



# Norway Natural Wonders Hiking

11 Days



*The Adventure Company* | EST. 1969

**MT+SOBEK**<sup>TM</sup>  
MOUNTAIN TRAVEL SOBEK

**CELEBRATING 50 YEARS**  
AS THE PIONEER OF ADVENTURE TRAVEL

# ➤ Norway Natural Wonders Hiking

Explore the best of Norway on this intimate journey as you cruise through the country's deep fjords, hike up majestic mountains and through breathtaking national parks, take in the cosmopolitan culture of Oslo, see the bustling wharf of Bergen, the dazzling beauty of UNESCO-protected Geirangerfjord, and the picturesque landscapes of Lofoten Islands. This trip showcases the highlights and shows you Norway's magic at every turn, from waterfalls and Viking lore to the midnight sun and Norse mythology. There's nothing like seeing Norway up close and personal, on foot and immersed in its landscapes.

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## Details

Arrive: Oslo, Norway

Depart: Oslo, Norway

Duration: 11 Days

Group Size: 6-16 Guests

Minimum Age: 18 Years Old

Activity Level:



## Testimonials

*"Norway is an incredible country not to be missed. This trip exceeded expectations in beauty, guides, experience and awakening to a wonderful part of our world."*

George S.

*"Outstanding trip—put this one on your bucket list!"*

Suzanne M.

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## Why Take This Trip With Us?

### REASON #01

MT Sobek's expertly crafted Norway itinerary is organized to perfection, enabling travelers to cover 1,400 miles in just 10 days.

### REASON #02

You'll follow professional, local and highly qualified guides as you hike majestic mountains and explore Scandinavian villages.

### REASON #03

Norway Natural Wonders Hiking is an MT Sobek best-seller and one of our most sought after classic adventures.

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## What to Expect



### ACTIVITIES

Spectacular and moderately paced hikes, overnight trains, scenic cruises, and cultural encounters.



### LODGING

Traditional fishermen's cabins and sleek Scandinavian-style hotels with modern amenities. A scenic overnight cruise and a night train ride.



### CLIMATE

Norwegian summers can be both hot and cold. The weather can change quickly—so be ready for sun, rain and maybe wind.

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## Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Anne Stine is an accomplished Norwegian guide and has close ties to MT Sobek as the operations manager of a local guiding team. She is highly knowledgeable about hiking and skiing in Norway and has skied 1,600 miles north to south across the country! Anne's passion for the outdoors and for adventure travel, coupled with her love of guiding, makes her a perfect leader and trip companion. Meet Anne on MT Sobek's popular Norway adventures.

**Anne Stine Mathisen**

Sondre is from Skien in southern Norway, but moved to the mountains on the west coast where he lives now. He is passionate about the outdoors and has broad guiding experience from the sea to the mountains, both in summer and in winter. Sondre is studying for his BA in Adventure Education & Wilderness Leadership, and enjoys introducing people to the wonders of his home—Norway.

**Sondre Stensbol**

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# Itinerary

## DAY 1

### ARRIVE IN OSLO

Welcome to Oslo, the capital of Norway and one of Europe's most sophisticated cities. Upon arrival at the airport, transfer to the hotel to settle in and then have a brief orientation with the entire group. Set out to explore parts of the city by foot, including a visit to the famed Opera House with its impressively angled roof. Tonight, enjoy a welcome dinner in the city.

**Accommodation:** Hotel Guldsmeden, Oslo

**Activity:** 2 hours/2–3 miles city walking

**Meals:** D

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## DAY 2

### TOUR VIGELAND SCULPTURE PARK & FLY TO BERGEN

After breakfast, set out to explore Oslo with a walking tour to the Vigelandsparken (Vigeland Sculpture Park), filled with more than 200 stunning sculptures by Norwegian artist Gustav Vigeland, including a mosaic labyrinth and a stone forest composed of carved figures. After lunch at the hotel, return to the airport and take a short flight to Bergen, Norway's second-largest city. Check into the hotel, and then take a stroll along the city's colorful and popular waterfront "kaia." Enjoy dinner at a restaurant in town this evening.

**Accommodation:** Grand Hotel Terminus, Bergen Zander K, Bergen

**Activity:** 2–3 hours/3 miles city walking

**Meals:** B, L, D

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## DAY 3

### HIKE ABOVE BERGEN & BOARD OVERNIGHT CRUISE

Start this day with one of Norway's most popular hikes — to Rundemanen, high above Bergen. Hike for 4 to 5 hours (depending on the desired pace of the group) on a rocky path to a mountain plateau overlooking the city. At the top, take in breathtaking views of distant snowcapped peaks, and neighboring fjords and islands. At the end, descend by cable car from Mt. Floyen to the charming Bergen harbor, and on to the overnight cruise aboard the Hurtigruten, which begins at 8pm.

**Accommodation:** Overnight Cruise aboard Hurtigruten

**Activity:** 4–5 hours/9 miles hiking with 1,500' elevation gain & 400' elevation loss

**Meals:** B, L, D

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## DAY 4

### CRUISE GEIRANGERFJORD & HIKE TO STORSÆTERFOSSEN WATERFALL

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Begin today with a Scandinavian buffet breakfast on board the ship. Take in magnificent views as the ship cruises deep into the narrow Geirangerfjord, a UNESCO-protected fjord renowned for its majestic mountains, dramatic cliffs, and stunning waterfalls. Arrive to the tucked-away town of Geiranger, check into the hotel, and transfer to the nearby trailhead. Begin the hike on well-maintained trails leading high above Geiranger to the viewpoint at the Storsæterfossen Waterfall. Soak up the vistas before returning down the same trail. Enjoy dinner at the hotel, overlooking the harbor and fjord.

**Accommodation:** Hotel Union Geiranger, Geiranger Hotel Geiranger, Geiranger

**Activity:** 2–3 hours/2–3 miles hiking with 550' elevation gain & loss

**Meals:** B, L, D

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## DAY 5

### TOP TROLLSTIGEN & HIKE IN THE ANDALSNES

After breakfast, board the minibus and transfer one hour to the top of the Trollstigen, a serpentine road showcasing some of Norway's most breathtaking views. Stop at Trollstigen's viewing platform which juts out over a ledge hovering 2,788 feet above the valley, to take in the vistas and visit the café. Continue the scenic drive down into the Andalsnes valley, in the heart of the Romsdal Alps. Enjoy a circular hike beneath majestic peaks, passing glistening lakes. In the afternoon, continue to the hotel — home for the next two nights.

**Accommodation:** Kavli Moen Gard Hotel Aak, Åndalsnes

**Activity:** 3–4 hours/3–4 miles hiking with 500' elevation gain & loss

**Meals:** B, L, D

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## DAY 6

### HIKE TO MARDALSFOSSEN WATERFALL & UNWIND AT YOUR HISTORIC HOTEL

Wake to a sumptuous breakfast prepared by the talented chefs at Hotel Aak or Kavli Moen Gard, before the morning walk. Today's short hike leads along Lake Eikesdalsvatnet to the Mardalsfossen waterfall, one of the ten highest waterfalls in Europe. Enjoy the rest of the day to relax or explore the natural surroundings on your own. Prefer more activity? The hosts are happy to offer suggestions — just tell your guide what you want to do.

**Accommodation:** Kavli Moen Gard Hotel Aak, Åndalsnes

**Activity:** 2 hours/2–3 miles hiking with 500' elevation gain & loss

**Meals:** B, L, D

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## DAY 7

### HIKE TO THE AURSJOVEGEN PLATEAU & REACH OPPDAL

Today starts with a transfer to the charming town of Eikesdalen, home to just 65 inhabitants. Meet with a local farmer to learn the story of Norway's earliest inhabitants and, if you're lucky, see reindeer. Then continue to the

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Aursjovegen, a scenic road featuring several 180-degree hairpin turns through a dramatic landscape renowned as Norway's best area for hiking. After a hike, continue along the magnificent Aursjoveien road down to the Sunndal fjord, and to the town of Oppdal, a hikers' home base during the summer.

**Accommodation:** Skifer Hotel, Oppdal

**Activity:** 4 hours/3–4 miles hiking with 300' elevation gain & loss

**Meals:** B, L, D

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## DAY 8

### HIKE IN TROLLHEIMEN & CATCH OVERNIGHT TRAIN TO BODO

After breakfast, journey into the heart of the rugged mountain range of Trollheimen ("home of the trolls"), a vast landscape of green, idyllic valleys sprinkled with lakes between high peaks. If the weather cooperates, enjoy a swim in the lake; otherwise return to the hotel to unwind at the spa. Later this afternoon, there is an optional visit to Vang, one of the largest Viking graveyards in Norway. After dinner, transfer to the nearby train station and board the overnight train to Bodo, north of the Arctic Circle.

**Accommodation:** Overnight Train to Bodo

**Activity:** 5–6 hours/4–5 miles hiking with 1,800' elevation gain & loss

**Meals:** B, L, D

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## DAY 9

### EXPLORE LOFOTEN ISLAND

Rise and shine and enjoy breakfast aboard the train this morning. In Bodo, board a nearby ferry for the grand finale of the Norwegian tour — Lofoten Island. Take in the magnificent archipelago within the Arctic Circle, with its jagged peaks, sheltered bays of bright-blue water, white-sand beaches, and windswept grasslands. Upon arrival, head to the quaint fishing village of Hamnøy in Reine, change into hiking clothes at the hotel, and set off to explore the island on a short hike. Tonight, enjoy dinner at one of the local restaurants.

**Accommodation:** Eliassen Rorbuer, Hamnøy

**Activity:** 2 hours/2–3 miles hiking with 1,000' elevation gain & loss

**Meals:** B, L, D

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## DAY 10

### VISIT LOFOTR VIKING MUSEUM & HIKE VESTVAGØYA ISLAND

After breakfast, begin exploring the outer reaches of Lofoten Island. Start with a scenic drive to the Lofotr Viking Museum, built on the site of a former Viking village. After touring the museum, enjoy an afternoon hike on Vestvagøya, a centrally located island in the Lofoten archipelago. Bring a bathing suit for a dip in the ocean above

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the Arctic Circle. Return to Hamnoy to explore the charming village and its many galleries and shops. Enjoy your farewell dinner at Krambua on the harbor, renowned for its fresh fish straight from the sea.

**Accommodation:** Eliassen Rorbuer, Hamnoy

**Activity:** 4 hours/3–4 miles hiking with 1,000' elevation gain & loss

**Meals:** B, L, D

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## DAY 11

### FLY FROM LEKNES TO OSLO & DEPART

After breakfast, transfer to Leknes airport in time for the flight to Oslo. Departure flights are subject to change without notice but will depart in the morning with every attempt to get you into Oslo in the late afternoon. The currently anticipated flight schedules will arrive into Oslo between 4PM and 5PM, but please check in with your Adventure Coordinator to confirm the arrival time for your specific departure.

**Meals:** B

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## Dates

Jun 5 - 15, 2023

Jun 19 - 29, 2023

Aug 12 - 22, 2023

Aug 23 - Sep 2, 2023

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries may be subject to change.

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## Inclusions & Exclusions

### PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

### PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

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## ➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

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### **Awards**



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