

# Mountain hike over Boya

BEST SUMMER AND AUTUM, POSSIBLE ALL YEAR



## What to do in Arctic Garden - 1

We recommend the one-hour walk over “Boya” as we call it. Boya Norman was one of the many women who worked at the Telegraph Station in Lødingen, in an era when there were few other jobs available for women. She was an avid hiker, and after her death, her favorite trail in the Lødingen Mountains was named after her. Boya is 223 meters above sea level. If you need a guide, we help you to find one.

Guide price varies based on availability.



# The beach - close by the villa

ALL YEAR



## What to do in Arctic Garden - 2

Just some 100 meters from the villa, there is a beautiful beach, in the middle of our village. The beach is surrounded by a large, green plain. Here, is it possible to just stroll for a while, watch the birdlife and enjoy the view of the mountains and sea, as far as the eye can see. For free.



# A little longer mountain-hike

BEST SUMMER AND AUTUMN, POSSIBLE ALL YEAR



## What to do in Arctic Garden - 3

If you want a slightly longer hike, 2-3 hours, you visit Bufjellet, 469 meters above sea level. You can easily walk from the villa, and you will find a well-trodden path up along the ridge. The view from here is fabulous.

If you need a guide, we help you to find one. Guide price varies based on availability.



# Cruise with the ferry

ALL YEAR



## What to do in Arctic Garden - 4

A ferry plies the stretch of sea between Lødingen and Bognes, across Norway's largest fjord, the Vestfjord. From Lødingen to Bognes it only takes about an hour, and many tourists enjoy this trip. From the ferry you will experience the many blue shades of the sea, islands and fjordarms, which extend into the land. The ferry has a nice café. The trip is recommended

The trip is free for everyone traveling without car.



# Visit the old lighthouse

ALL YEAR



## What to do in Arctic Garden - 5

The old lighthouse at Hjertholmen, just a 10-minute walk from the villa, is still in use, but in an automated form. The original lighthouse station was automated and de-staffed in 1980. We recommend this short walk to a famous landmark in Lødingen. The tour is open and for free.



# Yoga in the Arctic Garden

SUMMER AND AUTUMN



## What to do in Arctic Garden - 6

The garden surrounding the villa is excellent for doing yoga. Here you can enjoy the view of beautiful flowers and trees, while doing your exercise. In case of rain, we do the exercises indoors.

Price on request, depends on the number of participants.



# Yoga at the steamship pier

ALL YEAR



## What to do in Arctic Garden - 7

When we need to do yoga, or other exercises indoors, we use the large room at the steamship pier. Here we have toilet facilities, the opportunity to play music, or watch videos on a large screen. The room is also used for various cultural events.

Price on request, depends on the number of partic



# Coastal culture at the steamship pier

ALL YEAR



## What to do in Arctic Garden - 8

Lødingen's geographical location, between 5 fjords, made it a maritime hub as early as the 19th century. In the old days, when all transport was by sea, the village developed rapidly. Join a guided tour of the pier where it all began. Price on request.



# Garden walk

SPRING, SUMMER AND AUTUMN



## What to do in Arctic Garden - 9

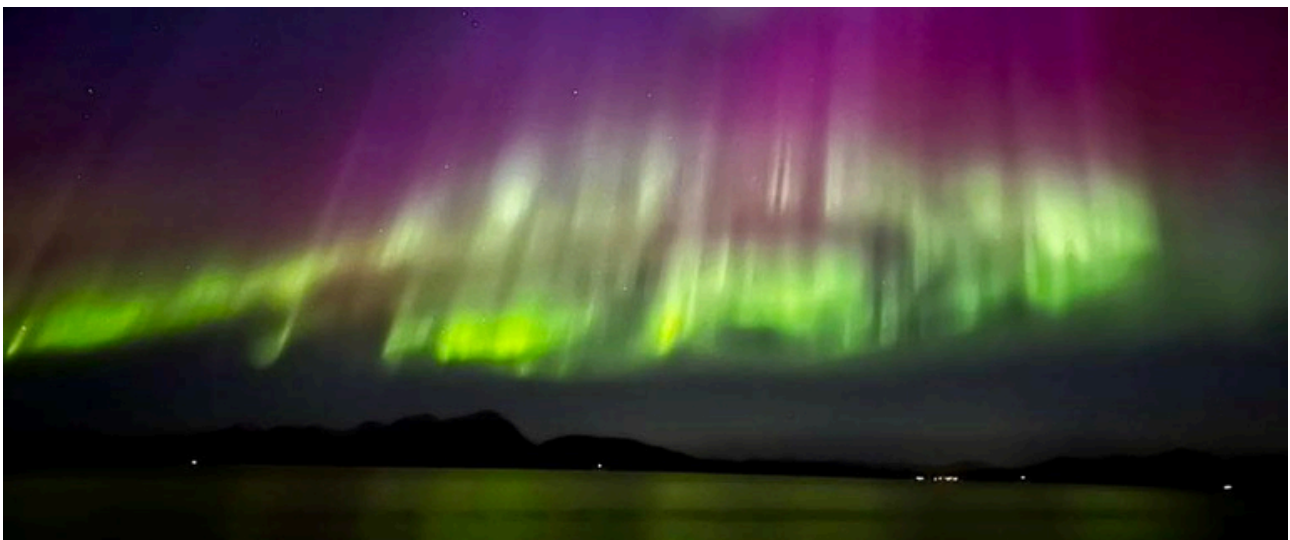
Over the years, the owner of Arctic Garden has planted hardy roses and other plants in the large garden surrounding the villa. Join us on a guided tour through the garden, full of flowers and plants that can withstand the harsh climate that can occur north of the Arctic Circle.

Price upon request.



# Aurora borealis - dancing over you

LATE AUTUMN, WINTER AND EARLY SPRING



## What to do in Arctic Garden - 10

The northern lights over Lødingen are spectacular. Since you visit a village, and not a big city with lots of electric light pollution, it is easy to spot the aurora borealis, and enjoy it. You can see the northern lights dancing across the sky, both from the villa and from the apartments on the pier. For free.



# Bird watching

ALL YEAR



## What to do in Arctic Garden - 11

The green areas around the villa in Arctic Garden has perfect conditions for studying bird life up close. Hedges and trees provide shelter, and the soil is full of food for these beautiful birds. Here you can see titmouse, bullfinch, house sparrow, starling, greenfinch and many other species up close. Of course, free for everyone staying in the villa.



# Hot tube in the garden

ALL YEAR



## What to do in Arctic Garden - 12

Whatever the weather, summer or winter, it is an experience to enjoy a warm bath in the garden's hot tube. In winter you can enjoy the sight of the moon, the stars or the northern lights. In summer it is a good idea to cool off with the delicious juice made from the garden's currants and blackcurrants. Price on request.

