Discover the breathtaking natural beauty of Norway - a country with spectacular fjords and tall mountain peaks, thundering waterfalls and giant glaciers. Take in the highlights of Oslo and Bergen and ride the famous Flamsbana railway, marvel at the Briksdal Glacier, cruise the Geiranger fjord and more on this 8 day tour.

**HIGHLIGHTS AND INCLUSIONS**

Trip Highlights
- Flam - ride the famous Flamsbana, one of the steepest trainlines in the world and take in the spectacular views en route to Myrdal
- Bergen - explore this beautiful Norwegian city on a guided tour, including UNESCO listed Bryggen old wharf and the Hakon fortress
- Briksdal Glacier - marvel at this 1200m tall glacier which plunges down into the beautiful Briksdal Valley
- Geiranger fjord - enjoy a scenic cruise on this breathtaking fjord with its towering cliffs and stunning waterfalls
- Troll's Road - drive along this famous road with its exciting series of 11 hairpin bends that descend the mountain
- Atlantic Road - travel along 'the road in the ocean' on one of the world's most beautiful road trips
- Lillehammer - visit the home to the 1994 Winter Olympic Games
- Oslo - take in the highlights of Norway's capital including Frogner Park, the magnificent Royal Palace and Akershus Fortress

What's Included
- 6 nights 4 star hotels, 1 night 2 star hotel
- 7 buffet breakfasts
- Airport arrival taxi on day 1
- English speaking tour escort
- Guided sightseeing in Oslo and Bergen with a local guide
- Panoramic train ride on the Flamsbana train - Flam to Myrdal return
- Cruise on the Geiranger Fjord (1 hour)
- Visit to the Briksdal Glacier, the Atlantic Road, Eagle Road and Troll's Road
- Sognefjord Crossing from Oppedal to Lavik
- Fjord crossing from Vestnes to Molde
- Transportation by coach

What's Not Included
- International flights and visas
- Items of a personal nature and additional meals
- Gratuity for your tour guide. Tipping your tour guide is an entirely personal gesture

**DETAILED ITINERARY**

**Day 1 : Oslo**

Arrive into Oslo International Airport and transfer to your hotel. On your journey in you'll be met with views of beautiful forests and the Oslofjord which surround the vibrant city. Check into your hotel and spend the rest of the day at leisure. Take a stroll down Karl Johan's Street with its many shops bars and cafes and explore the city of the royal family.

**Accommodation:** Clarion the Hub or similar.

**Overnight - Oslo**
Fjords, Charms & Traditions

Day 2: The Flamsbana Railway

Oslo - Flam - Sognefjord - Voss. This morning we depart and travel towards the beautiful fjord area of Norway. On this scenic drive we pass Lake Tyriifjord which is one of the largest lakes in Norway and plays an important role for resting migratory birds of many species. We continue driving through the magnificent Hallingdal Valley and a short photo stop is made at the famous Geilo Stave Church.

We arrive into the picturesque village of Flam just after lunch time. Here we have a short break before boarding the famous Flamsbana. Flamsbana is one of the steepest trainlines in the world and our journey takes us through spectacular scenery, past the Rallar road, rugged mountains and breathtaking waterfalls; passing through 20 tunnels en route to the mountain railway station of Myrdal, approx. 13km away, before returning to Flam. After the train ride there’s free time in Flam before we drive onto Voss for the night.

Train schedule (*subject to change)
13.35 depart Flam - arrive in Myrdal 14.30
14.42 depart Myrdal - arrive in Flam 15.40

Accommodation: Scandic Voss Hotel or similar
Overnight - Voss (B)

Day 3: Bergen

Voss - Bergen. This morning travel to the UNESCO World Heritage Listed city of Bergen. Meeting a local guide upon arrival for a sightseeing tour of the city. Taking in key sites such as the Hanseatic Bryggen, with the church of Mary, the Hakon Fortress and the famous fish market. Also visit the Floyibanen Funicular which travels to the top of Mount Floien where you can really admire Bergen - the city of seven hills.

Accommodation: Scandic Ornen Hotel or similar
Overnight - Bergen (B)

Day 4: The Briksdal Glacier

Bergen - Sognefjord - Briksdal Glacier - Loen. After breakfast we board the coach and travel north, crossing the famous Sognefjord from Oppedal to Lavik. Sognefjord is Norway’s longest and deepest fjord, stretching 204kms inland from the coast. Our journey today takes us to the famous Briksdal Glacier, nestled between thundering waterfalls and towering peaks. Briksdalsbreen is an arm of the great Jostedalsbreen Glacier which is located in Jostedalsbreen National Park. From 1200 meters this spectacular glacier plunges down into the beautiful Briksdalen Valley. Explore the Briksdalen Valley on foot or ride one of the 'Trollcars' up to the glacier. Then we travel on to the village of Loen for the night.

Accommodation: Loenfjord Hotel or similar
Overnight - Loen (B)

Day 5: Cruising the fjords

Loen - Geiranger Fjord - Troll's Road - Molde. We travel on to Geiranger this morning where we board a sightseeing cruise on the Geiranger fjord - one of the most impressive and narrow fjords of Norway. The fjord is dominated by a huge vertical rock face with cascading waterfalls including the famous ‘Seven Sisters’ and the ‘Veil of the Bride’.

After the cruise we continue our journey north, passing along the famous Eagle Road, an incredibly steep stretch of road up the mountainside from Geiranger towards Eidsdal. The road swings through 11 hairpin bends from Geiranger fjord up to the highest point 620m above sea level at Korsmyra, where eagles can often be spotted. After a short ferry crossing from Eidsdal to Linge we reach the Troll’s Road, an exhilarating road with astonishing views and 11 hairpin bends that descend the mountain. Then another short ferry crossing takes us from Vestnes before arriving into Molde.

Accommodation: Scandic Seilet or similar
Overnight - Molde (B)

Day 6: The Atlantic Road

Molde - Atlantic Road - Oppdal. We enjoy a ride along the Atlantic Road today before continuing our journey south to Oppdal. Bridging land and sea this incredible winding road in the ocean connects island to island with a series of seven bridges. This true masterpiece of engineering was voted the ‘work of art of the century’ by the Norwegians and its one of the world’s most beautiful road trips.

Accommodation: Quality Skifer Hotel or similar
Overnight - Oppdal (B)
Fjords, Charms & Traditions

Day 7 : Lillehammer & Oslo sightseeing

Oppdal - Oslo. Today we return to Oslo, stopping en route in Lillehammer - the host of the 1994 Winter Olympics. Here there’s some free time to explore the Olympic City. We continue our journey, travelling along the shore of Lake Mjosa, Norway’s largest lake. Arriving back into Oslo this afternoon we meet a local guide for a 3 hour sightseeing tour of the city. Highlights include the impressive Frogner Park with 212 sculptures made by Gustav Vigeland, the Akershus fortress, City Hall and the magnificent Royal Palace.

Accommodation: Clarion the Hub or similar

Day 8 : Oslo

Arrangements end after breakfast and hotel check out today. (B)

Food & Drink

Norwegian cuisine primarily focuses on game and fish, resources that are found in abundance in the country’s pristine woodlands and surrounding seas. Traditionally meat would feature in every main meal whether it’s slow-cured lamb’s leg (fenalår) served with vegetables for dinner or smoked salmon (røkt laks) served with scrambled eggs, dill, mustard sauce and bread for lunch. Norway’s long winters meant that preserving food was necessary to last the season, which gave rise to a fondness for cured fish (tørrfisk), often eaten to last the season, which gave rise to a

Visas

Please be advised that visa requirements are subject to change and that visa procurement is the responsibility of the traveller and not On The Go Tours, therefore it is essential that you check current visa requirements with the embassy before travel. Please also ensure that your passport is valid for at least 3 months from your planned date of departure from Norway.

UK, Australia, New Zealand, Canada and USA passport holders do not require a visa for a stay of less than 90 days

Norway is part of the borderless region known as the Schengen Area and South African residents require a Schengen visa in order to enter Norway. A passport valid for at least three months from your departure is required and a visa will only be issued if blank pages are available and if the passport has been issued in the last 10 years. Requirements for the procurement of a Norway visa are subject to change but application requirements include round-trip travel itinerary specifying entry and exit dates from the Schengen state and proof of funds to support yourself during your stay, along with a copy of your travel insurance policy. Visas are issued by the Norwegian embassy in Pretoria.

Currency

The official currency in Norway is Norwegian krone, written as NOK. Banknotes come in denominations of 50kr, 100kr, 200kr, 500kr and 1000kr. Check OANDA for the latest exchange rates.

Pound Sterling, US Dollars, Euro and other major currencies can be easily exchanged in Norway with banks and bureau de changes offering the better exchange rates once in destination. It’s advisable to request bank notes in smaller denominations, as it can sometimes be hard to get change from large notes and smaller notes are handy for smaller purchases. Debit and credit cards are widely accepted in restaurants, shops, hotels and even taxis across Norway and you’ll find ATMs throughout the country, even in smaller towns, though withdrawal fees may be charged. Traveller’s Cheques are not recommended as they’re often difficult to exchange and incur high fees.

Time & Voltage

Norway works on Central European Time (CET) which is one hour ahead of Greenwich Mean Time (GMT). Daylight Saving Time is observed in Norway with the clocks turning forward one hour at the end of March and one hour backwards at the end of October each year.

The standard voltage in Norway is 230 volts, 50Hz AC. Primary sockets generally require Continental or European plugs of the two round pin variety. We recommend that you pack a universal travel adaptor. You will need a voltage converter and plug adaptor in order to use U.S. appliances.

Tipping

Salaries are really good in Norway with waiters and bar staff earning a decent wage, which means tipping is not required nor expected. Restaurants and bars include the service charge in your bill though in upmarket restaurants where table service is an important part of the experience, a tip is appreciated. It’s also uncommon to tip taxi drivers or hotel staff.

Norway Country Guide

Please note

This tour is operated in conjunction with our trusted partner and you will join travellers who booked through different operators, not solely On The Go Tours.
incorporate moose - said to taste similar to venison, reindeer - wonderfully lean meat, and grouse - tender with a mild gamey taste. These meats grace restaurant menus in autumn when hunting season begins. Often meat is accompanied by potatoes (mashed, boiled or pureed) and a cream-based sauce or thick gravy.

Like elsewhere in Europe, bread is an important staple in the Norwegian diet and tends to be coarse in texture and made with whole grain flour. Rye bread is typically used for open-sandwiches, known locally as smørbrød, a buttered slice of bread topped with a range of ingredients including cheese, caviar, hard boiled egg, herring, pâté, salad leaves, herbs, sliced cucumber, tomato and pickled beets.

Norway’s climate and countryside are the ideal environment for wild fruits with strawberries, bilberries, lingonberries, raspberries and apples all particularly intense in flavour and used in desserts and sweet treats such as krumkake - a cross between a waffle and a pancake that's rolled up and filled with whipped cream.

The people of Norway love their coffee, so much so in fact that they are the second highest consumer of coffee in the world. This means you'll find quality barista-style coffee shops in all of Norway's cities and larger towns. As far as alcoholic beverages go, Norway produces a number of pilsners, red wine (which is a very traditional Scandinavian drink with a long history, mjød (mead - a famous honey wine) is a very traditional Scandinavian drink and grapes the shelves of many tourist shops though it's not a commonly-drunk beverage.

In recent decades Norway's dining scene has vastly improved with a much better selection of international cuisine and in the larger cities you'll find a respectable choice of dining options. Today, Norwegian chefs lean towards the use of locally produced organic ingredients, creating modern versions of traditional dishes.

Water: Tap water is safe to drink in Norway as it is of fantastic quality and unlikely to cause any stomach upsets. Avoid drinking from river streams when out in the countryside, however, as water may contain harmful parasites.

Health Requirements
You should seek medical advice from your local health practitioner before travelling to Norway and ensure that you receive all of the appropriate vaccinations. Allow yourself 6-8 weeks to do so. As a guide, vaccinations against tetanus are recommended. The medical facilities and healthcare in Norway are excellent and available for free or at a reduced cost to European Union citizens with a valid EHIC form or its replacement ID card.

During winter in Norway the main health risk is hypothermia and frostbite. With temperatures reaching well below freezing across Norway, ensure you have packed enough warm clothing and thermal under layers, as well as good quality gloves, socks and hat to keep body extremities warm and covered. In summer mosquitoes and blackflies are a particular nuisance so take a DEET-based repellent and keep covered up.

Shopping
With a long tradition of knitting, Norway is an excellent place to pick up a wool sweater or scarf. Knitwear is of high quality and comes in a variety of timeless, practical designs and functional colours. Wool is also used for thermals and outdoor clothing, perfectly suited to the cold temperatures of Norway's winter so it's worth looking out for quality pieces while you're here.

High-end shoppers will find ample shopping opportunities for design pieces from furniture to lighting. Scandinavian design is particularly known for its use of traditional materials and contemporary styles.

In Norse mythology and Scandinavian folklore trolls are believed to be the very first inhabitants of the region and although you're unlikely to bump into a real-life troll, you can always bring home a miniature ceramic or plastic figurine. Another good souvenir option is a Viking drinking bowl made from wood and usually hand-painted or a Bjorklund cheese slicer, Norway's most famous invention.

Prices of goods in Norway are fixed though you may be able to bargain a little off the price for goods sold at markets.

Prices of goods
Norway has one of the highest price levels for personal goods and services in all of Europe and its reputation as an expensive travel destination is well-deserved. Norwegians are paid a good living wage and there's little disparity in income but for an international visitor, the exchange rate means that Norway is a costly holiday.

To put it in some perspective, a main course at an inexpensive restaurant costs around USD$18 while a three-course meal at a nicer restaurant will set you back closer to USD $50. A half litre bottle of locally produced beer purchased at a bar will cost around $8 while a small bottle of water is around USD$2.50 though you can save money here by drinking tap water instead.

While on a tour in which your accommodation, local transportation, breakfast and touring is included in the price, we recommend you budget USD$50-80 per person per day for additional meals, drinks and items of a personal nature.

Wi-Fi
Norway offers free internet access across its cities and larger towns with WiFi found in cafes and public spaces across the country. Many hotels provide free WiFi access to their guests and there is often free WiFi on board buses and trains though registration is usually required and access limited by time. Cruise ships that operate through Norway's fjords usually charge for WiFi and prices can be expensive.