Norway's Fjords, Fells & Railways



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Walking with sightseeing	Norway	4	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
- HF Holidays Tour manager
- 9 nights' accommodation in multiple locations
- 9 breakfasts and 7 dinners
- All in-destination transport
- Return flights from London Gatwick, including baggage and transfers

ITINERARY - ITINERARY 2026

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.

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.

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.

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.

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 Gamleheimsfjøra's beautiful beach. An afternoon boat trip explores Fjærlandsfjord. 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.

Day 6 Fjords and Seascapes

Today we journey westwards by ferry along the magnificent Sognefjord, Norway's largest and deepest fjord, where cascading waterfalls plunge into the tranquil waters below. Along the way, admire the breathtaking scenery as dramatic rocky cliffs and lush green hillsides frame the coastline, dotted with small, historic, and colourful coastal communities.

Upon arrival in Bergen, we transfer to our hotel and check in before setting out to discover Norway's second-largest city. To begin, enjoy a tasting of local produce at the historic Bryggen Harbour, offering a flavour of the region's rich culinary traditions.

We then embark on a guided walking tour of this UNESCO World Heritage city. Bergen is celebrated as one of the finest surviving
examples of a 12th-century Hanseatic trading port, which played a pivotal role in Northern European commerce for over 400 years.

Day 7 UNESCO-listed Bergen & Mount Fløyen

This morning, experience one of Bergen's most iconic attractions as we ride the Fløibanen Funicular to the summit of Mount Fløyen. In just a few minutes, the journey climbs through the hillside to reveal breathtaking panoramic views across Bergen, the historic Bryggen waterfront, the surrounding fjords, and the mountains beyond.

From the summit, we set out on a scenic walk through some of the region's most beautiful natural landscapes. Our route descends via Blåmanen and Rundemanen, offering magnificent views, fresh mountain air, and a chance to appreciate the rugged beauty that surrounds Norway's gateway to the fjords. Along the way, enjoy ever-changing vistas of forests, peaks, and the city below before returning to Bergen.

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.

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.

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



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.

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 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 - 27 Jun & 22 Aug

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.

Comfort Hotel Grand Central, Oslo

For a stay in central Oslo, The Comfort Hotel Grand Central offers easy access to all the city's sights as well as the newly-opened Østbanehallen – a former 18th century railway station transformed into a modern retail space packed with shops, bars, and restaurants. Inside, compact but comfortable rooms come with TV, Wi-Fi, and an en-suite bathroom with shower.

VACCINATIONS & HEALTH

Vaccinations & health 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 or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

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

ESSENTIAL INFORMATION

Packing list

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

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

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: 24 November 2026