



Fjords of Norway: Bergen, Geirangerfjord & Ålesund

12 days | 16 days with Lofoten Islands & Oslo extension

Replete with dramatic mountains, cascading waterfalls, soaring cliffs, and quaint seaside towns, Norway's fjords define the Scandinavian country's natural landscape. This panorama-packed trip will have you cruising along the country's grandest coastlines, taking in crisp, fresh air and jaw-dropping scenery of epic proportions along the way. Begin in colorful Bergen, the heart of the fjords, before continuing on to explore Art Nouveau Ålesund and the UNESCO-listed Geirangerfjord region. Stop in valley villages and seaside towns, then wind down with two nights in the cosmopolitan capital city of Oslo, known for its impressive modern architecture, world-class museums, and succulent seafood. To see even more of Norway's most iconic scenes—think colorful fishing villages, and towering, rocky peaks jutting straight out of sapphire-blue waters—extend your tour and visit the stunning Lofoten Islands.



Your tour package includes

- 10 nights in handpicked hotels
- 10 breakfasts
- 6 dinners with beer or wine
- 6 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach
- 1 on-tour flight
- 2 train rides
- 2 ferry transfers

Included highlights

- Bryggen harbor district
- Flåm Railway
- Fjord Safari cruise
- Briksdal Glacier
- Geiranger Skywalk
- Geirangerfjord cruise
- Trollstigen
- Ålesund's Aksla Mountain
- Fram Museum
- Nobel Peace Center

Tour pace

On this guided tour, you'll walk for at least 2 hours daily across moderately uneven terrain—including wet, slippery gravel; snow; ice; and paved paths with some uphill climbs.

Group size

12–22

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Overnight Flight → 1 night

Day 1: Travel day

Board an overnight flight to Bergen.

Bergen → 2 nights

Day 2: Arrival in Bergen

Included meals: welcome dinner

Welcome to Norway! Meet your Tour Director and fellow travelers at tonight's welcome dinner.

Day 3: Sightseeing tour of Bergen

Included meals: breakfast

Join a local guide and discover the historic sites in and around Bergen, Norway's second city and a settlement that was first founded in 1070.

- Walk through Hanseatic-era alleyways and courtyards—and past one of the most famous photo ops in Bergen—in the UNESCO-listed Bryggen harbor district.
- Pass by the 13th-century, stone Bergenhus Fortress and the bustling Fish And Flower Market.
- Hop on the Fløibanen funicular in the city center, then relax and enjoy a remarkable panorama as you climb 1,050 feet above sea level in a matter of minutes. Disembark atop Mount Fløyen and take in more incredible views of Bergen and the surrounding fjords.

Spend a free afternoon in the city or add an excursion.

+ Bergen Farm Lunch

Flåm → 2 nights

Day 4: Train to Flåm

Included meals: breakfast, dinner

Spend the day journeying through Norway's fjord country, a region of otherworldly natural beauty.

- Journey by train from Bergen to Myrdal.
- In Myrdal, board the historic Flåm Railway for a spectacularly scenic ride down a mountain on one of the steepest tracks in the world, then through the Sognefjord, the longest and deepest fjord in Norway.

- Disembark in tiny Flåm—a picturesque settlement of just 350 people that overlooks dramatic Aurlandsfjord and traces its roots back to the 1300s.

This evening, sit down for an included dinner with your group.

Day 5: Fjord safari cruise

Included meals: breakfast, dinner

Board a RIB (a rigid inflatable boat) and take to the water on an expertly led safari through the UNESCO-listed Aurlandsfjord and Nærøyfjord—both branches of the mighty Sognefjord.

- Cruise along the dramatic landscape and listen as your guide shares local lore and legends.
- Keep an eye out for wildlife, such as seals, porpoises, and eagles, as you take in the scenery from aboard your boat.
- Take in views of towering waterfalls, including the narrow Sagfossen, and quaint villages; one tiny village you'll spot, Undredal, is home to roughly 100 people (and 500 goats) and served as inspiration for the animated smash-hit movie *Frozen*.

Return to Flåm and enjoy a free afternoon or add an excursion. This evening, join your fellow travelers for an included dinner at your hotel.

Please note: You'll be divided into groups of 12 or fewer people per boat and be provided with a flotation suit, life vest, hat, gloves, and goggles—wearing layers and closed toed shoes are recommended.

+ Gudvangen Viking Village & Undredal Tasting Tour

Geirangerfjord Region → 2 nights

Day 6: Geirangerfjord Region via Fjærlandsfjord & Briksdal Glacier

Included meals: breakfast, dinner

Leave Flåm behind as you take a gorgeous drive inland to the Geirangerfjord region, the crown jewel of the Norwegian fjordlands.

- Head into the 16-mile-long Fjærlandsfjord and stop in its namesake village for some free time. Find a bite to eat for lunch, or do some quick exploring and discover why Fjærland earned its reputation as a book-loving town.

- Forge on to Briksdal Glacier—an arm of the Jostedalbreen, the largest glacier in continental Europe—by way of Troll car. These open-air, off-road buggies take you to within a few hundred meters of Briksdal (and let you take in mountains, waterfalls, lakes, and more impressive scenery along the way).

Later, continue on to your hotel in the Geirangerfjord region and enjoy an included dinner this evening.

Please note: Visiting Briksdal Glacier is only possible from June to October, and it depends on the weather. When it isn't open, a visit to a stave church will replace Briksdal Glacier and Fjærlandsfjord.

Day 7: Norwegian Fjord Centre & Geirangerfjord cruise

Included meals: breakfast, dinner

Sail through Norway's stunning UNESCO-listed fjords today.

- Begin with a stop at the Norwegian Fjord Centre and explore exhibits that demonstrate the geological history and biodiversity of the area. Then, enjoy free time: Grab lunch or explore the outdoor areas around the Centre.
- Venture out onto the Geiranger Skywalk. With a gridded iron floor and glass-walled guard rails, this attraction offers an unparalleled view of the Geirangerfjord and its surrounding scenery—all from a perch on Mount Dalsnibba, almost 5,000 feet in the air.
- Board a sightseeing boat to sail through the Geirangerfjord and take in a host of magnificent waterfalls—like the Seven Sisters, the Bridal Veil, and the Suitor—as they plunge off towering cliffs. And don't forget to keep a lookout for abandoned mountain farms and gorgeous marine wildlife, like playful porpoises.

Later, sit down for an included dinner at a local restaurant this evening.

Ålesund → 2 nights

Day 8: Ålesund via Trollstigen

Included meals: breakfast

Travel along the Trollstigen mountain pass—one

of Norway's most popular, scenic, and thrilling summer driving routes thanks to its mountainous setting and famous hairpin turns—as you make your way to Ålesund. The picturesque port town is known for its panoramic views of the surrounding archipelago and fjords, as well as the art nouveau architectural style in which many of its structures were built following a fire in 1904.

Day 9: Sightseeing tour of Ålesund

Included meals: breakfast

Today, embark on a guided tour of Ålesund, a seaside town spread over several islands that's rich in Art Nouveau architecture.

- Start with a visit to the Giske archipelago, home to monuments from the Viking and Middle Ages.
- View the 12th-century Giske Church, which was built in the Norman style by an unknown architect and remains the only marble church in all of Norway; its structure presents an even bigger mystery than its creator, as nobody knows the source of the white marble used to build the church.
- Head to the nearby island of Godøya and climb to the top of the 19th-century Alnes Lighthouse.
- Make your way up Aksla Mountain to Fjellstua, a viewpoint offering sweeping, near-360-degree views of Ålesund and its archipelago below.
- Explore the streets of Ålesund and admire the Art Nouveau architecture, made prevalent after a fire ripped through the town in 1904.

Oslo → 2 nights

Day 10: Flight to Oslo & Fram Museum

Included meals: breakfast

Fly to Oslo in the morning. Then, step inside the Fram Museum to learn about Norway's storied history of polar exploration through interactive exhibits and other displays. One can't-miss highlight: the Gjøa, the sloop used by pioneering Arctic explorer Roald Amundsen to complete the first successful transit of the Northwest Passage.

Day 11: Sightseeing tour of Oslo

Included meals: breakfast, farewell dinner

Meet up with your local guide this morning to discover Oslo—the vibrant Norwegian capital and a city that was first settled in the mid-10th century.

- Take a private tour of the Nobel Peace Center. One of the most-visited museums in

all of Norway, it occupies a former railway station. Here, through a series of interactive and multimedia exhibits, you'll learn about the laureates whose tremendous humanitarian efforts helped make the world a better place.

- Walk through Vigeland Park and stroll among over 200 bronze, granite, and cast-iron sculptures created by artist Gustav Vigeland. Known as Frogner Park to the locals, this open-air exhibition doubles as the largest greenspace in all of Oslo.

Spend a free afternoon in Oslo or add an excursion.

Tonight, gather together to celebrate your trip during a farewell dinner.

+ Oslo Walking Food Tour

Flight Home

Day 12: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home, or extend your trip to explore Bodø and the Lofoten Islands.

+ Lofoten Islands & Oslo extension

Want to add a little more adventure to your tour? Journey into the Arctic Circle to visit two destinations: Bodø, the second-largest town in Northern Norway, and the jagged archipelago of the Lofoten Islands—explore the picture-perfect fishing villages and pristine fjords that make this region Norway's best-kept secret.

Bodø → 1 night

Day 12: Flight to Bodø & Saltstraumen Maelstrom

Included meals: breakfast

Catch a flight to the town of Bodø this morning, located just north of the Arctic Circle. Upon arrival, head to the island of Knaplundsøya and check out the Saltstraumen, a small strait that's home to one of the world's strongest tidal currents. From the bridge above, you'll be able to view its impressively strong maelstroms during high tide—whirlpools over 30 feet across and more than 15 feet deep.

Please note: On some departures, the timing of the tides may prevent us from visiting Saltstraumen. If this happens, the activity will be replaced by a visit to the Kjerringøy Trading Post.

Lofoten Islands → 2 nights

Day 13: Ferry to the Lofoten Islands & Lofotr Viking Museum

Included meals: breakfast, lunch

Travel by ferry to the Lofoten Islands, a scenic archipelago of seven islands replete with dramatic scenery and boasting a rich cultural heritage.

- Cruise to the island of Moskenes, where you'll find small, traditional fisherman's cabins; little islands dotted with homes; and mountains that pitch right into the sea.
- Visit Nusfjord, an authentic fishing village nestled along a secluded bit of coastline on the southern shores of Flakstadøya island.
- Enter the Lofotr Viking Museum. Based on the largest Viking longhouse ever excavated, this exhibition houses unique archaeological finds and demonstrates Viking life as it was in the sixth century. Enjoy a tour of the museum, learning about the area's history. Step inside the Chieftain's House—a full-scale reconstruction of the building originally discovered by archaeologists—then enjoy free time on the premises. Finally, sit down to an included lunch.

Continue on to your hotel on the Lofoten Islands and get settled in for the evening.

Day 14: Sightseeing tour of Henningsvær

Included meals: breakfast

Enjoy a free morning on the Lofoten Islands or add an excursion.

Later, travel to the fishing village of Henningsvær and take a sightseeing tour of the different islands that make it up.

- Meet up with a local guide and take a walk through town, learning about its maritime past.
- Visit the KaviarFactory, an award-winning contemporary art museum that took up residence in a restored 1950s caviar plant. Its exhibitions and installations feature the work of both Norwegian and international artists, and its bookshop boasts some rare finds.
- Take time to explore the village center, and pop into cafes, bakeries, boutiques, and other interesting spots at your leisure.

+ Trollfjord Boat Cruise

Oslo Region → 1 night

Day 15: Flight to Oslo

Included meals: breakfast, farewell dinner

Transfer to the Narvik airport and return to Oslo this morning. Then, transfer to your Oslo Region hotel.

This evening, enjoy a farewell dinner at your accommodations as you celebrate your trip with your fellow group members.

Flight Home**Day 16: Departure**

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home.

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: goaheadtours.ca/NOR | 1-800-754-5066

Day 3: Bergen Farm Lunch

\$265CAD/\$275CAD* (4 hours, departs in the afternoon, includes lunch)

This afternoon, head to a family-run farm that dates back to the 16th century. Take a tour of the grounds and learn about the surrounding area, as well as the animals that call the farm home. Afterward, sit down to an included lunch of traditional Norwegian cuisine—delicacies like smoked salmon, almond cakes, and hot chocolate. Finally, end your afternoon by finding out more about traditional outfits and how they represent the country's culture.

Spend the morning cruising the Trollfjord, a relatively short—but incredibly dramatic—landscape with an interesting, battle-filled history. Board a boat equipped with a hybrid-electric motor and silently glide atop the water, admiring the stunning views surrounding you. As you take it all in, listen as the crew tells you about the resilient communities and wildlife that call the area home.

Please note: There is a cafe on board offering warm drinks, lunch, and pastries. Sunscreen, a hat, and layers are recommended.

Day 5: Gudvangen Viking Village & Undredal Tasting Tour

\$185CAD (4 hours, departs in the afternoon)

Over 1,000 years ago, Norway gave the world the Vikings—and today, you can still hear their stories, see their history, and experience a day in their lives. Today, you'll head to the Gudvangen Viking Village, where you'll meet up with a guide and explore the place where the Vikings used to set up their annual summer market. Wander through the town where they lived, learning about their travels, shipbuilding, and the ways the Viking Age has impacted modern life. Afterward, make your way to Undredal—a fjordside village of roughly 100 people—and enjoy a tasting of local specialties like brunost, a brown goat cheese. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

Day 11: Oslo Walking Food Tour

\$215CAD/\$225CAD* (3.5 hours, departs in the afternoon)

Oslo's a rising star in the culinary world, home to everything from traditional Norwegian food to Japanese, Indian, and other cuisines. Cafes, microbreweries, food trucks, and restaurants abound—meaning plenty of chances to savor some of the delicious bites the city's serving up. Today, meet up with a local guide at the massive Mathallen Food Hall, an indoor food court that houses over 30 specialty stores and eateries. Meander through the market alongside locals and professional chefs, sampling local specialties like cheeses, cured meats, and fresh bread. Afterward, walk along the Aker River to the old industrial neighborhood of Grünerløkka. Learn how it transformed into one of the city's trendiest spots for food and nightlife, and enjoy tastings of wine, beer, cider, street food, and more. Please note: Travelers should feel comfortable walking up to 2.5 miles.

Extension excursion options

Day 14: Trollfjord Boat Cruise

\$215CAD/\$225CAD* (4.5 hours, departs in the morning)

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at goaheadtours.ca/terms