

LAND OF MIDNIGHT SUN IS NORWAY

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ABSTRACT

The specialty of the midnight sun is that it is a natural phenomenon where the sun remains visible at midnight, providing continuous 24-hour daylight for weeks or months. This occurs exclusively during the summer months in regions north of the Arctic Circle and south of the Antarctic Circle due to the Earth's 23.5° axial tilt toward the sun. Key Characteristics & Special Qualities.

Endless Golden Hour: The sun does not rise high or set fully. It dips toward the horizon, casting a warm, reddish-golden glow that mimics a prolonged sunset or sunrise.

Increased Human Energy: The constant light naturally boosts energy and alertness. Locals and travelers often lose track of time, allowing for outdoor activities at 1:00 AM.

Norway is most famously known as the **Land of the Midnight Sun** because large parts of its territory lie north of the Arctic Circle.

What is the Midnight Sun? It is a natural event. The sun stays visible for 24 hours straight. It happens during the summer months.

Why Does It Happen? The Earth rotates on a tilted axis. The North Pole angles toward the sun in summer. Regions high in the north get continuous daylight. Norway: Best seen from late May to late July.

Svalbard [cold coast]: Sees the longest stretch from April 20 to August 22.

KEYWORDS: equator, equinox, upper hemisphere, Norway, northern lights.

INTRODUCTION

Norway is famously associated with a 40-minute night, specifically in northern cities like Hammerfest during the summer solstice around late June.

How the 40-Minute Night Works

- **The Midnight Sun:** During summer, areas north of the Arctic Circle experience continuous daylight or very brief nights because the Earth's axis tilts toward the sun.
- **Short Darkness:** In specific high-latitude towns in Norway, the sun dips below the horizon for just 40 minutes (often setting around midnight and rising again shortly after) before daylight returns.
- **Other Regions:** Similar short twilight or night periods happen in other Arctic regions—including parts of Finland, Sweden, Iceland, and Alaska—but the 40-minute statistic is most popularly attributed to Norway in trivia and travel lore.

Several countries located near or inside the Arctic Circle experience 24 hours of sunlight, known as the midnight sun during their summer months.

Countries with 24 Hours of Sunlight

- **Norway:** The northern parts, including Tromsø and the Svalbard archipelago, experience continuous daylight for weeks or even months in the summer.
- **Sweden:** Regions in Arctic Swedish Lapland (like Kiruna and Abisko) see the sun stay above the horizon 24 hours a day from late May to mid-July.
- **Finland:** Lapland and northern areas experience constant daylight during the peak of summer.
- **Canada:** Northern territories located above the Arctic Circle experience the midnight sun.

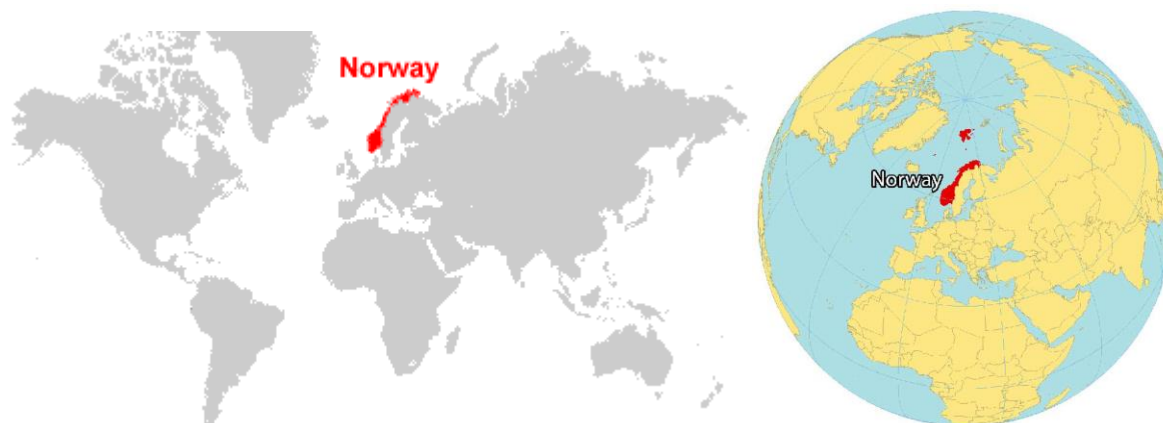


Figure-1: Norway Map.

- **Russia:** Far-northern Siberian and Arctic settlements see continuous daylight.
- **United States (Alaska):** Cities like Fairbanks experience around the clock sunlight in mid-summer.
- **Iceland:** Most of the country stays bright through the night, though areas just touch or sit right near the Arctic Circle.

Norway is close to neither, but it is far from the equator. Here is the breakdown of why these two terms cannot be compared this way.

Equator (A Location): What it is: The imaginary line dividing the Earth into Northern and Southern hemispheres. Norway's position: Norway is located in northern Europe, very close to the Arctic Circle.

Distance: It is one of the northernmost countries in the world, making it exceptionally far from the equator.

Equinox (An Event): What it is: A specific time of year (occurring in March and September) when day and night are of equal length globally. Why it doesn't fit: An equinox is a moment in time, not a geographical place. Therefore, a country cannot be physically close to it.

Norway is located high in the Northern Hemisphere, far north of the Equator, stretching between 57° N and 81° N latitude. You can visualize its position and how it experiences sunlight on a globe through the concepts below.

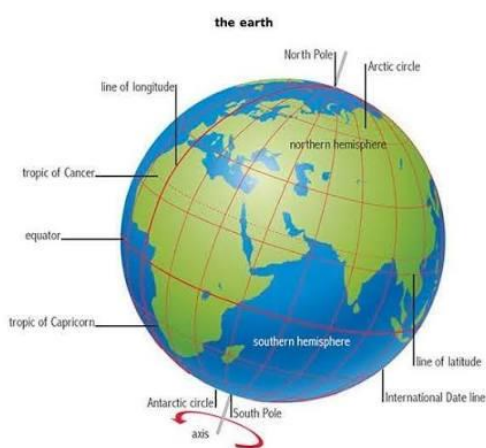


Figure-2: Norway; the Land of Midnight Sun.

Norway's Position on the Globe

- **Distance from Equator:** Norway's geographic center sits roughly 6,732 km (4,183 miles) north of the Equator.
- **Arctic Circle:** A significant portion of northern Norway sits above the Arctic Circle (66°33'N), making it a high-latitude country.
- **Northern Light:** Norway is most famous for its stunning natural fjords, the Northern Lights, and its rich Viking history. Cities like Tromsø offer prime viewing of the glowing aurora borealis in winter.

- **Natural Wonders:**
- **Fjords:** Deep, narrow sea valleys like Geirangerfjord and Nærøyfjord were carved by glaciers and draw millions of visitors.
- **Midnight Sun:** Northern regions experience 24-hour daylight during the summer months.
- **Dramatic Hikes:** Rock formations like Trolltunga and Preikestolen (Pulpit Rock) are world-renowned hiking destinations.

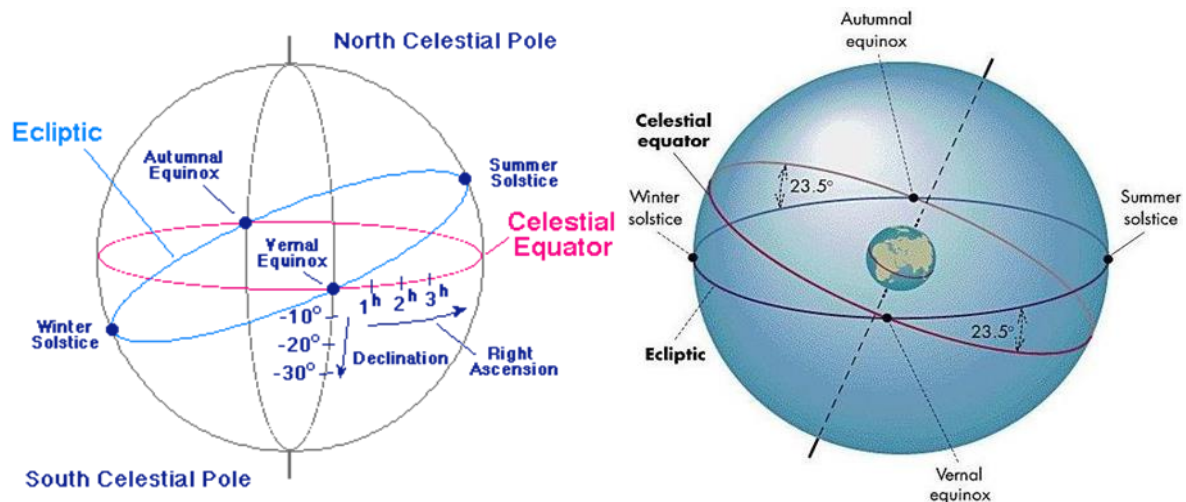


Figure-3: Equator & Equinox.

The main difference is that the equator is a physical line of latitude on Earth's surface, while an equinox is an astronomical event in time.

The Equator

1. **What it is:** An imaginary circle drawn around the middle of Earth, exactly halfway between the North Pole and the South Pole.
2. **Location:** It sits at 0 degrees latitude and divides the globe into the Northern Hemisphere and the Southern Hemisphere.
3. **Constant feature:** It is always there as a permanent geographic reference point on maps and on the planet.
4. **Sunlight:** Places on the equator stay warm year-round and receive direct sunlight during midday.

The Equinox

1. **What it is:** The specific moment when the center of the Sun shines directly above the equator.
2. **Timing:** It happens twice a year—around March 20 or 21 and September 22 or 23.
3. **Temporary event:** It lasts as an exact moment in time rather than staying in one place.
4. **Day and night:** During an equinox, Earth's axis tilts neither toward nor away from the Sun, giving nearly equal lengths of day and night across the planet. It also marks the changing of seasons, such as the start of spring or autumn.

Sunlight and Day Length during an Equinox: An equinox happens twice a year (around March 21 and September 23) when the Earth's axis does not tilt toward or away from the Sun.

Equal Day and Night: During the equinox, the sun shines directly over the Equator. As a result, nearly every place on Earth—including high-latitude regions like Norway—experiences exactly 12 hours of daylight and 12 hours of darkness.

The "Midnight Sun" Contrast: This stands in stark

contrast to Norway's summer solstice (June), when the Northern Hemisphere tilts steeply toward the sun, causing 24-hour daylight (the Midnight Sun) above the Arctic Circle.

Sun Angle at the Equinox: Because of the Earth's curvature, the sun's rays strike Norway at a very low, shallow angle during the equinox. Even though daytime lasts for 12 hours, the sun stays low on the horizon all day, providing much weaker heat and light compared to countries near the Equator.

CONCLUSION

Midnight sun, also known as polar day, is a natural phenomenon that occurs in the summer months in places north of the Arctic Circle or south of the Antarctic Circle, when the Sun remains visible at the local midnight. This occurs at latitudes ranging from approximately 65°44' to exactly 90° north or south, and does not stop exactly at the Arctic Circle or the Antarctic Circle, due to refraction. The opposite phenomenon, polar night, occurs in winter, when the Sun stays below the horizon throughout the day. Norway is most famous for its breathtaking natural fjords, the Northern Lights, and its deep-rooted Viking heritage.

Stunning Nature

Fjords: Deep, glacier-carved valleys filled with sea water, such as the UNESCO-listed Geirangerfjord and Nærøfjord.

Arctic Phenomena: The glowing Northern Lights (Aurora Borealis) in winter and the 24-hour daylight of the Midnight Sun in summer.

Norway: Often called the "Land of the Midnight Sun". In the Svalbard archipelago, the sun stays up from April 20 to August 22.

Other Arctic Countries: Accessible viewing locations span across Iceland, Finland, Sweden, Greenland, Canada (Nunavut), Alaska, and Russia.

The Poles: At the exact North and South Poles, the sun stays continuously visible for six straight months out of the year.

The midnight sun is a natural phenomenon where the sun stays visible for 24 hours straight without dipping below the horizon.

What Makes It Special

Endless Daylight: Locations north of the Arctic Circle or south of the Antarctic Circle experience continuous sunlight for days, weeks, or even months during their respective summers.

Surreal Golden Glow: Instead of a normal night, the sun skims the horizon, bathing the landscape in a soft, prolonged golden or reddish-yellow light that feels like an eternal sunset and sunrise combined.

24/7 Outdoor Activities: People can hike, play golf, or go sightseeing at 2:00 in the morning because the sky remains as bright as midday.

Disrupted Time and Sleep: The constant light can trick the human body into losing track of time, often making it difficult to sleep without blackout curtains.

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<https://en.wikipedia.org/wiki/Norway>