

Walking in Norway's Home of the Giants

Tour Style: European Centre Based
Destinations: Norway & Scandinavia
Trip code: BXLCL
2 & 5



HOLIDAY OVERVIEW

Experience Norway's wild side on an adventure-filled journey through the 'Home of the Giants'. You'll discover Jotunheimen National Park and its varied landscapes, explore lush mountain slopes and intriguing wetlands, stumble on hidden tarns and soak up vast panoramic views as you traverse the wild landscapes on a network of trails. There's time too to bag some classic highpoints, including the Bitihorn and the Besseggen Ridge, which has a special status among Norwegian hikers.

WHAT'S INCLUDED

- Half Board - buffet breakfast and evening meal
- Transport to and from the walks
- A full programme of guided walks with 2 options every walking day
- The services of experienced HF Holidays' leaders
- 'With flight' holidays include flights from the UK and hotel transfers
- 7 nights' accommodation in en-suite rooms

HOLIDAYS HIGHLIGHTS

- Enjoy stunning views of Jotunheimen and Langsua National Parks
- Scale Bitihorn or the Bessengen Ridge to tick off classic day walks
- Discover Kjølaåne Nature Reserve and its resident birdlife
- Take a bracing dip in the waters of Tutjernet Lake on a wild swim



ITINERARY

Day 1: Arrival Day

Welcome to Hotel Bergo. Unpack and settle in.

Day 2: A Warm Up Hike With Rewarding Views

A gentle introduction to Jotunheimen and the landscapes you can look forward to exploring.

Option 1 - Circular Walk To Knausehogdi

Distance: 4 miles (5.5km)

Total ascent: 1,000 feet (290m)

In summary: Follow ancient tracks made by livestock being driven to and from the old summer mountain farms, and hike through lush mountain flora to the exposed mountain top of Knausehogdi, where you'll discover matchless views of Jotunheimen and Langsua National Parks. Descend via enchanting wetlands to look for birdlife.

Highlight: Stunning views from the highpoint of the walk.

Option 2 - Circular Walk To Melbyfjellet

Distance: 5 miles (8.5km)

Total ascent: 1,300 feet (390m)

In summary: Walk through wild landscapes to reach Knausehogdi and Sore Knausen mountains, pausing to soak up the views and panoramas along the way. Take a dip in the cool waters of Tutjernet Lake on a wild swim before you make the ascent to Melbyfjellet.

Highlight: An invigorating wild swim in a mountain tarn.

Day 3: Exploring The Mountains Of Jotunheimen

Walk among the great peaks of the Jotunheimen National Park to discover hidden views and secret corners.

Option 1 - Lake Bygdin Trail

Distance: 9 miles (14km)

Total ascent: 600 feet (180m)

In summary: Take one of Northern Europe's highest boat trips and cruise on serene Lake Bygdin to the trailhead at Torfinnsbu, where the path starts with a climb to the Torfinnsdola River. Follow the path as it treks alongside the river to a picturesque mountain lake, through an untamed landscape dotted with tiny traditional fishing huts.

Highlight: Uncovering the crystal clear blue waters of a mountain lake.

Option 2 - Svartdalen Valley Crossing

Distance: 9 miles (14km)

Total ascent: 1,800 feet (540m)

In summary: Following a cruise on Lake Bygdin, you'll arrive at Torfinnsbu, from where we'll lead you to The Black Valley, Svartdalen. Often referred to as the most scenic valley in Jotunheimen, it leads to Gjenendine. Climb through the valley, with towering peaks all around you, several of which are over 2,000m high. As you get close to Gjenendine, look out for the King of the Gjende Alps, a staggering 2,342m pyramid peak, Knutsholstind. As you wind your way back down, pause to soak up the views of the emerald green waters of Gjende Lake, before leaving the area by boat.

Highlight: A walk through some of Jotunheimen's great peaks.

Day 4: Heklefjellet

Immerse yourself in more wild landscapes with extraordinary panoramas and mountain scenery to enjoy.

Option 1 - Heklefjell - Beitostolen

Distance: 4.5 miles (7km)

Total ascent: 800 feet (250m)

In summary: Experience the best of Beitostolen by hiking through Heklefjell. Look out for breathtaking viewpoints and quiet mountain lakes where you can enjoy a wild swim. There's a chance to stop at a small kiosk selling great coffee and lapper, a type of Norwegian pancake served slathered in homemade jam.

Highlight: A taste of the local landscape, and the local treats.

Option 2 - Gravolskampen Round Trip

Distance: 8 miles (13km)

Total ascent: 2,000 feet (620m)

In summary: Start by following the route for option 1 before heading further northwest on a loop that takes in the Gravolskampen viewpoint. Along the route take in views towards Heklefellet and Bitihorn, and close to the top, look out for Vinstre Lake and Gausdalsjella Mountains in the northeast.

Highlight: Superlative views of some spectacular peaks.

Day 5: Free Day

Enjoy a free day where no guided walks are arranged so that you can do as you please. Perhaps you'll relax at the hotel, explore independently or visit one of the local places of interest.

Day 6: Langsua National Park

Discover either the Kjolaane wetlands or summit Skaget, two highlights of the Langsua National Park.

Option 1 - Kjølaåne Nature Reserve

Distance: 5 miles (8km)

Total ascent: 600 feet (180m)

In summary: Kjolaane Nature Reserve is characterised by large open marshes interspersed with small hills covered in birch forest; the rivers Kjolaane and Etne wind through this landscape. Quietly follow footpaths to the viewpoint on Gamlestol Mountain for the chance to look out over the conservation area and spot birdlife including snipe, marsh hawk and cranes.

Highlight: Watching for waterfowl on this unusual landscape.

Option 2 - Skaget

Distance: 4.5 miles (7km)

Total ascent: 1,900 feet (580m)

In summary: Set out to scale Skaget, at 1,686m the tallest peak in Langsua National Park. You'll follow a well-graded trail although there are some rockier patches towards the summit. From the top there are vistas of the Gausdel Valley in the north, Jotunheimen National Park in the west and the mountains of Huldreheimen beyond..

Highlight: Claiming the summit of the highest peak in the area.

Day 7: Bitihorn And Besseggen Ridge

End your week in Jotunheimen on a literal high point with an ascent of Bitihorn or a climb along the famous Besseggen Ridge.

Option 1 - Bitihorn

Distance: 4 miles (6km)

Total ascent: 1,800 feet (550m)

In summary: Tackle a classic route close to Beitostolen and climb Bitihorn, the strikingly shaped Horn of Jotunheimen, standing 1,607m high. The ascent is steady and relatively straightforward and you'll be rewarded with sumptuous views; to the south and east very little blocks the view to the rest of Valdres, while to the north the Rasletind, Kalvehøgde, Torfinnstindene and Galdebergstind mountains dominate the view, and to the west you can see the forbidding spire of Falketind.

Highlight: Bagging a popular summit.

Option 2 - Besseggen Ridge

Distance: 9 miles (14km)

Total ascent: 3,500 feet (1,080m)

In summary: Let your local mountain guide lead you along the famous Besseggen Riddge, considered to be one of Norway's great day walks. From the route you'll be able to see the green waters of the Gjende lake, cradled amidst the steep surrounding mountains, while Bessvatnet lake, on the opposite side of the ridge, is considered to be Norway's clearest lake, where you can see as far as 30 meters below the surface of the water.

Highlight: Tick off an absolute classic.

Day 8: Departure Day

Wrap up your time in Norway and prepare to travel home again.

ACCOMMODATION

Hotel Bergo - Norway

The 3 star Bergo Hotel is situated in the centre of Beitostølen, with views out over open countryside. It is decorated by local artists, in keeping with traditions and has a cosy Alpine feel. The hotel food is fantastic and the hearty breakfasts make it a great choice for walkers. There are 30 comfortable en-suite rooms that come with a TV and free WiFi, and Austrian style twin beds; essentially one big bed frame containing 2 single mattresses, both with separate duvets and linen sets that can not be separated. There is a cosy lounge with bar area and a sauna for unwinding after a day on the slopes.

USEFUL HOLIDAY INFORMATION

Essential Information

Passport Requirements

You may need to renew your British passport if you're travelling from 1 January 2021.

On the day you travel, you'll need your passport to both:

- have at least 6 months left
- be less than 10 years old (even if it has 6 months or more left)

Use the [government website](#) to see if your passport is valid for this holiday

EHIC Cards

The UK government has officially launched the Global Health Insurance Card (GHIC), which will replace the European Health Insurance Card (EHIC). UK residents can now apply for one of the GHIC cards, which will gradually replace the EHIC cards as they reach their expiry dates. Every family member travelling requires a GHIC. You can make an application for yourself and on behalf of your partner and any dependent children under the age of 16. Both cards will offer equivalent protection for emergency and medically necessary healthcare needs when in the EU on a temporary stay, which includes holiday, study and business travel. Necessary healthcare includes things like

- emergency treatment and visits to A&E
- treatment for long-term or pre-existing medical conditions
- routine medical care for pre-existing conditions that need monitoring
- oxygen and kidney dialysis

The public only need to apply for their free GHIC cards when their current EHIC expires. The process is likely to take two weeks. For more information visit <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>.

The GHIC is not an alternative to travel insurance. We advise all holidaymakers to also invest in travel insurance that covers healthcare, so they are covered for other issues that may arise, as well as cancellations and lost luggage.

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If

you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages

commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

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.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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