



# SOGNEFJORD BIKE AND HIKE TOUR

**Explore Sognefjord by bike and on foot.**

The adventure begins in Bergen, Norway's second largest city and a great trading centre through the ages. A fantastic boat trip takes you to Norway's longest and deepest fjord, and one of the world's most magnificent destinations. Fjord landscapes with impressive waterfalls, villages, stave churches, hamlets and fjord farms add to the fascination. The fantastic round trip takes you to breathtaking places by bike and on foot.



8 Days / 7 Nights



self guided

**To the online version**



# ITINERARY

DAY  
1

## Individual arrival to Bergen

This famous port city is one of northern Europe's oldest port cities, established around the 12th century. Norway's second largest city has a lot to offer. Most famous is Bryggen, with the wooden houses on the iconic quay telling its story. St Mary's Church is the tallest and oldest building on the pier, dating back to 1180. The well-preserved Bergenhus fortress should be visited, also Fløyen with its stunning views from the top of the mountain.

DAY  
2

## Bergen - Balestrand | ca. 14 km + boat trip (ca. 4 hrs)

After breakfast, discover Bergen with its colourful houses. Many sights can be visited, so enjoy your first day in this fantastic city. In the afternoon, collect your luggage and head to the boat. The boat departs at 16:30 and reaches Vik in the evening. The boat takes you to the western islands before entering the Sognefjord whose glacial waters reflect the snow-capped majestic mountains. Admire the small villages along the fjord and the waterfalls of all sizes that plunge down.

DAY  
3

## Hiking tour up to Raudmelen | ca. 8 km

Today's hike starts from the hotel. You walk to the Belehalli sports hall where the trail starts, follow the well marked red route to Raudmelen. After walking the relatively steep path up through the forest, it is nice to take a break at Orrabenken (370 moh). From here you get a wonderful view of Balestrand and the Sognefjord. From Orrabenken you follow the path upwards to Buråsi at 575 moh from where you get a great view of the Sognefjord and Esefjella. Enjoy the view of the green slopes to Balestrand and onto the other dramatic rocky mountain towards Esedalen. You continue along the ridge towards the highest peak, Raudmelen with wonderful views on both sides. There are plenty of options to take shorter routes in case of bad weather or otherwise.

DAY  
4

## Balestrand - Hafslo | ca. 30-60 km

You take the fast boat from Balestrand to Leikanger at 11.50. (ticket not included). Then you cycle from the quay to Sogndal and on to Hafslo.

DAY  
5**Hiking tour up to Molden** | ca. 8 km

Transfer to Molden, about 6 km by car to reach the beginning of the trail. The first few kilometres follow paths through the forest. From here the path then becomes steep and after a small climb you reach Svarthiller, with its spectacular view of the fjord towards Ornes on the other side. As you leave Svarthiller, the path changes direction a little and winds past steep cliffs before levelling out. You reach the summit of Molden, 1116 m above sea level. The best view is to the east, over the innermost parts of Lusterfjorden with Nes and Høyheimsvik in the foreground. Molden is described as Sognefjord's finest vantage point, with panoramic views of the fjords and the high mountains of Jotunheimen. Return to Solvorn to relax and have dinner.

DAY  
6**Hafslo - Solvorn - Skjolden** | ca. 40 km

After breakfast, take the same route back as yesterday and head down to Solvorn, an idyllic village of white wooden houses. Visit the small gallery at the hotel before taking the small ferry to Urnes. You can cycle the 700m up to the UNESCO-protected stave church. The stave churches are Norway's most important contribution to Europe's cultural heritage. Enjoy the magical view of Solvorn from the small church. You cycle along the beautiful Lustrafjorden, at the far end of the Sognefjorden. The route takes you to the Feigum waterfall, which falls 218 m from the mountain. Take a dip or just enjoy the surroundings. The final stretch to Skjolden includes two tunnels, so get your lights on! You reach Skjolden, right at the end of the Sognefjord. Have a drink or a swim on the beach. We'll pick you up at the agreed time, if you don't want to cycle back (+ approx. 40 km and two tunnels).

DAY  
7**Hiking tour to the glacier** | ca. 5 km

From Solvorn you take the bus to Jostedal. The hike starts at the parking lot where the bus to the glacier stops, about 45 minutes before you reach the glacier. Breheimsenter (see below) can be visited before or after you walk up to the glacier. You can take the boat, across the lake in front of the glacier, one way or round trip, it costs about 60 NOK per person. Nigardsbreen is the most visited glacier at Breheimsenter. There is a cafeteria, souvenir shop, museum and booking centre for kayaking and rafting. It is possible to hike to Tunsbergdalsglacier, which is less visited by tourists (a more demanding hike). Then take the bus to Sogndal for your overnight stay.

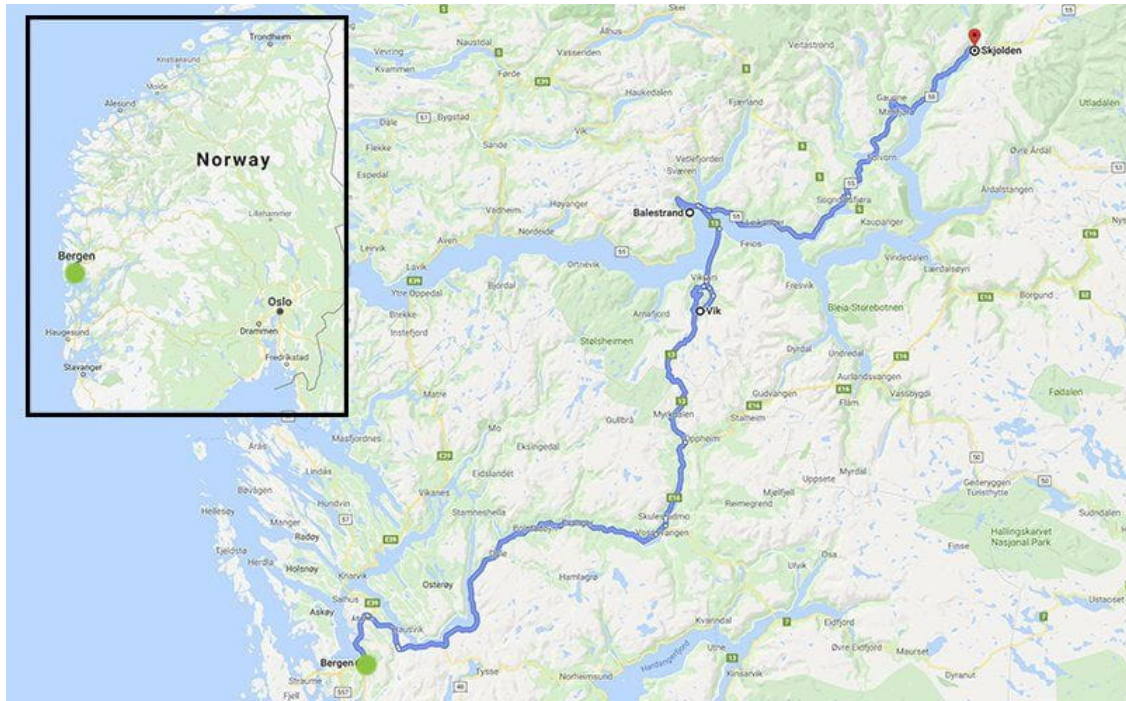
Breheimsenter is an authorised national park centre for Breheimen and Jostedalsbreen national parks. These two national parks contain 9 of the 30 largest glaciers in Norway, with Jostedalsbreen being the largest at 474 km<sup>2</sup>. The Breheimsenter has an interactive exhibition covering Jostedal, Jostedalsbreen & Breheimen national parks, focusing on climate and glaciers. There is also a cinema that takes you on a tour of the glaciers over the years.



**Individual departure or additional nights**

Breakfast at the hotel, then transfer back to Sogndal or Leikanger, and by boat back to Bergen.

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## Tour character

Mainly on small main roads with little or no traffic. Mostly flat terrain but there are some minor climbs and descents. The biggest climb of about 3 km is from Sogndal to Hafslo and two smaller hills from Urnes to Skjolden.

# PRICES AND EVENTS

PLACE OF ARRIVAL: BERGEN

Season 1	Season 2
14.05.2023 - 16.06.2023   20.08.2023 - 16.09.2023   daily	17.06.2023 - 19.08.2023   daily

Sognefjord bike and hike tour, 8 days, NO-SOABS-08X		
Base price	24 999	29 999
Single room surcharge	4 199	4 199

# ADDITIONAL NIGHTS

PLACE OF ARRIVAL: BERGEN

Season 1	Season 2
May 14, 2023 - Jun 16, 2023   Aug 20, 2023 - Sep 16, 2023   daily	Jun 17, 2023 - Aug 19, 2023   daily

Bergen		
Extra night in single room/breakfast	1 599	1 599
Extra night in double room/breakfast	999	999

# Our rental bikes

Filter

Sporty touring bike

included

Electric bike

2 199

Prices per person in SEK

## SERVICES AND EXTRAS

### Services included

#### Services included:

- Overnights in selected 3\*\*\* and 4\*\*\*\* hotels
- Breakfast
- 5x half board
- Personal information about the route
- Luggage transfer from hotel to hotel
- Transfers according to the program
- 1x Scott hybrid bike, 24-speed
- Carefully prepared route guide
- Detailed travel documents in English (1x per booked room)
- Service-Hotline

#### Optional:

- E-Bike

#### Not included:

- Boat trip Bergen-Balestrand
- Travel insurance
- All services not mentioned under "Services included"

### More information

#### Arrival / Departure:

- **By flight:** Bergen airport and by terminal bus (approx. 30 minutes, departing every 15 minutes), City Light Rail (approx. 45 minutes) or by taxi to the city centre.
- **By ferry:** Fjord Line to Bergen from Denmark, the ferries are within walking distance of the city centre.
- **By train:** from Oslo to Bergen Central Station.
- **By express bus:** Coastal bus from Stavanger to Bergen (approx. 3 hours 15 minutes, departing every hour).