

# Self-Guided Walking in Norway's Sognefjord

Trip Code: SGBN

Version: SGBN Self-Guided Walking in Norway's Sognefjord



WALK & TREK



SELF-GUIDED

MODERATE



## 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 the tranquil Hafslo Lake

- Experience the enchanting Jostedal National Park with opportunity to walk on the Nigardsbreen Glacier

#### AT A GLANCE

- Self-guided
- Max altitude 1116m
- 6 days hiking
- 2 nights stay at each location
- Daily departures available
- Join at Bergen / End in Sogndal

#### ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 2 Dinners
- 6 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

## Introduction

Delve into the landscape that inspired 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 it is bursting with character, from its medieval timber buildings in Bryggen to the 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 in their lifetime, the Norwegian way of life against the 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\* hotels and guest houses on a B&B basis, you can look forward to a warm welcome at the end of each day, and staying in each location for 2 nights allows you to relax and take in the tranquillity of the villages and utilise the hotel facilities. We are excited just telling you about it!

### Is this holiday for you?

If you are seeking tranquillity, warm hospitality and breath-taking scenery then search no more. Discover the characterful city of Bergen with fantastic connections from UK airports before experiencing the magnificent Norwegian fjords. Walking up to 10km per day on well-marked, sometime rough or steep trails you will be rewarded with stunning panoramic views over the dramatic Sognefjord, surrounded by orchard lined shores, picture perfect villages and dramatic soaring peaks. Staying in a selection of 3\* hotels and guesthouses you will be greeted by a warm Norwegian welcome at the end of your day exploring.

# Itinerary

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## DAY 1

### Arrive in Bergen and explore the Gateway to the Fjords.

Arrive in Bergen, check into your hotel, and explore the Gateway to the Fjords. Take a stroll through the back streets of Bryggen for a glimpse into Bergen in the middle ages thanks to the wonderfully preserved wooden architecture. Take a ride on the Floibanen Funicular to the summit of Flyen (320m) for fantastic views over the city and stretch your legs with a meander back to the city through peaceful mountainside. Alternatively, visit the fish market, which has been providing locals with freshly caught delights since 1276, and of course, sample it in one of the nearby restaurants- it is as fresh as it gets!



**Accommodation**  
Hotel

## DAY 2

### Sail to Balestrand, walk along the shore of Sognefjord and marvel at its magnificent scenery.

After breakfast, you say farewell to Bergen and hop on the express boat to Balestrand in the heart of the Sognefjorden. The impressive landscape will astound you as mountainside soars out of the deep, calm waters of the fjord. When you have finished taking in the scenery you can enjoy an easy paced walk along the shore and admire the traditional architecture of the lovely summer residences of artists and wealthy. You will note many beautifully preserved Dragestil wooden houses; typical picture postcard Norway. Arriving at your hotel on the lakeshore of Sognefjord you can settle in and enjoy its magnificent location before dinner.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
50M



**Descent**  
50M



**Distance**  
4KM

## DAY 3





### Summit Raudmelen, high above Balestrand, and delight in its panoramas.

Today's walk takes you above Balestrand for magnificent views over the town and fjord. Fuelled by

breakfast, your route soon begins its ascent up through woodland along a lovely nature trail. Your first goal is Orrabenken where you can pause and take in the far reaching views over Balestrand centre and the Sognefjord. When you have finished taking photos, and caught your breath, you continue making your way through the rugged landscape to Burasi from where the views of the fjord open up before you to Esefjella. Continuing towards your main goal of the day your route takes you along a lovely ridge to the top of Raudmelen (972m). As you make your way along the ridge you will see Balestrand to one side and the stunning rugged mountains of Esedalen to the other. When you can tear yourself away from the views you begin your descent back to Balestrad where you can relax in a one of the inviting cafes and perhaps sample some waffles, typically served with locally made jams.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 980M		<b>Descent</b> 985M		<b>Distance</b> 8KM
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## DAY 4

### Hike to Hafslo Lake to the beautifully atmospheric village of Solvorn.

Today begins with a journey to the nearby Barsnesfjorden. Your hike begins just beyond the mighty Aroy River, a popular spot for salmon fishing so you may see anglers relaxing on the riverbank. Following the same route King Holy Olav, patron saint of Norway, took his troops along in 1023 you will pass through quiet Norwegian countryside leading you to Hafslo Lake. Following the lakeshore, you will soon arrive into the picturesque village of Solvorn; with its little white wooden houses, apple trees and galleries providing a wonderful atmosphere. Checking in to your accommodation for the evening, you will have time to stroll through the village and enjoy dinner in this quaint setting.

Meals: **B D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 240M		<b>Descent</b> 240M		<b>Distance</b> 8KM
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## DAY 5

### Hike to the top of Mount Molden for 'the finest viewpoint in Sogn'.

After breakfast, you will take a short transfer to Molden from where you begin your hike to 'the finest viewpoint in Sogn'. Making your way through forests as the morning dew provides a fragrant aroma you begin to ascend up towards Svarthiller, your efforts rewarded by magnificent views as the treeline breaks giving opportunity for a breather and a photo. However, the best views of all are kept for when you reach the top of Mount Molden (1,116m) where you are greeted by breath-taking panoramic views over Lusterfjorden, New and Hoyheimsvik- you will soon understand why it has been named 'the finest viewpoint in Sogn!' Take time to soak up the far reaching views and perhaps enjoy a picnic while drinking in these magnificent vistas before making your way back towards Solvorn for a relaxed evening.

Meals: **B D**

 <b>Accommodation</b> Hotel	 <b>Ascent</b> 1120M	 <b>Descent</b> 1120M	 <b>Distance</b> 10KM
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## DAY 6





### Hike to the impressive Nigardsbreen Glacier.

Your final walk of the week will take you to the Nigardsbreen Glacier providing an almost polar like environment as the glacier tongue reaches the lake. Your day begins by taking the bus up the wild and narrow Jostedal valley. Arriving at the National Park Visitors Centre you can enjoy a morning coffee stop while you take in the impressive location before setting off on your walk. Your walk will take you along the river as you make your way up to the icy waters with the glacier and mountains dominating it providing an impressive sight to be had. It is glaciers like Nigardsbreen that have carved the beautifully unique landscape of Norway, as they carve their way through the deep fjords and towering mountains-what a beautiful thing nature is!

When you have finished soaking in this impressive sight, you begin your return towards the visitors centre to catch the bus to Sogndal where you can enjoy a final evening with a toast to a great week in Norway.

It is possible to undertake a guided walk on the Glacier itself today; if this is something you wish to do, it must be pre-booked with the National Park Guides.

Meals: **B**

 <b>Accommodation</b> Hotel	 <b>Ascent</b> 50M	 <b>Descent</b> 50M	 <b>Distance</b> 10KM
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## DAY 7

### Departure Day

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

Meals: **B**

# Holiday Information

## What's Included

- All accommodation as described
- Luggage transfers
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Welcome briefing
- Transfers from Solvorn to Molden

## What's not Included

- Travel insurance
- Travel to Bergen
- Travel from Solvorn
- Visas (if applicable)
- Public transport as per the itinerary
- Tourist Taxes may apply and are usually under 50 NOK per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- 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, about 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 they are safely on their 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 you set 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 do 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 holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days 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 which best suits you. The nearest airport for this trip is Bergen Airport with departures from regional UK airports.

If you are flying to Bergen Airport you can take the airport bus to the city centre. The journey lasts approximately 30minutes and the buses operate every 15 minutes. It is also possible to take the city light rail that takes approximately 45 minutes.

If you are flying into Oslo it is possible to take the train to Bergen from Oslo on possibly one of the greatest railway journeys in the world. The train journey takes approximately 6.5 hours but it allows you to see much more of Norway's magnificent landscape, tiny villages and crystal-clear lakes.

The trip ends in Sogndal from where it is possible to take public transport back to Bergen Airport. First take the train from Sogndal skysstasjon to Voss Stasjon where you change onto the bus to Bergen bus station. From Bergen bus station you take the metro to the airport itself. The journey take approximately 4-5 hours. It is also possible to take the ferry from Sogndal to Bergen allowing you the opportunity to enjoy the fjord from a different perspective. For more details visit [www.rome2rio.com](http://www.rome2rio.com)

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday plus we have included 2 evening meals when options for dining out are fewer.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing 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 (Torrfish) there is much more to its cuisine. You can look forward to game with moose, reindeer reared by the indigenous Sami people, deer and grouse featuring on menus, accompanied by seasonal vegetables and Raspeball (potato dumplings). Fish of course remains a staple, thanks to the regions deep-sea fishing and dramatic rivers and lakes, with fresh King crab, arctic cod and cured salmon- perfect with fresh grovbrod (whole wheat bread) or griddlecake and pickled vegetables.

For those looking to be a little more adventurous you can also look forward to some of the regions more unusual dishes such as Rommegrot (sour cream porridge) served with sugar and cinnamon. And, if that's not out there enough for you perhaps you would like to sample Smalahove (sheep's head). This is certainly not a dish for everyone but the dish originating from Voss is a traditional Christmas dish, served with mashed swede and potatoes. The most flavoursome parts are said to be the tongue and eye.

Here at KE we prefer Norway's sweeter treats, with delicious warm waffles served with fresh berries and jams from fruits slowly ripened in the Hardanger, or tasty Trollkren desert (lingonberry Cream) named after the Norwegian Trolls washed down with a locally produced cider. Yum!

## Accommodation

For this trip we have hand selected a great range of traditional Norwegian 3\* hotels and guest houses, each offering a fantastic breakfast buffet to fuel your hikes, a warm welcome and lots of charming features. Staying in locations for 2 nights means that you can really relax and enjoy the tranquillity of the fjords and make the most of the hotels facilities. All of the properties offer great facilities and communal areas to relax after a busy day exploring, and some offer outdoor seasonal pools.

It is possible to arrange additional nights accommodation in Bergen before or after your trip if you would prefer to explore this fabulous city a little further. Please refer to the dates and prices tab for further details or speak to one of our sales team.

## 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

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## 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.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

## 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 average between 8-15 degrees in May, and summer months are warmer with August temperatures between 13-18 degrees. Temperatures around the Sognefjord are dictated by the ever changing landscape; with wetter weather at the mouth of the fjord, mild climates along the shores (perfect for the many orchards which are grown to make delicious jams and ciders), and cooler, windier conditions above the fjord and glacier- so be sure to pack your layers and waterproofs to cover all eventualities.

## 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 prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

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 direct 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.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## Self Guided Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof jacket
- Waterproof trousers
- Rucksack (approx. 20 l)

- Small first aid kit inside your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Headtorch & spare batteries
- Your self-guided route notes

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

## Land Only Information

Please note 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.

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, ask our sales team to find out more about this.

Our sales team will be happy to provide you 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.

We offer some hotel transfers from the nearby airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

# Why Choose KE

## Why KE?

We have designed this trip to get off the beaten-track to experience Norway's Fjords with an element of tranquillity and warm, local hospitality.

**Please Note** This document was downloaded on 27/07/2024 and the trip is subject to change