Walking Norway's Sognefjord

Trip Code: SGBN

Version:

WALK & TREK	SELF-GUIDED	3 LEISURELY



HIGHLIGHTS

- Discover Bergen, Gateway to the Fjords
- Hike to the top of Mount Molden for 'the finest viewpoint in Sogn'
- Stay in the picturesque village of Solvorn on the shores of tranquil Lusterfjord
- Experience the enchanting Jostedalen National Park with the opportunity to walk on the Nigardsbreen Glacier

AT A GLANCE

- 6 days hiking
- Max altitude 1,116m
- Daily departures
- Join at Bergen / End in Sogndal

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Delve into the landscape that has inspired many myths and legends on this one-week self-guided walking holiday in the Sognefjord, Norway. Begin your trip in Bergen, known as the Gateway to the Fjords, bursting with character from its medieval timber buildings in Bryggen to its lively fish market. Sailing into the Sognefjord you will soon feel a world away from the bustling city. Walking in Norway is something all keen walkers should experience at least once, and being immersed in the Norwegian way of life as well as its breathtaking landscape is like nothing else. Walking up to 10km each day, you will reach the top of Mount Raudmelen, and Mount Molden for the 'finest viewpoint in Sogn', step into the Ice Age as you venture to the Nigardsbreen Glacier, and enjoy a relaxing wander through the orchards which line the fjords. Staying in a lovely selection of typically Norwegian 3-star and 4-star hotels on a B&B basis and with dinner included on 4 nights, you can look forward to a warm welcome at the end of each day. Staying in some locations for two nights allows you to relax and really take in the tranquillity of the villages as well as make good use of your hotel's facilities. We are excited just telling you about it!

Is this holiday for you?

If you are seeking tranquillity, warm hospitality, and breathtaking scenery, you will find it all on this self-guided walking holiday in Norway. Discover the characterful city of Bergen, with its excellent connections from UK airports, before experiencing the magnificent Norwegian fjords. Walking up to 10km per day on well-marked, sometimes rough or steep trails, 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. Staying in a selection of 3-star and 4-star hotels, you will be greeted by a warm Norwegian welcome at the end of each of your days spent exploring.

Itinerary

Version:

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 to and from your Mount Molden walk on Day 5
- Welcome briefing
- 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 Balestrand
- Personal equipment
- Any additional activities/excursions indicated as optional

Important Notice

Early in the season there can be snow/ice on summits and trails, so alternative walking routes will be provided. In this case, we recommend walking the alternative routes provided; should you prefer to stick to the original routes, we must point out that it would be entirely at your own risk.

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

Your 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 to allow you the most flexibility during your holiday. We have included the evening meal on days 2 and 3 where there are fewer options for dining out locally, as well as a packed lunch on each of your four main walking days (days 3, 4, 5 and 6).

For the upgraded version of this trip we have included two additional evening meals - on days 4 and 5 - please contact our Sales Team for more information.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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. Yum!

Accommodation

For this trip we have chosen a lovely selection of traditional Norwegian 3-star and 4-star hotels - one being the beautiful Walaker Hotel in Solvorn on days 4 and 5. Set back from Solvorn's small beach and surrounded by romantic gardens you can really relax and unwind.

All accommodations offer a fantastic breakfast to fuel your hikes, 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.

We have included dinner on four nights - at Kviknes Hotel in Balestrand and at the Walaker Hotel in Solvorn - so you can experience their renowned Norwegian cuisine.

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

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.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your hike. 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 walking.

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 holiday is that you decide the pace. However, getting some additional exercise before coming on an active holiday makes a lot of sense, after all, the fitter you are the more enjoyable your holiday will be. You should be comfortable walking up to 6 hours a day for consecutive days with some steep ascents on some days. We suggest that you try to fit in a number of daily walks in hilly countryside before your trip, and it is always a good idea to spend some time in the footwear you intend on using on your walks.

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, windier conditions above the fjord and glacier. 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

Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers

- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- 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
- Walking poles

- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

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.Read KE's Anja Coulthard’s account of discovering Norway’s Sognefjord.

Please Note This document was downloaded on 09/11/2026 and the trip is subject to change