



Northern Lights of Norway: Oslo to Tromsø

10 days | 13 days with Flåm & Bergen extension

Norway's a land of color: verdant fjords, slate mountains, stark glaciers, and the brushstroke brilliance of the aurora borealis—better known as the northern lights. On this tour, you'll experience the country's full palette. Trek from Oslo to the Arctic reaches of Tromsø, experiencing cosmopolitan and indigenous culture along the way. And of course, you'll chase the lights by boat, bus, train, and on foot. Not ready to leave Norway's staggering beauty behind? Extend your tour to explore tiny, fjord-flanked Flåm and the bustling waterfront city of Bergen.



Your tour package includes

- 8 nights in handpicked hotels
- 8 breakfasts
- 1 lunch
- 3 dinners with beer or wine
- 1 food tasting
- 6 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach
- 2 on-tour flights

Included highlights

- Northern lights excursions
- Nobel Peace Center
- Vigeland Sculpture Park
- Sámi village visit
- Narvik War Museum
- Narvikfjellet cable car
- Tromsø Ice Domes
- Polar Museum
- Arctic Cathedral

Tour pace

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

Group size

12–22

Northern Lights of Norway: Oslo to Tromsø

10 days | 13 days with Flåm & Bergen extension

Overnight Flight → 1 night

Day 1: Travel day

Board your overnight flight to Oslo.

Oslo → 2 nights

Day 2: Arrival in Oslo

Included meals: welcome dinner

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

Day 3: Sightseeing tour of Oslo

Included meals: breakfast

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 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.

+ Oslo Walking Food Tour

Narvik → 2 nights

Day 4: Flight to Narvik & Sámi northern lights excursion

Included meals: breakfast, tasting, dinner

Fly into Harstad/Narvik Airport this morning. Then, set off on a scenic drive to the town of Narvik (known as "the Land of the Northern Lights"), taking in stunning landscapes en route.

After settling into your hotel, enjoy an included dinner before making your way to a Sámi village to spend an evening immersed in their culture—and hopefully viewing the northern lights dance across the sky.

- Meet with a Sámi family and leader inside a lavvu (a traditional tent) and learn about their indigenous lifestyle in the Arctic north.
- Hear the history of reindeer herding and its importance to Sámi culture before taking part in a ceremony to honor the northern lights.
- Enjoy a cup of chaga tea—a holy drink, made from mushrooms that grow on the trunks of birch trees, said to give you energy and strength—followed by the singing of a traditional Sámi song.
- Head out into the darkness to search for the aurora borealis.

Please note: This excursion is weather-dependent and seeing the northern lights is not guaranteed.

Day 5: Sightseeing tour of Narvik

Included meals: breakfast

Get to know the charming town of Narvik this morning. Perched on a peninsula between two minor fjords, this settlement of just over 14,000 people is one of the country's best-kept secrets.

- Take a guided tour of the Narvik War Museum. Located in the center of town, it tells the story of the 62-day-long Battles of Narvik and the five ensuing years of Nazi occupation Norway endured during World War II.
- Board the Narvikfjellet cable car and climb to an altitude of 2,150+ feet above sea level, admiring sweeping views of the area during the four-minute ascent.

Spend a free evening in Narvik or add an excursion.

+ Northern Lights Train

Tromsø → 3 nights

Day 6: Tromsø via Tromsø Ice Domes

Included meals: breakfast, lunch, tasting

Head further into the Arctic Circle as you travel to the Tromsø Ice Domes in the Tamok Valley, where a guide will take you through the intricately built structures.

- Enjoy a welcome drink in an ice shot glass before watching a brief film about the process of designing the domes.
- Marvel at beautifully carved ice and snow sculptures as you learn about the snow's impact on Arctic life.
- Spend time exploring the domes and the surrounding area at your own pace before sitting down for an included lunch at the dome complex.

Transfer to your hotel in Tromsø, a unique city spread across two islands and surrounded by impressive landscapes, and enjoy free time for the rest of the day.

Please note: Warm clothing, hat, scarves, and sturdy footwear are recommended for the visit to the Ice Domes. As they are constructed fully of ice, the Ice Domes are seasonal and open from mid-December to the end of March. When they aren't open, you'll head to an ice bar in Tromsø for a drink and an included lunch.

Day 7: Sightseeing tour of Tromsø

Included meals: breakfast

Meet up with a local guide this morning to get to know Northern Norway's largest city, which sits at the beginning of the Arctic Circle.

- Ride the Fjellheisen cable car up Mount Storsteinen to an altitude of roughly 1,380 feet above sea level, taking in panoramic views of the city and surrounding fjords.
- Step inside the Arctic Cathedral, the northernmost cathedral in the world, and admire its Arctic-inspired design.
- View remnants of Tromsø's medieval settlement in the city's historic core, before heading to Stortorget—Tromsø's main square—to experience its vibrant marketplace.
- Head to the Polar Museum, situated in a 19th-century waterfront warehouse, to hear the epic tales of Fridtjof Nansen, Roald Amundsen, and other Arctic explorers and hunters.

Spend a free evening in Tromsø or add an excursion.

Please note: On some departures, entrance to the Arctic Cathedral will take place on day 6.
+ Norwegian Fjords Northern Lights Dinner Cruise

Day 8: Free day in Tromsø & northern lights search

Included meals: breakfast

Enjoy a free day in Tromsø or add an excursion. This evening, head out into the night with a local guide and scour the sky for signs of the aurora borealis. (Keep your eyes peeled: Thanks to its northerly location and low levels of light pollution, Tromsø's one of the best places in the world to spot the northern lights.)

Please note: This excursion is weather-dependent and seeing the aurora borealis is not guaranteed. On some departures, the northern lights search may take place on day 6.

+ Sámi Reindeer Farm & Lunch

Oslo Region → 1 night**Day 9: Flight to Oslo**

Included meals: breakfast, farewell dinner

Fly to Oslo this morning. Upon arrival, transfer to your hotel in the Oslo region and get settled in for your last night in Norway.

Later, rejoin your group to celebrate your trip during a farewell dinner.

Flight Home**Day 10: Departure**

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home, or extend your trip to explore Flåm and Bergen.

+ Flåm & Bergen extension

Valley-bound Flåm has a population in the hundreds. Seaside Bergen ranks as Norway's second-largest city. Both have plenty to offer, and on this tour's extension, you'll enjoy the peace and pace of each. And by visiting in the winter, you'll feel the full effect of their sheer beauty, uncluttered by summertime crowds.

Flåm → 1 night**Day 10: Train rides to Myrdal & Flåm**

Included meals: breakfast, dinner

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

- Enjoy a scenic train ride from Oslo to Myrdal Station where you'll continue along the Flåm Railway, which snakes down to the fjord-side town of Flåm on one of the steepest tracks in the world.
- Disembark in the village of Flåm, a small settlement of 350 people overlooking Aurlandsfjord that traces its roots back to the 1300s.

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

Bergen → 2 nights**Day 11: Nærøfjord cruise & Viking village**

Included meals: breakfast

Take to the water today and embark on a scenic cruise through a pair of fjords—the UNESCO-listed Nærøfjord and the beautiful Aurlandsfjord—as you make your way to the village of Gudvangen.

- Admire the small towns and towering cliffs that line the waterway, along with the breathtaking Sagfossen—an under-the-radar waterfall that cascades over 1,600 feet down a wooded, rocky mountainside.
- Disembark in the village of Gudvangen and visit Njardarheimr, a cultural center that depicts how Vikings lived in their native land. Experience their day-to-day as it was 1,000 years ago, and learn just how Vikings influenced modern Norwegian culture.

Continue on to Bergen and spend a free evening in the city.

Day 12: 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.

- Drive to the borough of Fana and enter the wooden, medieval-style Fantoft Stave Church—a reconstruction of the original that was first built in the mid-12th century.
- Pass by the 13th-century, stone Bergenhus Fortress and the bustling Fish And Flower Market.
- Admire views of the city center and harbor from Custom House Pier (and maybe snap a picture or two).
- 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.

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

Flight Home**Day 13: 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/SNL | 1-800-754-5066

Day 3: 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.

down in a lavvu—a tent unique to the Sámi—for an included lunch before heading back to Tromsø. Please note: Warm overalls and snow boots are provided depending on the weather.

Day 5: Northern Lights Train

\$279CAD/\$289CAD* (5.5 hours, departs in the evening)

Chase the aurora borealis into the Arctic Circle aboard Norway's northernmost passenger railway. The Arctic Train has operated since 1903, and on this journey, you'll take the Ofoten Line high into the mountains, stopping in Bjørnfjell on the Swedish border and Katterat along the way. On your ride, you'll enjoy an evening of stories, history, and searching for the northern lights. At your final stop, staff will build a fire and serve warm drinks and pastries as you admire the night sky. Please note: This excursion is weather-dependent and seeing the northern lights is not guaranteed.

Day 7: Norwegian Fjords Northern Lights Dinner Cruise

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

Spend the evening cruising through Tromsø's fjords, searching for the northern lights and enjoying traditional Northern Norwegian dishes. Your electric engine-equipped vessel will silently carry you through the fjords as you dig into a locally sourced dinner, brought to life with fresh, seasonal ingredients. As you keep a lookout for the aurora borealis, listen to stories from the crew and learn of the importance of the fishing industry to the area. Please note: This excursion is weather-dependent and seeing the northern lights is not guaranteed.

Day 8: Sámi Reindeer Farm & Lunch

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

The semi-nomadic Sámi people have lived in the Arctic for over 3,000 years, and reindeer herding is an important part of their culture. Today, head to a local farm to learn about their way of life, and their herding traditions, from a Sámi reindeer herder. Afterward, sit

*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