



## NORWAY FJORDLANDS BIKE TOUR

DON'T JUST TRAVEL. EXPLORE.

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 our Norway bike tour, 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 Jostedalsglacier, and the Lustrafjord, one of the country's longest and deepest fjords that serves 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. [Book your trip with confidence »](#)

From  
**\$4899**

Rider Type  
**Active**

Hotel Style  
**Explorer**

Duration  
**6 days | 5 nights**

Start | End  
**Sogndal, Norway**

Dates  
**2021/Jun/Jul/Aug  
2022/Aug/Jul/Jun**

### TRIP WOWS

Visit the magical Urnes Stave Church, not only the oldest stave church in Norway but also a proud UNESCO World Heritage Site

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

Enjoy a RIB boat adventure across the Lustrafjord to admire the majestic fjord scenery from a unique perspective

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

Delight in a 30-minute hike to one of the most impressive waterfalls of Norway



## DAILY ITINERARY

2021

Day

1

### TODAY'S RIDE:

#### Skjolden to Fortun valley return

Approximately 15 miles with 1,180 feet of climbing

### AVID OPTION:

#### Skjolden to Fortun valley with Mørkrid

Approximately 22 miles with 1,867 feet of climbing

### DESCRIPTION:

Welcome to some of the world's most untouched wilderness! Meet your Trek Travel guides on the first morning of your Norway bike tour in Sogndal, before departing 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 will 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 the Skjolden Hotel, giving a toast to the adventure ahead.

### HOTEL:

Skjolden Hotel

### INCLUDED MEALS:

Lunch | Social Hour | Dinner

# Day

## 2

### TODAY'S RIDE:

#### Skjolden to Urnes return

Approximately 37 miles with 2,392 feet of climbing

### AVID OPTION:

#### Skjolden to Urnes to Kinsedalen return

Approximately 43 miles with 2,733 feet of climbing

### TODAY'S ACTIVITY:

**Guided visit of Urnes stave church, the oldest in Norway**

### DESCRIPTION:

Our first full day of cycling will take us on a spirited course along the east side of the gorgeous Lustrafjord. We'll pedal following the shoreline on the so called "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. Our destination today is the romantic village of Urnes, home to the oldest Norwegian Stave church, situated on a promontory. We will take the opportunity of visiting this outstanding example of traditional Scandinavian wooden architecture built around 1130 and a UNESCO World Heritage Site. After the visit, your guides will provide you with a box lunch before we saddle up and retrace our steps back to the hotel. Those wanting a shorter option can take the shuttle back to the hotel. In the afternoon, we'll have the opportunity to enjoy the water, perhaps with a refreshing dip in the crystal clear fjord or with a SUP or kayak ride. Tonight we'll rest our legs and enjoy a fantastic group meal at our historic hotel.

### HOTEL:

Skjolden Hotel

### INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day

## 3

### TODAY'S RIDE:

#### Turtagrø to Sognefjellet return with shuttle

Approximately 30 miles with 3,000 feet of climbing

### AVID OPTION:

#### Skjolden to Sognefjellet return

Approximately 40 miles with 6,052 feet of climbing

### DESCRIPTION:

A memorable day of cycling awaits today on our Norway bike tour, 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 UK-based newspaper, The Guardian, as one of the world's top 10 cycling routes. A quick shuttle carries riders over a 16 km climb with nearly a 10% grade of which the avid cyclists can choose to ride instead. We'll enjoy a gradual climb surrounded by towering peaks and foreboding glaciers. Don't be surprised if all our future climbs will pale in comparison. At the summit, we'll make a leisurely stop at Sognefjellet Hotel for coffee before a beautiful descent. Those wanting a shorter option can take the shuttle back to the hotel. Tonight's dinner is on your own at the hotel, featuring casual, local fare. Remember to pack your bags as tomorrow we'll say goodbye to Skjolden.

### HOTEL:

Skjolden Hotel

### INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day

## 4

### TODAY'S RIDE:

#### Solvorn to Hafslo lake to Marifjøra

Approximately 28 miles with 1,650 feet of climbing

### TODAY'S ACTIVITY:

**Boat ride across the fjord and hike to a waterfall**

### DESCRIPTION:

After a bountiful breakfast, get ready for a fantastic adventure aboard a private RIB boat charter, cruising on the Lustrafjord with wind in your hair and music on board. We will learn interesting stories from WWII, and our local guide will share some great highlights along the way. We will make a stop at the most impressive waterfalls of Norway, set in an idyllic setting. With a 218 meter free fall, Feigefossen is one of the highest single-drop waterfalls. Be sure to pack your hiking shoes because we will offer an optional 30-minute pleasant hike up to a spectacular viewpoint. After this delightful experience, we will continue our boat ride and dock in Solvorn, a picturesque village located on the western shore of the Lustrafjord. Your bikes will be waiting for you at the dock. We'll refuel with a buffet lunch and continue our adventure riding our bikes to the stunning Hafslo Lake before heading to the charming village of Marifjøra. Here we'll check-in at our next property, the lovely Tørvis hotel, set in a magnificent location overlooking the fjord. Tonight, we'll enjoy dinner together at our new retreat, toasting to this incredible day featuring a boat ride, a hike and a fantastic ride in one of the most breathtaking places on earth.

### HOTEL:

Tørvis Hotel

### INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day

## 5

### TODAY'S RIDE:

#### Marifjøra to Nigardsbreen glacier with shuttle back

Approximately 24 miles with 1,742 feet of climbing

### AVID OPTION:

#### Marifjøra to Nigardsbreen glacier return

Approximately 60 miles with 2,952 feet of climbing

### TODAY'S ACTIVITY:

Take a short boat ride across the glacial lake to start the two kilometer round trip hike up to the glacier

Today we'll discover the majestic view of the Norwegian fjords with a ride to the Jostedal glacier, where we'll witness the famous Nigardsbreen glacier arm. We'll have the option to board a small boat for a quick five-minute cruise on the lake and then hike to get closer to the glacier (approximately 30-40 minutes by foot). 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. 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

# Day

## 6

### TODAY'S RIDE:

#### Marifjøra to Luster return

Approximately 22 miles with 1,038 feet of climbing

### DESCRIPTION:

It's time to say goodbye to the glory of the Norwegian wilds. Enjoy a leisurely breakfast or choose to take an early morning spin to the quaint village of Luster 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

2022

# Day

## 1

### TODAY'S RIDE:

#### Skjolden to Fortun valley return

Approximately 15 miles with 1,180 feet of climbing

### AVID OPTION:

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### DESCRIPTION:

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### HOTEL:

Skjolden Hotel

### INCLUDED MEALS:

Lunch | Social Hour | Dinner

# Day

## 2

### TODAY'S RIDE:

#### Skjolden to Urnes return

Approximately 37 miles with 2,392 feet of climbing

### AVID OPTION:

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### HOTEL:

Skjolden Hotel

### INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day

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### TODAY'S RIDE:

#### Turtagrø to Sognefjellet return with shuttle

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### HOTEL:

Skjolden Hotel

### INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day

## 4

### TODAY'S RIDE:

#### Solvorn to Hafslo Lake to Marifjøra

Approximately 28 miles with 1,650 feet of climbing

### TODAY'S ACTIVITY:

**Boat ride across the fjord and hike to a waterfall**

### DESCRIPTION:

After a bountiful breakfast, get ready for a fantastic adventure aboard a private RIB boat charter, cruising on the Lustrafjord with wind in your hair and music on board. We will learn interesting stories from WWII, and our local guide will share some great highlights along the way. We will make a stop at the most impressive waterfalls of Norway, set in an idyllic setting. With a 218 meter free fall, Feigefossen is one of the highest single-drop waterfalls on the peninsula. Be sure to pack your hiking shoes because you will have the option to enjoy a short hike up to a spectacular viewpoint. After this delightful experience, our boat ride continues until we dock in Solvorn, a picturesque village located on the western shore of the Lustrafjord. Take a stroll around this quaint town, then sit down for a fantastic lunch at the family-run, historical Walaker Hotel. After lunch it's time to saddle up and continue today's adventure riding your bike to the stunning shores of Hafslo Lake before heading to the charming village of Marifjøra. Here you'll check-in to your new home for the next two nights, the lovely Tørvís hotel, set in a magnificent location overlooking the fjord. Tonight, we'll enjoy dinner together at our new retreat, toasting to this incredibly full day in one of the most breathtaking places on earth.

### HOTEL:

Tørvís Hotel

### INCLUDED MEALS:

Breakfast | Lunch | Dinner

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# Day

## 5

### TODAY'S RIDE:

#### Marifjøra to Nigardsbreen glacier with shuttle back

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### AVID OPTION:

#### Marifjøra to Nigardsbreen glacier return

Approximately 60 miles with 2,952 feet of climbing

### TODAY'S ACTIVITY:

Take a short boat ride across the lake and hike two kilometers round trip up to the glacier

Today you'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 five-minute cruise on the lake and then hike to get closer to the glacier (approximately 30-40 minutes by foot). 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 all head back to the visitor center for a casual cafe lunch with impressive views. 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

# Day

## 6

### TODAY'S RIDE:

#### Marifjøra to Luster return

Approximately 22 miles with 1,038 feet of climbing

### DESCRIPTION:

It's time to say goodbye to the glory of the Norwegian wilds. Enjoy a leisurely breakfast or choose to take an early morning spin to the quaint village of Luster before packing your bags for the trip back to Sogndal. It's been a special journey, and we know you'll want to come back!

### INCLUDED MEALS:

Breakfast

## 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

- Five 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, four lunches, and five dinners
- Two social hours of drinks and hors d'oeuvres
- Ride a Trek Domane SL 7 disc or Trek Electric-Assist Verve+
- 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 or Trek Electric-Assist Verve+, available in a limited quantity
- 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 tucked deep in the world's longest fjord, Sognefjord, in the foothills of the mighty Jotunheimens Mountains. Each comfortably appointed room features magnificent views that look out at the massive mountain range or towards the Lustrafjord. 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 in Skjolden will make your stay an unforgettable experience.



### TØRVIS HOTEL

#### MARIFJØRA, NORWAY

With a history dating all the way back to 1639, this historic 4-star hotel boasts a privileged position overlooking the gorgeous Lustrafjord and in close proximity to the glaciers in Jostedal. The hotel serves local and fresh produce food, served in a charming atmosphere, delivering an exceptional culinary experience. The cozy rooms feature wood floors, marble bathrooms, balconies and/or views of the fjord. The garden offers seating and fjord views.



## MEETING & DEPARTING

### How To Get There

We suggest that you arrive at least

### Meeting Time And Location

Your Trek Travel guides will meet you at the Quality Hotel Sogndal

one day prior to the start of our Norway bike tour, 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 four to five 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, and they are strictly enforced. Norwegian speeding tickets are very expensive!

If you choose to take the ExpressBoat from Bergen to Sogndal, a lovely four and a half hour scenic option, you will need to be ready to board at the Bergen Ferry Terminal at a specific time. The summer schedule will be updated in early spring. We recommend purchasing tickets at least four weeks in advance because 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 well in advance, and that you plan to arrive a minimum one day prior to the trip start to avoid delays.

## Before: 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, over 70 downtown shops, and a successful professional soccer team make up this lively community tucked beneath snow-capped peaks. Most points of interests are 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-trip hotel.

(Gravensteinsgata 5, 6856 Sogndal, Norway) at 11:00 AM on the first day of our guided cycling tour in Norway. You and your traveling companions will take a 1-hour private Trek Travel shuttle to the Skjolden Hotel, where you'll check-in and enjoy a casual lunch with introductions. We will then set off on a scenic introductory ride into Fortun valley, returning back to Skjolden.

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 Tørvís Hotel at 11:00 AM on Friday, arriving at approximately 11:30 AM in Sogndal. Please do not schedule any flights out of Sogndal before 2:00 PM. We recommend flying back to Bergen or Oslo and spending the evening exploring before finishing your journey home the following day (Saturday). Please see our pre and post hotel recommendations for our accommodation suggestions.

If taking the ferry back, ExpressBoat departures from Sogndal to Bergen take place at 7:05 AM each day of the week and at 10:40 AM on Sundays. Alternatively, there are two daily departures from Leikanger (30 minutes from Sogndal). Take the time to explore Sogndal on your own this afternoon and be ready for your departure the following morning. Since you'll be taking the ferry back on Saturday, please do not schedule a flight out of the Bergen Airport before 3:00 PM on Saturday to allow plenty of time for any unforeseen delays.

If needed, Sogndal Taxi (+47 57 67 10 00) can help get you from the hotel to your terminal at a more convenient time. Please arrange this at your own discretion.

### QUALITY HOTEL SOGNDAL

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This casual hotel is a two-minute walk from Sogndalselvi river, eight kilometers from folk museum De Heibergske Samlinger Sogn Folkemuseum, and 13 kilometers 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. 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](http://www.nordicchoicehotels.com/hotels/norway/sogndal/quality-hotel-sogndal) | \$149

### HOFSLUND HOTEL

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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 Songnefjord, 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.

#### BEST WESTERN LAEGREID HOTEL

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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

## After: Bergen, Norway

Strikingly set on a convergence of fjords, backed by steeped, forested slopes, Bergen waits to be explored. Even though it is the second largest city in Norway, it has the vibe of a small town, packed with charm and urban character, from the fascinating and picturesque quarters with houses clinging to the hillsides, to the narrow cobblestone alleys and world-famous attractions. The UNESCO World Heritage site Bryggen, "The Hanseatic Wharf," is the most obvious remnant from the time Bergen used to be the center of trade between Norway and the rest of Europe. Just a stone's throw away is the lively fish market, which has been providing the locals with freshly caught treasures from the sea since 1276. Today, it is one of Norway's most visited outdoor markets, and also offers fresh fruit, vegetables, handicrafts, and souvenirs. Another highlight is the Bergen Aquarium, which boasts more than 50 aquariums and plenty of entertaining sea and land animals. Finally, do not miss the open-air Old Bergen Museum, where you can catch a glimpse of the past. The museum is a reconstructed small town and a reminder that Bergen used to be Europe's largest wooden city, consisting of around 50 wooden houses dating from the 18th, 19th, and 20th centuries. We recommend the following accommodations for your post-trip hotel.

#### BERGEN BØRS HOTEL

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Perfectly located in the heart of Bergen, occupying the upper floors of the old stock exchange dating back to 1862, Bergen Børs is set to become Bergen's most fashionable hotel – with one of the city's very best restaurants. Guests can enjoy cocktails and a variety of local beers at the on-site bar, or relax in the restaurant which focuses on Scandinavian cuisine with locally produced ingredients.

www.bergenbors.no/en/ | \$170

#### OPUS XVI

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Housed in a historic building from 1876, Opus XVI is a luxury hotel located in central Bergen, featuring individually designed rooms and suites. Guests can enjoy a Norwegian-style breakfast buffet and the restaurant offers a wide selection of local seafood, vegetarian, and vegan dishes. The spacious lobby also has a bar and an art exhibit from local artists. Restaurants, bars, shopping, the fish market, and Bryggen are all within a few minutes walk.

www.opusxvi.no/ | \$190

#### DET HANSEATISKE HOTEL

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Located in a 16th-century building in the heart of Bergen, next door to the Hanseatic Museum, is Det Hanseatiske Hotel. It offers unique rustic-style rooms decorated in dark, velvety colors and patterns. The quaint Hanseatiske Hotel features rooms with centuries-old timber walls, wooden furniture, and leather sofas. Most rooms have bathtubs and separate showers. The restaurant offers fine dining in an intimate and stylish 17th-century atmosphere.

https://en.dethanseatiskehotel.no/ | \$180

\* Hotels listed above are local properties we love. We do not have special rates available.



## FAQS

## What Are The Daily Rides Like?

- Rider Type | 3 - Active
- Average Daily Mileage | 26
- Terrain | Undulating
- Average Daily Elevation | 1,833 feet
- Total Miles | 156
- Total Elevation | 11,002 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 on our Norway bike tour. However, options abound for guests, with plenty of opportunities to extend your ride or shorten it up depending on your feelings each day. Whether 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 are the name of the game, and community members and drivers are more than accustomed to sharing the roads with cyclists. Our cycling tours in Norway are best suited for our Type 3 Riders. Our Trek Travel guides can also easily accommodate Type 2 Riders, who seek less mileage or fewer uphill, 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 our Norway bike tour are:

- Visit a UNESCO World Heritage Site
- Hike up to a waterfall
- Short boat ride across the glacial lake and hike on the glacier
- RIB boat adventure across the Lustrafjord
- Enjoy a swim, SUP, or kayak on the fjord
- Hike in the Mørkrisdalen Valley

## Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel seeks 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.