



LONG CROSSING OF THE LOFOTEN ISLANDS Northern Norway, Norway

ABOUT THE TRAIL
 → DISTANCE xxx km (xxx mi)
 → DURATION xx to xx days
 → LEVEL Moderate

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“You can escape the maddening crowds and soak in some of the world’s most beautiful places all by yourself.”

← Caption.
 ↑ Caption.

WANDERLUST NORDICS

Exploring Trails in Scandinavia

Editors: gestalten & Cam Honan
 Features: Full color, hardcover, stitch bound, 288 pages, 22.5 x 29 cm, 9 x 11 1/2 inches
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NEW



SAMPLE COVER

Experience the best hiking routes in the Nordic countries through practical tips, informative maps, and stunning visuals.

From spectacular fjords in Norway, the arctic tundra and serene forests in Sweden, to a plethora of enchanting lakes in Finland and the Ice Sheet of Greenland—the Nordics offer a breathtaking variety of landscapes and endless options to hike.

Wanderlust Nordics invites you to boast into this distinctive wilderness with a wide range and an appealing mix of trails. A book that will have you heading north.

WHAT TO EXPECT

- Informative route-plans alongside practical tips for packing and accommodation for over 50 hikes
- A mix of trails in Denmark, Faroe Islands, Finland, Greenland, Iceland, Norway, and Sweden
- Features unseen photography shot by Cam Honan for this book
- Advice for beginner and seasoned hikers alike, from one-day hikes to longer trips

CAM HONAN has trekked across 61 countries and six continents, logging over 60,000 mi (96,500km) in three decades. He has authored four bestselling titles for gestalten—*Wanderlust*, *Wanderlust USA*, *Wanderlust Himalaya*, and *The Hidden Tracks*. Cam has been described by *Backpacker Magazine* as “the most travelled hiker on earth”.

(NORTHERN) KUNGSLEDEN Lapland, Sweden



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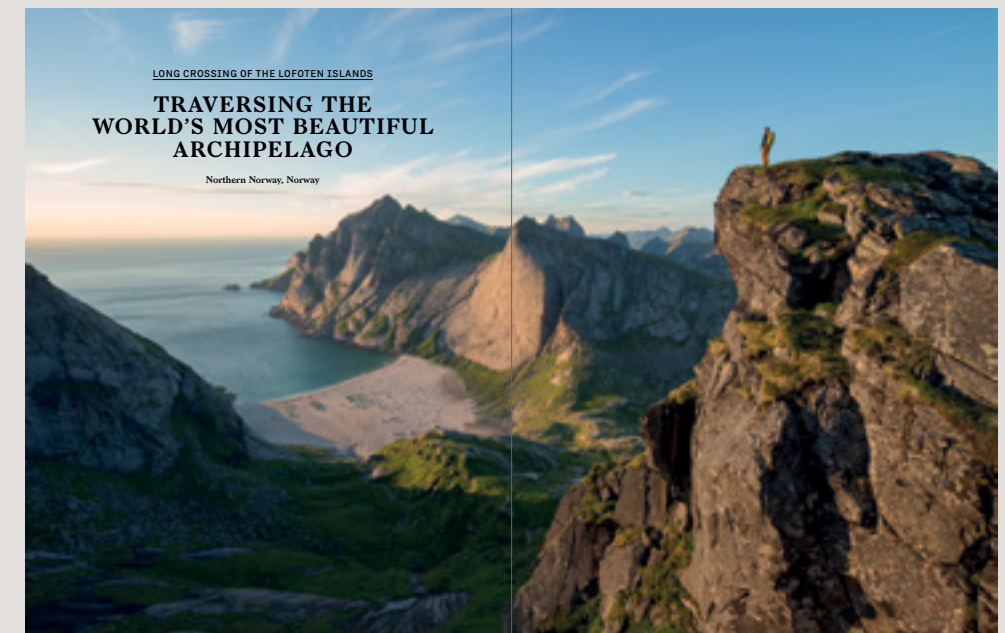
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“Much of the concluding stage parallels the emerald-colored watercourse, passing over numerous footbridges as it snakes its way through peaceful birch forests.”



↑ Caption.
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NORDKAPLØTTELEN (THE ARCTIC TRAIL) Arctic: NORWAY, FINLAND, AND SWEDEN

To cover this distance on a single resupplying—every very last there will need to carry well over a week’s worth of food on this section. This makes it all the more important to stock up on staple foods at the huts along the route. Prior to your hike, research all of the huts along the Nordkappleden, and make sure you know which ones set food.

WATER
 There’s water everywhere in this part of the Arctic—yet you won’t need to carry much with you at any one time. Top up from streams and rivers as you go. It’s still a good idea to treat any water from suspect sources, such as marshes or ponds, but there’s usually a cleaner source nearby.

BONUS TRACK
ALTERNATIVE FISHING
 Although the version of the Nordkappleden described here finishes at Svalbard in Norway, an alternative fish takes you to Kiruna in Sweden, which has transport links to Svalbard via Jukkasjärvi. This variant opens up from the main trail (see *Wanderlust* and extends to almost 60km (37mi) to Kiruna, finishing along the beautiful Torneåne river valley.

THE SAMI
 The Sami are the indigenous people of Lapland and the Finnmarksvidla. Their territories cover a vast area, today

Incorporated into the northern regions of Norway, Sweden, Finland, and Russia, but their way of life is a traditional one that developed long before modern borders or nation states. They have a unique culture and one different (but closely related) language. There are three main ones in common use in northern Norway. There are estimated to be around 100,000 Sami and their way of life is being threatened by climate change, resource exploitation, and shifting geopolitical power balances. Remember herding is their traditional way of making a living, although it has changed in recent decades thanks to modern technology such as snowmobiles. The changing nature of their work has also led to separating reindeer herding from the reindeer herding industry.

FLORA & FAUNA
REINDEER
 One of the most commonly seen animals in the far north is the reindeer. Huge

herds of these magnificent mammals roam the tundra. Herded and cared for by the Sami, most are semi-domesticated livestock, not wild, as you might assume. They have their thick winter coats in the spring, and they moult and shed their coats by the side of the trail as you hike.

LEMING
 Lemmings are small rodents that live in the mountains, often near water, and mostly eat mosses and grasses. They breed rapidly and their population sometimes undergoes sudden explosions, especially when mild winters lead to a high increase in the rodents the following spring. They have a reputation for leaping off the edge of cliffs into lakes’ food chains.

ARCTIC FOX
 Arctic foxes roam the tundra in northern Sweden and Norway, and prefer the most remote areas. It’s thought that the population in the Scandinavian mainland is small—perhaps only a few hundred. Although few variants of the Arctic fox exist, most of them to be found in Sweden are of the white variety, which is well camouflaged against the snow in winter. Their main prey animals are lemmings. It’s believed that their population numbers fluctuate in alignment with lemming populations, but another reason for Arctic fox’s low population on the mainland is that it is hunted and eaten by the larger and more successful red fox.