Raw. Powerful. Untouched. There are so many ways to describe the unique countryside of Norway that makes it a rare and undiscovered cycling destination. This territory is speckled with Nordic attitude, from outrageous glaciers to jagged, dramatic mountains practically carved out of marble. We pulled out all the stops for this adventure, working in collaboration with local riders to give you an unparalleled view of fjord country. You’ll spin past the Sognefjellet National Tourist Route, the proud Jostedalsbreen glacier, and the Lustrafjord, one of the country’s longest and deepest fjords that serve as a main port-of-call for its bustling boat industry. Join us as we ride into the heart of Mother Nature’s most northerly crown jewel.

**TRIP WOOPS**

Visit the magical Urnes Stave Church: Not only is it the oldest stave church in Norway but also a proud Unesco World Heritage Site

Ride Sognefjellet Mountain Pass, the highest in Northern Europe and marvel at the tallest mountain range in all of Norway as you pass through Jotunheimen National Park

Pedal against the icy blue backdrop of the gargantuan Nigardsbreen and Bergset glaciers

Take a classic Norwegian pedestrian ferry across the Lustrafjord to complete your day’s ride

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**NORWAY FJORDLANDS BIKE TOUR**

DONT JUST TRAVEL. EXPLORE.

<table>
<thead>
<tr>
<th>From</th>
<th>$4499</th>
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<tbody>
<tr>
<td>Rider Type</td>
<td>Active</td>
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<tr>
<td>Hotel Style</td>
<td>Explorer</td>
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<tr>
<td>Duration</td>
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<td>Start</td>
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<tr>
<td>Dates</td>
<td>2020/Jun/Jul/Aug</td>
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<tr>
<td>Day 1</td>
<td>TODAY’S RIDE: Skjolden to Fortun Valley</td>
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<tr>
<td>AVID OPTION:</td>
<td>Skjolden to Fortun Valley with Morkrid Add-on</td>
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<tr>
<td>TODAY’S ACTIVITY:</td>
<td>Transfer from Sogndal to Skjolden</td>
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**DESCRIPTION:**
Welcome to some of the world’s wildest wilderness. Meet your Trek Travel guides this morning in Sogndal, before we depart on a 1-hour shuttle ride north along the longest navigable fjord to the outpost town of Skjolden. Our destination? The world-class Skjolden Hotel, where the views take center stage. Relax, unwind and make yourself comfortable. We’ll then gather for a scenic lunch followed by introductions to the group and your bikes for the week. We’ll roll out on a relaxed, mostly flat ride through farmland, along Eidsvatnet Lake with stunning cliff views. These sweeping views give you just a taste of what’s to come. Tonight, we’ll gather for a social hour and a delicious farm-to-table dinner together at Skjolden Hotel, and give a toast to the adventure ahead.

**HOTEL:**
Skjolden Hotel

**INCLUDED MEALS:**
Lunch | Social Hour | Dinner

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<table>
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<tr>
<th>Day 2</th>
<th>TODAY’S RIDE: Skjolden to Feigefossen Waterfall</th>
<th>Approximately 34 miles with 2,000 feet of climbing</th>
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<tbody>
<tr>
<td>AVID OPTION:</td>
<td>Skjolden to Harastølen with Mørkrid Add-on</td>
<td>Approximately 50 miles with 3,720 feet of climbing</td>
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**DESCRIPTION:**
Your first full day of cycling will take you on a spirited course along the south and north side of the gorgeous Lustrafjord. The south side is also known as the “Romantic Road” and for good reason. Fantastic fjord scenery, including majestic landscapes, quaint farms and grazing wildlife provide picture-perfect views that will make you fall in love with Norway. Be sure to pack your hiking shoes because we will offer an optional 30-minute hike up to the Feigefossen waterfall. There’s also an avid out and back climb option to a former sanitorium, this climb has an average 9-10% grade for those wanting to test their legs.

**HOTEL:**
Skjolden Hotel

**INCLUDED MEALS:**
Breakfast | Lunch | Dinner
**Day 3**

**TODAY'S RIDE:**
Ride to Sognefjellet with Shuttle
Approximately 31 miles with 2,450 feet of climbing

**AVID OPTION:**
Ride to Sognefjellet
Approximately 41 miles with 5,600 feet of climbing

**DESCRIPTION:**
This day is special, with a deep dive into the finest and most iconic alpine landscape in Norway, starting with the legendary Sognefjellet mountain pass. It’s the highest in Northern Europe, reaching an elevation of 1,434 meters above sea level and has been rated by U.K-based newspaper The Guardian as one of the world’s top 10 cycling routes. On the south side of the road, you can see straight into Jotunheimen National Park with its 255 peaks that rise above 2000 meters. Look to the north and catch breathtaking views of Breheimen National Park known for its glaciers - two of which you’ll see on today’s route. A quick shuttle carries riders over a 16km climb with nearly a 10% grade of which the avid cyclists can choose to ride instead. Those wanting a shorter option can take the shuttle back to the hotel. At the summit, we’ll make a leisurely stop at Sognefjellet Hotel for coffee before a beautiful descent. Don’t be surprised if all your future climbs will pale in comparison. Tonight’s dinner is on your own at the hotel, featuring casual, local fare.

**HOTEL:**
Skjolden Hotel

**INCLUDED MEALS:**
Breakfast | Dinner

**Day 4**

**TODAY'S RIDE:**
Skjolden to Romantic Road
Approximately 18 miles with 1,200 feet of climbing

**AVID OPTION:**
Skjolden to Romantic Road with Solvorn to Marifjøra Add-on
Approximately 28 miles with 2,300 feet of climbing

**DESCRIPTION:**
Our route today starts along the Lustrafjord, the innermost arm of the Sognefjorden, and then turns north into the jaw-dropping landscape of Jostedalen Valley. The road winds along the shore of the fjord with dramatic views of the surrounding mountains which grow up to 1,500 meters from the base. Today we will also visit the UNESCO world heritage Urnes stave church, built in the 1130’s, and then take the ferry to Solvorn where we will enjoy an incredible cafe lunch. Once back at the hotel choose to jump in the crystal clear fjord for a refreshing dip. Tonight we’ll rest our legs and enjoy a fantastic group meal at our historic hotel.

**HOTEL:**
Tørvis Hotel

**INCLUDED MEALS:**
Breakfast | Lunch | Dinner

**Day 5**

**TODAY'S RIDE:**
Solvorn to Nigardsbreen Glacier
Approximately 34 miles with 2,900 feet of climbing

**AVID OPTION:**
Solvorn to Nigardsbreen Glacier to Solvorn
Approximately 70 miles with 4,100 feet of climbing

**DESCRIPTION:**
Today we’ll discover the majestic view of the Norwegian fjords with a ride to the Jostedal glacier where you’ll witness the famous Nigardsbreen glacier arm. You’ll have the option to board a small boat for a quick 5-minute cruise on the lake and then hike to get closer to the glacier (approximately 30-40 minutes hike). Make sure to pack your camera as the Jostedal glacier is continental Europe’s largest glacier with enough water to fill 300 million bathtubs! Afterward, we’ll head back to the visitor center for a casual cafe lunch with gorgeous views of Jostedal glacier. We guarantee nobody back home has ever heard of nor visited this tiny corner of Scandinavia, so make sure you document every fascinating moment. Avid riders can ride back to the hotel while others can shuttle all or part of the way back. Tonight, we’ll gather together as a group over dinner and drinks at the hotel to toast our accomplishments, new-found friendships and incredible adventures!

**HOTEL:**
Tørvis Hotel

**INCLUDED MEALS:**
Breakfast | Lunch | Social Hour | Dinner
**TODAY’S RIDE:**
**Optional Lake Ride**
Approximately 25 miles with 1,500 feet of climbing

**DESCRIPTION:**
It’s time to say goodbye to the glory of the Norwegian wilds. Enjoy a leisurely breakfast and possibly an early morning spin before packing your bags for the trip back to Sogndal. It’s been a special journey, and we know you’ll be back.

**INCLUDED MEALS:**
Breakfast

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**WHAT'S INCLUDED**

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It’s the little additions to every Trek Travel cycling vacation that make it truly special. And that’s how we help you create more memories.

What's Included

- 5 nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, 4 lunches and 5 dinners
- 2 social hours of drinks and hors d'oeuvres
- Ride a Trek Domane SL 7 disc, Trek's newest Electric-Assist, or a Trek 7.6 FX Hybrid
- Up to three daily route options on riding days
- Snacks and drinks for each day's ride
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep
- Cinch sack day bag to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized photobook of your trip
- Entrance fees for all activities, private tours and events

Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
- Bontrager WaveCel helmet
- Bontrager men’s and women's specific saddles
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Upgrade your bike to include carbon wheels (+$200)
- Coupon valued up to $500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.

*For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

Thank your guides, by tipping

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

What’s Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
• Personal items purchased during the trip
• Optional activities not scheduled by Trek Travel
• On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

**HOTELS**

**SKJOLDEN HOTEL**
**SKJOLDEN, NORWAY**
Skjolden Hotel is located far inside the world's longest fjord, Sognefjord, in the foothills of the mighty Jotunheimen's mountains. Each comfortably appointed room features magnificent views that look upon the massive mountain range or towards the Lusterfjord. You'll delight in local food from farms in Skjolden and Luster, prepared by a talented team of chefs right at the hotel. The dedicated hosts here in Skjolden will make your stay an unforgettable experience.

**TØRVIS HOTEL**
**MARIFJØRA, NORWAY**
The Tørvis hotel is a gorgeous hotel with a history dating all the way back to 1639. Back then, the small village called Marifjøra, was a known trade center. The old traditions are well kept, both in restoring the hotel and its atmosphere. The hotel serves local and fresh produce. Fine wines and a rich atmosphere allows for exceptional culinary experiences. Kick back and enjoy both your food and the view.

**MEETING & DEPARTING**

**How To Get There**
We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to travel-related delays. We recommend that you fly into the Sogndal Airport (SOG) by way of either the Bergen Airport, Flesland (BGO) or Oslo Airport (OSL). Pro tip: It might be a better deal to buy the puddle jumper ticket into SOG separately. Once in Sogndal, you will need a taxi to our meeting hotel, which is about a 20-minute drive.

It is possible (and not terribly expensive) to rent a car in either Bergen or Oslo. The drive to Sogndal will take about 4-5 hours and rental cars can be dropped off at the Sogndal airport. Please note that Norway speed limits are typically lower than in many other countries.

**Meeting Time And Location**
Your Trek Travel guides will meet you at the Quality Hotel Sogndal (Gravensteinsgata 5, 6856 Sogndal, Norway) at 11:00 AM on the first day of the trip. You and your traveling companions will take a 1-hour private Trek Travel shuttle north along the world's longest navigable fjord to the outpost town of Skjolden. Once you arrive at the Skjolden Hotel, we’ll enjoy lunch and you can familiarize yourself with your bike for the week. We’ll roll out on a relaxed, mostly flat ride through farmland, along Eidsvatnet lake with stunning cliff views. Or you can choose to relax at the hotel.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, the Skjolden Hotel (+47 57 68 23 80), and leave a message with your expected arrival time and contact details.

**Departing Time And Location**
You’ll depart the Tørvis Hotel at 11:00 AM on Friday, arriving at approximately 11:30 PM in Sogndal. Please do not schedule any flights out of Sogndal before 1:00 PM. We recommend flying back to Bergen or Oslo and spending the evening exploring before finishing your journey home the following day (Saturday). Please
and they are strictly enforced. Norwegian speeding tickets are very expensive!

If you choose to take the ExpressBoat from Bergen to Sogndal, a lovely 4.5 hour scenic option, you will need to be ready to board at the Bergen Ferry Terminal at a specific time. Currently only the winter schedule is available, but the summer schedule will be updated in early spring. We recommend purchasing tickets at least 4 weeks in advance since the price goes up as you get closer to the date. There are two weekday departures from Bergen on the Norway ExpressBoat, and ONLY ONE departure on Saturdays and Sundays. ExpressBoat tickets run approximately $98 USD each way. Tickets can be purchased online at http://booking.norled.no/default.aspx. If for some reason you miss the ferry boarding, a taxi from Bergen to Sogndal will cost between $600-700 USD.

Either way, we highly suggest you make travel arrangements more than a week in advance and that you arrive at minimum one day prior to the trip start to avoid delays.

Before & After: Sogndal, Norway

Sogndal is a thriving town of 6,000 people located at the heart of Norway’s interior Songnefjord region. Quaint hotels, great restaurants and over 70 downtown shops and a successful professional soccer team make up this lively community tucked beneath snow-capped peaks. Most all within walking distance of the ferry terminal and hotel districts. Sogndal is a great introduction to life in the fjordlands. We recommend the following accommodations for your pre and post-trip hotel.

QUALITY HOTEL SOGNDAL

This casual hotel is a 2-minute walk from Sogndalselvi river, 8 km from folk museum De Heibergske Samlinger Sogn Folkemuseum, and 13 km from the ski center Sogndal Hodlekve. The bright, airy rooms offer free Wi-Fi, flat-screen TVs and minibars. Room service is also available. Upgraded rooms add pull-out sofas, and suites have living rooms. All rooms are currently being renovated and are slated to be completed May 2018. Complimentary amenities at the hotel include buffet-style breakfast and parking. There’s an Italian restaurant and a hip, relaxed cafe and bar to enjoy as well.

www.nordicchoicehotels.com/hotels/norway/sogndal/quality-hotel-sogndal | $149

HOFSLUND HOTEL

Hofslund Fjord Hotel has been a family run hotel since 1912. Most of the rooms have a dramatic fjord view and balcony. The hotel is situated right at the center of Sogndal and directly on the shore of the Sognefjord, the longest fjord in the world. It has its own garden and a heated outdoor swimming pool. From the garden, you can enjoy the picturesque sight of the fjord and the surrounding mountains.

www.en.hofslund-hotel.no | $189

BEST WESTERN LAEGREID HOTEL

Welcome to Best Western Laegreid Hotell in the center of Sogndal! Located next to the little fountain in the Sogndal town square, Almenningen, you will find a pleasant location for your stay in the fjordlands.

www.lagreidhotel.com | $179

* Hotels listed above are local properties we love. We do not have special rates available.
What Are The Daily Rides Like?

- Rider Type | 3 - Active
- Average Daily Mileage | 26
- Terrain | Undulating
- Average Daily Elevation | 1,860 feet
- Total Miles | 186
- Total Elevation | 11,185 feet

Averages and totals are calculated from our "Today's Ride" options.

Roads in the fjordlands region are mountainous and undulating in nature. If you enjoy a hearty climb or a smile-inducing descent, you'll love the terrain here in Norway. However, options abound for guests, with plenty of opportunities to extend your ride or shorten it up depending on your feelings each day. Weather it's a climb up to Sognefjellet mountain pass at 4,920 feet or a mellow spin in the Mørkrid valley, the riding here has it all. Beautiful pavement on narrow, quiet roads is the name of the game, and community members and drivers are more than accustomed to sharing the roads with cyclists. Norway Fjordlands is best suited for our Type 3 Riders. Our Trek Travel guides can also easily accommodate Type 2 Riders, who seek less mileage or fewer uphills, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 3+ Riders will enjoy the extra mileage the avid route options offer.

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on this trip are:

- Visit a UNESCO World Heritage Site
- Ferry Transfer Across Lusterfjord
- Riding iconic roads of the Fjordlands

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.