



Visit Senja Island in Norway: our family road trip

By Floriane

Wondering **what to see and do on the** Norwegian **island of Senja** ? How to get to the island Where to sleep with your vehicle or in which hotel ? You've come to the right place!

We visited this island in the north of the Lofoten archipelago, where the **scenery is simply stunning**. It's a must if you like to get off the beaten tourist track.

Below we've listed our must-sees for your visit to the island of Senja, along with all our tips!

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Why include Senja Island in your Norwegian itinerary?

Senja Island is located in the north of the Lofoten archipelago, and we think you'll find the following reasons to add it to your itinerary:

1. **Proximity to the Lofoten Islands:** just a short distance from the famous Lofoten Islands, Senja is an island you can easily add to your itinerary.
2. **The Lofoten Islands' little sister without the tourists:** Senja offers scenery every bit as spectacular as the Lofoten Islands, but with far fewer tourists. This makes for a more peaceful, authentic experience. We had a hard time sorting through all our photos!
3. **Off the beaten tourist track:** less well known than the Lofoten Islands, Senja allows you to get off the beaten track and discover places "still untouched by mass tourism" in Norway.
4. **Beautiful hiking:** The island of Senja is renowned for its superb hiking. The one at Hesten, overlooking the Segla summit, was one of our favorites of our Norwegian trip.
5. **To sleep in a dream hotel with a beautiful view of the fjord and the Devil's Teeth** for a more affordable price than in the Lofoten Islands. [Info and booking for Hotel Mefjord Brygge](#)

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Ersfjord Beach

Picnic in front of the devil's teeth

How long does it take to visit Senja?

We recommend that you devote 2 days to visiting the island, as the main points of interest are located in the north, in the mountains and fjords.

If you have a little margin, add a third day, as the weather is very changeable. Having an extra day will allow you to be more flexible in case of bad weather.

→C is the ideal spot to see the **midnight sun in summer** or the **northern lights in winter**.

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midnight sun

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What to do in Senja

1. Lagoon view hike in Skaland
2. Ersfjord translucent beach
3. Hike to the Hesten summit
4. Tungeneset and Bergsbotn footbridges
5. Scenic route from Gryllfjord to Barhamn
6. Village at the end of the world of Bovaer

Sukkertoppen hike in Skaland

Our **first hike on Senja Island**. Unlike most of the hikes we've done in Norway, the trail doesn't climb steeply to the top, and we enjoy the walk. The path starts at the village, near the church, we cross a small forest and then follow the ridge, which offers **lovely views of the fjord** and its transparent waters.

However, right from the start, we are literally **attacked by flies and horseflies**. Like the locals, we try to ward them off with branches. This method is moderately effective. As a result, we had to cut short the hike.

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We were there at the beginning of July, and the weather was exceptionally hot, with temperatures of around 30 degrees. This is quite unusual at these latitudes, which is perhaps why insects were present in large numbers on the island at this time of year.

Fly invasion

→ Nous We advise you to read the latest comments on Alltrails, Park4night or Google for information about the condition of the trail and the presence of pests.

The children walked all the way back and had a great time.

*Topography: Round trip distance: **4.2 km** - Ascent: **357 m** - Free parking in the village*

Allstrail

Ersfjord Beach

At last, an almost insect-free paradise on this island. The presence of a few horseflies should be noted. A white sandy beach framed by towering mountains. The water, though crystal-clear, is only **9 degrees Celsius**, so we're not forgetting that we've passed the Arctic Circle.

We make the most of it, with an afternoon swim for the bravest, an aperitif and an evening watching the magnificent midnight sun.

Many travelers pitch their tents in this heavenly setting, just a few meters from the water. Despite the crowds, it's a place of absolute calm. We feel so at home here.

Note that there are no fjords in Senja; [Norway's most beautiful fjords are to be found near Bergen](#) or [Geiranger](#).

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The island's camping spot

Hesten hike

We chose this trail for its views of the famous **Segla summit**, as well as being an easier hike.

We had another great time on our latest Norwegian (climbing) tour. The path through a small shrub forest is not too steep. The end, on the other hand, is climbing on unstable ground. For my part, I didn't take the risk of climbing to the top on my own/ Hiking is always quite an adventure here.

On the way, don't stop to avoid being bitten by horseflies (although there are fewer of them than on the previous hike). We took it in turns to do this hike without our daughter.

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Topography: Distance 5.3 km – Ascent 545 m – Round trip 2h Pay parking lot at village level

If you're looking for other hiking ideas in Norway, we recommend the [Preikestolen](#) near Stavanger or [Trolltunga](#) near Bergen.

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Tungeneset: Footbridge with view of Devil's Teeth

Located on the roadside, this magnificent wooden footbridge offers a breathtaking view of the sea and the Oksen mountain range, often referred to as the “devil's teeth”.

Devil's teeth

Scenic route from Gryllfjord to Barhamn

As you know, during our road trip we took most of [Norway's scenic roads](#), of which there are 18.

The scenic road from Gryllfjord to Barhamn (linking the 2 northern ports), on the island of Senja, is one of the most **beautiful scenic roads** in Norway. The road

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passes through impressive mountain scenery, with craggy peaks rising above the fjords.

The footbridges mentioned above are located on this road.

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Village of Bovaer

Bøvær is a small village on the island of Senja, with a beach paradise that feels like the end of the world. A small parking lot is available at the entrance to the village.

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Bergsbotn platform

A second footbridge offers another fine view of the fjord. We found these installations a great way to showcase the country's natural heritage.

The **Stegastein** footbridge near [Bergen](#) remains our favorite in Norway.

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Please note that **Senjatrollet**, a troll theme park, is now closed for good.

Our route on our map

- Day 1: Explore the northeastern part of the island: Hesten hike + Ersfjord beach
- Day 2: Explore the north-western part of the island: **Tungeneset** viewpoint + **Sukkertoppen** hike to Skaland + Bovaer village

There are no towns to visit in Senja, so we recommend [Bergen](#), [Tromdheim](#) or [Stavanger](#) in southern Norway.

Visit Senja in winter to see the Northern Lights

Senja is located in the Arctic Circle, making it ideal for watching the northern lights. Low light pollution contributes to the clarity and intensity of the lights. In our opinion, the spots that must be great to admire them :

1. **Ersfjordstranda**: A magnificent beach with a clear view of the sky, perfect for watching the aurora.
2. **Tungeneset**: A wooden walkway offering panoramic views of the sea and mountains, an ideal spot for watching the Northern Lights.

Use specialized applications or websites to track aurora activity (such as Aurora Forecast).

Practical information

How do I get to Senja island?

From the Lofoten Islands

Ideally, you should plan to [visit the Lofoten Islands](#) and Senja Island during your stay in Norway. If you're so far from home, you might as well make the most of it!

- **Road:** this is the option we chose, as it's the cheapest and quickest; allow around 6 hours via Narvik. We recommend that you fill up with LPG, as there is no filling station in Senja.

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- **Road + boat** (summer only, mid-May to August): from the Lofoten Islands, you can also cross to the Vesterålen Islands (north of the Lofoten Islands) and then take a ferry between Andenes (Vesterålen Islands) and **Gryllefjord** (north of Senja). We had hesitated with this option, at the end of our stay in the Lofoten Islands, the weather forecast predicted 2 days of rain.

We preferred not to make a detour to the Vesterålen islands, which we didn't feel like visiting in the rain. And another point to note: the ferry is quite expensive (lasting 1h30) and it's not possible to book it online. Information is available on the [official website](#).

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From Tromso

- **Tromso airport** is the closest to Senja, and you can rent a car directly from the airport. The island is 2.5 hours away via the E8 and E6 roads.
- **By boat:** a ferry also links Tromso to the north of Senja, information and booking on the official website: [Torghatten-nord](https://www.torghatten-nord.no/)

Where to sleep in Senja?

Hotel / Apartment

□ We advise you to **book your accommodation in advance**, especially in high season (June-August).

Choose accommodation in the north of **the island close to the main points of interest.**

Our favorite ❤️

[The Mefjord Brygge hotel](#), north of the panoramic road in the heart of the village, is ideally located between Ersfjord beach and the start of the hike to Segla or Hesten. Some rooms offer beautiful views of the fjord and the mountains known as the Devil's Teeth. The hotel offers rooms as well as apartments, ideal for self-catering.

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[See prices and availability for Hotel Mefjord Brygge in Senja](#) (good value for money)

Wild bivouac

- **Ersfjord beach**, possibility of pitching your tent, the place is sublime, in vehicle to come early, because the carpark is small.
- **Mefjordvaer Park4night 41106** parking area with free services and a view of the Devil's Teeth!

What equipment do you need to visit the island?

Make sure you have the **right clothing for the very changeable conditions**.

The weather in Norway can be fickle, so it's best to be prepared. As always, we

recommend the **famous** onion **technique**, which involves **layering several layers of clothing**.

Here's a list of clothes you can pack in your suitcase: a warm under-sweater (heattech or wool), a warm sweater, a fleece, waterproof pants, hiking boots and, above all, waterproof footwear.

For **mosquitoes and vampire gnats**, we recommend that you buy **repellent** when you arrive in Norway, and don't forget it when you go hiking. On the other hand, as far as we know, there are no repellents for horseflies.

Budget

The budget on Senja Island is similar to the budget for the Lofoten Islands. Read our

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detailed article on this subject and [all our tips for saving money during your stay in the Lofoten Islands](#).

➔ Day excursions are also available, and you can find details and prices on the [Get Your Guide](#) platform.

We **really enjoyed** writing this article. If you have any other suggestions, please feel free to leave a comment below. We spent [2 months in Norway](#), so check out our other articles about this incredible country.

If you're visiting the Lofoten Islands at the same time, check out our article on [the archipelago's best spots here](#).

Don't hesitate to leave us a **note** or **5 stars** below, to let us know if you're planning

this trip, to ask any questions you may have, below we'll answer you with great pleasure. You can check out our [Instagram stories from our Norway trip](#), to give you a taste of what's in store!

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1 avis (5/5)

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