turkish Hammam! Once you unwind your body and mind, our professional chefs will take care of your hungry bellies. Fresh, local and seasonal food will complement your experience. Come on board of this floating oasis and make the most of your Arctic adventure!

Wining & dining

Located in one of the oldest buildings in Tromsø, **AGENTURET** is a casually and rustic bar where locals and friends can relax over a great glass of wine or cold beer. With over 120 different types of beer and about 250 different wines regularly replaced, you can definitely find something you haven't tasted before. This is the place for those who are constantly searching for new flavors, but also those who knows what they want!



PHOTO © JANITA ZENTENO

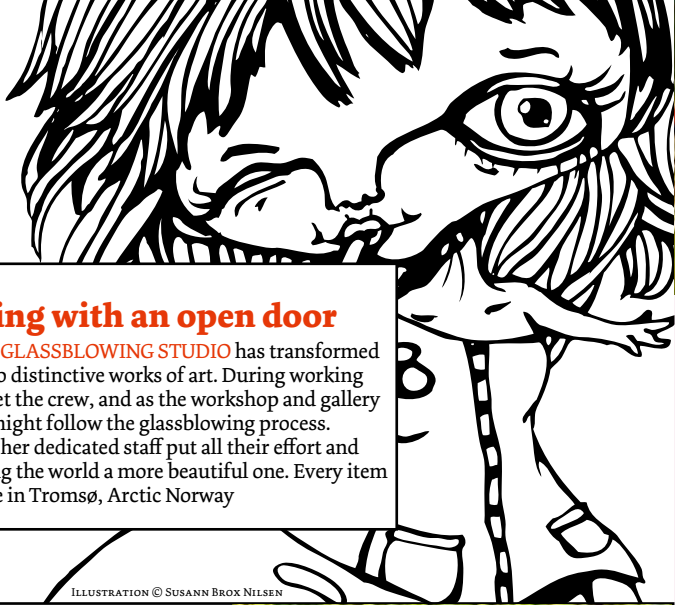


ILLUSTRATION © SUSANN BROX NILSEN

Glassblowing with an open door

Since 2002, **BLÅST GLASSBLOWING STUDIO** has transformed hot liquid glass into distinctive works of art. During working hours, you will meet the crew, and as the workshop and gallery is connected, you might follow the glassblowing process. Silja Skoglund and her dedicated staff put all their effort and passion into making the world a more beautiful one. Every item is unique and made in Tromsø, Arctic Norway



Can you fit a whole life in a suitcase?

The answer is yes! This gem of a house is known as “the suitcase” or “the iron”. It may not be Tromsø’s smallest house, but it sure will be difficult to find a narrower house in the area. With its 28 sqm, it has become one of the most known houses in Tromsø ...

Urban oasis

SPISERIET KAFÉ is one of Tromsø’s newest cafés located in Veitas City Park. They offer an allergy friendly menu focusing on healthy food, as well as delicious flavours. Enjoy both warm and cold dishes, or our broad selection of cakes. Everything is made in the café. In the City Park you’ll also find a playground, an ice-skating rink and they arrange pop up markets frequently during the year.



Playtime

Bowling is easygoing and a fun activity both with your family or friends. In Storgata 68A, “**BYBOWLING**” has everything you need. We’re open every day, Monday to Sunday. Bowling is a unifying activity and fits all age groups. In addition, there is also two pool tables, and a bar for those who want to enjoy a drink while playing. Looking forward seeing you!

The heart of Tromsø

BÅRSTUA is located in beautiful surroundings at the heart of Tromsø. You find this gem at Skansen, an idyllic site with long and rich history. The Polar Museum is one of our closest neighbours. Either you want to enjoy a light lunch, dinner or something sweet you’re welcome to our genuine and relaxed atmosphere. We have the facilities to create private dinner parties, venues for intimate concerts or larger outdoor events. Together with you we create events for your group or company.



Unique cafe & glass art atelier

PROFIL GLASSDESIGN AS has been “a must place to visit” in Kvaløya island for over 10 years now. Many locals, as well as tourists from all over the world, fall in love with this countryside cafe by the sea on their way to Sommarøy - and the rumor goes around that here you get the tastiest waffles in Northern-Norway, not to even mention beautiful souvenirs! Accommodation and meals are available after request, you are welcome to visit us in Leirstrandvegen 1414.



Food and culture through three generations

EIDE HANDEL is a local food shop located on Kvaløya. It was opened by Trygve and Hansine Pettersen in 1953. Since the early 90s, Eide Handel have invested in tradition and quality, and wish to bring these wonderful resources to you. They cooperate with local farmers and fishermen, who know how to harvest nature in the best possible way. They take food seriously and aim for quality in every aspect.

Quality craft beer & rock

LUDWIG MACK BREWHOUSE is the visiting centre for Macks Ølbryggeri – the world’s northernmost brewery. Located inside the old brewery facilities, you’ll find Mack’s beer- and souvenir shop – and the starting point of the daily guided brewery tour. Learn about the brewery’s colourful history, the wide selection of products and the Mack Microbrewery, where rock and quality craft beer are in focus. The story about the Mack family, who still own and manage the brewery by the fifth generation, will also be told. Welcome to Ludwig Mack Brewhouse!



Coffee & shopping by the fjord

Welcome to the heart of Ersfjordbotn on Kvaløya. At **BRYGGEJENTENE** you can relax with coffee and cake, or a delicious lunch in warm and cozy surroundings. Enjoy the view and nature down by the sea. We are open Monday to Friday 11am-4pm, and Saturdays until 5pm.



Escape city life

YGGDRASILTUNET is situated on the island of Kvaløya, 50 minutes from central Tromsø, offering a unique location and atmosphere. Surrounded by the stunning nature of Northern Norway, the hosts offer a lot of different activities like horse riding, cycling and hiking. During your stay you can enjoy Norwegian dishes based on local and organic ingredients. If you’re looking to escape the busy city life, this is the place to stay.



Hidden gems outside the city centre



TROMSØ IS A DYNAMIC AND VIBRANT CITY. FIND OUT

what's on!

April 2019

4TH – 6TH OF APRIL
Stumfilmdager/Silent film days at Verdensteatret - Cinemateket

6TH OF APRIL
Reistadløpet - Visma Ski Classics

6TH OF APRIL
Farmers Marked at the main city square Stortorget

13TH OF APRIL
City Centre Easter Party

18TH – 22ND OF APRIL
Easter

May 2019

1ST OF MAY
Labour Day

4TH OF MAY
Farmers Marked at the main city square Stortorget

17TH OF MAY
Norwegian Constitution Day

17TH OF MAY
Concert with Nordnorsk Opera & Symphony Orchestra

! See the Midnight sun from 20th of May until 26nd of July

June 2019

1ST OF JUNE – 15TH OF AUGUST
Midnight Sun concerts in the Arctic Cathedral

21ST – 30TH OF JUNE
NUFF – Nordic youth film festival

22ND OF JUNE
Midnight Sun Marathon

23RD OF JUNE
"Bylørdag" & Midsummer's Eve Summer concerts in Tromsø Cathedral



Things to do



World Oceans Day

Where: Kaia fra Polarmuseet til Kystens Hus
When: 8th of June

The ocean feeds our existence in Northern Norway. Now more than ever do we need to realize our interconnectedness to sustain our past, present and future identity. With the largest cold water coral reef and one of the biggest cod stocks on the planet, there is a lot to be proud of and cherish. Come learn more about our marine industry related to our long coast line from the Norwegian Sea to the Barent's Sea. As an Arctic country, we aim to lead in sustainability. Therefore we would like to mark the World Ocean Day in Tromsø with an ocean festival.

Midnight Sun Marathon

When: June 22th 2019
Where: Tromsø City

Run under the midnight sun. The Midnight Sun Marathon (MSM) is an annual race festival which attracts participants from over sixty nations. The organizer offers five distances ranging from a shorter race for children to a full marathon. The unique experience of running in the middle of the night while the summer sun still illuminates the path, has made foreign media list the event among the most special race events in the world! MSM is the world's northernmost officially certified marathon with over 5 500 runners annually at the starting line.



Riddu Riddu Festivála

When: 10th - 14th of July 2019

Where: Riddu Riddu festival is held in Gáivuona / Kåfjord municipality in Troms in Northern Norway. It is a 2-hour drive from Tromsø. The nearest airport is Tromsø airport. Bus from Tromsø to Manddalen all weekdays.

The mission of the Riddu Riddu Festivála is to promote and develop the Sami coastal culture. About 200 volunteers help out during the festival. The ripple effects of the festival are economic development, the desire to move to and year-round activity in Kåfjord. But most importantly; more proud youths with straight backs can state that they have a Saami background. Read more about Riddu Riddu on page 68.

July 2019

1ST OF JUNE – 15TH OF AUGUST
Midnight Sun concerts in the Arctic Cathedral

1ST OF JUNE – 15TH OF AUGUST
Summer concerts in Tromsø Cathedral

10TH – 14TH OF JULY
Riddu Riddu Festivála

18TH – 20TH OF JULY
Bukta Open Air Festival

Tromsø Mountain Challenge

When: August 23rd – 25th 2019
Where: Tromsø City

Run through rough northern Norwegian nature. In August, MSM organizes Tromsø Mountain Challenge. Here you can challenge yourself on Ultra 50 km or half-Ultra 25 km, and two other mountain races; the MSM Extreme Mountain Race and up Tromsdalstinden (1 238 mosl). Try your best at mastering all three races or just participate in a single race. Here's something for every taste!





! The football season begins in March and lasts until November. Enjoy a cool match with Tromsø IL at Alfheim Stadium.

August 2019

1ST OF JUNE – 15TH OF AUGUST
Midnight Sun concerts in the Arctic Cathedral

8TH – 11TH OF AUGUST
Tromsø Jazz Festival

17TH OF AUGUST
Farmers Marked at the main city square Stortorget

23RD - 25TH OF AUGUST
Tromsø Mountain Challenge

23-24TH OF AUGUST
Rakett natt Music Festival

26TH – 31ST OF AUGUST
Spis for en hundrings - Food Festival

31ST OF AUGUST
Farmers Marked at the main city square Stortorget

October 2019

5TH OF OCTOBER
Farmers Marked at the main city square Stortorget

September 2019

7TH OF SEPTEMBER
Farmers Marked at the main city square Stortorget

19TH – 22ST OF SEPTEMBER
SMAK - Northern Norwegian Food Festival

21ST OF SEPTEMBER
Farmers Marked - in cooperation with SMAK

DATES NOT CONFIRMED
Insomnia Festival

! Northern Lights season lasts from September – April



PHOTO © KARI SCHIBEAAG



! Polar Night from 22nd of November – 22nd of January

November 2019

11TH – 16TH OF NOVEMBER
Tromsø Arctic Pride

16TH OF NOVEMBER
Opening of the Christmas street

17TH OF NOVEMBER
«Bylørdag» - great offers in the City Centre shops

30TH OF NOVEMBER
Farmers Marked at the main city square Stortorget



PHOTO © DANIEL MIKKELSEN

December 2019

1ST OF DECEMBER
Christmas Tree Lighting and Farmers Marked at the main square

7TH OF DECEMBER
Farmers Marked at the main city square Stortorget

14TH OF DECEMBER
Farmers Marked at the main city square Stortorget

24TH OF DECEMBER
Christmas Eve

25TH OF DECEMBER
Christmas Day

26TH OF DECEMBER
2ND Day of Christmas

31ST OF DECEMBER
New Year's Eve



Rakett natt music festival

When: 23rd – 24th of August 2019
Where: Tromsø City Centre Main Square

In the end of August, when the Aurora Borealis has started its dance in the sky, the Rakett natt Festival takes place in the Arctic capital. Tromsø boasts an energetic art and music scene and a wealth of local fine food and drinks. All this surrounded by beautiful landscape.

TIL & Alfheim football stadium

When: March–November 2019-2020
Where: Alfheim Stadium

Tromsø Idrettslag is the northernmost top-level football club in the world. Surrounded by the arctic nature and its beautiful scenery, Alfheim Stadium offers a unique experience to share with your friends and family. Located in the heart of Tromsø, the stadium is easily accessible by foot. Football combined with fresh air, engagement of the local fans and the smell of the world's best Mydland sausage is the perfect recipe for a successful evening.

Bondens Marked – Farmers Marked

When: See activity calendar monthly
Where: Tromsø City

Farmers Market offers locally-produced products sold by the farmers from the region of Troms who produce them. Quality, flavour and origin are guaranteed on the large selection of unique products that are available. In addition to delicious foods, Farmers Market also offers traditional handcrafted products. Farmers in Northern Norway work in demanding geographical and climatic conditions during a short growing season. However, the midnight sun allows vegetables and berries to ripen, producing some of the richest flavours you can find. You can visit Farmers Market in Tromsø on Saturdays throughout the year.



SMAK – Northern Norwegian Food Festival

When: 19th – 22nd of September 2019
Where: Tromsø City

SMAK Nordnorsk Matfestival is the largest food festival in northern Norway. It is arranged annually in Tromsø in September and over 70.000 visitors visit the festival to enjoy the best food the industry in the north have to offer. SMAK is the meeting place for people enjoying local cuisine, chefs and the regional food industry. You can find us at: www.smakfest.no



PHOTO © MATS GANGVIK

January 2020

1ST OF JANUARY

New Year's Day

4TH OF JANUARY

Polar Night Half Marathon

13TH – 19TH OF JANUARY

TIFF – Tromsø International Film Festival (30th anniversary)

24TH OF JAN – 2ND OF FEB

Northern Lights Festival

February 2020

3RD – 9TH OF FEBRUARY

Sami Week

Dates not confirmed

Northern Lights Concerts in the Arctic Cathedral

March 2020

Dates not confirmed

Northern Lights Concerts in the Arctic Cathedral

DATES NOT CONFIRMED

Kvaløya Skimarathon

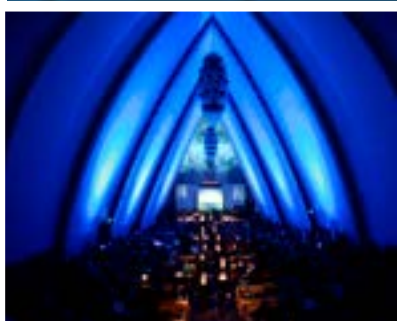
! 21st of January is "Soldagen" in Tromsø – the day when the sun comes back after the polar night season.



PHOTO © LARS MATHISEN



PHOTO © MATS GANGVIK



TIFF – Tromsø International Film Festival

When: 13th – 19th of January 2020

Where: Tromsø City

Tromsø International Film Festival is a popular film festival for our audience, and at the same time an important meeting point for Norwegian and international film industry. TIFF 2020 will be the 30th edition of the festival. Get ready to celebrate the anniversary with us. Tromsø International Film Festival screens challenging quality films for a local, national and international audience. Tromsø International Film Festival is set in the dark polar nights, which give's TIFF the unique possibility to screen films outdoor. The outdoor cinema is located at the main square in the heart of Tromsø. The program includes a selection of shorts and documentaries from the Films from the North program, along with special screenings and various other events. Read more about TIFF on page 72.

Northern Lights Festival

When: 24th of January – 2nd of February 2020

Where: Tromsø City

For more than thirty years, the city of Tromsø has been submerged in a musical extravaganza during the last week of January and beginning of February. Each year the Northern Lights Festival has presented top artists from a wide variety of genres ranging from early music to modern, opera to jazz and chamber music to symphonic orchestras. The Northern Lights Festival is an Arctic music festival that presents quality music and dance. It is brave, magical and full of energy. It is inclusive, meaningful and where a broad audience can find entertainment, they could never experience elsewhere in the region.

Polar Night Half Marathon

When: 4th of January 2020

Where: Tromsø City

Run under the arctic polar night. During the Polar Night Half Marathon in January the organizer offers three different distances. You run at noon in the blue, arctic light that is so special during this time of year, before the sun rises over the horizon. It is also the best time of year to see the northern lights, and with Tromsø's location under the Northern belt this is a great place to experience the phenomenon.

Sami Week

When: February 3rd – 9th 2020

Where: Tromsø City

MSM organizes the Sami Week, with Norwegian Championship in reindeer racing in February. Experience the thrills when reindeer, with their coachmen, speed down Storgata in the heart of Tromsø! Sami Week offers a diverse cultural program all over the city. For more information, see www.msm.no.

NO FILTER NECESSARY

You can find one of the city's gems close to the main square. An indoor city park where all the plants are real, and you can surround yourself with materials that have their own special story. Relax in the moment, and enjoy the sounds and sights of newborn little world-citizens, playful children with their parents, hipsters, students and the more bohemian.

Maybe you'll be lucky enough to pop in when we hold one of our pop-up markets, which is full of different manufacturers of quality hand-made products and design.

We often host impromptu concerts, theatre, yoga and other entertainment and activities.

The café serves a delicious mix of quality coffee, small dishes (both warm and cold) and delicious sweet temptations every day. For the smallest children, the playground will feel like an adventure, and for the slightly larger ones, our skating rink will be great fun.

Our women's and children's clothing shop, Lindex takes foreign currency, and our international grocery store, Marrakech, handles the money transfer service "Money Gram".

Opening hours

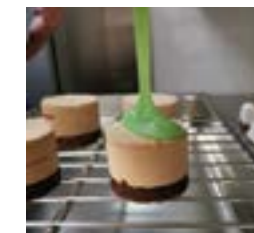
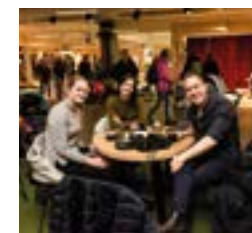
Monday-Friday:
10:00-28:00

Saturday:
10:00-17:00

Sunday:
12:00-16:00
(The City Park,
Tromsø kaffebrenneri and
Rema 1000)

WHERE TO FIND US
Adress: Storgata 102

www.veita.no



Sleep tight

Luxury or budget hotels, city apartments or charming cottages. Choose what makes you happy.



Clarion Collection Hotel With

Clarion Collection Hotel With is located on the pier just a couple of minutes walk from the main street. You will have a great view from our dining room and our up-grades rooms overlooking the sea, the mountains and the cathedral. Breakfast and free coffee/tea is included all day. We also serve complimentary afternoon sweets and tonight's special. On 6th floor you will find sauna and a compact gym. Conference facilities up to 40 persons.

E-mail: cc.with@choice.no

Phone: +47 776 64 200



Quality Hotel Saga

Quality Hotel Saga is a great conference, business, and leisure hotel in the middle of town, close to shopping and restaurants. All rooms have fantastic views either over to the Tromsdalen valley and the Arctic Cathedral, or over the Tromsø city. All the rooms are modern and equipped with a water kettle, minibar, iron and iron board, wifi internet, as well as a TV with many channels to choose from. There is an evening buffet Monday - Thursday from 18:00. Guests are also free to make themselves waffles at the reception area every afternoon. The hotel offers parking in its own garage.

E-mail: q.saga@choice.no

Phone: +47 776 07 000



Radisson Blu Hotel

The hotel offers 269 newly renovated rooms with modern interior and design. The hotel is located in the town center, and only 4 km from the airport. The hotel shuttle bus also stops right outside the hotel. In the hotel building, the hotel hosts a very popular pizzeria (Yonas Pizzeria), and the most famous pub in Norway (Rorbua Pub) and Charly's Restaurant & Bar. There is also a fitness and relax center on the tenth floor, with a great view of Tromsøysundet and the Arctic Cathedral. During the Northern Lights Season, the glass bridge between the hotel buildings is a great viewing spot for the Northern Lights.

E-mail: sales.tromso@radissonblu.com

Phone: +47 776 00 000



Scandic Grand Tromsø

Scandic Grand Tromsø is a comfortable and pleasant 3 star hotel, situated in the main street in Tromsø. The hotel has 176 great rooms, hence 12 junior suites, several two-bed family rooms and many large double rooms. From June 2019 we will have a new "Top Floor" with several family rooms for 4 guests. The hotel has 4 meeting rooms, from 4 to 120 people, and all needed technical equipment. In the lobby you will find a lobby shop. Scandic Hotels offer a fantastic breakfast concept, with both hot and cold food and drinks. In the hotel is also Tromsø's most popular nightspot, Grunder By Night. The guest rooms have new comfortable beds, and free Wi-Fi. All rooms are non-smoking, and there are refrigerators and flat-screen TVs. We offer free coffee/tea in lobby to all our guests. We do look forward to see you as our guest in the future.

E-mail: grandtromso@scandichotels.com

Phone: +47 777 53 777



Thon Hotel Polar

At Thon Hotel Polar, you can enjoy convenient and comfortable accommodation and a complimentary breakfast buffet included in the room rate. The hotel is situated in downtown Tromsø, and all the sights of this "Paris of the North" are just a stone's throw away. The airport bus stops right outside the hotel.

E-mail: polar@olavthon.no

Phone: +47 777 51 700



Thon Hotel Tromsø

The hotel is situated in the middle of Tromsø city centre, and everything the "Paris of the North" is known for is only a stone's throw away. The hotel is a Thon City hotel, which means extra focus on comfort and quality. All rooms are equipped with comfortable beds and a work desk. In the lobby, you will find free coffee and newspapers. Regardless of the context, you're visiting Thon Hotel Tromsø, the most important thing is that you have a comfortable stay. Sleep well in our comfortable beds and get a good start to the day with our tasty breakfast buffet.

E-mail: tromso@olavthon.no

Phone: +47 778 98 050



Clarion Collection Hotel Aurora

Clarion Collection Aurora is located in the pier just a couple of minutes' walk from the main street and close to a lot of attractions worth seeing. You will have a great view from our restaurant and our relax department with both training facilities, sauna and an outdoor jacuzzi where you can enjoy the northern lights, a snow storm or the midnight sun. Breakfast and free coffee/tea all day is included. We also serve complimentary afternoon sweets and tonight's special. Conference facilities up to 120 persons.

E-mail: roger.beck@choice.no

Phone: +47 777 81 100



Clarion Hotel the Edge

On 1 May 2014, the doors opened at Clarion's new conference and business hotel, Clarion Hotel The Edge, Tromsø. Clarion Hotel The Edge - the place to be! Tromsø's largest hotel has until now been colouring the city with new conferences, delightful events and satisfied guests. We offer our hospitality, a warm greeting and an experience you will never forget. A natural meeting point in the "Paris of the North".

E-mail: cl.theedge@choice.no

Phone: +47 776 68 400



Comfort Hotel Xpress Tromsø

Located in downtown Tromsø and within easy walking distance to all sights and attractions. Being centrally located in Tromsø, Comfort Hotel Xpress Tromsø provides you a brand new alternative. Think smart, efficiently and whatever you need without unnecessary fuss. We know Tromsø, and we guide you to the best restaurants, museums and experiences. This stylish hotel offers 192 rooms designed to fit all your basic needs, and leave you with some extra money to spend on things that really matters. Breakfast can be purchased from our lobby shop. We welcome you to Comfort Hotel Xpress, Tromsø. The perfect choice for the modern, cost-conscious traveller! NB! We only accept payment by card.

E-mail: xpress.tromso@choice.no

Phone: +47 776 00 550



Enter Tromsø Hotels & Apartments AS

Enter Tromsø Hotels & Apartments AS is the result when five smaller city hotels team together under one brand. Enter Viking Hotel, Enter Backpack Hotel, Enter City Hotel, Enter Amalie Hotel and Enter St-Elisabeth Hotel offer rooms and apartment facilities - each with its distinctive character and personality. It is our goal to develop hotels and apartments at the same time as guarding their different histories. All hotels are located in the heart of Tromsø city center. We strive to cater to all types of guests, whether it is business or pleasure, solo travelers or big families & groups. Enter Tromsø Hotels & Apartments AS welcome guests from all over the world - to enter the magic of our city!

E-mail: post@entertromso.no

Phone: +47 776 47 730



Scandic Ishavshotel

Scandic Ishavshotel with its unique location on the quay, the hotel stretches out over Tromsø harbour with magnificent views to the Arctic Cathedral and the surrounding mountains. The breakfast buffet is one of the best in the country, and their chef guarantees a fresh start to the day. The hotel's restaurant, Roast, offers a mix of international and local dishes. The hotel is within easy walking distance of restaurants, cafes, and all the attractions in Tromsø's city center. It's one of northern Norway's most exciting conference hotels with facilities in bright, friendly rooms of all sizes. Because of the hotel's unique location, nearly all the rooms have a magnificent view. We welcome you to our hotel!

E-mail: ishavshotel@scandichotels.no

Phone: +47 776 66 400



Smarthotel Tromsø

Our budget hotel Smarthotel Tromsø opened April 2013 right in the middle of Tromsø city centre. We are proud of our Nordic interior design and want you to feel welcome and at home with us. We are collaborating with the best arctic companies so you can have the best chances of seeing the Northern Lights. We will of course help you book your whale safari, midnight sun or dog sledge excursion, and don't forget to visit the famous Fjellheisen where you will get the best view over Tromsø. Our concept is to provide you with cheap accommodation, with high quality, simplicity and comfort.

E-mail: post.tromso@smarthotel.no

Phone: +47 415 36 500



Sydspissen Hotel

Sydspissen Hotel is situated on the very south side of the island Tromsø. It is close to a popular park called Folkeparken, as well as the popular spot called Telegrafbukta. It's the perfect place to be to experience the nature and Tromsø's urban life. The hotel offers a concept which focuses on good food, comfortable and functional rooms/meeting rooms at very competitive prices. All the rooms are equipped with a TV, refrigerator, and free of charge wireless network. The hotel has a large car park that is free of charge for guests. 25 minutes' walk to the City Centre, and frequent bus connections.

E-mail: post@sydspissenhotell.no

Phone: +47 776 61 410



Tromsø Bed & Books

Tromsø Bed & Books is a unique guesthouse in downtown Tromsø. Located just 5 minutes' walk south of the city centre, you'll find super comfortable beds, amazing interior design, relaxing atmosphere, a fully equipped kitchen, a cozy library and very nice fellow travellers. Free internet, coffee and tea, as well as free use of washing machine, dryer and a nice garden. Nice for children. Cook your own meals and save money. Grocery store just across the street. Like having your own home when in Tromsø! We also offer authentic fishing trips with our little 30 feet boat "Inna". Welcome!

E-mail: booking@bedandbooks.no

Phone: +47 770 29 800



Tromsø Camping

Perfect for the one seeking a calm stay in the countryside, yet close to the vibrant city: Just a couple minutes' drive from Tromsø City you find Tromsø Camping. Spend the night in our comfortable cabins, while listening to the calming sound of nature. We want you to experience the Arctic in the best way possible, and we do our best to make your stay unforgettable. We recommend, and help you book, what we believe are the must-do activities while visiting Tromsø. Parking and Wi-Fi is free for all our guests!

E-mail: post@tromsocamping.no

Phone: +47 776 38 037

Explore more

If you have enough time, we highly recommend exploring the region surrounding Tromsø. Within a three-hour radius of downtown Tromsø, you will find beautiful island paradises such as Sommarøy, Senja and Karlsøy. These are great places to experience the coastal culture and visit small fishing communities. The amazing Lyngen Alps will leave you breathless. In Målselv, you can go skiing, visit an indoor water park or watch salmon fishing in Målselv river at close range. Not to forget, in Bardu you can meet the wolves and other wildlife in Polar Park. Keep reading if you want to know more about what the great Tromsø Region has to offer.

White sand beaches in Sommarøy

A short drive out of the city and along the coast, you will find Sommarøy. Directly translated it is called «The Summer Island», a name very appropriate, as they can offer crystal clear blue waters and white sand beaches.

TEXT: MALIN MATHISEN. PHOTO © GÖRAN MIKKELSEN/SAHT

A small, but vibrant coastal community has grown in the ocean gap, still keeping traditions alive. In Sommarøy you can choose to relax at the beaches, or venture out on sea-safaris or RiB-tours. The people of the island are always up for fun activities, both during summer and winter.

How to get there:

Car: 57 km, about a 1 hour drive
Directions: Drive to Kvaløya and follow road 862 all the way to Sommarøy

Water activities:

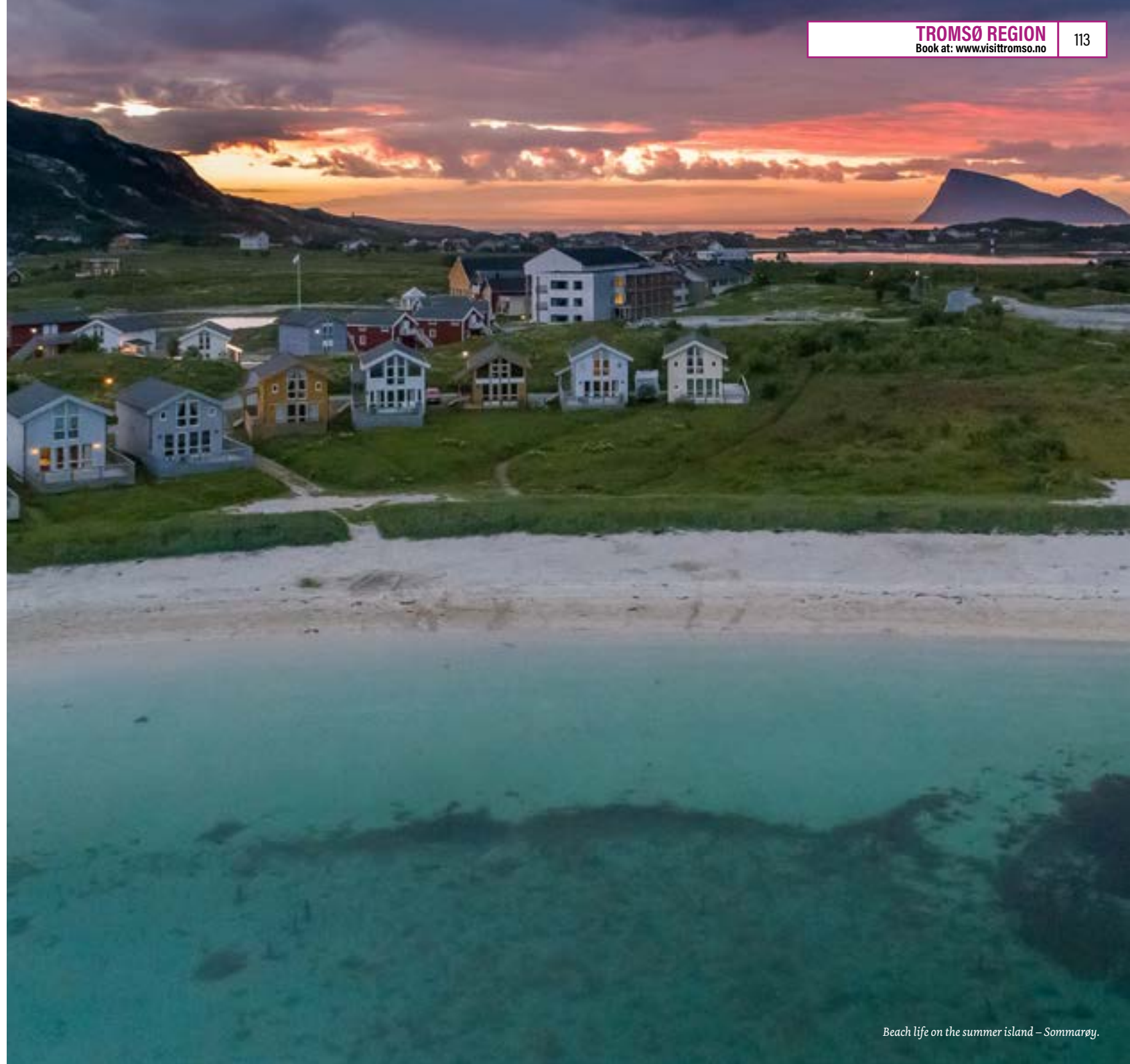
Kayak along the coast or go on adventurous RiB-tours either during summer in the Midnight Sun or during winter, experiencing the Northern Lights from the water. Sommarøy has diving opportunities in summer and whale- and sea safaris during winter.

Relax:

During summer there's nothing better than bringing your bathing suit and relax on the white sand beaches around the island. If the weather's a bit more chilly, there's opportunities of renting saunas and jacuzzies (with a view). Have a coffee or a bite to eat in the centres café or restaurant.

Hekkingen fyr:

One of the oldest lighthouses in Northern Norway can be reached from Sommarøy, only a 15 min boat ride away. Enjoy the rich birdlife and exotic Northern Norwegian nature.



Adventurous Senja

Following a scenic route from Tromsø, you'll soon end up on the fairy tale island Senja. Here you can follow national tourist roads with world class nature surrounding them.

TEXT: MALIN MATHISEN. PHOTO © KARI SCHIBEVAAG

Senja is becoming more and more of the perfect off-beat attraction. Here you'll find steep mountain tops with extreme views, pure air and a chance to jump in fresh waters from white sand beaches. Being one of the biggest islands in Norway, Senja can offer both coastal and inland activities, such as kayaking, diving, dogsledding and guided tours in cultural landscapes.

How to get there:

ROUTE 1 (SUMMER ONLY)
Tromsø-Brensholmen-Senja-Brensholmen-Tromsø

Car: 100 km (round trip Tromsø-Brensholmen)
Directions: Follow Rv 862 from Tromsø to Brensholmen and from Brensholmen you take the ferry over to Senja. The ferry from Brensholmen takes 45 min one-way. Return the same way, or make it into a round trip by following E6 Olsborg to Tromsø.

ROUTE 2 (ALL YEAR)
Drive from Tromsø to Finnsnes, and from Finnsnes to the Gisund Bridge through birch forestes and past historical Gibostad.

Car: 250 km (round trip)
Directions: Follow E6 to Finnsnes and continue over to Senja. Return the same way.

Hiking

Segla has become an iconic Instagram-mountain and is not a very hard hike to do. Starting in Fjordgård parking lot the tracks are clearly marked. Other mountains to explore are Husfjellet, Lonketind and Dronningruta in Senja. The Ånderdalen National park has trees more than 600 years old, as well as untouched nature for hikes. A part of exploring Senja is going out to Dyrøy which is located between the island and the mainland. Dyrøy hosts all of Norway's best features in one small area. Recommended hikes are Børringen and Dyrøygommen.

National tourist road

Steep mountains going straight into the ocean and the road going in and out of the fjords with crystal clear water, takes you to various points along the tourist road. In Bergsbotn you can go out on a 44 meter long platform with spectacular views. Driving to Ersfjordstrand you can enjoy white sand beaches and even visit the artsy gold-plated toilet facility, which is an attraction on its own. In the middle of Øyrfjorden lies Husøy, which is a small island. It has the most active fishing community hosting a few hundred permanent inhabitants. Visit the rest area of Tungeneset and walk the walkway built in Siberian larch leads, taking you on a journey with views of the Northern Sea in the west and the Oksen mountain with its sharp peaks in the North.



Hiking to Segla mountain.

Wild Målselv

Just a short hour drive south of Tromsø, you will hit the deep woods and mountains of Målselv. Here you'll get a full wildlife experience and scenic nature both summer and winter.

TEXT: MALIN MATHISEN. PHOTO © TOMMY SIMONSEN

Målselv has excellent hiking opportunities in easier terrain through the forest, or up steeper mountain tops, well fitted for both families and more extreme hikers. Go fishing in rivers and waters, and get to know Northern Norwegian and Sami culture up close and personal. With narrow rivers and open mountain plateaus, Målselv has the typical Northern Norwegian inland landscape.

Cold or warm, a visit to the most northern indoor swimming pool, Polarbadet is worth a trip. During winter there's a selection of activities to participate in such as dog sledding, snowmobiling, moose safaris or reindeer sledding.

How to get there:

Car: 132 km, about a 2 hour drive to the village

Bardufoss in the middle of Målselv

Directions: Hit the E6 going south from Tromsø and follow directions to Narvik. You've reached Målselv when signs of Moen and Bardufoss are displayed. There are buses going daily from Tromsø to Målselv, but public transportation is limited.

Licences & regulations

If you are going fishing, remember to get your licences.

Read more on page 60.

Fishing

Målselvfossen might be the best place to fish for salmon in Norway, and has been popular for decades of time. The scenery around Målselva is spectacular during summer with deep forests surrounding it. Keep in mind that a fishing card is needed in order to be allowed to fish in the river. Målselvfossen can also be visited and enjoyed even if you are not going to be fishing.

Wildlife

Dividalen National Park is located close to the Swedish border and preserves little disturbed inland valleys and mountain areas. You might even get a glimpse of it's wild animals.

If you want to be ensured seeing arctic animals, Polar Park located in Bardu, is perfect to visit with family and friends. Spend the day in wild surroundings watching wolfs being fed and bears playing alongside. Polar Zoo hosts activities like zip lining and bouldering, as well as being home for the wild animals.

Skiing

Målselv fjellandsby (mountain village) is open both summer and winter, with good hiking and skiing opportunities. You have the option of renting cabins or apartments and stay for several days, or even just spend one day cross-country or downhill skiing. The panorama view of the Målselv valley is almost worth the visit itself.



Say hi to the wolves and other Arctic animals in Polar Park.

Norwegian alps in Lyngenfjord

Take a scenic drive from Tromsø to Lyngen where the beaten tracks are waiting for you.

TEXT: MALIN MATHISEN. PHOTO © LONE HELLE

Enjoy extreme outdoor activities with friends or fresh and fun experiences with your family. Lyngen peninsula with its high peaks, blue glaciers and dramatic landscape continues to amaze both young and old. The region also creates the surroundings for cultural highlights such as the annual music festival Riddu Riddu

How to get there:

Car: 200 km (round trip)

Directions: Follow E8 from Tromsø to Fagernes and go along Rv 91 to the quayside of Breivikeidet. Take the ferry (20 minutes) over to Svensby. This is the perfect opportunity to get a panoramic view of the Lyngen alps.

Ferry: Breivikeidet to Svensby

For the extreme

The Lyngen alps are worth the visit just for the view, but skiing and hiking is highly popular if you're into a bit more extreme activities. Lyngenfjord can offer walks on Steindalsbreen Glacier, ski touring in untouched snow-covered mountainsides in the Lyngen Alps or even ice climbing.

Culture:

Take your family or friends to one of the Northern Norwegian museums in Storslett, Lyngen, Skibotn or Kåfjord where you'll learn more about Northern Norwegian culture and Sami culture. At Seppalatunet you'll get to learn more about famous polar expeditions.

Hiking:

Hike to Blåisvatnet (The Blue Lake) and enjoy the intense blue water surrounded by steep mountains. If you're looking for a view out of the ordinary, visiting the Gorsa bridge is an experience stretching 153 metres over the deep Sabetjohk Canyon. Also – walking the mountain "Halti toppen" you've been to Finland's highest mountain.





Sommarøy Arctic Hotel



Sommarøy is a natural gem by the ocean, at the outer coast outside Tromsø. It is a vibrant coastal community with 400 people. There has been people and activity for centuries, and the area around Sommarøy had settlements over 10,000 years ago. Nickname: The Arctic Caribbean! The hotel was renewed in 2017 and today it appears as a jewel in the Arctic nature. A total of 155 rooms, divided into 29 standard rooms, 39 superior rooms with balcony, 3 suites and 81 rooms in 28 sea houses and apartments. Restaurant, bar, sauna, hot tub, jacuzzi and fitness room is some of the facilities at the hotel.

Address: Skipsholmsveien 22, 9110 Sommarøy
E-mail: resepsjon@sommaroy.no

Phone: + 47 776 64 000



Lauklines



Lauklines is only 30 min drive from Tromsø Airport and they offer transfers if needed. It's a warm, welcoming resort which is a perfect base for those seeking an active "out of the city" adventure or if you just want to relax and stay close to the nature. Hanna & Andreas with their family and staff, have been developing Lauklines as a well recommended holiday resort since 1999. All buildings have been carefully restored and regularly renewed, so it's a very good standard of quality as well as on the activities offered in the area. Enjoy and explore pure nature with the touch of personal service!

Address: Vasstrandvegen 580, 9108 Kvaløya
E-mail: post@lauklines.no

Phone: +47 776 56 080



Volda Floating Home



Looking for a unique living experience? We give you a rare opportunity of living not near, but on a Norwegian fjord! As a rebuilt ferry, Volda is a modern and tasteful architectural floating home. Fall asleep to the sound and faint rocking of the sea while the beautiful nature and lights shines outside the windows. The ferry is approx. 340 m² with living room/kitchen area, 2 open lounging areas with sofa and TV and one private lounging area in the officers cabin. The houseboat is perfect for groups (14 people), but also for a family vacation. Along with your stay, we can offer you a personal chef, fishing tours, fjord cruise and excursions.

Address: Rotnesveien 69, 9100 Kvaløysletta
E-mail: post@voldahome.no

Phone: + 47 930 32 309



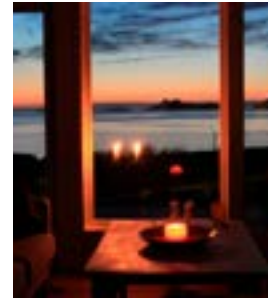
Yggdraslitunet



Visit our privately owned farm hotel which is idyllically situated on the island of Kvaløya. With a stunning location surrounded by the beautiful north Norwegian wilderness, the location is perfect if you want to observe the northern light. We offer beautiful nature experiences in the mountains during all seasons, fjord sightseeing by car, boat trips with guide, sauna, hot tub or jacuzzi. In the yard there are horses, sheep, rabbits, goats and hens which creates a unique atmosphere. In our restaurant and farm cafe, we serve traditional food, but we are pleased to offer tasty vegetarian food and raw food. The place is perfect for the family, a small group or friends.

Adresse: Leirstrandveien 1557, 9106 Straumbukta
E-post: yggdraslitunet@gmail.com

Tlf: + 47 915 64 264



Tromvik Lodge



Tromvik Lodge was built in 2011 and is held in classical modern Scandinavian style with wooden floors, walls and white ceiling. Large panorama windows give a 270 degrees view to the ocean in the north and a spectacular alpine landscape with peaks reaching 3000 feet and more in the west and south. Tromvik is small and picturesque fishing and farming village located on the North-Norwegian coast at approximately 70 degrees northern latitude. Reindeer can be seen around the house and eagles flying over are a common sight. The villa is well spaced out from neighbours and is a place where you can enjoy silence and untouched nature.

Address: Tromtindvegen 132, 9107 Kvaløya
E-mail: gjeriks@online.no

Phone: + 47 905 73 879



Mefjord Brygge



We are an all-year holiday resort located between the mountains and fjords on Senja island in Northern Norway. We focus on active tourism, nature experiences, seasonal Activity Packages and deluxe tailor-made holidays. We offer boats for rent, guided trips to see Aurora Borealis, whales, sea eagles and marine landscape. Senja is great for snow shoeing and ski touring in winter. It is amazing place to see midnight sun and discover unlimited mountain hikes in summer. Our guests can stay in range of highstandard accommodation and enjoy traditional food in marine style restaurant.

Address: Mefjordvæ, 9386 Senjahopen
E-mail: booking@mefjordbrygge.no

Phone: + 47 778 58 980



Elements Arctic Camp



Get closer to nature with us. We provide accommodation at our unique yurt camp on the beautiful island of Rebbenesøya combined with our speciality year-round kayaking, and other activities. From our secluded camp, located at the seashore, with no road access and no electricity you will experience a spectacular Arctic coast, by land or at sea, at all seasons. Our two yurts, each housing four people, are like modern nomadic tents, are rustic, very comfortable and have a special atmosphere. We provide customized adventures with high service and quality. With us you will experience something exceptional!

Address: 9140 Rebbenes
E-mail: post@elementsarcticcamp.com

Phone: + 47 907 89 699



Finnkroken Feriehytter AS



Welcome! Our cabins have a panoramic view towards the nature and sea. Here you can watch birdlife, including eagles, and sea life including small whales. Our location is the best place to experience the Northern Lights. We provide various equipment, like snow shoes, fishing gear and bikes. The area is well-known for small game hunting and fishing spots. We rent out boats and fishing gear. We offer modern and fully equipped cabins and camping area. In addition, we have a guesthouse for meetings, a large barbecue cabin, sauna and Jacuzzi. Come and experience the nature!

Address: Finnkroken, 9132 Stakkvik
E-mail: p-apsen@online.no

Phone: + 47 970 65 166



Hav og Fjell



Hav og Fjell offer five sea cabins for rental on Ringvassøy, just a 40 minute drive from Tromsø centre. Our guests have access to a wealth of natural resources including sea- and mountain lake fishing, ice fishing, snowshoeing excursions, mountain walking/climbing and back-country skiing. We offer meeting facilities and catering with typical Norwegian home cooking. Our restaurant/pub has a fully stocked bar. We also have rental boats, fish processing facilities, a large barbeque hut and an outdoor Jacuzzi with an adjoining woodfired sauna. We also offer transfer.

Address: Bjørnskar Yt. 836, 9130 Hansnes
E-mail: post@havogfjell.no

Phone: + 47 480 58 540



Fjellkysten Hotel



It is now ten years since the current owner bought the beautiful Fjellkysten hotel. From day one our dream has been to put Lavangen on the map and to give our guests a feel of home away from home. Fjellkysten hotel is a small guesthouse where the staff takes the time to talk to you and would like to get to know you. It is a place for relaxing in the outdoor jacuzzi while looking out over the beautiful fjord, or steaming in the sauna with Northern Lights dancing over your head.

Address: Soløyveien 190, 9357 Tennevoll
E-mail: post@fjellkysten.no

Phone: + 47 479 24 792



Hamn i Senja



On the Senja island, a scenic 3 hours' drive from Tromsø, you find a comfy resort situated in spectacular landscape and with perfect view to the midnight sun and the Northern Lights. Restaurant with harbour view serving local food. Summer and winter activity program with fixed departures. Kayaks, bikes, fishing boats for rent. Outdoor jacuzzis with ocean view. Fantastic hiking and ski touring possibilities. Relaxing atmosphere – a place you will long back to. Ranked as the 14th best hotel in Norway 2017 by TripAdvisor.

Address: Hamnveien 1145, 9385 Skaland
E-mail: booking@hamnisenja.no

Phone: + 47 400 20 005



Rundhaug Gjestegård



Rundhaug Gjestegård is a beautiful guesthouse with a unique atmosphere and a fascinating history. The white 114-year-old wooden hotel is beautiful and peaceful, right on the banks of Målselva, just 20 minutes from Bardufoss Airport and two hours' drive from Tromsø. The hotel offers a lot of activities and are well known for salmon fishing and hiking during summer. In wintertime we offer Northern Light adventures, dog sledding, wild moose safari and reindeer feeding. Each room at Rundhaug Guesthouse has its own character and more its own history of famous guests who have stayed in the hotel. Breakfast is included for all guests. Welcome!

Address: Øverbygdveien 9, 9336 Rundhaug, Fv854
E-mail: post@rundhauggjestegard.no

Phone: + 47 778 30 570



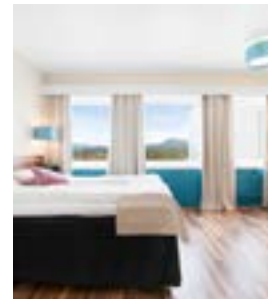
Malangen Resort



Malangen Resort offers accommodation in a choice of hotel rooms, apartments, sea-view cabins, deluxe sea-view cabins and deluxe waterfront cabins. All offer a high standard of quality and comfort and spectacular views. More than half is located right down on the coastal rocks, just meters from the fjord. The Resort has 360 beds divided in accommodation suitable for any demand. During the winter season, you can join our knowledgeable guides for unique winter adventures such as snowmobiling, dogsledding, snowshoeing and Northern Lights tours. We offer direct transfers between downtown Tromsø/Tromsø Airport and Malangen Resort twice daily in each direction.

Address: Skutvik, 9055 Meistervik
E-mail: booking@malangenresort.com

Phone: +47 915 77 318



Bardufoss Hotell



Overlooking the beautiful Målselv Valley and the mountain called Istind, you will find our homely hotel in the middle of Bardufoss town center. With only a three minute drive from Bardufoss Airport and only 1 hour 45 minutes' drive from Tromsø, Bardufoss Hotel is perfect for travelers. There are great possibilities in and around Bardufoss. If you are adventurous and looking for excitements, there are a lot of activities and experiences within short distance. If you, on the other hand, would like to have a quiet evening at the hotel, we recommend our cozy lobby bar.

E-mail: post@bardufosshotell.no

Phone: +47 778 30 500



Vollan Gjestestue



Vollan Gjestestue is a family business that opened its doors on 4. July 1948. The building was built by the Germans under WWII, and was bought by Gudrun Lydersen in 1946. Today the 3rd generation Lydersen runs the place in the same vein as his ancestors. We have 30 hotel rooms and 8 studio apartments with the "at home feeling". Our restaurant serves traditional homemade dishes, and is kept in the same spirit as it was when it first opened in 1948. We welcome you to Vollan!

Address: Torgveien 2, 9040 Nordkjosbotn
E-mail: post@vollangjestestue.no

Phone: +47 777 22 300



Koppangen Brygger



Enjoy the calm atmosphere at this family owned year around activity resort. We are located where the road ends, with dramatic and spectacular costal scenery in every direction. In our comfortable and modern cabins or hotel rooms, you can spend the night listening to the calm breeze of the ocean and enjoy the wild nature from your window. From our new restaurant, you can enjoy local food and beverages. We are located in the middle of the Aurora belt, and combined with very low light pollution, we can offer you one of the best chances of seeing the Northern lights. Being a part of Green Key, we promote sustainable operations within the tourist industry. Free Wi-Fi and parking!

E-mail: post@koppangenbrygger.no

Phone: +47 900 87 005



Magic Mountain Lodge

This family-run property is overlooking the Lyngenfjord and surrounded by mountains. It offers fjord-view rooms, communal kitchen and terrace with impressive views. Guests can choose rooms with a private bathroom or basic accommodation with shared facilities. Breakfast and dinner can be arranged, if requested in advance. Bicycle and snowshoe rental is also available at Magic Mountain Lodge. The Lyngen Alps provide excellent Northern Light spotting or skiing in winter and hiking in summer. Lyngseidet is situated 90 minutes from Tromsø by car/bus. www.mmlodge.no

Address: Stigenveien 24, 9060 Lyngseidet
E-mail: magicmountainlodge@gmail.com

Phone: +47 473 42 091



Welcome Inn Hotel Lyngskroa



Fully stocked hotel, located at E6 - the main road in Norway. The hotel has 28 rooms, each with bathroom, TV and wifi. You'll also find a restaurant, bar, nightclub and a wine cellar at the premises. In addition, the hotel can host conferences for 2-130 persons in modern conference rooms. Free parking, and location close to snowmobile trails.

Address: 9046 Oteren
E-mail: post@lyngskroa.no

Phone: + 47 777 15 000



Reisafjord Hotel



Reisafjord Hotel – place to be! Since 1928 it is a comfortable and pleasant 3 stars hotel, situated next by the harbour in Sørkjosen, the natural stopping point between Tromsø and Alta. It is right beside the E6 highway. We offer our hospitality, a warm greeting and an experience you will never forget. Summer and winter activities makes the hotel and place more special! We are proud to feature local produce from North Troms and other parts of the county on our menu in a restaurant. Our intention is to use local produce in dishes based on traditional, local cuisine. We welcome you to our hotel!

Nessevegen 32, 9152 Sørkjosen
E-mail: resepsjon@reisafjord-hotel.com

Phone: + 47 777 66 000



Arctic Campers Rental



Explore the amazing nature of Norway in the most independent and budget friendly way. Take advantage of the Norwegian freedom to roam. Rent your camper in Tromsø, Oslo or Lofoten. Choose between a basic or a well equipped Camper Van with parking heater, WiFi, kitchen and a large bed. For a successful Northern Lights tour we provide you with the Aurora Dome Camper. You will have a 360 degrees view out of the glass dome into the sky. You fall asleep underneath the stars and you never have to leave the warm camper van to check the Aurora activity. www.arcticcampers.no

E-mail: rental@arcticcampers.no

Phone: +47 410 17 430



Spaceship Aurora



Spaceship Aurora is an educational visitor's and activity center located at Andøya Space Center. At Andøya Space Center, sounding rockets are launched into space several times a year for research in space and on the Northern Lights. This makes Andøya Space Center a unique operating Space Center in Europe. At Spaceship Aurora you can experience a virtual trip into space and learn about the Northern lights and how the phenomena effects our planet. We also have exciting physics experiments that you can enjoy in our exhibition. We offer activities for all age groups at affordable prices.

Address: Bleiksvveien 46, 8483 Andenes
E-mail: contact@spaceshipaurora.no

Phone: + 47 761 44 600

Transport and car rental



Stein Sørensen Persontransport



We pride ourselves on always providing safe, efficient and predictable transport. With more than 40 years' experience we have proven to be worthy of one's trust. Our competence and seriousness is highly valued, also in a growing private market. Our number 1 rule is: Safely here – safely there. We provide transport for disabled people, sightseeing, touring, school transport – and more. One of our core values is to take care of the environment In everything we do. That's why all of our drivers is educated in economical and environmentally-friendly driving.

Telefonnummer: 77630000

E-postadresse: ssp@persontransport.no



iCaravanRental



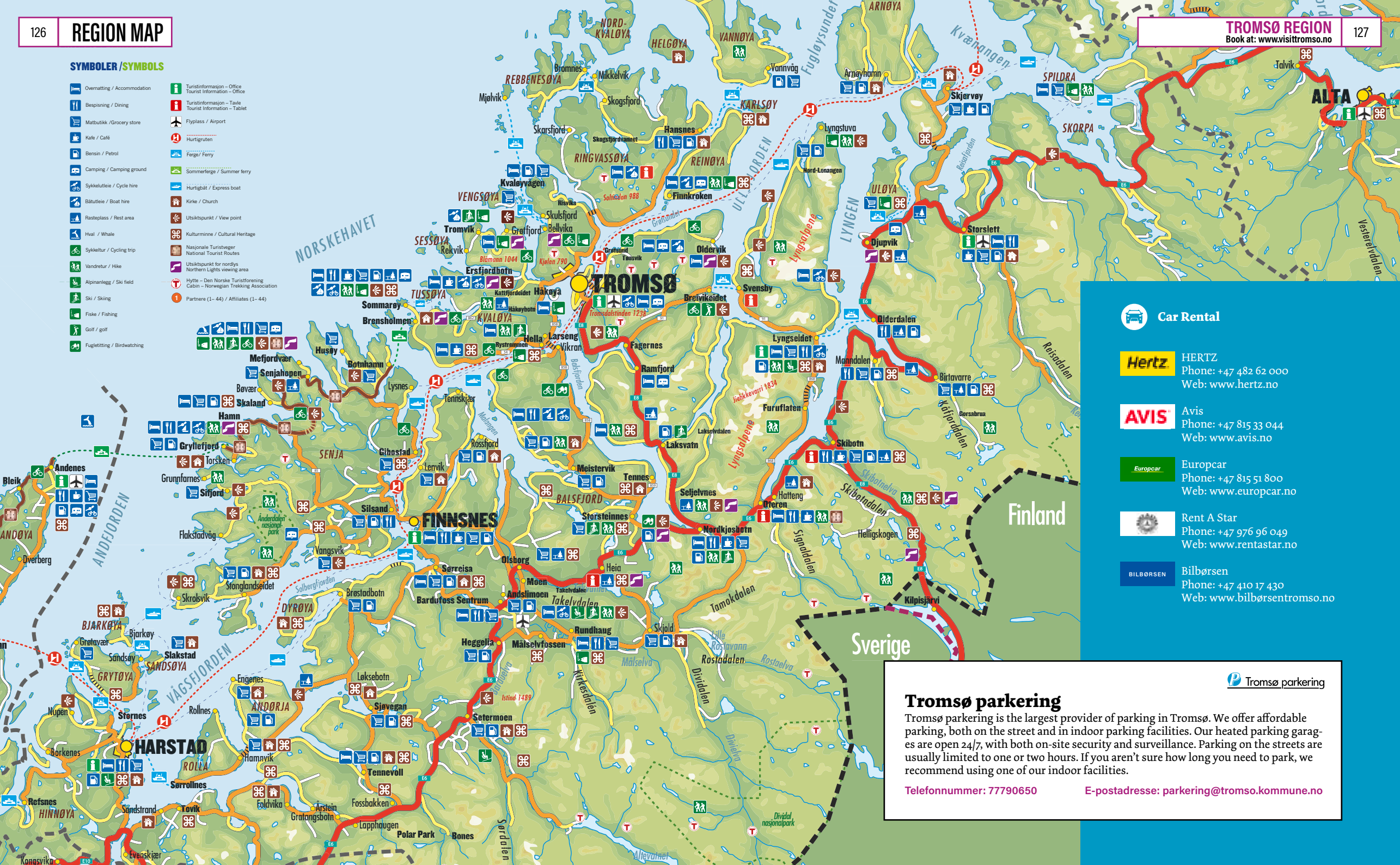
We have top motorhomes for rent throughout the season. We offer 4 different categories, which you can choose from. We have compact(2 pax), family standard (4 pax), family large(5-6 pax) and exclusive(4pax). In the summer time we have minimum of 7 days rent, in the wintertime we have a minimum of 3 days.

Telefonnummer: +47 95 43 43 56

E-postadresse: post@icaravan.no

SYMBOLER / SYMBOLS

- Overnatting / Accommodation
- Bespisning / Dining
- Matbutikk / Grocery store
- Kafe / Café
- Bensin / Petrol
- Camping / Camping ground
- Sykkeltuteie / Cycle hire
- Båtutleie / Boat hire
- Raste plass / Rest area
- Hval / Whale
- Sykkeltur / Cycling trip
- Vandretur / Hike
- Alpinanlegg / Ski field
- Ski / Skiing
- Fiske / Fishing
- Golf / golf
- Fugletitting / Birdwatching
- Turistinformasjon - Office / Tourist Information - Office
- Turistinformasjon - Table / Tourist Information - Tablet
- Flyplass / Airport
- Hurtigruten
- Feeg / Ferry
- Sommerferge / Summer ferry
- Hurtigbåt / Express boat
- Kirke / Church
- Utsiktspunkt / View point
- Kulturminne / Cultural Heritage
- Nasjonale Turistveger / National Tourist Routes
- Utsiktspunkt for nordlys / Northern Lights viewing area
- Hytte - Den Norske Turistforening Cabin - Norwegian Trekking Association
- Partnere (1-44) / Affiliates (1-44)



Car Rental

Hertz HERTZ
 Phone: +47 482 62 000
 Web: www.hertz.no

AVIS Avis
 Phone: +47 815 33 044
 Web: www.avis.no

Europcar Europcar
 Phone: +47 815 51 800
 Web: www.europcar.no

Rent A Star Rent A Star
 Phone: +47 976 96 049
 Web: www.rentastar.no

BILBØRSEN Bilbørsen
 Phone: +47 410 17 430
 Web: www.bilboersentromso.no

Tromsø parkering

Tromsø parkering

Tromsø parkering is the largest provider of parking in Tromsø. We offer affordable parking, both on the street and in indoor parking facilities. Our heated parking garages are open 24/7, with both on-site security and surveillance. Parking on the streets are usually limited to one or two hours. If you aren't sure how long you need to park, we recommend using one of our indoor facilities.

Telefonnummer: 77790650

E-postadresse: parkering@tromso.kommune.no

Reach your experience by bus

THE ARCTIC ROUTE is a safe, reliable and comfortable way of traveling to new adventures and unforgettable memories. Our bus routes make it easier for you to visit the various destinations in the arctic region, either one way or for a return round trip. Our partners offer a wide range of experiences such as dog sledding, traditional food and drink, wildlife safaris, accommodation and much more.

There will be daily departures with modern coaches running from December 1st until end of March 2019, between Tromsø, Narvik and Lyngen. Light refreshments will be available on board and a tour guide film will keep you company throughout the amazing scenery.

We at Bussring and all our partners welcome you to experience the Arctic Route together with us. <https://www.thearcticroute.com>

Bussring CONTACT US
Phone: +47 400 02 196
E-mail: post@bussring.no



Photo © Alessandro Belleli Photography. Tromsø Safari

AR
THE ARCTIC ROUTE



Booking terms & conditions

Dear guest, here are some highlights from Visit Tromsø Region AS Terms & Conditions. We recommend that you familiarize yourself with them to ensure the best possible holiday experience.

Cancellations/changes by the guest

To cancel or change your booking, please contact Visit Tromsø-Region AS. All cancellations and changes must be sent via e-mail to booking@visit tromsø.no

For cancellations less than 7 days prior to arrival, please contact both the supplier and Visit Tromsø-Region AS.

The following cancellation fees/ deadlines apply:

- More than 14 days prior to arrival/tour date – 100% refund.
- 7-14 days prior to arrival/tour date – 50% refund.
- Less than 6 days prior to arrival/tour date – no refund.

Special terms and conditions apply for bike rentals, booking of car hire and booking of accommodation. Please check www.visit tromsø.no/en/terms

Cancellations/major changes from our side

The supplier may cancel or make major changes last minute due to:

- Conditions that are beyond their control, e.g. weather, accidents/breakdowns, strikes etc.
- Conditions for the booking not being met, e.g. minimum number of participants etc.

A minimum of two full-priced participants applies for most trips, unless otherwise specified. In the event of this type of cancellation/major change, if you do not accept the alternative provided, we will provide a 100 % refund. In the interests of ensuring the best possible experience, we reserve the right to make minor adjustments due to weather, snow conditions etc.

Travel insurance/ cancellation protection

We recommend that guests have adequate travel insurance before commencing their trip in case of accident or loss of booked activity due to delayed flights, illness, lost luggage, liability, etc. Suppliers have no obligation to refund money for no-shows.

Exchange rates

Visit Tromsø has no control over the exchange rate that will be calculated for refunds to credit cards and is not responsible for any loss incurred. Please note that Visit Tromsø-Region AS does not pay any bank fees incurred for international transfers, and such fees are deducted from the amount to be refunded.

Please read our complete booking conditions on www.visit tromsø.no/en/terms

Practical information

Contact numbers in case of emergency:

Ambulance: 113 · **Fire:** 110 · **Police:** 112

Doctor: If you require urgent medical assistance, the emergency room at the University Hospital of Northern Norway is the best option. Contact number: +47 116 117

Pharmacy: There are several pharmacies located around the city centre and within the shopping centres. Note that some medications are more restricted in Norway than other countries. Contact number to Vitus Emergency Pharmacy: +47 77 21 26 00

Road assistance

Viking: +47 77 61 06 00

Bank and currency

There are currently no money exchange agencies in Tromsø. ATM machines are widely available. Please note that owing to bank fees it may be cheaper to use your credit card instead of exchanging money. Major credit and debit cards, (Visa, MasterCard, American Express and Diners) are widely accepted.

Parking

There is nowhere to park legally free of charge in downtown Tromsø during daytime. Ensure you have paid for sufficient time as fines are issued quickly. Parking at car parks must be prepaid at an automatic ticket dispenser or via a mobile app.

Drinking water

The tap water in Tromsø is very pure and clean and is often better than bottled water.

Tipping

It is not uncommon to give tips in Norway, but it is not expected all the time. If you are satisfied with the service in a restaurant or bar, tipping

will be much appreciated. The normal level is up to 10 %.

Bus and taxi

Tromsø has two taxi companies, Din Taxi and Tromsø Taxi. Please contact the company directly to order or if you have questions.

Din Taxi (www.dintaxi.no)

Phone: +47 02045

Tromsø Taxi (taxi@tromso-taxi.no)

Phone: +47 03011

Airport Transfer

Tromsø Airport Express offers comfortable transportation between Tromsø Airport Langnes and Tromsø City Centre, with frequent departures from early morning until late evening. Travel time is approximately 15 minutes. For more information about departure times and place, please visit www.bussring.no, or call +47 957 58 000

Bus tickets

Single tickets are valid for approximately 60 minutes. You can buy tickets on board, using cash only. The driver can give change. Fares are cheaper if you buy tickets in advance. Pre-paid tickets can be bought from various outlets: Wito in Storgata; Narvesen in Stortorget, Krokensenteret and K1 shopping centre; Troms Fylkestrafikk customer service centre at Prostneset Port Terminal, MIX at the university (UiT), AMFI Pyramiden and hospital (UNN). Pre-paid tickets can be bought from ticket machines at the following bus stops: Fr Langes gate F2 (by Kiwi); Sjøgata S1 (by Peppes Pizza); Giæverbukta terminal; the university (UiT), hospital (UNN), bus stop at the airport, and at Troms Fylkestrafikk customer service centre at Prostneset Port Terminal.

Photography and use of drones

It is fine to take photos out in nature and at most attractions. However, some art galleries and some museum exhibits have signs indicating that photography is not permitted.

Photographing groups of people is usually ok, but if you are photographing an unknown individual, it is best and most polite to ask permission first. Photographing children or around schools and kindergartens is generally not accepted unless you have prior permission.

Top 5 rules for use of drones for play and leisure:

1. The drone should always be kept within your sight and operated in a mindful and considerate manner. Never fly near accident sites.
2. Never fly closer than 5 km from airports unless you have explicit clearance to do so.
3. Never fly higher than 120 meters off the ground.
4. Never fly over festivals, military sites or sporting events. Keep a distance of 150 meters.
5. Be considerate of others privacy. Take note of the rules concerning photos and films of other people.

Private property In Norway it is strongly discouraged to enter private property without specific permission from the landowner. Please ensure you ask before entering private property, and certainly before taking pictures of people, especially children. Walking on private land without permission is not something that is welcome.

Thank you for your respect and understanding of the Norwegian culture.



Welcome to the Tromsø region's Official Tourist Information

YOU FIND US centrally placed on the upper floor at Prostneset Port Terminal. Here you get the best free city maps, brochures, information, inspiration and guidance to make you stay in the region unforgettable. There is a range of reasons why Visit Tromsø Tourist Information should be your first stop!

- The city's widest selection of tours, independently selected for your trip by our fantastic staff
- Information on restaurants, bars and shops
- "Live like the locals" – information on cultural events, concerts and other happenings
- For tours booked through us, customer support if something goes wrong
- Locally-produced gifts and souvenirs

We are here to make your trip unforgettable. Come and talk to us, and book your Arctic Adventure today!

Remember, you can also find inspiration, information and book your activities right now on www.visit tromsø.no/en.

We look forward to meeting you. Welcome!

Opening hours

The Official Tourist Information Centre is always open every day between 9 am and 4 pm. In peak seasons (both summer and winter), we have longer opening hours and during the Christmas and New Year holidays the opening hours might vary. For updated opening hours, we kindly ask you to check our web site www.visit tromsø.no/en.

Contact us

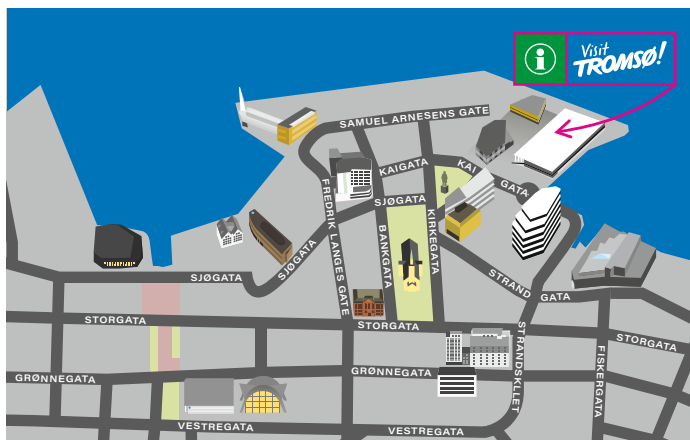
Visit:
Prostneset Port Terminal,
Samuel Arnesens gate 5,
9008 Tromsø
Call: +47 77 61 00 00
E-mail: info@visit tromsø.no
Web: www.visit tromsø.no



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Visit Tromsø is Eco-lighthouse certified

Visit
TROMSØ!