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14-DAYS SCENIC NORWAY



MOUNTAINS, LAKES & FJORDS

Main Tour: June 09-22, 2025 (14 Days Scenic Norway & Fjords)

HIGHLIGHTS OF TOUR

- Oslo
- Stavanger
- Bergen
- Geiranger
- Lofoten
- Tromso

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June 09 – 22, 2025 (14 Days)

WITH HIKES TO PREKEISTOLEN, KJERAGBOLTEN, TROLLTUNGA, REINEBRINGEN, KVALVIKA & RYTEN

DAY 1 June 09 - Depart US

DAY 2. June 10 - Arrive Oslo

Arrival to Oslo (08:20 AM) & Tour of Oslo

Transfer to the hotel. Put luggage in storage since hotel check-in time is 3PM. Join a tour of Oslo for a 1 day ticket of Hop-on/Hop-Off. Visit the Royal Palace (outside), the famous Vigeland Sculpture park, Opera House, Akershus fortress (outside), City hall, Aker Brygge, etc. Full day sightseeing of Oslo included on the following:

Holmenkollen ski jump:

The Holmenkollen Ski Jump is a massive ski jump with a history stretching for over 100 years. Atop the ski jump is a platform where visitors can take in some of the most breath-taking views of Oslo, the fjord and the region beyond

Vigeland Sculpture Park:

Vigeland park Sculpture Park in the Frogner Park with more than 200 sculptures by Gustav Vigeland. Attracting more than a million visitors every year, free-to-enter Vigeland Park in Oslo is one of the top tourist attractions in Norway. It is the largest sculpture park by a single artist in the world, with more than 200 sculptures in bronze, granite and cast iron by acclaimed Norwegian sculptor Gustav Vigeland, whose realistic work represents the cycle of human life. The sculptures in the park, a tribute to the complexity of humankind, are centred around The Monolith. Carved out of a gigantic stone block, it is the highest point in Vigeland Park and depicts 121 humans climbing around and clinging to each other, with children at the top. Every figure represents a different stage of life.

Akershus Fortress:

Dating from 1299, this medieval castle and royal residence developed into a fortress in 1592 and was rebuilt into a renaissance castle between 1637 and 1648. Akershus Castle today contains banquet halls, the Royal Mausoleum and the government's reception rooms, and its small, historic church is the home of the royal sarcophagi.

Holmenkollen Ski Museum - with jump tower and time permitting, we will visit these museums: Munch, Polar, Nobel Peace Prize center, Kon-Tiki, etc.

Oslo Opera: walking on a roof top is a must!

Overnight & Dinner (on your own) Prepare for our flight the next day to Bergen.

DAY 3 (June 11) – Fly from Oslo to Stavanger/ Hike to Pulpit Rock

After breakfast, take the train to the airport to fly to Stavanger; (10:40AM – 11:30AM) Norwegian - \$131 one way). Arrive Stavanger after a short flight.

- Drive directly to **Peikestolen** Base Camp, other wise called the base of the Pulpit Rock;
- Hike the Pulpit Rock 4-5 hours roundtrip (5.0 miles). The hike to the Pulpit Rock is Norway's most iconic hike, with views of the Lysefjord. This giant monolith is 5 miles round trip, the shortest on this Norway itinerary. It is an easy hike that anyone with average fitness can do, including children. Since it is Norway's most popular hike, expect lots of crowds, especially during the peak travel season from June through August. But September is a low season and there aren't many hikers.



PREKEISTOLEN / PULPIT ROCK

Pulpit Rock made an appearance in *Mission: Impossible – Fallout* starring Tom Cruise. The Pulpit rock is one of the most impressive viewpoints in the world overlooking the beautiful Lysefjords. Enjoy the views!

READ THIS GUIDE FOR YOUR HIKE: Click [here for more info on how to hike the Pulpit Rock](#)

If hiking off-season (September-April), click [here for more information.](#)

- After the hike, drive to our hotel for check-in.
- Free time to explore the city and dinner
- Overnight at Stavanger hotel

DAY 4 (June 12) – STAVANGER TO KJERG / HIKE TO KJERAGBOLTENS – No need for a tour manager here either.

We may need a hiking guide for this day.

Get an early start and drive to Kjerag. The scenic drive is 2.5 hours from Stavanger.

- **Start your hike to Kjeragbolten.** It is 7.5 miles round trip, about 6 to 8 hours to complete the hike roundtrip. Make sure you pack lunch for the hike.
- **CHECK THE WEATHER BEFORE YOU GO** -This is very important. The weather can change quickly and this is a hike that you do not want to be attempting in rainy, foggy weather. Please note, weather conditions can vary dramatically between Stavanger and Kjeragbolten. Just because it is raining in Stavanger it doesn't mean that it will also be raining at Kjerag (or vice versa). if you arrive at the car park and it is rainy or foggy, do not attempt this hike.
- Øygaardstøl is the starting point of the hike. There is a car park (the fee is 300 NOK), bathrooms, and a restaurant here. To find the start of the hike, put "Kjerag parking"



KJERAGBOLTEN

into Google maps. It is longer and more strenuous than Pulpit Rock, with sections of rock scrambling and chain-assisted climbing, which made this a favorite hike in Norway for many. The views along the way are unbelievable. Even if you have no plans to step out onto Kjerag, this hike is still worth it for the views along the way. The infamous boulder is wedged between two rock faces 1000 meters off of the ground and people stand on the boulder between the rocks for an iconic Instagram photo.

READ THIS GUIDE FOR YOUR HIKE!

[How to Hike to Kjeragbolten: The Complete Guide – Earth Trekkers](#)

- After the return to the hotel or free to explore the city of Stavanger; overnight

DAY 5 (June 13) FLY FROM STAVANGER TO BERGEN/DRIVE TO ODDA

Free breakfast at the hotel. Transfer from Stavanger Airport for our flight to Bergen at 11:15 AM -arrive 12:05 PM. (Add-On Airfare) via SAS airline.

- **BERGEN** - Arrive at 12:05 PM, reclaim luggage and grab a quick lunch.
- **ODDA** - Transfer to Odda for a 3-hrs scenic drive of mountains and waterfalls. Enroute to Odda, must stop at : Steinsdalsfossen and Latefossen Waterfalls.
- Check-in & dinner at our Hotel in Odda: **TYSSDAL HOTEL**.. Prepare for tomorrow's hike. Advice Hotel for breakfast box for our group.

PREPARING FOR YOUR HIKE TO TROLLTUNGA & WHAT TO BRING: PLEASE READ!

<https://trolltunga.com/plan-your-trip/prepare-for-the-hike/>

DAY 6 (June 14) HIKE TO TROLLTUNGA – We are joining a Hiking group with overnight glamping.

Wake up Call 4:30 AM; Depart Hotel at 5:00AM; Take your breakfast box from the hotel. Trolltunga ("Troll's Tongue") is one of Norway's most popular hikes, and spectacular photos on Instagram and other social media has skyrocketed Trolltungas popularity! But it's far from an easy hike, and usually takes at least 10 to 12 hours in total roundtrip.

TIPS ON HIKING TO TROLLTUNGA

I want to stress that Trolltunga is a difficult hike that requires waterproof hiking clothes, a certain level of physical fitness, and food and water.

You are going to be hiking in the Norwegian wilderness. There are no kiosks or places to buy food, snacks or drinks, no public restrooms, no places to get help if you get tired, or no hotels along the trail.

You need to bring everything you need for the hike, and you need to be aware that it's outright dangerous to hike Trolltunga unprepared.

It's a breathtaking and incredible hike if you're prepared, but it's horrific if you don't have the proper clothing or enough food and water.

PLEASE READ THESE FOLLOWING ARTICLES ON TROLLTUNGA HIKING GUIDE, IT CONTAINS VERY IMPORTANT INFORMATION FOR A SUCCESSFUL HIKE.

<https://thenorwayguide.com/trolltunga/>

<https://trolltunga.com/plan-your-trip/the-hike-to-trolltunga/>

<https://www.earthtrekkers.com/trolltunga/>

<https://youtu.be/PwYAoq9IEps>

<https://www.trolltungaadventures.com/our-camp>

GUIDED HIKE WITH OVERNIGHT SUNSET/SUNRISE IN ARCTIC DOME: €381/overnight/pp (Additional Cost)

Hiking Guide Company: Trolltunga Adventures

What's included in the Guided Hike?

- Professional guide and motivator carrying first-aid equipment
- Overnight stay in a comfortable Arctic dome
- Dinner, breakfast and a "taste of Norway" snacks
- Your photo taken at the Trolltunga plateau

What's included in the Guided Hike? (Continued..)

- Warm sleeping bag and sleep liner
- Hiking poles on demand
- Micro spikes or snowshoes if needed

Excluding :

- 2 Lunches, snacks on the way
- One way hike : typically 5-6 hrs. ;
- no public restroom

INCLUDED

- First Class Hotel Accommodations
- Breakfast Buffet Daily
- Odda Bus from P1 to P2: 200 NOK (RT)
- Shuttle Bus from P2 to P3 to start Trolltunga hike (200 NOK/pp)
- Sightseeing & Admission fees per itinerary
- Airport & Hotel Transfers
- Free Wi-Fi at hotels
- Transport ~~from Airport~~-Odda-Bergen-Airport

EXCLUDED

- Roundtrip International Airfare Gratuities (driver)
- Daily Lunches
- Cost for Guided hike to Trolltunga & overnight Camping
- Domestic Flights from Oslo to Bergen
- Add-On. Current price is estimated at USD\$51/pp departing 11:15 am, arriving 12:05 am
- Domestic Flight from Bergen to Stavanger
- Travel Insurance

Bus Schedule to/from Trolltunga:

1) ~~Tyssedal~~ Bus Stop (near ~~Tyssedal~~ Hotel) P1:to P2 06:03 AM via **Odda Bus** - 200 NOK (RT) / Return from P2 to P1: departs 4:30 PM

2) Shuttle Bus from P2 to P3- departs 07:00AM, arrive 07:15 AM via **Trolltunga Road Bus**: 150 NOK/pp one way / 6PM Last Bus from P3 to P2 runs every 30 minutes (100 NOK/pp one way)- No prebooking, buy RT tickets on site at P2 from Sept. 18-30 hikes.

We will start at Skjeggedal Base

Hike from the Skjeggedal base all the way to Trolltunga's tip. Spend your night in a Sunset/Sunrise Arctic Dome overlooking the Trolltunga plateau. Enjoy dinner with a breathtaking view of the sunset to the West and stay awake if you like to witness the sunrise to the East.

This trek is perfect for those who want to get as much time as possible at Trolltunga, to be there when the sun sets, to have some time alone looking down at the majestic valley, and who wants to discover all the other beautiful spots this area has to offer. To experience the quiet and the special light in the morning, before the crowds come marching in. This trek will ensure you the perfect pictures.

Trolltunga Adventures have a beautiful campsite not far from Trolltunga, with stunning views. Here you'll find the original Pulpit Rock (Preikestolen), which was the main attraction in «the old days». It's a stunning cliff that's almost forgotten, and for us, it is as magical as the more famous Trolltunga. They'll prepare and serve traditional Norwegian dinner while you relax around the

campfire while enjoying the beautiful scenery. Guests have the option to do a small hike for a freezing cold lake. It's magnificent when the weather permits it.

About the Trolltunga hike:

The hike starts at 11.30 at Skjeggedal parking lot, following the trail up to Gryteskar with great views of Folgefonna Glacier. We should be at Trolltunga (Troll's tongue) around 17.00, depending on the pace.

At night, they prepare their famous reindeer-stew, with something good to drink. After dinner, you can relax and enjoy the view where they will serve you hot tea/coffee or chocolate, and if the weather allows us we will have a campfire. If you want an extra good night sleep, it is recommended to swim in a "secret" pond. It's cold, but no one has regretted taking a dip!

Trolltunga Adventures will provide all the equipment; Tent, sleeping bag, sleeping mat, food, coffee/tea. All you need is a backpack, warm clothes and some snacks for the second day.

Hiking Trolltunga is only for experienced hikers. The total hike is around 12 hours. However, since this is an overnight hike it is easier than doing the full hike in one day. It is recommended to do the hike with a guide not only for safety reasons, but also for company and an enjoyable trip.

What to bring

For the excursion, participants need to pack food for two lunches and additional snacks such as sandwiches, nuts, or chocolate, and carry at least 2 litres of water. Essential gear includes hiking shoes, a wind- and waterproof shell jacket, a mid-layer, and warm clothes for stationary periods in the evening. Also, it's wise to bring spare socks, a cap or hat, sunglasses, sunscreen, and a headlamp. A backpack with a minimum capacity of 40 liters is necessary for sufficient storage.

LEARN MORE: [Hiking Trolltunga: Everything You Need to Know to Have the Best Experience](#)

Upon reaching our camping site near Trolltunga's iconic view point, we will watch the sunset while waiting for dinner being served. The rest of the afternoon is free to explore around. Weather permitting, we might have a campfire. Camp overnight in Trolltunga.

DAY 7 (June 15) RETURN TO BERGEN FOR OVERNIGHT

Next morning, after watching the sunrise, we will start with breakfast and continue our photo opportunities at the iconic Trolltunga plateau before it will get crowded. Then head back down (about 5-6 hours) where our transportation will be waiting for us.

BERGEN CITY TOUR:

Drive back to Bergen (2.5 hrs.). Bergen is Norway's second



BERGEN

largest city and a gateway to the fjords. Founded in 1070 A.D., Bergen boasts architecture influenced by the prosperous 14th-century German trading organization, the Hanseatic League.

- Enroute, we will stop by: Furebergfossen waterfall and Hardangerfjord Bridge.

We will visit the following in Bergen:

- UNESCO-listed wharfs in the colorful Bryggen district, now a neighborhood with artisan's shops, complete with cobblestone streets.
- The famous fish market, which serves delicious fresh seafood.
- Take the Fløibanen funicular which will take us up to the top of Mount Fløyen for lovely views of the city.
- Visit Fantoft Stave Church
- After the sightseeing tour in Bergen, check-in at our hotel in Bergen for dinner & overnight.

DAY 8 -9 (June 16-17) DRIVE TO GEIRANGER & STAY FOR 2 NIGHTS

Depart Bergen after breakfast. Today is a full day of driving (7.5 hrs./450 km) but if we get lucky with the weather the scenery is amazing. This drive takes you along fjords and through small towns, giving you plenty of opportunities to stop for food along the way

Sites to see on the drive between Balestrand and Geiranger include:

- **Likholefossen**
- **Jostedalbreen National Park Centre** (listed in Google Maps as Jostedalbreen Nasjonalparksenter) for an education on glaciers
- **Old Strynefjell Mountain Road** (Old Road 258) ... for the views
- **Videseter Hotel** to look at the view of the valley (located on Old Strynefjell Mountain Road)
- From the Videseter Hotel you can also walk to the **Videfossen Waterfall** (listed in Google Maps as Buldrefossen)
- **Must-Stop: Kristian Gaard** (The iconic Swing with views of the lake and fjords), Address: Stigenveien 515, 5710 Skulestadmo,

Norway.

In the afternoon, you will arrive in Geiranger, a UNESCO World Heritage Site and a fjord known for being one of the most stunning in Norway and in the world.

Check-in at our hotel and the rest of the afternoon is your own free time to explore; Dinner and overnight in your Geiranger hotel. We will be staying here for 2 nights.



GEIRANGER

Geiranger, Norway, is one of the most stunning fjord destinations in the world. Here are some options that you can do

OPTIONAL ACTIVITIES FOR 2 DAYS (As your time permits)

- Geirangerfjord** The Geirangerfjord is a UNESCO World Heritage site and is famous for its deep blue waters, surrounded by majestic cliffs and lush green vegetation. You'll see numerous waterfalls cascading down the mountainsides.
 - **OPTION:** Take ferry fjord cruise or rent a kayak to get up close to the Seven Sisters, The Suitor, and Bridal Veil waterfalls. The views are breathtaking, especially in the early morning or late afternoon.
- Ørnevegen (Eagle Road)** - This winding road offers some of the most spectacular views of Geirangerfjord. The road climbs steeply up the mountainside, providing panoramic views of the fjord and the surrounding area.
 - **Must Do:** Stop at the Eagle's Bend viewpoint for one of the best photo opportunities in Geiranger.
- Dalsnibba** - is a mountain summit that provides an incredible view of the fjord from a height of 1,500; meters (4,920 feet).

- **Must Do:** Drive up to the **Geiranger Skywalk**, which offers a panoramic platform with glass railings, giving you an unobstructed view of the valley, fjord, and snow-capped peaks – We can drive up here.
- Flydalsjuvet** - This is a famous viewpoint that overlooks the Geirangerfjord. The view from here has been featured in countless postcards and travel guides. We can drive up here.
 - **Must Do:** Visit Flydalsjuvet for the iconic "sitting on the edge" photo. It's a short walk from the parking area, and the view is unforgettable.
 - The Seven Sisters Waterfall**- This is a famous set of seven waterfalls that cascade down the mountainside into the fjord. The tallest of the sisters has a free fall of 250 meters (820 feet).
 - **Must Do:** Take a boat tour to see the Seven Sisters up close, or hike along the fjord for different perspectives
 - Geiranger Fjord Centre** - This museum provides insights into the history, culture, and natural environment of Geirangerfjord.
 - **Must Do:** Visit the Fjord Centre to learn about the lives of the people who have lived in this dramatic landscape over the centuries. The exhibitions are interactive and engaging.
 - Hiking to Storseterfossen** -This is a hike to a unique waterfall that you can walk behind. The hike to reach it offers beautiful views of the valley and surrounding mountains.
 - **Must Do-** Hike the 2-hour round trip from Westerås Farm. The trail is well-marked and provides a rewarding experience with the chance to walk behind the waterfall.
 - Geiranger Church** -This small, picturesque church is perched on a hillside overlooking the fjord. It's an excellent example of traditional Norwegian architecture.
 - **Must-Do:** Visit the church to admire its quaint, white wooden exterior and peaceful setting. **Drive the Geiranger-Trollstigen National Tourist Route**-This scenic drive takes you through some of Norway's most dramatic landscapes, with steep cliffs, deep fjords, and winding mountain roads.
 - **Must Do-** Stop at the various viewpoints along the route, including Trollstigen (the Troll's Path), which features a series of hairpin bends and a viewpoint overlooking the valley below.
 - Camping or Stay at a Fjordside Cabin** - Experience the tranquility of Geiranger by staying in a campsite or cabin right on the fjord's edge. Waking up to the sight of the fjord and mountains is magical.

- Hike the 2-hour round trip from Westerås Farm. The trail is well-marked and renting a cabin to fully immerse yourself in the natural beauty of Geiranger.

Enjoy the peaceful evenings and early mornings by the water.

Geiranger is a place where every turn reveals a new breathtaking view, and the activities allow you to connect deeply with Norway's natural wonders.

DAY 10 (June 18) BERGEN-ALESUND-LOFOTEN

After breakfast, we leave Geiranger 09:30 AM and take the ferry in car. **Distance & Duration:** Then we drive to Ålesund for about 110 kilometers (68 miles) and takes approximately 2.5 to 3 hours, depending on traffic and stops.

- **Route Overview:**

- **Leaving Geiranger:** You'll start by ascending the winding Ørnevegen (Eagle Road), which provides one last panoramic view of the Geirangerfjord before you move on. The road is steep and full of hairpin bends, offering stunning perspectives of the fjord and surrounding mountains.
- **Eidsdal Ferry:** After descending Eagle Road, you'll drive towards Eidsdal, where you can take a short ferry ride across the Norddalsfjorden to Linge. The ferry crossing takes about 10-15 minutes and operates frequently.
- **Trollstigen (Optional Detour):** If time allows, consider a detour to Trollstigen, one of Norway's most famous scenic routes. This road is known for its 11 hairpin turns and dramatic viewpoints. The detour adds around an hour to your journey but is worth it for the spectacular scenery.

Continuing to Ålesund: After the ferry, you'll continue driving through picturesque valleys and along coastal roads, passing small villages and dramatic landscapes until you reach Ålesund. The town itself is known for its Art Nouveau architecture and stunning harbor views.

Arriving in Ålesund

Exploring Ålesund: If you have some time before your flight, Ålesund is worth a quick exploration. The town is spread across several islands and is known for its colorful buildings, art galleries, and the Aksla viewpoint, which offers a panoramic view of the town and surrounding fjords.

- **Airport Transfer:** Ålesund Airport (Vigra) is located about 20 minutes from the town center, on an island connected by a series of tunnels and bridges. The airport is small and easy to navigate.

Flight from Ålesund to Leknes

- **Flight Duration:** The direct flight from Ålesund to Leknes in the Lofoten Islands typically takes around 1.5 to 2 hours, with a possible stopover in Bodø.
- **Aerial Views:** As you fly toward Lofoten, try to get a window seat for breathtaking views of the Norwegian coastline, fjords, and islands.

Arriving in Leknes, Lofoten

- **What to Expect:** Leknes is one of the main towns in the Lofoten Islands, located in the heart of the archipelago. The small airport is just a few minutes from the town center.
- **Scenery:** Upon arrival, you'll be greeted by the rugged, dramatic landscape of Lofoten, with sharp peaks, white sandy beaches, and traditional fishing villages.

Accommodation: Drive to Reine, check into a Reine Rorbuer (traditional red fishermen's cabins) ; Staying 2 nights.



LOFOTEN ISLANDS

DAY 11 (June 19) LOFOTEN ISLAND EXCURSIONS – will need a guide here.

Breakfast at the hotel.

Located far north of the Arctic Circle, Lofoten is a place where mother nature reminds you of God's glorious creations. With dramatic, imposing beauty everywhere you look, Norway's Lofoten islands are like nowhere else on earth. From idyllic fishing villages to remarkable beaches that seem so out of place in Arctic Norway, the Norwegian islands of Lofoten have it all. Experience the midnight sun, charming villages, and incredible nature.

We have a full day of scenic sightseeing tours in Lofoten. The National Scenic Routes are beautiful driving tours that are a little out of the ordinary. There are many interesting stops on the way: REINEHALSEN is one of Norway's most famous photo points where we will stop for photo opportunities.

RAMBERGSTRANDA is a beautiful beach, Nusfjord is one of Norway's oldest and best-preserved fishing villages...

We will take an excursion to Reine, one of the most picturesque places in Lofoten island.

The afternoon is free time or join the scenic hike!



VIEW FROM THE TOP OF YOUR REINEBRINGEN HIKE

HIKING IN LOFOTEN (OPTIONAL) – Those who can!

Lofoten, Norway, is renowned for its stunning landscapes, making it a paradise for hikers. Here are some of the most popular hikes in the Lofoten Islands:

1. Reinebringen

- **Difficulty:** Moderate to Strenuous
- **Distance:** 2.2 km (1.4 miles) round trip
- **Elevation Gain:** 448 meters (1,470 feet)
- **Highlights:** Reinebringen is perhaps the most iconic hike in Lofoten, offering breathtaking views of the fishing village of Reine and the surrounding fjords. The trail is steep and involves stone steps for most of the ascent, but the panoramic view from the top is worth the effort.

2. Ryten and Kvalvika Beach

- **Difficulty:** Moderate
- **Distance:** 9 km (5.6 miles) round trip
- **Elevation Gain:** 543 meters (1,781 feet)
- **Highlights:** This hike combines a visit to the stunning Kvalvika Beach with a climb up Ryten mountain, which offers incredible views over the beach and the

surrounding islands. The trail is well-marked and provides a mix of coastal scenery and mountainous terrain.

Please read this Guide on How to Hike Ryten & Kvalvika Beach: <https://guidetolofoten.com/hike-ryten-kvalvika-beach-lofoten-islands/>

Note: There's a great possibility of Northern Lights occurrence during our stay in Lofoten.

Dinner at a restaurant and return to hotel for the night.

DAY 12 (June 20) LOFOTEN TO TROMSO – will need a tour guide

Breakfast at the hotel. Today is a full day scenic drive to Tromsø by bus, admiring spectacular landscapes from snow capped mountains lakes, waterfalls and valleys. Arrive Tromsø in the evening. Dinner and overnight in Tromsø.



SCENIC DRIVE TO TROMSO

DAY 13 (June 21) LOFOTEN TO TROMSO – will need a local tour guide

Breakfast at the hotel in Tromsø. Located 400km north of the Arctic Circle at 69°N, the small city of Tromsø bills itself as Norway's gateway to the Arctic, and there's more than a hint of polar atmosphere around town. Surrounded by chilly fjords and craggy peaks that remain snowcapped for much of the year, Tromsø sits on the eastern edge of Tromsøya, and is linked to the mainland by a gracefully arched bridge.

The Arctic Cathedral:

Today we will have a full day of sightseeing in Tromsø. We will check out the iconic Arctic Cathedral, with its beautiful stained-glass mosaic also called the Tromsdalen Church, which was dedicated on November 19, 1965. The cathedral is a landmark visible from the Tromsø Sound, the Tromsø Bridge and when landing in Tromsø by aircraft. The 11 aluminium-coated concrete panels on each side of the roof provide the cathedral's form. The glass mosaic is one of artist Victor Sparre's most prominent works.



ARCTIC CATHEDRAL

It depicts God's hand from which departs three rays of light: one through Jesus, one through a woman and one through a man. The glass work contains many symbols and generates considerable attention among tourists.

Cable Car:

For a fine view of the city and the midnight sun, take the cable car to the top of Mt Storsteinen (421m). There's a terrace and (pricey) restaurant at the top, from where a network of hiking routes radiates.



Northern Lights:

In Tromsø there is always a good chance of seeing the northern lights in the period September until April. These are the months of the year when it is dark enough outside to see the lights dance across the sky.

Tromsø is in the center of the northern lights' oval, which means we can see the northern lights even when the activity is low. The northern lights, also known as the aurora borealis, is our favorite natural phenomenon. It is unpredictable and surprising. It can appear almost out of nothing, fade away and reappear in just minutes. Experiencing the northern lights is something you will remember for the rest of your life.

After dinner we will spend the night chasing Lady Green aka the Northern Lights with a private photographer. If we are lucky we will enjoy and experience the spectacular show of the Northern Lights. Dinner and overnight in Tromsø.

DAY 14 (June 22) TROMSØ – OSLO – HOMEBOUND

After breakfast, transfer to airport for flights home connecting to Oslo

INCLUDED

- Hotel accommodations in 4* hotels **(except for 1 night those hiking to Trolltunga will sleep in a tent overnight/glamping, provided by the Hiking Group Company)**
- Breakfast Buffet Daily & Dinner
- Sightseeing & Admission fees per itinerary
- Experienced & English-Speaking Local guides
- Transportation by air-conditioned motor coach
- Airport & Hotel Transfers
- Free Wi-Fi at hotels

EXCLUDED

- Roundtrip International Airfare
- Tips for guide & driver
- All Domestic Flights/Train Transfers
- Optional Activities (in Geiranger, etc)

PREPARING FOR YOUR HIKE IN NORWAY: (What to Wear / What to Pack)

TROLLTUNGA HIKE | PULPIT ROCK HIKE | REINEBRINGER HIKE

Our hiking seasons



1 October – 31 May
Guided hiking only!



1 June – 30 September
Guided hiking recommended.
(Experienced hikers can hike on their own.)
Start before 8 am.
(In June–July, you can start a little later.)

Time & distance

	From P1 Tyssedal	From P2 Skjeggedal	From P3 Mågelitopp
	38 km round-trip hike	27 km round-trip hike	20 km round-trip hike
	15 hours	8–12 hours	7–10 hours
	2000 m total ascent	1200 m total ascent	800 m total ascent
	Extra demanding	Extra demanding	Extra demanding

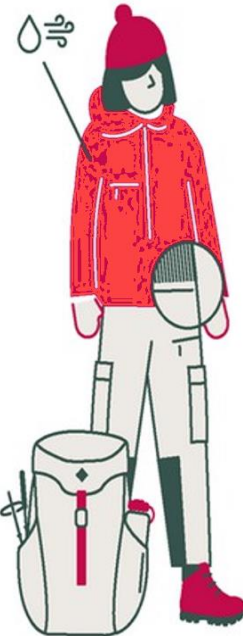
Are you prepared?

1 Wear

- Headlamp
- Hat
- Sunglasses
- Sun protection
- Wind/waterproof clothing
- Jumper
- Gloves or mittens
- Waterproof hiking boots

2 Pack

- Change of clothing
- Emergency bivouac shelter
- First aid kit
- Power bank charger
- Plastic bag for litter



3 Energy

Bring plenty of food and water.



4 Environment

Please bring back all your litter!



5 Emergency number

