



VESTLAND & INNLANDET

NORWAY

HIKING & CULTURAL TOUR



11 Days/10 Nights

1-11 July 2026

Tour Highlights

Bergen | Nærøyfjord | Flåm Railway | Beitostolen | Optional Via Ferrata |
Jotunheimen NP | Midnight Sun | Oslo | Optional Parkrun



Summary

Welcome to Norway, a land where fjords carve their way between towering mountains, waterfalls tumble from dizzying heights, and every path leads to a new adventure. This journey isn't just about seeing the sights - it's about immersing yourself in the landscapes, stories, and rhythms of the Norwegian way of life.

From the colourful wharves of Bergen to the tranquil waters of Flåm, from historic mountain farms to the peaks of Jotunheimen, expect days filled with fresh air, epic scenery, and the kind of experiences that stay with you long after you leave.

Whether you're gazing down from a ridge after a rewarding hike, cruising a UNESCO-listed fjord, or sampling traditional sour cream porridge at a centuries-old farm, each moment is designed to connect you with the land and its people.

And with our expert guides - local legends like Tor Erik and a friendly ICON Adventures host - every walk, climb, and bike ride is safe, fun, and tailored to your pace.

This itinerary blends adventure and relaxation, with time to wander villages, explore hidden corners, and even join locals for a Parkrun if you're feeling energetic. Along the way, you'll discover the contrasts that make Norway so magical: dramatic mountains and serene lakes, ancient traditions and modern comforts, gentle strolls and heart-pumping climbs. It's a journey to challenge, inspire, and delight - a chance to experience Norway like a local, and make memories you'll be telling stories about for years to come.



Day 1 (D) Welcome to Bergen, Norway

Velkommen to Bergen, Norway's charming 'Gateway to the Fjords,' where colourful wooden wharf houses meet dramatic mountain backdrops and fresh sea air. Check in, relax and unwind. Meet the group for a welcome to Norway dinner at 6.00pm.

O/N 2 nts hotel in Bergen

Day 2 (B) Bergen

After breakfast we will explore Bergen's history and hidden corners with a local guide. We'll visit the fortress, wander UNESCO-listed Bryggen, and stroll through colourful neighbourhoods off the tourist trail. Hear tales of kings, traders, and daily life, with plenty of insider tips to help us enjoy Norway's most beautiful city like a local. The rest of the day is free to explore at leisure with many options from funicular rides, wandering the markets, visiting the art museum, or ask the guide for local inspiration.

Day 3 (B, D) Bergen - Flåm

After breakfast, we set off for a day of stunning Norwegian scenery. Travelling by bus like the locals, we wind through dramatic landscapes toward Gudvangen Fjord, enjoying towering cliffs, cascading waterfalls, and lush valleys from our window seats. In Gudvangen, we board a boat for a memorable cruise along the UNESCO-listed Nærøyfjord — don't forget your camera! Our journey ends in the picturesque village of Flåm, where colourful houses and tranquil waters welcome us. To round off the day, a group dinner is included, giving everyone a chance to relax, share stories, and toast to the adventure so far.

O/N 2 nts Flåmsbrygga Hotell (or similar).

Day 4 (B) Flåm Railway with optional 20km downhill hike (6hrs), or bike (3hrs)

Today promises a true Norwegian adventure. From Flåm, we board the world-famous Flåm Railway to Myrdal, winding through steep valleys, thundering waterfalls, and snow-capped peaks. This globally known one hour train ride is one of the most scenic rail journeys in the World. At Myrdal, we swap train tracks for trails, returning to Flåm on foot, by bike, or via the train. The route follows the scenic Rallarvegen, once used to build the railway, offering sweeping views of mountains, rivers, and deep green valleys. Fresh mountain air and the sound of rushing streams make the journey exhilarating. Consider packing snacks and pausing for a picnic to soak in the scenery. The rest of your day is at leisure.

Day 5 (B & D) Flåm - Beitostolen

Today we take the midday bus across the country to Grønolen Fjellgard by Jotunheimen National Park. This area is a skier's paradise in winter and a hiker's haven in summer. Grønolen Fjellgard has been a family-run farm since 1784. They started supplementing their farm income by renting rooms to travellers in the mid 1950s. We are proud to say we were the first ever (and best!) Australian group to stay at Grønolen. We look forward to joining our guide Tor Erik and his brother Øyvind, the chef, for another week of adventures. Join us for dinner tonight to and go over the hiking program.

O/N 5 nts Grønolen Fjellgard



NOTE:

Over the next five days, we'll enjoy guided hikes with our local expert, Tor Erik. Born and raised in the area, Tor Erik has spent over 60 years exploring these mountains and knows them better than anyone. While suggested hikes are listed below, our exact routes will be decided daily, taking into account weather conditions, group fitness, and safety.

The group may, on some days, be divided into two, allowing those seeking a more challenging hike to head off with Tor Erik, while those preferring a gentler pace will be guided by our ICON host. This flexible approach ensures everyone enjoys the mountains their way. There's even the option of taking on the local [via ferrata](#).

Day 6 (B,L & D) Hike to the top of Bitihorn, 8km, 600m 4 - 5 hours

Fuel up with a hearty breakfast, pack your lunch in the trusty lunch box provided, and get set for today's adventure. We start at the mountain's south side, winding our way up to Velumskaret Pass where history meets the wild with ancient reindeer hunting graves and even a more recent wolverine one. From there the climb gets steeper as we push to the top of Bitihorn, where lunch with a view has never tasted so good. A frolic in the glacial snow might also be on the cards. The descent takes us down the zigzagging 'Bitihødntrøppe' stairs, a Norwegian 'medium/easy' track that will still get your heart pumping. The rest of the day is perfect for reliving and maybe exaggerating our mountain triumphs.

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

Knutshøe is proudly hailed by the locals as one of Norway's finest mountain hikes, and it's easy to see why. This route is full of variety and a healthy dose of excitement. We begin with a gentle stroll along a marked path from the parking area before tackling the climb to the mountain. Some sections are narrow, so if heights make your knees wobble, take a deep breath and channel your inner mountain goat. Luckily, our experienced local guides are there every step of the way. We'll follow the ridge for jaw-dropping views before looping back along the mountain's southern foot. Rated medium/demanding. Prefer something gentler? A self-guided alternative is available.

Day 8 (B,L & D) Hike to the top of Synshorn, 5km, 450m 3 - 4 hours

From the mountain summer farm of Hålistølen, we set off along a sandy moraine that's 'a little steep' to get the legs warmed up. Short breaks give us time to catch our breath and soak in the growing views. Soon we reach the summit of Synshorn, where sweeping panoramas stretch across Lake Bygdin to the mighty peaks of Jotunheimen National Park. Our descent takes us through the picturesque Fagerdalen Valley, a landscape straight from a postcard. The reward at the end? A visit to an old mountain summer farm, where we're welcomed with a hearty serving of traditional sour cream porridge, cured meat and the option to swim in the glacial lake.

Day 9 (B,L & D) Hike Jostigen and Besseggen Ridge, 15km, 1,074m 5 - 6 hours

Jostigen is an old shortcut to the iconic Besseggen Ridge, tackled only in good weather. We begin with a drive to Gjendesheim, followed by a lakeside walk along the striking green waters of Gjende. From here, a narrow path climbs 400 metres, offering spectacular views over Jotunheimen National Park. We join the main Besseggen trail for the final push to the ridge's highest point at 1,743 metres — an unforgettable moment. The return takes us along the main path back to Gjendesheim. Rated medium/demanding, this hike delivers jaw-dropping scenery, a sense of achievement, and memories that will last a lifetime.



Day 10 (B & D) Beitostolen to Oslo

Today we say farewell to Grønolen Fjellgard. After five days immersed in the farm's life, we'll leave feeling like locals and part of the family — so it's an affectionate adjø until we meet again. We'll travel south to Oslo by public transport, arriving mid-afternoon. The rest of the day is yours to explore the city at your own pace, whether wandering historic streets, enjoying a café by the waterfront, or simply soaking up the vibrant Oslo atmosphere. Tonight, we gather for our farewell dinner at 7:00 pm to celebrate the week's adventures and share memories before our journey continues.

Day 11 (B) Departure

Depart at your leisure after breakfast. If you're feeling energetic, join the locals for a Parkrun at 9:30 am — a fun way to start the weekend! For those eager for more adventure, you're welcome to continue with us on our Baltics Cycling Tour. Ask us for more details and how to join this next unforgettable journey.

The Details

PRICE INCLUDES:

- Small-Group Escorted Tour - Min 6 - Max 14
- 5N modern 3-4 star hotels
- 5N comfortable rural farm-stay accommodation 3-Star
- Meals: 10B, 5L & 8D (drinks at own expense)
- 4 local-guided hikes with day packs (weather permitting)
- City tour in Bergen
- Fjord boat cruise & Flåmsbana (train), bike hire
- All bus transfers between towns
- Opportunity to take part in Park Run in Oslo

ADDITIONAL ARRANGEMENTS OFFERED:

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

PRICE EXCLUDES:

- Flights & visas
- Tipping & gratuities
- Travel Insurance (compulsory)
- Meals not mentioned 5L, 2D
- Drinks with included meals
- Optional tours not included in itinerary
- All expenses of a personal nature

COST PER PERSON:

- Twin or double share: \$6,450/person
- Single supp: \$1,550/person (own room)