Cycling Norway's Sognefjord

Trip Code: SGSC

Version: Cycling Norway's Sognefjord

CYCLE	SELF-GUIDED	LEISURELY 2

HIGHLIGHTS

- Explore Bergen, Gateway to the Fjords, on two wheels
- Cycle through Norway’s oldest fruit-growing region, surrounded by waterfalls and fjord vistas
- Visit the stave churches at Vik and Urnes
- Take refreshing dips in the calm fjords, and enjoy picnics with astounding views
- Enjoy exquisite, fresh local produce along your route

AT A GLANCE

- 6 days cycling and sightseeing
- Standard bike hire included
- Saturday departures
- Join at Bergen / End in Sogndal

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 5 Dinners
- 7 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Explore the landscape that has inspired many myths and legends on this one-week self-guided cycling holiday in the Sognefjord, Norway. Begin your trip in Bergen, known as the Gateway to the Fjords, bursting with character from the medieval timber buildings of Bryggen to its lively fish market. On your bike, you can experience even more as you pedal around Bergen's historic neighbourhoods.

Yet soon, sailing up the coast and into the Sognefjord, you will feel a world away from the bustling city. Now it is time to immerse yourself in a different side of the Norwegian way of life, as you pedal through the breathtaking panoramas of the fjords. Experience the striking contrasts of Norway's oldest fruit-growing region, with quaint orchards, stunning waterfalls and steep-sided peaks plunging into the dramatic, ever-shifting colours of the fjords. You have plenty of time to pause whenever and wherever you like. Perhaps you will linger at the fascinating medieval stave churches at Vik and Urnes, stop off to sample the delicious local fare, gaze in awe at waterfalls, and pause for dips in the fjord - remember to bring your swimming costume!

Staying in a lovely selection of typically Norwegian 3-star and 4-star hotels, you can look forward to a warm welcome at the end of each day, and staying in some locations for two nights allows you to relax and really absorb the spirit of the villages, as well as make good use of your hotel's facilities.

Is this holiday for you?

If you are seeking tranquillity, warm hospitality and breathtaking scenery, you will find it all on this leisurely self-guided cycling holiday in Norway. Discover the characterful city of Bergen, with its excellent connections from UK airports, before experiencing the magnificent Norwegian fjords. Cycling an average of around 40km a day (with one longer day of around 60km) on mostly flat, quiet roads, and some cycle paths, you will be rewarded with stunning panoramic views over the dramatic Sognefjord whilst being surrounded by orchard-lined shores, picture-perfect villages and dramatic soaring snow-capped peaks.

You will have plenty of time to enjoy dips in the fjord and dine on the wonderful local produce that includes fish, venison, fruit, cheese, juices, cider and fruit wines, as well as see the rare stave churches at Vik and Urnes. Staying in a selection of lovely 3-star and 4-star hotels, you will be greeted by a warm Norwegian welcome at the end of each of your days out exploring on two wheels.

Itinerary

Version: Cycling Norway's Sognefjord

DAY 1

Arrive in Bergen and explore the Gateway to the Fjords.

Arrive in Bergen, check in to your hotel and explore the Gateway to the Fjords. You'll have plenty of time to pedal your way around the sites tomorrow, so today presents a great opportunity to ease yourself in to your holiday. You might like to take an unhurried stroll around the port and through the backstreets of colourful Bryggen with its wonderfully preserved wooden architecture providing a glimpse into Bergen's past in the Middle Ages, before enjoying a delicious meal at one of the city's excellent restaurants.

Depending on your arrival time, you might decide to take the Floibanen Funicular to the summit of Floyen (320m) for breathtaking views over the city, or the cable car up Mount Ulriken (643m), the highest of the seven mountains that surround Bergen, where you can experience typical Norwegian mountain scenery.

There is so much to see that you may wish to spend a bit more time here. If you would like to add extra nights in Bergen at the start or end of your trip, please contact our Sales Team for details.

Accommodation
Hotel

DAY 2

Explore Bergen on two wheels, then sail up the beautiful west coast and into the Sognefjord, to Vik.

After an excellent breakfast, it is time to hop on your bike! Head out to Old Bergen and the traditional neighbourhood of Sandviken, where Bergen's rich merchants used to go to relax. You might decide to visit the Fishery Museum, which has some of Bergen's best-preserved seaside warehouses, from the time when Bergen was the centre of the world's stock fish trade. The traditional boats in the harbour make for a great photo opportunity, so stop, reflect and soak in the atmosphere. Next head gently uphill with beautiful views over the city and coastline.

After a relaxing descent, pass Lille Lungårdsvann and the KODE art museum on your way to the Nordnes peninsula, where Norwegian merchants did their business. Bergen's old centre of power, it has a colourful past - witches were burned here in the 16th and 17th centuries, and by the 19th century, it had become a hub for sailors, its narrow alleys providing the perfect cover for clandestine activities. Today this is a sought-after neighbourhood with beautiful little parks and excellent cafés.

Next, glide down to the fish market and enjoy lunch after dropping off your bike. The market has been providing freshly caught delights since 1276 and you can sample its produce at one of the restaurants. Afterwards, collect your luggage from your hotel and hop on the Coastal Express Ferry for the fascinating journey to Vik*. Sail amongst the islands of the west coast before entering the majestic Sognefjord, admiring tiny communities and waterfalls great and small, before reaching your home for the next two nights where a lovely evening meal awaits.

*Coastal Express Ferry Bergen to Vik: we strongly recommend booking your ferry tickets as far in advance as possible to ensure your place. These are not included in the base cost of the trip, however we can organise these for you and add them - please contact our Sales Team for details.

Meals: **B D**

Accommodation
Hotel

Distance
14KM

DAY 3

Cycle along peaceful backroads surrounded by high peaks and stunning waterfalls in the Arnafjord.

After another lovely breakfast, you will meet with our local representative who will help you get the most out of your time in the Sognefjord and set you up with your bikes for the rest of your holiday. Today's ride takes you along peaceful backroads, with the fresh fjord air on your cheeks, to explore the Arnafjord, one of Sognefjord's many arms. Be mesmerised by the immense mountains that surround you, and stop whenever you like to soak up the atmosphere of the breathtaking waterfalls for which the Arnafjord is renowned.

Pedal through the Eiterstrondi Natural Park, preserved for its unique vegetation, before arriving at the small village of Framfjord, which has a grocery store where you can stock up on provisions. It also has some tables outside where you can pause for a pit stop. Further along, you'll find a lovely little beach perfect for a dip - so remember your swimming costume! This also makes a great place for a snack-stop before jumping back on your bike and heading to the impressive Botnafossen waterfall. Then continue to Nese, whose little pier makes a lovely spot for a picnic lunch or simply a break to relax while soaking in the serene scenery of the Arnafjord. Finally it is time to cycle back to Vik, stopping as and when you like, in time for another delicious evening meal at your hotel tonight.

Meals: **B D**

Accommodation
Hotel

Distance
52KM

DAY 4

Ride to Vik's stave and stone churches and on to Vangsnes, then take the ferry to Balestrand.

Feeling refreshed, you ride off along Vik's cultural path to discover fascinating old fjord-side buildings, the beautiful Hopperstad stave church and the Hove stone church. You might like to stop off at the local cheese bar to learn about the famous Gamalost cheese that has roots going back over 1,000 years and is only made in Vik. Why not sample this 'Viking cheese', and some of the delectable raspberry juice also produced here?

Next, pedal on to Vangsnes, passing the statue of the legendary Fridtjof the Bold, considered the bravest German hero by Emperor Kaiser Wilhelm II. Wilhelm was a great friend of Norway and spent his summers in the fjords, and had this statue made as a gift to the region. Imagine tales of Fridtjof's derring-do before hopping onto the ferry and sailing to Dragsvik. From here, you will cycle along one of the most beautiful stretches of fjord to the famous Kviknes Hotel at Balestrand, your home for the next two nights. Since the 18th century, Balestrand has attracted artists and other distinguished people, thanks to its particularly special landscapes.

After checking in to your hotel, you might pootle back out on your bike and admire the dragon-style summer artists' residences - the largest concentration of such houses in Scandinavia. Make a loop on the local nature trails, or drop into the Ciderhuset where you can learn about cider making and sample some on a tour. Perhaps you'll even enjoy a dip at your hotel's private fjord lido before enjoying a gorgeous evening meal at your hotel.

Meals: **B D**

Accommodation
Hotel

Distance
26KM

DAY 5

Immerse yourself in the picturesque landscapes of beautiful bays as you cycle along quiet roads beside the fjord.

After another lovely breakfast and perhaps an early morning dip, you hop back on your bike for a day of exploring some the other small arms of Sognefjord. First, you are off to Esefjord where you can take inspiration from the surrounding mountains that have sparked the creativity in so many artists - you might even want to bring your sketchbook! Just outside Dragsvik, you'll find a pretty arboretum that stretches between the fjord and the road, home to around 150 varieties of trees and shrubs from around the world. This is an excellent stopping off spot for a relax, a snack, and even a dip.

Continuing, you'll come across pretty farms and hamlets, all the while surrounded by the grandeur of steep-sided mountains that seem to plunge directly into the fjord's steely blue waters. Each little arm of the fjord has its own character thanks to its unique geography, and you'll feel like you are really off-the-beaten-track as you travel from one miniature fjord paradise to another. Eventually you take a lovely little

side road to Menes, the perfect tranquil spot to enjoy lunch outside in nature.

There's as much to see as you ride back to Balestrand, with new vistas opening up as you pedal along. Here you can experience the fjord from a different perspective and appreciate how the scenes change with the light as the day progresses. Finally, you arrive back at your hotel in time for another lovely meal tonight.

Meals: **B D**

Accommodation
Hotel

Distance
59KM

DAY 6

Ride through Norway's oldest fruit-growing area, from Leikanger along the Barsnesfjord, to idyllic Solvorn.

Feeling refreshed and fortified by another excellent breakfast, you have the morning to explore a little more of Balestrand or simply enjoy the serenity of the views. Then, you'll jump on the lunchtime ferry with your bike for the short crossing to Leikanger, where today's ride through fruit country begins. In the spring, the fruit trees here are bedecked in blossom - beautiful! Later on, in August, they are decorated with purple plums or red apples. What a joy to behold!

Today's route sees you initially share the road with vehicles, until you reach the section leading into Sogndal where you will be back on the cycling path alongside the fjord. As well as being the centre of the region, Sogndal is small university town and a popular centre for snow sports in the winter. It is a great spot to stop to visit the small shops and cafés of old Sogndal, or the lovely café that looks out over its small harbour and is the place to go to get in on the real local chat as well as share stories with other travellers.

From here, you will cycle a lovely route alongside the Barsnesfjord before heading uphill to lofty views out over Hafslo Lake. You might decide to stop for an ice cream or other refreshment here before enjoying the final few kilometres downhill to the idyllic little village of Solvorn, your home for tonight. Take your time and soak in the panorama of white wooden houses dotted around the fields and orchards that stretch down to the water's edge, and wooden boathouses straggled along the shoreline. What a contrast with the steep slopes that plunge into the fjord around you! Settle in to your hotel, take a dip in the fjord and a stroll around this quaint, pretty village before enjoying your evening meal at your hotel, where the focus is on creative, exquisite cuisine using local ingredients. Foodies, delight!

Meals: **B D**

Accommodation
Hotel

Distance
44KM

DAY 7

Take the ferry to Urnes, ride to its UNESCO stave church, and then along the small, peaceful roads of the Lusterfjord to Feigum Waterfall.

After breakfast, today's day of exploring on two wheels begins with another short ferry journey. You arrive at Urnes on the other side of the fjord, and then hop onto your bike for the short ride uphill to the beautiful and fascinating stave church. You might even decide to take a guided tour (which you can book on the spot) to get even more out of your visit here and which we'd recommend if you are particularly keen to get inside the church rather than simply admiring it from the outside. There are stunning views from the church's lofty perch and you might decide to pause at the café and sample some of the local fruit juice before continuing on your ride along the Lusterfjord.

Lusterfjord is the Sognefjord's smallest arm, and many say it is the finest! Pedal along 'the romantic road' until you reach the spectacular Feigum Waterfall, which cascades almost 220m down the mountainside. You can park your bike and make the short walk up to the waterfall (around 30 minutes each way, 4km total) for a closer look and to soak up its atmosphere, or simply enjoy it from the road. Make time for a dip in the fjord, and if you haven't stopped for snacks yet you might also enjoy a picnic lunch here before cycling along to Skjolden at the far end of the fjord.

Having arrived at Skjolden, you might enjoy a swim at the public beach with its far-reaching views down the fjord, and to quench your thirst on the terrace of the main hotel or at the local café. You have the option to be collected here, or a 10km-ride further on at Luster, for your transfer to Sogndal and your home for tonight.

Meals: **B**

Accommodation
Hotel

Distance
34KM

DAY 8

Departure Day.

Enjoy breakfast in the tranquil beauty of Sogndal before your onward journey.

Perhaps you would like to extend your stay in Norway or you are heading back to the airport in Bergen? We can arrange extra nights in Sogndal or Bergen, and tickets on the Coastal Express Ferry from Sogndal to Bergen. If you would like to take the ferry, we strongly recommend booking your tickets as far in advance as possible to ensure your place. Please contact our Sales Team for details.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your route notes
- Luggage transfers
- Transfer from Skjolden to Sogndal on Day 7
- Hybrid bike hire including helmet
- Welcome briefing in Vik on Day 3
- GPX tracks supplied

What's not Included

- Travel insurance
- Travel to Bergen
- Travel from Sogndal
- Visas (if applicable)
- Tourist taxes may apply and are usually under 50 NOK per person per night
- Some meals as described in the Meal Plan
- Local public transport outside any listed in the program
- Coastal Express Ferry Bergen to Vik
- Personal equipment
- Any e-bike upgrades
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

This trip starts at your hotel in Bergen. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport for this trip is Bergen Flesland Airport, with many departures from UK regional airports. If you are flying to Bergen Flesland Airport, you can reach Bergen city centre by bus, tram, or taxi.

The airport bus ('Flybussen') takes approximately 20-30 minutes with departures every 10 minutes at busy times, otherwise every 20 minutes. You can find the bus just outside the Arrivals hall.

The City Light Rail service takes approximately 45 minutes, and is the cheapest option.

Several taxi companies also operate from Bergen Flesland Airport, with fares for travel to the city centre around NOK 500-600.

Please see this link for the latest information about the airport bus, City Light Rail, and taxis from Bergen Flesland Airport into Bergen: https://en.visitbergen.com/visitor-information/travel-information/getting-here/to-bergen-by-plane/bergen-airport-flesland-to-bergen-city-center.

An alternative arrival option is to fly to Oslo Airport, from where you can travel by train to Bergen on what is possibly one of the greatest railway journeys in the world. First, take the train from Oslo Airport to Oslo Central Station, then another train from there to Bergen Central Station. First, from Oslo Airport, take either the Flytoget Airport Express train (takes around 20 minutes with departures every 10 minutes) or the cheaper VY train (takes around 25 minutes, with around 3 departures per hour). Please see the information at this link for the latest information about Oslo Airport trains: https://avinor.no/en/airport/oslo-airport/to-and-from-the-airport/train-buss-and-taxi/trains. After this, the main train journey takes approximately 6.5 hours and allows you to see much more of Norway's magnificent landscape, tiny villages, and crystal-clear lakes - provided you travel in daylight hours of course. Please see this link for the latest VY train timetables https://www.vy.no/en.

The trip ends in Sogndal from where it is possible to take public transport back to Bergen Airport. Take the train from Sogndal Skysstasjon to Voss Stasjon, and then a bus to Bergen Busstasjon. From there take the metro to the airport. The whole journey takes around 4-5 hours. Alternatively, you could take the ferry from Sogndal to Bergen, giving you the opportunity to enjoy the fjord from a different perspective. For more details about all of the above, please visit www.rome2rio.com.

Meal Plan

This trip is on a bed and breakfast basis and we have included the evening meal on five days (Days 2, 3, 4, 5 and 6) where there are fewer options for dining out locally.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

If you were to sum up Norwegian cuisine in a few words, it would be wholesome, local, seasonal, traditional, and sometimes a little unusual. Few places in the world can offer meat and fish with such freshness, and whilst the nation may have been built on its dried fish export (Torrfisk), there is much more to its cuisine. Countrywide you can look forward to excellent game, with moose, reindeer reared by the indigenous Sami people, deer and grouse all featuring on menus, accompanied by seasonal vegetables and Raspeball (potato dumplings). Fish, of course, remains a staple thanks to fishing in the region's deep seas and dramatic rivers and lakes, with fresh king crab, Arctic cod, and cured salmon in abundance - and all perfect with fresh Grovbrod (a hearty whole grain bread) or with griddlecake and pickled vegetables.

Here in the Sognefjord, you'll find plenty of excellent fish - including some of Norway's best salmon, fished locally in the Aroy River near Barsnesfjord – and locally sourced venison. Fans of cheese, and perhaps those with a more adventurous palate, will delight in the famous brown 'Gamalost' cheese produced in Vik.

Norway also has plenty of sweet treats, such as delicious warm waffles served with fresh berries and jams – and in Sogn, Norway's oldest fruit-growing area, these often come from the fruits slowly ripened in the local area. Perhaps you'll enjoy a tasty Trollkrem dessert (lingonberry cream) - named after the Norwegian Trolls - washed down with a locally produced cider. Tasty!

Accommodation

For this trip, we have chosen a lovely selection of traditional Norwegian 3-star and 4-star hotels, including the renowned Kviknes Hotel in Balestrand and the Walaker Hotel in Solvorn.

Each accommodation throughout the trip offers a fantastic breakfast to fuel your rides, a warm welcome, and plenty of charming features including communal areas where you can relax after a busy day exploring. Staying in some locations for two nights at a time means that you can really relax and enjoy the tranquillity of the fjords and make the most of your accommodation's facilities.

It is possible to arrange additional nights' accommodation in Bergen before or after your trip if you would like to explore this fabulous city a little more, or in Sogndal at the end of your trip - please ask our Sales Team for more information.

Please note that hotels are subject to availability and an alternative of a similar standard may be offered.

Bike Hire

Bike hire is included in the cost of this holiday.

Bikes on this trip are 24-speed Scott hybrid bikes with 29” wheels, front suspension and hydraulic disc brakes. Bikes come in two different frame types - unisex bike frame or male bike frame. Bikes with unisex step-through frames are suitable for riders who are between approximately 150cm and 185cm tall; bikes with male bike frames with a crossbar are suitable for riders who are between approximately 160 and 205cm tall. If you are of a height that would allow you to use either bike frame and would prefer a specific bike frame, e.g. a male bike frame, please request this when making your reservation with our Sales Team.

All bikes come equipped with Ortlieb waterproof rear panniers for your daily essentials, plus bike lock, light, bottle holder, pump, repair kit, spare inner tube, tyre levers, and first aid kit. We include a helmet with your bike on this trip, however we strongly recommend you bring your own helmet for the best comfort.

We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts as whilst the cycling is leisurely and there are plenty of opportunities to stop and explore, it is always nice to have some padding for a more comfortable ride.

Upgrade to an E-bike

If you are looking for an extra boost whilst in the saddle, you can upgrade to an e-bike to make your ride even more leisurely. Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills and travel further with less effort and more comfort.

E-bikes are suitable for rider heights between approximately 150cm and 205cm and are available with a step-through frame (rider heights approx. 150-185cm) or with a crossbar (rider heights approx. 160-205cm).

E-bikes are available on this holiday at a supplement of £310 - please request this upgrade option from our Sales Team at the time of booking.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your ride. We ask that you please ensure that each piece of your luggage is under 20KG and that your luggage is ready for collection in the morning on the day of each hotel change. You will also need a daypack to carry your daily essentials with you whilst you are cycling.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Norway is the Norwegian Krone.

Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. This trip is designed for leisure cyclists and does not require you to be in peak fitness. Having said this it is always sensible to get some additional exercise before going on an active holiday. You should be comfortable with cycling an average of around 40 km a day, with one longer day of around 60km, on good cycle paths or roads. We advise you to dust off your bike and head out on a few rides before your holiday.

Climate

Temperatures around the Sognefjord are dictated by the ever-changing landscape. You'll find wetter weather at the mouth of the fjord, milder climates along the shores (perfect for the many orchards that support the production of delicious jams and ciders), and cooler, breezier conditions just above the fjord. Be sure to pack a range of warm layers and waterproofs to cover all eventualities! Temperatures average between 8-15 degrees centigrade in May, and the summer months are warmer with August temperatures averaging between 13-19 degrees centigrade.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Lonely Planet Norway

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

- Stiff-soled shoes appropriate for cycling
- Socks appropriate for cycling
- Cycling shorts

- Cycle helmet
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- High-vis bib (for tunnels and poor weather)
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics

- Reusable cloth bag for shopping to avoid the use of plastic bags
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20 L)

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE

We have designed this trip so that you can get off the beaten track and experience Norway’s fjords in tranquillity, surrounded by the warm local hospitality. We have built in two nights' stay at two of the locations so that you can relax even more when you are not out exploring.We have included standard bike hire in the cost of your trip so you can relax knowing that this is all taken care of for you. E-bike upgrades are also available.

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change