NORDLAND · NORWAY

Lofoten and Vesterålen

Arctic islands of sharp peaks and fishing villages: sperm whales off Andenes in summer, orcas and humpbacks in winter, and sea eagles over every fjord.

80 animals 18 mammals, 58 birds, 1 reptile, 1 amphibian, 1 fish and 1 other sea life
Best time: Jun to Aug

Seen _____ of 80

ANIMAL DATE AND PLACE

01 Whales, dolphins and seals 11

- ☐ Sperm Whale
- ☐ Orca
- ☐ Humpback Whale
- ☐ Minke Whale
- ☐ Fin Whale Rare
- ☐ Long-finned Pilot Whale Rare
- ☐ Harbour Porpoise
- ☐ White-beaked Dolphin
- ☐ Atlantic White-sided Dolphin Rare
- ☐ Harbour Seal
- ☐ Grey Seal

02 Land mammals 7

- ☐ Otter
- ☐ Red Fox
- ☐ Moose
- ☐ Red Deer
- ☐ Mountain Hare
- ☐ Stoat
- ☐ Norway Lemming Rare

03 Eagles and birds of prey 7

- ☐ White-tailed Eagle
- ☐ Golden Eagle
- ☐ Rough-legged Buzzard
- ☐ Merlin

ANIMAL DATE AND PLACE

03 Eagles and birds of prey continued

- ☐ Gyr Falcon Rare
- ☐ Peregrine Falcon Rare
- ☐ Short-eared Owl Rare

04 Seabirds 16

- ☐ Puffin
- ☐ Razorbill
- ☐ Guillemot
- ☐ Black Guillemot
- ☐ Fulmar
- ☐ Shag
- ☐ Cormorant
- ☐ Kittiwake
- ☐ Gannet
- ☐ Herring Gull
- ☐ Great Black-backed Gull
- ☐ Common Gull
- ☐ Glaucous Gull
- ☐ Arctic Tern
- ☐ Skua (Arctic)
- ☐ Skua (Great)

05 Sea ducks and divers 8

- ☐ Eider
- ☐ King Eider Rare
- ☐ Long-tailed Duck

ANIMAL | DATE AND PLACE

05 Sea ducks and divers continued

- [ ] Red-breasted Merganser
- [ ] Red-throated Diver
- [ ] Black-throated Diver
- [ ] Great Northern Diver
- [ ] White-billed Diver Rare

06 Shore and land birds 27

- [ ] Oystercatcher
- [ ] Ringed Plover
- [ ] Golden Plover
- [ ] Redshank
- [ ] Turnstone
- [ ] Purple Sandpiper
- [ ] Whimbrel
- [ ] Greylag Goose
- [ ] Whooper Swan
- [ ] Willow Grouse
- [ ] Ptarmigan
- [ ] Hooded Crow
- [ ] Common Raven
- [ ] Bluethroat

ANIMAL | DATE AND PLACE

06 Shore and land birds continued

- [ ] Wheatear
- [ ] Fieldfare
- [ ] Redwing
- [ ] Ring Ouzel
- [ ] Willow Warbler
- [ ] White Wagtail
- [ ] Meadow Pipit
- [ ] Rock Pipit
- [ ] Dipper
- [ ] Snow Bunting
- [ ] Lapland Bunting
- [ ] Redpoll
- [ ] Twite

07 Reptiles and amphibians 2

- [ ] Common Lizard
- [ ] Common Frog

08 Fish and sea life 2

- [ ] Atlantic Cod
- [ ] Lion's Mane Jellyfish

My trip

FROM _____ TO _____

TRAVELLING WITH _____

STAYING AT _____ SEEN _____ OF 80

FIRST ANIMAL WE SAW _____

BEST MOMENT _____

FIELD NOTES AND SKETCHES

KEEP IT IN WILDER

Tick them off in the app

Scan to open this checklist in Wilder. Add your photos, see your whole trip, earn badges and the Lofoten passport stamp, and watch your life list grow.

A guide, not a guarantee: what you see depends on season, luck and patience. Give wildlife space and never feed it. Follow the local rules on distance.