



ISSW 2024

TROMSØ NORWAY

Things to do in the Tromsø region
(when you are not attending the ISSW sessions)



HIKE

There are several nice hikes, with various length, close to the city center. Walk, or take the bus (routes 26, 28, 412, 430, 450), across the bridge to the main land. You can either choose to hike up the Sherpa stairs to the top of Fjellheisen (about 400 masl) or Fløya (about 600 masl), or make a long hike up to Tromsdalstinden (1238 masl). If you follow Turistveien, you will see signs. From Fjellheisen and Fløya, you can choose to go down the same way as you got up, or go down towards Gammelgård. From there, you can take the bus back.

If you have a car, there are several nice trails with amazing views, a bit further from town. On Kvaløya, the trails on for example Buren, Store blåmann, Smørstabben, Brosmetind, and Skamtind have great views.

We also recommend Hamperokken on Breivikeidet and Lakselvnesåsen in Lyngen.

Most trails are marked on norgeskart.no, which can be downloaded as an app. You can find descriptions of the many of the hikes on <https://kugo.no/> . This site is in Norwegian, but it has excellent pictures and can be translated.



MOUNTAINBIKE

Many of the hiking trails around Tromsø are great for mountain biking, but it might be good to know that most involve some push biking (and it is not unusual that you want to carry your bike). We highly recommend the tour that goes through Tromsdalen, via Djupdalen, and up to Bønntuva. It is possible to pedal most of the ascent. From the summit of Bønntuva, you can choose between several options to go down.

We also recommend the trail from Fløya down to Gammelgård. You can find information about the trails on <https://trailguide.net/> or on trail forks. It is possible to rent bikes from Tromsø outdoor (<https://rental.tromsooutdoor.no/en/products/1909/mtb-29-terreng-sykkel-fulldemping>)

Please note that most trails are popular hiking trails. To avoid conflicts or injuries, please adjust your pace and give hikers right of way.

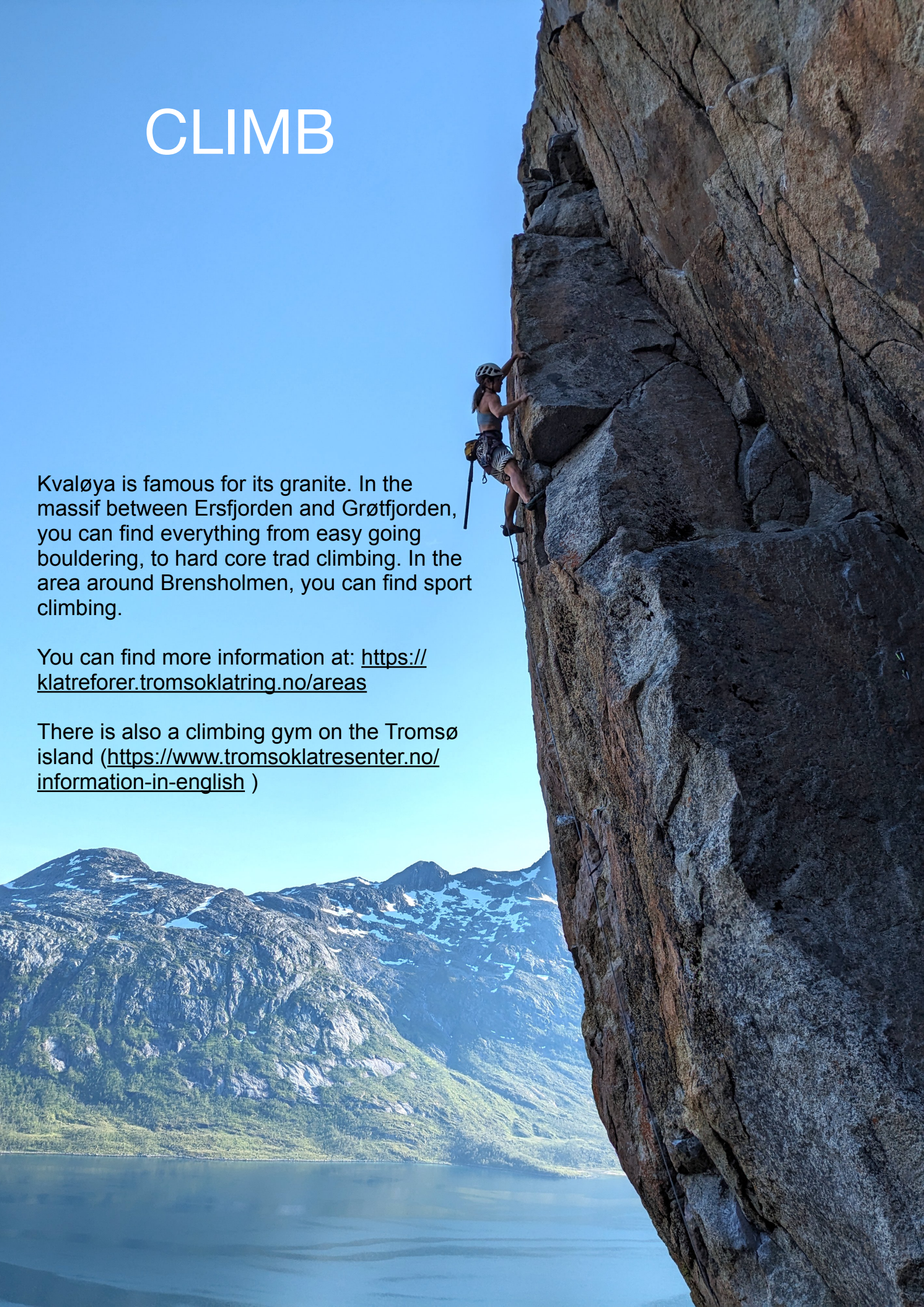


CLIMB

Kvaløya is famous for its granite. In the massif between Ersfjorden and Grøttfjorden, you can find everything from easy going bouldering, to hard core trad climbing. In the area around Brensholmen, you can find sport climbing.

You can find more information at: <https://klatreforer.tromsoklatring.no/areas>

There is also a climbing gym on the Tromsø island (<https://www.tromsoklatresenter.no/information-in-english>)



KAYAK

The archipelago around Sommarøy on Kvaløya is excellent for kayaking. You can rent kayaks at <https://www.sommaroyadventure.no/en/utleie>. There are also guided tours offered by for example <https://www.visittromso.no/book/to-do/933547/sea-kayaking/showdetails>.

FJORD CRUISES

Several businesses offer fjord cruises. Please see for example, <https://www.visittromso.no/arctic-fjord-cruise>

