

## FOLLOWING THE NORTHERN LIGHTS

5 days (4 nights) itinerary in search of the magical Aurora Borealis and the incredible arctic landscapes of the city of Tromsø and the island of Kvaløya.

Exciting will also be the excursions that will be added to a travel package, already full of emotions and surprises.

A unique and overwhelming journey that will be remembered for years to come.



### Day 1: Tromsø

Arrival in the afternoon/evening and own transfer to the hotel, after handling the formalities for entry to Norway. Transfer to the hotel. Meeting with the FRAMTours guide and short introductory meeting on possible excursions. Free dinner and overnight stay in a 3 \*\*\* hotel.

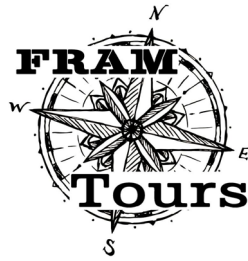
### Day 2: Tromsø

**Excursions included:** 1 Aurora Discover, 1 polar museum

#### **Bed and breakfast**

After the rich buffet breakfast at the hotel, you will get a free morning to discover the city of Tromsø on your own. During the visit of the city, we suggest you to visit the Polar Museum and take a ride up the Cable car to don't miss the cityscapes from above while you are drinking a delicious hot chocolate.

At 5:30 pm, departure for the excursion in search of the Northern Lights in a private minivan/minibuss (up to 15 participants) with an Arctic guide. Expected return around 01:30.



### **Day 3: Tromsø**

**Excursions included:** 1 Aurora Discover, 1 Northern Fjords  
**bed and breakfast**

After the buffet breakfast, we will dedicate our morning to discovering the northern fjords of the island of Kvaløya. Departure at 10:00 by minibuss (up to 16 passengers). Light hot meal the Sommarøy archipelago will be one of the best daily highlights.

Return to the hotel by 14:30 approx.

Free time available and free dinner.

At 5:30 pm, departure for the excursion in search of the Northern Lights in a private minivan/minibuss (up to 15 participants) with an Arctic guide.

Expected return around 01:30.



### **Day 4: Tromsø**

**Excursions included:** Dogsledding  
**bed and breakfast**

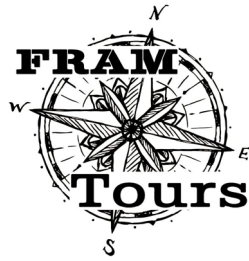
After breakfast at the hotel, departure at 08:30 for the most adrenaline-filled excursion of the tour: dogsledding in a valley on the island of Kvaløya, a few tens of kilometres from Tromsø.

As soon as you arrive at the farm, you will be taken by your guide to the visitor centre where everything will be provided to you the equipment to tackle your excursion.

You will meet your team of huskies with whom you will spend about 2 hours along a beautiful valley. Drive yours sled, giving orders to your dogs is certainly an unforgettable experience.

Upon return, it's time to give them lots of cuddles before relaxing by the fire, drinking something hot and eating some biscuits before leaving for the city.





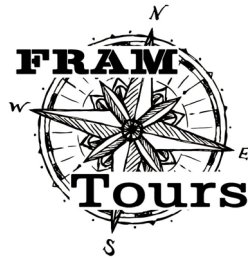
The return to the city is scheduled for 3.45pm. Free time available and free dinner.  
Time available for a possible last evening in search of the Aurora or other activities.

**Day 4: Return**

**Bed & Breakfast**

After breakfast, free time available to complete the visits and transfer to the airport based on the return flight plan for Italy.





**DIFFICULTY:** Easy

**DURATION:** 5 days - 4 nights

**PERIOD:** October to March

**MINIMUM AGE:** 6 years

**LANGUAGE:** English

**COST:** from 15.00, -kr. person

**INCLUDED IN THE TOUR:**

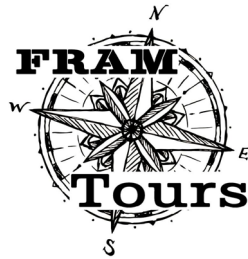
- Nr. 4 nights in 3 \*\*\* hotel in bed and breakfast formula, in double room with private bathroom
- Exclusive assistant FRAMTours during the tour;
- Nr. 2 Aurora Discover excursion exclusive FRAMTours in Italian with hot drinks and snacks;
- Nr. 1 FRAMTours exclusive Authentic Fjords excursion in Italian with light meal included
- Nr. 1 Dogsledding in Kvaløya in self-drive
- Anything when not indicated under "included in the tour"

**NOT INCLUDED IN THE TOUR:**

- International flights
- Single room supplement + 3.600, -kr
- All excursions not included in the program;
- Meals and drinks where not included;
- Personal travel insurance
- Anything when not indicated under "included in the tour"

**NOTE:** children under the age of 6 stay free in parents' bed. In addition, the single room rate applies as accommodation in Tromsø does not have triple rooms.

**ADDITIONAL ACTIVITIES:**



***Discover Senja Island:***

Early morning departure and transfer by minivan to Brensholmen where we board the ferry to the island of Senja. Upon docking you will be transported to discover a unique and fascinating island that still retains its wild charm and far from being a tourist destination. Weather permitting, you will discover unique places and ancient fishing villages before receiving a hot meal in a unique and incredible place on Norway's second largest island.

The return to the city is scheduled for 5:00 pm.

**Cost:** 3.000,- kr/person

**Period:** February - October

***Electric Catamaran Fjord Tour:***

With departure at 10:00 am from the city port, we will take a beautiful cruise to admire the fjords of the Malangen peninsula where, if conditions allow, we will still be able to visit one of the very few fjords capable of freezing during the winter in the Troms region, i.e. Ramfjorden.

During the tour you will find coffee/tea and café items on board, available for purchase.

Compatibly with the time available, a visit to the fishing industry will be carried out.

**Cost:** 1,690,-kr per person

**Period:** February - April

***Sami and Reindeer experience:***

With 3 departures daily (10:00/13:00/18:00) this is one of the most popular activities in Tromsø. Coming into contact with the Sami population and seeing how they raise and manage more than 400 reindeer is an unprecedented experience.

The hot lunch of reindeer stew (Bidos, a traditional Sami dish) will be served around the fire inside a Lavvo. For a small supplement it will also be possible to take a short reindeer sleigh ride.

At the end of lunch (or dinner depending on the tour time chosen), a representative of the Sami population will tell you how their population has survived life in northern Scandinavia since the last ice age thanks to reindeer herding.

**Cost starting from** 1,590,-kr per person

**Period:** November – April

***Whale safari by electric catamaran:***

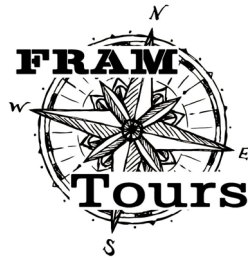
A unique experience to spot the magnificent humpback whales and orcas as they feed in the herring-rich fjords of the Arctic. Our silent hybrid-electric boat minimizes disturbance to nature and whales.

We will depart Tromsø at 08:00 in the morning and head towards the whale feeding grounds in time to enjoy the few hours of polar daylight. Along the way you'll enjoy breathtaking views of frozen landscapes in comfortable, warm lounges with panoramic windows. You will find a selection of food and drinks to purchase on board.

As we search for whales, our passionate guides will share personal stories about interesting places along the way and provide you with information about orcas and humpback whales. Once whales are spotted, we switch to our electric, silent motor to minimize disturbance to the whales. Built specifically for whale watching, our boat has multiple decks, giving you space and fantastic views.

The duration of this tour depends on the location of the whales and can vary from 6 to 8 hours.

**Cost starting from** 1,690,-kr per person



**Period:** November - January

***Snowmobile in Tamokdalen:***

Enjoy an unforgettable snowmobile safari through magical snow-capped mountains, spectacular landscapes and picturesque valleys. Learn to ride "the scooter of the north" in a snowy and wild playground.

Experience spectacular fun at our wilderness center, Camp Tamok. For this tour you will be picked up from Tromsø city centre, from where you will be taken to Camp Tamok, a 90-minute panoramic bus ride away.

Upon arrival you will be provided with warm clothing and other necessary equipment for this snowmobiling activity. Next, we'll go over the safety instructions and give you a hands-on demonstration on how to drive your snowmobile. You will ride in pairs, one driver and one passenger, on each snowmobile with the possibility of switching seats during the trip.

After retracing the trail and parking the snowmobiles, we will serve you a hot meal in a traditional Northern Norwegian setting around the open fire in a reindeer herder's tent.

During high season we may split the group to avoid large groups. Half of the group will start with a hot meal in traditional Northern Norwegian surroundings before heading into the mountains on snowmobiles.

Once you've relaxed and warmed up, it's time to head back to Tromsø and tick another adventure off your bucket list!

**Cost starting from** 2,700,-kr per person

**Period:** December – April

***Dogsledding in Kvaløya:***

Experience the ultimate adventure in the fairy-tale Arctic wilderness and become a musher on a sled pulled by adorable Alaskan huskies.

You'll feel the strength of your mighty team as you journey through a winter wonderland of frozen lakes, forests, and majestic mountains. Along the way, watch out for fox, owl, grouse, eagle, reindeer and moose.

Parts of our trails run over steep, undulating terrain and are therefore only suitable for fit adventure seekers.

Two participants share a sled, alternating between squashing the sled and being a passenger.

We provide arctic proof boots and winter clothing. However, we recommend wearing a good quality base layer with a wool sweater or fleece.

**Cost starting from** 2,400,-kr per person

**Period:** November – April

***Kvaløya hike:***

The wind is blowing. The rhythm of your heart speeding up.

The environment that envelops you leaving room for your imagination that allows you to glimpse the fjords from a splendid aerial view.

A wonderful excursion in arctic climatic conditions, perfect for facing Mother Nature in the best possible way.

Pack your backpack and charge your camera battery. Adventure is waiting for you!

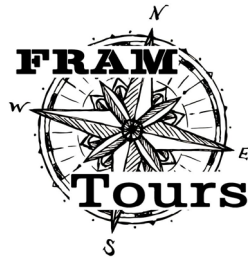
Walk on the freshly fallen soft snow and let yourself be carried away by emotions. Listen to the rhythm of your heart as you are surrounded by beautiful mountains while discovering the first fjords below.

In the dark nights of summer, thanks to our expert Arctic guides, you will realize that there is much more to Northern Norway than winter.

Fill your soul with the wild beauty that surrounds you. A wonderful excursion just a few minutes from the city, surrounded by the immensity of boundless spaces and once you get to the top, relax and enjoy the view while sipping a delicious hot chocolate and a few slices of cake.

\*Snowshoeing material included. No previous experience required.

**Cost starting from** 1,750,-kr per person



**Period:** November – April

***Arctic Floating in Tromsø:***

Come float with us!

In Ramfjord, just a 25-minute drive from Tromsø, we welcome you to our Arctic survival camp. Here we will allow you to dive into the Arctic Ocean, whilst enjoying the warm embrace of our top of the range immersion rescue suits, which will keep you warm as you float in an almost weightless state.

If you've never tried it before, it's definitely something you don't want to miss. Of the many great things to do in Tromsø, this is definitely one you will remember for a lifetime.

After finishing the floating session, we will invite you to our cozy camp for some hot drinks and a snack. We have a lovely patio with a fire pit, which means you can sit outside and eat your treats.

Do you need a solid break from the noise of your daily life? Well, then join us for this meditative experience and claim your Arctic Ocean Floaters Club certificate. Be sure to try it, we know you'll regret it if you don't!

NOTE: This tour is subject to ice conditions in the fjord. For this reason the starting period may be different.

**Cost starting from** 1,750,-kr per person

**Period:** November – April