

# EXPLORE!

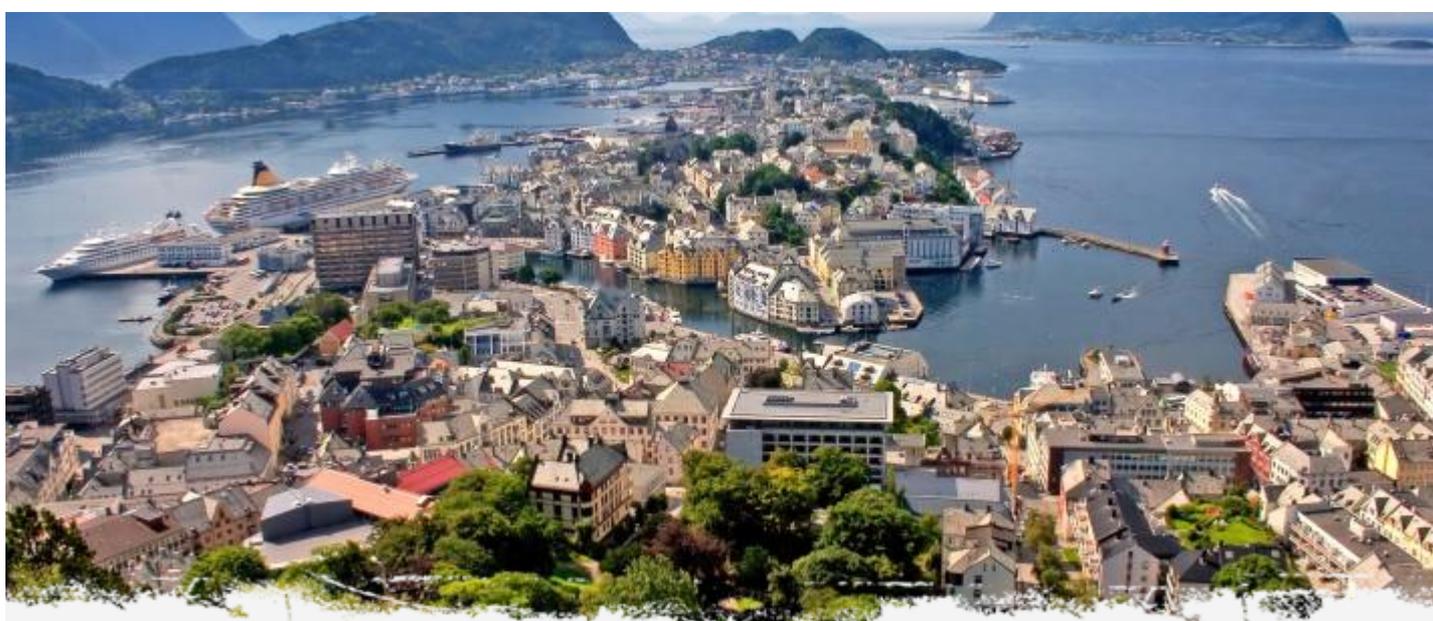
## TRIP NOTES



### Highlights of Norway (FN 2018)



TRIPDURATION  
**7**  
DAYS



**Tour Style:** Classic  
**Tour Pace:** Full On

**Tour Type:** Small Groups  
**Accommodation**  
**Grade:** Standard

**Trip Code:** FN

#### Trip Highlights - Highlights of Norway

- ✓ Oslo - Explore this beautiful city including the Viking Ship Museum
- ✓ Flam Railway - Take an iconic journey on this dramatic railway
- ✓ Fjord boat tour - Travelling through the Geiranger fjord viewing small fishing villages, waterfalls and sea birds
- ✓ Fjord walk - Following well-marked trails from Geiranger along the fjord to Skagefla
- ✓ Bergen - Walk along the historic Bryggen waterfront, a UNESCO World Heritage Site

#### Trip Essentials

**Accommodation:** 6 nights Standard Hotel  
**Included Meals:** 6 breakfasts, 0 lunches, 0 dinners  
**Start Point:** Join trip: Oslo  
**End Point:** Trip ends: Bergen  
**Transport:** Train, Boat, Public Bus, Ferry  
**Countries:** Norway

## Highlights of Norway

Towering cliffs, ice-capped mountains and deep blue fjords make up a landscape so majestic it almost defies belief. Using the very efficient public transport system we experience travelling by train, boat, bus and on foot. Our journey takes us along the most spectacular of train lines including a trip on the famous Flam Railway and the scenic Raumbanen Railway. We explore a land carved by glaciers and vibrant cities on this journey to discover Norway's Highlights.

### Why Book this trip

Travelling largely by local transport we discover the magnificent landscapes of the western Norwegian fjords as we travel from Oslo to Bergen. We also take a cruise on the stunning Geiranger Fjord and take a ride of the famed Flam Railway along the way.

### Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

### Accommodation Grade: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

### Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

### Tour Pace: Full On

These fast paced tours move on quickly from place to place and with lots of early starts and long busy days, they're packed with experiences.



## Your trip itinerary

### Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

### Your Tour Leader

An Explore Leader is an integral part of any Explore trip and your trip will be led by one of our experienced Explore Leaders who have been handpicked and expertly trained. We believe that our Explore Leaders are the key to the success of our trips; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Explore Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this trip fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

### DAY 1 Join tour in Oslo; guided walking tour

Welcome to Oslo, Norway's capital city for more than 700 years. The history of the city dates back to the middle ages and the earliest buildings still standing today are over 1000 years old. As well as the pretty Scandic architecture Oslo is in a wonderfully scenic location at the end of the Oslo fjords and surrounded by pristine forest. On arrival at Oslo Airport today, we will independently collect our train ticket and catch a train into the city centre where we will take a 15 minute stroll to our centrally located hotel. This afternoon the trip will start with a guided tour to make the most of our fleeting visit in this historic city including a visit to Bygdoy peninsula

by ferry to see the Viking Ship Museum. Later this evening, there will be an abundance of choice for your first Norwegian dinner. If you'd like to see the city at a more leisurely pace and visit a number of other highlights, you may wish to extend your trip by one or two nights' by booking a pre-tour stay with us in Oslo.

Overnight: **Standard Hotel**

**Single Room Available**

 **Included Meals:** None

## DAY 2 Travel on the scenic Raumabanen Railway and Trolls Road to Geiranger

After breakfast we depart by train from Oslo to Lillehammer, the host town of the 1994 Winter Olympics. The journey then heads north through the Romsdalen Valley and continues from Dombas on the spectacular Raumabanen Railway along the Rauma River all the way to Andalsnes. The railway is 114 km long and travels over the Kylling Bridge. From here we'll take an iconic bus journey towards Geiranger, along the Troll Road, one of Norway's best known tourist attractions. The road has 11 turns and the highest point is 858 meters above sea level. Dramatic, exciting and the ultimate scenic experience is the best way to describe it. A short ferry crossing will take us to the Eagle Road and on to Geiranger.

Overnight: **Standard Hotel**

**Single Room Available**

 **Included Meals:** Breakfast

## DAY 3 Hike above Geiranger Fjord to admire the view before a cruise on the waters

Adventure awaits us, as we start out on the water of Geiranger Fjord surrounded by breathtaking scenery and waterfalls. The boat will drop us off at a small inlet, from which we will begin the 4-5 hour walk back to Geiranger, via the historic Skagefla farmstead. The walk is demanding in places along well marked, sometimes steep, paths but is worth every step for the unparalleled views and a sense of sitting on top of the world. Once back in Geiranger we will have a well-deserved lunch break before departing by public bus to our next stop, Alesund.

Overnight: **Standard Hotel**

**Single Room Available**

 **Included Meals:** Breakfast

## DAY 4 Travel along the beautiful West Norwegian fjords

Today is all about the journey, as we travel through Norway's picturesque fjords with noticeable scenery changes the further south we go. We will experience the West Norwegian coastal landscape on our way from Alesund to Skei by private bus via Briksdal Glacier. On arrival in Briksdal, we will hop on to the much-loved Troll Cars that will transport us into Jostedal Glacier National Park to great viewpoints around the glacier. Part of the grand Jostedal Glacier, Briksdal Glacier cuts its way down the valley before melting into the river below. We have some time to admire our stunning surroundings before we continue on to the small village of Skei. Located on the shores of Lake Jolstravatn and with mountains on the other side; Skei is surrounded by nature at its most spectacular.

Overnight: **Standard Hotel**

**Single Room Available**

 **Included Meals:** Breakfast

## DAY 5 Ride the famed Flam Railway; orientation walk of Bergen

Early this morning we will leave Skei by private bus to Leikanger where we board a boat for the relaxing journey to Flam. We'll travel through the beautiful Sognefjorden into Aurlandsfjorden surrounded by green hills, rocky cliff edges and pretty waterside houses. We then catch the Flam Railway to Myrdal on the Hardangavidda plateau. On the 20 kilometre train ride we experience some of the most magnificent Norwegian nature. We can see rivers that cut through deep ravines, waterfalls that plunge from the steep cliffs of the snow-capped mountain slopes, as well as farms clinging on to the mountainside. The Flam Railway is one of the world's steepest railway lines on normal gauge tracks. Nearly 80% of the route is on a 55% gradient, with twisting tunnels that spiral in and out of the mountain. At Myrdal we connect with the train to Bergen. On arrival we have an orientation walk through old city centre, including the fish market at Torget and the historic Bryggen Waterfront a UNESCO World Heritage Site.

Overnight: **Standard Hotel**

**Single Room Available**

 **Included Meals:** Breakfast

## DAY 6 Full day in Bergen to explore with a 24-hour Bergen Card

Today we can enjoy a full free day in Bergen to explore. Norway's second city offers many attractions and sights including the Hanseatic harbour Bryggen, Floibanen Funicular, Troidhaugen, the Fish and Flower market and Gamle Bergen (Old Bergen Open Air Museum) all of which can be visited using the included 24-hour Bergen Card. The card also offers reduced rates to many other attractions and museums.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 7 Tour ends in Bergen

Our trip ends this morning after breakfast. We will be travelling back to Bergen Airport by public shuttle bus and your Explore Leader will be available to hand out your pre-booked tickets.

 **Included Meals:** Breakfast

## Accommodation and Meals

### Food & Drink

Included meals: 6 breakfasts, 0 lunches, 0 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

## Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

### Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

#### Norway

**Lunch £:** 12.00 - 16.00

**Dinner £:** 35.00 - 40.00

### Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

#### Norway

**Bottle of Beer £:** 6.00 - 8.00

**Water £:** 2.00 - 3.00

### Tipping - Tour Leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

### Tipping - Local Crew

At your discretion you might also wish to consider tipping your local representative in appreciation of the efficiency and service you receive.

### Foreign Exchange

#### Norway

**ATM Availability:** ATMs are available in Myre and at Oslo and Evenes Airports.

**Credit Card Acceptance:** Credit cards are generally accepted at many hotels and optional excursions may be paid for by credit card.

**Travellers Cheques:** Not recommended.

**Local Currency:** Norwegian Krona

**Recommended Currency for Exchange:** Take Norwegian Krona with you

**Where to Exchange:** Recommend you buy some Norwegian Krona before departing the UK (or whilst in transit in Oslo).

## Joining your Trip

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at [www.explore.co.uk](http://www.explore.co.uk), in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Important Information

### Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

**EXPLORE!**  
The Adventure Travel Experts

CAMPBELL IRVINE  
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers [www.campbellirvinedirect.com/Explore](http://www.campbellirvinedirect.com/Explore) who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

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## Travel Aware

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at [www.explore.co.uk/travel-safety](http://www.explore.co.uk/travel-safety)

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting [cr@explore.co.uk](mailto:cr@explore.co.uk) or 01252 379438.

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## Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

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## Visa Information

Norway: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on **0208 5431846**.

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## Vaccinations & Protection

### Norway

The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

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## Preparing for your Trip

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## Climate

### Norway

Seasonal Climate Despite the northern latitudes the climate in Norway is not extreme, due to the affects of the North Atlantic Drift. Between May and September is the best time to visit this region, with summer temperatures reaching the high teens and rain a regular feature year round along the coast. North of the Arctic Circle the sun does not set between the middle of May and the end of July, so you can expect to encounter the midnight sun during this period.

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## Clothing

Light and medium clothes are needed, including a warm sweater and windproof jacket, as the weather can vary considerably on a daily basis. Rain gear is essential at any time. Evenings, nights and early mornings can be cold at the beginning and end of the season. Other items that may prove useful are gloves, a warm hat and lightweight thermals.

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## Equipment

Suncream, hat and sunglasses. Binoculars could also be useful. A waterproof jacket is also recommended.

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## Footwear

Comfortable walking shoes, trainers and sandals.

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## Luggage: On Tour

One main piece and a daysac. Remember, you are expected to carry your own luggage – so don't overload yourself.

Luggage allowance on trip: 20kg

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## General Information

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## Country details

### Norway

**Population:** 5,000,000

**Size of Country:** 385,252 sq km

**Major Language:** Norwegian

**Religion:** Lutheranism

**Time Difference to GMT:** +1

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## Electric Supply & Plugs

### Norway

2 Pin Round

## Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailor-made holidays.
- Award-winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family-run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

### Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

### Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group ([www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

## Booking Your Holiday

### Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

### Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

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## 100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

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## Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2018 itinerary versions are applicable to tours departing in 2018. 2019/20 itinerary versions are applicable to tours departing from 1st January to 31st December 2019.

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