






IN THE LAND OF FJORDS...

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This adventure combines the wonders of Southern Norway with the freedom of having your own transport. In the heart of awesome Norwegian landscapes, each day brings something new. Discover staggeringly deep fjords like Geirangerfjord and Sognefjord and visit the iconic cities of Bergen and Alesund. Explore lakes, valleys and forests; go hiking on mountainous plateaus like Jotunheimen. This unforgettable week promises dramatic changes of scenery and the full Norwegian experience.

 Region	South Norway
 Activity	Hiking
	Summer
 Duration	8 days
 Code	ENORL8VA
 Price	From €895

ITINERARY

📍 Day 1 Arrival Ålesund



Welcome to Norway! Collect your rental car at the airport and discover the charming town of Ålesund, surrounded by water.

Accommodation: Hotel

📍 Day 2 Ålesund / Geiranger

Ålesund is renowned for its art nouveau architecture. It is built on several islands, connected by bridges and tunnels under the sea. Travel towardsn Hellesylt then cross Geiranger fjord by boat. The entrance to this dramatic fjord is truly majestic. The steep walls are dotted with waterfalls which have intreguing names like the 3 sisters and bridal veil...

Transport: 110 km (69 miles)

Accommodation: Hotel

📍 Day 3 Geiranger / Bøverdalen



Today you descend towards Lom where we recommend stopping to visit the standing church. Then, you take the road to Norway's most famous national park, Jotunheimen. You spend the night here immersed in the high mountain atmosphere.

Transport: 110 km (69 miles)

Accommodation: Hotel

📍 Day 4 Boverdalen / Sogndal

You head towards the stunning Lustrafjorden Fjord which takes you to the city of Sogndal. You pass at the foot of the largest glacier in Europe, Nigardsbreen. Going up the valley of Jostedal through the city of Bruheim you can enjoy a wonderful hike in one of the largest wilderness areas of southern Norway, Jostedalsbreen National Park.

Transport: 30 km (20 miles)

Accommodation: Guesthouse

📍 Day 5 Jostedalsbreen National Park



Today is dedicated to hiking near the iconic Nigardsbreen glacier. It is also possible to go kayaking on the glacial lake.

Accommodation: Guesthouse

📍 Day 6 Sogndal / Bergen

From Sogndal, a short trip (~10 km/6 miles) takes you to Kaupanger and an interesting Norwegian stavkirker stave church. Then you board a ferry from Manheller to Fodnes. From here, you have the option to make a short detour (~20 km/12 miles) to the beautiful city of Flam where you can enjoy a magnificent train journey to the high mountain station of Myrdal. This line, one of the steepest in the world, takes you to the foot of spectacular waterfalls, beyond the snow-covered mountains to the wild nature of the Flåm Valley from where you can admire the majestic Aurlandfjord. This afternoon, you continue on to Stalheim canyon and Tvinde waterfalls, then Voss and Bergen.

Transport: 260 km (160 miles)

Accommodation: Hotel

📍 Day 7 Bergen



Visit Bergen city. The Bergen-Pass (25 €) enables you to visit most of the museums and attractions free of charge and to use the public transport. Not to be missed, are the memorable fish market and shrimp sandwiches, the hanseatic district, a selection of Bergens many museums and the views from Ulriken mountain ... a busy day awaits!

Accommodation: Hotel

📍 Day 8 Bergen

Return your vehicle at the airport and board your flights home.

The details in this programme are regularly updated but imponderables and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the itinerary may be made. For safety reasons, we reserve the rights to interrupt your participation at any time if your technical level or fitness is deemed unsuitable or if you are seen as a danger to yourself or to those around you. This will in no case give rise to refunds or compensation.

PERIOD & BUDGET

When to travel?

The best period for travelling is during the following months:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Price

From € 895 per person for 2 travellers

The budget is an indication of the price per person, subject to availability. Your local agent will send you a customized quote with the exact price. The price can vary according to availability, level of services, period of travel, number of participants, booking time frame and other items.

Included

- A rental vehicle type A VW type Up! or similar for 7 days, CDW insurance and unlimited km
- 7 nights accommodation in hotels, hostels or guesthouses (double room)
- Breakfasts (except in Bergen if it's in a guesthouse)
- A detailed roadbook to guide you through your adventure

Not included

- International flights
- Registration fee: €18 (free for under 12s)

Additional costs to pay in-country

- City toll fees : 40 NOK per day is charged to drive through cities
- Vehicle hire one way fee 3000 NOK excluding VAT

Notes

Difficulty: This trip enables you to adapt your days to your level and your desires. Many options are included with several hikes designed to aid you in discovering the most beautiful wild places in Norway. You are responsible for how challenging or relaxing each day it. It should be noted that the sometimes changeable Norwegian weather can increase the difficulty of your hikes.

Terms and conditions

Booking conditions

Booking a trip with Altai Norway implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. We reserve the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, we require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel

reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.

Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip. Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date we receive your cancellation or modification request in writing.

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact Altai Norway in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altai Norway may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. We reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Altai Norway as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Food

Breakfasts are included and served at your accommodations. These are normally scandinavian buffet style breakfasts.

Accommodation

In Ålesund and Bergen: Guesthouse accommodation, double room.

In the mountains and fjords: Hotel or guesthouse (2 person rooms) accommodation. Please note the wilder regions of Norway, accommodation is scarce and often small. Moreover, the beautiful summer season is short (about two months) making it difficult to find places to stay during the summer. Despite a permanent effort in the choice of accommodation, the level of comfort and equipment provided remains variable.

All chalets have the following elements: heating, hot showers, toilets, communal dining room and equipped kitchen.

For sleeping, cottages and gites are equipped with blankets: you must bring a sleeping bag liner or a lightweight sleeping bag.

Transportation

To hire a vehicle you will need a valid drivers licence, issued for a minimum of 12 months. Minimum age: 19 (or 25 for vehicle categories E, I, K & L).

Budget & exchange

The currency is the Norwegian Krone (kr)

Visit <http://www.xe.com> for the latest currency converter and exchange rates.

You can withdraw the local currency from in-country ATMs and payment by card is widely accepted. Please budget for meals and transport as necessary, drinks, tips, museum entry fees and other personal expenses.

Tips

Although the custom is not widespread here, if you are satisfied with the services of your guide, tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

Vital equipment

- A sleeping bag or sleeping bag liner
- Sunglasses (high quality protection)
- A wind and waterproof jacket (breathable, sealed seams)
- Suitable underwear, t-shirts and walking trousers
- Hiking boots (high-rise, sturdy soles)
- Warm jumper(s) and jacket(s)
- Sun cream
- A headtorch and spare batteries
- Warm thick socks
- Gloves
- A warm hat
- Any personal medication
- Towel & toiletries
- A thermos/suitable water bottle(s)

Material

We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool. The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

Our advice for keeping warm

Winter in Norway can be very cold, please think carefully about what clothes you bring, although we will provide warm outer layers, the layers you wear next to your skin make the biggest difference. We recommend:

- No cotton
- Bring dry spares of everything, even underwear and gloves
- Wear multiple layers including:
 1. A warm breathable base layer
 2. A second thermal layer
 3. Wind and waterproof protective out layer (we provide an additional quality jacket and over trousers).

Helpful equipment

You may also consider packing

- A pair of comfortable shoes for evenings in towns
- Waterproof trousers
- Your swim stuff
- Walking poles
- Tupperware and cutlery for picnics
- Extra layers
- Wetwipes
- Blister plasters
- A suitable camera
- Plastic bags for wet/dirty clothing
- Tissues
- Toilet paper & a lighter

Luggage

Please bring a **small rucksack** to use as a day bag. You can bring this as hand luggage on the aeroplane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag. You will also need a **larger bag** to store your other clothes and belongings in, please ensure that this is a soft bag like a rucksack or holdall rather than a hard cased suitcase because it is more practical to transport. We recommend packing all of your clothes in plastic bags so that they stay dry in the event of wet weather.

Medicine

We recommend that you bring your medications:

- Personal medication
- Anti pain medication Paracetamol
- Diarrhoea drugs
- Intestinal dressing
- Sun screen with strong protection for the lips and the skin
- Eye drops for the eyes
- Moisturizing cream for the treatment of superficial burns (blisters and sunburns)
- An adhesive elastic banda box of adhesive plasters and disinfectant compresses
- Double skin for blisters

Passport

Most travellers require a passport that is valid for at least three months after the return date. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required. You can check your requirements on the website provided by the Norwegian government: www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709

Visa

Most travellers of EU states do not need a VISA to visit Norway, as Norway is part of the Schengen agreement. This does not apply to travellers of other nations. It is your responsibility to confirm your specific visa requirements. You can check the following web site of the Norwegian government: www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709

Mandatory vaccines

There are no specific health risks.

Weather

In winter, the weather in Northern Norway is subject to frequent changes. This part of Norway, the Arctic Zone, benefits from a surprisingly pleasant micro climate. At a latitude of 68° North and 300km North of the Arctic Circle, summer here is relatively mild with average temperatures of around 14°C (57°F). However, it is humid and does rain regularly. Good quality (breathable with sealed seams) rain clothing, jacket and trousers are paramount.

Keep in mind this Norwegian proverb when packing: 'There is no bad weather, only bad clothing'

Electricity

In Norway, the standard Europlug (Type C & F) with two round prongs is used and most of Scandinavia uses 220 volts.

Local time

Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +1. Daylight Savings Time (DST) is observed.

Sustainable tourism

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously.

We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities.

We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.

If you have any questions regarding how to be a responsible traveller or concerning any other subject, please do not hesitate to contact us.