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*Following the tranquil Abisko River  
- final day Kungsleden Trail.*

## Scandinavia – Fjords and Mountains of Norway and Sweden

**27 July 2016 to 28 August 2018**

(Exact 2018 start date to be confirmed)

**Trip length: 33 days / 32 nights**

**Minimum 6 guests / Maximum 12 guests**

**\*(6-7 \$11745, 8-9 \$10365, 10-11 \$9585, 12, \$9110)**

\* 2016 Prices. 2018 prices to be confirmed

**Included meals marked each day. B = Breakfast, L = Lunch, D = Dinner.**



### Norway: 21 days / 20 nights

#### 27 July Day 1. Arrive at Stavanger Airport (Sola)

Arrive in Stavanger and make your way to our hotel in downtown Stavanger. Depending on your arrival, extra time can be spent relaxing or strolling around one of Norway's oldest cities. Within walking distance you can visit Stavanger Cathedral dating from approximately 1125; and the Petroleum Museum, that traces the history of oil formation and exploration in the North Sea from discovery until present.

#### 28 July Day 2. Excursion to Preikestolen (*Pulpit Rock*) (B, L)

From the hotel we walk to *Fiskepiren* (the fast boat terminal) and take a boat (0800) to Tau. Then the bus (0840) from Tau takes us to the start of our hike to Preikestolen, one of Norway's premier tourist destinations. Pulpit Rock is a steep cliff rising 604 m above Lysefjord, with an almost flat top of around 25 sq m. We return by bus to Tau, and boat back to Fiskepiren in Stavanger.

That evening we meet our guide for southern Norway at the hotel.

**Preikestolen:** ↑350 m ↓350 m ⇔3.5 km, 4.00 hr

#### 29 July Day 3. Lysefjord cruise and Kjerag hike (*The Chockstone*) (B, L, D)

It's an early start by bus from Stavanger to Lauvvik, to board the ferry at 0900 to Lysebotn (1130). We'll drive up to Øygardstøl to start the hike to Kjerag. After the hike we drive the Suleskard Road through the beautiful mountain scenery of Setesdal Valley.

Overnight in our hotel at Ryssand.

**Kjerag:** ↑570 m ↓570 m ⇔12.0 km, 6.00 hr

#### 30 July Day 4. Setesdal, Hardangerfjord and Bergen (B)

After breakfast, we follow the valley to Hovden Winter Resort, and then cross the road to Haukeligrend and follow E134 across the Haukelifjell to Røldal and Odda, a land of rushing waterfalls, mountain peaks, the fjord and eternal snow. We then drive through Folgefonn Tunnel, Norway's third longest road tunnel, to catch a ferry to reach Bergen. Free afternoon in Bergen.

(Alternatively, we may drive along Sørfjorden to Utne, Alsåker and Jondal to reach Bergen.)

We stay in a hotel in the centre of Bergen, a historic UNESCO World Heritage listed city famous for its crooked buildings and fish markets. In the evening we'll travel by the funicular Floibanen to a view point above Bergen City.

**Direct route:** 325 km

### 31 July Day 5. Bergen – Hardanger – Gol – Beito (B, D)

We drive Rd7, the tourist road along Hardangerfjord via Øystese to Granvin and cross the new bridge across Hardangerfjord. If time permits we may visit the hydro power station in Eidfjord, or Hardangervidda Nature Centre. After a stop at Vøringsfossen waterfall, we cross Hardangervidda ('vidde' is Norwegian for mountain plateau) to Hallingdal. From Gol across to Golsfjellet. ('fjelle' refers to mountains in Norway).

(No hike today, or a short hike on Hardangervidda if time allows.)

We stay in a hotel set on the mountain tonight.

**Total driving distance:** 325 km

### 1 August Day 6. Trekking tour in Jotunheimen – Besseggen (B, L, D)

From the hotel, it's a 120 km drive to Gjendesheim. From here we take a boat to Memurubu and hike the famous Besseggen Ridge to Gjendesheim, one of Norway's most popular walks. Bus and overnight in Bessheim.

**Besseggen:** ↑990 m ↓1020 m ⇔19.0 km, 7.00 hr

### 2 August Day 7. Bessheim - Glitterheim to Spiterstulen (B, L, D)

After an early breakfast we take the bus to collect our bicycles and ride 8 km to Glitterheim, then hike the T-path across Skautflye and descend to Spiterstulen Mountain Lodge, our home for the next two nights.

**Glitterheim-Spiterstulen:** ↑660 m ↓560 m ⇔13.0 km, 6.00 hr

### 3 August Day 8. Spiterstulen – Galdhøpiggen Peak or Glittertind Peak (B, L, D)

Today the group will choose between a peak tour of Galdhøpiggen (the highest point in Norway) or the nearby Glittertind Peak, Norway's second highest peak. Alternatively you can do a less strenuous walk to a nearby glacier.

**Spiterstulen – Galdhøpiggen:** ↑1369 m ↓1396 m ⇔15.0 km, 8.5 hr

### 4 August Day 9. Spiterstulen – Leirvassbu (B, L, D)

From the lodge at Spiterstulen, we'll walk south through a glaciated valley and climb gradually to Leirvassbu.

**Spiterstulen – Leirvassbu:** ↑400 m ↓100 m ⇔19.0 km, 5.5 hr



*Descending Galdhøpiggen*

### 5 August Day 10. Leirvassbu - Skogadalsbøen (B, L, D)

Today we start a two-day hike from our accommodation in Leirvassbu and walk to DNT Skogadalsbøen Hut. (We carry our clothing for two days.) The rest of our luggage will be transported by road to Sogndal.

**Sognefjellshytte – Skogadalsbøen:** ↑160 m ↓600 m ⇔19.0 km, 6.5 hr



*Day 1 - heading to Skogadalsboen cabins*



### **6 August Day 11. Skogadalsbøen – Vettisfossen – Årdal – Sogndal (B, L, D)**

We go from the mountain to the fjord, passing Vettisfossen, the highest waterfall in Norway. Down in Hjelle we are met by our bus and drive for 1 hr (65 km) to Sogndal for the night in our hotel.

**Skogadalsbø – Vetti:** ↑300 m ↓1100 m ⇔20.0 km, 7.5 hr

### **7 August Day 12. Jostedal Glacier and Glacier Centre – Kjenndalsbreen – Geiranger (B, D)**

Morning drive through two tunnels into Sogndal Valley. We visit the glacier centre and the Bøya Glacier on the way to Fjaerland. We continue through fantastic fjord landscape and at Loen we go into Kjenndalen and view the great glacier. Continue to Stryn, Dalsnibba and down to famous Geirangerfjord, a characteristic 'S' shaped fjord and World Heritage listed by UNESCO.

We stay in a hotel in Geirangerfjord close to the pier, or alternatively in Grotli.

**Total driving distance:** 225 km

**Hike by glacier:** ↑100 m ↓100 m ⇔5.0 km, 2.00 hr

### **8 August Day 13. Geiranger – Trollstigen – Pilger Road (B, D)**

We follow the Egelsroad to Eidsdal, then after a short ferry ride we cross the most spectacular serpentine road, Trollstigen. Just after Åndalsnes we may take a short hike (if time permits) to Littlefjellet between Romsdalshorn and R-eggji with views into the famous climbing wall of Trollveggen and a great view towards the Fjord. We continue our drive through Driva Valley to Dombås, across the Dovrefjell, towards Trondheim.

We spend the night in a charming old lodge along the Pilger road.

**Total driving distance:** 275 km

### **9 August Day 14. Kongsvold – Trondheim – Hurtigruten Ferry (B, D)**

Drive through the Driva Valley to Oppdal and follow the valley down to Trondheim where we board the Hurtigruten for a noon departure, heading north. Great afternoon and evening along the Helgeland coast, with short stops in villages along the way.

**Total driving distance:** 155 km

### **10 August Day 15. Stamsund – Nussfjord (B, D)**

After breakfast it's possible to join the *HR Svartisen* glacier excursion. (must be booked in advance – extra cost NOK1650, approximately AUD 280)

Cruising along the coast to Bodø, we then cross the Vestfjord to Stamsund in the Lofoten Islands, arriving at 1900. Then by bus, 40 km to Nussfjord (UNESCO) old fishing village.

We have dinner before checking in for 3 nights in Nusfjord Rorbuer ( 2 bedrooms sharing 1 bathroom).

### **11 August Day 16. Hike Kvalbukta (B, L, D)**

Today's hike is a bit easier. We drive to Selfjord and hike to the hidden sandy beach of Kvalbukta, and back to Torsfjord.

**Total driving distance:** 40 km

**Kvalbukta Hike:** ↑ 300 m ↓ 300 m ⇔ 8.0 km, 4.00 hr



*The magical Lofoten Islands*

### 12 August Day 17. Hike Forsfjord to Sørvågen (B, L, D)

We drive to Reine, take the boat to Forsfjord Power Station and start hiking towards Sørvågen. There are some steep parts but a very scenic walk ending in Sørvågen. We will be picked up and will return to Nusfjord. There may be time to visit the stockfish museum.

**Total driving distance:** 55 km

**Forsfjord to Sørvågen:** ↑ 750 m ↓ 700 m ⇔ 10.0 km, 7.00 hr

### 13 August Day 18. Complete Småtindan Trek and drive to Svolvær (B, L, D)

We drive from Nusfjord to Littlehaugen by Olderfjord where we start the famous Smatindan Trek (meaning 'many small peaks'). We descend to Storkong Lake and will be picked up by our mini bus. Luggage will have been collected from Nusfjord, and we continue south to Svolvær.

We stay for 2 nights in Svinøya rorbuer.

**Total driving distance:** 90 km

**Småtindan Trek:** ↑ 700 m ↓ 700 m ⇔ 10.0 km, 7.00 hr



*Hiking the Smatindan Trek*

### 14 August Day 19. Tjeldbergtinden and Trollfjord (B, L, D)

We start with a short drive to Lofotenkatedral, then hike to the peak of Tjeldbergtinden and down towards the city. At 1330, we go onboard *M/S Trolltind* and enjoy a boat tour into the narrow Trollfjord.

**Total driving distance:** 10 km

**Tjeldbergtinden:** ↑ 500 m ↓ 500 m ⇔ 9.0 km, 4.00 h

### 15 August Day 20. Svolvær – Narvik (B)

Our last day in Lofoten. After breakfast we start our transfer with a local express bus from the bus terminal to Narvik (0950 to 1410, or 1330 to 1925)

We stay at a hotel in Narvik. There is a supermarket close by.

**Total driving distance:** 225 km

### 16 August Day 21. Depart Narvik for Sweden (B)

Departure by train at 1045 to Sweden.

### What's included in Norway:

All transport from Hotel in Stavanger to Hotel in Narvik

20 nights accommodation with dinner\*, breakfast (\* No dinner on days 1, 2, 4 and 20)

12 lunch packs on hiking days

All other meals as detailed in itinerary.

Luggage transport in Jotunheimen except for our overnight stay in Skogadalsbøen (Day 10.)

All ferries and toll roads

Hurtigruten from Trondheim – Stamsund (Lofoten). Outside shared cabin, with dinner and breakfast

English speaking guides on all hikes. Guide for all hikes.

No guide on Hurtigruten.

No guide on bus from Svolvær to Narvik.



## Sweden: 13 days / 12 nights

**Laponia Tour.** This short trip is really unique. Together with guides from Saltoluokta Mountain station we will visit the national parks of St Sjöfallet, Sarek and Padjelanta; all part of UN's World Heritage Listed Laponia. This is a very special hike where you get to see the great plains of Padjelanta, the high alpine peaks of Sarek, and meet the Sámi people. Most of the daily legs are fairly short and easy; sometimes we will leave the trail and do exciting day tours with light backpacks. We finish this hike at the classic mountain station Saltoluokta, famous for its good food!



*Hiking in Laponia*

(NB. **Day 21** is the end of the Norwegian section of the trip, and the start of the Swedish section)

### **16 August Day 21. Depart Narvik (Norway) for Sweden (B, in Narvik)**

This scenic rail trip to Gallivare in Sweden, passes through 50 tunnels. We meet the bus at the railway station and then have a 160 km bus ride to Ritsem.

Accommodation will be in 3-bedded rooms at STF (Swedish Tourist Association) in Ritsem.

### **17 August Day 22. Start Laponia section of trip (L, D)**

Free morning in Ritsem. Meet our guide around 1200. Lunch and presentation of the itinerary. In the evening we take the boat over Lake Akkajaure and after a short walk, (2 km) we will reach the STF Akka cabins where we stay overnight.

### **18 August Day 23. The 'real' hike begins. (B, L, D)**

After a few kilometres we cross the bridge over the mighty river Voujatätno and enter the national park of St Sjöfallet. The Padjelanta trail winds under the impressive peaks and glaciers of Mt Akka. Today's destination is the cabins at Kutjaure. Just before we leave the trail you will be in 3 different national parks at the same time! Sarek, St Sjöfallet and Padjelanta. After we have left the trail we turn north to Lake Kutjaure where we will be picked up by a boat that takes us over to the west side and to the Sami settlement at Kutjaure västända. There we can enjoy a dinner! We stay in the STF cabins close to the settlement.

**Distance:** 15 km, difference in altitude + 100 m.

### **19 August Day 24. Towards Vaisaluokta. (B, L, D)**

The trail takes us high up into the mountains and we say farewell to Padjelanta. Before we reach the STF cabin we will pass through Sweden's biggest Sámi settlement.

In the evening we will meet some of the local people and learn more about their life.

**Distance:** 18 km, difference in altitude + 300 m, - 350 m.

### **20 August Day 25. We board the first boat over to Ritsem to complete this leg of the trip. (B, D)**

Travel by bus back to Gallivare, then the train to Abisko, then another bus to Nikkaluokta and check into our cabins. Dinner at the local restaurant and briefing about the Kungsleden Hike.

**The Kungsleden.** The northern part of the Kungsleden is the most famous. The landscape constantly changes as you travel through a natural valley surrounded by high mountains. This is one of the classical tours for those who want a great mountain experience. In the huts we will cook all our meals do the dishes, clean the rooms and chop the wood on a roster system. Daily distances are about 12-20 km, and the weight of your backpack should not exceed 10-12 kg.

*Alesjaure mountain cabins, Kungsleden Trail*





**21 August Day 26. Breakfast and making of packed lunches at the local restaurant.** (Items not needed for the hike can be sent with Bussgods to Abisko – 1 bag/person) **(B, L, D)**

Easy walk through the forest to Lake Ladtjojaure (5 km) followed by boat ride over the lake, and another 9 km walk up towards Kebnekaise. Check in for 2 nights. Later a compulsory gathering with information about the guided (optional) tour to the peak of Mt Kebnekaise for those doing this trip. (See details below in the 'what's included on the Kungsleden' information.)

**Distance:** 19 km (14 km walk), difference in altitude + 200 m.

Sauna facilities are available

**22 August Day 27. Optional day-tour** with guide from Kebnekaise Mountain station to the summit of Mt. Kebnekaise, 2105 m, the highest summit in Sweden, if weather conditions permit. This tour must be pre-booked and paid a minimum 4 weeks prior to starting date. For those who don't want to climb the peak, an alternative day tour will be offered. **(B, L, D)**

**23 August Day 28. Walk to the cabins at Sälka.** **(B, L, D)**

You will be surrounded by high peaks and glaciers and excellent views all day.

Sauna in the evening

**Distance:** 25 km, difference in altitude + 300 m - 250 m, + 50 m

**24 August Day 29. We cross over the Tjäktja Pass at 1140 m to the Tjäktja cabin.** **(B, L, D)**

This is probably the most scenic section of the Kungsleden, and Kebnekaise can be seen at several points. The pass is the highest point on the Kungsleden. Finally the valley Allesvagge opens up as it leads towards our cabins.

**Distance:** 12 km, difference in altitude + 300 m, -150 m.

**25 August Day 30. Today's leg to the Alesjaure mountain cabin** winds on slowly through the valley following the Alesgatnp River, with its many oxbow lakes. It's a shorter day and you have time to enjoy the high mountains around the cabins. **(B, L, D)**

Sauna in the evening

**Distance:** 13 km, difference in altitude - 200 m.

**26 August Day 31. Walk along Lake Alesjaure** and leave the mountains behind as we descend to the birch forest around the cabins at Lake Abiskojaure. **(B, L, D)**

Sauna in the evening

**Distance:** 20 km, difference in altitude - 300 m.

**28 August Day 32. Walk to the end of the King's Trail.** **(B, L, D)**

This last stage follows the Abisko River through the valley and down to Abisko Turiststation, and accomodation in shared rooms. A relaxing place to finish a great hike.

**Distance:** 15 km, difference in altitude - 100 m.

Our farewell dinner is in the restaurant.

**28 August Day 32. The Swedish section of the trip is over, after breakfast.** **(B)**

Trains and buses departure to Kiruna on a regular basis.



*Fun along the way to Abisko as we take a side trip to a World War II bunker.*





### What's included in Laponia:

Local, English speaking guide  
Public bus transfer from Gällivare to Ritsem  
Lodging in Ritsem in 3-bed rooms  
3 days in mountain cabins including provisions  
Dinner in Kutjaure Sami settlement  
Boat on Lake Akkajaure, and Lake Kutjaure

Public bus / train transfers. Ritsem to Nikkaluokta to start the Kungsleden Trail. Approx 330 km / 4 -5 hrs.



### What's included on the Kungsleden

English speaking guide  
1 night in Nikkaluokta, lodging in 4 to 6 bed cabins, some with showers. Dinner, breakfast and packed lunch for the following day is included

Boat on Lake Ladtjojaure

Full board accommodation at Kebnekaise (lodging in bunk beds, shared rooms)

Meals and beds in shared rooms in the huts along Kungsleden

Transport of gear from Nikkaluokta to Abisko (**1 bag/person**)

**Optional:** Guided day-tour to the summit of Mt. Kebnekaise, 1190 SEK (AUD 190). Book and pay at the time of final trip payment. Please note: Membership in the STF is required for the day-tour to the summit of Mt. Kebnekaise due to the insurance policy, 295 SEK (AUD 47). Pay at the time of final trip payment.

### What's not included in Sweden

Train from Narvik to Gällivare.

Transfer to the airport on the last day.

*Wholesome food and plenty of it...*

