



# HIKE NORWAY

HIKING & CULTURAL TOUR

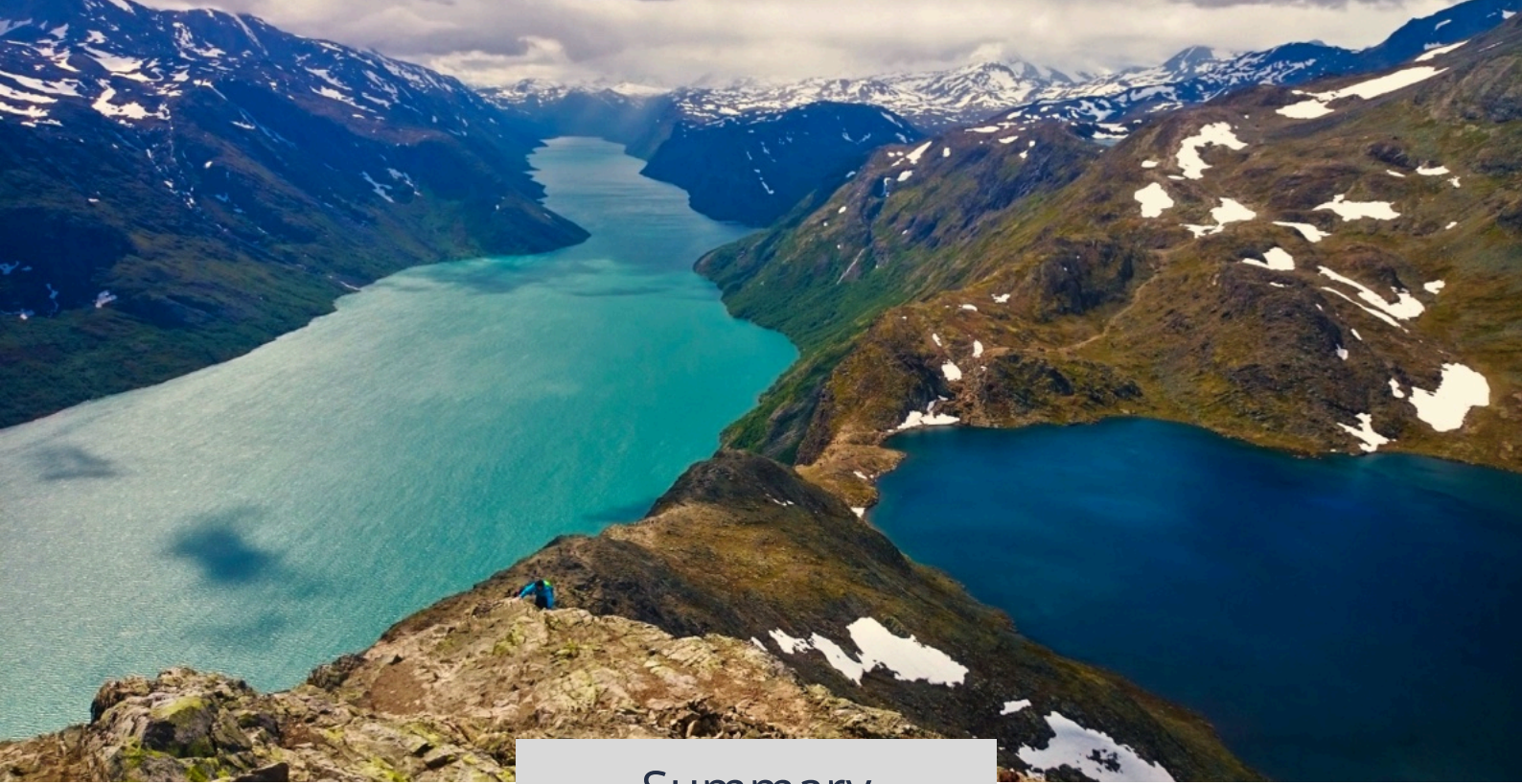


8Days / 7 Nights

5 - 12 July 2025

## Tour Highlights

Jotunheimen National Park | Besseggen Ridge | Oslo | Optional Parkrun



## Summary

Welcome to your Jotunheimen adventure! This 8-day tour starts and ends in Oslo, taking you deep into Norway's stunning landscapes for 4 days of guided hikes in Jotunheimen National Park. Known as the "Giant's Home," this park boasts some of Norway's highest peaks, serene glaciers, and glistening lakes, offering the perfect backdrop for an unforgettable hiking experience.

If you have just arrived in Europe a night in Oslo to get over your jetlag is a great way to get into the holiday feels. After a restful night's sleep take do as the Norwegians would and be more sustainable and use public transport to get to or farm accommodation in the mountains.

Each day, we'll be guided on carefully selected hikes, where towering mountains and sweeping vistas surround you at every turn. Highlights include the famous Besseggen Ridge, where the shimmering blue-green waters of Lake Gjende and Lake Bessvatnet stretch out below. You'll also summit other mountains and discover hidden gems along lesser-known trails.

In the evenings, relax in cozy mountain lodges with warm meals and good company, sharing stories of the day's adventures. Our journey concludes with a scenic return to Oslo, where you'll leave with not just sore legs but a camera full of jaw-dropping photos and a heart full of memories!

Let the adventure begin!

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## Day 1 Arrive Oslo

Welcome to Oslo, Norway's vibrant capital! Discover a perfect blend of urban life, lush parks, cutting-edge architecture, and rich history. Your gateway to Scandinavian beauty and adventure starts here! This is your pre-tour night, you will meet the group tomorrow on arrival at Grønløken Fjellgard O/N Oslo

## Day 2 (B, D) Oslo - Beitostølen

Today board the public coach transfer to Grønløken Fjellgard for our farm stay by Jotunheimen National Park. This area is a skier's paradise in winter and a hiker's haven in summer. Grønløken Fjellgard is a family-run accommodation, and the family has been welcoming guests since 1784. Join us for dinner tonight to learn about the area, meet with the locals and go over the program for the following days' guided hikes.

## Day 3 (B,L & D) Hike to the top of Bitihorn, 8km, 600m 4 - 5 hours



After a hearty breakfast we start at the foot of the mountain on the south side. We go up towards the pass, Velumskaret where we get to see old hunting graves for reindeer and a newer one for wolverines. From there it goes steeper towards the top of Bitihorn, where we eat our lunch pack. After lunch, we go down the stairs 'Bitihødntrøppe' on the steep side of Bitihorn. Classed (by Norwegians) as medium / easy. The rest of the day is for taking it easy!

## Day 4 (B,L & D) Hike Mount Knutshoe, 12.5km, 741m 5 - 7 hours

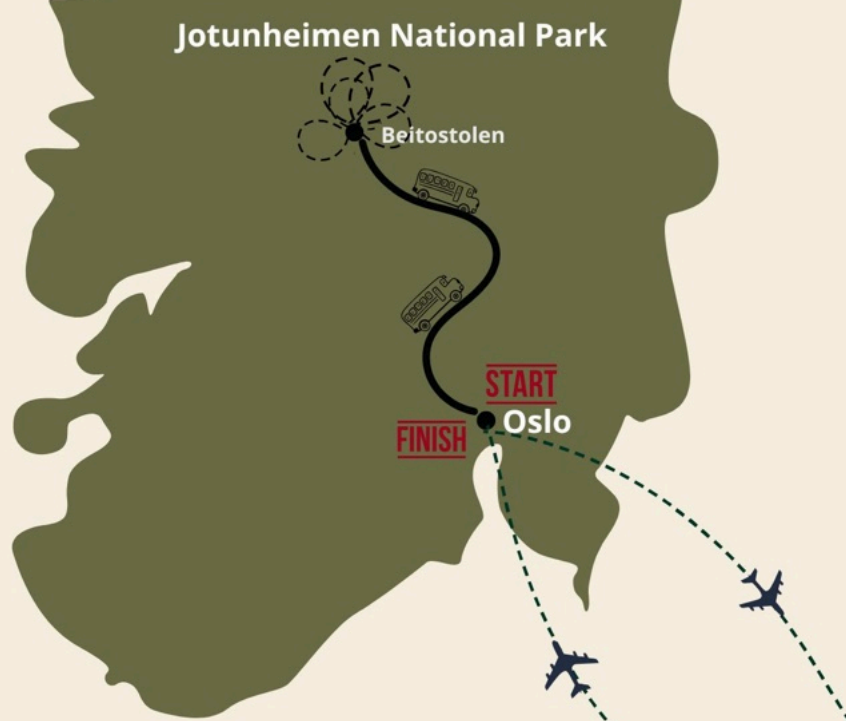
Knutshøe is one of their self claimed finest mountain hikes. It is varied and exciting. We start with a short walk on the marked path from the parking area before we reach the ascent to the mountain. Some paths are a bit narrow and people sensitive to heights should mentally prepare for a challenge. Fortunately, you are looked after by experienced local guides. The tour follows the entire mountain ridge and returns along the foot of the mountain, to the south. Classed medium/demanding. If this is too much for you, an alternative self guided hike will be offered.

## Day 5 (B,L & D) Hike to the top of Synshorn, 5km, 450m 3 - 4 hours

From the mountain summer farm Hålistølen, we start by following a sandy moraine. It's a 'little steep' in the beginning. We take short breaks and enjoy the view. Eventually, we reach the summit of Synshorn and enjoy splendid views towards Lake Bygdin with the peaks in Jotunheimen National Park in the distance. We head down through the Fagerdalen Valley, then at their old mountain summer farm, we are treated to a traditional dish of sour cream porridge and cured meat.

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## Day 6 (B,L & D) Hike Jostigen and Besseggen Ridge, 15km, 1,074m 5 - 6 hours

Jostigen is an old shortcut to get up to the famous Besseggen Ridge. As with all hikes, this is weather permitting.

We drive to Gjendesheim and walk along Gjende Lake. Then we start our climb towards the ridge. We walk on a narrow path and climb 400 metres before we reach the main path along the Besseggen ridge. The whole way, we can enjoy the spectacular view of Jotunheimen National Park and the Gjende Lake. The last part of the tour follows the main path to the top of the ridge (1743 m) and back to Gjendesheim. You will never forget the feeling when you finish the Besseggen Ridge. Classed medium/demanding trip

## Day 13 (B) Beitostølen to Oslo

Today we say farewell to Grønolen Fjellgard. After spending 5 days with them we will feel like locals and part of the family, so it will be adjø, until we meet again. We'll take public transport for the journey south to Oslo arriving mid-afternoon. Your time is free to explore Oslo.

O/N Oslo

## Day 14 (B) Departure

Depart any time after breakfast. As today is Saturday, you may like to join in on a Parkrun with the locals at 9.30am. You may like to spend more time in Oslo, or perhaps join us in Scotland for our rail and hiking tour. Ask us for more details.

## The Details:

### PRICE INCLUDES

- Small-Group Escorted Tour - Min 6 - Max 12
- Australian Host
- 2N 3-4 star hotels
- 5N comfortable rural farm-stay accommodation 3-Star
- Meals: 7B, 4L & 5D (drinks at own expense)
- 4 local-guided hikes with day packs (weather permitting)
- All group transfers
- Opportunity to take part in Park Run in Oslo

### ADDITIONAL ARRANGEMENTS OFFERED:

- Booking flights
- Travel insurance
- Pre or post tour travel

### PRICE EXCLUDES:

- Optional tours not included in itinerary and transport for additional optional activities
- Flights & visas
- Tipping & gratuities
- Travel Insurance (compulsory)
- Meals not included (snacks, 2L & 2D)
- All expenses of a personal nature

### COST PER PERSON

- Twin or double share: \$4,750/person
- Single supp: \$1,095/person (own room)