

THE NATURAL 4 ELEMENTS OF NORWAY

Active Fjord experience
7 Nights/ 8 Days



Day 01: Arrival in Bergen

Arrival in Bergen according to your own itinerary. Bergen is Norway's second largest city and the world's only city surrounded by 7 mountains and 7 fjords. Sights of interest include the Hanseatic Bryggen Harbour, Fløibanen Funicular, Troidhaugen, the Fish and Flower market, Bergen Aquarium and Gamle Bergen (Old Bergen Open Air Museum).

Accommodation at Augustin Hotel

Day 02: Cruise on the Sognefjord (Bergen – Leikanger)

Breakfast at the hotel. This day is at your own leisure before afternoon departure by express boat in northern direction along the western coastline of Norway. After a few hours the journey continues along the Sognefjord, the world's longest and deepest fjord, to the fjord village of Leikanger.

Accommodation at Leikanger Fjord Hotel

Day 03: Glacier Experience

Breakfast at the hotel. Today you will travel with the glacier bus along the Sognefjord to Sognedal, from where you will continue via Gaupne to Jostedal and the Nigards Glacier.

The valley of Jostedal offers spectacular scenery, mainly shaped by glacial erosion. The Nigards Glacier is one of the most famous glacial outlets of the Jostedal glacier, the largest glacier in Northern Europe. At the Nigards Glacier you will experience a 2-hour guided glacier walk, a short and easy blue ice trip taking you deep into an icy landscape. It is not a hard or physically demanding trip and is therefore suitable for all who wish to experience what glacier walking is really like. Take warm, windproof clothing and food and drink with you.

After an adventurous day in Jostedal you will arrive back in Leikanger in the evening.

Accommodation at Leikanger Fjord Hotel

Day 04: Fjord cruise – Scenic Railway (Leikanger – Vatnahalsen)

Breakfast at the hotel. Morning at leisure before departure by express boat for a 1 hour cruise to Flåm, Norway's only fjord village with train connection. Here you will board the Flåm Railway. The railway passes through wild and beautiful mountain scenery with waterfalls and steep mountain sides reaching a height of up to 900 metres. There is no other adhesion railway in the world running on normal tracks that is so steep over a long distance. Just before reaching the end station of the Flåm Railway you will arrive at Vatnahalsen Mountain Hotel. The family owned hotel offers a relaxed and welcoming atmosphere, as well as a spectacular location 820 metres above sea level.

Dinner and accommodation at Vatnahalsen Mountain Hotel

Day 05: Downhill biking – Fjord Safari (Vatnahalsen - Voss)

Breakfast at the hotel. This morning you will take the Flåmsbane train direction Flåm and get off at Berekvam Station where you will meet your guide at the train station. Half way down the Flåm Railway, at Berekvam Station, you will continue the remaining 11 kilometres to Flåm by bike (your luggage will be transported to your hotel in Voss). The downhill bike ride follows a narrow gravel road along the river with spectacular view of the waterfalls, mountain sides and valley. If you like you can even fill your water bottle from the river and streams along the way.

In the fjord village of Flåm you will have some time at leisure before you will go on a thrilling Fjord Safari along the narrow Nærøyfjord, which was added to UNESCO's list of world heritage sites in 2005. Your guide will give you an exciting ride with the RIB boat, speeding close to sheer mountain walls and jumping waves and wake from fjord ferry's. You will also experience the tranquillity of an area hard to reach and seldom visited and learn about the history and geography of this amazing place. If you are lucky you might even see some seals. After 1 ½ hour you will arrive in Gudvangen, at the head of the Nærøyfjord. A bus will be waiting for you to take you up the hairpin bends of the Stalheimskleiva Road, one of Europe's steepest roads. At approximately 2 pm you will arrive in Voss, famous for its annual Extreme Sports Week. Rest of the day at leisure.

Accommodation at Park Hotel Vossevangen

Day 06: White water rafting

Breakfast at the hotel. In the morning you will be picked up by car and brought to Voss Rafting Centre where you will experience white water rafting. The rafting centre maintains the highest standards of safety and excitement. Their aim is to take you into a world full of adventure under safe and skillful directions. On the rafting tour you will get wet, you will have to paddle, you might fall in, the raft could flip over, but you are guaranteed to have the time of your life. A barbeque lunch will be served at the rafting centre – return transfer to Voss.

Accommodation at Park Hotel Vossevangen

Day 07: Voss – Bergen (train)

Breakfast at the hotel. A 1-hour train ride will bring you back to Bergen. Enjoy your day at leisure in the beautiful city of Bergen for a little bit more of sightseeing and maybe some shopping.

Accommodation at Augustin Hotel

Day 08: Departure from Bergen

Breakfast at the hotel. Departure from Bergen according to your own itinerary.

Important Information about White Water rafting:

Age limits:

- Minimum age 15 yrs (18 for grade 5)

Physical requirements:

- Normal Physical Health, - Able to swim, - Sober, - If affected by medical conditions such as asthma, epilepsy, heart-problems or similar please let us know prior to departure for further information.

Please bring your own: - Swim wear, - Towel for shower & - Thermal underwear if cold

Hotel description:

Accommodation at good tourist class hotels (3-4 stars). If any of the quoted hotels are fully booked we will find alternatives of equal standard.

The half board supplement includes 3 course dinner or buffet at Leikanger Ford Hotel.

Services:

- 7 nights hotel accommodation in shared double room with shower/WC, including breakfast
- 1 x buffet or 3 course dinner at Vatnahalsen Mountain Hotel
- Boat Bergen - Leikanger
- Bus Leikanger - Sogndal - Jostedal
- Entrance to Breheimsenteret Glacier Centre
- Boat trip out to the glacier & return
- Short Blue Ice Walk, 2 hours on the ice with glacier guide. Glacier gear included.
- Bus Jostedal – Sogndal - Leikanger
- Boat Leikanger - Flåm
- Train Flåm - Vatnahalsen
- Train Vatnahalsen - Berekvam
- Mountain bike rental Berekvam - Flåm
- Fjord Safari with RIB boat Flåm - Gudvangen
- Minibus Gudvangen – Voss
- Tour guide from Berekvam to Voss
- Luggage transport Berekvam station – hotel in Voss
- White water rafting 3 ½ hours including safety briefing. Wetsuits, shoes, jackets, life-jackets and helmets will be provided.
- BBQ lunch at Voss Rafting Centre
- Train Voss – Bergen

Please note ** DAY 03 Cannot commence on either a Saturday or on a Sunday

The price is valid from 01.06. – 15.09.2012