



Norway Mountains & Fjords Multi- Adventure

9 Days | June 9 - June 17, 2024



The Adventure Company | EST. 1969

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MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Norway Mountains & Fjords Multi-Adventure

Discover the wonders of Norway on foot, by kayak and by train, on this awe-inspiring adventure. Hike at sea level and atop lush plateaus that afford staggering views over the fjords. If you choose, sea kayak in the shadow of these same fjords or trek on a glacier. Bask in the breathtaking beauty of UNESCO-protected, deep-blue waters and emerald hillsides of Geirangerfjord. This immersive, active adventure takes you up close to Norway's most renowned geological features and into Nordic culture past and present.

Details

Arrive: Oslo, Norway

Group Size: 4-16 Guests

Depart: Trondheim, Norway

Minimum Age: 16 Years Old

Duration: 9 Days

Activity Level:



What to Expect



ACTIVITIES

Local guided tours, hiking at sea level and atop fjords, sea kayaking, tastings of local delicacies and taking in the majestic fjord landscapes.



LODGING

Ideally situated, comfortable guesthouses, inns and hotels with breathtaking views, restaurants and modern conveniences.



CLIMATE

June through August bring warmer temperatures ranging from 70°F - 77°F. May and September will be cool temperatures ranging in the 60°F - 65°F.

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Itinerary

DAY 1

June 9, 2024

ARRIVE IN OSLO, NORWAY

Welcome to Norway! You will be picked up at the airport in Oslo and transferred to your hotel in the city. Check in, then join your group for a brief meeting. There will also be time to stroll around this beautiful city, including a visit to the famed Opera House, recognizable by its impressively angled roof. Later, enjoy a welcome dinner at one of the restaurants in town.

Accommodation: Clarion Hotel Oslo

Activity: 1-hour guided tour

Meals: D

DAY 2

June 10, 2024

JOURNEY TO OTTA & LOM

After breakfast at the hotel, you'll board the train to Otta. This scenic rail journey through the Gudbrandsdalen Valley reveals the pastoral landscape of eastern Norway, brimming with lakes, rivers and thick forests. Upon arrival in Otta, you'll continue by private vehicle to Lom, a picturesque village tucked amidst the highest mountains of Northern Europe. Take some time to peek around the small town and visit the 12th-century stave church, which is one of the largest still-standing stave churches in Norway. Then, head to dinner at your hotel.

Accommodation: Fossheim Hotel

Activity: 1-2 hours walking tour

Meals: B, L, D

DAY 3

June 11, 2024

JOTUNHEIMEN NATIONAL PARK & THE FJORDS

Today, you'll move from the highest mountains in Norway to its longest fjord in one day. A full day of hiking in Jotunheimen National Park, "Home of the Giants," will reveal more than 250 peaks rising above 6,200 feet. Then, continue down to the fjords and get your first glimpse of Norway's most magnificent geological feature. Along the way, drive one of the Norwegian Scenic Routes, Sognefjellet, a spectacular mountain pass connecting the eastern and western regions of Norway (and the highest mountain pass in Northern Europe at 4,704 feet above sea level). Enter the innermost parts of the Sognefjorden, the world's second longest fjord, as you descend from the plateau.

The day's activities are weather-dependent and snow conditions will influence where you will hike. On a beautiful day, it's possible to hike across the glacier at Boverbreen, or hike to Tindeklubhytta (a more challenging trail). If conditions aren't right, you may hike to Fuglesteg lower in the valley.

Accommodation: Skjolden Hotel

Activity: 4-6 hours/4-5 miles hiking with 1,450' elevation gain and loss

Meals: B, L, D

DAY 4

June 12, 2024

HIKE TO MOLDEN & GLOPPEN

Following breakfast at your hotel, lace up your boots in preparation for a memorable hike to Molden. This somewhat challenging hike requires an approximate 1,968 foot ascent to the summit at 3,661 feet. However,

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the climb is definitely worth it when you see the views of countless peaks and stately fjords rising directly from Sognefjorden.

Accommodation: Gloppen Hotel

Activity: 4-6 hours/4 miles hiking with 2,000' elevation gain and loss

Meals: B, L, D

DAY 5

June 13, 2024

PADDLE THE WATERS AROUND GLOPPEN WITH A DAY OF KAYAKING

Explore the Nordfjord area today by boat. Gain a deeper understanding of the unique natural history and geology of the region through a locally led sea-kayak tour of the fjord. (The tour will be preceded by a safety and technique talk.) Or, choose to hike the Haugsvarden (2,785 feet) to a 360-degree fjord view. There's always the option to hang back and just hike around the fjord at your leisure. Later, simply relax at the hotel and enjoy its facilities before dinner.

Accommodation: Gloppen Hotel

Activity: 3-4 hours kayaking or 3-4 hour/5 miles hiking with 1,300' elevation gain and loss

Meals: B, L, D

DAY 6

June 14, 2024

EXPLORE GEIRANGERFJORD & FERRY TO VALLDAL

After another hearty breakfast, check out of the hotel and prepare for exploring a new mountain area, Sunnmore. Start with a beautiful drive to Hellesylt, where you'll take a scenic ferry ride through UNESCO-listed Geirangerfjord. Enjoy the town of Geiranger before continuing along the hairpin road toward Eidsdal, just across the fjord from your final destination of the day. Before crossing, hike from Kilsti at sea level to Blahornet at the top of the fjord. After the hike, board the ferry for a short ride to Valldal, where you'll spend the night. If it's strawberry season, taste some of the best "Valldal berries," as they're known in Norway, which grow here in the valley.

Accommodation: Valldal Fjordhotel

Activity: 2-3 hours/3 miles hiking with 1,000' elevation gain and loss

Meals: B, L, D

DAY 7

June 15, 2024

HIKE THE OLD KINGS' ROAD

Start the day with a drive to Trollstigen, where you'll stop for a walk to a otherworldly viewpoint. Continue up the Romsdalen valley to one of the largest protected areas in Norway, Dovre National Park. The park is a conservation habitat for wild reindeer and other local wildlife. Hike part of the popular Pilgrim Route, also known as the Old Kings' Road, which extends from Oslo to Trondheim. Historically, pilgrims would walk the "road" all the way to its terminus, the tomb of Olav II, the first king of Norway and a Catholic saint.

Accommodation: Skifer Hotel

Activity: 3-4 hours/3-6 miles hiking divided into two sections

Meals: B, L, D

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DAY 8

June 16, 2024

HIKE IN TROLLHEIMEN & EXPLORE TRONDHEIM

On this last full day of your Norway adventure, you'll start the day with a hike in Trollheimen, a preserved area known for its gorgeous natural scenery and said to be the home of the trolls. Then, check out of your hotel and take the train to Trondheim, where you'll have time to explore Norway's third-largest city. Visit the Nidarosdomen Cathedral, initially built between 1070 and 1300 upon the burial sites of King Olav II. The Trondheim region is known for its fantastic culinary prowess, which you'll have the opportunity to savor at tonight's farewell dinner at an upscale city restaurant.

Accommodation: Clarion Hotel Trondheim

Activity: 3-4 hours/4-5 miles hiking with 1,300' elevation gain and loss

Meals: B, L, D

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DAY 9

June 17, 2024

DEPART FROM TRONDHEIM

After breakfast and checkout, you'll transfer to the airport or train station to return to Oslo for your flight homeward, or you may choose to extend your stay in this charming city.

Meals: B

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While we intend to operate your trip as outlined above, your guide may make changes due to local conditions, the group's abilities or interests, or other factors. Please be flexible and bring a spirit of adventure.

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Further Trip Details

For more information on your trip, please refer to your Final Bulletin, which includes specific details on accommodations, your expert guides, weather, what to pack, and emergency contacts. Should you have any other questions, please contact your Adventure Coordinator who will be happy to assist you.

INCLUSIONS


- 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 portage

EXCLUSIONS

- 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

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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The World of MT Sobek

At MT Sobek, we believe life is an adventure and adventure is life.

By joining us on this trip, you have become part of an adventure legacy that spans 50 years and includes an impressive community of adventurers—thousands strong. As we grow, we continue to passionately craft and share indelible, transformative journeys to the world's most memorable places—opening eyes and minds through profoundly personal connections with nature and culture. Our adventures span the globe and the spectrum—of interests, environments, and activities—every one expertly planned, and knowledgeably guided.

We thank you for being inspired to travel with us.

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HAVE TRIP QUESTIONS?

Please reach out to your Adventure Coordinator or [1.888.831.7526](tel:18888317526) / info@mtsobek.com.

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