



## Norway - Fjords and Mountains

*A once in a lifetime destination that will take you to mountains, glaciers, deep coastal fjords and the land of the Vikings and trolls...*

**Trip Length: 21 days / 20 nights**

**July / August**

**Minimum 8 guests / Maximum 12 guests**



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

### **Norwegians can't get enough of nature and we've discovered why!**

Norway's scenic landscapes are best discovered by following a path on foot. Late summer is the best time to experience a sunlit landscape that has forced the snow to retreat to the mountains and has woken the flowers to their full bloom. Long days, mild temperatures and the fabled midnight sun promise ideal walking conditions, and we will be surrounded with those vibrant natural colours of the changing landscape. We'll discover untamed, mythical landscapes as we trapse the classic (and sometimes challenging) hiking trails of Preikestolen, Trolltunga, Galdhøpiggen, and Besseggen Ridge. You'll never forget your first approach aboard the Hurtigruten Ferry, to the unsurpassed beauty of the Lofoten Islands. Tall, craggy spires dominate the skyline and beckon walkers to their valleys and summits. We stay in hotels and mountain refuges, so there's no camping on this trip.

**Norway - it's a love affair with nature!**

### **Day 1: Monday 22 July Arrive 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.

**Overnight in our hotel at Stavanger**

### **Day 2: Tuesday 23 July Preikestolen (Pulpit Rock) (B, L)**

From the hotel we walk to Fiskepiren (the fast boat terminal) and take a boat (8 am) to Tau. Then the bus (8.40 am) 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.

**Overnight in our hotel at Stavanger**

**Preikestolen: ascent 350 m, descent 350 m, distance 3.5 km, 4 hr**

*Pulpit Rock - the excitement has begun!*



### Day 3: Wednesday 24 July 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 9 am to Lysebotn (11.30am). 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. We follow the valley to Hovden Winter Resort where we spend the night.

**Overnight in our hotel at Hovden**

**Kjerag: ascent 570 m, descent 570 m, 12.0 km, 6 hr**

### Day 4: Thursday 25 July Hovden - Trolltunga - Odda (B, L, D)

Early morning drive where we 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 drive from Odda to Skjeggedal to start our hike to Trolltunga, one of Norway's most spectacular rock formations. After the hike we drive to our hotel in Tyssedal / Odda for the night.

**Overnight in our hotel Tyssedal / Odda**

**Trolltunga: ascent 800 m, descent 800 m, 28 km, 10 hr**

### Day 5: Friday 26 July Odda - Bergen (B)

Today we drive through Folgefonn Tunnel, Norway's third longest road tunnel, to catch a ferry to Bergen. Free day in Bergen. (Alternatively, we may drive along Sørfjorden to Utne, Alsåker and Jondal to Bergen.) Our hotel is in the centre of Bergen, a historic UNESCO World Heritage Listed city famous for its crooked buildings and fish markets. During the day we'll travel by the funicular Floibanen to a view point above Bergen.

**Overnight in our hotel, Bergen**

**Direct route: 132 km**



*UNESCO listed Bergen*

### **Day 6: Saturday 27 July 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. Then from Gol we cross 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**

### **Day 7: Sunday 28 July 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 through historical area (1.5 hr) and overnight in Lom.

**Overnight in our hotel Lom**

**Besseggen: ascent 990 m, descent 1020 m, 19 km, 7 hr**

### **Day 8: Monday 29 July Lom - Juvass - Galdhøpiggen Peak - Spiterstulen (B, L, D)**

We start our hike to Galdhøpiggen (the highest point in Norway), over the glacier Styggebreen. Then our bus takes us to Spiterstulen where we spend the night.

**Overnight Spiterstulen Mountain Lodge**

**Juvass – Galdhøpiggen: ascent 619 m, descent 619 m, 15 km, 7 hr**

### **Day 9: Tuesday 30 July Spiterstulen – Leirvassbu (B, L, D)**

From the lodge at Spiterstulen, we'll walk south through a glaciated valley and climb gradually to Leirvassbu, known for generations as 'The Pearl of Jotunheimen'.

**Overnight Leirvassbu Mountain Lodge**

**Spiterstulen – Leirvassbu: ascent 400 m, descent 100 m, 19 km, 5.5 hr**

### **Day 10: Wednesday 31 July Leirvassbu - Skogadalsbøen (B, L, D)**

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

**Overnight Skogadalsbøen hut (shared accommodation)**

**Leirvassbu – Skogadalsbøen: ascent 160 m, descent 600 m, 19.0 km, 6.5 hr**

### **Day 11: Thursday 1 August Skogadalsbøen - Vettisfossen – Vetti (B, L, D)**

Our hike today takes us from the mountain to the fjord, passing Vettisfossen, the highest waterfall in Norway. We continue to Vetti gard / Avdalen gard for the night.

**Overnight Vetti / Avdalen Farm**

**Skogadalsbø – Vetti: ascent 300 m, descent 800 m, 12.5 km, 5 hr**



*On the way to Vettisfossen*

### **Day 12: Friday 2 August Vetti - Hjelle - Sogndal (B, L, D)**

Today we take a 7 km return hike into Vettisriket (the Vetti Kingdom) and Stølsmaradalen before heading down to Hjelle where we are met by our bus. We drive to Sogndal /Solvorn for the night in our hotel. If time allows we take a ferry to Urnes to look at an old Stave church.

**Overnight in our hotel**

**Vetti - Vettisriket - Hjelle 11.5km, Total driving distance: 65 km**

### **Day 13: Saturday 3 August Sogndal - Jostedalen 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 Lookout 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.

Overnight in our hotel

**Total driving distance: 225 km**

**Hike by glacier: ascent 100 m, descent 100 m, 5 km, 2 hr**

### **Day 14: Sunday 4 August Geiranger – Trollstigen – Pilger Road (B, D)**

We follow the Eaglesroad 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.

**Overnight in a charming old lodge along the Pilger road.**

**Total driving distance: 275 km**



*Geiranger Fjord from Dalsnibba Lookout*

### **Day 15: Monday 5 August Kongsvoll – 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.

**Overnight Hurtigruten Ferry**

**Total driving distance: 155 km**

**Day 16: Tuesday 6 August Stamsund – Sakrisoy (B, D)**

After breakfast it's possible to join the HR Svartisen glacier excursion. (must be booked in advance – extra cost NOK 1750, approximately AUD 285). Cruising along the coast to Bodø, we'll cross the Vestfjord to Stamsund in the spectacular Lofoten Islands, arriving at 7 pm. Our bus will then take us 50 km to Sakrisoy old fishing village. We have dinner before checking into the waterfront fishermen's cottages, Sakrisoy Rorbuer, for three nights.

**Overnight Sakrisoy Rorbuer (two bedrooms, sharing one bathroom)**



**Day 17: Wednesday 7 August Hike Kvalbukta (B, L, D)**

Today is a relatively easy hike. We drive to Selfjord and hike to the hidden sandy beach of Kvalbukta, and back to Torsfjord.

**Total driving distance: 40 km**

**Kvalbukta Hike: ascent 300 m, descent 300 m, 8 km, 4 hr**

**Day 18: Thursday 8 August 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 it is a very scenic walk ending in Sørvågen. We will be picked up returned to Sakrisoy. There may be time to visit the stockfish museum.

**Total driving distance: 55 km**

**Forsfjord to Sørvågen: ascent, 750 m descent 700 m, 10 km, 7 hr**

**Day 19: Friday 9 Complete Småtindan Trek and drive to Svolvær (B, L, D)**

We drive from Sakrisoy 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 Sakrisoy, and we continue south to Svolvær.

**We stay for 2 nights in Svinøya Rorbuer.**

**Total driving distance: 90 km**

**Småtindan Trek: ascent 700 m, descent 700 m, 10 km, 7 hr**

**Day 20: Saturday 10 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. We return to town and at 1.30 pm, and board *M/S Trolltind* for a boat tour into the amazingly narrow Trollfjord, a 2 km long sidearm of the Raftsund between Lofoten islands and Vesteralen archipelago. Its narrow entrance (100 m wide) and steep mountain sides (between 600 and 1100 M high), make this a truly spectacular experience.

**Overnight Svinøya rorbuer.**

**Total driving distance: 10 km**

**Tjeldbergtinden: ascent 500 m, descent 500 m, 9 km, 4 hr**



**Day 21: Sunday 11 Transfer to Svolvær airport (B)**

Our last day in the magical Lofotens. After breakfast we transfer to the airport for flights to home or to your other destinations.

**Sadly, this is the end of your Norway - Fjords and Mountains experience.**

## What's Included

- Local tour leader for the complete trip.
- An Australian **Take A Walk Adventures** leader for the complete trip.
- English speaking guide on all hikes.
- All transport and baggage transfers from hotel in Stavanger to your accommodation in Svolvaer. This includes road transport and tolls, and ferry transfers.
- Floibanen Funicular tickets, Bergen.
- Entrance fee to Jostedal Glacier Centre.
- Hurtigruten Ferry from Trondheim to Stamsund (Lofoten). Outside shared cabin, with dinner and breakfast.
- 20 nights accommodation with meals as detailed (**B, L, D**) on itinerary. Lunch packs on hiking days.
- Luggage transport from Leirvassbu (day 10) to Songdal (day 12).
- All accommodation as described (three-star hotels, guest houses, refuges) on a twin shared basis. Four people per room on days 9 and 10).

## What's Not Included

- All flights to and from Norway.
- Any lodging prior to / after the tour dates.
- Airport transfers.
- Local guide on Hurtigruten Ferry.
- Entrance fees to Stave churches or other sites of interest not included in the itinerary.
- Travel, accident and rescue insurance.
- All personal trekking equipment.
- Alcohol, soft drinks and bottled water.
- Personal expenses and other services.

## Other General Information

- Tap water is usually safe to drink in Norway. Bottled water is available in refuges. You can usually get by with two litres of water per person / per day.
- Cold beer and wine is available in the refuges.
- WiFi and battery recharging facilities are available at hotels and guest houses.
- The refuge at Spiterstulen provides hut footwear, so there is no need to take sandals.
- Pillows and blankets are provided in the refuges.
- Breakfasts are usually served from 7.15 am, and dinners from 7 pm.

**(To ensure the safety and the well being of the group, please bear in mind the itinerary can be altered for reasons beyond our control such as weather and trail conditions, and road or park closures. The final hiking selection is at the discretion of our local tour leaders.)**



*The traditional and the now...*

## Testimonials from our 2016 Scandinavian adventurers

**Roger** - 'The ... trip was amazing with the variety of scenery and the complex travel arrangements - and as you know I was pushing the boundaries some days!'

**Pauline** - '... just wanted to send a big thank you to you both for organising the trip, it was awesome, looking forward to another hiking trip in the not to distant future.'

**Jillian** - '... Hard to go back to work, but it means another trip! just have to keep fit... '  
(Since Scandinavia, Jillian has travelled to Patagonia with us and is coming to Morocco in 2018)

**Sheila** - 'I certainly appreciate the follow up. All the best for your on going trips. I might even manage another trip with you next year.'

(Sheila has certainly put her hand up for other trips. In 2017 she did our China trip and she is coming to Greece with us 2018!



*Norway - a culture of its own...*

**Take A Walk Publications and Adventures Pty Ltd**

**PO Box 66, Camp Hill, Qld 4152 Australia**

**07 3843 3930**

**0417 611 810**

[info@takeawalk.com.au](mailto:info@takeawalk.com.au)

[www.takeawalk.com.au](http://www.takeawalk.com.au)