

# Norway: Western Fjords Adventure



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## Trip Highlights

**EXPLORE** Norway's most iconic region—from mountain passes, panoramic roads and glaciers, to fjords cut between tall mountains.

**EXPERIENCE** Norway's centuries-old coastal culture, meeting interesting locals along the way.

**EMBARK** on an exhilarating RIB boat ride to view 7,000-year-old rock art on an exclusive guided visit to a remote archeological site.

**KAYAK** a dramatic fjord in calm waters.

**CRUISE** the UNESCO-listed Geiranger Fjord by ferry, where the famous Seven Sisters Waterfalls cascade 1,350 feet into the water below.

**ENJOY** a guided tour of the UNESCO listed Bergen Wharf, with its historic wooden warehouses.

**STAY** in a beautiful historic hotel with incredible views that has hosted royals, authors, and dignitaries for more than a century.

**VISIT** an uncrowded part of Jostedalsgreen National Park to see a section of the largest glacier in continental Europe.





## What's Included

- Eight nights at city & boutique hotels
- 24/7 local Norwegian guides
- Private transport with professional drivers and boat captains
- All meals except one lunch on your own (soft drinks and alcoholic drinks are not included)
- All tours and activities as described in the itinerary
- Tips for activity guides
- Transfers to and from the airport



## Tour Dates

- ~~August 1-9, 2025~~ — Full
- ~~August 15-23, 2025~~ — Full
- August 29-September 6, 2025
- August 15-23, 2026

## Price

\$9,995 per person (based on double occupancy).  
\$500 per person supplement is added for guests who share a room with two beds\*.

\$1,050 single supplement for a private room is added for solo travelers.

Group size is limited to 18 guests.

*\*One of the hotels we use is a historic hotel that does not offer two bed configurations, so for the two nights we're staying at that hotel, guests who request two beds will stay in separate rooms. The \$500 supplement is used to pay for an additional room for two nights.*



## Tour Map





# TOUR ITINERARY

\*We reserve the right to make minor changes to make this itinerary even better for our guests.





## Day One

Arrive at Bergen Airport (BGO) during the day and enjoy a private transfer to your downtown hotel.

Check in at Bergen Børs Hotel in the heart of Bergen. If you have the time, you may either relax or explore downtown on foot. Join the guides and the rest of the group for a Meet & Greet followed by a welcome dinner at the hotel.

**Dinner included.**

## Day Two

Following breakfast at the hotel, we go on a guided walking tour of the UNESCO World Heritage listed Bryggen. Bryggen, the old wharf of Bergen, is a reminder of the town's importance as part of the Hanseatic League's trading empire from the 14th to the mid-16th century. The wooden trading houses are relics of an urban landscape that no longer exists elsewhere in northern Europe.

After a light lunch we check out and leave for a scenic boat tour along the coast to Florø. The voyage takes about three hours and our fellow passengers may be a mix of travelers and local commuters.

We arrive in Kalvåg in the early evening and a quick transfer takes us to our hotel. Dinner at the hotel restaurant features amazingly fresh seafood.

**Breakfast, lunch, and dinner included.**







## Day Three

After breakfast we'll go on a guided walk through this historic fishing village, led by a local with strong ties to the community. Afterwards we'll continue the walk up to a viewpoint on a hill for a view of the archipelago.

Arriving back from the walk, we will enjoy lunch at a harborside restaurant. In the afternoon, we're boarding two RIB boards for an exhilarating ride to Vingen! These high-speed boats are thrilling, fun, and completely safe, providing a memorable way for us to reach one of the largest rock carving sites in Northern Europe.

The Vingen site is hard-to-reach and requires permits to visit. More than 2,000 petroglyphs are found here, mostly depicting deer, and also humans, skeletons, and other wildlife. The visit offers a glimpse into the past along these rocky shores. Evening dinner is at a local restaurant.

**Breakfast, lunch, and dinner included.**

“

So many people have been asking me about how I take such amazing trips and I get so excited to tell them about this company. I have met some of the kindest, funniest people along the way and all without having to stress about whether or not I am missing any beautiful or interesting sights because the guides with Gondwana know...exactly what's worth seeing, eating and drinking and when to go! I can't recommend this company enough.”

**- Emily Y.**





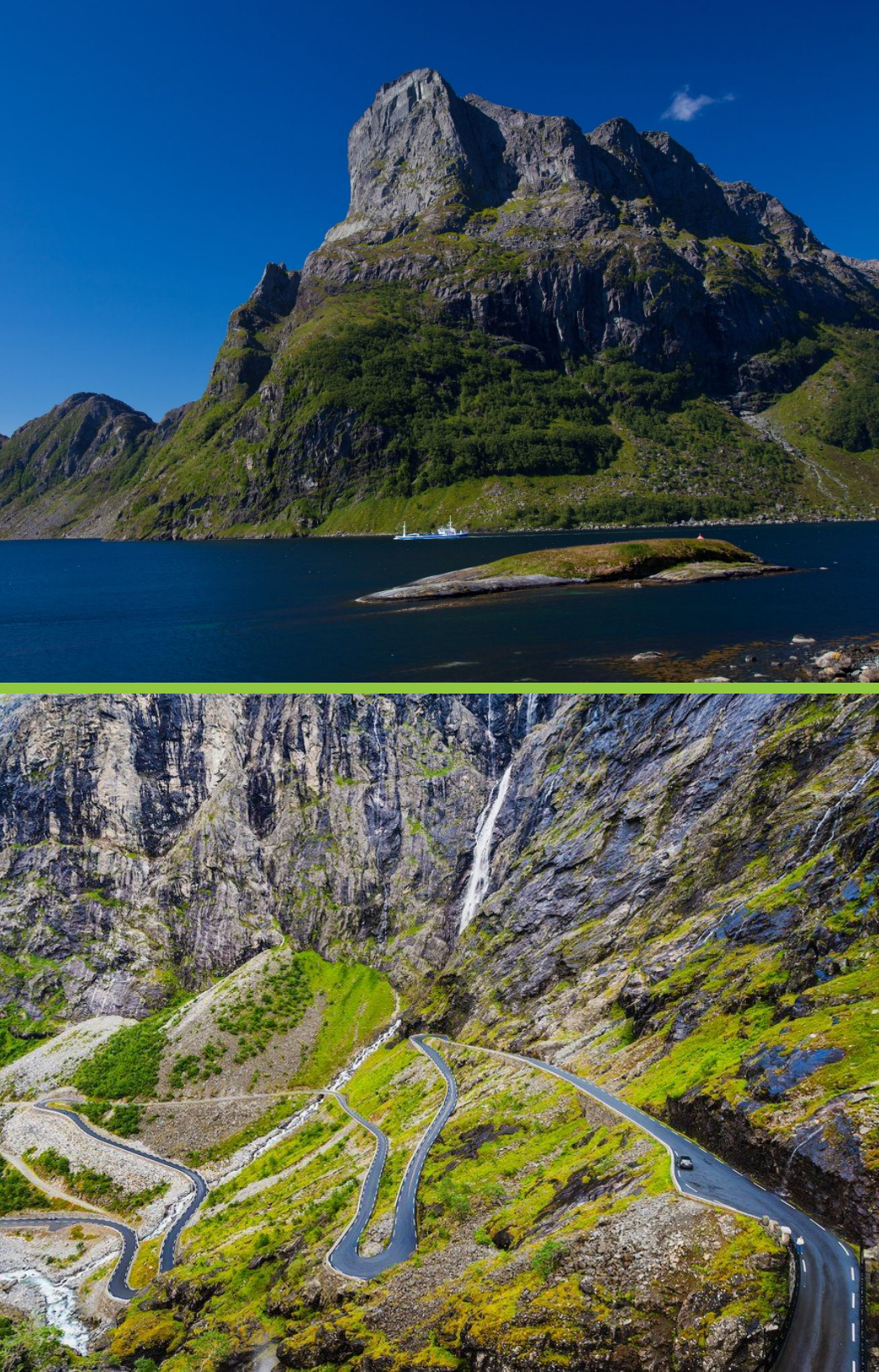
## Day Four

After breakfast and check out, we get on the bus, drive across the island and to the mainland. We pass Hornelen, a high seacliff that's been used as a navigational landmark since the Viking era. Driving along Nordfjord we arrive at a tiny village and stop for a cup of coffee (or tea) at a small sheep farm that dates back 150 years or so.

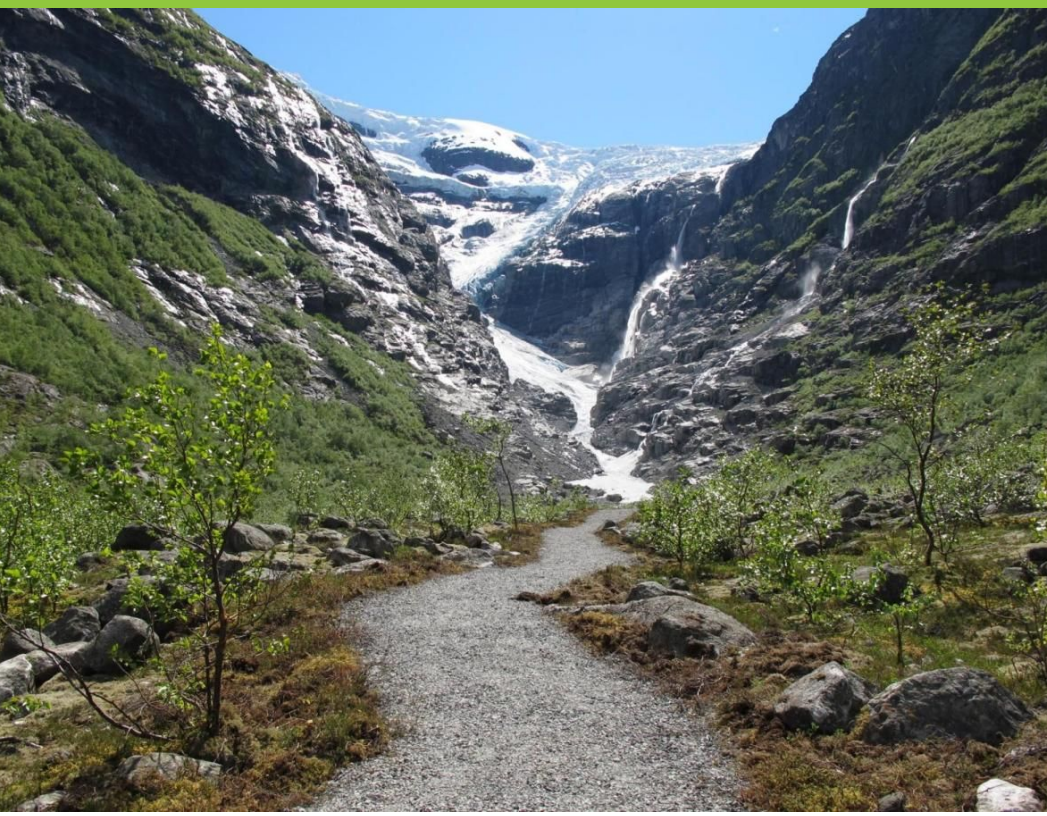
After a nice chat with the current residents of the farm, we cross the fjord and arrive in Nordfjordeid. Here you have some time to explore the village and visit the Sagastad Viking Ship Museum.

We continue the last leg of our drive in the afternoon, which includes the spectacular Panorama Road, and on to our next hotel. Hotel Alexandra is family-owned and has a long tradition of hosting guests in these beautiful parts. The hotel offers great features like a spa, swimming pools, and tremendous views. Dinner tonight is at the hotel, which offers an extensive buffet.

**Breakfast, lunch, and dinner included.**







## Day Five

In the morning or early afternoon, we'll drive into Lodalen valley along a glacial lake. We transfer to a boat and keep going to the far end of the lake, flanked by the dramatic valley on our sides.

After 45 minutes we arrive at a quay and start walking further into the valley on a forest gravel road. The walk is about 3.75 miles (and you may transfer on our bus instead if you choose). From the end of the road, there's a 15 minute walk to a beautiful viewpoint for the Kjenndals glacier, which is part of the massive Jostedal glacier (the largest glacier in continental Europe). We'll take in the stunning valley with steep waterfalls at all sides, before the short walk back to our bus. We stop at a lakeside cafe for lunch and make it back to the hotel.

We'll walk five minutes to the nearby Skylift cable car. The Skylift brings us more than 3,000 feet up to the top of Mount Hoven. We'll enjoy a hike here with stupendous views of Nordfjord below and glaciers in the distance. After a delicious meal we return to the valley floor by cable car for a restful night's sleep.

**Breakfast, lunch, and dinner included.**





## Day Six

Following breakfast we'll check out and leave by bus. The first leg is an hour drive up and over the Strynefjell mountain pass. If we're lucky, we may see migrating reindeer in the mountains. Soak in the breathtaking view as we descend to the Geiranger Fjord, one of the two UNESCO World Heritage listed fjords in Norway.

In Geiranger, we'll enjoy a beautiful walk surrounded by the incredible vistas. You will have time to explore the nearby charming village on your own. After, we'll board a ferry and cruise through the Geiranger Fjord, where we see the magnificent Seven Sisters Waterfalls, cascading 1,350 feet into the fjord.

We continue by ferry from Geiranger to Hellesylt. The transfer is about an hour and completes our journey for the full length of the Geiranger Fjord. From Hellesylt we drive off the beaten path into a beautiful side valley called Norangsdalen. After a scenic stop at the Lyngstøls Lake we soon arrive at our next accommodation. Hotel Union Øye is a pearl of a hotel steeped in history—the last German emperor Kaiser Wilhelm II met other royals there more than a century ago.

**Breakfast, lunch, and dinner included.**







## Day Seven

Following breakfast, we leave the hotel on foot for a quick walk to the put-in for the kayaks. We'll paddle a section of the beautiful Norangsfjord to Urke. For those not interested in or able to kayak, enjoy a quick drive to Urke, followed by a walk to a scenic viewpoint. Lunch today is at a waterfront cafe with the best fjord view you can imagine. After lunch we return to the hotel, a 10 minute transfer.

**Breakfast, lunch, and dinner included.**



## Day Eight

On our last day in the fjords we start with a scenic drive to the Art Nouveau town of Ålesund. Crossing fjords and stopping to take in the scenery along the way, we leave the jagged peaks of the Sunnmøre Alps behind. We arrive midday, check in at the hotel, and then enjoy some free time to explore Ålesund and lunch on your own. We'll meet afterwards for a guided walk through this charming town on an island in the fjord, led by a local guide who brings Ålesund's dramatic history to life. Tonight we'll sit down for a farewell dinner at a fantastic restaurant in town.

**Breakfast and dinner included.**



## Day Nine

After a good night's rest we begin to say our goodbyes as this is the end of our adventure.

Depending on flight time, you may have some additional time to explore in Ålesund in the morning. The transfer to Ålesund's airport, Vigra, takes about 20 minutes.

**Breakfast included.**

“

We love to travel and have used many travel companies, but the Gondwana Ecotour company is FAR beyond any experience we have had. Every person in the company that we interacted with was extremely kind and accommodating, doing everything they could to make sure we had the best experience possible. The tour itself was well planned, extremely detailed, and SO MUCH FUN!”

- Annamaria F.





## ACCOMMODATIONS





## Bergen Børs Hotel

### Bergen

Located in the heart of the city, Bergen Børs Hotel is a stunning Renaissance Revival building and the former home to Bergen's stock exchange, dating back to 1862. Now transformed into one of the Bergen's most stylish accommodations, it offers a luxurious stay. Enjoy marble flooring and walnut paneling on its ground floor and elegant rooms with comfortable beds and bathrooms.

As is common with boutique hotels, room sizes and views are often different within the same property. Please note that we assign guest rooms on a first come, first serve basis. No exceptions.



## Knutholmen Hotel

### Kalvåg

Knutholmen Hotel is located on an island facing the Atlantic Ocean, almost at the westernmost point of Norway. Knutholmen is a family-run hotel made up of historic sea houses in stunning surroundings, and its restaurant is known for its excellent seafood.

The rooms are renovated throughout and furnished with comfortable beds and original art by popular Norwegian artists.





# Hotel Alexandra

## Loen

Hotel Alexandra is a family-run hotel located in Loen, in the inner reaches of Nordfjord. It is renowned for its nice atmosphere, amenities, and being surrounded by beautiful nature.

The hotel includes indoor and outdoor swimming pools with mountain views! The Alexandra Spa is staffed by highly qualified therapists that offer a broad range of spa treatments. We have a few hours of free time in the afternoon on Day Five in case you'd like to enjoy a treatment.



“

“Coming up with fresh and intriguing ways to see a new part of the world or visiting a well-trodden destination — but in a different way — takes enormous creativity and planning...Highlights on this nine-day trip include a rigid inflatable boat tour of the UNESCO-listed Geiranger Fjord and the Seven Sisters Waterfalls.”

- Forbes, “5 New Adventures for 2024”





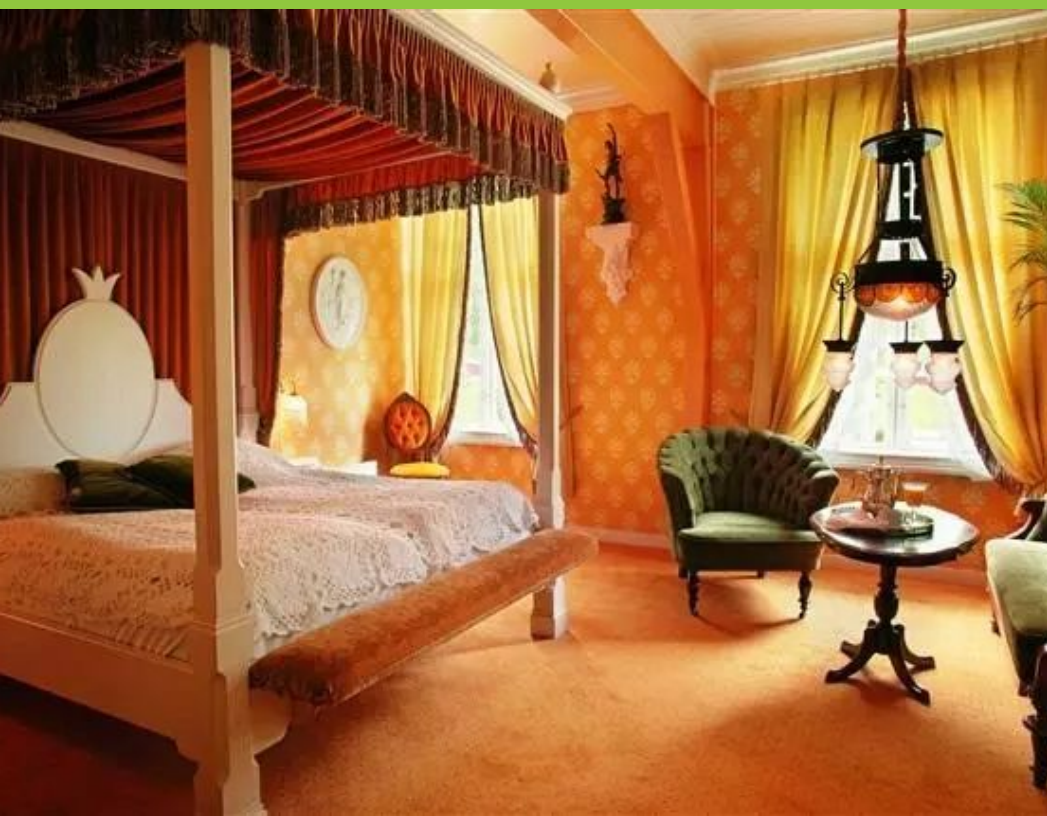
# Hotel Union Øye

## Øye

We find this enchanted hotel in the secluded fjord hamlet of Øye. It's a jewel from times long gone when traveling meant introspective discovery, long days of reading, afternoon tea, and hiking adventures in tweed. Hotel Union Øye has been a place where visitors come to savor the good life and tranquility in magnificent surroundings since 1891.

As you take in the ambience, be amazed by the historical facts surrounding each of the 27 individually designed rooms. Each room is named after a notable who has stayed here.

The hotel has a gorgeous dining room and gardens with beautiful vistas. Follow the footsteps of adventurers, royals, mountaineers, writers, artists, and lovers to Hotel Union Øye.







## Hotel Brosundet

### Ålesund

Hotel Brosundet is located in the heart of the Art Nouveau town of Ålesund, nestled along the tranquil Brosundet canal. The 20th century building celebrates its rich history by preserving most of its original wood and brick while its modern, Scandinavian rooms offer a chic place to rest. Enjoy the hotel's breakfast buffet, gym, and a relaxing sauna.

Take a stroll from the hotel through the charming downtown area or watch the sunset from the harbor.



*\*We reserve accommodations for our tours up to two years in advance. However, in rare cases, hotels or lodges may overbook, change ownership, or no longer meet our quality standards. If this happens, we reserve the right to provide a suitable alternative of similar quality. We will notify you via email if we need to change your accommodations. Thank you in advance for your understanding and flexibility.*





## GENERAL INFORMATION





Norway guides Stig Bakke (left) and Rogier van Oorschot (right), and Gondwana Ecotours Vice President Eric Segalstad (middle) in Norway, August 2024.

## MEET YOUR GUIDE

### Rogier van Oorschot

Rogier has twenty years of experience guiding in the western fjords region of Norway. Originally from the Netherlands, Rogier first visited Norway at age 11 and fell in love with the country's natural beauty and endless opportunities to explore. He moved to Norway with family in 2000 and switching to full-time guiding four years later.

"Guiding," he says, "is my job, and my great joy, to create transformational experiences in nature for our guests."

## MEET YOUR TRIP LEADER

### Eric Segalstad

Eric is the Vice President of Gondwana Ecotours and developed our Norway: Western Fjords Adventure. He is a Norwegian native who grew up in Oslo, the capital of Norway, and has lots of experience hiking and skiing Norway's mountains, as well as sailing parts of its beautiful coast. His passions for traveling, nature, and mountaineering have brought him to explore beautiful regions all over the world.

Eric will join a couple of the 2025 departures of this itinerary as a trip leader, augmenting our expert Norway guide.



# FAQ - GETTING THERE AND BACK

## Is This Trip For Me?

- Our Western Fjords Adventure requires moderate mobility and physical fitness. You should be able to walk on uneven, natural terrain hiking trails for at least three miles unassisted and comfortably enter and exit vans, buses, boats, and kayaks, without assistance. We spend a significant amount of time on water, so guests must feel comfortable on large and small boats. The ability to kayak in a calm fjord will also add to your experience.

Please note that the minimum age for all of our tours is 12. Some activities may also have specific age restrictions. However, we may be able to make exceptions in certain cases. For more information or to inquire about younger participants, please email our Guest Services department at [info@gondwanaecotours.com](mailto:info@gondwanaecotours.com).

## Where do we arrive and depart from?

On the first day of the tour, please arrive at the Bergen Airport (airport code BGO). On the last day of the tour, most guests will likely depart from Ålesund Airport, which is also named Ålesund Vigra Airport (airport code AES). This airport serves Norwegian cities and international destinations elsewhere in Europe.

## When should I arrive in Bergen?

- You should arrive in Bergen (airport code BGO) during the morning or afternoon on Day One of the tour. If you wish to arrive early and spend more time in Bergen, let us know if you would like help setting up extra nights at the hotel.

## What if I want to come explore other parts of the country before or after the trip?

- If you'd like to visit Oslo or other parts of Norway prior to your trip, let us know if you want any travel tips!

## What do I need to do to prepare for my journey?

- Book your flight to Bergen (BGO) for anytime on or before Day One of the trip. After booking we will send you a pre-trip guide that includes local information and a packing list.



# FAQ - GETTING THERE AND BACK

## What are the meals like?

- Breakfasts are usually buffet-style at the hotels with a wide selection to choose from.

Unless we're stopping by a cafe or restaurant, lunches are the traditional Norwegian *matpakke* — a lunch we prepare and bag at breakfast from slices of bread, cheese, jam, cold cuts, fruit and more. Most Norwegians bring their *matpakke* with them daily to eat lunch at work, school, or on the trail.

Dinners are either at the hotels or a restaurant nearby. Freshly caught seafood from the North Atlantic Ocean is always a great option in these parts, but there are of course plenty of options at any given restaurant including meats (most frequently beef, lamb, pork, and veal), pasta, and vegetarian fare. Some dinners are á la carte, whereas others are set menus.

## Can you cater to my dietary restrictions?

- We cater to common dietary restrictions and can accommodate most common diets with advanced notice. After registering for a tour, we provide a Registration Form to collect your dietary information, which we share with our vendors to make necessary accommodations. If you have specific questions about an uncommon dietary restriction, please email our Guest Services department at [info@gondwanaecotours.com](mailto:info@gondwanaecotours.com), and we will explore possible options to match your needs.

## How do I sign up?

- Secure your spots with a \$500 per person deposit (via phone, email, or on our [website](#)) that is fully refundable within 30 days of payment, provided your trip starts at least 121 days from the time of booking. The remaining balance is due 120 days before the tour departs. Read our complete [Booking Agreement here >](#)
- After signing up, we will send you a confirmation message and valuable information to prepare you for the trip. We will also send you two easy forms to submit with your registration information and flight details.



## WHY TRAVEL WITH US?

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

**AUTHENTIC** Our adventures are filled with nature and culture that will amaze, enlighten and deeply connect you with the region.

**LOCAL GUIDES** Enjoy the unbeatable experience of local guides who love to share their country, culture and customs.

**FIVE-STAR REVIEWS** We take pride in our commitment to quality, service, and unforgettable adventures, all of which have earned us glowing reviews from guests. We're honored by the [kind words they share](#) about their positive experiences.

**SUPPORT** Our guest services team is available for any assistance you need before your trip. We provide a detailed pre-trip guide and packing list so you know what to expect and what to pack.

**SUSTAINABLE** To minimize our trip's impact on the environment we pay to carbon neutralize the entire tour and activities, as well as guest flights to and from Norway.

**LOW IMPACT** Our ecotours leave a small impact on the environment because of the small group size of 18 and activities such as walking, kayaking, using buses, and passenger ferries.

**UNIQUE LODGING** Feel the heart of the destination by staying at some memorable hotels. We book at locally owned and eco-friendly hotels whenever possible.





We hope you'll join us in Norway!

A \$500 per person deposit is all that's needed to reserve this adventure. Contact us via phone or email to reserve your spot!

(877) 587-8479

[info@gondwanaecotours.com](mailto:info@gondwanaecotours.com)

[PAY DEPOSIT >](#)

Visit us anytime at [GondwanaEcotours.com](http://GondwanaEcotours.com) to plan your next adventure!