

Norway: Bergen & the Fjords

Tour-Only Itinerary

Welcome to Norway—and an enlightening and idyllic fjords walking tour. Your journey takes you from the breathtaking fjords of the country’s spectacular west coast to the mountaintops and valleys of its equally scenic interior. When not walking, you’ll travel by coach, RIB boat, ferry, gondola, and train—including the celebrated Flam Railway. Along the way, you’ll visit a castle and its gardens, perambulate a pristine lake, view the untamed beauty of Voss’s Mount Hanguren, see historic wooden villages and a well-preserved stave church, and explore Bergen’s historic Bryggen district. You’ll also touch modern culture with tastings of goat cheese and cider, as well as the opportunities to mingle with locals that a walking tour allows. Let us show you the essence of Norway, then and now.



Highlights

- Walk the historic and breathtaking Vindhella section of the King’s Road hiking trail, a curvaceous path that winds toward the beautifully preserved Borgund Stave Church
- Travel by coach, ferry, train, RIB boat, and gondola on scenic rides that include the renowned Flam railway, the Aurlandsfjellet National Tourist Route, and the Voss Gondola
- Learn about cider production on the Hardanger Fruit Trail and enjoy a tasting, followed by a delicious lunch overlooking a fjord
- Ferry to the historic Rosendal Barony, Scandinavia’s smallest castle, to admire its famous rose garden and view a landscape of fjords, glaciers, mountains, and waterfalls
- Spend two nights at a cozy boutique hotel in Lærdalsøyri, named a national “heritage village” for

its cluster of 18th-century wooden houses

On all Guided Adventures you can count on ...



Expert local guides to introduce you to the best of your destination.



Gracious accommodations that are a clean, comfortable home away from home.



Off-the-beaten-path places you'd never find on your own.



Experts to handle all the details.



A maximum of 18 fun-loving fellow travelers to share the journey.



Flight + Tour Combos include plane tickets, airport car service, and pre- and post-tour accommodations.



Delicious, authentic multi-course meals—virtually all are included.

Activity Level

This tour is one of our Guided Walking Adventures, rated easy to moderate with an average of 4-6 miles daily. The terrain varies from paved and cobblestone streets (during organized city tours and other easy village explorations) to country roads, wide grassy trails, and uneven, single-track hiking trails with loose stones or gravel, rocks, and roots. On rainy days, the footpaths and trails can be wet and muddy as well as

from melting snow. On most days, ascents and descents are minimal, with many walks at low elevations or on wide walking paths. An exception is the trail on Mt. Prest, which might prove challenging for someone with extreme vertigo or fear of heights but can be shortened by turning and walking back to the ending point. Many walks can be tailored to the group's ability with shorter or longer versions available. This tour includes transport by ferry, railway, gondola, and RIB boat, as well as drives over scenic but winding mountain roads and through tunnels. Those with motion sickness should take precautions. Throughout the itinerary, Norwegian history and traditions are framed by the stunning scenery of mountains and fjords.

DAY 1

Join your Norway: Bergen & the Fjords tour

Rosendal Baroniet, 2–3 miles, easy; Bondhusvatnet, 3 miles, easy

Your Country Walkers representative meets you at the Clarion Hotel Admiral at 8:00 a.m. in the lobby. Your Norwegian discoveries begin with a 2-hour ferry ride to the village of Rosendal, where you visit the Baroniet Rosendal (Rosendal Barony), the smallest castle in Scandinavia. Originally a farm given as a wedding present to wealthy Norwegian heir and her Danish husband, it was developed into an elegant manor house completed in 1665. Set amid a landscape of fjords, glaciers, mountains, and waterfalls, this magnificent structure reflects 250 years of history, with influences from every epoch. You stroll here from the ferry port and take a walk around property, perhaps admiring its famous rose garden. Afterward, savor an included lunch in the greenhouse.

From here, you drive to Lake Bondhus, set in a valley formed by retreating glaciers. The massive Bondhusbreen Glacier, which can still be seen from the outlet to the lake, has been popular with travelers since the 19th century. As you hike, view the turquoise waters of the lake ringed by craggy mountains and hear the rush of cascades tumbling down their steep slopes. Time permitting, you continue to walk to the far side of the lake on a rocky mountain trail for up to an additional mile.

Return to the hotel, where you can get better acquainted with your travel mates over a Welcome drink, followed by a 3-course dinner in the dining room.

Included Meals: Lunch, Dinner

DAY 2

Sørfjorden

Hovden & Elvadalen Valley; 4.5 miles, moderate, 1,500-ft. elevation gain, loss. Orchard walk; 1.5 miles, easy

Formed millennia ago by retreating glaciers, Norway's fjords are revered for their scenic vistas of pristine waters surrounded by rugged mountains that rise steeply from their banks. After breakfast today, a walk along one of these famed landscapes and up to a scenic viewpoint will give you an up-close view of their splendor. For those looking for a challenging option, you might also have an opportunity to climb the Monks' Steps, an invigorating series of stone steps leading from a fjord to Nosi, a slope named for its resemblance to a human nose. Built by monks along the track of the retreating Folgefonna glacier, the trail rises about 2,133 feet and offers views of the fjord and surrounding national parks.

Your walk continues with an up-close experience of the beautiful landscapes of western Norway, as you embark on an easy walk through a valley ringed with craggy mountains and laced with waterfalls and streams. For today's included lunch overlooking the Sørfjord, gain a taste of the local fruit as you enjoy a cider tasting, followed by authentic local fare.

The afternoon begins on a section of the Hardanger Fruit Trail, which leads through the largest fruit garden in Norway. More than half a million trees crowd the orchards here. As you amble past local farms and an abundance of fruit trees, signposts will offer insights into local fruit production and history.

Upon return to the hotel, you have time at leisure to enjoy its many amenities. Perhaps you'll swim the channel that links the heated indoor and outdoor pools. Indulge in the Jacuzzi or sauna. Explore the hotel's private beach. Or relax in a lounge chair admiring views of the fjord and Folgefonna glacier. Dinner is on your own tonight. Perhaps you'll sample traditional Norwegian cuisine in the hotel's restaurant or bar. Or ask your guide for suggestions for a village café.

Included Meals: Breakfast, Lunch

DAY 3

Voss. Travel to Lærdalsøyri

Mount Hanguren; 2.5 miles, moderate and 1–3 miles, easy to moderate. Otternes farmyard, 1 mile, easy

Known as Norway's extreme sports capital, the town of Voss awaits you this morning. After breakfast, board a motorcoach for an hour's ride to this region of untamed beauty. On arrival to Voss Folk Museum, enjoy a bracing 2.5-mile walk to Voss Ski Resort, the largest ski resort in western Norway (If you prefer, you can instead enjoy visiting the folk museum on a guided tour and then take the gondola to the resort and begin your walk there). Drink in superb views of mountains, lakes, and the heart of the country's fjord country on your choice of easy to moderate, winding trails, ranging from one to three miles.

Your small group descends the mountain by gondola. Billed as the largest and most modern mountain gondola in Northern Europe, the Voss gondola opened in 2019 and offers sweeping views of a chiaroscuro of snow-capped peaks in an immense canvas of sky. Lunch is on your own today. You might opt for the Hangurstoppen Restaurant at the resort, or scout out the many dining options available in Voss.

This afternoon yields a ride on the famed Flam railway. Built between 1923 and 1940 to connect Bergen and Oslo, the railway is a marvel of 20th-century engineering. Today, it opens a window for travelers to the majesty of Norway's unspoiled and splendid interior.

First, board a train for an hour's ride to Myrdal, where you'll switch to the Flam railway and settle into a vintage car for your scenic journey (approx. 50 minutes). As you ride through a narrow valley, an array of wonders unspools before you: rivers snaking through deep gorges, snowcapped peaks with waterfalls plummeting down their slopes, and stubbles of vegetation poking through rocky expanses. Your small group disembarks at Flam. You then set off on a walk to Otternes Farm, where a traditional way of life is preserved. Stretch your legs as you explore this complex of 27 buildings, each with its own function.

Today, the main highway connecting Oslo and Bergen includes the Laerdal Tunnel between the cities of Laerdal and Aurlandsvagen, completed in 2000. At 15.2 miles, it is the world's longest road tunnel. You experience it for yourself as you pass through the tunnel by motorcoach en route to Lærdalsøyri, named a national "heritage village" for its cluster of 18th-century wooden houses. Here, you check into your hotel and enjoy dinner with your travel mates.

Included Meals: Breakfast, Dinner

DAY 4

King's Road

Galdane to Vihdhella; 6 miles, easy with moderate sections

Built in 1790, the King's Road was the first road linking Oslo (then Christiania) and Bergen. Stretching 62 miles over Filefjell, a mountainous region between Lærdal and Valdres in southern Norway, it has since been restored as a hiking trail rife with magnificent scenic overlooks and cultural heritage sites. In 2014, it was named "Norway's most beautiful road" by the Norwegian Public Roads Administration.

This morning, a 20-minute shuttle takes you to this historic route. There, you meet a local guide for an easy hike on the Galdane path along the rushing River Lærdalselvi. With its east/west climate divide, this stretch is renowned for its scenic diversity. View unspoiled vistas of massive boulders, steep cliffs, and rare vegetation that line the riverbanks as you walk. Next, you stroll along the Øygardsvegen path, passing ancient bridges, farms, inns, and Iron Age burial sites along the way. You break to enjoy lunch at a family-run hotel that has been welcoming King's Road travelers since 1835.

Your last stretch of the King's Road is the Vindhellavegen, a stunningly beautiful, curvaceous path that winds toward the Borgund Stave Church. Built in 1190, this beautifully preserved, historic edifice is considered the most distinctive stave church in Norway. If you wish, you can spend time exploring the church and the Visitors' Center across the street. Or hit the trail again this afternoon by walking an additional mile on the Sverrestigen, where legend has it that King Sverre outwitted local farmers in 1177 by attacking them from behind.

Your discoveries conclude with a ride back to your hotel, where the rest of the day and evening are free. Perhaps you'll venture into town to visit the Sogn Art Center and the Norwegian Wild Salmon Center. There is also time to enjoy an optional guided kayak paddle on the fjord (at your own expense). The town has options for dinner on your own or dine at the hotel.

Included Meals: Breakfast, Lunch

DAY 5

Aurland

Mt. Prest; 3 miles, moderate with difficult sections, 1,800-ft. elevation gain, loss. Turlifoss; 1 mile, easy

Start your morning with a Norwegian hiking tradition of making a *matpakke* or packed lunch, from the breakfast buffet. Your hotel will have enticing options of cheese, meat, fish, and bread available so you can prepare a hearty sandwich for later in the day.

A barren yet beautiful landscape flanks the Aurlandsfjellet, one of the most scenic routes in this highly photogenic country. A series of 20 hairpin turns reveals diverse landscapes at every bend, from desolate plateau to steep mountains where snow may be glimpsed for most of the year—giving this route its nickname: the “snow road.”

You ride along this famous thoroughfare this morning, enjoying views of a spectacular fjord landscape leading to rocky hills and sparsely vegetated plains. Disembark your motorcoach at Mt. Prest for a chance to stretch your legs. As you hike to the Røygrind viewpoint, below the summit of Prest, marvel at breathtaking panoramic views of the Aurlandsfjord in its nest of lofty mountains. Enjoy your picnic lunch while at the top.

At midday, you stop in Aurlandsvagen, a small village known for its cultural heritage and exquisite setting. During the mid-20th century, it attracted hunters and fishers. Today, it is popular among those seeking a pristine natural environment. As you explore the town, perhaps you’ll visit the local glassblowing studio. While here, you also visit the Aurland shoe factory, home of the original penny loafer, and discover how this traditional style is being preserved and promoted as a Norwegian cultural treasure.

Time permitting, your guides offer an afternoon walk to a local waterfall in the area before you shuttle a short distance to Flam, where the rest of the afternoon is at leisure. You might visit the Flam Railway Museum, dedicated to the spectacular rail line you experienced earlier in your journey. Here, you can learn about the history and challenges involved in its construction. You may also decide to indulge in a session at the nearby floating sauna or go for a beer tasting at the local brewery. There are also a number of easy, self-guided walks starting from town (maps are available at the visitor center).

Return to the hotel for a buffet dinner at your convenience.

Included Meals: Breakfast, Lunch, Dinner

DAY 6

Nærøfjord & Aurlandsfjord

Old Postal Road; 3 miles, easy. Undredal Village; 1 mile, easy

Your early start this morning will be rewarded with a thrilling ride aboard a RIB (rigid inflatable boat). Your voyage will provide unparalleled views of the Aurlandsfjord. Draw close to small villages along the shore; marvel at the Sagfossen, a dazzling waterfall; and view Nærøfjord, one of only two Norwegian fjords designated a UNESCO World Heritage site for its “exceptional natural beauty.”

After your boat ride, you take an easy walk along the Old Postal Route from Bleiklindi (named for an old linden tree) to Styvi. Until the advent of the steamship, this road was used to deliver mail when the fjord was unnavigable because of ice. Views of the Nærøfjord accompany you all along this dramatic protected landscape.

From Styvi, you board a ferry bound for Undredal, famous for its brown and white goat cheese. Learn about the history and production of this local delicacy as you savor a tasting, followed by an included lunch. Burn off a few calories with a short, guided walk through the village this afternoon before a 25-minute shuttle ride back to the hotel. This evening, share reminiscences of your memorable journey over a festive farewell dinner of local specialties.

Included Meals: Breakfast, Lunch, Dinner

DAY 7

Travel to Bergen. Bryggen city tour. Your Norway: Bergen & the Fjords tour concludes

1–2 miles, easy

Once the capital of the Kingdom of Norway, charming Bergen is also one of the oldest port cities in northern Europe. During the Middle Ages, it was an important trading center for the Hanseatic League, and vestiges of that fascinating history remain in the district of Bryggen (the Quay), a UNESCO World Heritage site. Many of the colorful buildings that line the waterfront have been restored or rebuilt over time and today showcase the character and architecture of that distant era.

You travel to Bergen this morning (approximately 2.5 hours). On arrival, enjoy a short guided tour of

Bryggen before walking through the city to your hotel. Your *Norway: Bergen & the Fjords* tour ends at the Clarion Hotel Admiral at around lunchtime. Bid farewell to your travel companions and depart at your leisure for onward travels.

Included Meals: Breakfast

What's Included

Tour Only

Exceptional boutique accommodations	✓
15 on-tour meals: 6 breakfasts, 5 lunches, 4 dinners	✓
Local guides with you throughout tour	✓
Local wine and/or beer with dinner	✓
Entrance fees and special events as noted in the itinerary	✓
Telescopic walking sticks provided on tour	✓