

# SENJA ISLAND - ARCTIC CLIMBING

## MINI GUIDE

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*Havets  
Vinterparadis*

**SENJA LODGE**   
**MOUNTAINGUIDES**

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# SENJA ISLAND ON THE MAP



# SENJA ISLAND - INFO



## ABOUT SENJA

Senja island in Troms county (North Norway) is located 69 'north of the Arctic Circle. Senja has a size of approximately 1586 square kilometers and is Norway's second largest island after Hinnøya. There are approximately 7800 people on the island, divided between the four municipalities of Berg, Torsken, Tranøy and parts of Lenvik. Senja is accessible by car. Run by E6 in Inner Troms, and from the city Finnsnes there is a bridge over to the island.

Senja is often called "adventure island" or "Norway in miniature", and you will find most of nature that exist in Norway. Here is flatter peasant landscape on the inner side of the island with hills and moors, and in the middle you find Ånderdalen National Park, valleys with forests, and mountain plateaus, while the coastal side have the sharp peaks between deep fjords as far as the eye can see. You also find lots of white sandy beaches to relax on out there.



# SENJA ISLAND - INFO



Senja have no continuous road around the island, but many small roads going around parts of the island and you find many protrusions exciting and beautiful places. Senja's highest mountain is Breitind 1000 meters above sea level, otherwise there is a lot of nice peaks for both ski / climbing in the winter and hiking in the summer that are between 700 and 900 meters straight up from the sea. Most of these can be easily reached from the road that winds around the island. Summit to sea skiing is a guaranty here! Then you ski all the way from a mountain peak and down to the arctic sea shore. You also find wonderful sea kayaking around an ocean with fine small islets, reefs and white sandy beaches. Wave surfing you also find. World class Ice climbing has impressed climbers from UK and Central Europe in recent years.

## TRANSPORT

From the airport in Bardufoss (2 flights (Norwegian) per day from / to Oslo) you will find car rental companies and drive to Finnsnes and across the only bridge to the island. There is bus correspondence to Finnsnes and some buses corresponding to the coastal side of the island. One can also fly to Tromsø or Evenes (Harstad/Narvik) and take express boats to Finnsnes or Lysnes, and take a bus from there. The car ferry from Kvaløya only runs during the summer (from May).

**But a car (rental car) via Finnsnes to the island is recommended to get the best access to the various peaks and areas while staying here.**



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# SENJA ISLAND – CLIMBING INFO

## SEASON & WEATHER:

The best time for the winter and ice climbing on Senja island is from November to mid April. October-January have short daylight (09:30 to 14:00 in Dec.-Jan.). But with early starts and moderate long routes it can offer nice conditions. And even exotic orange-purple lights and northern lights in the sky's and horizon.

The coastal climate in the north can often make the season unstable, but Senja have surprisingly stable amounts of snow and ice throughout the season. Senja is a large island with lots of local weather. It varies a lot from fjord to fjord and area to area.

Senja is mostly known for good winter climbing (both ice and alpine), and summer climbing often offer loose rocks and grassy walls. But you can also find some good rock climbing and bouldering on the exotic island. Summer climbing is from beginning of May to September, with high season from June to beginning of August with 24 hours of daylight/midnight sun.

## GUIDE & INFORMATION:

A guidebook for Skiing and Climbing (ice climbing & alpine/rock climbing) on Senja island is under production by [www.senjalodge.com](http://www.senjalodge.com)

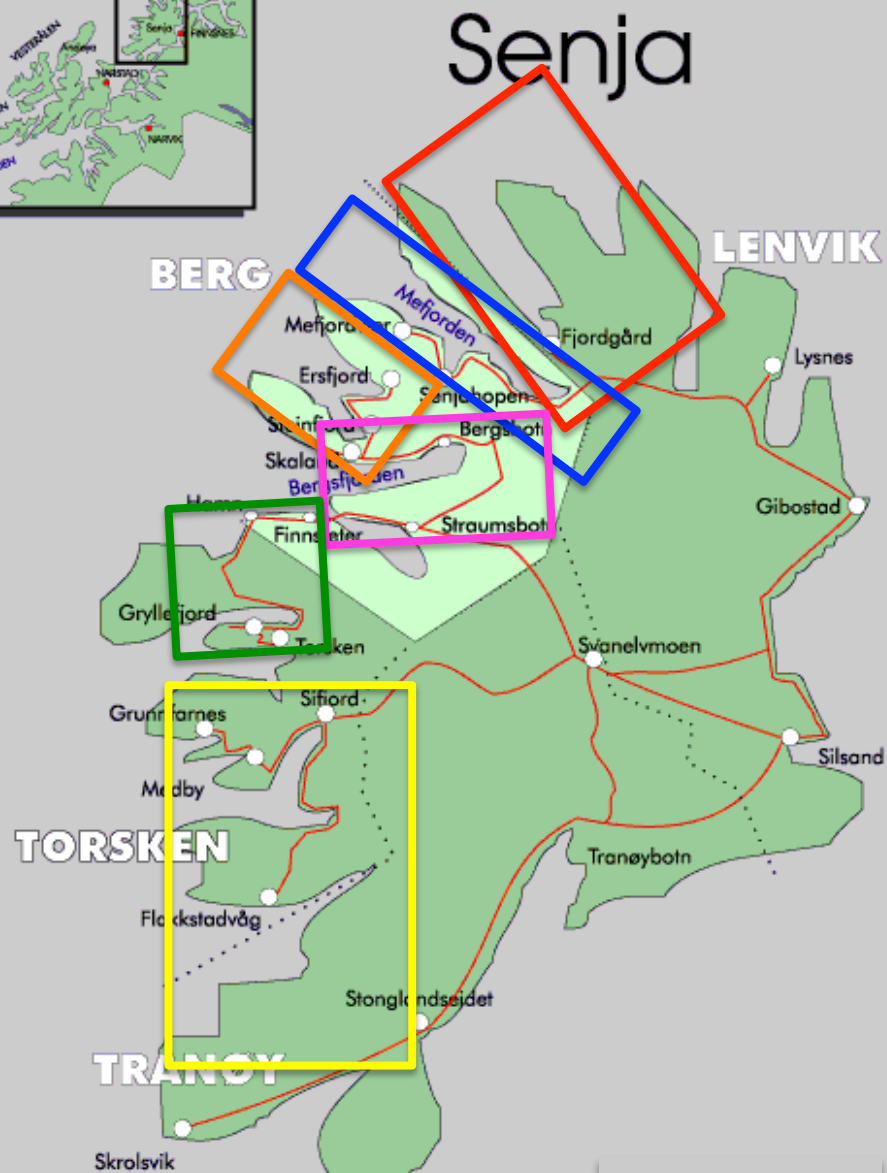
The company Senja Lodge & Mountain Guides ([www.senjalodge.com](http://www.senjalodge.com)) offers guided hiking, skiing, ice & alpine climbing activity. They also offer climbing and mountaineering courses on Senja. They use experienced authorised guides & instructors (Nortind, UIAGM & NF), and can also provide with tips and information about the area.


## MAP:

Turkart Senja x 2 (North + South) 1:50 000 (sold in some local shops and on internet).



# SENJA ISLAND CLIMBING - AREAS



-  FJORDGÅRD / HUSØY / BALTSFJORD
-  MEFJORDEN / SENJAHOPEN
-  ERSFJORD / STEINFJORD
-  BERGSFJORD
-  HAMN / GRYLLEFJORD / TORSKEN
-  SIFJORD / FLAKSTADVÅG / RØDSAND

# FJORDGÅRD / HUSØY / BALTSFJORD

**Fjordgård Husøya Baltsfjord** is less visited compared to Mefjorden. But have lots of exciting opportunities together in a small area. Some are not so easy accessed due to less roads. The well known Segla is approach from here. And Ørnfjord offers many long and short climbs on both ice and alpine routes. You can also find nice ice & rock crags close to the roads. Senjas only bolted sport crag on rock is located in Ørnfjord.





# ■ FJORDGÅRD / HUSØY / BALTSFJORD





# MEFJORDEN / SENJAHOPEN

**Mefjorden** is one of the best place if you want to do different ice & alpine stuff. Lots of exciting opportunities together in a small area. You find ice and alpine mix routes close to the road and with different grade, length & levels. Plus lots of possible alpine traverses of many peaks. Kyle & Mykjetind is Senjas “alpine crag” with 13 mix alpine routes so far. Senjas highest mountain Breitind (1000m) is located in Mefjordbotn. And its north wall is breathtaking. Bringstind and Store Hesten also offer many nice alpine mix routes.







# MEFJORDEN / SENJAHOPEN





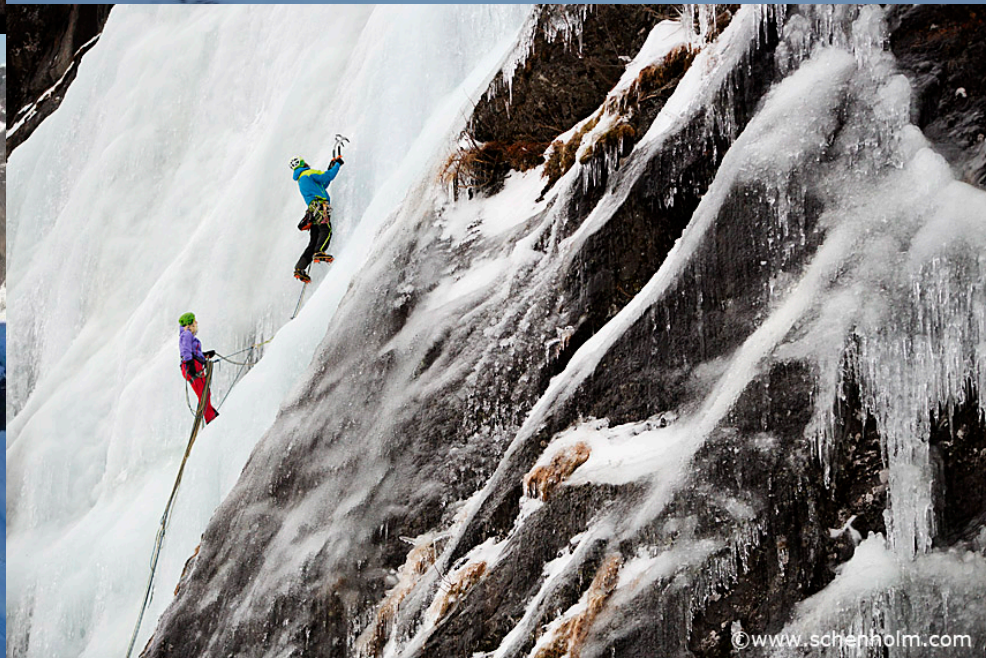
# ERSFJORD / STEINFJORD

**Ersfjord** is the “ice mecca” with lots of routes in varied grade close to the road. It is a fantastic place with a huge sandy beach that is surrounded by very alpine mountains. West wall of Tebbeltuva (788m) offers both short clean ice and very long ice and mix routes. And the east wall between Luttinden and Tungeneset offers loads of ice routes in different length and level, with the most famous “Big Blue”. On the tip of the north peninsula you find the famous Okshornan (Devils teeth). Steinfjord offers also a lot of unexplored alpinism.





# ERSFJORD / STEINFJORD





# BERGSFJORD

**Bergsfjord** is known for the long dedicated ice and alpine routes with Finnkona and Hesten as the well known classics. You also find shorter ice and couloirs in different levels. Senjas second highest mountain Stormoa is located in Bergsbotn and the road goes all the way up to over 300 meter above the sea. Very majestic pyramid with lots of alpine route potential.





# BERGSFJORD





# HAMN / GRYLLEFJORD / TORSKEN

**Hamn Gryllefjord & Torsken** is a bit different and located in a dead end road in the middle of Senja. It is an idyllic coast line in northern part and very alpine in southern part here. But it have a lot of nice ice and alpine routes in varied length and levels. Some very nice ice is located around Ballesvik tunnel and Gryllefjord. You also find lots of nice alpine traverses and couloirs in this area.





# HAMN / GRYLLEFJORD / TORSKEN





# ■ SIFJORD / FLAKSTADVÅG / RØDSAND

**Sifjord Flakstadvåg & Rødsand** is the less visited area by climbers. But it have also lots of potential on both ice and rock. Some nice rock routes is done around Kvænan the third highest mountain on Senja. Nice ice is also located around Flakstadvåg. If you drive the long way around to Rødsand on the southern tip, you find lots of unexplored alpine terrain.





# — SIFJORD / FLAKSTADVÅG / RØDSAND



# Topp 12 – Senja Ice & Alpine

## BENT VIDAR EILERTSEN (SENJA LODGE & MOUNTAINGUIDES) LIST OF 12 RECCOMENDED ICE & ALPINE ROUTES (from easy to hard) ON SENJA:

1. **Knoll & Tott** (Svarthola/Breitind) – 2 x Ice routes 70 meter – WI4- (FA: Unknown).
2. **Tunnel Cuddling** (Svarthola/Breitind) – Ice route 80 meter – WI4+ (FA: Unknown).
3. **Cave Couloir** (Store Hesten) – Alpine route 650 meter – Commit III, Alpin3, 80`ice/rock/snow (FA: Bent Eilertsen & Aksel Sveum - Jan 2009).
4. **Spoon Couloir** (Bringstinden) – Alpine route 400 meter – Commit III, Alpin3, 80`ice/rock/snow (FA: Bent Eilertsen & Anders Strømberg – Apr 2009).
5. **Big Blue** (Ersfjord) – 2 x Ice routes 180 meter – WI4-5 (FA: Unknown).
6. **Flakstadlinja** (Flakstadvåg) – Ice route 220 meter – WI4-5 (FA: Unknown).
7. **Kyles Keyhole** (Kyle i Mefjordvær) – Alpine route 120 meter – AI 3 (FA: Rich Cross & David Horwood – Mar 2012).
8. **Hesten islinja** (Hesten i Bergsbotn) – Ice route 400 meter – WI5 (FA: Trym Sæland & Tor Henrik Larsen – Feb 2006).
9. **Finnkjærringa** (Finnkona i Bergsbotn) – Ice route 400 meter – WI5 (FA: Joakim Eide & Ragnar Glomseth – Mar 2008).
10. **The Great Corner** (Ersfjord) – Mixroute 300 meter – M6+ WI5 (FA: Rich Cross & Jim Bird – Mar 2012).
11. **Finnkona** (Bergsbotn) – Ice route 400 meter – WI6 (FA: Marius Olsen & Harald Berger – Feb 2006).
12. **Finnmannen** (Bergsbotn) – Mixroute 400 meter – M9+ WI7 (FA: Ines Papert & Bent Eilertsen – Feb 2013).



# SKIING & CLIMBING CONSULTANT – SENJA ISLAND



NORRØNA 

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## Senja







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