



8-DAY ADVENTURE

## THE BEST OF SOUTH NORWAY

Norway

There can be few regions in the world with a landscape as strikingly beautiful as South Norway. It is a wonderland of glaciers, fjords, vertical rock walls and waterfalls. Arctic flowers shelter between the rocks and elk can be spotted roaming through the forests.

On this tour we will visit the most iconic natural landmarks of South Norway including the Priest's Pulpit, Troll's Tongue and Kjerag Boulder. We will stay in mountain refuges in stunning locations, gaze across the expanse of Hardanger Fjord, visit the Folgefonna Glacier and explore the vibrant city of Bergen.

## TRIP HIGHLIGHTS

- 3 legendary hikes: Preikestolen, Trolltunga and Kjeragbolten
- Phenomenal scenery on hikes and as you travel
- Experience beautiful Bergen and Stavanger
- Trip fully carbon offset as standard



# ITINERARY

## DAY 1

### WELCOME TO BERGEN

On arrival in Bergen a member of the Kandoo team or your guide will meet you at the door of the arrivals area. Look out for a Kandoo sign. You will be transferred to your accommodation and meet your guide and the rest of the group.

Depending on your arrival time there may be a chance to get out and explore the city a little. We recommend fish and chips in the red tented area next to harbour for dinner.

Accommodation: **Hostel**

## DAY 2

### BERGEN

Today we have a free day to enjoy the city of Bergen. Your guide can take you on a hike to the top of Ulriken Mountain for exceptional views of the city and the surrounding scenery. A visit to the Fish Market and a shrimp sandwich is basically compulsory! If you'd rather stay in the city centre there are a wide range of brilliant museums, the Hanseatic quarter with its distinctive old wooden buildings, or a visit to the wooden church of Stave.

Accommodation: **Hostel**

Meals included: **Breakfast**

## DAY 3

### QUEEN SONJA TRAIL

Today we continue along the road towards Eidfjord where we will be walking the "Panorama of Her Majesty the Queen Sonja Path". The track rises to an altitude of 1100m in the mountains between the towns of Lofthus and Kinsarvic.

From the heights we have spectacular views of typical South Norway landscapes and the beautiful Hardanger fjord. At the end of the day we meet our vehicle and transfer to the Trolltunga Guesthouse for the night.

Hiking time: **5 hours**

Ascent: **760 m**

Descent: **760 m**

Accommodation: **Guesthouse**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 4

### TROLLTUNGA – THE TROLL'S TONGUE

We depart early this morning as this is going to be the biggest hike of the week. We will be walking a total of 20km with a great deal of ascent to reach the dramatic Trolltunga! The Troll's Tongue sticks out from the mountain top 700m above the waters of Lake Ringedalsvatnet.

You'll see the Ringedal Dam, and witness dramatic views of the lake, the surrounding mountains and waterfalls. We descend again and spend the night at Trolltunga Guesthouse.

Hiking time: **8 hours**

Ascent: **900 m**

Descent: **900 m**

Accommodation: **Guesthouse**

Meals included:

**Breakfast / Lunch / Dinner**



#### DAY 5

### FOLGEFONNA AND THE VALLEY OF WATERFALLS

Today we say goodbye to Lysefjord and take the Ryfylke road north, passing through Sand on our way to the Folgefonna National Park. At the village of Bondhus we leave our transport and begin hiking into the valley.

Folgefonna is home to the third largest glacier in Norway and is renowned for its spectacular icefalls, waterfalls and scenic pastures. Visitors have been drawn to the awe-inspiring scenery here since 1833. In the afternoon we take the Ryfylke road south, passing through the town of Sand on our way to Lysefjord. We will be staying in a mountain refuge on the eastern edge of the fjord.

Hiking time: **3 hours**

Ascent: **250 m**

Descent: **250 m**

Accommodation: **Refuge**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 6

### KJERAGBOLTEN

This morning we leave the refuge and begin ascending the Kjerag massif on the southern side of the Fjord. Our goal is the famous hanging rock known as Kjeragbolten. Passing through ever changing scenery, we climb a series of large steep granite slabs fitted with chains to aid ascent. The challenging climb to the top makes our arrival at Kjeragbolten all the more satisfying! You will quickly understand why this is one of Norway's most popular base jumping locations. In the afternoon we return to the refuge in Lysbotn.

Hiking time: **6 hours**

Ascent: **570 m**

Descent: **570 m**

Accommodation: **Refuge**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 7

### PREIKESTOLEN – THE PRIEST'S PULPIT

This morning we will be taking a ferry to the start of the "Pulpit Rock" hike. The ferry ride tours you around some popular view points including getting meters away from Hengjane fossen waterfall and Vagabonds Cove. Pulpit Rock is so named due to the 600m high rocky promontory that overhangs the Lysefjord. This jaw-dropping natural feature is one of the most famous attractions in Norway, and for good reason! A well-maintained track leads us to the top and after taking some time to absorb the magnificent views we descend and transfer to our hostel in Stavanger.

Transport: **Ferry**

Hiking time: **3 hours**

Ascent: **300 m**

Descent: **300 m**

Accommodation: **Hostel**

Meals included: **Breakfast**

#### DAY 8

### FLIGHT FROM STAVANGER

After breakfast we transfer you to the airport for your flight home. If you have a later flight you may get a chance to tour the beautiful city of Stavanger with its many shops, beautiful marina and tons of street art.

Meals included: **Breakfast**

### PLEASE NOTE

*The details in this programme are regularly updated but unforeseeable and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the itinerary may be made. For safety reasons, we reserve the rights to interrupt your participation at any time if your technical level or fitness is deemed unsuitable or if you are seen as a danger to yourself or to those around you. Under no circumstances would this give rise to a refund or compensation.*

# TRIP INFORMATION

## DIFFICULTY

The mountains in Norway are not to be underestimated, they are steep sided and often rise directly from sea level, so your legs will be getting a good workout. Yet, whilst a high level of fitness will make the days a lot easier it by no means requires super human fitness. A solid training plan will allow you to better prepare for the hikes and enjoy your trip. This adventure is of **moderate difficulty**. On some days we will have up to 900m of ascent on rocky and possibly slippery ground. Trekking poles are also a lifesaver!

If you are comfortable walking for 6 hours with an ascent of 900m over consecutive days then you are certainly fit enough to succeed on this trip. Think of it as climbing Snowdon or Ben Nevis every day for five days! If you can do this then there is no reason why you won't be absolutely fine on this trip. We find that all successful hikers share a real *Kandoo* attitude and that means high levels of grit and determination.

## FOOD & DRINK

We are proud of the fresh and frankly delicious food we provide. Each day begins with a well rounded breakfast with plenty of tea and coffee. You will have the opportunity to shop with your guide so you can look out for preferences for meals, especially if you have specific dietary requirements. For each hike day, you and your guide will prepare a picnic lunch the night before including sandwiches, salads, fruits, cakes and dried fruits.

Evening meals are prepared together with your guide based on available local products. During your stay, you will have the opportunity to taste grilled or smoked salmon, fresh shrimp and cod.

Please be aware that meals are not included in Stavanger or Bergen. While you are staying in the cities please feel free to explore and find a restaurant that you like or order meals in the hotel.

Do not forget that alcohol and cigarettes are heavily taxed and expensive in Scandinavia. If you wish to enjoy an aperitif with your group in the evening we recommend purchasing duty-free products at the airport.

During the trip, all drinks, including water, are your own responsibility. There are plenty of opportunities to refill your water bottle each day.

## ACCOMMODATION

In Stavanger and Bergen, we will be staying in hostels. Rooms are shared between 2 and 4 people with shared bathrooms. For our two nights in Trolltunga Guesthouse you'll be in a mixed dormitory in bunkbeds with up to 8 people sharing a dorm. For our two nights in refuges we will book the best available refuge for our group. The DNT (Norwegian Trekking Association) have a range of refuges with differing amenities and numbers of beds. You may be staying in a place in the wilderness with no showers, power, or hot water, however many of the refuges do provide these when near the road. Many of them provide a duvet and pillow, but you might want to bring your own sleeping bag if you prefer.

## LUGGAGE

You will need two bags for this trip.

One travel bag for your replacement clothes which will be transferred between locations by vehicle and will be waiting at your accommodation at the end of each day. Please do not bring a rigid suitcase - a flexible duffel bag / holdall is easier to transport. We recommend packing all of your clothes into dry bags in case of bad weather.

One 30-40L rucksack that you will carry during the day. You will carry your own personal equipment (spare warm clothes, waterproofs, water bottle, camera and sun screen) as well as your packed lunch in your rucksack.

## HOW DO I GET THERE?

You will need to arrive at Bergen Airport (BOO) on day 1 of your itinerary where a member of our team will be waiting to greet you.

From the UK, KLM offer flights from Heathrow and Manchester with a stop in Amsterdam, the journey time is roughly 4 1/2 hours. Norwegian Airlines also offer direct flights from London Gatwick and Edinburgh via Oslo. For those travelling from the US, SAS, Delta and KLM offer flights from New York via Oslo, the journey time is around 11 hours. You can also fly with SAS from San Francisco or LA connecting through Copenhagen. Travellers from Dallas can fly with Lufthansa via Frankfurt.

On arrival in Bergen a member of the Kandoo team or your guide will meet you at the door of the arrivals area. Look out for a KANDOO sign. You will be transferred to your accommodation and meet your guide and the rest of the group.

*If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.*

## Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

### eC02 Flights Calculator

Alternatively if you wish to travel more responsibly, then there are other ways to reach Bergen. The Man in Seat 61 and Rome to Rio suggest optimal routes from London to Bergen via the ferry from Hirtshals in northern Germany or the sleeper train from Oslo. These take a few days, meaning you can start your holiday early! Expect to pay more for trains and ferries than the cost of a flight, at anywhere from £170-200pp each way, but be rewarded with time to marvel at the passing scenery and experience the delights of the Kristiansand ferry. If you decide to travel this way, get in touch and let us know, because we like to reward our responsible travellers!

## PRE-TREK BRIEFING

It is a requirement of joining any of our trips that you attend a briefing before the trip begins. This gives our guide the opportunity to review the plans for the trip with you, make sure you have all the right gear, arrange any equipment rental and answer any questions you may have. Your pre-trip briefing in Bergen will take place at 7pm at your hotel.

Please bring your passport and insurance to the briefing so that we can check our paperwork in advance of your trip.

## BUDGET & CHANGE

The currency in Norway is the Norwegian Krone (KR). You can withdraw the local currency from ATMs and payment by card is widely accepted. Please budget for meals and transport as necessary, drinks, tips, museum entry fees and other personal expenses. Norway can be expensive and a meal out for two can cost at minimum GBP £60 (USD \$70) in Bergen, whilst a bus ticket will be roughly £4.60 if not bought in advance. Taxis in Norway are also insanely expensive, expect to pay somewhere in the region of £15 for a 5 minute journey...it's definitely worth going by foot where possible. Therefore, our recommended guidance for spending budget in the Norway would be roughly **£200** (2600 NOK) on top of any tips, to give you ample souvenir spending money.

## TIPS

Tipping customs vary all over the world and can be very confusing when travelling to a new country. Tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual in Norway. Tips are not a substitute for good wages: our guides are all well paid and well looked after. If you are satisfied with your guide's services, we recommend a tip between **£30-40 per person** (equivalent to 350-450 NOK) for the entire trip. On the other hand, if you receive bad service or have not been treated well, you would not be expected to tip at all.

# FORMALITIES & HEALTH

## PASSPORT

Most travellers require a passport that is valid for at least six months after the return date. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required. You can check your requirements on the website provided by the Norwegian government

## VISA

Travelling to Norway is visa free for up to 90 days, for UK and US citizens

## VACCINATIONS

No vaccinations are required.

## INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

## MEDICATION

Your guide carries a first aid kit at all times but we recommend you carry the following items: - Painkillers - Anti-inflammatory tablets/gel - Sunscreen for lips and skin - Moisturising cream (for sunburn) - Elastic bandage, regular bandages and blister plasters - Sanitary products - Water purifying tablets or filters



# EQUIPMENT & CLOTHING

## CLOTHING TO BRING

- Your walking boots (high-rise, sturdy soles)
- Waterproof windproof jacket (breathable)
- Warm hat and gloves
- Warm jumper(s) and jacket
- Suitable underwear, t-shirts and walking trousers
- Warm socks
- Pyjamas, towel and toiletries

We recommend that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and does not dry quickly. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool. The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

## EQUIPMENT TO BRING

- Sunhat and sun cream
- Sunglasses (UV 400)
- Water bottle / thermos
- Tupperware
- Any personal medication
- Head torch with spare batteries
- Daypack 30L to 40L
- Duffle bag 80L to 100L or similar flexible bag for your main equipment bag. Not a suitcase.
- Camera
- Comfortable shoes for the evenings
- Waterproof trousers
- Walking poles
- Tupperware (not too large, must be able to fit in your day pack along with other gear) and cutlery for picnics
- Wet wipes
- Toilet paper and lighter to burn it
- Plastic bags for wet/dirty clothing
- Single duvet cover and pillow cover/ sleeping bag liner

### Optional

- Sleeping bag and sleeping bag liner
- Binoculars (for bird and wildlife watchers)
- Water bladder for your day pack. It makes it much easier to drink on the move

# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

