





Experience the Nordland Railway

20-25th September

Wednesday, sept 20th

- Individual arrival Trondheim Airport Værnes
- Individual transfer to Trondheim by airport bus or train
- Check in at <u>Thon Hotel Nidaros</u>, 5 min walk from Trondheim Central station.
- 19:15 Meet Anne from Visit Trondheim in the hotels reception and walk together to dinner
- 19:30 Dinner at <u>Troll Restaurant</u>

Thursday, sept 21th

- Breakfast at the hotel. Hilde Lyng from the railway company <u>SJ Norge</u> will join the breakfast from **08.00** and tell you more about SJ Norge
- Check out. Leave luggage in the hotels luggage room
- 09:30 Guided Citywalk. Meet your guide outside the hotel
- 11:00 Guided tour at <u>The Nidaros Cathedral</u>/Archbishop's Palace
- **12:00** Lunch at Bifrons restaurant
- 13:00 <u>Kayaking</u> down the Nidelven River along the wharves, old town bridge and down to the Railway station
- 15:42 Departure from Trondheim to Verdal. Lunch on the train
- 17:27 Arrival Verdal, bus transfer from Verdal station to Stiklestad
- **18:00** Experience viking history on a guidet tour of <u>Stiklestad</u> National Culture Center
- Bus transfer from Stiklestad to Inderøy
- Check in at hotels. One group at <u>Husfrua</u> Farm hotel and one group at <u>Jetkvolden</u>
 Fjord Hotel
- **20:00** Dinner at <u>Øyna Cultural Landscape hotel</u>, a hotel in beautiful surroundings with modern rooms integrated into the landscape.

Friday, sept 22

- Check out and transfer from hotel by bus
- **07:15** Breakfast at <u>Gulburet</u>, one of the stops on <u>The golden road</u>.
- **08:00** Bus from Gulburet to Steinkjer
- Guided city tour from Grand hotel to Steinkjer Station
- **09:51** Train from Steinkjer to Grong
- 11:00 Arrival at Grong train station
- Transfer to the start of the hike/guided nature walk with guides from <u>Namsentunet</u>.
- **11:30** Guided nature excursion and hike, with lunch. You will join an experienced guide on a 3-4 hour guided nature excursion and hike. Depending on weather and conditions you may do some foraging or try mountain fishing.
- Check in and presentation of Namsentunet. Time to relax and view the
 accommodation before dinner. Namsentunet and the river Namsen is a favoured
 retreat for fishing, hunting and nature tours with luxurious accommodation in lodges,
 and excellent local food
- Dinner at Namsentunet. The dinner is based on local ingredients and produce

Saturday, Sept 23

- 07:00 Breakfast at Namsentunet. Dress sporty/in hiking clothes/shoes since you will
 go on a hiking trip for some hours when you arrive in Northern Norway.
 Important: Clothing requirements for the hike to Rabothytta: Backpack, water bottle,
 waterproof hiking shoes, wind and waterproof jacket and pants, wool underwear,
 thick jumper (fleece or wool), extra socks, hat, scarf, gloves, mittens. Bring extra
 change of comfortable clothes to wear inside the cabin. We will all bring some
 food/drinks in our backpacks.
- 07:45 Transfer from Namsentunet to Namsskogan Wildlife Park
- **08:30** Guided tour and wildlife presentation in Namsskogan Wildlife Park. The park is home to over 30 species, among them wolverine, lynx, wolf and bear, who all live in large and natural enclosures. The park offers plenty of thrilling and speedy experiences as well, with a climbing tower, a zip line, an Alpine Racer and crash boats during the summer.
- **11:00** Transfer to Lassemoen train station
- **11:27** Departure from Lassemoen train station to Bjerka Train Station. Lunch on the train.
- **14:07** Arrival to Northern Norway and Bjerka train station. Transfer to Leirskardalen valley.
- **15:18** Hike to Norway's most impressive DNT cabin: <u>Rabothytta</u>. The DNT cabin Rabothytta is impressively situated at 1200 meters altitude with a stunning view. This is a cabin with no service, so we will bring and prepare our own meals. Distance one

way: 5 km Ascent one way: 500 m. When we get to the cabin you will get some info about The Norwegian Trekking Association (in short DNT) and Rabothytta.

- We make dinner together at the cabin.
- Overnight stay at Rabothytta in shared rooms.



Sunday, 24 sept

- **08:00 10:00** Breakfast and cleaning/packing.
- 10:00 13:00 Walk down from the cabin
- 13:00 13:30 Trasfer to Korgfjellet Fjellstue lodge where you will have lunch.
- 15:00 16:30 Transfer to Mo i Rana with a stop at the idyllic Yttervik
- 16:30 17:30 Check in at Scandic Meyergården Hotel. Time on your own.
- **17:30 19:30** Experience the Arctic Circle town with a walk at the sea front and the old Moholmen. Then a visit to The <u>Science Center Nordland</u> and <u>Rana Museum</u>
- 19:30 Dinner and overnight stay at Scandic Meyergården Hotel.

Monday, sept 25

- · Breakfast and check out
- Walk to the train station, 6 min.
- **07:59** Train departure from Mo I Rana to Bodø. Enjoy the train ride to Bodø, crossing the Arctic Circle at Saltfjellet-Svartisen National Park.
- 10:54 We arrive at Bodø Train station. Walk to the city center, 10-15 min
- 11:30 Lunch at Restaurant Bjørk and a presentation from Visit Bodø
- Bus tranfer to Bodø Airport
- Departure from Bodø Airport

Tour leaders /contacts

Visit Trondheim

Anne Valvatne anne@visittrondheim.no

Explore Trøndelag

Stine Teigen stine@trondelag.com

Visit Namdalen

Bente Snildal <u>bente@visitnamdalen.no</u>

Visit Helgeland

Kristin Johansen kristin@visithelgeland.com

Visit Bodø

Carina Dreyer Salater carina@visitbodo.com

SJ Norge

Hilde Lyng hilde.lyng@sj.no