



# Norway Mountains & Fjords Multi-Adventure

## Natural Splendor from Jotunheimen National Park to Geirangerfjord

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

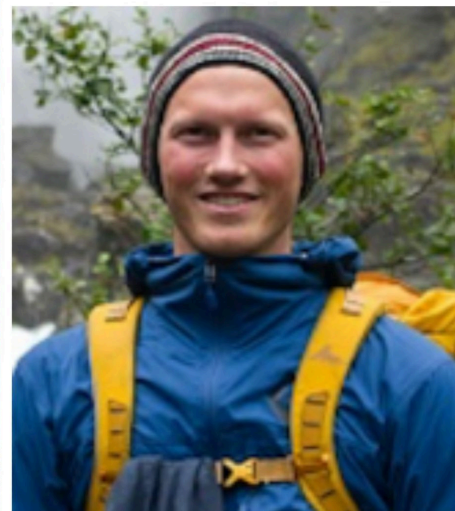
Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the 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 is a legendary pioneering outfitter that has been operating adventures throughout Europe since 1970.

## REASON 2

Our trips are designed for hikers and travelers who are looking for an authentic adventure, not a tourist experience - and this trip is no exception.

## REASON 3

Hike with expert local MT Sobek guides who know the most beautiful, hidden spots to catch a once-in-a-lifetime view.

## At A Glance

### 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.



### KNOW BEFORE YOU BOOK

*"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.*





# Norway Mountains & Fjords Multi-Adventure

## Natural Splendor from Jotunheimen National Park to Geirangerfjord

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.

### 9 Days

**Start:** Oslo, Norway

**End:** Trondheim, Norway

**Departing:** May, June, July, August, September

**Activities:** Hiking & Trekking, Multi-Adventure

**Lodging:** Comfortable Hotels

**Group Size:** 4-16 Guests

#### ACTIVITY:



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

“

*“A prominent reason we have chosen MT Sobek as our favorite adventure travel company has been the excellent travel guides.”*

- Carol & Burt D.



# The Itinerary

## DAY 01

### 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 for a stroll in 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.

**MEALS:** Dinner

**ACTIVITY:** 1-hour guided tour

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## DAY 02

### 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.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 3.5-hour train ride and 1-hour private van transfer

**ACTIVITY:** 1-2 hours walking tour

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## DAY 03

### 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.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2.5-hour private van transfer

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

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## DAY 04

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

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2-hour private van transfer

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

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## DAY 05

### 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, partake in a traditional Norwegian sauna, or simply relax at the hotel and enjoy its facilities before dinner.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 30-minute private van transfer

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

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## 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.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 3-hour private van transfer and 1.5-hour ferry ride

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

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## Hike the Old King's Road

Start the day with a drive to Trollstigen, where you'll stop for a walk to an 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 King's 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.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 3.5-hour private van transfer

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

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## 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. See 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.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1.5-hour train transfer

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

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## 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:** Breakfast



## Where You'll Stay

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

### 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.

### Fossheim Hotel

A gateway to several national parks in the area, Fossheim Hotel is a traditional retreat in the tiny town of Lom. The historic ambience is accentuated with woodcarvings and antiques, while the rooms come with simple, clean-lined décor and Wi-Fi (some have mountain views). The restaurant serves classic Norwegian cuisine that showcases local ingredients, and there's an herb garden with outdoor seating.

### Skjolden Hotel

At the very end of the world's longest fjord, Skjolden Hotel sits at the gateway to Jotunheimen National Park. Each of the 42 rooms comes with a fantastic view of the fjord or mountain landscape. Sip a pint at the onsite microbrewery before a meal based on fresh locally sourced ingredients. The hotel garden stretches to the shoreline where you can enjoy a refreshing swim in the fjord.





# Where You'll Stay

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

## **Gloppen Hotell**

Decidedly Scandinavian, the family-run Gloppen Hotel offers 61 guest rooms in three different century styles: individually furnished historic rooms, Nordic rooms with a fresh Scandinavian look, and standard double and single rooms. Modern touches include Nespresso coffeemakers and Wi-Fi in all rooms. Restaurant Stovene offers fresh, locally inspired cuisine.

## **Valldal Fjordhotel**

Set at the very bottom of the fjord with a view of the Norddalsfjorden and the Sunnmørsfjella mountains, the Valldal Fjordhotel is a striking respite at day's end. Just 40 guest rooms, all at ground level and all with their own terrace, make for an intimate atmosphere. Dine a la carte at Restaurant Heilag Olav, artfully decorated and boasting a rare stone collection from the area. Then, retire to the separate lounge building, where floor-to-ceiling windows frame magnificent fjord and mountain views, or the starry sky at night.

## **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.

## **Clarion Hotel Trondheim**

Surrounded by the harbor in the central part of town, The Clarion Hotel Trondheim is one of Scandinavia's largest hotels. Its 400 spacious rooms, with spectacular views of the city centre and the Trondheim Fjord, are pleasantly furnished and come with modern amenities. Choose to unwind at their fitness center, or enjoy a fantastic breakfast buffet!

# Departure Dates

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

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

June 6-14, 2025

June 20-28, 2025

July 21-29, 2025

August 10-18, 2025

August 29-September 6, 2025

September 15-23, 2025

May 26-June 3, 2026

June 11-19, 2026

June 28-July 6, 2026

July 7-15, 2026

August 2-10, 2026

August 15-23, 2026

September 4-12, 2026

September 18-26, 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, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

## PRICE DOES NOT INCLUDE

- 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



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