



ADVENTURES
in good company



EXPLORING NORWAY

Trip Summary

HIGHLIGHTS

- Diving deep into the natural and cultural history of Norway, from its remote forests to its cozy villages to its capital city
- Discovering the plethora of joys to be found in the happiest country in the world (according to the World Happiness Report)
- Exploring the geological symbiosis of Norway's fjords and the glaciers that receded to create them
- Feasting on fresh local produce and cuisine in Norway's prime culinary season

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TRIP AT A GLANCE

Location:	Oslo to Bergen, Norway
Activities:	Multisport
Arrive:	Our first meeting is at 5 p.m. in the lobby of our hotel in Oslo on Day 1
Depart:	You are free to leave Bergen anytime on the last day

Trip Overview

The dramatic natural scenery of Norway sets the stage for an adventure of epic proportions. From its crystal blue glaciers and fjords to the deep greens of the forests and mountains passes, the country is an adventure traveler's paradise. This trip starts in Oslo and ends in Bergen, and the majority of the trip is spent in wild and dramatic scenery in the landscape between.

You'll hike through a massive mountain plateau and ride a bicycle along the most famous bike route in Scandinavia. You'll rope up to hike across glaciers and then be overwhelmed by the grandeur of nature as you explore glacier-carved fjords both by kayak and cruise ship. You'll hike along a scenic path that's been trodden since the Middle Ages and may discover that the quiet you can find in Norway's natural world envelops you like a hug. And despite the massive, impressive proportions of nature here, you'll feel right at home in the cozy villages and farms that make up the heartbeat of the happiest country in the world.

Maximum group size: 13

Rating

This trip is for women in good physical condition who enjoy lots of different activities in a beautiful setting while learning about the history, culture and cuisine of Norway. Although for the most part the hiking is moderate, there are occasional steep ascents and descents on rocky paths. The trip is rated 3, and will have 4 to 6 hours of activity everyday. Prior to beginning the trip, participants should be engaging in aerobic conditioning, such as walking vigorously up hills, jogging, cross country skiing or stair stepping for 30 - 45 minutes at least 4 times a week.

Rating: 1 2 **[3]** 4 5

What's Included

- A local guide and an AGC guide (If there are fewer than 8 on the trip, there will not be an AGC guide)
- Nine nights lodging in hotels and lodges
- All meals from dinner the first day through breakfast the last, with the exception of one lunch and dinner
- All activities on the itinerary, including glacier walking, bike riding, boat excursion, and kayaking
- All transport once you arrive in Oslo, not including airport transfers

Not included: Airfare to Oslo Airport (OSL) or from Bergen (BGO), airport transfers, travel insurance (evacuation insurance is required), guide gratuities, and alcoholic beverages.

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Our trip officially starts today in Oslo, the vibrant capital city of Norway. On our first day, we'll gather at our hotel at 5pm to meet each other and the guides and review the trip itinerary before going to dinner as a group. Overnight Oslo. D.

DAY 2

Today begins our hiking adventure! We'll travel by train to the enormous Hardangervidda mountain plateau that sits at an altitude of 4,009 feet. Leaving our belongings at the nearby hotel, we'll take a 3 - 4 hour warm up hike to Jomfrunten. From the top we will have fantastic view of one of Norway's biggest glaciers, and along the way we'll begin getting to know local Norwegian flora and fauna. After the hike, we share a delicious local dinner together and talk about the next day's adventures. Overnight in Mountain Hotel Finse 1222. (<https://finse1222.no/en/>).

Train: 5 hours. Hiking: 3.5 miles, 3- 4 hours, 820 ft elevation gain and loss. B, L, D.

DAY 3

Hardangerjokulen is one of Norway's biggest glaciers. After a hearty breakfast, we set off on the 1.5- hour long walk to the glacier. Once there, our local guides will assist us in getting equipped with crampons, ice axes, and ropes so we can walk safely on the glacier itself. We will explore this spectacular landscape of blue ice for about 2 hours with the help of our highly-skilled guides and instructors. We'll see more of the landscape as we return by a different path. In the evening, we will have a well-earned dinner at our hotel.

Hiking: a total of 7-8 hours of trekking 9 miles, 1500 feet of elevation gain and loss. B,L,D.

DAY 4

The Navvies' Road was built over 100 years ago and today this spectacular mountain bike ride is Norway's most famous cycling trip. By bike, we follow the mountain landscape as we pass the Hardangerjokulen glacier that we walked on yesterday. We'll follow mountain lakes, majestic waterfalls, and pass by the famous Flam Railway, home of one of the most beautiful rail journeys in the world. For those who want a shorter bike ride, there is also the option to take the train part way and then ride 19 miles to the village of Flam. It is also possible to skip the bike ride entirely and spend the day exploring the village and fjord. Regardless of how we get to Flam, we'll hand in our bikes there and drive to the tiny fjord-side village of Aurland. Our home for the next 2 nights is a local guesthouse on the fjord called Vangsgaarden. <https://www.vangsgaarden.com/en/>.

Biking: 33 or 19 miles, 5-7 hours. B, L, D.

DAY 5

A kayaking adventure awaits us on the narrow Naeroyfjord! We explore the beautiful fjord in safe stable double kayaks as we pass through the landscape that has been carved out by glaciers and watch the waterfalls dive off the steep mountainsides. If we are lucky we might even spot some seals, eagles, otters or small whales on our way! We'll recount the day at our guesthouse by the fjord over dinner. B, L, D.

DAY 6

Today you can choose between more hiking or more time on the water. The hike up the mountain Prest starts gently and then climbs more steeply before we are rewarded with a spectacular view on top. In clear weather we will be able to see the mountain tops and glaciers around us, with the fjord below us. Alternatively you may decide one Norwegian fjord isn't enough, and opt for a fjordcruise to the Aurlandsfjord and the UNESCO-listed Naeroyfjord. This tour also takes us to the little village of Undredal, which is home to around 70 people and 500 goats. The village is known for its production of goat's cheese, and we will, of course, sample some of the traditional Norwegian cheese. We will return to Aurland by bus where we'll meet up with the hiking group and drive a beautiful road to our next lodging, Along the way we'll stop at Stegastein, one of the most iconic viewpoints. We'll stay overnight in the Filefjellstuene Lodge: www.tynfilefjell.no/english/filefjellstuene-lodge.aspx.

Hiking: 3.5 miles, 1800 feet elevation gain and loss. Driving: 1.5 hrs. B, L, D.

DAY 7

We travel an hour to the beautiful valley of Utladalen in Jotunheimen National Park. Farming used to be the mainstay of the area but as in many valleys, farmers have left for the cities. Today we'll hike up to Avdalen Gard, a special place in a wild valley, that was last inhabited in 1960 and is now part of a local effort to keep traditional heritage alive. After a local lunch at the old farmhouse we will explore some of the most impressive waterfalls in Norway before returning to the lodge tonight.

Hiking: 3.5 miles and 1100 feet of elevation gain and loss, 2 - 3 hours. Driving: 2 hours. B, L, D.

DAY 8

On our final active day we'll start with visiting the Borgund Stave Church and then hike like royalty as we head towards Bergen. The King's Road - once a roadbuilding masterpiece, now a scenic hiking route from mountain to fjord- originally opened in 1793 and was built on old trails that had been in use since the Middle Ages. Today, a major part of this historical route has been restored into an award-winning hiking trail. At the end of our hike we'll meet our van and be whisked to Sognefjorden, Norway's longest fjords, for the 5 hour boat ride to Bergen.

Hiking: 2-6 hours of easy walking on good paths, anywhere between 2.5 and 6 miles. B, L

DAY 9

We'll have the day to spend in Bergen. Located where the land intersects with the sea, and surrounded by mountains and fjords, it is one of Norway's most beautiful cities. After a hearty breakfast at the hotel, we'll meet a local guide for a tour of the city. The afternoon is free for you to wander, do last minute shopping, or sit at a cafe and savor your memories. We'll gather for a final farewell dinner, toasting our adventures, and raising a glass as we bid farewell to the happiest nation on earth. B, D

DAY 10

You are free to leave anytime this morning, but Bergen is a beautiful and interesting city. If you have time, we encourage you to stick around for more sightseeing on your own. B.

ADDITIONAL TRIP INFORMATION

Getting There

Oslo Airport (OSL) is served by many major airlines. The airport is in Gardermoen and a train leaving directly from the airport will take you to the City Center in 20 minutes. Once there the hotel is less than a block away. A detailed description of how and where to catch the train will be provided in the PreDeparture document.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

Accommodations

Our accommodations are as varied as our activities. In Oslo and Bergen we will be staying at modern hotels with ensuite bathrooms. You will also be staying in a mountain huts (two) in twin rooms with shared baths. You will also have a farm stay where you will stay in dorm-style rooms with shared bathroom and simple facilities. A limited number of singles are available for most but not all lodgings. You can select this option at registration.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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