

Below is the proposed itinerary 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

Arrive Oslo, introductions and Welcome Dinner

Velkommen! Our trip officially starts today in Oslo, the vibrant and diverse capital city of Norway where the Nobel Peace Prize is awarded each Autumn. Though a busy metropolis, most of Oslo consists of protected forests, home to lynx, wolf, beaver, moose and roe deer. Meet at our trip hotel at 5PM to review the trip itinerary before going to dinner as a group. (D)

Overnight Oslo

DAY 2

Train to Hardangervidda mountain plateau, hike Jomfrunten

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

Glacier walk on Hardangerjokulen

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

Cycling on the Navvies Road

The Navvies' Road was built over 100 years ago and today this spectacular 19-mile 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. The majority of this ride is downhill, on gravel roads. You should be able to feel comfortable riding a mountain bike. 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

Kayaking on Naeroyfjord

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

Climb Prest mountain or scenic cruise on Naeroyfjord and Aurlandsfjord

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.tyinfilejell.no/english/filefjellstuene-lodge.aspx. Hiking: 3.5 miles, 1800 feet elevation gain and loss. Driving: 1.5 hrs. B, L, D.

DAY 7

Hike to Avdalen Gard, learn history of farming and rural areas

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

Visit Borgund Stave Church, hike a part of the King's Road, boat ride to Bergen

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

Morning tour of Bergen, free time for further exploration

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

Depart anytime

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 or shopping.

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