Norway: Fjords, Mountains & Oslo

Trip Code: SNO

Version:

WALK & TREK	GUIDED GROUP	LEISURELY
		3



HIGHLIGHTS

- Cruise the Sognefjord, Norway's longest fjord
- Hike above Balestrand and to the summit of Sjebergsnuten (1,166m)
- Experience the Flamsbana Railway, whilst taking in the breathtaking scenery of the Flam Valley
- Vatnahalsen mountain hotel stay, accessible only by rail
- Explore vibrant cities: Bergen and Oslo

AT A GLANCE

- Max altitude 1,166m
- Join at Bergen

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This one-week holiday is a journey through the best of southern Norway – combining scenic fjord landscapes, varied day walks and time to explore the historic cities of Bergen and Oslo. Travelling by local ferries and trains, including the famous Flam Railway and the spectacular Bergen-Oslo line, considered by many to be one of the most beautiful rail journeys in the world, we experience some of Norway's most dramatic and diverse scenery.

Our walks follow well-marked trails and include panoramic viewpoints above the King of the Fjords, the Sognefjord, and the summit of Sjebergsnuten (1166 m) with its sweeping views across the surrounding mountains and valleys.

When we're not walking, we travel comfortably between fjords and highlands using Norway's excellent public transport network – a relaxed and sustainable way to experience the country. Time in Bergen and Oslo offers the chance to explore their historic quarters, harbours and Nordic cuisine.

Bringing together Norway's mountains, fjords, cities and culture, this one-week adventure perfectly captures the essence of the country's south.

Is this holiday for you?

This holiday combines rewarding day walks with scenic rail and ferry journeys, offering a varied and immersive way to explore southern Norway. There are five days of walking, typically between 3 and 6 hours on well-marked trails, with daily ascents and descents of 300-450 metres. A good level of fitness will help you make the most of the experience, but no technical skills are required.

As this trip travels entirely by public transport, you'll need to be comfortable carrying your own luggage on and off trains and ferries, and walking short distances between hotels and stations. With a mix of walks, scenery, travel and culture, this holiday offers a fantastic introduction to the landscapes and character of southern Norway.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- All accommodation as described
- All meals as stated in the itinerary
- All land transport required by the itinerary

What's not Included

- Travel insurance
- Meals not included in the itinerary
- Airport transfers
- Miscellaneous personal expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

The holiday starts at our hotel in central Bergen on day one. Airport transfers are not included, as public transport to the city is quick and straightforward.

From Bergen Airport (Flesland) the easiest option is the Bergen Light Rail (Bybanen) Line 1, which runs directly from the terminal to central Bergen in around 40-45 minutes. Services run frequently throughout the day and tickets can be purchased from the machines at the station or via the Skyss Billett app.

Alternatively, the Flybussen airport express bus provides a faster journey of around 25-30 minutes into the city. Taxis are also readily available for door-to-door travel.

The holiday ends after breakfast on the final day at our hotel in central Oslo. Again, airport transfers are not included, but travelling independently to Oslo Gardermoen Airport is simple.

From Oslo Central Station (Oslo S) you can take the Flytoget Airport Express Train, which reaches the airport in approximately 19-22 minutes and runs frequently throughout the day. The standard Vy trains also operate from Oslo S to the airport; these are slightly slower but offer an excellent-value alternative.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

7 breakfasts, 5 lunches and 3 dinners are included in the cost of your holiday.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

The tap water in Norway is among the cleanest and freshest in the world and is perfectly safe to drink throughout this holiday. Please use this to refill your personal water bottles each day rather than purchasing single-use plastic bottles.

Breakfasts are taken at our hotels and are typically generous buffet spreads, with a selection of breads, cold meats, cheeses, cereals, fruit, eggs, and traditional Norwegian accompaniments such as brunost (a sweet brown whey cheese) and a range of jams including cloudberry. Tea, coffee, and fruit juice are always available.

Lunches will generally be picnic style, prepared from items bought locally or from the breakfast buffet. Expect sandwiches, fruit, snacks, and other light options suitable for our walking days. Your guide will advise on good local shops or bakeries when appropriate.

Evening meals will mostly be taken in local restaurants or at the hotel, allowing us to enjoy the excellent regional cuisine. Norwegian food is fresh, simple, and hearty – think freshly caught fish, cured meats, potatoes, and seasonal vegetables. Coastal areas such as Bergen and Balestrand are famous for their seafood, while inland you'll find mountain lamb and game dishes. There will also be opportunities to try local specialities such as fish soup, stockfish, or reindeer stew.

Vegetarians are well catered for, though options may be simpler or less varied in smaller towns.

Accommodation

We spend the week in a selection of comfortable, well-located hotels chosen for their character, convenience and Norwegian hospitality.

In Bergen we stay for two nights at a modern city-centre hotel, within walking distance of the harbour and the historic Bryggen Wharf.

In the fjord village of Balestrand, we spend one night at a traditional fjordside hotel such as the Midtnes, offering magnificent views across the Sognefjord.

Two nights are spent at the Vatnahalsen Fjellstue, a historic mountain hotel set high above the Flåm Valley and accessible only by train on the famous Flåmsbana line. The hotel offers warm hospitality, hearty home-cooked meals and a peaceful atmosphere surrounded by lakes and peaks.

Finally, we spend our last two nights in Oslo, again at a centrally located Hotel, close to the main station and many of the city's main attractions.

All rooms throughout the tour are en-suite, and bed linen and towels are provided. A single supplement is available for those requesting their own room.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Guidance on Tipping

Tipping is the accepted way of saying ‘thank you’ to your tour leader. Tipping is entirely voluntary and should be dependent on good service. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members.

Baggage Allowance

As this holiday travels by public transport, you will need to carry your own luggage between stations, hotels and ferry ports. For this reason, we strongly recommend travelling light and compact. A medium-sized wheeled bag or travel rucksack (no more than 15-18kg when packed) and one small daypack for daily essentials is ideal. There are no KE-imposed weight limits beyond your airline’s restriction, but please remember that you will need to lift your bag on and off trains and boats, and occasionally carry it short distances on foot. Travelling light will make your journey far more enjoyable and manageable.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Norway is the Norwegian Krone.

Preparing for your Holiday

This holiday includes a series of walks and journeys using Norway's excellent network of public transport, with some sections on foot between stations, accommodation and viewpoints. Getting a bit of additional exercise before you travel will make a big difference to your enjoyment. You should be aerobically fit and comfortable walking for 3 to 6 hours on consecutive days, often with moderate ascents and descents. Regular hill or countryside walking is the best preparation, ideally carrying a light daypack. Activities such as running, cycling or swimming are also excellent for building general fitness and stamina. Travelling light and being confident moving with your own luggage will also make your journey smoother and more enjoyable.

Climate

Southern Norway enjoys a relatively mild climate thanks to the influence of the Gulf Stream. Along the coast, including Bergen and the Sognefjord, temperatures in summer typically range between 12°C and 20°C, though cooler days and rain showers are common. The mountains can be noticeably cooler, especially in the evenings or during unsettled weather.
June and early July tend to bring the longest days and most stable conditions, while late summer (August-September) often offers rich colours and crisp, clear air. As the weather in Norway can change quickly, it's important to be prepared for all conditions – bring lightweight waterproofs, warm layers, and comfortable walking footwear suitable for mixed terrain.

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 before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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 directly 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

- *The Norwegian Fjords* by Anthony Ham (Lonely Planet Regional Guide)

- The Rough Guide to Norway

Maps

For this journey through southern Norway, the following maps are useful for those who enjoy a little extra detail or wish to trace the route:

- **Sognefjorden 1:100,000 Turkart Map** - part of Norway's GPS-compatible Turkart series, covering the fjord region between Bergen and Flåm with 20m contour intervals and detailed hiking information.

- **Hardangervidda 1:100,000 Turkart Map** - covers the mountain plateau crossed by the Bergen-Oslo railway, ideal for understanding the landscape and surrounding national park.

Both are produced by **Nordeca** (Norway's national mapping agency) and are widely available in outdoor shops in Norway or online before departure.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?

- Would you prefer to travel with just friends and/or family?

- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum and refer to the *Baggage Allowance* section for guidance. As all travel is by public transport, it's important that your luggage is compact and easy to carry.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Comfortable **walking boots or sturdy trail shoes** (waterproof recommended)
- **Socks and underwear** suitable for active days
- **Trekking trousers** or walking leggings
- **Baselayer shirts** (1 short sleeve, 1 long sleeve)
- **Casual shirt or T-shirt** for travel and evenings
- **Midlayer fleece or light sweater**
- **Waterproof jacket** (with hood)
- **Waterproof overtrousers**
- **Warm layer or insulated jacket/gilet** (for cooler evenings in the fjords)
- **Sun hat** and **warm hat**

- **Light gloves**
- **Sunglasses**
- **Daypack** (approx. 25-30 litres) for daily essentials
- **Tupperware lunch box and spork** (for packed lunches)
- **Water bottles x 2 (1 litre)** - refilling encouraged to reduce plastic waste
- **Sun protection**, including lip balm
- **Washbag and toiletries**
- **Antibacterial hand gel**
- **Basic First Aid Kit**, including: antiseptic cream, painkillers, plasters/blister treatment, diarrhoea tablets, rehydration salts, and insect repellent
- **Travel towel** (lightweight, quick-drying type recommended)

THE FOLLOWING ITEMS ARE OPTIONAL:

- **Swimwear** (some hotels may have pools, and fjord swimming is possible!)
- **Trekking poles**
- **Thermos flask** or reusable coffee cup
- **Lightweight trainers or casual shoes** for evenings
- **Shorts** (for warmer days)
- **Spare laces**
- **Headtorch** (for tunnels or dim mountain hotels)

- **Camera or binoculars**
- **Dry bags** (to keep clothes and electronics dry in rain)
- **Reusable cloth bag** for shopping

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Why Choose KE

Why KE

Norway's fjords and mountains are world-famous – but this trip goes further. Travelling by local trains and ferries, and walking some of the most scenic trails, you'll see how naturally its landscapes, culture and everyday life come together. From Bergen, across the Sognefjord, through the iconic Flam Railway to the mountain hotel of Vatnahalsen and finally finishing in Oslo, Norway's capital. This wonderfully paced KE exclusive captures the true spirit of southern Norway.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change