

LEG 01 · THE PLAN

Fly north, ride the E10, ferry home

IAD to Oslo for two design-capital days, then a short hop to Bodø, a bike picked up 7 minutes from the airport, and the car ferry straight into the scenic heart of Lofoten. Newer rider — paved roads, short days, a manageable bike.



...and back the same way. The Aug 21–24 northern block is the fixed anchor; Oslo bookend dates flex to match the transatlantic fare.

A The route decision — why Bodø beat Evenes

OPTION	VERDICT
Ride Oslo → Lofoten (~870 mi each way)	REJECT Eats the whole trip in transit.
Fly to Evenes (EVE), rent near Narvik	DEMOTED Rentals are 40–60 min from the airport; you enter Lofoten from the dull east end.
Fly to Bodø (BOO), ferry to Moskenes	CHOSEN Bike <10 min from BOO, official BMW rental, ferry lands 10 min from Reine. The crossing <i>is</i> the experience.

B Getting home from Lofoten **SETTLED**

Booked the ferry both ways, which retires the old debate: **Moskenes → Bodø, Mon Aug 24 at 06:00** (see below — the operator pushed the original booking to 11:00, so a second, earlier ticket was bought as the real plan), bike back before the afternoon flight. Weather-resilient with

real margin now. The Svolvær–Skutvik loop and the Narvik land loop are off the table — you need to be at Moskenes for the early sailing.

Flights & the Moskenes ferry

Two flights each way plus the car ferry. The whole northern block hangs off one tight connection: land in Bodø, grab the bike, make the afternoon sailing.

A Flights

IAD ↔ OSL

BOOKED · VIA DUBLIN

▶ Out Aug 19 → IAD

20:55 → OSL

08:55

▶ In OSL → IAD

Aug 20, 13:40

13:40

Dublin

▶ Back Aug 20 → OSL

13:35 → IAD

14:55

▶ In IAD → OSL

19:35

19:35

Dublin

OSL ↔ BOO

BOOKED · SAS

▶ Out Fri Aug 21

09:50 → 11:15

11:15

▶ In BOO → OSL

14:55 → 16:25

16:25

16:25

The afternoon slot the old plan wished for is a dawn scramble, and the morning ferry feeds it with hours to spare.

The Dublin connections are the watch-item. Both layovers are tight — **1h35** outbound, and **1h40** on the return *through US preclearance* (US immigration + security done in Dublin before you fly), which eats the layover. It's the connection most likely to bite if the Oslo flight runs late. A missed connection is Aer Lingus's problem to rebook, but don't linger in Dublin on the way home.

B Ferry — Bodø ↔ Moskenes TORGHATTEN NORD

- ▶ **Crossing** 3h15 direct (avoid the ~7h Veeray/Rast sailings)
- ▶ **Frequency** up to 2 sailings in summer
- ▶ **Fare** 177 NOK - 65 NOK (reservation, per direction, ride included) — **total** \$45–50 round trip

Booking discipline

Only 50% of capacity is pre-sold and peak-August slots go up to 2 weeks ahead. Book both directions the moment the bike is confirmed. Reserve before 20:00 the day prior; be in the "Reserved/Prepaid" queue 45 min before departure.

Booked sailings

Fri Aug 21 - Bodø → Moskenes **BOOKED**

DEP 18:30 → ARR 21:45. In the Reserved/Prepaid queue by 17:45. Arrive Moskenes at dusk, ride 10 min to the rorbu.

Mon Aug 24 - Moskenes → Bodø **BOOKED · 06:00**

DEP 06:00 → ARR ~09:15 (est., ~3h15 crossing). Feeds the 14:55 flight with ~5.5h to return the bike — a real buffer, not a tight one.

Why there are two tickets. The original booking (08:00 → 11:30) got pushed by the operator to an **11:00 departure** — arriving ~14:15, which would have left almost no time to return the bike before the 14:55 flight. Rather than risk it, a second ticket was bought on the **06:00** sailing, which is now the real plan. **Action:** contact Torghatten about a refund/credit for the displaced 08:00→11:00 ticket — schedule changes initiated by the operator are usually refundable. A full weather cancellation of the 06:00 sailing is still the trip's one real point of failure; travel insurance and a forecast check the night before are worth it.

Stays

Every night is now booked. Two Oslo nights bookend the trip — the Aug 20 arrival night near the airport, the Aug 24 return night in Grünerløkka — with three nights on the water at Hamnøy in between.

A Lofoten — Hamnøy

BOOKED

Ellassen Rorbuer — Type 01, Waterfront Superior One-Bedroom Cottage

- ▶ **Check-in** Fri Aug 21, after **15:00** — lands well before your ~22:00 arrival off the ferry.
- ▶ **Check-out** Mon Aug 24, before **11:00** — no conflict at all, since the 06:00 ferry has you off the island hours earlier.
- ▶ **3 nights** — **3 nights** in a waterfront superior one-bedroom cottage.
- ▶ Site rorbuer.no — direct rate listed for the cottage type: **3,290 NOK/night** (water and electricity included, which you actually paid).

This is [Ellassen Rorbuer](#) — not Bodø city. You only pass through Bodø by air/ferry same-day on Aug 21 and Aug 24, so no separate Bodø overnight is needed.

B Oslo — two separate nights

The itinerary only puts you in Oslo on **Thu Aug 20** (arrival night) and **Mon Aug 24** (return night), with the 3 Lofoten nights in between — so these were always going to be two separate bookings, not one block.

Aug 20 → 21 **BOOKED**

Quality Airport Hotel Gardermoen, near Oslo Airport — ~5 km / 7–8 min from OSL via the hotel's own airport shuttle (bus S-22, platform 36), **not central Oslo** (~40 min by train/car to Sentrum).

This is a smart pick for the connection it protects: your **09:50 flight to Bodo** the next morning now has almost zero travel risk — shuttle to the terminal in under 10 minutes.

Trade-off worth naming. The itinerary's original Thursday plan — Opera House roof, Aker Brygge, Barcode walk — assumed a central hotel. From Jessheim, central Oslo is a real trip: shuttle to the airport + Flytoget in, ~35–45 min each way, so a proper visit is a ~1.5–2h round trip on top of time in the city. Two reasonable options: (1) still go in for a few hours if the jet lag allows — Flytoget is fast and frequent, or (2) treat Thursday as a low-key arrival evening near the hotel and lean harder into Oslo on the **Aug 24 return night** instead — that one's now booked in Grünerløkka, walking distance to the Munch/Opera waterfront (see below). No wrong answer — just don't plan a packed Thursday evening assuming you're already downtown.

Aug 24 → 25 · **Grünerløkka apartment** **BOOKED**

- ▶ **Check-in** Mon Aug 24 — you land OSL **16:25** so Flytoget + tram puts you at the door around **17:30–18:00**. Confirm the self-check-in / key instructions before you lose signal in the train.
- ▶ **Check-out** Tue Aug 25 — **10:15** → **13:35** → **14:00** → **14:30** → **15:00** → **15:30** → **16:00** → **16:30** → **17:00** → **17:30** → **18:00** → **18:30** → **19:00** → **19:30** → **20:00** → **20:30** → **21:00** → **21:30** → **22:00** → **22:30** → **23:00** → **23:30** → **24:00** → **24:30** → **25:00** → **25:30** → **26:00** → **26:30** → **27:00** → **27:30** → **28:00** → **28:30** → **29:00** → **29:30** → **30:00** → **30:30** → **31:00** → **31:30** → **32:00** → **32:30** → **33:00** → **33:30** → **34:00** → **34:30** → **35:00** → **35:30** → **36:00** → **36:30** → **37:00** → **37:30** → **38:00** → **38:30** → **39:00** → **39:30** → **40:00** → **40:30** → **41:00** → **41:30** → **42:00** → **42:30** → **43:00** → **43:30** → **44:00** → **44:30** → **45:00** → **45:30** → **46:00** → **46:30** → **47:00** → **47:30** → **48:00** → **48:30** → **49:00** → **49:30** → **50:00** → **50:30** → **51:00** → **51:30** → **52:00** → **52:30** → **53:00** 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along the water, which makes the Monday evening plan genuinely walkable. And **Tim Wendelboe** — already on the Tuesday list — is *in* Grünerløkka, a few minutes from the flat.

Motorcycle & luggage

One shop does everything: pick up minutes from the airport, ride for three days, drop the duffel there while you're gone. No suitcase makes the whole trip.

A Jakhelln MC AS / Arctic Motor AS — Bodø

These are the same company. Jakhelln MC is part of Arctic Motor AS — Northern Norway's only BMW Motorrad dealer, also a Honda dealer, and an official BMW Rent A Ride location.

- ▶ **Where** Nordstrandveien 63, 8012 Bodø — ~7 min from BOO
- ▶ **Season** May 2 – Oct 15 ✓
- ▶ **Hours** Mon 09:00–15:30 Tue 08:00–16:00
- ▶ **Contact** the public rental desk, contact listed on the company's current website — the online search shows no live inventory, so email directly

Ask in the booking email

- ▶ Availability Fri Aug 21 (~12:00 pickup) → **Mon Aug 24 return** — ferry now lands ~09:15, so a ~10:00 or ~12:00 drop-off both work; confirm what suits their hours
- ▶ Is motorbike, helmet, gloves, rain gear, and lock included? (they say yes)
- ▶ Is a duffel bag for gear included?
- ▶ Can they store a duffel during the rental?
- ▶ All-in price, insurance, included km, deposit, gear

Required documents

US endorsement ✓

Confirmed current — the IDP only mirrors what your license already carries.

📄 IDP + license

Applied Jul 15. It's only a translation — carry the booklet *and* your US license together.

📄 Passport + card

Credit card for the security deposit.

Fallback: Narvik Rent A Car (Beisfjord, ~40 min from EVE) rents bikes from ~1,000 NOK/day — the EVE Plan C if Bodø falls through.

B Luggage — no suitcase, staged storage

📍 Oslo

Leave Oslo-only items at the hotel luggage room. Fly north with just a carry-on duffel + packable daypack.

📍 Bodø

Arctic Motor holds the duffel during the ride. Fallbacks: BOO airport storage (~100 NOK/item) or train-station lockers.

📍 On the bike

Top case carries the daypack contents. Nothing on your back.

The full checkable pack list — riding gear, photography kit, documents — lives on the **Packing** leg.

What to pack

Everything here fits a carry-on duffel plus the bike's top case — no suitcase. Minimal, but the Arctic weather is the one place not to cut corners. Tap to check items off; it saves in this browser.

A Riding & layers HELMET · JACKET · GLOVES RENTED



Rain gear — waterproof shell, top + bottom

Non-negotiable. Arctic August highs ~55°F, rain likely at least one day. Goes over the rented jacket.



Own riding boots

Bulky — wear them on the plane to save duffel space.



2 merino base layers



Warm mid-layer

Light fleece or packable puffy.



Buff / neck gaiter + thin glove liners

Windchill at speed is the real cold, not the air temp.



Chemical hand warmers

A few pairs. Slip them into gloves at a fuel stop or boots on the ferry deck — the cheapest fix for the windchill above.



Waterproof daypack cover

Goes over the daypack on the bike and on the hikes. The dry bag protects what is inside the top case; this protects what is not.



Earplugs

B Clothing — minimal

- **1 change of pants**
Quick-dry; doubles for Oslo and off-bike.
- **3x socks & underwear (merino)**
Rinse-and-dry in the rorbu; three sets covers seven days.
- **Undershirts**
Worn under the base layers on the bike and on their own in Oslo. Rinse-and-dry the same as the socks.
- **1 casual layer for Oslo dinners**
- **Sweatpants**
Rorbu evenings, the overnight flight, and something to change into the moment the riding gear comes off.
- **Beanie + swimwear**
Swimwear packs to nothing — the Arctic beaches (and any sauna) are worth it.

c Photography & tech

- **iPhone + offline maps downloaded**
Download Lofoten & the E10 before you leave cell range.
- **Apple Watch + charger**
- **Laptop + charger**
Note where it sleeps: the duffel sits at Arctic Motor for three days while you ride, so carry the laptop in the backpack or leave it in Oslo rather than in a bag you are not with.
- **Small iPhone tripod**
Flexible/travel type — for long exposures and self-portraits at the rorbuer.
- **Drone + controller + spare battery**
Register as operator (flydrone.no) + camera/sensor use with NSM (geodataonline.no) before you go. 5 km clear of Bodø/Leknes airports; no-fly over most of northern Moskenesøy (Lofotodden National Park).
- **Power bank (~10k mAh)**

- ☐ Cables + EU Type-C/F plug adapter

D Hiking & wildlife

- ☐ Water bladder
For the ferry-side hikes (Reinebringen, beach walks) — fits in the daypack.
- ☐ Binoculars
Sea eagles and puffins along the coast.

E Documents, money & health

- ☒ ~~Passport~~
- ☐ IDP + US driver's license
Together — the IDP is invalid without the license beside it.
- ☒ ~~Credit cards~~
+ grab some NOK cash at an airport ATM on arrival.
- ☐ Offline booking confirmations + travel insurance
Ferry, flights, rorbu, rental — saved for no-signal moments.
- ☐ Meds + first aid / blister care
- ☐ Advil / ibuprofen
Reinebringen's stairs and three days on an unfamiliar bike both cash this in.
- ☐ Tums
Unfamiliar food, odd meal times, and a 06:00 ferry breakfast.
- ☐ Dramamine
The Moskenes crossing is 3h15 of open Vestfjord. Take it *before* boarding, not once you feel it — but mind the drowsiness, because on Mon Aug 24 you ride straight off the boat.
- ☐ Ginger chews or capsules

The non-drowsy backup, and the one to lean on for the Monday sailing when you have a bike to return afterwards.

Sunscreen, lip balm, reusable bottle

Long northern daylight burns you even at 55°F.

F Toiletries

Toothbrush + toothpaste

Travel-size tube keeps it under the liquids limit.

Shampoo + body wash

Decant into 100 ml bottles. The rorbu and both Oslo stays will likely have some — bring enough to not care either way.

Hairbrush / comb

Cologne

Decant into a small atomiser rather than carrying the bottle — glass and 100 ml rules both argue against the original.

Deodorant

Solid stick, not a spray or gel — it stays out of the liquids bag entirely.

Hand sanitizer

Ferry queues, fuel pumps, trailhead car parks. Counts toward the 1 L liquids bag — keep it small.

You are carry-on only. No checked bag on any of the four flights, so every liquid, gel, cream and paste has to be ≤ 100 ml and fit one clear 1 L bag. Buying full-size shampoo in Oslo and binning it before the Bodø hop is the usual trap — decant before you leave home.

G Sleep & the long flight



Eye mask

Earns its place twice: the overnight IAD→DUB leg, and Lofoten in late August — sunrise ~05:30, sunset ~21:00, and it never gets properly dark between. Rorbu curtains are thin.



Inflatable pillow

Head or lower-back support on the transatlantic legs — and useful again on the 3h15 ferry. Packs to nothing and deflates into a duffel corner.



Neck pillow

The other one, for actually sleeping upright on the overnight leg to Dublin.

H The bags themselves

Crossbody bag **ESSENTIAL**

Passport, phone, cards and cash stay **on your body** — through four flights, both ferry crossings, and every time the bike is parked with the duffel out of sight. Wears under the rain shell and never gets left in a top case.

Carry-on duffel

Soft, packs down. Stored at Arctic Motor while you ride.

Packable daypack

Folds flat in the duffel; your day bag off the bike.

Small dry bag

Lives in the top case — keeps the ride essentials dry.

The itinerary

Every flight and ferry is booked — the whole Aug 19–25 spine is fixed. Note the Oslo time is front-loaded: a jet-lagged Thursday afternoon and a Monday evening, with only a short Tuesday morning before the early-afternoon flight home.

DAY	PLAN	SLEEP
Aug 19 Wed	Depart IAD 20:55 (8:55 pm) → Dublin, overnight transatlantic.	Plane
Aug 20 Thu	Connect in Dublin, arrive OSL 13:40 . Hotel is near the airport (Jessheim), not central — either shuttle+Flytoget into Sentrum for a few hours (Opera House, Aker Brygge) if jet lag allows, or keep it low-key near the hotel. Easy jet-lag day either way.	Quality Airport Hotel Gardermoen
Aug 21 Fri	Flight 09:50→11:15 — 7–8 min shuttle from the hotel to the terminal, minimal morning risk. Taxi to Jakhelln MC, bike ~12:00, store duffel. Shakedown afternoon around Bodø — build to Saltstraumen as the late stop (current strengthens through the afternoon). Leave by ~17:00, ferjekai queue by 17:45. Ferry 18:30→21:45 , ride 10 min to base.	Eliassen Rorbuer · Hamnøy
Aug 22 Sat	Big west-Lofoten day from Reine: Å → Reine → Nusfjord → Haukland & Uttakleiv beaches → Lofotr Viking Museum at Borg. ~160 km, unhurried.	Eliassen Rorbuer · Hamnøy
Aug 23 Sun	Bonus day (the old plan didn't have this). Ride further east — Henningsvær , Svolvær, or a Trollfjord boat cruise — or slow down and re-hit favorites. Back to base at Hamnøy — ~10 min from the Moskenes ferry for tomorrow's early sailing.	Eliassen Rorbuer · Hamnøy
Aug 24 Mon	Ferry 06:00→~09:15 Moskenes→Bodø (early ticket — the original booking got pushed to 11:00 by the operator). Fuel up, return bike at Arctic Motor, retrieve duffel — ~5.5h of slack now. Optional: if Friday's Saltstraumen fell flat, the morning tide turn makes a ~09:50 second attempt viable — see Sights, leg 07. Flight 14:55→16:25 to Oslo. Flytoget + tram to Grünerløkka , in by ~18:00. Oslo evening — dinner on Thorvald Meyers gate, or walk the river down to the Munch Museum (open late some nights) and the lit-up Opera House.	Grünerløkka apartment
Aug 25 Tue	Short morning — OSL departs 13:35, so be at the airport by ~11:15. Squeeze in Tim Wendelboe coffee (a few minutes' walk in Grünerløkka) and either a slow Akerselva/Mathallen	Plane

DAY

PLAN

SLEEP

wander or **Vigeland Park** (free, always open — tram 12 direct, ~25 min each way), then Flytoget to the airport. DUB connection → land IAD 19:35.

Weather buffer, now built in. Three Lofoten days means Sunday is a natural backup — if Saturday's a washout, shift the big ride to Sunday and keep Saturday for the ferry-side hikes, village walking, or a rorbu day. Short Reine↔Å hops (~20 km) stay fun in light rain. Don't force a long day in bad weather.

Sights & history

The Viking answer is emphatic — and it sits right on Saturday's route. The hikes are the other half of the case for three days here: short, steep, and mostly reachable straight off the E10.

★ Lofotr Viking Museum — Borg, Vestvågøy

A farmer plowing in the 1980s uncovered the **largest Viking building ever found**: an 83 m chieftain's longhouse, excavated and rebuilt full-scale on the spot — the **world's longest reconstructed longhouse**. Smoky tar-scented great hall, costumed craftspeople, a reconstructed ship, the real dig site. It's **directly on the E10 at Borg**, midway to Svolvær — a stop on the ride, not a detour.

Adult 265 NOK · open daily May 1 – Sep 15 · budget **1.5–2 hrs**. Optional evening Viking feast (~18:30, lamb + mead, book ahead).

A Lofoten highlights

Reine / Hamnøy

The iconic red rorbuer — now your home base, not a drive-by.

Å & Nusfjord

Southern terminus of the E10 (15 min from Reine) and a preserved fishing village just off it.

Utakleiv & Haukland

Arctic white-sand beaches that look Caribbean until you touch the water.

Henningsvær

Artist village + the famous offshore soccer field. Saturday stretch goal.

B Hikes — Reine to Henningsvær

Lofoten's best hikes are short and absurdly steep — you gain the whole view in 1–3 hours. Every trailhead below is **on or within a few minutes of the E10**, which is the whole reason they work on a bike trip: park, climb, ride on. Nothing here needs a full day, and none of it is technical — it's stairs, boulder-hopping and bog, not scrambling.

★ Reinebringen — the one you'd regret skipping

The postcard of Lofoten, and it's **~10 minutes from the rerbu**. A Nepali sherpa crew built **~1,500 stone steps** straight up the shoulder; you're at the **~440 m** viewpoint over Reine, Hamnøy and Kjerkfjorden in **45–75 min** of honest stair-climbing. **1.5–2.5 h** round trip.

- ▶ **Trailhead** at the lot just west of Reine, by the tunnel mouth on the E10 — totally easy on a bike.
- ▶ **When** ☀️ **early morning or after dinner**. Late August sunset is **21:00** — you can see the climb in full daylight and you share both the car-dripper crowds and the phone selfies.
- ▶ **Caveat**: The stairs close periodically for maintenance, rockfall or weather. Ask your accommodation when you check in — that's the most reliable status you'll get.

Wet stone is genuinely slick and the drop-offs are real. In steady rain, skip it — the view is cloud anyway.

The rest, west → east

HIKE	WHERE	ROUND TRIP	FITS
Reinebringen ~440 m	Reine — 10 min from base	1.5–2.5 h Steep, all stairs	Any evening, or Sat morning before the ride
Ryten & Kvalvika beach ~540 m	Fredvang — ~30 min ride from Reine, signed off the E10	3–4 h Moderate, boggy	The big one — Sunday, if weather's good
Mannen ~400 m	Haukland beach car park	1.5–2 h Moderate, grassy	Directly on Saturday's route
Offersøykammen ~435 m	Right off the E10 near Leknes	1.5–2 h Moderate	Literally roadside on Saturday's ride
Festvågtind ~540 m	On the Henningsvær access road	2–3 h Steep, rocky	Sunday, paired with Henningsvær
Djevelporten & Fløya ~590 m	Svolvær	2–3 h Sherpa steps, then rock	Sunday alternative if you push to Svolvær
Tjeldbergtind ~370 m	Near Kabelvåg / Svolvær	1.5 h Easy	The low-effort east option

What you're climbing for

Ryten → Kvalvika

The beach is only reachable on foot, which is the whole point — you look down on an empty Arctic cove. 3–4 h · Fredvang.

Mannen, above Haukland

Ninety minutes for both beaches from above — the best view-per-effort on the island, and Saturday already goes past the trailhead. **1.5–2 h.**

Offersøykammen

The roadside one — trailhead is right off the E10, and you're looking down over Nappstraumen inside an hour. **1.5–2 h.**

Festvågtdind

Straight up off the Henningsvær road, looking down on the islets the village is built across. **2–3 h** · Sunday's pairing.

If you only do two

Reinebringen (an evening from base) and Mannen at Haukland — Mannen costs you 90 minutes on a route you're already riding and gives you both beaches from above. That's the best view-per-effort on the whole island.

Slot them into the ride days

Saturday already passes Offersøykammen and Haukland — pick *one*, not both, or the Lofotr museum gets squeezed. Sunday is the open day: Ryten if you stay west, Festvågtdind if you commit to Henningsvær.

Footwear — a real gap in the pack list. Right now you're carrying *riding boots and nothing else*. Reinebringen's stone steps and Ryten's bog are both miserable in moto boots, and unsafe when wet. Add **lightweight trail runners or low hikers** — they compress into the duffel, double as your Oslo walking shoes, and are the difference between doing these hikes and looking at them. See the note on the Packing leg.

Solo-hiking discipline. Weather turns fast and fog can erase a summit trail in minutes. Download the offline map before you ride out, tell someone your plan (you're already sharing live location), and set a hard turnaround time. Lofoten's trails are short but the exposure is real — **every one of these is fine to abandon halfway**, and late August means wet rock more often than not.

c Bodø — Friday afternoon on the bike

Pickup ~noon gives you ~5 hours before the ferry — a low-pressure shakedown on the new bike. No Viking sites here (Bodø was bombed flat in 1940 and rebuilt as a Cold-War airbase — its draw is aviation), so this window is about Saltstraumen and getting comfortable.

Saltstraumen PLAN A

World's strongest tidal current, ~30 min south — 400 million m³ of water forced through a narrow strait, spinning whirlpools like these. **Make it the last stop, not the first** — see the timing note below.

Aviation Museum RAIN PLAN

Largest in Scandinavia, propeller-shaped building in town, ~2 hrs indoors. The fallback if Friday's wet or the current's flat.

Shakedown loop

Just getting used to an unfamiliar bike on quiet roads is a fine use of the afternoon. Stormen Library, the harbor, or a coastal spin.

Saltstraumen timing, Fri Aug 21. Bodø tides that day: low **13:27**, high **19:50** (Kartverket prediction) — so right after pickup the current is near slack (weakest), and it **builds through the afternoon**, strongest roughly **16:00–17:30**. That's the opposite of intuitive: go do the shakedown loop first, arrive at Saltstraumen ~**15:30–16:30** to catch it strengthening, then

leave by ~17:00 for the ferry. Confirm the exact strong-current window on the official table (saltstraumen.info) — it's the difference between a maelstrom and a calm channel.

Monday Aug 24 — the second bite at Saltstraumen FALLBACK

If Friday is rained out, the current is flat, or you simply run out of afternoon, the **06:00 ferry hands you a second chance** — and Monday's tides fall in your favour rather than against you.

MON AUG 24	BODØ	NAURSTAD (inside the strait)
Low	05:08	06:51
High	11:15	12:43
	17:16	18:45

Either way the turn happens mid-morning, so the strong window lands somewhere in roughly **08:00–11:00** — overlapping the exact hours you're free. That's a far better draw than a random morning.

- ▶ ~08:15 ferry docks in Bodø, ~08:50 at Saltstraumen (~10 min south)
- ▶ ~10:45 leave, ~11:00 back in Bodø, fuel up
- ▶ ~12:00 bike returned at Arctic Motor (weekday hours 09:00–16:30 *or* duffel retrieved)
- ▶ ~13:00 at BOD — still **2h** before the **14:55** flight

this spends the buffer that protects your flight home. If the ferry docks , or the weather's foul, drop it without hesitation and go straight to the bike return. Friday stays Plan A precisely because Monday's version has no slack behind it.

Caveat on both windows. Saltstraumen's current is driven by the level *difference* between the open Saltfjorden and Skjerstadvfjorden inside, and the two Kartverket stations above run about **90 minutes** apart — so any strong-current time derived from a plain tide table carries roughly that much uncertainty. The tide *times* here are solid; the peak-current time is inferred. **Check saltstraumen.info's own current table before you commit either day** — it's the only source that answers the question directly.

Sunday's bonus Lofoten day is where the eastern sights live now — Henningsvær, Svolvær, or a Trollfjord boat cruise — since Saturday stays west of Reine.

Budget

Beyond the AA credit, plan on roughly \$2,750–\$4,000. The waterfront rorbu is the single biggest line — the premium cottage at Eliassen is the splurge that anchors the trip.

ITEM	COST (USD)
IAD ↔ OSL round trip — booked	~\$800 (against an airline credit)
OSL ↔ BOO round trip (SAS)	\$200–280
Motorcycle rental (3 days)	\$450–650
Ferry round trip w/ moto + reservations	~\$50
Gear add-ons	\$0–150
Lodging — Oslo, Aug 20 (Quality Airport Hotel, Jessheim) — booked	~\$120–160 (est. — set actual)
Lodging — Oslo, Aug 24 (Grünerløkka apartment) — booked	\$150–225 (est. — set actual)
Lodging — Eliassen Rorbuer, waterfront (3 nights) — booked	~\$1,050–1,450 (est. — set actual)
Food (7 days)	\$350–500
Fuel	~\$40
Luggage storage + Bodø taxis	~\$40
Activities / buffer	\$100–200
Total beyond credit	~\$2,600–\$3,800

Fresh-check checklist

This archive preserves a 2026 plan, not current travel advice. Rebuild the fragile links before borrowing the route.

A Verify before booking

- ☐ Current ferry timetable, vehicle reservation rules, and check-in cutoff
- ☐ Motorcycle availability, gear, insurance, roadside support, and return hours
- ☐ Current license, IDP, entry, and insurance requirements
- ☐ Forecast, daylight, trail status, road closures, and tide/current tables
- ☐ Independent schedule margin behind the return ferry

B Keep the plan flexible

Protect the hard connection

Treat a ferry, rental return, and flight as separate failure points. Leave enough time for one of them to move.

Let weather choose the day

Keep one island day open and abandon exposed hikes or long rides when visibility, wind, or wet rock says no.

omitted because redistribution rights were not uniform. Prices, timetables, trail conditions, entry rules, rental terms, and safety guidance are historical and must be independently verified.