



Official tourist information of
Tromsø city centre and region



Tromsø guide

2020/2021



**WHERE
YOUR
ARCTIC
ADVENTURE
BEGINS**

Visit
TROMSØ!



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Welcome to Tromsø

– a sustainable destination!

Since late 2019, Tromsø has been accredited as a sustainable destination, promoting the local economy, involving the local community and reducing the industry’s carbon footprint, one step at a time. Together we can look after this delicate destination for future generations, for both visitors and locals alike.

Quality and safety are always in focus in our region, which is why we have launched this year our “Approved by Visit Tromsø” stamp. All our suppliers need to meet our strict safety and sustainability requirements, including insurance, public transport and boat licenses and ensuring, not least, that their staff have the correct working rights and practices. That’s why, when you book your tour through Visit Tromsø, you are not only ensuring that your product is safe and of high quality, you are also contributing to the important long-term work we do for our destination and the arctic.

Whether you are here for a winter break, to capture the Aurora, and maybe take a ride with huskies in the wilderness, taking a winter fjord cruise in our magnificent nature, or here to enjoy the midnight sun, Visit Tromsø tourist information can help tailor-make your trip to ensure you make the most out of your trip to our region. We have expert help on hand, always independent, to help you plan the perfect trip for you.

If skiing is your thing, it has been said that the Lyngen Alps eclipse even some of the most sensational French Alps, but the snow conditions are very different. Please remember to check varsom.no for the latest avalanche updates, and we always recommend you to use a local guide.

The Arctic regions host a range of cultures, including the Sami, the indigenous people of Sapmi. You can discover how their rich heritage continues to thrive today, from fishing traditions, reindeer husbandry and arts and crafts.

The variety of our “city life” is second to none in the Arctic. One of the most attractive things about Tromsø is our lively city centre. With over 100 restaurants, cafes and bars to choose from, you are spoiled for choice. Look out for specialist restaurants that have local food on the menu. Not only will you ensure you “eat like the locals”, you will also help support local suppliers.

Finally, please remember that Tromsø-region is a delicate and vulnerable region. We have some guidelines on how you can help care for our region in the best possible way. Please take time to read our “caring for Tromsø” on page 10-11.

Chris Hudson,
CEO Visit Tromsø-Region

#Tromsocares
– we need you to care too.



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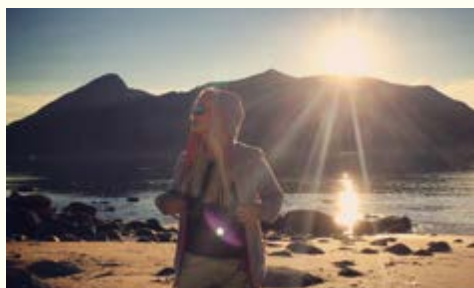
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Our best tips for your stay in the Tromsø region

The team working in Visit Tromsø have gathered our best tips, favourite places and must do's for your stay in the Tromsø region. Some of us are locals, and some have come from all over the world to settle down and work in the Arctic Capital. Enjoy!



Lone

What: Marketing Manager
From where: Tromsø, Norway
Why Tromsø: Born and raised
Language: Norwegian and 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: Breathtaking nature and dynamic urban city in instant distance, and the people
My best tips: Check out both the city and the nature. And wear wool! Don't get cold



Chris

What: CEO
From where: Manchester, UK
Why Tromsø: I have made a family life in Tromsø as I moved here 8 years ago to work
Language: English and Norwegian
Favourite season: Summer
Favourite activity: Kayaking in the fjords around Tromsø. Fresh air, amazing scenery and wildlife
The best thing 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 tips: Look up! A lot of Tromsø's beautiful architecture is above street level.



Trude

What: Product Coordinator
From 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 and 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 doorstep. The fresh air, that I only need to walk for 10 minutes to enjoy, the smell of trees, grass and leaves.
My 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



Sylvi

What: Key Account Manager
From where: Malangen, Norway
Why Tromsø: It just became my place when I was young
Language: Norwegian, English and some French
Favourite season: Autumn
Favourite activity: Fishing in autumn and cross-country skiing in winter
The best thing about Tromsø: The fresh air, the stunning nature and the change of seasons throughout the year is fascinating. This, combined with the urban and pulsating city suits me perfect
My best tips: The fascinating light throughout the year. Every season is spectacular



Maria

What: Sales and Marketing Coordinator
From where: Aalborg, Denmark
Why Tromsø: It is a small city yet big enough to be rich in both a hot city life and stunning nature
Language: Danish and English
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 tips: Bring different clothes. No matter the season, it is always varied temperatures



Malin

What: Digital Marketing Consultant
From 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 and English
Favourite season: Summer and winter
Favourite activity: Hiking and cross-country skiing
The best thing about Tromsø: Its growing city life combined with some of the best nature experiences in the world
My best tips: 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 Information Manager
From where: Nagano, Japan
Why Tromsø: I have made a family life here and lived in Tromsø since 2006
Language: Japanese, English and Norwegian
Favourite season: Autumn
Favourite activity: Driving along the coastal roads of Tromsø and going for a walk towards Tromsdalstinden
The best thing 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
My best tips: Walk 30 minutes from the city centre and you are in the middle of nature



Zillah

What: Information Coordinator

From where: Northumberland, UK

Why Tromsø: Love the cold climate

Language: English, Maltese, Italian, French and Norwegian

Favourite season: Autumn

Favourite activity: Berry picking

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

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



Gry

What: Information Coordinator

From where: Tromsø, Norway

Why Tromsø: Born and raised

Language: Norwegian and English

Favourite season: Summer

Favourite activity: Hiking

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

My 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



Rebekka

What: Information Coordinator

From where: Gudbrandsdalen, Norway

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

Language: Norwegian, Spanish and English

Favourite season: Winter

Favourite 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

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



Alens

What: Information Coordinator

From where: Jelgava, Latvia

Why Tromsø: University and the stunning nature.

Language: Latvian, English and Norwegian

Favourite season: Summer

Favourite activity: Hiking under the Midnight Sun

The best thing about Tromsø: Tromsø has something for everyone. Either you want to go shopping or just enjoy the nature. There are activities here all year round!

My best tips: Explore Tromsø and its surrounding area outside of the city. Enjoy some local food and be prepared for the unpredictable weather conditions.



Matias

What: Information Coordinator

From where: Kirkenes, Norway

Why Tromsø: Moved to Tromsø for my studies, ended up falling in love with the scenic nature and the beautiful city.

Language: English and Norwegian

Favourite season: Summer

Favourite activity: Hiking the summits in Ersfjordbotn

The best thing about Tromsø: Student or senior, mountains or fjords, native or recently moved, nightlife or waking up early for a cup of coffee with a stunning view, Tromsø has it all! The diversity in its people, culture, and nature is something that really set Tromsø apart from many other cities in the world

My best tips: Wear spikes! The ice patches in the city can be hard to spot during winter, combine this with the slippery slopes on the island and you get a bobsled track with stores and hotels (called Tromsø City Center).



Eline

What: Trainee

From where: Lyngen, Norway

Why Tromsø: To get an education and experiencing the city life

Language: Norwegian and English

Favourite activity: Enjoying the nature with friends and family

The best thing about Tromsø: There is so many different things to do and opportunities

My best tips: Take vitamin D in the polar night season



Annhild

What: Project coordinator, Arctic Summer

From where: Reinøy, Norway

Why Tromsø: Because of the season varieties, and informal culture in Northern Norway

Language: Norwegian and English

Favourite seasons: Summer with 24 hours of daylight, and Autumn with crispy air and fantastic nature colours

Favourite activity: Nature hiking

The best thing about Tromsø: Urban town and wild nature within a 10 minute bus ride

My best tips: Don't rush, take time to explore and enjoy your adventure



Jørgen

What: Hospitality and Sales Support Manager

From where: Skaland, Senja

Why Tromsø: The most vibrant city in the north, came to work and live

Language: Norwegian and English

Favourite season: All year! Every season has its own charm

Favourite activity: Paragliding, kayaking and Randonnè skiing

The best thing about Tromsø: Urban pulsing city, close to nature. You can do most outdoors activities within 20 minutes from downtown, and many straight out from your front door.

My best tips: White nights in the end of April, beginning of May - the light is fantastic. Blue water, white mountains, blue sky - say no more!



Jacob

What: Sales Manager

From where: Lyngby, Denmark, with arctic blood in my veins

Why Tromsø: Family decision, but certainly a wise one

Language: Norwegian and English

Favourite seasons: Autumn, Winter and Summer

Favourite activity: Hunting, backcountry snowboarding and climbing

The best thing about Tromsø: It's a short walk if you want to experience nature's silence, and a short walk if you are looking for the urban experience!

My best tips: Explore Tromsø in all seasons, its like two different cities



Christina

What: Information Coordinator

From where: Tromsø, Norway

Why Tromsø: Born and raised

Language: Norwegian and English

Favorite season: Summer

Favorite activity: Hiking and Cross-country skiing

The best thing about Tromsø: The beautiful untouched nature that is only a few minutes away from the city centre, allowing people to explore the fjords and mountains without having to travel far

My best tips: Take your lunch to go! Tromsø has so many beautiful hikes and nature trails for all ages, and there is nowhere better to sit down and enjoy your lunch than under the open sky and in fresh air



Louise

What: Souvenir and gift shop

From where: Tromsø, Norway

Why Tromsø: Raised

Language: Norwegian, German and English

Favorite season: Winter

Favorite activity: Snowboarding

The best thing about Tromsø: The colours outside are amazing all times of the year

My best tips: Pack a picnic, go outside of the city to the first nice spot you discover, and just sit down and enjoy the nature



Inger-Lise

What: Project Leader Sustainability

From where: Målselv, Norway

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

Language: Norwegian & English

Favourite season: Summer and winter

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

Bring home a lasting memory from your Arctic adventure

Are you looking for something special for yourself or a loved one? Pop by our gift shop at the Official Tourist Information Office. Here you'll find exclusive local products and design, cute and handy enamel cups, luxury leather handbags, wool hats, glass art, beautiful jewellery and much more.

Welcome!



OFFICIAL TOURIST INFORMATION

For booking and information visit www.visittromso.no

or contact us info@visittromso.no • +47 77 61 00 00

Get social with us on Instagram [@visittromso](https://www.instagram.com/visittromso)

Photo © Kari Schibevaag

WHERE
YOUR
ARCTIC
ADVENTURE
BEGINS

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 cloudberry 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. 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 12.

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 144.

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 @visitromso.

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

Enjoy your visit and welcome back!



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, you can rent equipment at Tromsø Outdoor and City to Summit. Read more about them on page 61 and 142.

Long-sleeved and long-legged wool underwear

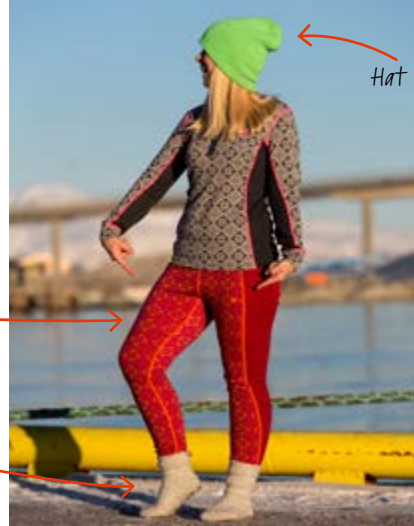
Wool socks

Mitten or gloves

Lined trousers – preferably windproof

Windproof/water resistant jacket

Waterproof, warm shoes with non-slip soles



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

Explore more Tromsø and the region

Surrounding Tromsø are mountains, fjords, islands, white sand beaches and deep woods – also called the Tromsø Region. If you have enough time, we highly recommend exploring the region, by car, ferries, bus or maybe even bicycles!

Closest to Tromsø is Kvaløya island and Sommarøy. From here you can reach the next biggest island in Norway, Senja. Driving from Tromsø going south, you will reach Lyngenfjord and eventually Målselv. Within a 3-hour radius of downtown Tromsø you will be able to experience “Northern Norway in a nutshell”. Have fun!

PHOTO © ØRJAN BERTELSEN / LYNGENFJORD BUNGEE

Where your Arctic adventure begins Tromsø

TEXT: CHRIS HUDSON. PHOTO © VEGARD STIEN

Tromsø lies nearly 70 degrees north and is Northern Norway's largest city. Here, and in the region, we are lucky enough to enjoy not one, but two natural phenomena every year – the Northern Lights and the Midnight Sun. These two wonders of nature light up our lives with a backdrop of the amazing arctic nature, literally on our doorstep. Tromsø really is a year-round destination.

From September to April, the Northern Lights dominate the sky in Tromsø. Although you can sometimes see the aurora right in the city centre, it is often best to take a Northern Lights hunt, chasing the green lady across the skies, or take a polar-night dog sled under the sweeping aurora. For those searching for the explorer within, a snowmobile tour over the mountains, or a five-day trek with the Sami herding the reindeer, will enliven your adventurous side. In our wide selection of winter activities there is something for everyone.

Nature and wildlife

As the snow melts and summer arrives, many head into the fjords, fishing for their dinner. You can do the same, catch your own cod, and then cook it for dinner. Hiking is also extremely popular, and you can experience some of the 600 accessible mountain tops in the Tromsø region. Our rich Arctic wildlife is blooming during summer and can be enjoyed both on land or from the sea. Explore our summer activities here.

Culture and vibrant city life

The city has a rich cultural life with city cafes and bars, always enjoyed both by the locals, students and travellers. Internationally recognized restaurants serve up cuisine with produce sourced from local farms and fisheries, with a range of arctic dishes hard to find anywhere else. Unique cultural events, such as Tromsø International Film Festival and the Northern Lights festival take place, filling the city with people from all over the world. The nightlife is filled with the excited chatter of people re-living their latest experience – although you really need to try it firsthand to truly understand.

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!



Mountains & beaches

Kvaløya & Sommarøy

Kvaløya and Sommarøy is only a 10 minute – 1 hour drive away from Tromsø. Driving through these islands you will be rewarded with the view of majestic mountains, and crystal clear blue waters and white sand beaches.

TEXT: MALIN MATHISEN. PHOTO © GØRAN MIKKELSEN/SAHT

Kvaløya's tall mountains and extreme peaks protects Tromsø from the Atlantic Ocean. A drive, or even a bike ride around the island, will take you to everything from old rock carvings to white sand beaches and tall peaks. A small, but vibrant coastal community has grown in the ocean gap, and in Sommarøy traditions are still being kept alive.

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. Both Sommarøy Arctic Hotel and Yggdrasiltunet farmhotel offers, for example, diving opportunities and boatrides 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 islands. If the weather's a bit more chilly, there's opportunities of renting saunas and jacuzzies (with a view) on Sommarøy. Yggdrasiltunet farmhotel in Kvaløya has a variety of farm animals like Icelandic horses, sheep, goats, chickens and bunnies. Here's also a café and restaurant serving homemade, local

food. The scenic area around the hotel offers many hiking opportunities, as well as saunas and hot tubs.

Culture

Here is a rich culture life, both new and from the older days. One of the oldest lighthouses in Northern Norway, Hekkingen Fyr, can be reached from Sommarøy, only a 15 min boat ride away. Enjoy the rich birdlife and exotic Northern Norwegian nature. The battleship Tirpitz was attacked next to Håkøya in 1944, and in Skavberg you can see rock carvings from 2500-5000 years back. In recent years, Bryggenjente has established in Ersfjorden. Also worth a visit is Profil Glassdesign located in an old school that has been completely renovated. Here they have a workshop, studio and café.

How to get here:

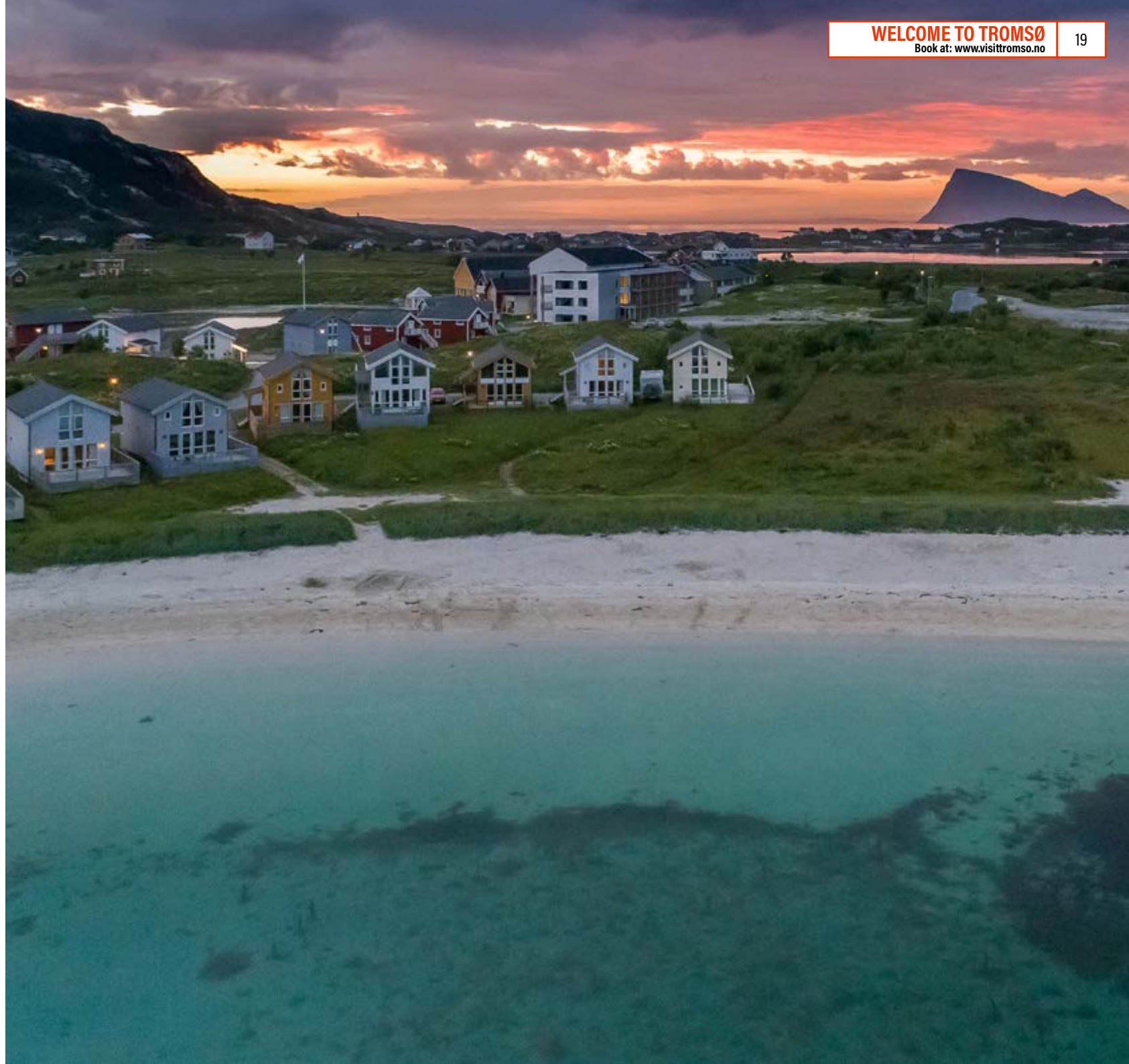
KVALØYA

Car: 6 km, about a 15 minute drive to Kvaløysletta

Directions: A nice round trip of 2,5 hours will take you through mountains and fjords to the coast, and back again.

SOMMARØY

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





Adventurous Senja

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

TEXT: MALIN MATHISEN. PHOTO © TOBIAS BJØRKLIVISIT SENJA

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.

Hiking

Segla has become an iconic Instagram-mountain and is not a very hard hike to do. Starting in Fjordgård parkinglot 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. Please make sure to take precautions before heading out on tour - read more on www.varsom.no.

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 in its own. In the middle of Øyfyorden 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.

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

BOAT

Tromsø – Finnsnes (Senja) – Brøstadbotn (Dyrøy) – Engenes – Harstad

Tromsø – Vikran – Tennskjer – Lysnes (Senja)

BUS

Busroutes from Finnsnes to Senja and Dyrøy.

Check www.visit tromsno.no for more information.

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 © VEGARD STIEN

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.

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.



Licences & regulations

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

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 its 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.

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.



The Majestic Lyngenfjord

Take a scenic drive to the beautiful Lyngenfjord, the place to be when you want to explore adventurous outdoor activities with your friends, family or alone.

TEXT: MALIN MATHISEN. PHOTO © VEGARD STIEN

What to do in Lyngenfjord?

The stunning Lyngen Alps, valleys, fjords and wilderness is worth a visit all year around. The varied nature offers opportunities for unique and exciting activities for pros and rookies.

Ski touring: The world known Lyngen Alps are the dream destination for all ski touring enthusiasts. Skiing down from more than 1000 meters peaks to the sea is a once in a life time experience!

Hiking: From short walks to multi day hikes, from deep valleys to the highest peaks, crossing the vast inland wilderness or hiking along the coast – the Lyngenfjord region has it all and offers more hikes than you can ever do in your life. Pick up your free hiking guide at Tromsø Tourist information.

Mountain biking: Trail riding at the Lyngenfjord is not for rookies. But if you are able to push your limits, you will experience great satisfactions with awesome rides on flowy, rocky and steep trails. Pick up your free mountain biking guide at Tromsø Tourist information.

Other activities: It would take too long to list all activities you can do. To make it short: you love the outdoor? Come to us and enjoy it.

Enjoy with friends and family

Experience nature-based activities together, stay in a cosy cabin or a luxury lodge where a delicious dinner is followed by an outdoor jacuzzi under the northern lights or the mid-night sun together with others.

Local life by Lyngenfjord

Small local festivals and happenings make it easy to meet locals, and family run accommodations give you the possibility to get in touch with the local culture. The region also creates

the surroundings for cultural highlights such as the annual music festival Riddu Riddu.

Here is our Must-do-list for your visit:

- Visit the famous Lyngen Alps with their peaks rising straight up from the fjords
- Do you dare to jump into the ice cold and colourful water of the “Blåisvannet”?
- Explore the Reisa Nationalpark by visiting the Visitors Point “Ovi Raissin” and the must-do riverboat tour to the 269 meters high waterfall “Mollis”
- Visit the world’s northernmost whisky distillery at Årøybukt in Lyngen and enjoy an Arctic distillation experience!
- The Gorsa bridge stretches spectacularly over the 153-metre-deep Sabetjohk Canyon in the Kåfjord valley and is one of the highlights of the Lyngenfjord. Try bungee-jumping from here!
- The three-country cairn: the northernmost three country cairn, where the border of Finland, Norway and Sweden meets is in Lyngenfjord.

Note: It is not permitted to use drones in protected areas or in National Parks.

How to get there

By bus: the region is accessible by public bus (150&160)

Car: at least 200 km (depends on your final destination). To reach the Lyngen Alps, you will need to use the ferry over the Ullsfjord (Breivikedet – Svensby) and the ferry over the Lyngenfjord (Lyngseidet – Olderdalen)

Hurtigruten & Speed boat: take the Hurtigruten to Skjervøy or the Speed boat (Hurtigbåt Nr. 3) to Lyngen (Nord-Lenangen), Arnøya and Skjervøy.

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

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

Read more and book your favourite on www.visittromso.no



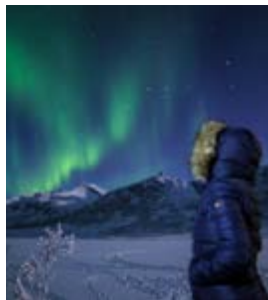
Arctic Explorers



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 tours and experiences close to nature. Company owner Roy, a northern lights enthusiast, has been guiding for twelve years with excellent reviews. Snowshoehike and northern lights chase are our main products, but we do also many other outdoor activities such as skiing, icefishing, hunting, wilderness skills etc. We have also a small camp on the countryside in Troms, one hour drive from Tromsø city. There you can sleep in a transparent cabin or in a Sami tent, lavvu. We serve homemade, local food. We are focusing on small groups to get a more personal experience.

E-mail: roy@arctictrip.no

Phone: +47 476 63 447



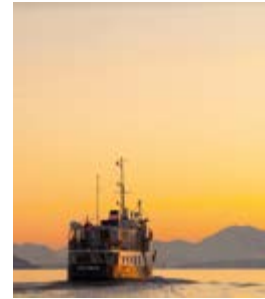
AuroraPhotoGuide



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



Arctic Safari



Arctic Safari will take you on the most spectacular and comfortable boat trips to experience the archipelago around Tromsø. The fjords in the Tromsø region are an area with unique wildlife, birds, fishes, arctic nature, Midnight Sun and Northern Lights. Our local cruise ship M/S "Tromsø" can seat 70 passengers and sleeps 20 guests – well suited for short daytrips and longer lasting charter trips both for individuals and bigger groups. Small groups up to 10 people can join our well experienced skipper and sportfishing guide Morten Willumsen onboard the M/Y «Bigfisher» for exciting fishing trips. An experience for a lifetime!

E-mail: booking@arcticsafari.no

Phone: +47 918 09 475



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, a Latin French-Canadian, is a visual artist who 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



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. Welcome to the Tromsø Cable Car – proud supplier of views since 1961.

E-mail: post@fjellheisen.no

Phone: + 47 776 38 737
Phone: + 47 976 49 000



Green Crow Adventure

We pride ourselves on being more than just a Northern Lights experience. At Green Crow Adventures, we make sure that your once-in-a-lifetime visit to the Arctic goes well beyond the usual Northern Lights adventure. Our tours can be tailored to immerse you in the Norwegian Arctic where you can learn how to make a wild camp, Nord style. Your guide Ronny is an outdoor educator who can take you Northern Lights hunting in small, exclusive groups of up to four people. He has many years of experience in guiding and has a high knowledge of the arctic nature. Weather permitting we will make a bonfire to keep warm whilst enjoying the Aurora on the night sky. Let us create your adventure.

E-mail: greencrowadventures@gmail.com

Phone: + 47 926 34 941



Greenlander

Greenlander offers tours with adventurous 4x4 vehicles. Smallest group – maximum of only 8 people. Our small family-run company's strength is professional award-winning photography and we are very keen to help you take your perfect photo of Aurora! As we have been chasing 1000+ nights, our success rate to find Aurora is high – around 97% chance! We are dedicated to find the Aurora to fulfil your dream. Private Fjord tour with car is our another much loved tour. Feel free to read more about us from Trip Advisor and Facebook. If you have a special request for your tour, please contact us. Ready for an adventure?

E-mail: info@greenlander.no

Phone: +47 401 91 636



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 through spectacular landscapes and private tours are available.

E-mail: tefurnes@online.no

Phone: +47 908 81 675



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 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



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 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 Norway Travel

Make the most of your time in Tromsø. Join our experienced guides for the adventure of a lifetime. We offer guaranteed departures for Northern Lights Chase, Tromsø City Walk, Tromsø Island Tour, and Kvaløya Fjord Tour. Experience Tromsø's mountains and fjords with our off the beaten track hiking and snowshoeing tours, tailored to meet any skills level. Or perhaps take to the sea in a kayak to quietly breathe in the tranquility and beauty of the raw Arctic landscape. Our team of professional drivers will always ensure that we get you safely back to your hotel. Specializing in VIP and tailor-made tours, we are your Arctic Memory Maker in Tromsø. We practice sustainable principles that are kind to the planet.

E-mail: booking@northernnorwaytravel.no

Phone: +47 413 66 111



Northern Soul Adventures

Offers authentic nature tours, searching for the Northern Lights by night, and road-tripping the Arctic fjords, looking out for wildlife by day. In small groups of up to 8, in new custom built 4x4 VW vans. This allows you to discover the breathtaking Norwegian nature, in a more intimate, comfortable, and eco friendly way. We focus on the details, care about the environment, and provide all the equipment to enhance your experience. Professional photographs are included at no extra charge. Our food is delicious, homemade and vegan friendly. We are experienced, passionate, and always have your best interest at heart.

E-mail: info@northernsouladventures.com

Phone: +47 966 99 018



NorthernShots Tours



Get 50% discount on your next tour when you don't spot the Aurora. Or get the Aurora Pass and join us every night for a fixed price. We also offer a wide range of tours: Fjord photo tour, Aurora by bus or mini-van, City sightseeing and Husky dogsledding activities. Come and visit us at our beautiful shop: the "Booking Point", at Roald Amundsens Plass 1. Open everyday - right in front of the Tourist Information building.

E-mail: contact@northernshots.com

Phone: +47 986 09 309



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.

Emissions neutralised with Choose Today.

E-mail: support@pukkatravels.com

Phone: +47 993 71 010



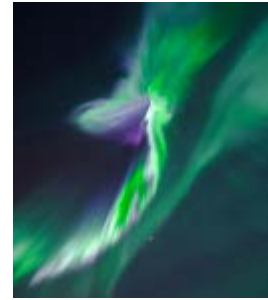
Scan Adventure



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 und 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



Tromsø Friluftsentner



A small local family-run company that from a long line of farmers and fishermen have the "know-how" of the survival in the Arctic. 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



Come with the Owls and experience the Arctic wilderness at its best. The Owls focus on an eco-friendly approach to their all-inclusive small group Arctic activities, which are on offer in all seasons. All their guides are professional photographers and trained nature guides, providing guests with memorable encounters in the wilderness. Wandering Owl provides quality experiences, with an unmatched attention to detail. All tours include the required equipment, tripods, photographs of the experience and our signature homemade meals prepared daily for you in our Owls Nest.

E-mail: info@wanderingowl.com

Phone: +47 484 60 081

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

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

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.



The Aurora Chase

By BUS: 990,-

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Fjord Photo Tour

Price: 1190,-



Aurora PASS

Price: from 2300,-

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ARCTIC
EXPEDITION

Be an Arctic Explorer in Tromsø



Arctic Expedition is a tour operator and activity supplier in Arctic Norway, based in Tromsø. We specialise in travel above the arctic circle.

From Northern Lights chasing by boat, Whale Watching, Ski by Boat or Hike and Bike by boat, we offer all year round activities, both in the Winter as well as in the Summer time. Arctic Expedition thrive to make your stay in Norway absolutely interesting, magical and full of amazing memories and moments.

We also offer activities on land like dog sledding, snowmobiling and aurora basecamp to see the northern lights on land. We are present in Tromsø, Lofoten, Skjervøy, Skibotn and Alta.

Our Expedition Cruises last 4, 5 or 7 days and sail in the Northern Norway region, with all meals included and daily activities such as whale watching (between October and January), northern lights chasing, lectures onboard, visiting Norwegian villages, among many others.

Our fleet can also be chartered, from the smallest Rigid Inflatable Boats (12 people each), to our biggest ship Quest (maximum 60 people sleeping). We can provide you with crew, guides and tailormake as requested.

  @arcticexpedition.no

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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

Endless winter

Can you do better and more epic skiing, have more fun than ever and save the planet a bit at the same time? That was the question professional skier and filmmaker Nikolai Schirmer (29) asked himself when he decided to start his climate and film project “Endless Winter”.

TEXT: LONE HELLE. PHOTO © PRIVATE

Skiing down steep mountainsides on silky powder snow is the best thing Nikolai Schirmer knows. As a professional skier and filmmaker, he has made a living in recent years by travelling the world making epic ski films from the coolest ski destinations in the world.

“As a skier, you certainly notice the effects of climate change. Higher temperatures mean less snow. When you travel to Japan or Argentina to ski in the mountains, only to discover that the temperature is warm and the snow conditions are poor, you know deep down that the flight you have just taken is contributing in the long run to the disappearance of winter. Naturally it’s not a 1:1 ratio but feels a bit like pissing in your pants. The link between skiing and climate is very strong. It feels pretty senseless to know that you are contributing to destroy what you love most,” says Schirmer.

When the 29-year-old discovered that his annual CO₂ emission was around 40 tonnes, he decided to try to do something about it. He set himself a target of reducing this to 12 tonnes, which is the level of the average Norwegian. This was the start of the film and climate project *Endless Winter*. The aim was to see if he could do more and better skiing, have at least as much fun but avoid travelling the earth. To put it simply: Do more but reduce his climate footprint – and make three ski films in the process.

From surf to ski

Schirmer grew up on top of Tromsø’s main island, overlooking majestic mountains such as Bentsjordtind and Blåmann from the living room window. It’s easy to think he grew up skiing, but as a child he dreamed of being something completely different.

“I actually wanted to be a professional surfer! There are not so many waves in Tromsø, so I often travelled to Lofoten. I didn’t discover the ski culture until I was 12 or 13 years. I was attracted by the freedom and because it was fun. There were no coaches; it was all about friendship, play and fun. I have never liked organised activities, so when we started freeriding it was like a counterbalance to organised skiing with mogul skiing and the like. It was about regaining our freedom. We went to Kroken every day to do skiing,” says Schirmer.

Influence

After finishing upper secondary school, Schirmer got his first sponsors. It provided money, but not enough to survive. Three summer jobs and a diet of porridge helped fund ski trips to the Alps in the winter. After a while he started studying law, which fitted perfectly with his lifestyle as a skier.

“Studying law was great because there were no compulsory lectures. I spent four seasons in Chamonix and travelled to South Africa and Southeast Asia to surf. After all, you get financial support to study and NOK 100,000 a year comes in handy,” says Schirmer.

He eventually completed his studies and for the last two years Schirmer has worked full-time as a skier and filmmaker. He combines his own film projects with commercial jobs and sponsorship assignments for clothing and equipment brands such as Sweet Protection and Norrøna.

“One day I began to question my own lifestyle. Did I really need to travel around the world to provide the content my sponsors and followers expect, or would it be possible to do things in a better and more sustainable way and also achieve a better result?”



Facts

Who:

Nikolai Schirmer (29)

What:

Professional skier, film producer, Norrøna ambassador and Infitum ambassador

From where:

Tromsø

Instagram:

@Nikolaischirmer



“Knowledge changes patterns of behaviour.”

“I’ve always done what I thought I needed to do to be a professional skier, like my ski heroes. I thought I had to fit a stereotype of what a pro skier is, but the Endless Winter project has proven to me that I was wrong to think that. I just hadn’t explored the alternatives to flying around the world to do heli-skiing in Japan or Whistler in Canada every time the opportunity arose.”

Can a person influence?

“Yes! I get paid to influence people to buy things, including as a Norrøna ambassador. When I go ski touring and post a story on Instagram from a nice mountain, it doesn’t take long until I get messages asking where I am. By the following day, many new people have been there. By raising awareness about our climate footprint, maybe I can influence people to think a bit more about their own emissions,” says Schirmer, who has looked closely at his own climate accounts.

He believes that the more you read about climate and sustainability, the harder it is not to do something.

“Knowledge changes patterns of behaviour. What is unique when it comes to sustainability and climate is that this commitment must come from within. Very little is regulated. For instance, there is currently no tax on CO₂ emissions, and we won’t get that without outside pressure that can contribute to holding people accountable about the climate.

Schirmer decided to use his voice to create awareness about climate emissions and how people can make a difference.

Authentic experiences

He believes that much of the problem with climate-related issues is that there is often a very negative focus.

- People really just want to have a good time! If the solutions to the problem are irritating and the result of doing nothing is also irritating, it’s hard to motivate people to make actual changes. The solution is to show that you can work to solve the problem and make it cooler at the same time. Immediately it becomes more

motivating to make changes. Consequently, the aim of the project has been to do what I have always done, just in a more environmentally friendly way and have even more fun,” says Schirmer.

To achieve this, Schirmer has flown less, spent longer in the same place and become a vegetarian to reach the goal of lowering his CO₂ emission. The three ski films were filmed in Tromsø and on the island of Kvaløya, in Tyrol in Austria and in Lyngen.

“I’ve rigged myself in a far better way. In 2018, I made 20 episodes for a web series. I spent the whole time flying around and I worked with professional photographers. In 2019, I’ve scaled my project down to three episodes. I have replaced the Hollywood folks with my closest and best friends, and I’ve spent longer in each place. It shines through in the result,” says Schirmer.

“People want to see good experiences on the mountain and that you’re having fun with your friends. The feeling of standing on the summit of a mountain in Lakselvbukt in Lyngen with my friend, Krister Kopala, and seeing the wonderful terrain we didn’t know about and the sun shining...yes, we were completely ecstatic. This project has been far more authentic than a lot of the other things I’ve done.”

What are your best tips for others who want to have a more conscious relationship with their own climate impact?

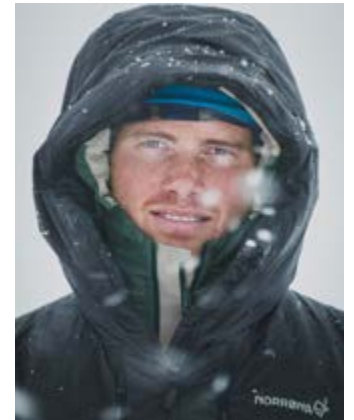
“Visit the website Ducky.eco and calculate your personal carbon footprint. You can enter information about your life and find out the extent of the emissions you are responsible for. I started with 40 tonnes. You can also enter the changes you make and see the effect of these. It was interesting to see with my own eyes which of my emissions had the biggest impact. Flying was my worst one so therefore my main change was to fly and travel less,” says Schirmer, adding:

“I reduced the number of flights I took and decided to spend more time at the places I visited. I also became more aware of the climate-related costs of things. Once you start counting and becoming conscious, something happens with your mindset. I was in Innsbruck when a photographer from a ski destination about an hour’s drive away called asked if I wanted to be in a shoot with Red Bull. I thought cool, but is it really worth it? Suddenly, I related to emissions in the same way as my bank account.”

Has it been worth it?

“Yes. I’ve skied a lot with my best friends. We have been extremely lucky with the skiing conditions. Good pre-season here in Tromsø, the best January season in the Alps since the 60s, and insane experiences in Lyngen. I’ve had the best winter of my life.”

PS! The Endless Winter film series was made in collaboration with among others #pantforpudder and Infinitum Movement, which Schirmer is also ambassador for. The third and final film was released on 18 November 2019. You can find them on YouTube.



Favourites

Mountain for skiing/hiking:

Skittentind at Kattfjordeidet. There are many options here, from very pleasant through to very scary. Wonderful landscape! Remember to check the avalanche forecast on varvarson.no before heading up the mountain in the wintertime.

Favorite place:

I’m a big Kvaløya fan. On this island near Tromsø, you can climb, cycle in the mountains, run on trails in the summer and ski in the winter.

Activity:

Not much beats a powder day at Tromsø Alpinpark!

Favorite place in the city centre:

Verdensteatret for films and beer, or Helmersen for coffee and lunch.

Travel essentials for a stay in Tromsø:

Skis, climbing equipment, mountain bike, running shoes and dancing shoes.

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 © KARI SCHIBEVAAG

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.



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 lives 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,

making 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 fulfill your Sami experience.



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 © TOBIAS BJØRKLII



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



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



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





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 love 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 © WANDERING OWL



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 © LYNGEN ADVENTURE



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 © VEGARD STIEN



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 © VEGARD STIEN



The Great Outdoors

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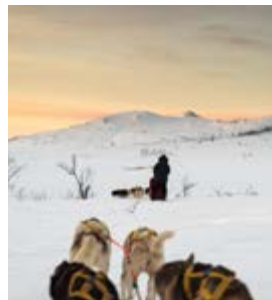
Active North



We are a small family business located in Skibotn. We offer dog sledding with both carts and sledges according to the season. Snowmobile tours, Northern Lights camp and boat rentals. Daytime activities will allow you to great views of the majestic Lyngen Alps. Evening activities will give you the opportunity for fantastic Northern Lights. Skibotn is known as a very good place to see the Northern Lights. We offer vegan food if ordered in advance. We also offer package tours with both dogsledding, snowmobile tours and Northern Lights camp on the same day.

E-mail: booking@activenorth.no

Phone: +47 413 31 561



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



Have you ever dreamed of watching whales jumping out of the water? What about chasing the northern lights on a comfortable boat where you can move and walk all the time? We offer both winter and summer boat activities such as fjord cruises, midnightsun tours by Rigid Inflatable Boat in the summer time, but also land activities such as dog sledding, snowmobile and aurora borealis basecamps in the winter time. We have a lot of local knowledge, high flexibility to attend your wishes and we are eager to show you the undeniable beauty of our country.

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



Senja is located at outer Senja island, in the small village Skaland. Three hours drive by car from Tromsø, or 1 hour 15 minutes with express boat from Tromsø to Finnsnes. Posthuset Expedition Lodge is located right at the water front on Skaland, along the beautiful Scenic Route Senja. Accommodation up to ten people. Outer Senja is probably the most scenic area in the north. We run exclusive 3 days winter expedition November-January. Five days Christmas and New Year expedition with everything included. See more activities at www.basecampsenja.no. Designed for adventure!

E-mail: post@basecampsenja.no

Phone: +47 917 09 618



Brim Explorer



Brim Explorer offers silent and environmentally friendly ocean excursions in Northern Norway on board our hybrid-electric ships "Brim" and "Bard". You can experience the full beauty of the Norwegian fjords and wildlife from inside our heated salons, or outside from our spacious decks. The electric motors ensure that neither you nor the animals get bothered by the engine noise. Our boats are especially designed for sightseeing in Arctic conditions. Three decks and two indoor salons offer uninhibited and panoramic views. Onboard you can enjoy hot and cold local food and beverages for purchase. By combining new technology and modern design with local knowledge, we aim to make every trip a comfortable and unique experience.

E-mail: info@brimexplorer.com

Phone: +47 776 51 100



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



Elements Arctic Camp



Get closer to nature with us. We provide private and personalized trips to our little paradise - a secluded Camp. It is located at the seashore on a beautiful Island, north of Tromsø. You will sleep in a cosy and comfortable yurt, enjoy local food, go kayaking in magnificent scenery, and get close to and learn about Arctic wildlife and coastal life. You will also be able to do for example hiking, fishing, and wintertime cross-country skiing and snowshoeing. If you want a unique experience where you will feel the elements of the nature, the contrasting arctic light and weather - this is the trip for you.

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

Phone: + 47 907 89 699



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



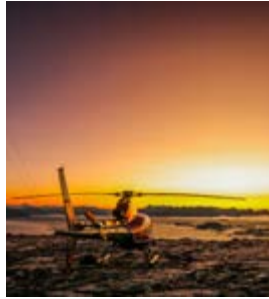
Hamn i Senja



On the Senja island, a scenic 3 hours' drive from Tromsø, you find a comfy resort spectacularly situated in an idyllic historical fishing village with perfect view to the Midnight Sun and the Northern Lights. A wide selection of activities is offered all year round. Kayaks and fishing boats for rent. Outdoor hot tubs with panorama ocean view. Senja is a hiking and ski touring eldorado. Relaxing atmosphere - a place you will long back to. Restaurant with harbor view serving local food. Try our superior Aurora rooms and enjoy the Senja nature directly from your bed!

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

Phone: + 47 400 20 005



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



Hermes II

Coastal history since 1917. Hermes II is a unique piece of northern Norwegian coastal history. Experience the beautiful scenery around Tromsø and the atmosphere on board this more than 100 years old authentic wooden boat, while we guide you through its exciting history. Travel back in time with us, and feel the sense of tranquility when the silence of the sea mixes with the rhythmic pulse of the boat engine. You may also visit our Hermes II Design & Gift Shop in Kystens Hus where you also can learn more about the boat and the trips we offer

E-mail: booking@hermes2.no

Phone: +47 776 15 511



Lyngen Adventure

In the middle of the Lyngen Alps this company provide you with fjord view accommodation options, unique activities and custom made itineraries. From ice-climbing and snowmobiling, to skiing or a visit to the world's northernmost distillery; Aurora Spirit. Experienced and professional guides, service minded locals and one of a kind room views makes for the perfect vacation get away. Lyngen Adventure offers vegan and vegetarian friendly meals on all of their tours.

E-mail: book@lyngen.com

Phone: +47 775 24 777



Lyngenfjord Bungee

Welcome to Norway's most spectacular Bungee Jump! With the Bungee-cord attached to your harness you enter the Exit Ramp positioned no less than 153 meters above the canyon floor. Once you hurl yourself off your breath halts, and while the rock walls of the narrow gorge race against you the thundering roar from the waterfall grows even louder. The Gorsa Experience can not be fully described, but we promise: No other Bungee Jump can compare to this one! Open Saturdays all season + Wednesdays weeks 28 to 32: check our event calendar at <https://bungee.no/en/booking/lyngenfjord-bungee>. NB! Booking required.

E-mail: lyngenfjord@bungee.no

Phone: +47 908 70 977



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

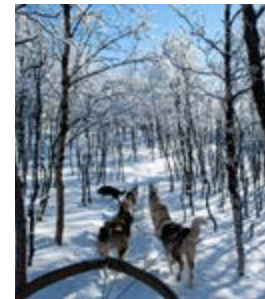


Nature Bow game

You'll learn how to use bow and arrows to hit the target, and after you've become an Archer, we'll go together hunting in the wood different realistic animal figures naturally set. You'll be a timeless hunter; in your hand a natural weapon you can feel the energy of. An authentic adventure, an archaic, strong experience for young and olds, men and women: remember we are all hunters.

E-mail: naturebowgame@gmail.com

Phone: + 47 951 84 291



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





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



Sommarøy Adventure AS



We are all about sustainable outdoor activities in world class surroundings. Whether you kayak, fish, hike or bike you will be a part of our small island community for your part of the stay. A short hour drive from Tromsø city center you will find yourself in a haven of islands, white beaches and marine wildlife. We specialize in coastal adventures both under the Midnight Sun and the Northern Lights. From Midnight Sun sea kayaking/hiking tours and boat rental/fishing tours, to dogsledding and ski/snowshoe tours in our surrounding mountain ranges. In collaboration with Sommarøy Arctic hotel we are proud to offer a complete holiday in quiet and breathtaking surroundings, with an offer of a multitude of coastal and mountain activities.

E-mail: post@sommaroyadventure.no

Phone: +47 916 36 326



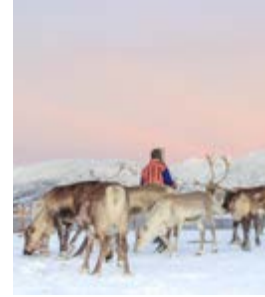
Sørøya Havfiskecruise



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



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 reindeers, 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: +47 406 11 448



Tromsø Golf

The world's northernmost 18 holes golf course. With us you can enjoy golfing while being surrounded by beautiful landscape. Come play in the midnight sun with views to the Lyngen Alps. This is a course for your bucket list. 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. Normal season is from 1. June to 1. October. Welcome!

E-mail: bjorn@tromsogolf.com

Phone: +47 907 66 520



Tromsø Lapland – Saami Experience



Experience the oldest means of transportation in the north. Join our authentic Sami guides for an unforgettable experience in the Arctic. We offer reindeer sledding with breathtaking views of the Lyngen Alps and the chance to feed our hundreds of reindeer on all our tours, so you will experience them up close and personal. After the tour, join us for a traditional Sami meal around a roaring fire in our lavvu tent while our Sami guides tell stories of our unique ancient culture. Our company was established in 2009 and has the longest experience of running reindeer sledding and Sami culture tours in Tromsø.

E-mail: post@tromsolapland.no

Phone: +47 918 57 635



Tromsø Outdoor AS Activity and Rental Centre



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, and fatbiking. Rental offers: Over 200 bicycles · Winter clothes and boots · Skis (XC and Randonee), splitboards · Snowshoes · Tripods, headlamps · Camping gear · Fatbikes, winter bikes. Bike and ski workshop at Sjøgata 14. 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: +47 922 90 645



Tromsø Villmarkssenter



The Wilderness Center is the home of the renowned dog sled racer Tove Sørensen, her son Torkil, and their 300 Alaskan Huskies. For 30 years, the "Lady #1 of Finnmarksløpet" and her family have invited guest from all over the world to visit their farm and learn about huskies, the dog sledding sport and the Arctic nature. Whether you join us for a sledding adventure in winter, help us train our puppies in summer or follow us into the wilderness with snowshoes or kayak – on our tours you get to first-hand experience all the things we love about our Arctic home. Tromsø Villmarkssenter - Welcome to the Wilderness!

E-mail: mail@villmarkssenter.no

Phone: +47 776 96 002



Wild Seas



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, Fjord Cruise, Arctic Wildlife and Culture Safari, a charming Northern Lights Dinner Cruise on-board our tall ship SS Johanna and our multi-day Arctic packages. Our summer is filled with Midnight Sun dinner cruises from Tromsø and adventures in the spectacular Lofoten islands. From Svolveær, try our signature Glamping site, kayaking and hiking experiences and the famous Trollfjord & Wildlife Cruise.

E-mail: info@wildseas.no

Phone: +47 919 02 995



World Sea Explorers



Our mission is to create hope & balance for future generations by connecting people to the seas through our all inclusive informative sailing tours. Experience Tromsø's only large luxury sailboat with an ice classification operated by a local former Navy Sea Captain-the world's highest rank at sea. Each tour helps to achieve 3 UN Sustainable Development Goals of Responsible Consumption & Production, Life Below Water, & Sustainable Cities & Communities. Relax and unwind aboard Stella Oceana's comfortable, spacious & warm saloon with high ceilings. Tailor-made, multi-day private group charters are available

E-mail: info@worldseaexplorers.com

Phone: +47 907 07 512



Xlyngen



Visit the amazing Lyngen Alps with XLyngen. We are a company with focus on naturbased experiences and sustainable thinking. You can stay in our cozy authentic fishermen's cabins by the sea and dine in our seaside panorama restaurant. Here you can be outdoor with our guides for a real Arctic exploring. We have activities for small groups, and in wintertime we offer a great selection with snowmobilesafaris, snowshoehikes, cross country skiing, Northern Light experiences, ice fishing, and ski touring. For summer we offer you deep sea fishing, hiking, bicycle or experience the beauty of the Midnight Sun. Join us for your Arctic fairytale and explore the true north.

E-mail: post@xlyngen.no

Phone: +47 771 35 000

See more, pay less

YOUR TICKET TO EXPERIENCING TROMSØ

INCLUDES

- Entry to several of Tromsø's most popular attractions
- Bus ticket

Buy your Tromsø pass at the Official Tourist Information Office. You find us on the 2nd floor at Protneset Port Terminal



OFFICIAL TOURIST INFORMATION
+47 77 61 00 00 • info@visit tromsø.no
www.visit tromsø.no • www.visit tromsø.no

Foto © Vegard Stien



Visit
TROMSØ!



A Musher's Home

The Villmarkssenter is one of Tromsø's oldest tourism companies – even though it did not start out as one. Founded in 1988 by Tove Sørensen, it was originally meant for sled dog breeding only. Tove started out with 6 Alaskan Huskies, a profound love for the Arctic nature, and the dream to one day finish the Finnmarksløpet dog sled race. At first, sledding was only her private hobby, but that changed quickly after hosting her first guests.

PHOTO: TROMSØ VILLMARKSSENTER

"It was Christmas and I needed a little extra for presents, so I let a couple from England join my training round. Best decision of my life! They had never experienced this kind of winter before and it made them so, so happy. Then and there I knew that's what I wanted to do; take people from all over the world out into the wilderness and let nature have its effect on them."

And for the last 30 years, she made good on her word. Starting from Villmarkssenter, guests can explore the wilderness with dogsled or snowshoes and in summer while trekking or kayaking. All activities are non-motorized, for truly immersive nature experiences that disturb the environment as little as possible.

The dogs are of course the stars of every program. By now, the center is home to over 300 Alaskan Huskies, 40 of them are racing with Tove and her youngest son Torkil. Her dream of crossing the Finnmarksløpet finish line has long since come true. As the only woman and 5th musher world-wide with over 20 starts, her nickname is "Lady #1 of Finnmarksløpet". Torkil achieved his first top-ten placing in 2019. Both compete in other races, too. In 2006, Tove's participation in the world's longest race Iditarod earned her the "Most Inspirational Musher" Award. None of this would be possible without the dogs.

"Dog sledding is a team sport. My dogs only give everything for me, because they know I give everything for them. My whole company depends on their health, happiness and willingness to work with us. You have to earn that."

Huskies born at the center have a life full of love and care, also when they are too old to work. Contact with guests plays an important part throughout, from socializing the puppies to cuddling with the adult dogs. Sounds like a job for you? Then book your adventure today!



www.villmarkssenter.no

CONTACT US
Phone: +47 776 96 002
E-mail: mail@villmarkssenter.no

ARCTIC GUIDE SERVICE

Top Bucket List Item: Seeing the Northern Lights

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.

PHOTO © GIOEL FOSCHI, NEVRA ARTS

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 12 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.

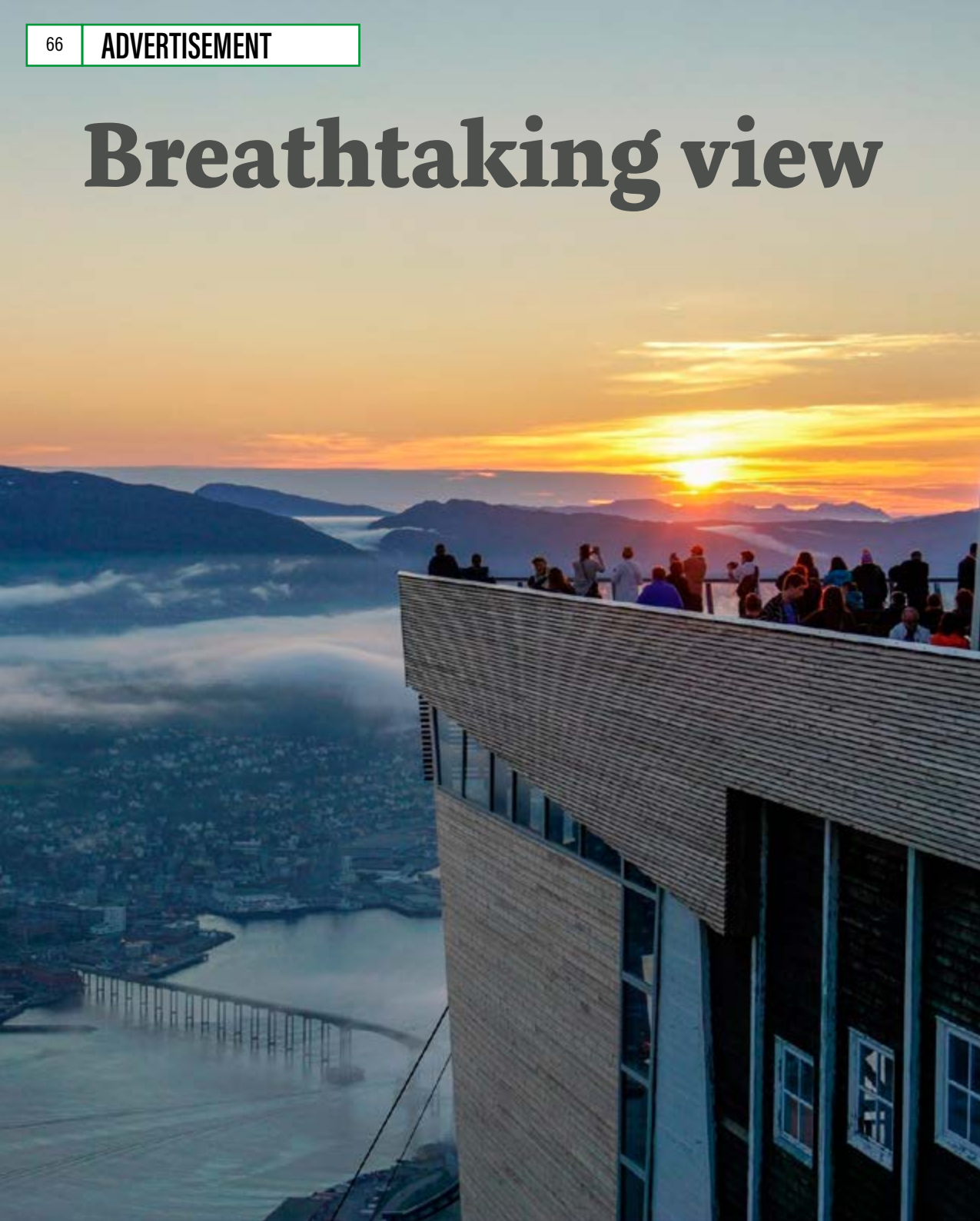
Shortly after, the bus stops. We have reached tonight's destination – the best spot for clear skies and experiencing the Northern Lights tonight. We're dressed up in thermos, hats and gloves, and grab our cameras for a walk along a forest path. And with that said, the sky opened, and the green lady started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



CONTACT US
Phone: +47 922 07 901
E-mail: tromso@arcticguideservice.no

www.arcticguideservice.com

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.

TEXT: FJELLHEISEN. PHOTO © STIAN TAPANI

The history of the Cable Car dates back to 1961, when four brothers decided to build 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 is a different story, and the Cable Car has 250.000 visitors a year. The journey itself takes just four minutes, but when arriving at the top you want to stay longer!

From the upper station you can enjoy the views over the surrounding mountains and fjords, go to the view point Storsteinen, or even go for a hike to Fløya. Dont forget to visit Fjellstua Cafe, which serves local food and snacks. During the winter season this is the perfect location to enjoy a good meal while waiting for the northern lights.

From 20th of May to around 24th of July, you can enjoy a nice cold drink, while the midnight Sun folks the horizon.

Come and experience it for yourself!

Welcome!

Opening hours

Summer:
10:00 – 00:00

Winter:
10:00 – 23:00
31 December 10:00 – 01:00 (New Years Eve)

Closed:
1st of January
17th of May
25th of December

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



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 candlelight, 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

Summer

1st of April – 31st of October

Sunday-Thursday:
2:00 p.m. – 10:00 p.m.

Friday-Saturday:
2:00 p.m. – 12:00 p.m.

Winter

1st of November – 31st of March

Sunday-Thursday:
11:00 a.m. – 11:00 p.m.

Friday-Saturday:
11:00 a.m. – 12:00 p.m.



**Magic
ICE**

WHERE TO FIND US

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

www.magicice.no

Heat up & relax at Tromsøbadet

Tromsøbadet, the largest swimming pool in Tromsø, opened in August 2019. It is situated on top of the island and has fantastic views of the surrounding landscape. The brand-new facilities include a large outdoor pool with panoramic views, various bubble baths, a finish sauna and a steam bath.

For active swimmers, the 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.

The café offers tasty lunches both inside the swimming facilities and in the reception area.

How to get to Tromsøbadet?

Tromsøbadet is situated on top of the island about 5 km outside the city center. Local busses 20 and 24 run frequently to the Templarheimen area from downtown Tromsø (direction University). Get off at the stop called "Templarheimen". From there it is a 5-10-minute walk up to Tromsøbadet.

A taxi from the city center to Tromsøbadet takes about 12 minutes and costs about 120 NOK.

Arctic wellness and bathing under the Northern Lights?

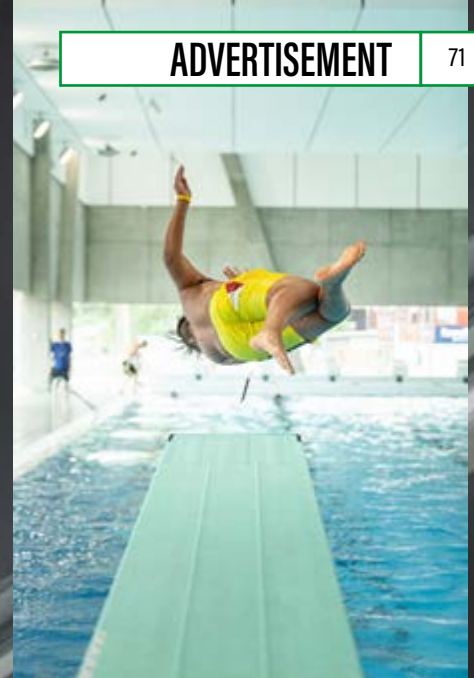
Tired of freezing cold Northern Lights chases? Why not try a warm and relaxing evening of Nordic sauna culture, stargazing and outdoor bathing at Tromsøbadet!

Relax and take in the stunning views from our heated (34 degrees) outdoor pool, who knows, if you are lucky you may even catch a glimpse of the Aurora? Enjoy an Arctic tapas plate made from local ingredients and learn about Nordic bathing culture and sauna traditions from our knowledgeable guides.

You can join arctic wellness sessions every Friday and Saturday at Tromsøbadet.

**TROMSØ
BADET**

CONTACT US
Phone: +47 776 55 000
E-mail: info@tromsobadet.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.

Family fun

Read more and book your favourite on www.visittromso.no



Aurora kino

Visit the largest cinema in Northern-Norway displaying movies every day, year-round. We have 6 auditoriums with reclining seats and all have generous spacing between them. The auditoriums can be used and rented with a combination of bar-opportunities, cantina, coffee bar, catering etc. In Norway all movies are shown in their original language, only with Norwegian subtitles. Come by Grønnegata 100 in the middle of the city centre for you next movie experience!

E-mail: billett@aurorakino.no

Phone: +47 820 01 330



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



Bybowling

Bowling is an easy going and fun activity both with your family or friends. It is a unifying activity and fits all age groups. Join us for some fun in Storgata 68A! In addition to bowling, there are also two pool tables, and a bar. We are open every day, Monday to Sunday. Looking forward to seeing you!

E-mail: bybowling@live.no

Phone: +47 932 54 777



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: + 47 906 21 620



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 21 620



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



Målselv Mountain Village



Far north of the Arctic Circle, but still easy to get to! Målselv 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 trails 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@malselvfallandsby.no

Phone: + 47 941 40 000



Nordnorsk Vitensenter (science centre)

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

E-mail: post@nordnorsk.vitensenter.no

Phone: +47 776 20 945



Norfishinfo



Welcome to Norfishinfo. Centrally located in Tromsø, yet only a short distance to major fishing adventures and nature experiences! We offer fishing and adventure tours for families and for small groups up to six people. Our specialty is tours for family/friend groups who want a nice experience at sea in an intimate atmosphere in our comfortable and modern 30 foot boat with seating inside and outside on the deck. These tours are normally arranged as private tours for groups of 2-6 people. We visit fishing spots near Tromsø, where anyone can try fishing, or just enjoy the sea air, and the surrounding nature. The midnight sun trips go to our beautiful islands, towards the open sea. Everyone, children and adults are safeguarded in a good way on board "Symfoni". Fishing equipment, warm clothes, life jacket, drink/snacks and local food included on all our tours. Welcome aboard.

E-mail: mail@norfishinfo.com

Phone: +47 911 74 763



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



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



Real Field Meal from Drytech

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!

E-mail: post@drytech.no



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@tromsøbadet.no

Phone: + 47 776 55 000



Troll Olav

Step into the universe of Troll Olav and his friends, chasing the Northern Lights and exploring Hurtigruten. Local author Cecilie Lanes write exciting books about young Troll Olav. She is inspired by the locals and the Tromsø region in her writing, and her books are translated to 13 languages. Her stories are about Troll Olav are entertaining for both young and old, with inspiring pictures composed of both illustrations and actual photos. You find her books for sale in several bookstores in town, in addition to the Official Tourist Information Office. Please visit www.cessa.no for more information.

E-mail: c.lanes@cessa.no

Phone: + 47 970 03 639



Photo @hildejak



Photo @vanhoutteghemtim

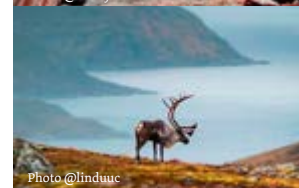


Photo @linduuc



Photo @georgegombos

Visit Tromsø on Instagram

Want to be featured? Please tag us with @visit tromsø and use #tromsømoment, #tromsøcares or #visit tromsø

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 @visit tromsø


 facebook.com/visit tromsø



PHOTO © ROLF GUNNAR WILHELMSSEN

Reach your experience by bus

The Arctic Route is a safe, reliable and comfortable way of travelling to new adventures and unforgettable memories. Our 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. Visit 3 countries in one vacation with The Arctic Route!

CONTACT US

Phone: +47 954 93 000

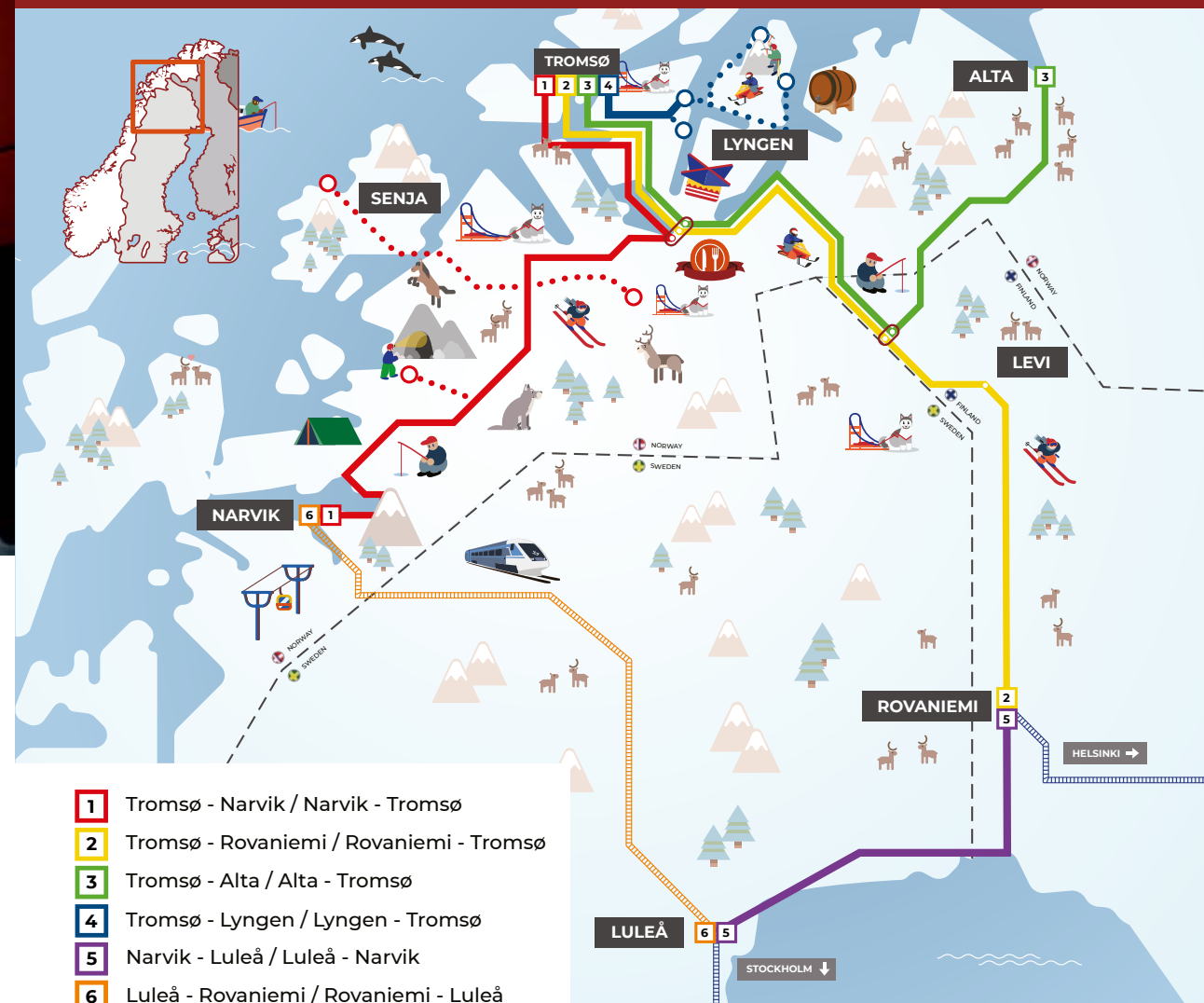
E-mail: post@thearticroute.com

AR

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+47 954 93 000

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EUROPE

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 © ARKTISK FILHARMONI





Facts

Who:

Mariann Meszaros Josefsen (29)

What:

Child and youth worker

Where:

Lakselv and Tromsø

Instagram:

@mariannjosefsen

Snow, adrenaline & doudji

Mariann Meszaros Josefsen (29) loves snowboarding down steep mountainsides, snocross riding and hip-hop dancing. She is also passionate about sharing traditional Sami handicrafts.

TEXT: LONE HELLE. PHOTO © VEGARD STIEN

“Once I parachuted from 15,000 feet. It just went on and on and on. I was in free-fall for over a minute and even had time to think about what to have for dinner that day. Snocross is much more intense. Competing and trying to be the best rider! But I also love dancing: performing, competing in battles and stuff like that. I get a real adrenaline kick when I dance,” grins Mariann Meszaros Josefsen.

While Mariann may come across as a fearless adrenaline junkie (and she is), the sporty 29-year-old is actually much more down-to-earth than people might think.

“I have always loved the feeling of an adrenaline rush, and especially the kick that dancing and snow-scooter riding gave me. They are two completely different kicks, and I need them both. I have yet to find one single activity that gives me the same kick. Sadly, I don’t do snocross anymore, because of dance injuries. Snocross is a very hard and expensive sport, but I still love riding a snow-scooter in the forests and open countryside. It may not be as exciting as cross-riding, but it’s still fun to go for a ride and challenge yourself, even if you’re not competing.”

Sporty family

The 29-year-old is originally from Lakselv in Finnmark – a trilingual municipality where Sami, Kven and Norwegian are spoken. She grew up here in a very active family, as number three of four siblings. Her parents passed their sporty lifestyle on to her.

“My dad was a scooter dealer, and my mum worked at the local youth club. I used to dance a lot at the club and loved watching the older kids. I get my passion for snow-scooters from my parents. They were among the first people in Norway to get a licence to ride snow-scooter,” says Mariann, who was 14 when she first rode a snow-scooter.

“I didn’t have a typical Norwegian childhood, with long weekends spent at the family cabin. Since both my brothers also did snocross, we spent a lot of time together as a family. At the weekends, we would pack up the car and drive from competition to competition in Finnmark, Sweden and Finland. I was the only girl in Finnmark who did snocross, so I won a lot of competitions. They were happy days,” says Mariann.

“My big brother is my idol!” she continues. “He won the Norwegian championship in the supercross branch of snocross in 2009.”

Moved to be able to dance

At the age of 17, Mariann decided to pursue a career in hip-hop. She packed her dance shoes in her suitcase and set off for the Arctic capital to study dance at Kongsbakken Upper Secondary School.

“I love hip-hop, and Tromsø had a bigger dance scene than Lakselv, where I often ended up dancing alone. I was only allowed to move so far from home because my sister, who is 13 years older than me, lived in the city.”

In Tromsø, Mariann also started her own dance school at the Tvbitt youth culture house. It quickly became very popular and had 100 students. Mariann shared her knowledge generously, teaching almost all the classes herself.

“I was dancing all the time, and after a couple of years, my body had simply had enough. It was all too much. I was suddenly bored of dancing and was completely burnt out. In the end, I handed the dance school over to some other people, moved back to Finnmark and started riding snocross again. I didn’t want to dance anymore.”

Life on hold

After a while, Mariann moved to Trondheim to study, but had scarcely begun her studies when she fell seriously ill.

“My life simply ground to a halt! I got a disease called anti-NMDA receptor encephalitis, which causes the immune system to run amok and attacks the brain. I ended up in a sleep coma for about a month, and was on sick leave for two years. It took ages to build myself up again. I basically lost two years of my life, from the age of 23-25, which was incredibly rough. I was at a standstill and simply had to wait. At the same time, you learn a lot from this kind of experience. I think I’ve become more empathetic.”

During her sick leave, Mariann had to learn to calm down. She spent much of her time sewing and making traditional Sami fringed shawls.

“I love sewing and needlework. I remember my grandmother doing a lot of sewing when I was little. We had duodji [traditional Sami handicrafts] as a subject at school, but I’m mostly self-taught. I got my first sewing machine for my 13th birthday,” Mariann says.

Happy to share

The Finnmark girl smiles warmly when she talks about her childhood and her family. She is proud of her Sami heritage, and often shares her knowledge about Sami history, traditions and crafts.

“I’m named after my grandmother, who was called Marit Anna, although I got a slightly more Norwegian name. When I was born in 1990, it wasn’t so cool to be Sami. I went to a Norwegian kindergarten, but one of the women who worked there, Sara, spoke Sami. We often spoke to each other in Sami, meaning I learned the language quite well. But once I started school, I became more Norwegianised and did not receive any teaching in Sami. Nowadays I don’t speak Sami very well anymore,” Mariann explains.

She talks about how the Norwegianisation* integration policy, which the Norwegian authorities practised

against the Sami, affected her family and about the shame that came with it.

“Much of our family was banished to Canada. That’s rather strange to think about. My dad was also very Norwegianised, but was just young enough not to be sent away to boarding school. I’ve heard that many people consider our family as a little extra Sami, because my mother is from Hungary. The Sami genes largely originate from Central Europe, which is where Hungary is. And Sami and Hungarian are from the same family of languages.”

“The Sami part of my childhood has shaped me a great deal. My dad has taught me a lot through his interest in scooters, food, and traditions that you don’t necessarily need the language to understand or take part in. Although language is a big part of any culture, he has tried his best to teach us the traditions that he grew up with.”

Loves duodji

Today, Mariann is back. In Tromsø, at Tvibit, and as a dance teacher. She has trained as a child and youth worker and has many other projects under way.

“I like the cultural life here in Tromsø, and the attitude up here that nothing is impossible. Especially at Tvibit, where I work. Its philosophy is that you shouldn’t be afraid to dream!”

“When I was hired at Tvibit two years ago, I hadn’t fully recovered from my illness. I had memory problems and had to spend quite a lot of time getting back to my former level. Luckily, I am fairly free to shape my job myself, and it offers good opportunities to grow and develop. I’ve always had a lot of projects and stuff going on at the same time. Things are going really well now, and I probably have more energy now than when I fell ill. Perhaps, I’m trying to make up for lost time.”



Photo © Mathilde Sofie Henriksen

As part of her job, she teaches young people between the ages of 15 and 30 hip-hop and holds courses in traditional Sami handicrafts. There is a great deal of interest in the courses in duodji.

“I have held courses on making fringed shawls, pewter bracelets and luhkka [traditional, short, hooded capes]. The people who take these courses are young people with a Sami background and students who want to learn more about Sami culture. Often foreign students. A lot of people want to know more about Sami traditions, while others are just curious. It’s actually very interesting to see who shows up.”

Popular on social media

Mariann says that there has been an explosion in interest in Sami culture in recent years. She gives social media and tourism much of the credit for the sudden increase in the popularity of Sami culture. On her Instagram account, Mariann shares her eclectic interests in a wonderful medley. She says that her posts about Sami handicrafts are always well received.

“Something happened back in 2008–2009, with a sudden increase in interest in all things Sami. I was one of the first people to start sharing duodji on Instagram and using Sami hashtags. Every time I publish a picture of a gákti, I get loads of likes. People seem to love it, which is



Favourites

Mountain for skiing/hiking:

Buren on Kvaløya! It's got Tromsø's best views.

Favourite place:

My home town: Lakselv! My favourite place in Tromsø is Kroken! Fantastic scenery, and amazing skiing on the downhill slopes in winter, especially when there is new powder snow! In summer, I love hiking up to Lunheimvarden. Short hike where you are rewarded with stunning views of the city.

Activity:

Sledding (snowmobile), snowboard & Hip Hop.

Favourite place in the city centre:

Tvibit youth culture house.

Travel essentials for a stay in Tromsø:

A large shawl is useful whatever the season, like my Sami shawl.

Don't miss:

January has the most gorgeous pink skies, and in summer the orange midnight sun is amazing.



brilliant. At the same time, I wish people would also like the scooter posts I share as well," Mariann laughs.

"Sami culture is very colourful, and it looks good in photos. There are also many tourists who come up to me and say things like: 'Wow, this is so cool', which also has a positive, snowball effect, and it seems that people think: 'If they like it, maybe we should like it too.'"

Loves making gáktis

Mariann's favourite thing to make is gáktis [traditional Sami garment].

"I love making gáktis. I took a course five years ago and have since made several for myself, but I have told the whole family that I will make them gáktis for free, if they buy the fabric. It's great knowing I'm helping keep a tradition alive, and making something that will actually be used. I made a summer gákti for my niece, with unicorns on it. Needless to say, she chose the fabric herself."

Mariann explains that some liberties can be taken in terms of the fabric used to make a gákti, but that it is important to make sure they have all the right details and respect the traditions.

"I'm a little bit scared of the gákti police, but it's good that they're out there, to make sure the traditions aren't forgotten and lost forever." Mariann has a plan to learn how to make men's gáktis as well. "I've asked my dad if he wants one, but he says that that time is long gone. I know he's proud of me, and he always takes a picture of me when I'm wearing a gákti. He's proud, but that's how it is with both Sami and Finnmark families. It's a tough environment, and people don't talk about their feelings much."

"I do sometimes wonder what my grandmother would have thought about me wearing a gákti, if she were still alive today. When you have been Norwegianised as much as she was, it might be difficult to accept. I suspect she might have been mortified, but I hope she would have been proud."

What are your dreams for the future?
"To run my own duodji business!"

! * Norwegianisation was the Norwegian authorities' policy to assimilate Samis and later also Kvens and was in force from around the mid-1800s and right up until the 1960s.

Source: Store Norske Leksikon/Great Norwegian Encyclopedia



Experience the breath-taking scenery around Tromsø and the historical atmosphere on board Hermes II – a more than 100-year old, unique wooden boat.

It is difficult to describe a feeling. So how do we explain the feeling of being on board a wooden boat from 1917? We could try with words and pictures, but the best way is to join us on one of our trips, so you can appreciate the full experience yourself. Travel back in time with us, and enjoy the Arctic water's calmness while we guide you through the beautifully restored boat's exciting history. And we can promise you lots of super photo opportunities from the moment we leave the floating pier.

WELCOME ON BOARD HERMES II

Hermes II has a unique history. It has navigated between small and even tiny places in Northern Norway, transported coal, fish, animals, houses and churches. It participated during the evacuation that occurred after the burning of Finnmark

and Nord-Troms during World War II, and it helped to rebuild the area afterwards.

Today, only three such cutters have been preserved. We have a deep and passionate desire to ensure that this boat is preserved in top condition for at least another 100 years. This is only possible by allowing it to continue to sail the Arctic waters. And preferably, with you as a guest on board.

HERMES II BOOKING POINT AND DESIGN SHOP

With exciting products from high-quality producers, we want to give you a special shopping experience. We focus on local and Norwegian designers and in the shop you find a range of products from small companies, our own Hermes II collections and other environmentally friendly goods.

Visit our website for more info about the boat, trips, shop and opening hours:

WWW.HERMES2.NO

History, culture & guided tours

Read more and book your favourite on www.visittromso.no



Arctic Home

Join our local guide Bente, who is born and raised in Tromsø, for a guided walk in an authentic neighbourhood followed by a visit to a typical Norwegian home. You will have a unique and highly memorable experience where you will learn about the culture, climate and the day-to-day life in an Arctic city. After the walk you are welcome to Bente's cosy family home for traditional Norwegian Waffles with the cheese «brunost», jam and sour cream and a hot drink. You may fry your own waffle or just relax and enjoy the beautiful view of the mountains at Kvaløya from the livingroom while the waffles are being made.

E-mail: bente@arctichome.no

Phone: +47 916 63 861



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 prize 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.

E-mail: post@auroraspirit.com

Phone: +47 919 04 260

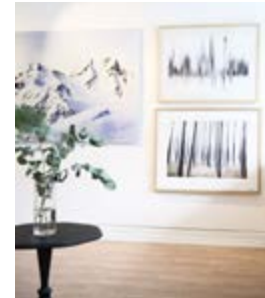


Full Steam Tromsø

Full Steam is located at the venerable old Bangsund dock from 1902. Exhibition on the history of fisheries in Tromsø, from the Viking age to the mid-1900's. 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



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



Haugen Produksjoner

Haugen Produksjoner is a dancecompany run by two sisters. Together with some of their colleagues - Tromsø's many vibrant performance artists, they invite you inside a real Arctic Artist home. This is both a performance and a home-visit, an artistic and an everyday experience that merge together in the unique and familiar setting of a private home. This home visit is an original way to get a deeper understanding of life in our Arctic region. You will be served soup, bread, coffee and cake. Haugen Produksjoners work are represented both on national and international platforms. For more info: www.haugenproduksjoner.no

E-mail: annekatrinehaugen@gmail.com

Phone: +47 418 08 699



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



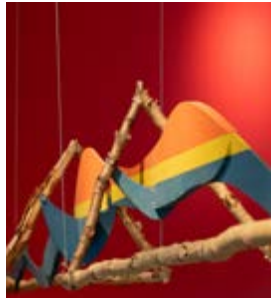
Ludwig Mack Brewhouse

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 Øllhallen - the oldest pub in Tromsø with 72 beers on tap. Monday to Saturday.

* 190,- / person (60 minutes) includes one tastings. Drop-in tours; Mon-Fri: 15.30 (June 20th – August 20th we expand with another tour at 14.00) Saturday: 14.30. Private tours can be booked by email. Minimum of 10 persons.

E-mail: lmb@mack.no

Phone: +47 800 80 440



Nordnorsk Kunstmuseum

Nordnorsk Kunstmuseum is an art museum that makes space for ideas. Through art, we give a multitude of perspectives on North, life and the people inhabiting this landscape. For 2020 we are focusing on craft and activism, turning our first floor into a maker space. Our exhibitions will focus exclusively on fascinating and inspiring craft in 2020. In early 2021 we will bring back our historic and unique paintings, photos and video art. The entire museum is accessible to the disabled. Children are very welcome. We also have a redesigned shop focusing on upcoming and Sami designers, with gifts, clothes, jewellery, and other design items. Free entrance for students and children. Visit our website nnkm.no

E-mail: nnkm@nnkm.no

Phone: +47 776 47 020



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 will 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 will get a winter poncho and gloves to wear inside and our signature drink served at the ice-bar. Open Every Day - All Year. Address: Kaigata 4, 9008 Tromsø. <https://www.magicice.no/listings/tromso-norway/>

E-mail: tromso@magic-ice.no

Phone: +47 413 01 050



MV Polstjerna

A monument to the tradition of Arctic Sea hunting, the MV Polstjerna (The 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



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



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



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

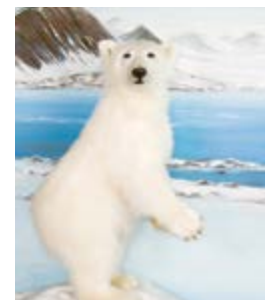


The Arctic University Museum of Norway

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. Explore the history of our planet through Tromsø mountains, rocks and fossils. Admire beautiful Medieval and Lutheran church art from the North. A Sami turf hut outside is open during the summer. Well-stocked museum shop with quality gifts. Guided tours every day in the summer.

E-mail: booking@tmu.uit.no

Phone: +47 776 45 001



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 Wolstad, 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



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: booking@tmu.uit.no

Phone: +47 776 45 001



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 to medio August.

E-mail: leif@tromsoforsvarsmuseum.no

Phone: +47 776 77 210

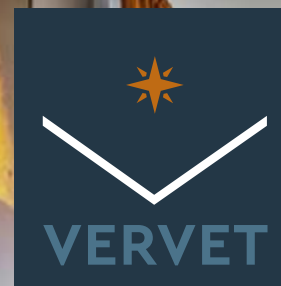


Tromsø Kunstforening

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: +47 776 55 827



Welcome home



Arriving at your destination, dragging your luggage from the airport, asking around and using Google Maps to figure out what your next move will be...

There is no better feeling than getting the key to the place you will be staying in when visiting Tromsø. This is where it all begins. This is where you will load up on your sleep to be ready for any activity, this is where you will lay down at night going through the photos and memories you've gathered throughout the day, and this is where you will freshen up and get ready for a night out in Tromsø city.

We offer up to 100 apartments and rooms for rent centrally located in Tromsø. All units are modernly decorated and contains all facilities you will need for your stay. Live among the locals in the new up and coming town district Vervet, in the middle of the city centre with views of the Arctic Cathedral. Or maybe you prefer a one room apartment as your home for some nights in the northern paradise? For bigger groups you can rent our high end house in Robukta lodge on the southside of the Tromsø island. It is your choice.

Keep your eyes open for the biggest conference hotel in Northern Norway that starts building in the spring of

2020. We strive to make sure your stay in Tromsø will be more than memorable and being able to have a safe, cozy and clean place to sleep can sometimes do all the difference. Let the place you stay in during your trip become part of your history from Tromsø. You are welcome to contact us and we will help you create memories from Northern Norway the best way.



www.robuktalodge.no

www.cortenvervet.no

www.skanssegata.no

www.seminarbakken4.no

Dig in

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

PHOTO © MATHALLEN

FISH STORIES TOLD HERE... SOME TRUE !!!

A B C D E AT FISH

IN COD WE TRUST

* * * *



Cafe & restaurants



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.

E-mail: booking@skarven.no

Phone: +47 776 00 720



Astro

Lunch and à la carte on the quayside. Restaurant with table service. International cuisine. Light lunches at lower prices. Dinners of good restaurant standard/price. Located on the quayside in Tromsø's city centre, at Clarion Collection Hotel Aurora

E-mail: cc.aurora@choice.no

Phone: +47 777 81 100



Bardus Bistro

Bardus Bistro is a Norwegian reflection of the traditional bistro concept with a menu based on the ingredients and culinary history of the north. Priding ourselves on our strong personal relationships with suppliers, Bardus creates inventive and ever changing menu's using ingredients such as moose, reindeer, king crab, whale & fresh fish. 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. When the sun blesses us with its presence we'll serve you on Tromsø's most sun drenched and sheltered verandah. See you there!

E-mail: post@bardus.no

Phone: +47 926 74 888



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.

E-mail: post@casainferno.no

Phone: +47 776 80 995



Charly's Restaurant & Bar

Charly's is a contemporary restaurant with Nordic ingredients with inspiration from the world, in the heart of the Tromsø city. Enjoy local classics like grilled stockfish, klippfish poppers or reindeer tenderloin in a warm and nice atmosphere. Our waiters will, through enlightening the origin and history of the dish, help you find the perfect dish(es) for you, either it's an old classic or trying something new. In addition to the bigger main courses on our menu we serve smaller dishes that's absolutely perfect for sharing. If you're having a hard time deciding what you want to eat or you simply want to try it all, come to Charly's.

E-mail: frontoffice.tromso@radissonblu.com

Phone: +47 777 59 049



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 or wine, nor decor is left to chance. Visit us for a gourmet dinner in a historic and cosy atmosphere.

E-mail: post@compagniet.no

Phone: +47 776 64 222



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 which you can find both in our restaurant and online.

E-mail: tromso@egon.no

Phone: +47 777 51 735

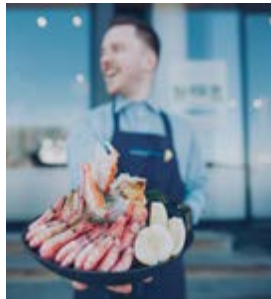


Emmas Drømmekjøkken

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.

E-mail: post@emmas.as

Phone: +47 776 37 730



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!

E-mail: bord@fiskekompani.no

Phone: +47 776 87 600



Indie Restaurant

We work hard to maintain the classic regional Indian recipes and flavours. To give you a unique experience in taste, we use carefully chosen suppliers who can guarantee us the best ingredients. We focus on ingredients of the highest quality, and part of the secret behind our dishes lies precisely here. The most important element of Indian cuisine is spice. Our chefs choose the very best spices which they use to grind their own, fresh spice mixes ("masalas") which give our dishes their authentic spice flavours. You are most welcome at Indie restaurant to try our delicious authentic Indian cuisine.

E-mail: post@restaurantindie.no

Phone: +47 993 46 343



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.

E-mail: tromso@kitchenandtable.no

Phone: +47 776 68 484



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.

E-mail: koseverden@koseverden.no

Phone: +47 922 64 597



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 your meal, we develop it ourselves. This has led to a significant number of our own specially produced products, creating the foundation for our menus. The kitchen staff, managed by Gunnar Jensen at the helm, serves lunch from 11:00 to 16:00 and dinner until 22.00. Seasonal best ingredients provide a holistic experience.

E-mail: booking@mathallentromso.no

Phone: + 47 776 80 100



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.

E-mail: peppes@peppes.no

Phone: +47 222 25 555



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.

E-mail: booking@restaurant-smak.no

Phone: + 47 941 76 110



Roast Restaurant

Let's be honest: we have 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 is 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 will find us at Scandic Ishavshotel. Welcome!

Mail: roast.tromso@scandichotels.com

Phone: +47 776 66 400



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!

E-mail: tromso@raasushi.no

Phone: +47 776 84 600



Skarven Vertshuset 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 are 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.

Mail: booking@skarven.no

Phone: +47 776 00 720



Skirri - Kystens Mathus

Welcome to our 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 do not 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.

E-mail: arrangement@kystensmathus.no

Phone: +47 948 20 825



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.

E-mail: hildeeilertsensletvold@gmail.com

Phone: +47 957 00 930



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.

E-mail: post@suvitromso.no

Phone: +47 776 91 166



T Tapas

Where we serve tapas with a Norwegian twist. All our hot dishes are cooked in a Jospser charcoal Oven, which gives you a unique tasting experience. Our cold suggestions are inspired by traditional tapas and created with local products.

E-mail: post@tromsotapas.no

Phone: +47 930 82 727



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!

E-mail: support@yonas.no

Phone: +47 776 66 666

Bars & nightlife



Bardus Bar

Home of Tromsø's famous Arctic Seaweed cocktail. Bardus Bar is at its 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.

E-mail: post@bardus.no

Phone: +47 926 74 888



Bryggeri 13 - Tromsø Mikrobryggeri AS

Local Craft beer brewery which has been brewing since 2014. The brewery is owned and driven by two local guys who started their business in a garage. Makes genuine craft beer, after old-school methods. No pressure tanks, no filters – just god quality commodities and lots of time for the beer to ripe and develop, both on bottles and small tanks. Have two pubs in city centre – B13 Brewpub In Skippergata 15 and Tromsø Mikrobryggeri in Storgata 78.

E-mail: post@bryggeri13.no

Phone: +47 404 50 190



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!

E-mail: kontakt@cafeflyt.no

Phone: +47 776 96 800



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!

E-mail: kevin.jacobsen@nordic.no

Phone: +47 930 02 874



Ølhallen Brewpub

Mack's brewpub - Ølhallen with its long and colorful history is one of the most iconic places in Tromsø. It is 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.

E-mail: olhallen@mack.no

Phone: +47 776 24 580



WHERE THE PAST AND THE PRESENT COMBINE

Rødbanken is over a hundred years old and has a rich history. It has now become an inspiring and vibrant meeting place in the heart of the city center.

Hungry? Rødbanken houses Størhus, a Café and Pizzoteca, as well as Walter & Leonard, a restaurant open for both lunch and dinner.

You will also find an ATM on the main floor.

Rødbanken - where we meet





Hostess Anne Britt 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
DROMMEKJØKKEN

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

www.emmas.as

Would you like to make the famous "Emma's fish au gratin"?

Emma's famous "fish au gratin"



4 persons:
80 grams butter
80 grams flour
½ litre whole milk
½ onion
150 grams macaroni
500 grams Pollock fillet or other white fish
20 pilld shrimps
Salt, pepper and nutmeg to taste

- Heat the milk to just below boiling point.
 - Boil the macaroni and drain the water.
 - Boil water with some salt.
 - Pull the pan aside, add fish and let it simmer for 5–7 minutes. Do not boil.
 - Fry onions and butter on low heat for 2 minutes. Add flour and let it fry for another 2 minutes.
 - Add the milk, little by little to the flour mixture while stirring, but be careful not to burn the sauce.
 - Season the sauce with salt, pepper and ground nutmeg.
 - Add ready-drawn fish and boiled macaroni.
 - Add shrimps.
 - Sprinkle with breadcrumbs and add some butter.
 - Bake in the middle of the oven at 200 degrees for 20 minutes.
 - Serve with fried bacon, boiled potatoes and salad.
- Bon appetite!**

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.

GET ROASTED.

Locally sourced meat, fish and seafood prepared on our signature Jospur charcoal grill to perfection so you can savour every bite.

Enjoy it with the finest of wines. Welcome to Scandic Ishavhotel



Scandic
ISHAVHOTEL ROAST

Book your table at
alturl.com/smgbw



Shop til you drop

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

PHOTO © JANITA ZENTENO

Shops



Britts

Scandinavian Design. Britts is a family driven interior and clothing 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 our own fish shops at Jekta Storsenter and at Kystens Hus in the city centre.

E-mail: dragoykm@gmail.com

Phone: +47 948 57 134



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



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



Krane Galleri og Rammeverksted AS

Art gallery with an emphasis on North Norwegian art: Krane Kunstgalleri/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. We sell art on behalf of a wealth of artists, with an emphasis on North Norwegian art. We 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.

E-mail: galleriet@krane.com

Phone: +47 776 15 250



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 have a wide selection of high quality suitcases in all sizes from the brand Samsonite. 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



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



Skoringen

Skoringen, or Tromsø Skotøymagasin, 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



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 in Storgata is filled 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



Tromsø Gift & Souvenir Shop

Tromsø Gift & Souvenir Shop was founded in 1999. Today it is one of Scandinavias 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 Samí handcraft. Samí people are one of the native people in Norway with a rich culture to share.

E-mail: post@tgss.no

Phone: +47 776 73 413



To-Foto AS photography products

Bring back a piece of Arctic memories when you go home. To-Foto AS make calendars, post cards, magnets among other things in a sustainable manner. To-Foto AS is hundred percent focused on products and concepts where photos are the bearing element. Our goal is to be a leading advocate of using photography as a tool for storytelling of Arctic Norway. Our products can be purchased at Tromsø Tourist Information Office, Tromsø Gift & Souvenir shop, Polaria and selected museums and shops in Tromsø, Northern Norway and Svalbard.

E-mail: post@tofoto.no

Phone: +47 770 40 600

Shopping centres



Jekta Shopping Centre

Jekta Storsenter is one of the biggest and finest shopping centres in Norway with over 130 stores and 65 000 square metres of shopping! We have a medical clinic, dermatologist centre and chiropractor clinic. Exciting retail concepts that are not found elsewhere in Tromsø are established at Jekta. With over 130 shops, you will always find what you need at 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



Nerstranda

You will find Nerstranda shopping centre centrally located in downtown Tromsø. With 42 stores and restaurants/café, 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 our restaurants/café. Here you can find a pharmacy, ATM, storage boxes, liquor store, café 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



Veita

Maybe you will 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. Our women's and children's clothing shop, Lindex takes foreign currency. At Veita you'll also find the local urban brand store, Rein Love Clothing. For more information, visit our website veita.no

E-mail: kontakt@veita.no

Phone: +47 938 16 001

Everyday heroes

Summer and winter, come rain or shine, Rasmus and Egon work tirelessly to keep Tromsø city centre clean, tidy and pleasant for everyone.

TEXT: MALIN MATHISEN. PHOTO © MATS GANGVIK



“It’s amazing to come to work every day and see such pride, joy and strong work ethic. It’s quite unique.”

These two everyday heroes work for Tromsø ASVO, which for three decades has provided meaningful jobs for people who have fallen outside the ordinary labour market. In addition, they contribute to great wealth creation in Tromsø.

“I love my job. What I like best about it is my colleagues and that we do so many different things,” says Egon, who has been with the company for 25 years.

Strong work ethic

“It’s amazing to come to work every day and see such pride, joy and strong work ethic. It’s quite unique,” says Trude Ørpetved, managing director of Tromsø ASVO.

“I think everyone could learn a lesson from them!”

The company has approximately 120 employees from all walks of life. Some have a mental disability, some are former drug users, and some are ordinary people. At Tromsø ASVO, they are all simply colleagues. The tasks are varied, but all have a human focus.

“We deal with waste both from nursing homes and in the streets. We clean up and do various odd jobs for city centre clients. In addition, we pack and deliver 600 fruitbaskets to local businesses, offer catering services, and run a café at one of the city’s nursing homes. Each employee has an individual plan drawn up for their work tasks, based on a mapping of their skills and strengths. To ensure our employees get a sense of accomplishment, it is important that everyone is challenged in different tasks,” Trude explains.

One of the goals of the company and the employees is to be visible in the streets and the industry. This shows that all people has a value and being able to have a job is important for everyone.

Workplace cakes and fruit

We joined Egon and Rasmus as they went about their work on an average Tuesday in February. It is a cool, grey winter’s day in Tromsø, but the lads are in good spirits. Tromsø city centre is small enough that the route to work can be switched up, and it is not uncommon to bump into colleagues and acquaintances along the way.

“The best part for me is when there has been a lot to do, and then it calms down, and we get time to talk to each other. That’s always fun. There is a really good atmosphere here,” says Rasmus.

Tromsø ASVO’s premises are buzzing with life. The fruit has been packed and is ready for delivery to businesses around the city. For Rasmus and Egon, the day’s work consists of cleaning up in the streets and delivering a homemade carrot cake to one of the city’s cafes. Rasmus



wheels the trolley where the carrot cake is safely placed, and Egon follows him with the street cleaning equipment. They are ready for the day’s work.

“My favourite job right now is clearing up in the Mack Brewery backyard on Storgata,” says Egon.

Rasmus has worked at ASVO for two years and likes structured work best. Together with three others, he is responsible for systematising the lists of fruit for delivery to companies.

“This autumn I’m going to go to a folk high school, but I hope to return to Tromsø and my job here in a few years’ time,” says Rasmus, who is ready for new adventures.

The cake has been delivered, and Egon has finished clearing up. They are both eager to embark on new tasks. One thing is certain: the work done by the everyday heroes in Tromsø ASVO makes Tromsø a better city.

Facts

Who:

Tromsø ASVO

When:

Established in 1989

What:

Offer services like cleaning the streets of Tromsø, catering and meeting room rentals.



Find the Arctic atmosphere

Close to the main square you find one of the city's gems. An indoor city park where you are surrounded by materials with their own special story. Relax in the moment and enjoy the sounds and sights of playful children with their parents, hipsters, students, bohemians and the taste of genuine Norwegian food and drinks.

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.

At Veita you will find: Lindex Woman and Child, Rein Love Urban local clothing, Nille, Frø – Plant based café, Rema 1000 Grocery Store, Spiseriet Café – Allergy friendly food, and Lekeplaneten.

OPENING HOURS:

Monday – Friday: 9 AM – 6 PM

Saturday: 10 AM – 5 PM

FIND US HERE:

Storgata 102, 9008 Tromsø

www.veita.no

facebook.com/veita

instagram.com/veitashopping



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 a medical- and dermatologist center and a 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 I NORD



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

Shop like the locals at Nerstranda

How do locals in Tromsø dress? Where do locals in Tromsø buy the best chocolate? Where do locals in Tromsø buy the best skincare?

Shop like the locals amongst our 40 stores in Nerstranda shopping mall. We're located centrally on the harbour next to Strandtorget with views over mountains and the Arctic Cathedral, as well as being close to many hotels in the city centre, coffee shops and other stores.

Follow the pulsating city-life inside the mall and stay warm and cozy all year long. Wander amongst trendy brand stores, well-known chain stores or take a break in one of our restaurants/cafés. If you are in need of a pharmacy, ATM, storage boxes, liquor store and more, you will find it all under the same roof.

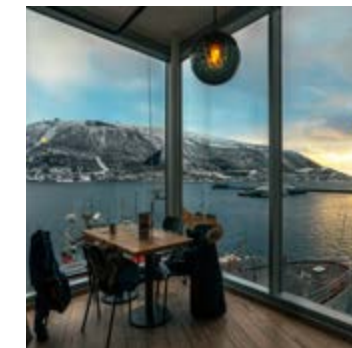
During December you can top the holiday mode by visiting our gingerbread town, as well as picking up Scandinavian design Christmas presents. Just like people from all over the Tromsø-region will be doing!

Winter or summer, you're always welcome to stop by and we offer free afternoon parking in our indoor garage: Weekdays at. 5:00 PM – 8:00 PM. Saturdays at. 4:00 PM – 6:00 PM.

”

One of my favorite things to do is eating at Jordbærpikene when it is dark outside. With a clear sky full of stars it makes it extra special enjoying a meal (nachos with homemade quacamole for example)!

LINDA, WORKS AT VITA NERSTRANDA.





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



Do you like me?

Buy tote bags or enamel mugs at Tromsø's Official Tourist Information Office at the Port Terminal.



Handmade arts & 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.

HIDDEN GEMS IN TROMSØ



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 ...



Insta-fabulous-cafe

SELFIE KONDITORI is an absolute "must do" in the heart of Tromsø where fine pastry and excellent coffee offers a sweet escape from the ordinary. Taking a step into our "secret garden" is an experience for all the senses. From silky cappuccinos and velvet cakes to walls covered with roses and golden mirrors, Selfie is the place where excellence becomes every day occasion. Selfie is open for breakfast, lunch and afternoon tea so get your camera and your Instagram account ready before you visit us.



Enter the garage

GARASJEN – A unique concert and event location in the heart of Tromsø. Driven by a social entrepreneurship. In one of the backyards in Tromsø old town, you can find a well-hidden entrance ... If you are lucky, finding this place, and if they have any social gatherings during your stay, you will be experiencing something unique. From small concerts, PechaKucha Nights and cultural happenings. We recommend you, try it out. You won't be disappointed.



Redesign & sweet flavours

SVERMERI is a cozy cafe located north in the city centre. We serve hot coffee and tea, sandwiches, hot soups, quiche and a large selection of homemade cakes. You can also have a glass of wine or beer if tempted. The café is spread out over three floors in one of Tromsø's oldest houses and here the atmosphere is homely. Short distance to the Polar Museum, the Perspective Museum, the Arctic Cathedral and Stortorget. We warmly welcome you to a quiet and cozy time here with us. Follow us on instagram: @svermeri

Pizza on fire

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, many quality wines from Italy and local beers. All this in a steampunk inspired atmosphere. We focus on authentic Italian pizza and ingredients, both in terms of food and drink. **CASA INFERNO** is both an experience for the taste of the Italian cuisine and also a visual experience for the innovative style. A tiny Italian-food-embassy above the arctic circle. Open every day of the week.



PHOTO: @CASA INFERNO



PHOTO © JANITA ZENTENO

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!



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!

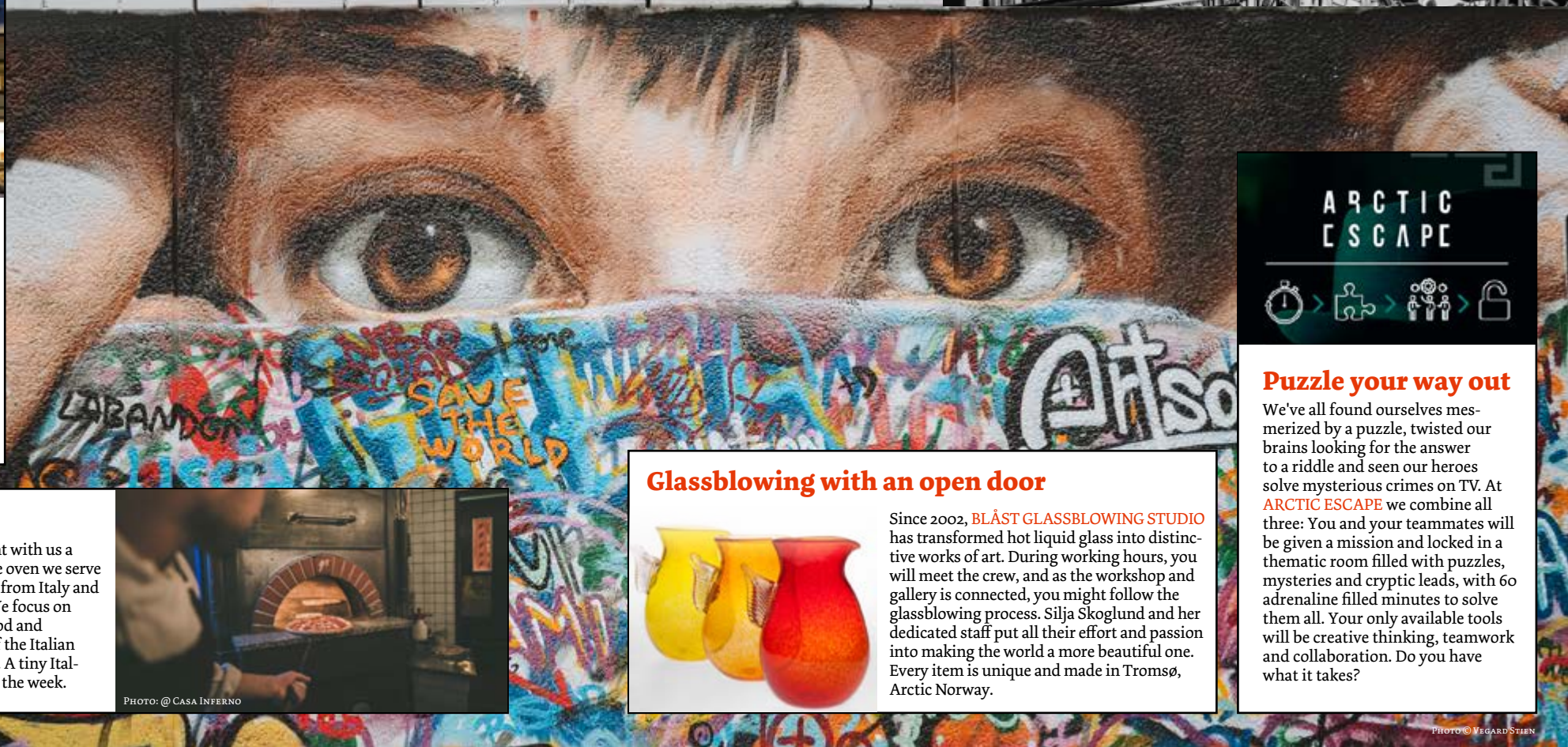
PHOTO © JANITA ZENTENO

Best view in town

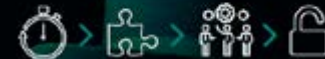
You don't have to be a book lover to love our library! It sure has one of the best views in town. Did you know that it used to be a cinema?



HIDDEN GEMS IN TROMSØ
Book at: www.visitromso.no



ARCTIC
ESCAPE



Puzzle your way out

We've all found ourselves mesmerized by a puzzle, twisted our brains looking for the answer to a riddle and seen our heroes solve mysterious crimes on TV. At **ARCTIC ESCAPE** we combine all three: You and your teammates will be given a mission and locked in a thematic room filled with puzzles, mysteries and cryptic leads, with 60 adrenaline filled minutes to solve them all. Your only available tools will be creative thinking, teamwork and collaboration. Do you have what it takes?

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.

PHOTO © VEGARD STUEN

Tromsø Mikrobryggeri

TROMSØ MIKROBRYGGERI is run by two friends from Kvaløysletta in Tromsø. We started brewing in a garage with an old school casserole in 2012. Now we produce around 30 000 litres of beer each year, in a verity of 10–15 types. We still produce after very old school principles without filters and pressure tanks, we only use handcraft and lots of time to let the beer rest and evolve naturally. So you can say we produce real handcrafted beer. The production is in the oldest part of Tromsø centrum (skippergata 15) in a 500 L Kettle, so you can say the beer is as local as possible. In Storgata 78 we got 10 different draft lines in which we change types of beer almost every day.



PHOTO © VEGARD STIEN



PHOTO © VEGARD STIEN



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.

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!

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 Chatedral.



Shop, enjoy and play!

Explore our indoor park with pop up markets and a variety of mini-stores. The playroom offers fun and games for children 0-6 years old. You find **BYPARKEN VEITA** on the 2nd floor at Veita Shopping Centre.



How does a on deck saltwater hot tub sound?

VULKANA is a Traditional Norwegian fishing boat built in 1957, transformed into an extraordinary spa and adventure vessel combines the passion for Arctic nature, outdoor activities, sauna, bathing and high quality food. 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. Whether it's an Arctic Spa with Lunch at the pier, Private Dinner Cruise or a Ski by Boat Expedition you are sure to come back revitalized. Come on board of this floating oasis and make the most of your Arctic adventure!

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!

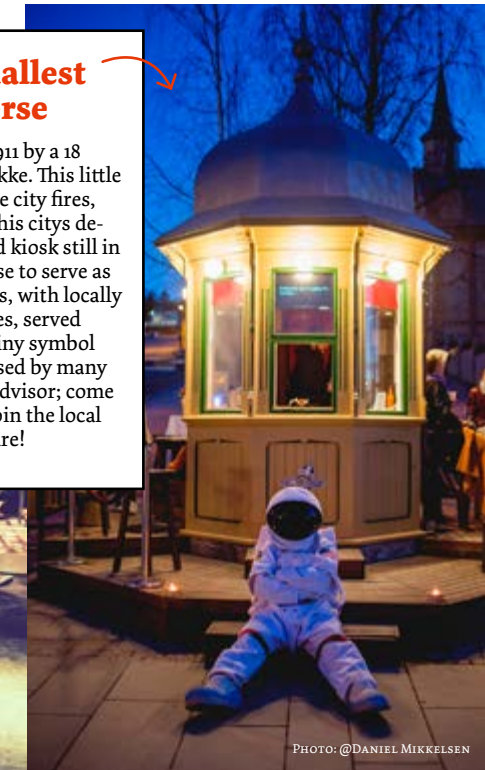


PHOTO: @DANIEL MIKKELSEN

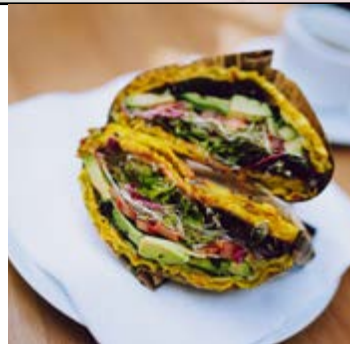
Perfectly framed

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.



Plant heaven

FRØ saw the beginning in september 2019, and always put vegetables in the front seat. As the first all plantbased café in Tromsø, they serve food at reasonable prices in a cozy environment. Here you can get the signature dish that is a vegetable vaffle with avocado, or a pistachio bun for the sweet tooth.



Urban oasis

You will find **SPISERIET CAFÉ** inside Veita shopping. We offer healthy and allergy friendly food – gluten free, lactose free and low carb to name a few options. The cake selection is impossible to resist, and everything is made in our own kitchen. Try the Northern Lights cake; chocolate mousse with salted caramel, or reindeer baguette. The café is family friendly and has a playroom for children 0–6 years old.

Wine and vinyl

When you're in Tromsø stop by **AMTMANDENS** and enjoy a drink from their wide selection of beverages. Here you find wines from all over the world, local beers, coffee and tea or something else from their menu. If you feel hungry, you could also eat delicious charcuterie and cheeses from both Norwegian producers and the Mediterranean. It is as simple as it is delicious.

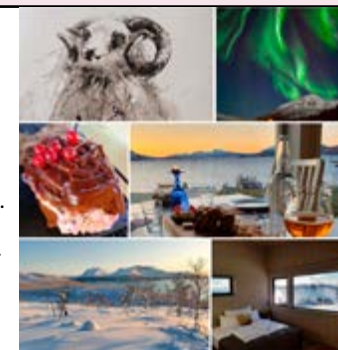


Hidden gems outside the city centre



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. Our farm café is open every day from 11am – 6pm.



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.



Coffee & shopping by the fjord

Welcome to **BRYGGEJENTENE** at the heart of Ersfjordbotn on Kvaløya. Have a good lunch, coffee and cake, with a view by the sea. Find beautiful interior in our shop. Relax. We are open Monday–Friday 09–16 and Saturdays 10–17 Sunday-closed.

Enjoy something nice

Welcome to **NYT**, a small and cozy cocktail bar with delicious food. Come in for breakfast or lunch and try our shrimp sandwich and coffee, or visit us in the evening for cocktails, beer and wine.



Get creative

JØMT is a creative collective offering courses in various art expressions, as well as selling local art and its own brand. JØMT organizes cultural events such as concerts, movie screenings and more. The philosophy of the collective is that art should be accessible to all, as well as being a low-threshold offering for both locals and visitors. Here everyone is welcome, regardless of age, background, and artistic skills. We also tailor arrangements if anyone wants to have a birthday party, stag party or have a closed party with friends. If you and your travel companions want to book a workshop or other activities. Contact us at hallo@jomt.no for more info.

TROMSØ IS A DYNAMIC AND VIBRANT CITY. FIND OUT

what's on!



April 2020

30TH of March – 3RD of April
Spis for en hundrings/Food festival

23RD – 25TH of April
Stumfilmdager/Silent film days at Verdensteatret

3RD – 5TH of April
Opplev Tromsø/Adventure festival

9TH – 13TH of April
Easter

May 2020

1ST of May
Labour Day

6TH – 9TH of May
Sjømatfestival/Seafood festival

17TH of May
Norwegian Constitution Day

June 2020

1ST of June – 15TH of August
Midnight Sun concerts in the Arctic Cathedral

8TH of June
Arctic Race – 1st stage

13TH of June
Bylørdag, theme Arctic carnival

19TH – 28TH of June
NUFF – Nordic youth film festival

20TH of June
Midnight Sun Marathon

July 2020

1ST of June – 15TH of August
Midnight Sun concerts in the Arctic Cathedral

8TH – 12TH of July
Riddu Riddu Festival

16TH – 18TH of July
Bukta Festival



Things
to do

! See the **Midnight sun from the end of May until the end of July**

August 2020

1ST of June – 15TH of August
Midnight Sun concerts in the Arctic Cathedral

6TH – 9TH of August
Tromsø Jazz Festival

21ST – 23RD of August
Tromsø Mountain Challenge

28TH – 29TH of August
Rakettnatt Music Festival

September 2020

9TH – 13TH of September
TIFF junior – film festival

12TH of September
Bylørdag, theme urban vs. nature

October 2020

22ND – 24TH of October
Insomnia festival



November 2020

14TH of November
Bylørdag, theme Arctic diversity

29TH of November
Christmas Tree Lighting

December 2020

24TH of December
Christmas Eve

25TH of December
Christmas Day

26TH of December
2nd day of Christmas

31ST of December
New Years Eve concert in the Arctic Cathedral

January 2021

1ST of January
New Years Day concert in the Arctic Cathedral

9TH of January
Polar Night Half Marathon

18TH – 24TH of January
TIFF – Tromsø International Film Festival

29TH of January – 6TH of February
The Northern Lights Festival

30TH of January – 29TH of March (Thurs-Sun)
Northern Lights concerts in the Arctic Cathedral

February 2021

1ST of February – 7TH of February
Sami Week

6TH of February
Sami National Day

29TH of January – 6TH of February
The Northern Lights Festival

30TH of January – 29TH of March (Thurs-Sun)
Northern Lights concerts in the Arctic Cathedral

March 2021

30TH of January – 29TH of March (Thurs-Sun)
Northern Lights concerts in the Arctic Cathedral

! **Northern Lights season last from end of August until the end of April**

Midnight Sun Marathon

When: 20th of June

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.



Sami Week

When: 1st – 7th of February

Where: Tromsø City

Where: 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.

Arctic Philharmonic

When: Year-round

Where: Tromsø City

Real. Arctic. Passion. The Arctic Philharmonic is the world's northernmost professional orchestra and is one of northern Norway's largest and most active cultural institutions. The musicians strive to be as raw and real as the surrounding nature, with each performer aiming to reach towards the outer limits of their performance and communication with the audience. The critically acclaimed orchestra alternates between different ensemble formats, from smaller groups to sinfonietta and chamber orchestra, or – when all the musicians are gathered – as a symphony orchestra. Concert production every week! Lunchtime concerts most Fridays at 12.00 – 12.30 at Tromsø Kulturhus. Please check our website for updated info: www.arcticphilharmonic.com

Music is a universal language – all are welcome to experience the real arctic passion of the musicians from the Arctic Philharmonic!



TIL & Alfheim football stadium

When: 4th of April – November

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.



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



TIFF – Tromsø International Film Festival

When: 18th – 24th of January

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.

Northern Lights Festival

When: 29th of January – 6th of February

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.

Accommodation



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



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 upgrades 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



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



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 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



Scandic Grand Tromsø

Stay in the heart of "Paris of The North"! Scandic Grand Hotel Tromsø - is located at Storgata - in the very center of Tromsø. Walking distance to Hurtigruten pier, Airport shuttle bus stop, shopping centre and shops, restaurants, cafes. Short distance to most of the Tromsø's museums and attractions. We take breakfast seriously! Scandic chain is recognized for its high quality breakfasts, among the bests in Norway and Scandic Grand Tromsø is no exception. Start your day with a taste of the local food and good breakfast classics! Did you know that Scandic Grand has the biggest family rooms in the Tromsø? Our brand new superior rooms at the top floor will surprise you with the views of the city and the mountains around. Welcome to Scandic Grand Tromsø!

E-mail: grandtromso@scandichotels.com

Phone: +47 777 53 777



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 Lodge & 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 Lodge & 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!

Address: Arthur Arntzens veg 10, Tromsdalen

E-mail: post@tromsocamping.no

Phone: +47 776 38 037



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: +47 776 98 050



Tromsø Activities



Tromsø Activities Hostel is a family owned and run hostel in the city centre of Tromsø. Our goal is for visitors to have an experience which fits them individually, and to create a space where travellers can meet. We do not put effort into perfection, but rather in having a good time, no matter the circumstance. If you do not want the “corporate” or the “mass tourism” experience, we’re the place to visit. We wish for the price of our activities to be put to use locally. This means that we re-invest all our income in local efforts, and our staff are employed year-round.

E-mail: tromsoactivities@gmail.com

Phone: +47 988 99 268



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 578](https://www.lauklines.no)

E-mail: post@lauklines.no

Phone: +47 997 94 049



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](https://www.sommaroy.no)

E-mail: resepsjon@sommaroy.no

Phone: +47 776 64 000



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](https://www.voldahome.no)

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](https://www.yggdraslitunet.no)

E-post: yggdraslitunet@gmail.com

Tlf: +47 915 64 264



Mefjord Brygge



We are an all-year holiday resort located between fjords on Senja island along Norwegian Scenic Route. We focus on active tourism: seasonal Activity Packages, guided trips, boat rental and deluxe tailor-made adventures. We are a destination where elegance and genuine experiences meet. Senja is full of magic all year round. Midnight sun, northern lights and stunning Arctic landscape will take your breath away. Autumn is when nature performs colorful spectacle, a paradise for hikers and photographers. Our guests can stay in a range of high-standard accommodation and enjoy traditional food in Salteriet, our newly open stylish restaurant

Address: [Mefjordvær, 9386 Senjahopen](https://www.mefjordbrygge.no)

E-mail: booking@mefjordbrygge.no

Phone: +47 778 58 980



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: [Øverbygdsveien 9, 9336 Rundhaug, Fv854](https://www.rundhauggjestegard.no)

E-mail: post@rundhauggjestegard.no

Phone: +47 778 30 570



Volla Gjestestue



Volla 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 Volla!

Address: [Torgveien 2, 9040 Nordkjøsbøtn](https://www.vollangjestestue.no)

E-mail: post@vollangjestestue.no

Phone: +47 777 22 300



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: +47 776 55 800



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 the island "Ringvassøy", just a 40 minutes' drive from Tromsø city. One Sea House is adapted for handicapped and wheelchair users. Our guests have access to a wealth of natural resources including sea fishing, mountain lake fishing, ice fishing, snowshoeing excursions and back-country skiing. Rental products like boats, fishing tackle, floating suits, outdoor Jacuzzi adjacent to a wood fired sauna and a big grill hut for up to 35 people. Restaurant and meeting facilities can be booked for meetings and private parties for groups from 8 up to 30 people. It is possible to order transfer. Facebook site: Hav og Fjell /Arctic Sea & Mountain. Home page: www.havogfjell.no

Address: Langsundveien 1798, 9130 Hansnes
E-mail: post@havogfjell.no

Phone: + 47 480 58 540



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



Skitteneelv 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. Skitteneelv 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@skitteneelvcamping.no

Phone: +47 468 58 000



Yggdrasiltunet

FARM HOTEL

Welcome to a pleasant stay right outside of Tromsø. Yggdrasiltunet farm hotel is a unique hotel focusing on ecological farming, homemade food and Norwegian traditions.

If you're in the area or looking for traditional Norwegian experiences, you're always welcome to visit our café which is open every day. Everything from our kitchen is home-made with ingredients produced on the farm or in the local area. Sit back and smell the fresh homemade bread as you're waiting for breakfast or lunch to be served. In the evening we serve dinner.

Our farm is home to a variety of farm animals like islandic horses, Norwegian sheep, goat, chickens and rabbits. Cuddle with the animals while enjoying the landscape around the farm – scenic mountains and the fjord. There are hiking opportunities all year round under the Midnight Sun during summer, or under the Northern Lights during winter.

And... If you love the peace and quiet as much as we do, please spend the night! We can host up to 22 people in double rooms and cabins on the farm. Relax in the jacuzzi with panoramic views or wander along the ocean before you go to bed. What else can you ask for to guarantee a good night sleep?

We'll wake you up when breakfast is ready!

CONTACT

Phone: +47 915 64 264

E-mail: yggdrasiltunet@gmail.com

Transport, car rental & parking



Arctic Campers Rental



Rent your Camper van from Arctic Campers. Travel Northern Norway simple and comfortable on your own terms. The camper vans can fit two, three or four persons and come with one or two double beds, a fully equipped camping kitchen and a Diesel parking heater. Start your trip to Lofoten (Senja), Lyngen Alps or Finnmark just 5 Minutes from Tromsø Airport. We offer four-wheel-drive Campers with automatic transmission which makes chasing the Northern Lights quite easy and still comfortable. Bonus: Arctic Campers offsets all carbon emissions created by our camper vans during your trip for free.

E-mail: rental@arcticcampers.no

Phone: +47 410 17 430



Avis car rental

Rent a car. We do have all sizes of cars, trucks, minibuses and suv's for you and your family. Our city office is located in Standskille 5, just above Grand hotel, and our airport office you will find inside the airport terminal.

E-mail: tromso.tr7@avis.no

Phone: +47 775 00 270



Bussring AS



Bussring is the biggest transportation company in Northern Norway with over 300.000 happy passengers travelling with us each year. Bussring's values are Safe, Reliable, Accountable and Humane, which are embodied in everything we do. Our products are tailor-made for your desires and needs: take the Airport Express from the airport to the central hotels in Tromsø and even Tromsø Lodge and Camping! Or The Arctic Route and travel to the scenic Lyngen Alps, Alta, Rovaniemi and Santa Claus Village, Narvik, Polar Park and beautiful Senja! Bussring has got you covered!

E-mail Bussring: post@bussring.no

Phone: +47 400 02 196

E-mail The Arctic Route: post@thearticroute.com

Phone: +47 954 93 000



Hertz car rental



One of the world's largest car rental companies. Located at Tromsø Airport and Tromsø city centre you will find a large selection of cars for rental. Rent a car from us and explore Tromsø region on your own. We have a large selection of cars, from small city cars to vans. For easy booking use our web <https://www.hertz.no/rentacar/spesialtilbud/visit-tromso>

E-mail: reservation@hertz.no

Phone: +47 221 00 000



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.

E-mail: post@icaravan.no

Phone: +47 954 34 356



Norled

Norled AS is one of Norway's largest ferry and express boat operators. The company has 80 vessels and operates ferry and express boat services from the Oslofjord to Troms county. Norled has invested significantly in new types of vessels and eco-friendly technology, and has developed solutions used solely by the company. The company has over 1,000 employees and an annual turnover of NOK 2 billion. The company's head office is in Stavanger with branch offices in Bergen and Oslo. Norled is owned by the Nordic infrastructure fund CapMan Infra and the Canadian company CBRE Caledon Capital Management.

E-mail: booking@norled.no

Phone: +47 518 68 700



Stein Sørensen Persontransport



Our mission is to provide comfortable and reliable transportation around the wonderful Northern Norway. We are concerned about quality throughout the journey – from order to delivery. With more than 50 years' experience we have proven to be worthy of one's trust. Our competence and seriousness are highly valued also in a growing private market. Our number 1 rule is: Travel safely! No matter occasion, time or duration. We provide city and airport transportation, VIP car transfers, sightseeing tours in and around Tromsø as well as transportation for guests with special needs – and much more. One of our core values is to take care of the environment in everything we do. Therefore, all our drivers are educated in economical and environmentally friendly driving.

E-mail: ssp@persontransport.no

Phone: +47 776 30 000



Tide Buss



Safe and comfortable - with a panoramic view. As one of Norway's leading transport companies Tide Buss strives to offer the best possible service and product by continued investment in both their staff and their coach fleet. This to ensure both private and corporate coach hire clients the best travel experience. The range of coaches and buses are modern and environmentally friendly with high comfort and good storage. Tides local drivers are service-minded and have miles of experience behind the wheel. They will make sure your journey is safe and pleasant. Tide is certified according to the environmental standard ISO 14001.

E-mail: tur@tide.no

Phone: +47 552 38 700



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.

E-mail: parkering@tromso.kommune.no

Phone: +47 777 90 650



Tromsø Taxi



Who knows a city better than its local taxi drivers? Whether you need a cab from the airport to your hotel, or you want to check out the whales in Kaldfjorden, Tromsø Taxi is at your service 24/7. It is Northern Norway's largest taxi station. We have 123 vehicles, including 10 maxi taxi seating 9-16 passengers and can transport up to three wheelchairs users per vehicle. As well as transporting you from A to B, we offer sightseeing tours. You decide what you want to see, or your driver can be your guide and show you the best sights in and around the city. Download TAXIFIX in App store and google play.

E-mail: taxi@tromso-taxi.no

Phone: +47 776 03 000



Bilbørsen

Phone: +47 776 66 611
Web: www.bilboersentromso.no



Rent A Star

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



Europcar

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



City To Summit

Welcome to City To Summit, a local family owned niche store and a real treasure for all outdoor enthusiasts. The store is placed in the heart of Tromsø city, neighbouring Tromsø Cathedral, as well as many authentic “must see” cafes.

City To Summit represent an outdoor store specialising in high-end mountaineering gear as well as everyday equipment, all suitable for our changing weather and Arctic conditions. We strive to always offer high quality gear suited for you and your excursions, and value all environmental friendly brands and options. Our qualified employees will more than willingly help you gear-up, ready to explore Tromsø and the islands around.

We also provide rental gear such as clothes, snowshoes, randonné skies, boots and safety props. Hope to see you in our shop during your stay in Tromsø.

CONTACT

Phone: +47 940 17 555

E-mail: Tromsosport@me.com

www.citytosummit.no

The Norwegian mountain code

- 1 Plan your trip and inform others about the route you have selected.
- 2 Adapt the planned routes according to ability and conditions.
- 3 Pay attention to the weather and avalanche warnings.
- 4 Be prepared for bad weather and frost, even on short trips.
- 5 Bring the necessary equipment so you can help yourself and others.
- 6 Choose safe routes. Recognize avalanche terrain and unsafe ice.
- 7 Use a map and a compass. Always know where you are.
- 8 Don't be ashamed to turn around.
- 9 Conserve your energy and seek shelter if necessary.



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.

Claims and complaints

Please note that any claims or complaints related to specific products must be directed to the supplier concerned. Visit Tromsø-Region AS is not responsible for the individual products. It is the supplier's responsibility to ensure that safety and provision of the product is in line with the product description.

Visit Tromsø-Region AS cannot be held responsible for the outcome on tours that are weather- and nature-dependent. This includes Northern Lights, whale watching tours, or any other nature or wildlife sightseeing tour.

Visit Tromsø-Region AS cannot be held responsible for any motion sickness that occurs during boat or car trips. Guests are advised to take necessary precautions.

Practical information

Emergency contact numbers:

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

Doctor: If you require urgent medical assistance call the emergency room at the University Hospital of Northern Norway on +47 116 117. You can contact Aleris for a range of hospital and radiology services on aleris.no/tromso.

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 22 08 60 00

Bank and currency

In Tromsø you can exchange currency at Ria. See p. 147 for info. We also recommend currency exchange at Oslo airport upon arrival in Norway. ATM machines are widely available in downtown Tromsø and at Tromsø airport. 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, such as Visa, MasterCard, American Express and Diners, are widely accepted throughout Norway. The official currency is the Norwegian krone (NOK), but several attractions and the Tourist Information Office accept some foreign currencies.

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 %.

Taxi

Tromsø has two taxi companies, Din Taxi (+47 401 02 045) and Tromsø Taxi (+47 776 03 000). Please contact the company directly to order or if you have questions.

Airport Express

Bussring 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.

City buses

Tromsø city buses run from approximately 6 am until midnight, with a night service on Fridays and Saturdays. Single tickets are valid for approximately 60 minutes. Cash only for tickets purchased on board. Fares are cheaper if you buy tickets in advance using the Troms Mobillett APP, ticket machines or from outlets. **Outlets:** Wito in Storgata, Narvesen in Stortorget, Krokensenteret, K1 shopping centre, info desk at Jekta shopping centre, Troms Fylkestrafikk customer service center at Prostneset Port Terminal upper level, MIX at the university (UiT), AMFI Pyramiden and hospital (UNN). **Machines:** Fr Langes gate F2 by Kiwi, Sjøgata S1 by Peppes Pizza, Giæverbukta terminal, the university, hospital, bus stop near the airport and Troms Fylkestrafikk customer service center 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.



Aleris Hospital and Radiology Tromsø

Need a medical specialist straight away? At Aleris Tromsø patients can access medical specialists directly and avoid unnecessary waiting. Same day appointments possible. No referral needed*. Aleris Tromsø offers services in medical disciplines such as General Medicine, Gynecology, Urology, Sleep Disorders, Orthopedics, Ear, Nose and Throat Medicine, Obesity, Plastic Surgery, and Radiology. Aleris provides a range of hospital and radiology services nationwide. Our services cover the majority of medical disciplines - and our goal is to offer comprehensive patient care from diagnosis to treatments to private patients as well as on behalf of the Norwegian National Health Service.

*Radiology (scans and X-rays) requires a doctor's referral according to Norwegian law.

E-mail hospital: info.tromso@aleris.no

Phone hospital: +47 776 62 130



Ria Money Transfer & Currency Exchange

Ria is a leading money transfer company, globally, with 30 years' experience and a huge network in around 150 countries. In 2019, the company opened a store in Tromsø at Storgata 32, 9008 Tromsø which is the company's northernmost Ria store in Europe. The Ria store in Tromsø currently allows customers to change more than 40 global currencies into Norwegian kroner. There are two ways to exchange currency in Tromsø: Reserve your foreign currency in advance over the phone by calling the Ria store on +47 474 65 116. The staff will prepare your money ready for you to collect in-store. Or visit our Ria's store located at Storgata 32, 9008 Tromsø and speak with a foreign exchange specialist in person. They will make the exchange for you on the spot.

Phone: +47 474 65 116

Other partners and providers

Enjoy The Arctic

Phone: +47 978 35 778
Email: contact@enjoytheartctic.no

Nordens Paris Charter

Phone: +47 934 85 368
Email: r-lorent@online.no

Nordreisa Adventure

Phone: +47 404 97 650
Email: enar.iversen@nordtroms.net

North Tour

Phone: +47 414 63 702
Email: booking@north-tour.com

Polar Charter

Phone: +47 975 23 250
Email: booking@polarcharter.no

Reisabåt

Phone: +47 988 11 037
Email: reisaboat@gmail.com

SamiCamp

Phone: +47 993 44 098
Email: booking@samicamp.com

Tromsø Lokal

Phone: +47 909 50 571
Email: tromsolocal@gmail.com

Andresens Vaabenforretning

Phone: +47 776 82 403
Email: vapen@vapenandresen.no

TouristShop Tromsø

Phone: +47 454 54 564
Email: post@touristshop-tromsoe.no

Farout

Phone: +47 905 61 990
Email: info@farout.no

Glasshytta Blåst

Phone: +47 776 83 460
Email: glasshytta@blaast.no

Kala Restaurantdrift AS

Phone: +47 776 31 000
Email: post@kalarestaurant.no

Lotus Mat og Vinhus

Phone: +47 776 55 555
Email: pan-fa@online.no

På Byen AS – NO 24

Phone: +47 776 58 520
Email: harry@rht.no

Pastafabrikken

Phone: +47 928 72 782
Email: post@pastafabrikken.no

Buvik Sealodge

Phone: +47 468 84 302
Email: post@buviksealodge.com

Lyngen Lodge

Phone: +47 476 27 853
Email: info@lyngenlodge.com

Boreal Travel

Phone: +47 405 54 055
Email: post@boreal.no

H. Hoel Sjøtransport

Phone: +47 777 47 326
Email: hakon@oyskysss.no

SYMBOLER / SYMBOLS

- Overnatting / Accommodation
- Bespisning / Dining
- Matbutikk / Grocery store
- Kafe / Café
- Bensin / Petrol
- Camping / Camping ground
- Sykkeltutleie / 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
- Feegø / Ferry
- Sommerferge / Summer ferry
- Hurtigrut / 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)





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
- "Do as the locals do" – 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 Tourist Information Centre core opening hours are Monday- Friday 9:00 to 16:00.

During peak seasons we have longer opening hours, including weekends. Opening hours can be affected by public holidays.

For updated opening hours, we kindly ask you to check our website www.visit tromsø.no



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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