

# THE MOST BEAUTIFUL HIKEs IN SOUTHERN NORWAY

## *The most beautiful hikes in southern Norway*

Head for the South of Norway, theater of a grand nature, through the high mountainous plateaus, the deep fjords and the glaciers. The stages of our journey will be interspersed with superb nature hikes to discover the regions of Hardanger. Lakes, waterfalls, forests, reliefs lined with arctic flora describe the scenery of the land of giants. Here, the reliefs capped with eternal snow soar towards the sky up to 2,500 m above sea level. A complete trip to the heart of the majestic landscapes of Southern Norway between mountains and fjords. This trip offers you a dose of adrenaline every day with the most spectacular hikes in the country. On the program: the rocky slabs laid over the fjords of Prekeistolen and Trolltunga, the granite ball wedged between two walls of Kjerag, or the panoramic paths of Reine Sonja and Ulriken above Bergen ... 8 full days await you on the heights of the Norwegian fjords!

 Region	South Norway
 Activity	Hiking
	Summer
 Duration	8 days
 Group	2 to 15 people
 Code	ENOADTVA
 Price	From €1,440
 Level	3/5
 Comfort	3/5
 Language(s)	English

# ITINERARY

## 📍 Day 1 **Welcome to Stavanger**

Meet your guide and group and settle into your accommodation.

Depending on your arrival time, perhaps you can take a first stroll in the heart of one of the most beautiful city in Norway and discover its cathedral and districts of old wooden houses. Former European capital of culture, Stavanger also has an impressive number of museums where countless cultural events take place.

Meal at the restaurant and overnight at the Hostel/Dormitory.

*Accommodation: Hostel/Dormitory*

## 📍 Day 2 **Preikestolen (the priest's pulpit)**

Transfer by minibus this morning where you will board the ferry to reach the start of the "Pulpit Rock" hike.

This place gets its name from this rocky promontory, 600m high overhang, plunging vertically into the Lysefjord. A well-landscaped path recently reconstructed has made it easier to reach this promontory. You then get transferred at the end of the day to the village of Lysbotn on the south bank of the fjord to settle for two nights in a DNT refuge (equivalent to the Norwegian Alpine club) specially designed for hikers. This unique experience at the heart of Norwegian culture will help you understand the strong bond that connects Norwegians with nature.

*3 hours of hiking*

*Elevation: + / - 300 m*

*Accommodation: Mountain Refuge*

## 📍 Day 3 **Kjerag Boulder- Hanging Rock Kjeragbolten**

We leave this morning for one of the most unusual hikes of our journey, towards the Kjerag massif to reach the famous hanging rock which overlooks the Lysefjord. The route is one of the most diverse in Norway and remains demanding with its large granite slabs fitted with chains. The arrival at the rock is all the more spectacular. You will quickly understand why it is a high place of "Base jump" in Norway. Return to Lysbotn for the night.

*6 hours of hiking*

*Elevation: + / - 570 m*

*Accommodation: Mountain Refuge*

## 📍 Day 4 **Folgefonna and valley of the waterfalls**

This morning we take the road towards Sand on the superb Ryfylke road, one of the many classified tourist routes in southern Norway. A short transfer takes us to the foot of the Folgefonna towards the village of Bondhus. We hike in this glacial valley bordered by waterfalls to the bluish ice front which slides on the cliff.

Night in a chalet near Odda.

*3 hours of hiking*

*Transport: 220 km*

*Elevation: + / - 250 m*

*Accommodation: Mountain Refuge/ Chalet*

## 📍 Day 5 **Trolltunga, the troll tongue**

Departure early in the morning for a hike full of emotions since we leave for 20 kilometers of walk. At 1,100 m above sea level, the Trolltunga (literally the "troll tongue") overlooks Lake Ringedalsvatnet, located 700 meters below. This hike is the longest of the stay but also the most beautiful. A major effort therefore, but this one will be largely rewarded by the beauty of the site: our route will be dotted with multiple sites worthy of interest, including the Ringedal dam and the circular cavities of Rullestad.

*8 hours of hiking*

*Elevation: + / - 900 m*

📍 Day 6 **Queen Sonja Trail**

We continue the road to the Eidfjord. We are leaving today to walk on the "Panorama of Her Majesty the Queen Sonja" path, which rises to an altitude of 1100 meters in the mountains between Kinsarvik and Lofthus. This superb hike will not mark its beauty since a major part of it is located on the balconies of the Hardanger fjord, in a spectacular setting and in a peaceful environment typical of southern Norway.

We arrive in the evening in Bergen where we settle in our hostel in the heart of the city.

*5 hours of hiking*

*Elevation: + / - 760 m*

*Accommodation: Hostel or Dormitory*

📍 Day 7 **Bergen**

Free visit of the city of Bergen. Not to be missed, its memorable fish market and shrimp sandwiches, the Hanseatic quarter, its many museums ... You will also have the opportunity to visit the standing wooden church of Stave, a traditional construction in southern Norway. The more adventurous can hike to the top of Ulriken Mountain for an exceptional view. A busy day awaits you!

*4 hours of hiking*

*Elevation: + / - 460 m*

*Accommodation: Hostel or Dormitory*

📍 Day 8 **Flight from Bergen**

Breakfast and morning transfer to Bergen airport

The trip can be operated from Stavanger to Bergen or vice-versa.

**2020 dates from Stavanger to Bergen :**

June 28 - July 12 - July 26 - August 9 - August 23 - September 6

**2020 dates from Bergen to Stavanger :**

July 5 - July 19 - August 2 - August 16 - August 30

**2021 dates from Stavanger to Bergen :**

June 13 - June 27 - July 11 - July 25 - August 8 - August 22 - September 5

**2021 dates from Bergen to Stavanger :**

June 6 - June 20 - July 4 - July 18 - August 1 - August 15 - August 29

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.

The Norwegian Sea at this latitude (68 ° - 70 ° North) can be agitated in any season. For this reason and for the safety of everyone, we reserve the right to move or cancel any nautical activities, without notice, depending on the state of the sea. Please note that June departures enable the observation of the midnight sun and departures after mid-August offer a good chance of observing the aurora borealis.

## DATES & PRICES

### ***International departures:***

No departure for now

Trip code: ENOADTVA

### ***Included***

- All in-country transfers as detailed in itinerary
- Accommodation: Gite, refuge and guesthouse accommodations
- Full-board except when in Stavanger / Bergen (Day 1 and Day 7)
- Luggage transfers
- Accompaniment by an expert Altai guide

### ***Not included***

- Your international flights
- Drinks, tips and personal expenses
- Meals in Stavanger & Bergen (~290 - 390 NOK per meal)
- Entrance fees for sites and museums (~50 NOK)

### ***Notes***

#### ***LEVEL 3/5 Moderate***

Pace: Moderate

Daily walking time: 5 to 6 hours

Daily elevation: 500 to 800 m (1000m on day 4)

Preparation: It is preferable that you practice an endurance focused sporting activity at least once a week.

Experience: You enjoy regular hiking and you are in good physical condition. Several days of hiking in a row does not phase you.

Additional notes: This trip features a night in a refuge in the heart of the nature.

### ***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***

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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

### **Staff**

You will be accompanied by an expert Altai Guide throughout your stay. Armed with an abundance of experience and a wealth of expert knowledge our professional team know their country inside out. Our qualified guides are all English-speaking, all practicing outdoor practitioners and all incredibly passionate about Norway, the country they live in for a large chunk of each year.

### **Food**

We are proud of the fresh and frankly delicious food we provide despite latitudes of 68° North.

Each day begins with a hearty breakfast with plenty of tea and coffee. Each morning, you and your guide will prepare a picnic lunch for the day featuring local foods: sandwiches, salads, fruits, cakes and dried fruits ...

Evening meals are prepared together with your guide based on available local products. During your stay, you will have the opportunity to taste grilled or smoked salmon (laks), water-cooked and fresh shrimp (reker/ferske reker) and cod (torsk).

#### Drinks

Do not forget that alcohol and cigarettes are heavily taxed and expensive in Scandinavia. If you wish to enjoy an aperitif with your group in the evenings we recommend purchasing duty-free products at the airport.

### **Accommodation**

#### In Cities

We sleep in a guesthouse or hostel accommodation. Rooms are shared between 2 to 8 people, shared toilets.

#### In the back country

We stay in cabins located into camping or guesthouses.

Rooms are shared between 4 to 6 people. Please note that in the wilder regions of Norway, accommodation is scarce and often small meaning that the level of comfort and equipment of each cottages remains variable. All lodgings have the following elements: heating, hot showers, toilets, common dining room and equipped kitchen. When showers are not free, you will receive one token per day per person to shower.

#### In Refuges

This adventure includes 2 nights in charming refuges owned by the DNT, the Norwegian Trekking Association. Please bring a sleeping bag or sleeping bag liner.

### **Transportation**

You will be escorted by private minibuss. This trip also includes airport transfers and ferry transportation.

### **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 and local team, tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

### **Vital equipment**

- A sleeping bag - a lighter sleeping bag or sleeping bag liner is recommended for nights in rorbus
- 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)
- Your swim stuff
- Sun cream
- A headtorch and spare batteries
- Warm thick socks
- Gloves
- A warm hat
- Any personal medication
- Pyjamas
- Towel & toiletries
- A thermos/suitable water bottle(s)

## Material

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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

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You may also consider packing

- A pair of comfortable shoes for evenings in towns
- Waterproof trousers
- 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

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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

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Your guide is a trained first-aider and will carry a first aid kit at all times during your trip for use in emergencies. We recommend that you bring your own first aid kit containing any personal medication, blister plasters, painkillers and suchlike. Do not forget sunscreen.

## Passport

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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](http://www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709)

## **Visa**

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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](http://www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709)

## **Mandatory vaccines**

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There are no specific health risks.

## **Weather**

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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**

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

## **Local time**

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

## **Sustainable tourism**

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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 invite you to follow during your 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.



