

# Norway's Fjords, Fells & Railways

**Trip style:** Walking with sightseeing

**Destination:** 📍 Norway

**Trip code:** NRC09-LCL09

**Trip Walking Grade:** 1-3

**Carbon Footprint:** 🌳 662kg CO2



## Holiday Overview

With thundering rivers, sky-blue fjords, and frostbitten peaks punctuated by a flurry of fascinating cities, this trip to Norway ups the ante for natural beauty and standout sightseeing opportunities. We'll lead you coast to coast across wild mountains and majestic fjords by rail and boat, visiting royal Oslo, UNESCO-listed Bergen, and the historic port of Stavanger along the way. Not only will we take the Bergen Railway to its summit station, ride the famous Flåm Railway, and climb Mount Fløyen by funicular, but we'll also sail through the fjords and along Norway's coastline. And it doesn't end there. Stay in a remote mountain wilderness for walks by waterfalls and lakes to stunning viewpoints over the glacier-encrusted landscape and top it all with a final trek to Preikestolen (Pulpit Rock) to take in what's arguably Norway's most wow-worthy scenery.

## WHAT YOU'LL LOVE

- Visiting the contrasting cities of Oslo, Bergen & Stavanger
- Riding the Bergen Railway to the 'roof of Norway'
- Staying in the unspoilt wilderness at Vatnahalsen and Balestrand
- Hiking to mountain viewpoints at Hardanger Glacier & Pulpit Rock
- A journey on the Flåm Railway from the mountains to fjordside
- Sailing Norway's fjords & rugged coastline
- Ascending Mount Fløyen on foot and by funicular railway

## WHAT'S INCLUDED

- Local Tour Manager that leads walks and sightseeing
- 9 nights' accommodation in multiple locations
- 9 breakfasts, 1 lunch & 7 dinners
- All in-destination transport
- Return flights from London Gatwick, including baggage and transfers

## WALKING GRADES AND OPTIONS

On the walks on this holiday, the only steep edges will be at the view points on Preikestolen (Pulpit Rock) and Brekkefossen Waterfall - otherwise the hikes are through closed plateau areas or valleys. Our hardest walk is on Day 9 to Pulpit Rock, which is at the high end of our Grade 3 in some places. This is also our highest elevation at 604 metres.

The longest walk will be to the Hardanger Glacier, which is approx 7 miles (8 km). Guests also need to transport their own luggage between hotels and ports / stations as we join ferry / train services between resorts.

## ITINERARY - ITINERARY 2026

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### Day 1 Arrive in Oslo

On arrival to Oslo, you'll be met by your local Tour Manager who'll introduce you to the city on a guided tour of Norway's proud capital and royal seat. Our tour will be partly on foot and partly by coach, to ensure we see the most spectacular sights in this green city, set at the head of the Oslofjord. We'll take a walk in Frogner Park, with its beautiful sculptures and visit the interesting Fram Museum. We'll then go on to our hotel, to unpack and settle in before our set-course evening meal.

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### Day 2 The Bergen Railway to 'the roof of Norway'

Distance: 10km / 6.5 miles

Ascent: 50 m / 165 feet

Descent :50 m / 165 feet

Our first full day takes us on one of Europe's most spectacular railway journeys. The Bergen Railway, departs Oslo, climbing gently through green pastures before ascending beyond the tree line to a beautiful wilderness. Our destination is Vatnahalsen where we'll stay for two nights. In the afternoon, there's an easy 3.5-hour walk alongside lakes Reinunga and Seltuft – a great introduction to the region. This hike takes us along the gravel road and the lakeside. Though mainly flat, there is some ascent and descent as we switch between them. We'll continue to our hotel in Myrdal where we'll stay for two nights, enjoying a delicious set local menu each evening.

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### Day 3 The Hardanger Glacier

Distance: 11km / 7 miles

Ascent: 150 m / 495 feet

Descent: 150 m / 495 feet

After a 30-minute walk to Myrdal station, we take the Bergen Railway to nearby Finse, the highest point on the line. Finse lies in the Hardangervidda (Hardanger Mountain Plateau), the largest plateau of its kind in Europe. Today's highlight is a walk to the viewpoint over the Hardanger Glacier – one of Norway's biggest. This walk will take around five hours, but the views are worth the effort. We'll start heading eastwards along the Finsevatnet where our route takes us through terrain which is rough and rocky in part. Surefootedness is required as we cross a suspension bridge, enjoying the surrounding landscapes of mountains and streams.

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### Day 4 The Flåm Railway & Norway's Fjords

Distance: 5 km / 3 miles

Ascent: 155 m / 510 feet

Descent: 155 m / 510 feet

The world-famous Flåm Railway twists and turns through rocky landscapes as we descend from high mountains to breath taking fjord scenery. On arrival in Flåm we'll walk from the town alongside the river, then up the mountainside to the Brekkefossen waterfall. As the trail opens up onto a grassy ledge, we will have a lovely view of the fjord and valley. We'll make our way back down to the village, where our ferry then sails along awe-inspiring Aurlandsfjord and into Sognefjord, where we stay for two nights in Balestrand.

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### Day 5 Fjord Country

This morning is free for you to enjoy a walk along the shore of Sognefjord, passing white and red coloured wooden villas nestled against grassy slopes. If weather permits, you can take a refreshing dip in the fjord at Gamleheimsfjora's beautiful beach. An afternoon boat trip explores Fjaerlandsfjord. After a visit to the Glacier Museum a coach takes us to Bøyabreen Glacier which is described as a "hanging glacier" because most of it is still spread over the mountain top. After taking in this sight we return to Balestrand by boat.

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### Day 6 Fjords and Seascapes

Today we take a ferry sailing westwards along Sognefjord, Norway's largest fjord where waterfalls cascade into the deep. We then head down the scenic coastline with its dramatic landscape defined by towering rocky green cliffs and hillsides dotted small, historic, and colourful coastal communities. Arriving in Bergen we transfer to our hotel to check in. We will then take a walk in this UNESCO listed city. It is acknowledged as a unique, surviving example of a 12th-century Hanseatic commercial port that dominated Northern European trade for 400 years.

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## Day 7 UNESCO-listed Bergen & Mount Fløyen

Distance: 6 km / 3.5 miles

Descent: 320 m / 1050 feet

A morning sightseeing tour uncovers Bergen and its UNESCO World Heritage harbourfront, Bryggen. After a small taste of the local produce from Bryggen's harbour, we'll embark on another of Norway's great rail experiences. The Fløibanen Funicular takes us to the top of Mount Fløyen. From here we'll enjoy spectacular views over Bryggen, Bergen, and the surrounding mountains. We return to Bryggen on foot, making the walk down via Blåmanen and Rundemanen, taking in the scenery as we go.

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## Day 8 Along the coast to Stavanger

After some free time to explore Bergen this morning we'll board the coastal ferry to complete our route down Norway's coastline. We will have dinner onboard the ferry before we arrive into Stavanger this evening.

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## Day 9 Pulpit Rock

Distance: 8 km / 5 miles

Ascent: 600m / 1970 feet

Descent: 600m / 1970 feet

Our last day is one of the highlights of our Norwegian adventure, also our most challenging walk, with our experienced leader on hand to guide us through some of the steeper sections on one of the country's most famous mountain hikes. From our start point, we'll make the ascent to Preikestolen – the rocky plateau and iconic rock formation known as Pulpit Rock that sits majestically 604 metres above Lysefjord and offers knockout views over the Norwegian fjords. In the evening we'll enjoy our final meal together in Norway.

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## Day 10 Return home

Enjoy our final breakfast this morning. We return today to Stavanger International Airport for the return flight home.

## Daily Walk Options



### Medium Walks

Walks follow well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough or steep in sections and will require reasonable fitness.

## Accommodation

### The Hotel Vatnahalsen, Flåmsdalen

Only accessible by train, The Hotel Vatnahalsen is a remote retreat situated amidst a vast mountain wilderness known as the 'roof of Norway'. Its enviable location makes it an ideal base for a host of outdoor activities including

walking, mountain biking, and ziplining. Simple yet cosy rooms all come with excellent views of the surrounding landscape and the welcoming lounge area is great for catching up with fellow guests or curling up with a good book by the open fireplace. In the restaurant, you'll find panoramic windows overlooking Reinunga Lake and traditional Nordic dishes using local organic vegetables and meat from animals that have grazed on the mountain.

### **Midtnes Hotel, Balestrand**

A simple hotel overlooking the beautiful Sognefjord, the Midtnes offers spacious, comfortable rooms with free Wi-Fi, plus a private pier for swimming. As for location, you'll be in easy reach of main sights including the town's charming church and the Norwegian Travel Museum.

### **Hotel Thon Stavanger, Stavanger**

For a stay in central Stavanger, the Hotel Thon offers easy access to all the city's sights and sits just steps from the beautiful 12th century cathedral. The hotel retains an air of traditional style but comes with modern elements and facilities throughout, including comfortable rooms complete with all mod cons. There's a warm and welcoming dining room and the hotel's second-floor lounge is a wonderful spot to enjoy views over the city, with a morning coffee.

### **Scandic Ørnen, Bergen**

Located just moments from Bergen railway station, Scandic Ørnen is a stylish, contemporary hotel ideal for exploring the city's main attractions. Spacious rooms come with all the essentials including free Wi-Fi, TV, and en-suite bathroom. The hotel is home to Roast Restaurant & Bar, known for locally sourced ingredients and panoramic views from the rooftop terrace. Guests also have access to a fitness centre and can enjoy one of the city's best hotel breakfasts, served in the light-filled restaurant each morning. Bryggen Wharf and the Fløibanen funicular are just a short stroll away.

## Useful Holiday Information

Transport throughout the tour is by coach/rail/boat. On a number of days, we walk with our luggage between hotels and departure/arrival railway stations or docks. A coach is used for airport transfers and on some days for excursions.

### What to pack

Even during summer in Norway's fjords, you need to be prepared for rapid weather changes and so packing requires versatile layers to manage this. Pack for all conditions with a mix of light, breathable clothes and warm, sturdy clothing for chilly, wet conditions.

### Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulating layers - fleece/wool
- 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
- Insect repellent
- Rucksack (15-30 litres)
- Mobile phone
- Camera
- 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
- Dry bags

### Optional extras

- Camera
- Sit mat
- Gaiters

## Trip Information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk). If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

## Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.

We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

## Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.

British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:

<https://www.gov.uk/foreign-travel-advice>

## 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.

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