

# Norway Natural Wonders Hiking

## Deep Fjords, Majestic Mountains & Lofoten Islands

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

**We love talking travel!**

Contact us at [info@mtsobek.com](mailto:info@mtsobek.com)

or call **800-974-0300**





# Feel the difference

with **Mountain Travel Sobek**

## Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

## Unique Trip Design

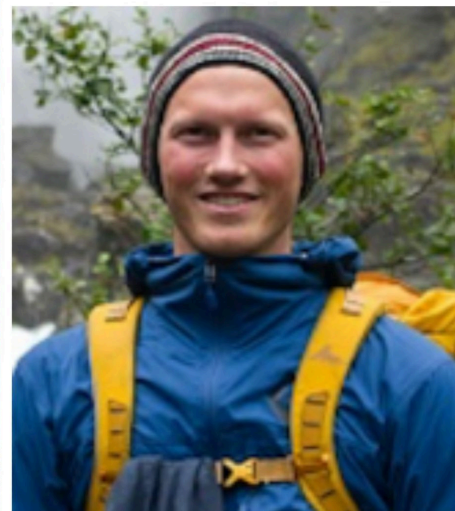
Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

## Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.







## Leading the Way

### World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





# Why take this trip with us?

## REASON 1

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

## REASON 2

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

## REASON 3

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

## At A Glance

### ACTIVITIES

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



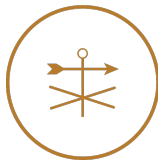
### LODGING

Traditional fishermen's cabins, sleek Scandinavian-style hotels 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.



## KNOW BEFORE YOU BOOK

### Departure

Flights from the Lofoten Islands usually arrive Oslo in the evening, and delays are always a possibility due to the unpredictable weather in this part of the country. We recommend that you schedule your departing flight from Oslo for the morning of Day 12, and that you plan to spend the night of Day 11 at one of the Oslo airport hotels.

### Accommodations

On this trip, we sleep in a variety of different accommodation types that include 3-star boutique hotels, 4-star hotels with all of the modern amenities, agriturismo, fisherman's cottages, and an overnight train. Expect small 2-person sleeping compartments on the train. Those who have paid a single supplement will have a private sleeping compartment. The Eliassen Rorbuer Fisherman's Cottages include shared bathroom facilities and a common kitchen and lounge area. Some have bunk beds.

Hotels are subject to change. If it becomes necessary to move our group to a different hotel, the new hotel will be of equal or greater quality.





# Norway Natural Wonders Hiking

## Deep Fjords, Majestic Mountains & Lofoten Islands

Explore the best of Norway on this intimate journey. 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 the Lofoten Islands. This trip showcases the highlights and reveals 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.

### 11 Days

**Start:** Oslo, Norway

**End:** Oslo, Norway

**Departing:** June, July, August

**Activities:** Hiking & Trekking

**Lodging:** Comfortable Hotels, Rustic Lodging

**Group Size:** 6-16 Guests

#### ACTIVITY:



Check [mtsobek.com](https://mtsobek.com) for date-specific pricing.

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*"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.



# The Itinerary

## DAY 01

### 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

**MEALS:** Dinner

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

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## DAY 02

### 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

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 50-minute flight transfer

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

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## DAY 03

### Hike Above Bergen & Cruise to Maloy

Start the 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. Board an evening ferry to Maloy and enjoy the spectacular beauty of the Norwegian coastline.

**ACCOMMODATION:** Torget Hotel, Måløy

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 4.5-hour cruise & cable-car ride

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

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## Cruise Geirangerfjord & Hike to Storsæterfossen Waterfall

After a Scandinavian breakfast at the hotel hop on a private transfer to the village of Hellesylt. From here enjoy magnificent views as you cruise deep within 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

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1.5-hour drive & scenic boat cruise

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

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## Top Trollstigen & Hike in the Andalsnes

After breakfast, board the minibus and transfer 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 cafe. 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, Eresfjord or Hotel Aak, Andalsnes

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 3-hour drive & ferry ride

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

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## 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, Eresfjord or Hotel Aak, Andalsnes

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1.5-hour drive

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

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## DAY 07

### 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 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

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 3-hour private van transfer

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

## DAY 08

### 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  
**MEALS:** Breakfast | Lunch | Dinner  
**TRANSPORTATION:** Overnight train  
**ACTIVITY:** 5–6 hours/4–5 miles hiking with 1,800' elevation gain & loss

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## Explore the Lofoten Islands

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 — the Lofoten Islands. 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  
**MEALS:** Breakfast | Lunch | Dinner  
**TRANSPORTATION:** 3-hour ferry transfer  
**ACTIVITY:** 2 hours/2–3 miles hiking with 1,000' elevation gain & loss

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## Visit Lofotr Viking Museum & Hike Vestvagoya Island

After breakfast, begin exploring the outer reaches of the Lofoten Islands. 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 Vestvagoya, a centrally located island in the Lofoten archipelago. Bring a bathing suit for a dip in the ocean above the Arctic Circle. Return to Hamnøy 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, Hamnøy  
**MEALS:** Breakfast | Lunch | Dinner  
**TRANSPORTATION:** 2-hour private van transfer  
**ACTIVITY:** 4 hours/3–4 miles hiking with 1,000' elevation gain & loss

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## Fly from the Lofoten Islands to Oslo

Today, transfer to the airport in time for the flight to Oslo. The currently anticipated flight schedules will arrive into Oslo in the evening; please check in with your Adventure Coordinator to confirm the arrival time for your specific departure.

**MEALS:** Breakfast  
**TRANSPORTATION:** 4-hour transfer & flight





## Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

### **Hotel Guldsmeden**

Perfectly located close to attractions, Hotel Oslo Guldsmeden is stylishly designed and thoughtfully appointed with Persian rugs, Chesterfield couches, rustic wooden furniture, and lambskin throws. The restaurant serves delicious, 100% organic food, and there is a Turkish-style hammam with a steam bath, cold water tub and organic spa products that are available for guests to use.

### **Clarion Hotel Oslo**

Venture out to the Oslo Opera House, the capital's waterfront, or the Munch Museum from your stylish accommodation in the vibrant Bjorvika district—all within walking distance of your hotel. Surround yourself in Scandinavian decor, plush bedding, and expansive windows with views of Oslo's cityscape as you relax in your spacious room. Unwind with an expertly crafted cocktail at the Shutter Bar or explore the hotel's gallery of modern art.



# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Zander K**

Zander K embodies seamless Scandinavian design — simple and functional. The clean-lined, comfortable rooms are contemporary and showcase a full range of amenities, like Wi-Fi. The relaxing wine bar and restaurant serves fresh, organic fare, making it an excellent place to refuel after a day of exploration. Free bicycles are available for guests to use around town.

## **Torget Hotel**

The simple Torget Hotell in Maløy occupies a prime location overlooking the harbor. The 17 modern rooms feature complimentary Wi-Fi, satellite flat-screen TVs, a comfortable work desk, and a private bathroom. Unwind and recharge in their relaxation room, soak in stunning views of the harbor and city as you savor breakfast, or enjoy fishing at their fishery. The city's dining and shopping areas are just a 5-minute stroll away, as are attractions such as the Kannesteinen Rock!

## **Hotel Geiranger**

Offering panoramic views of the Geiranger Fjord, Hotel Geiranger is a pleasant retreat in an epic location. The hotel has 150 comfortable rooms, some featuring fjord vistas and balconies. There are several dining options at the hotel, as well as bars and a lounge, but the real highlight is the natural wonders that await outside.

## **Hotel Aak**

Located in Romsdal, the charming Hotel Aak originally served as accommodation for mountaineers back when it opened in 1860. Today it boasts a great combination of old-town Norwegian character, warm hospitality, and modern luxury. Guests wake up every morning to the smell of fresh bread and peer up at the towering, jagged peaks which surround the town.

## **Kavli Moen Gard**

Nestled in the village of Eresfjord, the Kavli Moen Gard is an intimate and charming countryside accommodation. Dating all the way back to 1603, the property has a traditional feel with modern amenities. Guests consistently compliment the hosts, as this family run establishment is known for its warm hospitality and authentic local meals with wonderful wine pairings. With regard to the natural backdrop, one guest remarked "if you are not able to enjoy these surroundings, you need to call your doctor!"

## **Skifer Hotel**

Skifer Hotel offers modern, Scandinavian ski lodge-style accommodations in the mountain town of Oppdal. 176 rooms feature amenities such as Dux mattresses, TVs, mountain views and bright, modern bathrooms. The restaurant serves an a la carte menu and a buffet, and there is a spa that offers massages and facials.





# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Overnight Train to Bodo**

Imagine sleeping as you're whisked north of the Arctic Circle by train! Enjoy a cozy berth — accommodating up to two adults — with high-quality mattresses, quilts, and pillows. Compartments do not have private WC or showers, but restrooms are located at each end of the train car. Wake up in beautiful Bodo.

## **Eliassen Rorbuer**

On the secluded island of Hamnøy near the Reinefjord fjord, Eliassen Rorbuer offers lodging in traditional fishermen's cabins over the water, featuring dazzling views. The cabins have one or two bedrooms, a fully equipped kitchen, a large living and dining room, bathroom with shower, and free Wi-Fi. The restaurant serves a diverse selection of mouthwatering Norwegian cuisine with Italian flair.

# Departure Dates

This trip is available to run in: June, July, August

**Book early for a greater choice of available dates.**  
Once you book, your price is GUARANTEED!

June 3-13, 2025

June 14-24, 2025

July 29-August 8, 2025

August 19-29, 2025

June 2-12, 2026

June 20-30, 2026

August 8-18, 2026

August 22-September 1, 2026



# What's Included

## 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 and ferries as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

## PRICE DOES NOT INCLUDE

- International airfare, internal flights, 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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