

# Norway

**June 16-26, 2022**

**Pre-tour Cruise: June 12-17, 2022**

## **Tour Itinerary (Sunday Flam Train)**

### **Day 1: Thursday, June 16, 2022 • Departure**

Our tour begins with our departure to Bergen, Norway.

### **Day 2: Friday, June 17, 2022 • Bergen**

We arrive in Bergen this afternoon, where we meet our driver, and travel a short distance to the heart of the city and check into our hotel. After some time to freshen up from our flight, we have time to explore the beautiful and historic Hanseatic Waterfront, right outside our hotel. A stroll to the fish market will be a perfect way to stretch and relax after our flight. Dinner is at our hotel this evening. **D**

### **Day 3: Saturday, June 18, 2022 • Bergen**

This morning a local guide meets us at our hotel and takes us on a panoramic tour of this amazing city. We will be formally introduced to the Hanseatic Waterfront, learning about its fiery history and profound impact on the city. We will also travel through a portion of the city by bus to see other sights, and to travel to Troidhaugen, home of Norway's beloved composer Edvard Grieg. We will have the rest of the afternoon free to enjoy Bergen on our own, including a chance to explore one of the many restaurants. **B**

### **Day 4: Sunday, June 19, 2022 • Flam**

We depart early this morning as we head north toward Stalheim and ascend the narrow hairpin turns of the Stalheim Canyon Road to the Stalheim Hotel. This historic hotel boasts the finest view in Norway with panoramic beautiful views of the fjord. We move on to Flåm, on the shore of the Aurlandsfjord. Early this afternoon we board the world famous Flåm train and enjoy a round trip ride on one of the world's most scenic railways. We go on to Balestrand and overnight at Kviknes. **B,D**

### **Day 5: Monday, June 20, 2022 • Geiranger**

Depart this morning and travel through the Lærdal Tunnel, the world's longest road tunnel, and cross the mighty Sognefjord. A stop this morning will be at the Jostendalsbreen, a scenic stopping point to get close-up to the fastest moving glacier in Norway. We then continue up the Fjærland road to Skei, where we stop at the best souvenir shop in Norway, run by the kindest

shopkeeper. With our pewter and sweaters stowed in our bags, we then continue north to Hellesylt, where we board a ferry and spend one-hour cruising on the most breathtaking fjord in Norway – the Geirangerfjord. We spend the night in Geiranger tonight, and after dinner, those who are willing, are welcome to a traditional swim in the fjord. Others are welcome to photograph the breathtaking plunge – and reaction. **B,D**

**Day 6: Tuesday, June 21, 2022 • Molde**

In order to depart Geiranger this morning, our driver ascends the steep, winding slopes of the Eagle's Road, into the mountains overlooking the Geirangerfjord. We stop at Ørnesvingen for the last panoramic view of Geirangerfjord, Seven Sisters waterfalls, and the Knivsflå. We then take in more beautiful scenery and cross another fjord en route to Molde, famous for roses and jazz. This afternoon a city tour of Molde acquainting us with the city. You will get a panoramic view of the city from Varden, see the 222 peaks, see the Molde Cathedral, see the Aker stadium. **B,D**

**Day 6: Wednesday, June 22, 2022 • Molde**

One of the largest and most comprehensive folk museums in Norway is located only a 10 minutes' walk from the centre of Molde town. The Romsdal Museum was established in 1912 and portrays buildings and interesting interiors from the whole region. The town street "Bygata" shows typical Molde town houses from the pre-war period. The museum is situated in a nice park area with benches where you can relax, a duck pond and lush flower beds. Alexandra Park showcases many roses. In town center stands the bronze statue of the Rose Maiden, surrounded by a dancing fountain. The young maiden stands in city center with her arms full of roses. Evening is free to dine at your leisure. **B**

**Day 7: Thursday, June 23, 2022 • Lillehammer**

This morning after breakfast we travel across the beautiful, rugged Romsdal mountain plateau, leading to the Troll's Highway, where our driver is even more challenged to descend this even steeper and windier road down a nearly sheer mountain face. At the Trolls highway we stop for coffee before continuing to Dømbås. Here we stop for lunch and then continue to Lillehammer. Check into hotel for dinner. **B/D**

**Day 8: Friday, June 24, 2022 • Oslo**

We go to Maihaugen for a tour of the museum. This open-air museum has 200 buildings from as far back as the 12th century. We have lunch before we board the bus. We may see some summer skiers on the slopes as we leave Lillehammer enroute to Oslo. Upon arrival in Oslo we will have a city tour and view the highlights of Norway's capital city. A highlight will be Frogner Park and its famous Vigeland Sculptures. We check into our hotel and have dinner. **B,D**

**Day 9: Saturday, June 25, 2022 • Oslo**

This morning we visit Bygdøy Island where we see the Fram Museum and the Viking Ship Museum. We view the highlights of downtown Oslo and then free time for shopping or going to museums or to dine at one of the many restaurants. **B**

**Day 10: Sunday, June 26, 2022 • Return**

Sadly, this morning, we must bid our driver and guide farewell. We are transferred to Oslo's Gardermoen International Airport, where we will board our flight for the return across the Atlantic. We bring with us memories of some of the world's most beautiful scenery, centuries old buildings, the history of the Vikings, and the friends we have met along the way. **B**

## **Pre-Tour Itinerary**

**Day 1: Sunday, June 12, 2022 • Depart**

Today start your Norwegian venture as you fly across the Atlantic Ocean to Tromsø, Norway.

**Day 2: Monday, June 13, 2022 • Tromsø**

Arrive in Tromsø and spend time maybe to enjoy a Midnight Sun concert during summer.

**Day 3: Tuesday, June 14, 2022 • Tromsø and cruising**

We have the whole day free in Tromsø. The ship does not sail till late tonight.

**Day 4: Wednesday, June 15, 2022 • Cruising enroute to Lofoten**

Get ready now for some amazing scenery as we sail through the world-famous islands of Lofoten and Vesterålen. Lofoten is known for its natural beauty, steep mountains, wild nature and picturesque fishing villages. Our daylight sailing route through the region is the voyage highlight for many. Continuing south, it will look like we're headed into a mountain wall, but don't worry. We are in fact sailing through a passage into the narrow Raftsund, flanked by peaks rising 1,000 m out of the sea. At amazing Trollfjord (If conditions allow) we will sail between sheer cliffs that seem close enough to reach out and touch. Next is Svolvær, where you can choose from several excursion options.

**Optional Lofoten Shore Excursion - \$145 per person**

**Day 5: Thursday, June 16, 2022 • Cruising enroute to Trondheim**

Maybe partake of the crossing the Arctic Circle important 'rite of passage' an Arctic tradition – a spoonful of cod liver oil. A highlight is sailing past the Seven Sisters mountain range. It is easy to see how the peaks influenced ancient legend. The story goes that seven beautiful troll sisters were caught out at sunrise and turned to stone, thus creating the seven beautiful mountaintops. The Midnight Sun may shine, and you will experience seemingly endless daylight during late spring and summer.

**Day 6: Friday, June 17, 2022 • Bergen**

Arrive this morning in Trondheim, transfer to airport and fly to Bergen. Transfer to hotel where you will meet the rest of the group that has flown in from the states.