

EXPLORE!

Highlights of Norway
7 days

Norway - Trip code FN



Highlights of Norway

Towering cliffs, ice-capped mountains and deep blue fjords make up a landscape so majestic it almost defies belief. Using the very efficient public transport system we experience travelling by train, boat, bus and on foot. Our journey takes us along the most spectacular of train lines including a trip on the famous Flam Railway and the scenic Raumabanen Railway. We explore a land carved by glaciers and vibrant cities on this journey to discover Norway's Highlights.

Trip highlights

- ★ Oslo - Explore this beautiful city including the Viking Ship Museum
- ★ Flam Railway - Take an iconic journey on this dramatic railway
- ★ Fjord boat tour - Travelling through the Geiranger fjord viewing small fishing villages, waterfalls and sea birds
- ★ Fjord walk - Following well-marked trails from Geiranger along the fjord to Skagefla
- ★ Bergen - Walk along the historic Bryggen waterfront, a UNESCO World Heritage Site

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:

Full on

Full on paced trips are for travellers who like their holidays packed with activities and experiences, moving on quickly from place to place with lots of early starts and long, busy days. Some may find them tiring, but others get a buzz from packing their precious holiday-time as chock-a-block full of new experiences as possible!

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join tour in Oslo; guided walking tour

Welcome to Oslo, Norway's capital city for more than 700 years. The history of the city dates back to the middle ages and the earliest buildings still standing today are over 1000 years old. As well as the pretty Scandic architecture Oslo is in a wonderfully scenic location at the end of the Oslo fjords and surrounded by pristine forest.

On arrival at Oslo Airport today, we will independently collect our train ticket and catch a train into the city centre where we will take a 15 minute stroll to our centrally located hotel. This afternoon the trip will start with a guided tour to make the most of our fleeting visit in this historic city including a visit to Bygdoy peninsula by ferry to see the Viking Ship Museum. Later this evening, there will be an abundance of choice for your first Norwegian dinner.

If you'd like to see the city at a more leisurely pace and visit a number of other highlights, you may wish to extend your trip by one or two nights' by booking a pre-tour stay with us in Oslo.



Accommodation: Comfort Hotel Borsparken (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Travel on the scenic Raumabanen Railway and Trolls Road to Geiranger

After breakfast we depart by train from Oslo to Lillehammer, the host town of the 1994 Winter Olympics. The journey then heads north through the Romsdalen Valley and continues from Dombas on the spectacular Raumabanen Railway along the Rauma River all the way to Andalsnes. The railway is 114 km long and travels over the Kylling Bridge. From here we'll take an iconic bus journey towards Geiranger, along the Troll Road, one of Norway's best known tourist attractions. The road has 11 turns and the highest point is 858 meters above sea level. Dramatic, exciting and the ultimate scenic experience is the best way to describe it. A short ferry

crossing will take us to the Eagle Road and on to Geiranger.



Accommodation: Hotel Union (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Hike above Geiranger Fjord to admire the view before a cruise on the waters

Adventure awaits us, as we start out on the water of Geiranger Fjord surrounded by breathtaking scenery and waterfalls. The boat will drop us off at a small inlet, from which we will begin the 4-5 hour walk back to Geiranger, via the historic Skagefla farmstead. The walk is demanding in places along well marked, sometimes steep, paths but is worth every step for the unparalleled views and a sense of sitting on top of the world. Once back in Geiranger we will have a well-deserved lunch break before departing by public bus to our next stop, Alesund.



Accommodation: Hotel Thon, Alesund (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Travel along the beautiful West Norwegian fjords

Today is all about the journey, as we travel through Norway's picturesque fjords with noticeable scenery changes the further south we go. We will experience the West Norwegian coastal landscape on our way from Alesund to Skei by private bus via Briksdal Glacier.

On arrival in Briksdal, we will hop on to the much-loved Troll Cars that will transport us into Jostedal Glacier National Park to great viewpoints around the glacier. Part of the grand Jostedal Glacier, Briksdal Glacier cuts its way down the valley before melting into the river below. We have some time to admire our stunning surroundings before we continue on to the small village of Skei. Located on the shores of Lake Jolstravatn and with mountains on the other side; Skei is surrounded by nature at its most spectacular.



Accommodation: Thon Hotel Jolster (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Ride the famed Flam Railway; orientation walk of Bergen

Early this morning we will leave Skei by private bus to Leikanger where we board a boat for the relaxing journey to Flam. We'll travel through the beautiful Sognefjorden into Aurlandsfjorden surrounded by green hills, rocky cliff edges and pretty waterside houses.

We then catch the Flam Railway to Myrdal on the Hardangavidda plateau. On the 20 kilometre train ride we experience some of the most magnificent Norwegian nature. We can see rivers that cut through deep ravines, waterfalls that plunge from the steep cliffs of the snow-capped mountain slopes, as well as farms clinging on to the mountainside. The Flam Railway is one of the world's steepest railway lines on normal gauge tracks. Nearly 80% of the route is on a 55% gradient, with twisting tunnels that spiral in and out of the mountain.

At Myrdal we connect with the train to Bergen. On arrival we have an orientation walk through old city centre, including the fish market at Torget and the historic Bryggen Waterfront a UNESCO World Heritage Site.



Accommodation: Scandic Bergen City (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Full day in Bergen to explore with a 24-hour Bergen Card

Today we can enjoy a full free day in Bergen to explore. Norway's second city offers many attractions and sights including the Hanseatic harbour Bryggen, Floibanen Funicular, Troidhaugen, the Fish and Flower market and Gamle Bergen (Old Bergen Open Air Museum) all of which can be visited using the included 24-hour Bergen Card. The card also offers reduced rates to many other attractions and museums.



Accommodation: Scandic Bergen City (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Tour ends in Bergen

Our trip ends this morning after breakfast. We will be travelling back to Bergen Airport by public shuttle bus and your Explore Leader will be available to hand out your pre-booked tickets.



Meals Provided: Breakfast



Why book this trip

Travelling largely by local transport we discover the magnificent landscapes of the western Norwegian fjords as we travel from Oslo to Bergen. We also take a cruise on the stunning Geiranger Fjord and take a ride of the famed Flam Railway along the way.

What's included?



Included meals

Breakfast: 6



Transport

Boat
Ferry
Public Bus
Train



Trip staff

Explore Tour Leader



Accommodation

6 nights standard hotel

Trip information

Country information

Norway

Climate

Seasonal Climate Despite the northern latitudes the climate in Norway is not extreme, due to the affects of the North Atlantic Drift. Between May and September is the best time to visit this region, with summer temperatures reaching the high teens and rain a regular feature year round along the coast. North of the Arctic Circle the sun does not set between the middle of May and the end of July, so you can expect to encounter the midnight sun during this period.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Lutheranism

Language

Budgeting and packing

Clothing

Light and medium clothes are needed, including a warm sweater and windproof jacket, as the weather can vary considerably on a daily basis. Rain gear is essential at any time. Evenings, nights and early mornings can be cold at the beginning and end of the season. Other items that may prove useful are gloves, a warm hat and lightweight thermals.

Footwear

Comfortable walking shoes, trainers and sandals.

Luggage

20kg

Luggage: On tour

One main piece and a daysac. Remember, you are expected to carry your own luggage - so don't overload yourself.

Equipment

Suncream, hat and sunglasses. Binoculars could also be useful. A waterproof jacket is also recommended.

Tipping

Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

Local crew

At your discretion you might also wish to consider tipping your local representative in appreciation of the efficiency and service you receive.

Country Information

Norway

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£18.00 - 25.00

Dinner price

£35.00 - 40.00

Beer price

£6.00 - 8.00

Water price

£2.00 - 3.00

Foreign Exchange

Local currency

Norwegian Krona

Recommended Currency For Exchange

Take Norwegian Krona with you

Where To Exchange

Recommend you buy some Norwegian Krona before departing the UK (or whilst in transit in Oslo).

ATM Availability

ATMs are available in Myre and at Oslo and Evenes Airports.

Credit Card Acceptance

Credit cards are generally accepted at many hotels and optional excursions may be paid for by credit card.

Travellers Cheques

Not recommended.

Transport, Accommodation & Meals

Transport Information

Boat, Ferry, Public Bus, Train

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Norway: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer click [here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Non refundable permits

Norway

Vaccinations

Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.