

The Lofoten Islands & Western Fjords of Norway



Trip Highlights

Take a scenic cruise under the bright midnight sun and, if you wish, try your luck at catching fish.

Experience how the Vikings lived 1,000 years ago on a private guided tour of the Lofotr Viking Museum, an archeological site with a reconstructed long-house.

Enjoy dramatic views as we hike along the rugged coast, looking for the abundant sea eagles, cormorants, and puffins.

Kayak in the quiet waters north of the arctic circle in the soft morning light.

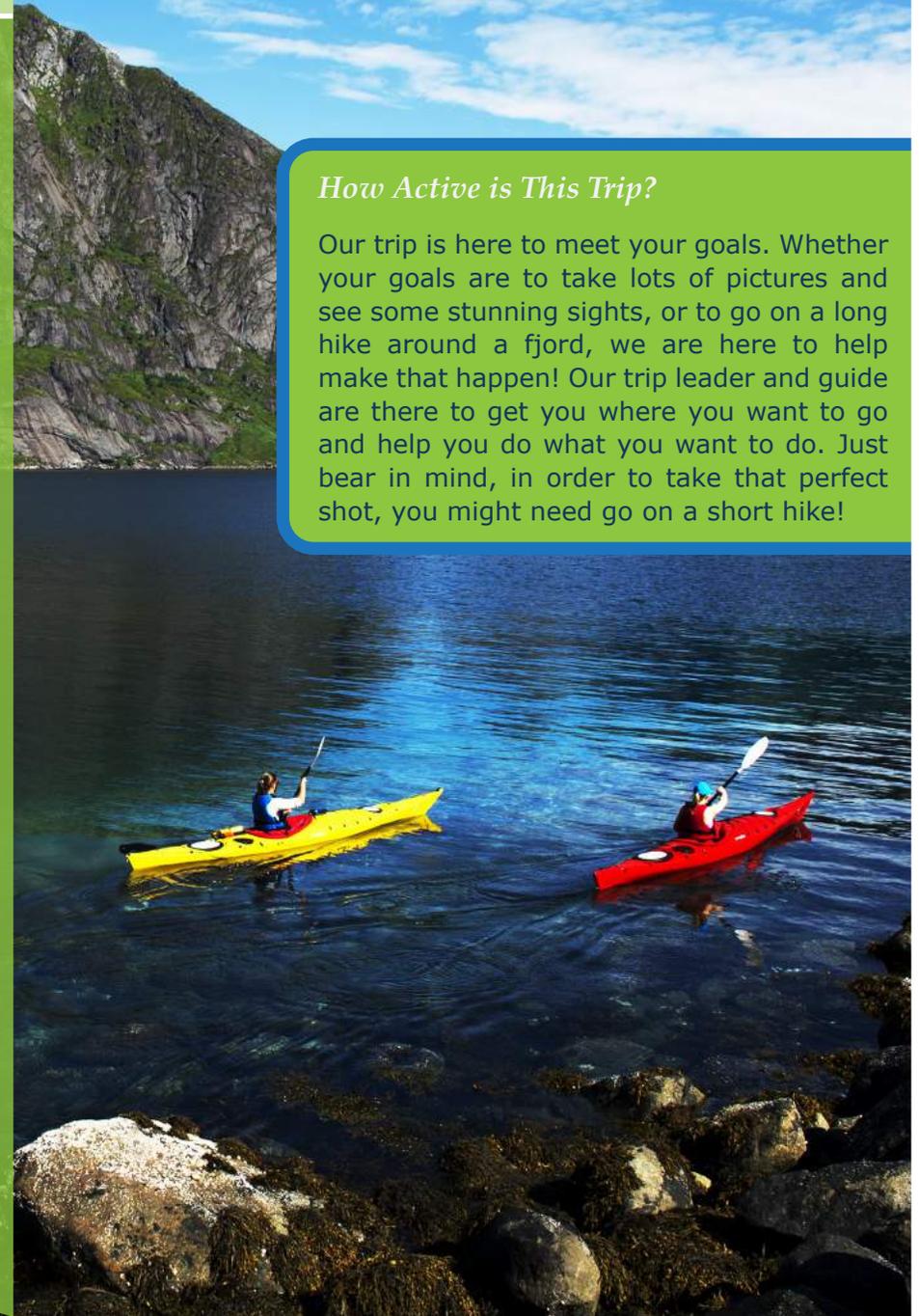
Visit a typical fishing-farmer homestead and learn about life on the sea and islands one hundred years ago.

Embark on a Fjord Safari through one of the most scenic Norwegian fjords.

Stroll through the Hanseatic Bryggen in Bergen, a UNESCO-protected wharf.

How Active is This Trip?

Our trip is here to meet your goals. Whether your goals are to take lots of pictures and see some stunning sights, or to go on a long hike around a fjord, we are here to help make that happen! Our trip leader and guide are there to get you where you want to go and help you do what you want to do. Just bear in mind, in order to take that perfect shot, you might need go on a short hike!





Norway at a Glance





Norwegians are passionate about their coffee, and they drink a whole lot of it—in fact, they consume more than every other country in the world. Quaint cafes abound in every city.

There are dozens of medieval wooden stave churches across the country, (a type of church built in Norway from the 11th to the 13th century), of which the walls were constructed of upright planks. Many are still in excellent condition. Near Bergen is the famous Fantoft Stave Church, originally built in 1150, then moved, piece by piece in 1883.

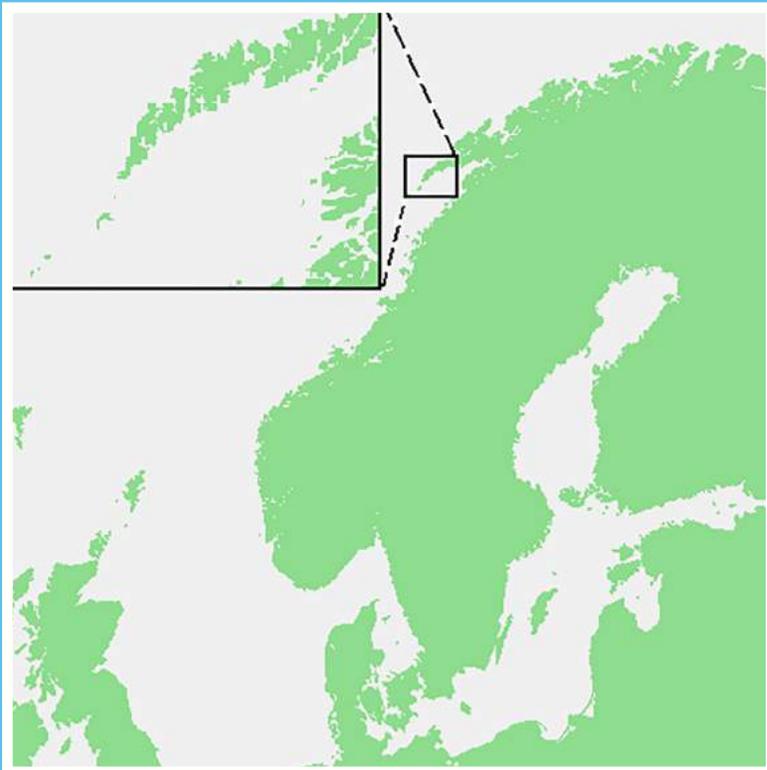


Brunost, or brown cheese, is made by boiling a mixture of milk, cream, and whey carefully for several hours so that the water evaporates. The heat turns the milk sugar into caramel, which gives the cheese its characteristic brown color and sweet taste.

Your Ecotour



Map of the Lofoten Islands



A Glimpse into the Past

In a remote part of Northern Norway the Lofoten Islands are home to some of the most breathtaking, iconic, and distinctively "Norwegian" sights. Celebrated for their dramatic peaks rising out of otherworldly fjords, the chain of islands has been home to Norwegians over 11,000 years. The islands are also home to some colorful, picturesque fishing villages that have existed since viking ages. Indeed, the spirit of the viking is especially strong in Northern Norway where remnants of their culture still exist such as the world's largest reconstructed longhouse and quaint fishing villages that have exported cod to Europe and beyond for more than a thousand years.



Full Itinerary

How do I know which meals are included?

Great question! Refer to the legend below when viewing each day of the itinerary:

B=Breakfast
L=Lunch
D=Dinner

DAY 1



D

Day One

Once you arrive in Bodø by plane from the Oslo Airport, the Gondwana Trip Leaders will greet you and take you to the first night's lodging. In the evening, we'll meet the rest of the group for a welcome dinner and begin our journey in the Norwegian Arctic.

DAY 2



BL&D

Day Two

At the outset of our journey, we'll ferry into the Lofoten Island across Norway's famous Westfjords, hopefully accompanied by some Orcas. We'll make our first little drive to a small fishing village for a quiet lunch before making our way north. From here, you can enjoy a quiet walk out of town and along the fjords, or a more challenging hike to a scenic mountain that overlooks much of the area. After dinner, the sun will still be out and we'll take a guided cruise into the fjord to learn about local life, wildlife, and history.

DAY 3



BL&D

Day Three

In the morning we'll head west, toward the Arctic Ocean. This journey takes us down one of Europe's most beautiful, sweeping, and twisting roads, that crosses Norway and Sweden. As we pass rugged coastline, keep an eye out for Sperm Whales breaching. We'll pass through mountains, small untouched villages, and organic cheese farms before arriving in Vestvågøy. Home to the world's largest Viking Longhouse, we'll have a chance to take a tour of the museum, learning about the viking history that influenced the Lofoten Islands. Afterward, we'll sit down to a great, viking-inspired meal.

DAY 4



BL&D

Day Four

Once we've taken breakfast at the hotel, we'll head West yet again for the island of Flakstadøya. We'll load up on a well-equipped fishing boat in Nusfjord and spend a few hours taking in the views and fishing (for those who wish). We'll learn about the fish and life on the ocean for the modern fishermen and women who spend time on the ocean during the dark, cold, and dreary winters. A trip leader can also take you on a 5 mile hike Nusfjord to Nesland with a round-trip time of 4-5 hours.

DAY 5



BL&D

Day Five

Today, we'll leave for Å to explore the tiny village for a glance of life in the middle of the North Atlantic Ocean 150 years ago. We'll have an early snack/lunch at an authentic Norwegian bakery and board the car ferry for Bodø in the afternoon. In the late afternoon, a flight is in store from Bodø to Bergen.

DAY 6



B&D

Day Six

We'll embark on the scenic Fløybanen Funicular to the top of the mountain (320 meters above sea level), take in the views and walk down to see the Fish Market. The afternoon is free to explore and stroll Bryggen, a UNESCO protected wharf with history stretching back to the Hanseatic League of the Middle Ages. Once we are done sightseeing Byggen, we'll visit the unique Fantoft Stave Church.

DAY 7



Day Seven

BL&D

After breakfast we'll take a two hour scenic train ride from Bergen and into the mountains to Myrdal. Then, we'll transfer to the Flåm Railway, a 12-mile long railway that is one of the steepest in the world—a one hour exhilarating ride from mountainous Myrdal to Flåm by the mouth of the fjord. If there is time and the group feels up for it, a Gondwana Trip leader will organize a walk in the mountains before boarding the train to Flåm.

DAY 8



Day Eight

BL&D

Once the group is full from breakfast, most of today will consist of a fjord safari from Flåm. We'll be on the lookout for wildlife and learn about the enormous Arctic landforms that will tower over us. A Gondwana Trip Leader can escort those who are interested on an optional hike through the unique Arctic terrain in the afternoon. We'll all sit down a special farewell dinner at Flåmstova Restaurant at the hotel.

DAY 9



Day Nine

B

After breakfast, we'll reverse the scenic train ride to Myrdal. Once we've said our goodbyes to our trip companions, the Gondwana Staff will escort guests on either their transfer back to Bergen or Oslo via train.

Accommodations



DAY 1&2



To Be Determined

DAY 2&3



Henningsvær Pier Hotel

The Pier Hotel offers a stunning view into the past and present. Having been built in the spirit of the past, the intimate hotel places you front and center in today's lively fishing hub, which has not changed much since the 1800's! Lively specialty shops, bars and restaurants (even a museum or two) displays this village's picturesque way of life that you encounter right when you step outside. You'll sleep very soundly in these cozy rooms, especially with the sound of the gentle sea rippling underneath you. This special lodging is truly a highlight of our adventure.

DAY 4&5



Reine Rorbuer

The newly restored 32 cabins and 1 apartment exude comfort and tranquility with a dash of intrigue due to their past use as fishermen's cabins. All of the spaces are fully equipped with a kitchen so you can stay and enjoy your coffee in your warm bed while viewing the Arctic waters and spectacular fjords.



"We feel like we have experienced something very special and unique - going places most tourist do not go."

-Becky Meares Roth

DAY 5&6



Klosterhagen Hotell

Klosterhagen Hotel strives to exceed guests' expectations by offering a high degree of comfort and good service in pleasant and functional surroundings at an excellent location. Located in historical surroundings at Klosteret ("the Monastery"), the 15 stylish rooms that come with tasty breakfasts based on food traditions are something to look forward to and thoroughly enjoy.

DAY 7&8

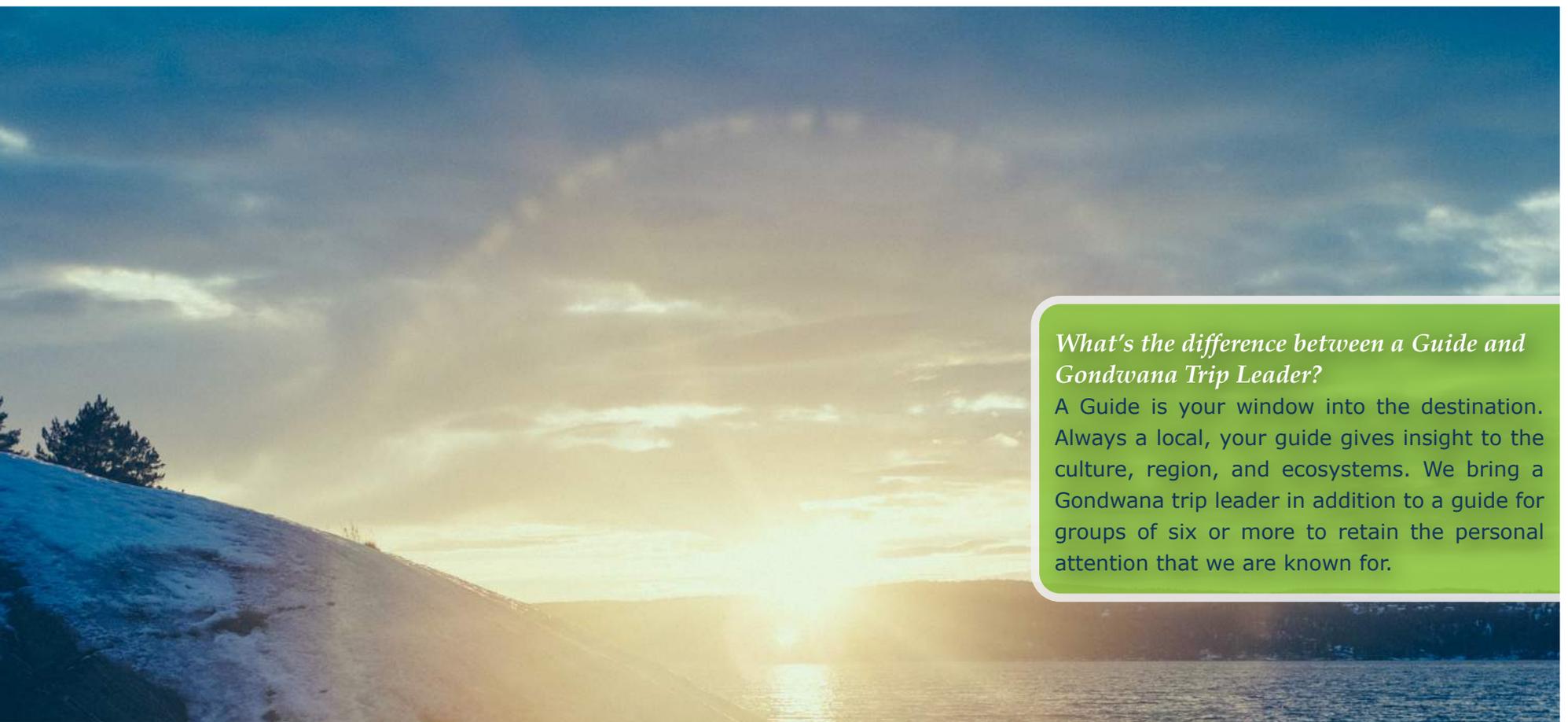


Flåmsbrygga Hotel

Flåmsbrygga is a courtyard by the Aurlandsfjord, comprising of Flåmsbrygga Hotel with conference facilities, Ægir BrewPub, Flåmstova Restaurant and Furukroa Café. The hotel rooms enjoy wooden floors, the warm glow of pine walls, and views of the surrounding scenery through large windows and glass balcony doors, which bring you to the heart of your destination.

Your Guide





What's the difference between a Guide and Gondwana Trip Leader?

A Guide is your window into the destination. Always a local, your guide gives insight to the culture, region, and ecosystems. We bring a Gondwana trip leader in addition to a guide for groups of six or more to retain the personal attention that we are known for.

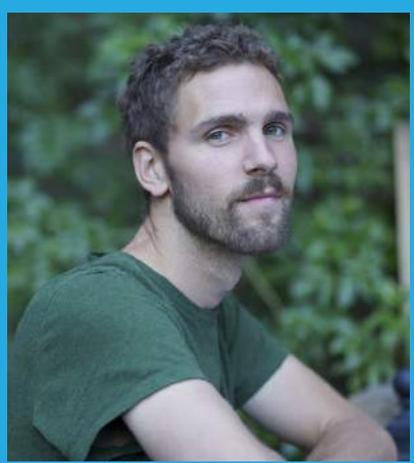
Meet Eric



Eric, a Norwegian native, lives in Vermont and two decades of working in the travel industry has brought him to five of the world's continents. He has guided guests with Gondwana in Alaska, co-guided exploratory ski trips in Patagonia, and helped train guides in Europe. Eric helped develop Gondwana Ecotours' Norway tour and is excited to show you his motherland.



Meet Mike



Originally from Washington State, Mike is passionate about travel, cultural identity, sustainability, and gardening. With a background in education and ethnomusicology, Mike strives to share his curiosity with fellow travelers. He is Gondwana Ecotour's Operations manager and regularly leads trips in Alaska and Costa Rica. Mike has had the good fortune of having friends and family in Norway and has spent considerable time hiking, biking, and eating his way through the country.

Getting There and Back



When should I arrive in Oslo, Norway?

You can arrive any time at the Bodø Airport on July 2, 2016. The first activity planned is a welcome dinner at 8 PM.

What do I need to do to prepare for my arrival and journey?

When you send us your itinerary and flight information, we will coordinate with you and provide transportation to your first night's lodging.

What should I do in preparation for my departure?

After you have sent us your flight information and itinerary, nothing! Our Trip Leader will escort guests on the last day of the journey on a train ride from Myrdal to Oslo in the morning. We ask that you make flight accommodations later than 6 PM on July 10th to give you time to get to the airport. If you need to stay the night in Oslo, we have a variety of recommendations for accommodations, restaurants and activities for you.

What if I want to stay in Oslo or Norway longer?

A train ticket is included in this trip from Myrdal to Oslo. You can inform us ahead of time if you would like to depart from the group in Myrdal or head back with the remaining guests and Gondwana Trip Leader to Oslo. Feel free to ask for suggestions!

Trip Details

© July 2nd- July 10th, 2016 | July 15-23, 2017 | August 12-20, 2017

© \$5,990 Per Person

© Includes:

LODGING	Eight nights of local lodging at rustic-chic, deluxe modern and more boutique accommodations.
MEALS	All of your meals throughout the trip, including an authentic viking feast, gourmet picnic lunches, a local bakery lunch and more delicious meals (a glass of wine or beer is included at each dinner!).
GUIDES & GUEST SERVICES	Your expert Norwegian guide and Gondwana Trip Leader.
ACTIVITIES & TOURS	All of your tours: a fjord safari, multiple historical tours, midnight sun cruise, optional light hikes, and more!
TRANSPORTATION	All secure transportation from the start of your adventure at Bodø to the end at Bergen in a private car, all rail and funicular fairs, and a flight from Bodø to Bergen—your safety and comfort always come first!

Why Travel with Us

Our promise is to design handcrafted travel experiences that enrich your mind, body and soul. We strive to put our values into practice with every ecotour that we create.

Wonder Our adventures are filled with wonder that amaze, enlighten and deeply connect you to the region.

Flexibility There are many opportunities throughout the tour for you to customize your vacation with a variety of day excursions.

Local Guides Enjoy the unsurpassable experience of local guides who share their country, culture and customs.

Trip Leader A Gondwana Trip Leader is always sent to take care of the details, leaving you to fully relax and enjoy the experience.

Donations A portion of the proceeds goes to a not-for-profit protecting the Arctic.

Carbon Offset We carbon offset your airfare—good for your conscience and good for our planet.

Low-Impact Our ecotours leave a small impression on the environment because of the small group size of 14 and the activities.

Unique Lodging Feel the heart of the destination by staying at a boutique hotel that is whenever possible locally-owned and eco-friendly.



Thank You

This is your *Lofoten Islands and Western Fjords of Norway* Informational Booklet complete with accommodations details, the full itinerary, policies and procedures and more exciting information about your trip discovering Norway.

**Put down your \$500 deposit as soon as possible,
and you will receive:**

- ⦿ A detailed packing list
- ⦿ Additional reading materials about your destination
- ⦿ Health and safety information
- ⦿ Weather updates before your arrival

Our team at Gondwana appreciates your interest in our handcrafted travel experiences. If you have any other questions about our ecotours please call us toll free:

1 (877) 587-8479

or contact us via email:

info@GondwanaEcotours.com

Thank you for your interest and we look forward to
seeing you in Norway!

www.GondwanaEcotours.com

*Details of the ecotours
are subject to change
based on weather
and availability.

