24 B. Sognefjord & Hardangerfjord 12.-17. February

Winter Adventures in The King & The Queen of the Fjord

Fjord Norway, on the west coast of Norway, is a region full of contrasts. Known for its stunning fjord landscape, with glaciers, roaring waterfalls and charming fjord cities, most people know it as a summer destination. The region offers a great diversity in cultural experiences, history and heritage and exciting local food and drinks.

The Viking heritage, great collections of art – from Norwegian painters like Munch and Astrup, exciting architecture along the National scenic routes and 2 Philharmonic orchestras have their home in the region – and quite a few well known artists like Kygo, Sigrid and Aurora come from the region.

Local food like the best seafood in the world, lamb, cheese and fruit and berries are among our specialties. Visit the Fjord Norway region in the wintertime and the experience will be very different: You will get close to nature, experience the season and the weather travelling in the fjords in an unfamiliar season gives different, but exciting experiences.





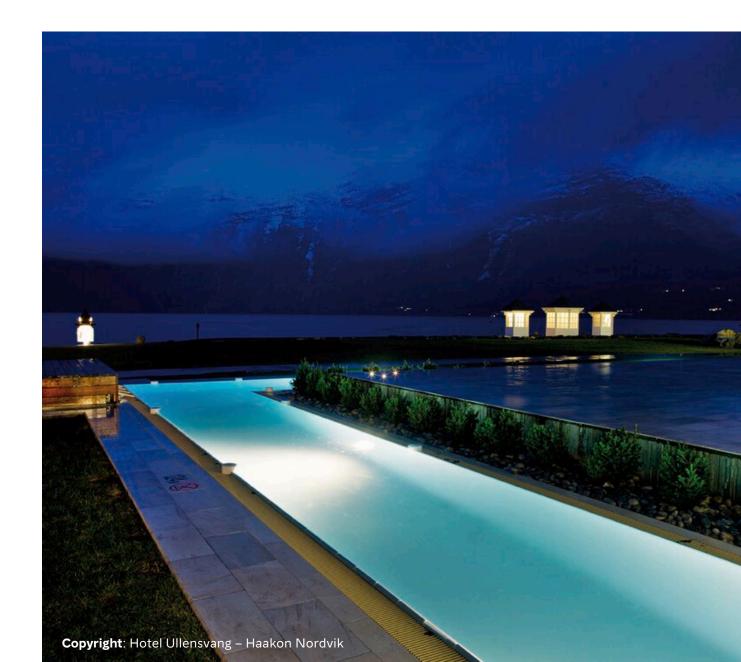
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Monday 12th of February

15:00 Official start of Winter FAM trip in the city centre of Bergen, outside the Tourist Information office. Address: <u>Strandkaien 3, 5012 Bergen</u> Marianne Johnson from Fjord Norway will meet you. **Contact her directly if you see that you are delayed.** Phone number: +47 416 63 120

16:00 Departure with bus from Bergen city centre to Hotel Ullensvang, Lofthus.

20:00 Dinner and overnight stay at <u>Hotel Ullensvang</u>



Tuesday 13th of February

Hardangerfjord

Individual breakfast.

06:45 Leave from Hotel Ullensvang.

07:30 Snowshoe-hike til Trolltunga with <u>Trolltunga Active</u> The Trolltunga Active guides will ensure a safe hiking experience, and bring all necessary navigation, safety, and first aid equipment. You will bring a lunchbox from Hotel Ullensvang (pick up at reception desk).

18:00/19:00 Back in Skjeggedal (start and stop point for the hike).

Plan B: If the weather is bad - there will be a snowshoe-hike to a cabin and there will be grill-lunch outdoors. Afterwards you can spend time in the spa at hotel Ullensvang.

Dinner and cider-tasting by <u>Aga Sideri</u> at Hotel Ullensvang.



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Wednesday 14th of February

Individual breakfast and check-out.

Leave your luggage for <u>Sogndal Limo</u>. They will drive to Granvin and pick you up after the RIB tour.

09:30 Trolltunga Active will take you by RIB from Lofthus to Granvin (approx 45 min) Trolltunga Active will bring suits and goggles.10:30 Arrive Granvin and bus to Gudvangen.

Sognefjorden

12:00-14:00 Electric <u>UNESCO Fjordcruise</u> Gudvangen – Flåm Nærøyfjord.

14:10-15:00 Lunch <u>Flåmsbrygga/Ægir.</u> Try their signature Vikingplank, a 5-course food and beer menu in a building inspired by norse mythology and a crackling fireplace.

17:00 Site inspection <u>Nes Gard</u>, Luster, the perfect location for ski mountaineering, afterski along the fjord with sauna and hot tub, and a drink in the old pig house!

18:30/19:00 Check in Jostedal Hotel, open all year in this national park.

19:30/20:00 Dinner Jostedal Hotel, local produce and traditional home cooking.

Overnightstay at Jostedal Hotel

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Thursday 15th of February

Breakfast & prepare your lunch "Matpakke" like a Norwegian.

09:00 Join our local guide and experience the magical Blue ice caves under mainland Europe's largest glacier (14 km hike on snowshoes).

14:00/15:00 <u>Villa Fjellheim</u>, a refurbished villa with 8 bedrooms, perfect for group up to 18 pax. Enjoy bonfire, hot toddy and site inspection.

15:30/16:00 Visit <u>Breheimsenteret</u>, a unique architectural center for the national park, meet nature guide and hear plans for future products.

16:00/17:00 <u>Jostedal Camping</u>, from traditional camping to simple and modern cabins located in amazing glacier nature, site inspection 2 new cabins.

17:30/18:30 Check in Quality Hotel Sogndal, the largest conference hotel between Bergen and Trondheim with 226 rooms and 3 restaurants in the heart of the village.
19:30 Dinner La Pergola, Quality Hotel Sogndal.

Overnight at Quality Hotel Sogndal

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Friday 16th of February

Breakfast

09:00 Departure for day of activities (choice of two) *Max* 6 *persons per option*

Option 1

Ski mountaineering to Mt. Molden with beautiful Fjord Views! Some previous experience on randonee skis required, but easymedium tour with less than 30 degrees all the way. International mountain guide from <u>Bre & Fjell</u>. (IFMGA certified). Max 6 pax for this 1 guide. + ski pass Sogn Skisenter Heggmyrane

Option 2

Kennel Visit and husky sledding with <u>Fjordhusky</u> in the Sogndal Valley + skipass Sogndal Skisenter Hodlekve. A soft adventure available for all. At Sogndal skisenter you will be able to try cross country, or alpine skis.

Lunch

17:30 Departure airport18:45 Dep. flight WF155 from Sogndal to Bergen19:20 Arrival Bergen airport Flesland

Transfer from Bergen Airport to Zander K Dinner Overnight stay at <u>Zander K / De Bergenske</u> (in the city centre)

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Saturday 17th of February

Breakfast and check out individually.

Take Bergen Light Rail from the city center to Bergen airport Flesland.

Individual departures.



Practical information

- Tour leader: Luca Bocci, Innovation Norway
 - <u>Luca.bocci@innovationnorway.no</u>
 - · Cell: +34 639 349 637
- Clothing requirements/packing list
 - Warm winter clothing including a wool layer, a fleece layer, wind/waterproof outer layer.
 - Small backpack for extra clothing, food and drink.
 - Warm winter boots, gloves and hat.
 - Bathing suit for the sauna experiences
- <u>Options activity 16th February:</u> Please inform Luca Bocci which activity you would like to participate on. 1) Ski mountaineering or 2) Husky)
 - For the Ski mountaineering: Please inform Luca Bocci of height, weight and shoesize for equipment or if you prefer to bring own.
- All activities, transfers, overnightstays, flight WF from Sogndal to Bergen and meals are included as stated in the program. Evt. extra costs as mini-bar expenses are not included.
- Facebook/instagram: @fjordnorway @hardangerfjord @Sognefjord

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