



“Explore Norway Tour” in Summer 2017

2nd to 11th June

- A unique, once-in-a-lifetime adventure in Norway -

Feeding of/cuddling with typical Norwegian animals: moose, bears, reindeer, etc.

enjoying typical Norwegian food and Norwegian nature,

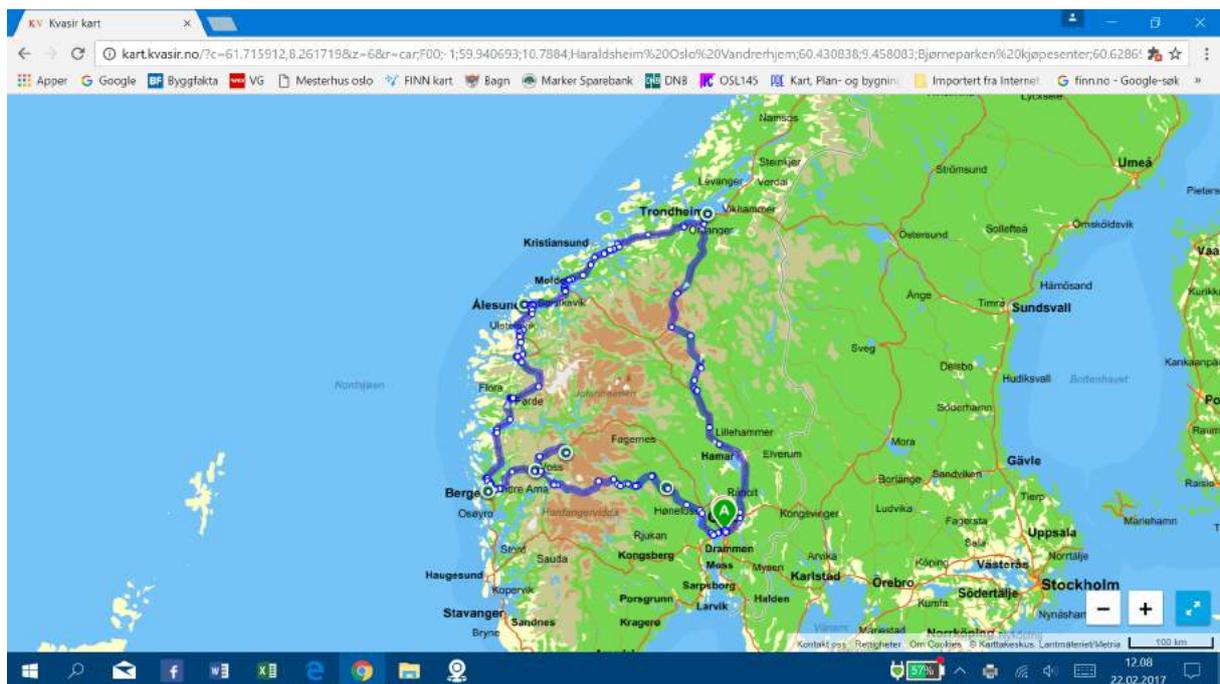
visiting world-famous Bergen, Geiranger and Trondheim, Ålesund and Atlantic road,

visiting one of the highest waterfalls in Norway and majestic mountains and fjords,

travelling with world-famous Flåm train,

hiking, cycling, fishing, go-carting, rafting, sightseeing, climbing, trying typical Norwegian food

and being together with all your exchange buddies.



*subject to changes (weather conditions, etc.)

The tour price as detailed in the database covers coach trip, overnight stays, entrance and activity fees as detailed in tour schedule, bike and other rentals, local guides, cruises, three daily meals (breakfast, lunch, dinner). Further information/registration upon your arrival in Norway. We look forward to having you with us on this amazing trip, as the 2016 students called it.



Friday, 2nd June

Arrival at hostel: anytime between 12 and 17.30. A Rotarian guide will be present from 12 o'clock and welcome you.

Dinner at hostel: 18.00

Hostel: Haraldsheim Vandrerhjem (Haraldsheimveien 4, 0587 Oslo)

How to get here: <http://www.haraldsheim.no/en/kontakt/slik-kommer-du-hit/>

In the evening, we will enjoy a meal (sponsored by the Youth Exchange team of district 2310) in the hostel overlooking Oslo. We will also give you an introduction about the tour, tell you in greater detail where we will be travelling to and what you can expect. You will also receive your tour sweater.

Below you'll find a day-to-day schedule of our trip, including information about where we will stay (hotels/hostels), activities, etc. Some minor adjustments will occur due to traffic situations, weather, etc.

Saturday, 3rd June

Breakfast: Haraldsheim/Oslo kl. 7.00

Departure: 7.30

Lunsj: Nystølen hyttegrend/Nesbyen

Dinner: Liseth Pensionat og Hyttetun

Overnight stay: Liseth Pensionat og Hyttetun.

Today, we will cover a total of approximately 310 km. We will stay overnight in Vøringsfoss.

We will drive through Hallingdal, which is the heart of the Norwegian mountains. We'll get to **Bjørneparken** in Flå at around **11.00** (travel time from Oslo to Flå: around 2.30 h) where we will be met by the local mayor. Here will get the chance to meet bears and other Norwegian animals. If you want to, and if "Leif" turns up, you may even want to kiss a moose☺.



Kissing a moose in Bjørneparken (Photo: <http://www.bjorneparken.no/>)



Alpacas on the farm of Jan Haraldseth, whom you know from the winter camp. (Photo: Stein Øberg)

After visiting the bears and moose we continue to Nesbyen. We will arrive there at **12.30**. **Nesbyen Rotaryklubb** has invited us for lunch, which we will enjoy at Nystølen hyttegrend. The local Rotary club and organisers of the winter camp are already looking forward to seeing you again.

At **14.00** we continue our trip towards the west. Only around an hour from Nesbyen, we will be able to get some exercise at “Høyt og lavt klatreparken”, part of it generously sponsored by Al Rotary Club. We’ll stay here for around 2-3 hours and will eat dinner at the centre and then continue on to our last destination of the day.

We will first pass the **Hardangerjøkulen**, which is the sixth largest glacier in mainland Norway and located about 16 kilometres (9.9 mi) northeast of the village



of Eidfjord 5 kilometres (3.1 mi) south of Finse. The 1980 movie *Star Wars Episode V: The Empire Strikes Back* used Hardangerjøkulen as a filming location, for scenes of the ice planet Hoth, including a memorable battle in the snow.



Hardangerjøkulen glacier (Photo: <https://en.wikipedia.org/wiki/Hardangerj%C3%B8kulen>)

We will continue on to **Sysenvatnet**, a lake in the municipality of Eidfjord in Hordaland county and on to **Vøringsfoss** where the famous **Vøringsfossen** is located. This waterfall is among Norway's most famous waterfalls and has a fall of 182 metres, of which 145 metres is a direct drop. Our hostel is not very far from the waterfall. So we'll go for a nice evening walk.

You must follow the instructions of the tour and other guides at all times. Paths can be wet and slippery. You must never climb across any fences or walk outside marked tracks, or stand close to edges. NEVER EVER! Breach of ANY rule will result in immediate return home. All of us want you to enjoy the tour and your safety is our highest command.

Sunday 4th June

Breakfast: Liseth Pensionat og Hyttetun kl. 6.30

Departure: 7.30

Lunsj: Prepare lunch packet

Dinner: Voss Youth Hostel incl. tasting of smalahove

Overnight stay: Voss Youth Hostel

We will continue on to **Eidfjord**, which is one of the most beautifully sited towns in this part of Norway, dwarfed by sheer mountains and cascading waterfalls. Eidfjord's beauty does, however, come at a price. Although it's only accessible by ferry or **spiral tunnels**, what we



will do, in summer, cruise ships arrive on an almost daily basis, and the town can get overwhelmed. As we drive through the area, you will get the opportunity to experience the famous “**Blooming in Hardanger**” when all the fruit trees along the fjord are (hopefully – it all depends on the winter) in full blossom. The entire distance is around 140 km and it takes us around 3 hours to get Flåm. We take the road towards **Skjervefossen**, which is a spectacular waterfall where you can get very close..... and wet!



The Hardanger bridge is 1,400 metres (4,600 ft) long, with a main span of 1,310 metres, it is 30 m longer than the Golden Gate bridge (Photo: broer.no)

We will pass **Gudvangen** from where we continue on to **Flåm**. The narrow and spectacular Nærøyfjord (this is what you have on your sweater) is surrounded by steep mountains with snow-covered tops that stretch up to 1800 meters above sea level. Water falls cascade down the mountains and picturesque villages dot the landscape. This is an area that is featured on the **UNESCO world heritage** list and is considered one of the world's most beautiful fjord landscapes.

We will arrive in **Flåm** at **around 11.30**. We will go onboard Flåmsbana **12.20**, a spectacular train journey that offers a panoramic view of some of the **wildest and most magnificent nature** in the Norwegian fjord landscape. Flåmsbana is one of the steepest trainlines in the world on normal tracks, where almost 80% of the journey has a gradient of 5.5%. The train journey runs through fantastic nature, past the Rallar road, steep mountains, breathtaking waterfalls, through 20 tunnels and offers so many viewpoints that many feel like travelling multiple times between the mountain and the fjord. In the span of a single hour, the train takes us from the ocean level at the Sognefjord in Flåm, to the mountaintop at **Myrdal mountain station** on Hardangervidda, 863 meters above sea level.





*The Flåm railway - National Geographic Traveller Magazine has named the Flåm railway as one of the top 10 train journeys in Europe and Lonely Planet named it the best train journey in the world in 2014. The trip to **Myrdal station** takes 1 hour. We will be back in Flåm in the afternoon. (Photo: Jutta Bachmann)*

In your registration we asked you to provide information about your cycling skills – can you cycle? Can you manage alright? Or are you more or less a beginner? Those who indicated that they can cycle but would not classify themselves as good cyclist, will take the train up to Myrdal and down again. This group will then enjoy a stroll along the fjord, eat some ice cream, go shopping. The rest of the group will go cycling.

Bike rental: Café Rallaren (tel. 57633756, e-post: info@caferallaren.no, bike rental) close to Myrdal station on the top. // **VisitFlåm Backoffice: 57631400**

The road down Flamsdalen valley consists of the last 20 kilometres of the most spectacular bicycle journey in Norway.



Cycling break on the way from Myrdal station to Flåm village. (Photo: Stein Øberg)

The Rallarvegen is an old navy road from when the Bergen Railway was constructed. The upper part is mostly gravel while the lower part is asphalt with local car and person transport. A highlight in your journey is **Myrdalsberget**, where the road snakes its way down 21 hairline turns.

OBS: You must not be a first-time-cyclist for this trip! The road is relatively steep at the beginning, which most of us will walk, the rest of the road should not be a problem. Those who have indicated that they can not cycle very well will take the train back to Flåm and wait for the rest of the group, enjoy and ice cream, etc.

Flåm is a little village in the Aurlandsfjord, the innermost side arm of the world's deepest and second-longest fjord, **the 204 kilometer long and 1308 meter deep Sognefjord**. Flåm is surrounded by steep mountains, thundering waterfalls and narrow valleys, and during the spring and summer months you will see large cruise ships gliding in through the narrow fjord with their course set for Flåm Harbour. On **June 4th**, three big cruise ships will be in the harbour, **MSC Magnifica, MSC Fantasia and MS Koningsdam**, all of them carrying between 2500 and 3500 passengers. The little village of Flåm has just 400 inhabitants! Enjoy a stroll through the village and visit the Tourist Office for information about the area.



We will return to the buss and at 17.00 go on a ca 2-h cruise on the **Næroyfjord from Flåm to Gudvangen** where we will arrive at 19.15. The buss will drive to Gudvangen where it will pick us up and take us to **Voss** via beautiful **Stalheimskleivene**.

We'll arrive in Voss relatively late and will eat dinner there.



Smalahove – sheep's head – Voss Rotary Club will treat you to six lovely sheep heads after the regular dinner. Enjoy! 😊

Monday 5th June

Breakfast: Voss Youth Hostel kl. 8 - 9

Departure to Activity Centre (rafting): 9.30

Lunsj: after the rafting trip

Dinner: Bergen Youth Hostel

Overnight stay: Bergen Youth Hostel (Montana)



Rafting on a river close to Voss (Photo: <http://www.vossactive.no>)

9.45: We meet at “Voss Active” 10.00: Rafting tour – takes 3.5 to 4 hours – have towel with you, as you may want to have a shower after the trip.

14.00: Warm lunch in Elvatun Restaurant & Friluftsspa. The tour organisers will show photos of the tour.

After the rafting tour, we will continue on to **Bergen**. On the further way to Bergen we will stop at **Tvinnefossen** and other lovely sites.

Our hostel is very close to Mount Ulriken, and hiking up Mount Ulriken is one of the most popular tours in Bergen. So this will be tonight’s venture. We can start the hike right from the place we stay. This is a very popular trip for both locals and visitors. It is steep, but you are rewarded with stunning views along the way and of course panoramic views of Bergen and the surroundings from the top. It takes around 1.5 hours to get to the top.

Tuesday 6th June

Breakfast: Youth Hostel Montana, 8.30

Lunsj: in town

Dinner: Bergen Rotary Clubs

Overnight stay: Bergen Youth Hostel

Bergen is great to explore by foot. We are lucky and will be met by **local Rotarians/rebounds from some of the Rotary Clubs in Bergen** who will be our hosts and



guides during our visit to the city. They will take us to the most important sights in Bergen and also treat us to lunch and dinner.

Strolling around old streets and alleyways where people have lived for centuries is like a fairy-tale. You might have heard of the **Fløibanen funicular** in Bergen (tickets needed), which is one of Norway's best-known attractions. Fløibanen can be found in the heart of Bergen, 150 m from Fisketorget – the fish market – and Bryggen wharf, and it takes just 10 minutes to walk to the lower station from where the cruise ships dock along Bryggen. The journey up to Fløyen (320 m above sea level) takes 5–8 minutes. You might want to skip this tour as we will have hiked up Ulriken the day before.



*Fisketorget: Stroll along the listed wooden buildings at **Bryggen** to the old fortress at **Bergenhus**, or call in at one of Bergen's many museums and galleries. The panoramic views of the city, the fjord and the ocean are breathtaking. Bergen was also the birthplace of the hugely popular composer Edvard Grieg and you can visit his home at Edvard Grieg Museum Troidhaugen. (Photo: Emily Wolf)*

Bergen is also home to fantastic concerts and plays. We will be in Bergen during the “Festspillene” and hope that something of interest will be on. The programme is not yet finalised, so we will investigate and keep you posted.



Wednesday 7th June

Breakfast: Bergen Youth Hostel kl. 7

Departure: 8.00

Lunsj: in Førde

Dinner: Stryn

Overnight stay: Oldevatn Camping Plass

We are heading towards **Geiranger**. At first (after about 2 hs, we will cross the Sognefjord by ferry (around 10.00, the next ferry is 10.20). If possible (we will not find out before we actually get there), we will take **the world's first 100% battery-driven** big passenger and car ferry. It has room for 120 cars and 360 passengers. We then continue on the E39 to Førde (arrival around 11.30) where representatives of **Førde Rotary Club** will meet us for lunch sponsored by the local bank.

We leave Førde at 13.00. It takes around two hours to Olden and from there 30 minutes to **Briksdalen** (arrival 15.45). Put on good shoes and clothes. We will hike up to the **glacier**, which takes around 45 minutes. We will stay at the glacier for around 15 minutes and then make our way downwards again. The water is cold, but we had two students last year who jumped in.



Briksdalen glacier (Photo: Jutta Bachmann)

The glacier is no longer the size it had only a few years ago; unfortunately, global climate changes have taken their toll.



Thursday 8th June

Breakfast: Oldevatn Camping, 7.30

Departure: 8.30

Lunsj: Prepare lunch packet

Dinner: Ørskog Rotary Club

Overnight stay: Fjellstova (Ørskog)

Flydalsjuvet (via 6V 63, approx. 4 km from Geiranger centre) offers an impressive view and is an excellent point for photography, with a view over Geiranger and Geirangerfjorden with the many cruise boats. Some of Norway's most popular travel photo images are taken here. The viewpoint is divided into two areas, one upper and one lower plateau, with a gangway running in between.



View on the Geiranger fjord (Photo: Marthe Sponberg)

We will now drive up **Ørneveien** with 11 tight bends. From the top we will have a magnificent view over the Geiranger fjord.

The **Geiranger fjord** is one of Norway's most visited tourist sites. In 2005, it was listed as a UNESCO World Heritage Site, jointly with the Nærøyfjorden, which we have visited before. This fjord is surrounded by the steepest and, one is almost tempted to say, the most preposterous mountains on the entire west coast. It is very narrow and has no habitable shore area, for the precipitous heights rise in sheer and rugged strata almost straight out of the water. Foaming waterfalls plunge into the fjord from jagged peaks.



We take the ferry from Eidsdal til Linge and continue on to Ørskog.

We will stay two nights in **Fjellstova** (Ørskogfjellet), a roadside restaurant with 15 cabins and a small camping area. There is ample opportunity to enjoy outdoor activities. The owners of the restaurant are known for their excellent food.

The Rotary club Ørskog has invited us for dinner during our stay at Fjellstova. We will also be met by a local guide to take us around in the area.

Friday 9th June

Breakfast: Fjellstova, 8.00

Departure: 8.30

Lunsj: Rotarians prepare lunch packet

Dinner: Vard Langsten ship's warft

Overnight stay: Fjellstova

Today we will visit Ålesund, both the city and two things Norway in general is famous for. When we get to Ålesund, the bus will drop us off in the city centre and drive up to the "Fjellstua", which is the highest mountain top in Ålesund with an excellent view over the city. We will be picked up here after our walk through the city. We have been invited to visit the Offshore Simulator Centre OSV at 13.00 (www.osc.no), which is the world's most advanced provider of simulators for demanding offshore operations. At 16.00 we are invited to visit one of the world's most important warfts (Vard Langsten, www.vard.com) where we will also be served dinner. The company is one of the major global designers and ship-builders of specialized vessels. It is headquartered in Norway and has a workforce of around 9,000 employees.





(Photo: By sgm - http://commons.wikimedia.org/wiki/File:Aalesund_from_Fjellstua.jpg, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=313445>)

Saturday 10th June

Breakfast: Fjellstova 7.30

Departure: 8.00

Lunsj: Prepare lunch packet

Dinner: Trondheim, Tyholt tårnet

Overnight stay: Trondheim Vandrerhjem

After breakfast we will travel to the coast along the famous **Atlantic Road**, a fantastic and spectacular road, and a very popular tourist attraction. Both the local population and tourist visitors frequently use the road to go fishing for cod and other fish directly from the bridges. One of the bridges is special designed for fishing. The 8.3 km (5 mile) road is built on several small islands and skerries, and is spanned by eight bridges and several landfills. This road has an open sea view which is not so common for roads along the Norwegian coast. Here the distance between the islands was so small that a road could be built across the archipelago. In addition there are fjords and mountains inside the road.

The Atlantic Road was voted "Norwegian Construction of the Century" on September the 27th 2005, and is currently Norway's second most visited scenic road. The Atlantic Road's sharp turns and wild nature have ranked it first on The Guardian's list of the world's best road trips, in sharp competition with world renowned attractions such as Northern Ireland's Antrim coast road and the Himalayas.

We arrive in Trondheim in the afternoon. Trondheim was founded by the Viking king **Olav Tryggvason** in 997 and was the capital of Norway for 200 years. The city became an archbishop's see in 1152, and in the same year, the country's first school, the Cathedral School, was founded. The city quickly developed into a leading centre of trade for the surrounding region, a role which it still maintains today.



(Photo: Wikipaida, Jan Frode Haugseth, public domain:
https://en.wikipedia.org/wiki/Trondheim#/media/File:Trondheim,_panorama_fra_By%C3%A5sen.jpg)

The **Nidaros cathedral** in Trondheim is the **national sanctuary of Norway**, built over the grave of St. Olav. Work began in 1070, but the oldest parts still in existence date from the middle of the 12th century. In 1869 extensive restorations started, and more than a century later, Nidaros Cathedral is yet to be completed.

In the evening we will visit **Tyholt tower** where we will eat at Egon's whilst enjoying a 360-degree view over the city (<http://www.egon.no/restauranter/tarnet>).

Sunday 11th June

Breakfast: Trondheim Vandrerhjem, 7.00

Departure: 7.30

Lunsj: Prepare lunch packet

Dinner: at home with your host parents (if not determined otherwise)

If you live in Trondheim or close by, you might want to stay here or move on from here rather than travelling with us to Oslo. All others will take the coach back to Oslo. Some of you live in cities/villages close to the road we will pass through - Dovrefjell and Gudbrandsdalen - giving those living along the route the possibility to hop off and be picked up by their host parents.



Packing list

Backpack or suitcase
Warm and comfy clothes (woollen underwear)
Lighter clothes
Gloves
Good walking boots (!)
Small rucksack for day tours
Rain clothes (good ones)
Towels
Swimmers
Sleeping bag **and** “lakenpose” (ask your host parents for one)
Lunch box
Water bottle
Personal items

Please, do not pack too much. One piece of luggage and small rucksack each.

Bus driver: Anders

Turbusser til alle formål

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Anders Stålseng

Your tour guides: Stein and Jutta, along with two more Rotarians

