



Norway - Walking among the Fjords (2024-2025)

Guided

9 Days/ 8 Nights



The Norwegian fjords are rightly ranked as one of the natural wonders of the world. No visitor leaves underwhelmed by the contrast of snow-capped mountains, steep green hillsides and powerful waterfalls plunging into calm, clear fjordic waters. Most tourists come by coach and crowd into a few busy hotspots, whereas we discover these classic landscapes on foot, providing unique access to areas of tranquil beauty and high panoramic viewpoints.

In the fjords, we stay in two locations. Our first base is Nes Farm: a cosy family-run guesthouse looking towards the Feigumfoss waterfall across Lustrafjord. Our second is Fjærland Fjordstove Hotel: also family run, this time on the waterfront in the town of Fjærland. Both neighbour Sognefjord (known as the King of the Fjords), Jotunheimen (the highest mountains in Norway), and the massive ice cap of Jostedalbreen.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



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Itinerary Day By Day

Day 1 Start Bergen

The adventure begins in Bergen. We'll have a welcome briefing at the hotel helmed by our leader, then head out for a guided tour of Norway's second city. Accommodation: Thon Orion Hotel (or similar)



Day2 Ferry to Sogndal; transfer to Nes Gard

In the morning, we have a short transfer to Bergen pier where we board the ferry to Sogndal. Although this is not a cruise, it is a very scenic journey into the Sognefjord, the longest and deepest fjord in the country. On arrival, we have a 30-minute (approximate) transfer to Nes Gard, our hideaway in the fjords for the next three nights. Accommodation: Nes Gard (or similar) Meals included: Breakfast, Lunch, Dinner

Day3 Warm-up walk to Molden peak, an excellent viewpoint for Sognefjord

We start the week with a lovely warm-up walk to the top of Molden Peak (3,360ft/1,116m), where we can marvel at the profound chasm that is Sognefjord. We also visit the 12th-century Urnes Stave Church, a Unesco-listed landmark with traditional wooden architecture and a heavenly fjordic backdrop.

Accommodation: Nes Gard (or similar)

Ascent: 2,035ft (620m); descent: 2,035ft

(620m) Distance covered: 4mi (6km)

Activity hours: 4 Meals included: Breakfast, Lunch, Dinner

Day4 Transfer to Jostedal valley; walk and boat trip on glacial lake; optional glacier walk

After breakfast, we have an approximately 40-minute transfer to Jostedal National Park, the home of Jostedal glacier, a mammoth ice cap covering vast swathes of the park itself.



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It has nearly 30 glacial arms and today we visit two, starting at Bergset glacier, a mighty ice wall covering the upper part of Krundalen valley. We then walk to Nigards glacier, getting so close it'll feel like you can almost touch it.

If you'd like to get even closer, you can join an optional guided walk on the glacier, using crampons and an ice axe to help you navigate. Accommodation: Nes Gard (or similar) Ascent: 655ft (200m); descent: 655ft (200m) Distance covered: 6mi (10km) Activity hours: 6 Meals included: Breakfast, Lunch, Dinner



Day5 Hike into Mørkrisdalen Valley

Today we hike into Mørkrisdalen, one of the most scenic valleys in Norway. The walk starts in a narrow canyon dominated by a waterfall. As we continue, the canyon opens into a wide valley of moorland with wildflowers and traditional Norwegian summer cottages.

Afterwards, we say goodbye to Nes Gard and transfer (approximately 1hr 30min) to our second hotel in the fjords, the Fjærland Fjordstove Hotel in Fjærland. This hotel has an incredible waterfront location with panoramic views of the glacier. Accommodation: Fjærland Fjordstove Hotel (or similar) Ascent: 1,150ft (350m); descent: 1,150ft (350m) Distance covered: 7mi (11km) Activity hours: 6 Meals included: Breakfast, Lunch, Dinner

Day6 Walk to Anestølen and Lake Tverrdalsvotni 12Km

After a short morning transfer (approximately 20 minutes), we begin our walk by following a mostly flat gravel road which offers panoramic views of the Barnakona peak. We will arrive in Anestølen, which is a summer farm for goats and enjoy our lunch while our tour leader tells us stories about how farming life has evolved here over the years. There can be up to 600 goats each summer. Afterwards (and a chance to take selfies with the goats), we will continue on the same path until we get to Lake Tverrdalsvotni. The second part of the walk after Anestølen is a bit steeper and rocky in some sections. We return back down along the same path and continue our walk until we meet our transfer vehicle to take us back to the hotel. **Distance covered: 7mi (12km) Ascent: 1,640ft (500m); Descent: 1,640ft (500m); Activity hours: 5-6 Meals included: Breakfast, Lunch, Dinner**

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Day7 Visit the Norwegian Glacier Museum; Besshovden hike

We start the day with a five-minute transfer to the Norwegian Glacier Museum, an angular slice of modern architecture backdropped by the ancient mountain peaks. Here we enjoy a fascinating insight into the local landscape, the glaciers and how the climate crisis is impacting them.

After, we have a 10-minute transfer to our start point for today's hike. The walk is one of the most popular in the area and when we reach the top of Besshovden mountain, we see why. From the summit, we enjoy majestic views of the Fjærlandsfjorden fjord and the Jostedalsglacier. During summer, you may even see people securing hammocks to spend the night under the stars. Accommodation: Fjærland Fjordstove Hotel (or similar) Ascent: 1,310ft (400m); descent: 1,310ft (400m) Distance covered: 6mi (10km) Activity hours: 4-5 Meals included: Breakfast, Lunch, Dinner

Day8 Ferry through the Naerøyfjord (Narrow Fjord); Flåm railway to Bergen

After breakfast, we have a transfer (approximately 2hr 30min) to Gudvangen and take a ferry through the Unesco-listed Naerøyfjord (Narrow Fjord) – a real highlight of the trip. The excitement continues immediately, as we jump on the Flåm railway to Bergen, regarded as one of the most beautiful train journeys in the world. On arrival in Bergen, we take a 10-minute transfer to our hotel. Accommodation: Thon Orion Hotel (or similar) Meals included: Breakfast, Lunch

Day9 End Bergen

The adventure ends in Bergen after breakfast. You can begin your return journey home, but if you'd like a bit more time to explore the city, speak to your sales representative about extending your stay. Meals included: Breakfast





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Route



5 Days of Walking & Trekking

Pace: Approximately 4-5 hours walking per day

Terrain: Low altitude; good paths with some steep ascents

Price per person in Canadian Dollars- all prices subject to confirmation on booking

Date	Base price	Optional Single Supplement
Sept 28, 2024	\$7030	\$988
2025		
June 7	\$7410	\$1026
June 21	\$7410	\$1026
Aug 16	\$7410	\$1026
Aug 30	\$7410	\$1026
Sept 13	\$7410	\$1026

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Included

- Two nights at a hotel in Bergen, three nights in a guesthouse and three nights at a hotel in the fjords
- 5 days walking
- Group normally 6 to 16, plus leader. Min age 16 yrs
- Travel by minibus and ferry
- Optional glacier walk
- All breakfasts, 7 packed lunches and 6 dinners included
- All accommodation

Not Included:

- Travel insurance
- Visas and Vaccinations
- Single supplement

Assisting people in realizing their touring dreams worldwide is our passion.



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THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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