

Cruise and Walk the Coast of Norway



Trip style:
Cruise & Walks

Destination:
📍 Norway

Walking Grade
1-5

Carbon Footprint:
🌳 804kg CO2

HOLIDAY OVERVIEW

All aboard Norway's most famous coastal cruise route, sailed by Hurtigruten for more than 130 years. Journey from Bergen to Kirkenes and back, passing deep fjords, colourful fishing villages and dramatic Arctic landscapes. Along the way, step ashore for guided walks in Bymarka Nature Reserve, through the impressive Hjørundfjord landscape, and along the scenic Storfjellet Trail above Honningsvåg, mainland Norway's northernmost city. You'll look out for wild reindeer, enjoy a guided tour of Bergen, and celebrate crossing the Arctic Circle with a traditional onboard ceremony. There'll also be a chance to see the midnight sun in Tromsø and explore Trondheim, while days at sea offer plenty of opportunities to relax and watch Norway's magnificent coastline unfold.

WHAT YOU'LL LOVE

- Sailing Hurtigruten's iconic roundtrip route from Bergen to Kirkenes and back, along the length of Norway's coast
- A combination of coastal cruising and walking with a local guide on small group walks on 6 days
- An onboard ceremony to mark crossing the Arctic Circle
- A guided tour of UNESCO-listed Bergen and an overnight stay

WHAT'S INCLUDED

- Return flights from the UK with baggage and transfers
- Fully escorted from the UK by an HF Holiday Tour Manager
- 11-night coastal cruise with accommodation in an outside en-suite cabin
- Overnight stay in Bergen with a guided tour
- Full board dining featuring breakfast, lunch on board, or picnic lunch during walks and dinner
- Complimentary tea and coffee available all day
- Guided walking excursions as described in the itinerary
- Onboard activities and lectures

ITINERARY - ITINERARY

Day 1 Arrival in Bergen

Fly from the UK to Bergen, Norway's second-largest city. On arrival, we'll discover the city's highlights on a guided tour, including the colourful UNESCO-listed Bryggen wharf. We'll also ride the Fløibanen funicular to the top of Mount Fløyen for excellent views across Bergen and its surrounding mountains.

We stay overnight in Bergen and gather for dinner this evening.

Day 2 Bergen and Embarkation

Today is free for you to explore Bergen at your own pace. You may like to browse the historic streets around Bryggen, visit the famous fish market or relax in one of the city's cafés.

In the early evening, we board MS Nordnorge and settle into our cabins. As we sail from Bergen along the historic Hjeltefjord, we'll enjoy our first dinner prepared using fresh coastal produce. We'll also meet the ship's Expedition Team, who will organise talks, onboard activities and optional excursions throughout our voyage.

Day 3 Hjørundfjord and the Sunnmøre Alps

This morning, we sail through Nordfjord and past Norway's West Cape before entering Hjørundfjord, hidden among the dramatic Sunnmøre Alps. On arriving in the village of Urke, we disembark for a guided walk through a landscape of steep mountains, traditional farms and sweeping fjord views.

After our walk, we continue by coach to Ålesund, where we rejoin the ship. Our final port of the day is Molde, known as the 'City of Roses'. In clear conditions, its waterfront offers views across the 222 mountain peaks of the celebrated Molde Panorama.

Day 4 Bymarka Nature Reserve and Trondheim

Distance: 5 miles (8 km)

Ascent: 590 feet (180 m)

We cruise into Norway's Trøndelag region, where rolling hills, farmland and coastal settlements create a gentler landscape. On reaching the medieval city of Trondheim, we transfer to Bymarka Nature Reserve for a guided walk with our local leader.

Our route follows established trails through woodland and past tranquil lakes, with open viewpoints along the way. This peaceful landscape provides an interesting contrast to the high mountains and deep fjords encountered elsewhere on our voyage.

Back on board, we sail northwest past rocky reefs, small islands and the distinctive Kjeungskjær Lighthouse before continuing towards Rørvik.

Day 5 Crossing the Arctic Circle

Early this morning, we cross the Arctic Circle, an occasion marked by a traditional onboard ceremony. During the height of summer, this is the land of the Midnight Sun, where daylight lasts around the clock.

We call at Ørnes, close to the Svartisen glacier, before continuing to Bodø, overlooked by the Børvass mountain peaks. You can explore independently or join an optional excursion to Saltstraumen, known for its powerful tidal currents.

This afternoon, we enter the Lofoten archipelago, where the thousand-metre peaks of the Lofoten Wall dominate the horizon. We arrive in Svolvær this evening, passing rows of traditional red fishermen's cabins built beside the water.

Day 6 Tromsø, the Sherpa Steps & Fjellheisen

Distance: 3.75 miles (6 km)

Ascent: 1390 feet (420 m)

We arrive in Harstad this morning, where there may be time for an early stroll. We then continue to Finnsnes, linked to the island of Senja by the impressive Gisund Bridge, before sailing north to Tromsø.

From Tromsø, we transfer to the lower Fjellheisen station and begin our guided walk up the stone staircase built by Nepalese Sherpas.

As we climb towards the mountain plateau, extensive views open across Tromsø, its surrounding islands and the neighbouring fjords and mountains. We leave the city in the early evening and sail past the Lyngen Alps towards the historic trading post of Skjervøy.

Day 7 Honningsvåg and the Storfjellet Trail

Distance: 4.50 miles (7 km)

Ascent: 850 feet (260 m)

Our ship calls at Hammerfest this morning before continuing to Honningsvåg, the gateway to the North Cape. Here, we join our local leader for a guided walk along the Storfjellet Trail above the town.

The trail offers broad views across Magerøya's coastline and open Arctic tundra. We'll also look out for the area's birdlife and herds of reindeer.

Back on board, we continue to Mehamn, our northernmost port of call, before sailing towards Berlevåg. Along the way, we pass Slettnes Lighthouse, the world's northernmost lighthouse on the mainland.

Day 8 Prestøya Nature Reserve and Kirkenes

Distance: 3.75 miles (6 km)

Ascent: 230 feet (70 m)

We dock at Vadsø this morning, an important stopping point for migrating birds and one of the Arctic's best-known birdwatching areas. Look out for hooded crows, sea eagles and other species from the ship. After breakfast, we arrive in Kirkenes, close to the Russian border. Here, we join our local guide for a relaxed coastal walk through Prestøya Nature Reserve.

The reserve's shoreline, low vegetation and open views offer a rewarding introduction to this remote Arctic environment. We then rejoin the ship as it turns south, revealing in daylight some of the ports visited overnight on our northbound journey.

At Vardø, you may like to visit the striking Witches' Monument or star-shaped Vardøhus Fortress before we continue to Båtsfjord and Berlevåg.

Day 9 Hammerfest and the Arctic Coast

Following early calls at Honningsvåg and Havøysund, we arrive in Hammerfest during the afternoon. You'll have free time to explore this historic Arctic town.

You may like to see the UNESCO-listed Meridian Column, visit the Royal and Ancient Polar Bear Society or walk to the viewpoint on Mount Salen.

We then sail south to Øksfjord and the fishing port of Skjervøy. As we continue towards Tromsø, look out for views of the imposing Lyngen Alps. We dock shortly before midnight, with the summer's extended daylight offering the opportunity for an evening stroll.

Day 10 Lofoten and Vesterålen

Today is devoted to scenic cruising through the Lofoten and Vesterålen archipelagos, among the finest sections of Norway's coastal route.

After Finnsnes, we call at Harstad, where the Trondenes peninsula is home to the world's northernmost medieval stone church. As we continue south, the landscape changes from rolling hills to steep mountains rising around 1,000 metres above the sea.

We reach Svolvær this evening, overlooked by the distinctive Svolværgeita, or 'Svolvær Goat', mountain. The ship then continues to Stamsund beneath the granite cliffs of the Lofoten Wall.

Day 11 Across the Arctic Circle

We cross the Arctic Circle once again this morning. Those wishing to follow maritime tradition can mark the occasion by tasting a spoonful of Norwegian cod liver oil.

After a short stop at Nesna, we continue to Sandnessjøen, gateway to the Helgeland Coast. From the ship, admire the Seven Sisters mountain range, whose seven peaks rise to more than 1,000 metres.

We reach Brønnøysund during the afternoon, where you can stroll around the marina and along Havnegata or visit the town's 19th-century stone church. Our final call is Rørvik, an attractive fishing port in the Vikna archipelago.

Day 12 Trondheim and Kristiansund

We return to Trondheim this morning, with free time to explore independently. You may like to visit Nidaros Cathedral, cross the colourful Gamle Bybro bridge or walk up to Kristiansten Fortress for views across the city.

Later, we sail to Kristiansund, a harbour town spread across three islands. Known for its association with klippfisk, or dried and salted cod, it has a rich maritime heritage. Explore the old town's cobbled streets and lively harbour, or climb to the former watchtower at Varden for panoramic coastal views.

Day 13 Return to Bergen

Our final morning offers views towards Nordfjord, which lies beneath the vast Jostedal Glacier. We call at Florø, where there may be time to admire the harbour and marina.

Leaving Florø, we pass the much-photographed Stabben Lighthouse before crossing the mouth of Sognefjord, Norway's longest and deepest fjord. The ship then weaves between islands and rocky skerries before following Hjeltefjord into Bergen.

On arrival, we say farewell to the Captain and crew and transfer to the airport for our return flight to the UK.

DAILY WALK OPTIONS



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

ACCOMMODATION

MS Nordnorge

Cabin Facilities

MS Nordnorge has welcoming, Arctic-inspired interiors designed to make the most of Norway's coastal scenery. Cabins have a porthole or window, en-suite bathroom, TV and hairdryer. Complimentary Wi-Fi is available throughout the ship.

Ship Facilities

Onboard facilities include three restaurants, the Multe bakery and ice-cream bar, a comfortable bar, panoramic lounge, sauna, fitness room and two outdoor hot tubs.

Torget, the main restaurant, serves generous breakfasts and lunches featuring fresh, seasonal produce. In the evening, enjoy a three-course dinner with a choice of meat, fish and plant-based dishes. Buffet dinners are offered on selected evenings, while tea and filter coffee are available throughout the day. There's also a shop and self-service laundry.

The Expedition Team brings the journey to life with daily lectures, presentations, deck talks and informal evening gatherings. Topics vary with the season and may include Norway's history, wildlife, geology and the Midnight Sun.

Ship Technical Details

- Construction: 1997
- Ship yard: Kvaerner Kleven
- Beds: 452
- Length: 123.3 m
- Speed: 18 knot
- Year of refurbishment: 2016 /2022
- Cabins: 211
- Gross tonnage: 11,384
- Beam: 19.5 m

ESSENTIAL INFORMATION

Packing list

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks

-
- Dry bags
 - Rubbish bags
 - Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

Document produced: 16 October 2026

