

NORWAY

DETAILED ITINERARY

Sep 15/26



Embark on an unforgettable 16-day journey through Norway's most spectacular landscapes, historic towns, and authentic cultural experiences. From the vibrant capital city of Oslo to the dramatic fjords of the west coast and the majestic mountains of the interior, this itinerary showcases the very best of Norway's natural beauty and heritage.

We begin in Oslo, exploring historic landmarks, and discovering the stories of legendary explorers such as Roald Amundsen and Thor Heyerdahl. We then journey west by train road and ferry's, cruising several of Norway's UNESCO-listed fjords, exploring charming villages, and walking historic trails surrounded by breathtaking scenery.

Our adventure continues along the rugged western coastline, through peaceful fishing villages, glacier valleys, and the spectacular fjord landscapes of the Nordfjord and Geirangerfjord

FACTS & HIGHLIGHTS

- 16 land days • Maximum 16 travelers • Start and finish in Oslo • All meals included • Explore historic Oslo, Bryggen, and Bergen's cultural treasures
- Cruise through UNESCO-listed Nærøfjord and Geirangerfjord • Ride the spectacular Flåm Railway, widely celebrated as one of the world's most scenic rail journeys • Hike the historic Royal Post Road along the fjords • Discover glaciers, waterfalls, and dramatic mountain valleys • Travel Norway's scenic western coast by local ferry • Visit Viking heritage sites and historic stave churches • Cross breathtaking mountain passes through Jotunheimen National Park • Enjoy authentic villages, local flavors, and unforgettable scenery

DEPARTURE DATES & PRICE

May 16 - May 31, 2027	-	\$11495 USD
Jul 09 - Jul 24, 2028	-	\$11995 USD

Activity Level: 3

Comfort Level: Several short hikes of 1-2 hours

ACCOMMODATIONS

Comfortable hotels with private bathrooms

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

regions. We hike scenic paths, visit Viking heritage sites, discover historic roads, and experience Norway's unique connection between nature, culture, and local traditions.

From towering waterfalls and glaciers to remote islands, mountain passes, and picturesque coastal communities, every day reveals a new side of Norway. Along the way, we enjoy authentic experiences, comfortable stays, and unforgettable moments that capture the spirit of this extraordinary country.

This unique and carefully designed journey combines active exploration, cultural discovery, and spectacular scenery for a truly memorable Norwegian adventure.

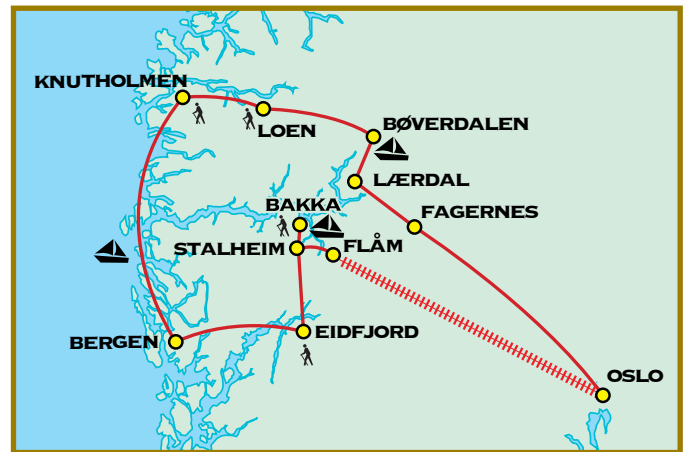
DAY 1 ARRIVAL IN OSLO, NORWAY

You are met upon arrival at Oslo International Airport and transferred to your hotel. We will meet this evening for our group orientation and welcome dinner.

Overnight in Oslo.

DAY 2 OSLO: INDEPENDENCE DAY & PARADE OF CHILDREN; OSLO FORT, PALACE & HISTORIC SITES

Today we experience one of Norway's most cherished traditions as we celebrate Norway's Constitution Day in Oslo. Our morning is dedicated to enjoying the festive atmosphere as we watch the famous Children's Parade, with thousands of children proudly marching through the city in their traditional Norwegian dress. The celebrations continue until approximately 1:00 p.m., offering a wonderful opportunity to experience this uniquely Norwegian holiday alongside the locals.



Modern-day Viking?



Akershus Fortress, Oslo



After the parade, we enjoy lunch before spending the afternoon, exploring Oslo Palace and the historic area surrounding Oslo Fortress. With its scenic waterfront setting, impressive fortifications, and panoramic views of the Oslo fjord, the fortress provides a fascinating glimpse into Norway's history.

To complete our day like the locals, we return to our hotel aboard Oslo's efficient electric light rail system, giving us another authentic taste of everyday life in the Norwegian capital.

Please note: Constitution Day occurs only on the May departure and lasts several hours during the morning until lunchtime. Other departures will enjoy an extended tour of Oslo's Historic sites and have a slightly more relaxed pace.

Overnight in Oslo.

DAY 3 HISTORIC OSLO, MUSEUMS - AMUNDSEN AND KON-TIKI

Today we discover the rich history and culture of Norway's capital with a guided walking tour through historic Oslo. Along the way, we explore the city's charming old quarters before visiting Frogner Park,

home to the world-renowned Vigeland Sculpture Park. Here, we stroll among Gustav Vigeland's remarkable collection of sculptures, one of Oslo's most iconic attractions.

Following lunch, we travel to the Bygdøy peninsula to visit two of Norway's most celebrated museums. At the Fram Museum, we learn about the country's legendary polar expeditions and see the Fram, the world's strongest wooden polar exploration ship, famously used by Roald Amundsen and other pioneering explorers. We then continue to the Kon-Tiki Museum, where we discover the extraordinary voyages of Thor Heyerdahl and view the original Kon-Tiki raft that crossed the Pacific Ocean.

We return to the city by ferry, weather permitting, or by coach before enjoying dinner at a restaurant near our hotel. After dinner, we have a pleasant short walk back to the hotel.

Overnight in Oslo.

DAY 4 TRAIN TO FLÅM; FJORD CRUISE (UNESCO)

Today we embark on one of Norway's most spectacular journeys as we travel by rail from Oslo into the heart of the fjord region on the famous Flam Railway, one of the world's most beautiful train journeys. We begin with an early morning train to Myrdal, where we board the world-renowned Flåm Railway. This unforgettable scenic journey descends through dramatic mountain landscapes, cascading waterfalls, and picturesque valleys. Depending on conditions and timing, we may have the opportunity to leave the train for a few photographic stops before Flåm, where we enjoy a beautiful walk through the breathtaking Flåm Valley.

Upon arriving in Flåm, we board a scenic fjord cruise through the magnificent Aurlandsfjord and the UNESCO World Heritage-listed Nærøfjord. Surrounded by towering cliffs, waterfalls, and tiny mountainside farms, this is one of the most breathtaking fjord landscapes in Norway.

Our cruise concludes in Gudvangen, where we enjoy a short transfer to our historic hotel, beautifully situated with panoramic views over the surrounding mountains and valley.

To make this incredible travel day as comfortable as possible, our luggage is transported separately from our hotel in Oslo directly to the hotel, allowing us to travel light and fully enjoy the journey.

This evening, we relax and enjoy dinner at our hotel while taking in the peaceful beauty of Norway's fjord country.

Overnight near Stalheim.

DAY 5 HIKE THE STUNNING NÆRØYFJORD

After breakfast, we return to the beautiful Nærøfjord—for a spectacular scenic hike. A short transfer takes us to the small village of Bakka, where we are ferried across the fjord by boat to begin our walk along the historic Royal Post Road. Built more than 300 years ago by royal decree, this ancient postal route offers a gentle 5 km out-and-back hike through spectacular fjord scenery.

After crossing the fjord by boat once again, we continue to Gudvangen, where we have time to explore the Viking Village and learn about Norway's Viking heritage. A short transfer then returns us to the hotel, where we enjoy another relaxing evening surrounded by the stunning landscapes of the fjords.

Overnight near Stalheim.



Scenery from Flam Rail Journey.



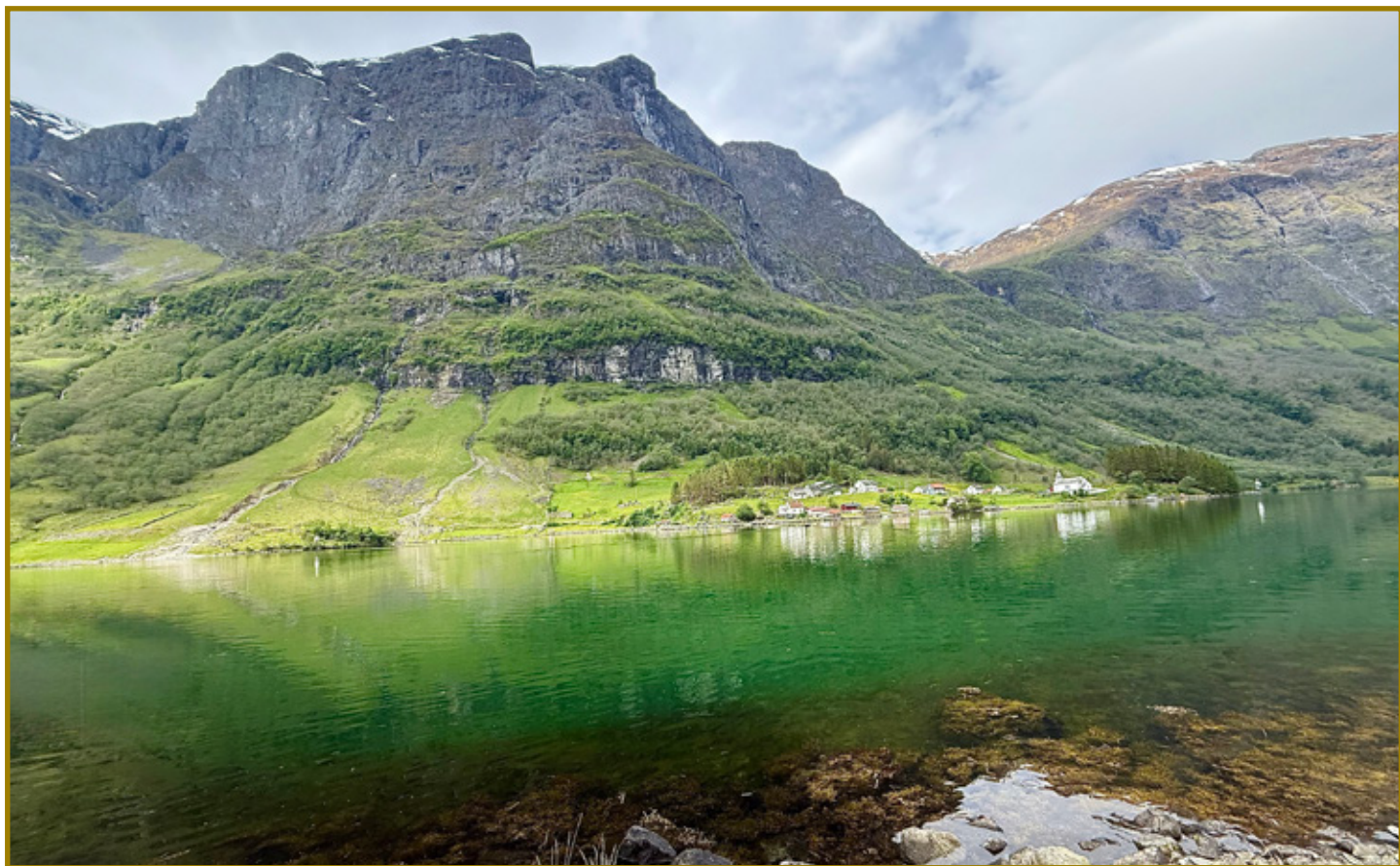
Historic 'Stalheim' hotel.



Nærøydalen Valley.



Nærøyfjord—spectacular scenic hike.





DAY 6 HARDANGERFJORD; CIDER ROUTE AND VØRINGSFOSSEN WATERFALLS

We travel along the scenic Hardanger Cider Route, stopping in the charming fruit village of Ulvik. Here, we visit a local juice and cider farm to learn about the region's famous fruit-growing traditions—and, of course, enjoy a tasting.

We then continue along the beautiful Hardangerfjord, crossing the impressive Hardanger Bridge before arriving at the spectacular Vøringsfossen Waterfall. We take in the breathtaking views from the viewing platforms, with the option to enjoy a walk along the waterfall trail at our own pace.

Later this afternoon, we continue to our fjordside hotel, where we settle in for the evening and enjoy dinner while surrounded by the stunning scenery of Norway's fjord country.

Overnight in Eidfjord.

DAY 7 FOLGEFONNA NP; HIKE TO BONDHUSDALEN VALLEY, TO BERGEN

Today we follow the scenic shoreline of the Hardangerfjord before passing beneath the Folgefonna Glacier through one of Norway's remarkable tunnels. Our journey continues to the beautiful Bondhusdalen Valley, where we enjoy an easy walk along a gravel trail through the national park to the crystal-clear Bondhusvatnet Lake, one of the region's most picturesque settings.

Returning to our coach, we continue our scenic drive toward Bergen, including a short ferry crossing of the fjord. After just over two hours, we arrive in Norway's charming coastal city, where we check into our centrally located hotel in the heart of Bergen, perfectly situated for exploring the city.

Overnight in Bergen.

Cider tasting in Ulvik.



Vøringsfossen waterfalls



DAY 8 EXPLORE THE OLD CAPITAL OF BERGEN (UNESCO)

After breakfast, we set out on a guided walking tour through the heart of Bergen, discovering the city's rich maritime history and charming streets. A highlight of our tour is the UNESCO World Heritage-listed Bryggen, with its colorful wooden buildings that have lined the historic harbor for centuries.

Following our walk, we ride the Fløibanen funicular to the top of Mount Fløyen, where we enjoy spec-

tacular views over Bergen and the surrounding fjords before taking a leisurely one-hour walk back down to the city.

The remainder of the afternoon is free to explore Bergen at our own pace, whether browsing the shops, visiting museums, or relaxing at one of the city's many cafés. This evening, we enjoy dinner at a local restaurant within easy walking distance of our hotel.

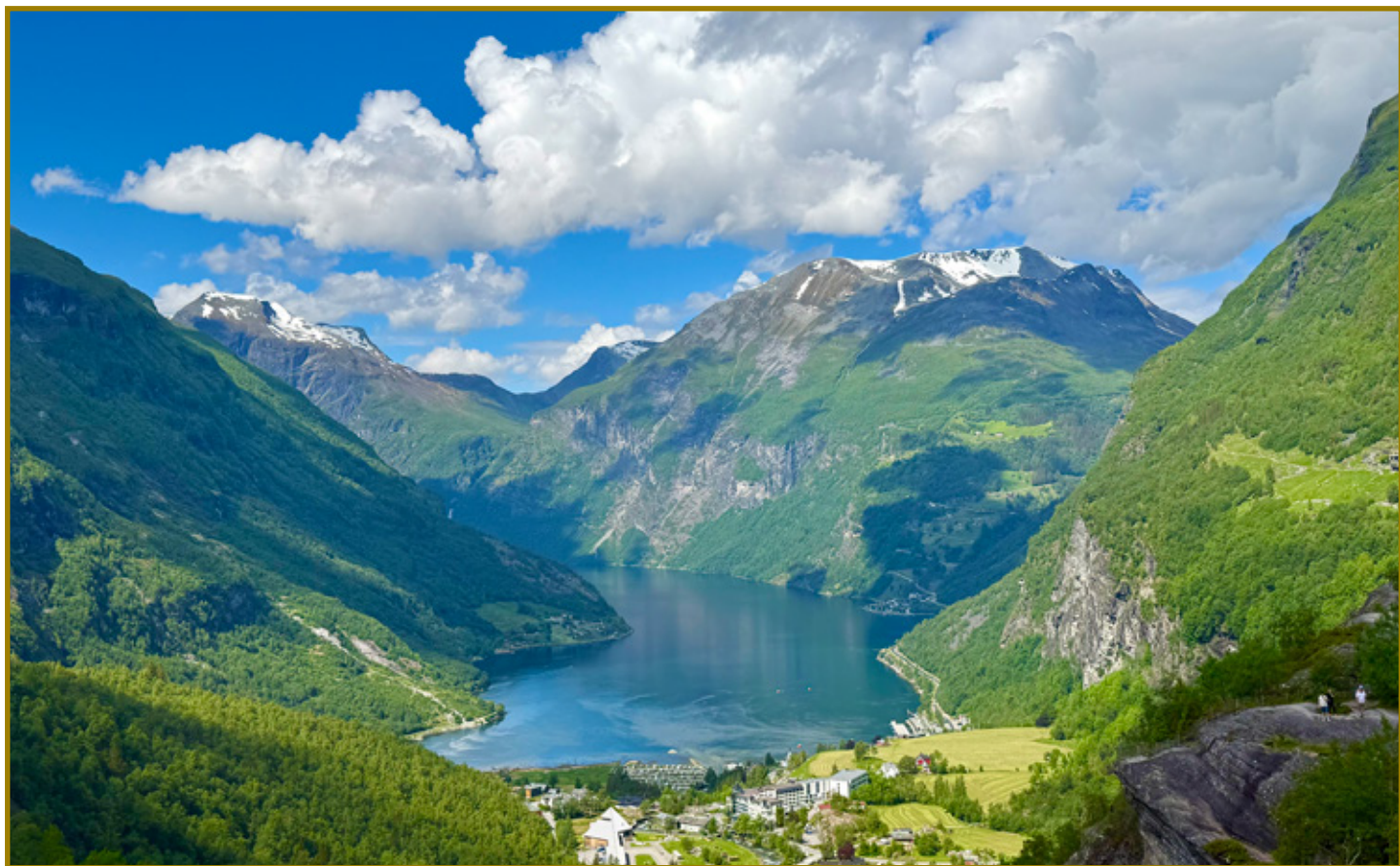
Overnight in Bergen.

Historic Bryggen (UNESCO), Bergen



Bergenhus Fortress, Bergen





DAY 9 NORWAY'S WESTERN COAST TO THE FISHING VILLAGE OF KNUTHOLMEN

After breakfast, our luggage is transferred to the quay while we enjoy a short walk to the harbor. We then board an early morning catamaran for a spectacular four-hour journey along Norway's rugged western coastline. Travelling as the locals do, we cruise past remote islands, sheltered coves, and picturesque coastal communities on this unforgettable voyage to the Nordfjord region.

Upon arrival in Smørhamn, a short coach transfer brings us to the charming fishing village of Knutholmen. After dropping off our luggage and enjoying lunch, we take a leisurely walk along the island's scenic coastline, soaking in beautiful views of the surrounding archipelago before checking into our hotel.

This evening, we enjoy a delicious seafood dinner at the hotel's restaurant. For those interested, there is also the opportunity to experience a traditional floating fjord sauna, complete with an invigorating cold plunge in the fjord.

Overnight in Knutholmen.

DAY 10 NORDFJORD, SAGASTAD & HIKE TO TVINNEFOSSEN WATERFALL

After breakfast, we check out and travel from the islands back to the mainland, crossing by bridge and tunnel before following the scenic shores of the Nordfjord. Our first stop is the town of Nordfjordeid, where we visit Sagastad to learn the fascinating story of the Myklebust Viking ship and explore its impressive full-scale replica. There is also time to enjoy a coffee break before we continue our journey.

Charming fishing village of Knutholmen





Spectacular Lodalen Glacier Valley

Following the beautiful Panorama Road along the fjord, we arrive at Tvinnefossen Waterfall. Here, we enjoy an easy 3.5 km return walk along a gravel trail to this spectacular waterfall, with the option to walk behind the cascading water for a unique perspective.

Later, we continue through the stunning Nordfjord region to our hotel in Loen, where we settle in for a two-night stay.

Overnight in Loen.

DAY 11 THE SPECTACULAR LODALEN GLACIER VALLEY

Today we explore the breathtaking Lodalen Glacier Valley, just a short drive from our hotel. Our first stop is the site of two devastating tsunamis that

swept through the valley more than a century ago, destroying entire villages. During a gentle one-hour walk, we learn about these dramatic events while taking in the valley's remarkably beautiful surroundings.

We then continue deeper into the valley to Kjenndalen, where we enjoy a scenic walk through towering cliffs, past avalanche slopes, and toward the impressive remains of the glacier at the valley's end. This spectacular landscape offers some of the most dramatic scenery in western Norway.

After our walk, we enjoy lunch at the lakeside café before returning to our hotel for a relaxing afternoon.

Overnight in Loen.

DAY 12 UNESCO GEIRANGERFJORD & SCENIC MOUNTAIN CROSSING

Today, we travel to Hellesylt where we board a scenic fjord cruise through the spectacular Geirangerfjord, one of Norway's two UNESCO World Heritage-listed fjords. During this unforgettable journey, we admire dramatic cliffs, towering mountains, and the famous Seven Sisters waterfalls cascading from high above into the fjord.

After arriving in Geiranger, we continue our journey away from the fjords and into the heart of Norway's mountains. Our route takes us along winding roads rising high above the landscape, crossing the impressive Strynefjell mountain pass and entering the majestic Jotunheimen National Park region.

In the historic town of Lom, we enjoy a break with time to visit the mountain museum, explore the beautiful Viking-era stave church, and perhaps enjoy a coffee at one of Norway's renowned bakeries.

In the afternoon, we continue through the scenic mountain landscapes toward our hotel, the historic Elveseter hotel, known for its cultural heritage and impressive artwork.

We arrive at our hotel, settle in, and enjoy dinner surrounded by the peaceful beauty of the Norwegian mountains.

Overnight in Bøverdalen.

DAY 13 JOTUNHEIMEN NATIONAL PARK, SOGNEFJELLSVEGEN & HISTORIC LÆRDAL

After checking out, we journey through the spectacular landscapes of Jotunheimen National Park, crossing Norway's highest mountain pass, Sognefjellsvegen. Along the way, we enjoy breathtaking views of rugged peaks, glaciers, and

dramatic mountain scenery.

Descending from the mountains, we follow the beautiful Lusterfjord toward Skjolden, where we stop for a scenic 1.5-hour walk with stunning views over the fjord. We then continue to the historic village of Lærdalsøyri, beautifully situated along the fjord.

After checking into our hotel, we have time to explore the charming historic town center and visit the Norwegian Wild Salmon Centre, where we learn about the importance of the Lærdal River as one of Norway's most famous salmon fishing destinations.

This evening, we enjoy dinner at our hotel.

Overnight in Lærdal.

DAY 14 KING'S ROAD HIKE & BORGUND STAVE CHURCH

Today we explore the beautiful Lærdal Valley, beginning with a scenic drive along the Lærdal River. We enjoy a historic walk along a section of the King's Road, following this ancient route through a landscape that offers yet another unique perspective of Norway's diverse scenery.

After our walk, we continue to Borgund Stave Church, Norway's best-preserved Viking-era wooden church. Following lunch, we enjoy a guided visit of this remarkable historic site and learn about its fascinating architecture and heritage.

We then walk another section of the King's Road, discovering impressive examples of centuries-old road engineering along the trail. After this scenic one-hour return walk, we continue by coach through the valley toward Fagernes, where we check into our hotel for the evening.

Overnight in Fagernes.

DAY 15 SCENIC JOURNEY TO OSLO

After breakfast, we begin our final scenic journey through the beautiful Norwegian countryside as we travel back to Oslo. This approximately 2.5-hour transfer offers a last opportunity to enjoy the changing landscapes of Norway, from mountains and valleys to peaceful rural scenery.

Upon arrival in Oslo, we have time to relax and reflect on the incredible experiences of our journey

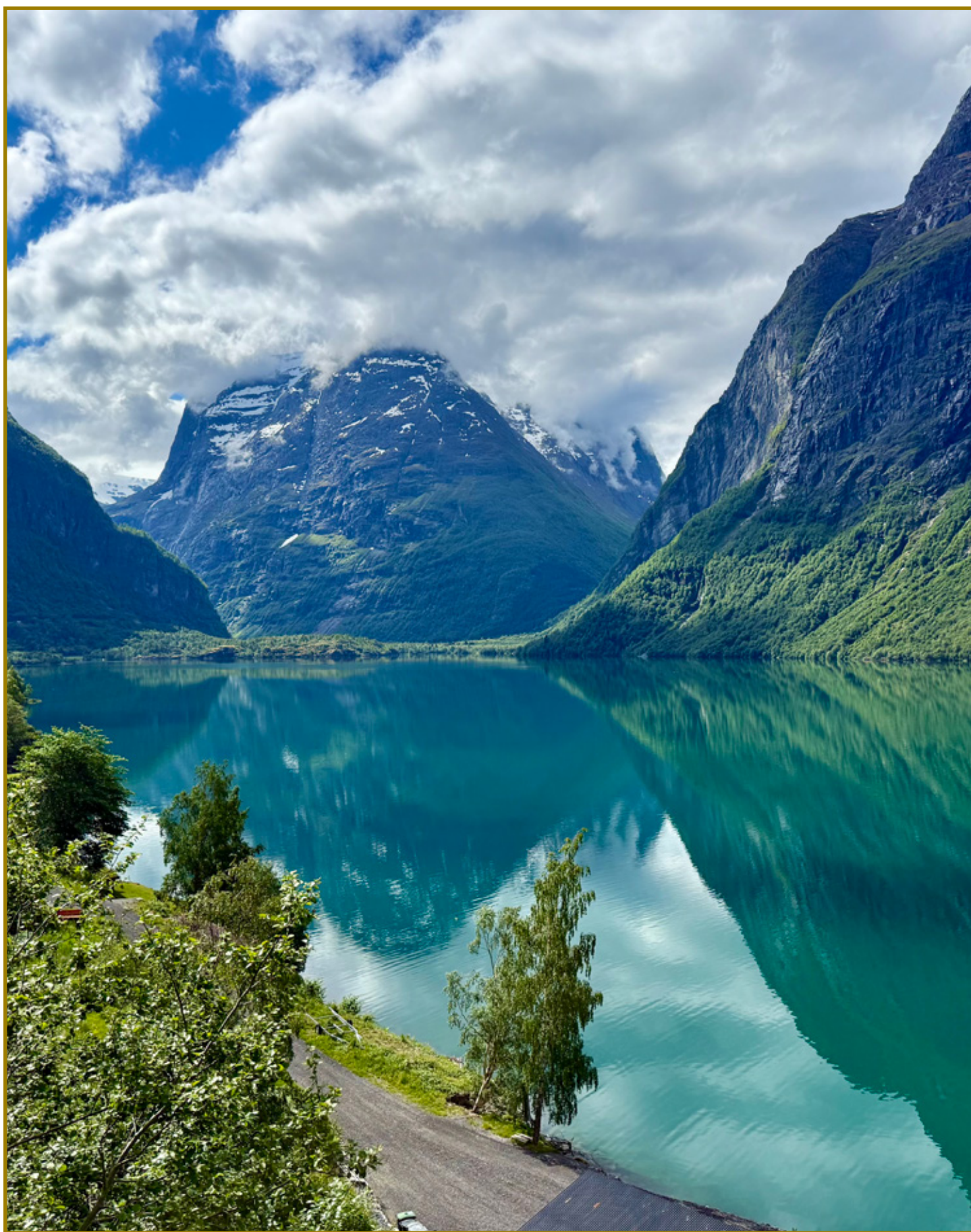
before gathering this evening for a farewell dinner, celebrating the memories created throughout our Norwegian adventure.

Overnight in Oslo.

DAY 16 DEPARTURE

Today we say goodbye to Norway. You will be transferred to the airport in Oslo for your onward international departure flight.





Borgund Stave Church



QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

Each group is limited to 16 participants. Small groups are an important ingredient in adventure travel. They allow for more interaction and more personalized service throughout the itinerary.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

All accommodations throughout; all meals, starting with breakfast on day 1 and finishing with breakfast on departure day (i.e. the last day of the ElderTreks tour); bottled drinking water throughout the trip; all internal transportation; airport transfers on day 1 and departure day (i.e. the last day of the ElderTreks tour); all day trips and entrance fees as outlined in the itinerary; tips for hotels (porterage), national guide, bus driver, restaurants and spot guides; services of a trip leader.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International flights, tips to ElderTreks tour leader, sodas/ juices/specialty coffees & teas, alcoholic drinks, visas, and travel insurance.

4. ARE THESE “EDUCATIONAL” TOURS?

Yes, in the broadest sense of the word, “educational”. We visit museums, National Parks and Reserves and have talks and discussions on many aspects of history, culture and nature. But this is only a portion of the educational experience. We believe that it is equally educational to meet local people on a non-commercial basis, visit their homes and even try to learn a few words in the native language. Sometimes the most “educational” moments are spent strolling through remote fishing villages.

5. HOW DO WE TRAVEL DURING THE TOUR?

All local transportation is included in the land price of the trip. We travel by mini-bus or van and by boat.

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

We always stay in good accommodations — all hotels have private bathrooms.

7. WHAT ABOUT THE WEATHER?

Well, it's not the tropics, but the summertime weather in Norway is quite mild. Daytime temperatures average about 60°F - 70°F (15°C - 21°C), with cooler nighttime temperatures. Rain occurs sporadically throughout the year.

8. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$500 USD (plus insurance if you require it) is due at time of booking and will reserve your place on the tour. Payment of the full land price is due 120 days before departure. Cancellation charges are applicable and are outlined in the “Terms & Conditions” section of our brochure.

9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is not required for this adventure but is recommended. ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

**Please note those travelers with pre-existing medical conditions must take out travel insurance at the time of deposit*

10. WHAT SHOULD I TAKE ON THE TOUR?

There is a detailed “What to Take” list in our Trip Kit, which we will send to you after you have booked the trip.

11. WHAT MEALS ARE INCLUDED?

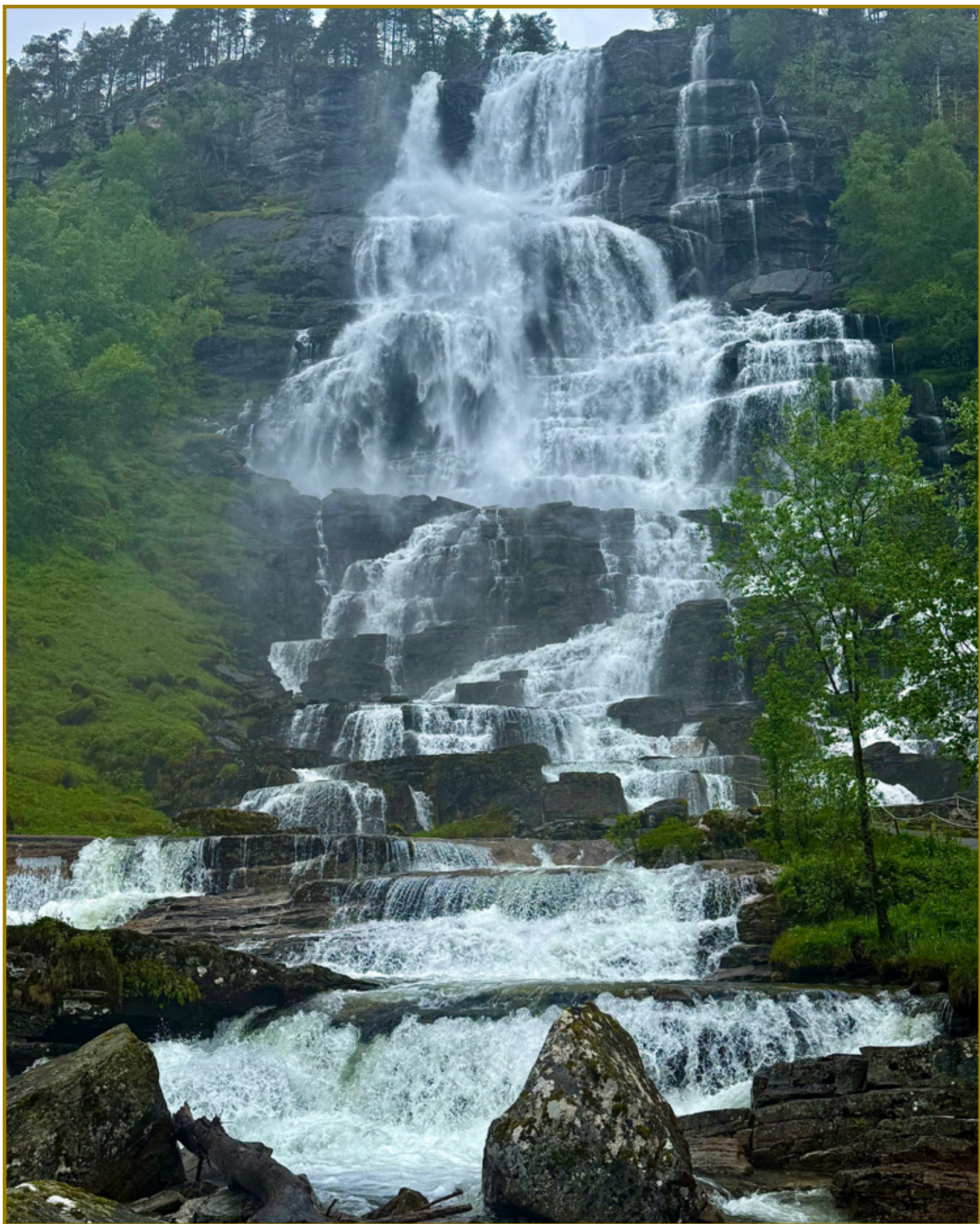
All meals during the itinerary are included, starting with breakfast on day 1, and finishing with breakfast on departure day. We eat a variety of local foods prepared in a wide range of settings. In many cases, we simply order a number of dishes and share, allowing you to sample new foods and decide what you enjoy best.

12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries — not group flights. Stop over enroute, come in a few days early, or extend your stay. Call us for a customized itinerary.

13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the trip, please do not hesitate to contact our office for additional information. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.





UNESCO Geirangerfjord

