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## GEEO ITINERARY

Norway Fjord Trekking

### **Day 1: Bergen Arrive at any time. Meet your group for a welcome meeting around 6:00 or 7:00 p.m. before heading out for an orientation walk of Bergen.**

Arrive in Bergen at any time, but please note that check-in at the hotel is usually around 2:00-3:00 p.m. There are no planned activities until an intro meeting around 6:00 or 7:00 p.m., usually in the hotel lobby, followed by an evening orientation walk. Check for a sign or ask at the reception desk about the exact time and location of the group meeting. Please make every effort to arrive in time for this meeting. If you are delayed and will arrive late, please inform us. Your tour leader will then leave you a message at the front desk informing you of where and when to meet up tomorrow. Due to the potential for flight delays or cancellations, we recommend that you plan to arrive in Scandinavia at least a day in advance. This will also give you time to adjust to the time difference and overcome any jetlag. We can book extra hotel nights for you in Bergen before and/or after the trip.

### **Day 2: Bergen/Odda (B) Transfer to Odda and enjoy an introductory hike.**

Enjoy breakfast in the beautiful city of Bergen. Transfer by ferry and private vehicle along the Hardangerfjord to Odda, the base in the heart of the fjords. Enjoy an introductory hike. Approximate travel time: 2 hours by ferry, 1 hour by private vehicle

### **Day 3: Odda (B) Stretch your legs on a hike along the Buerdalen Valley.**

Known as the Valley of the Waterfalls, Oddadalen is a spectacular wooded ravine adorned with numerous beautiful waterfalls. Stretch your legs on a 6- to 8-mile hike along the Buerdalen Valley. Pass valleys and forests reaching breathtaking viewpoints of Buer Valley and Buer Glacier. Consider today's hike a warm-up to prepare for our full-day Trolltunga excursion on Day 6. Hiking info: 7-9 hrs, 6-8 miles Total ascent: Approx. 0.6 miles

### **Day 4: Odda/Folgefonna Glacier/Odda (B) Join an expert local guide for a hike across the frozen landscape of the Folgefonna Glacier.**

Strap on crampons, head out on the ice, and take in spectacular views of the Folgefonna Glacier during a hike with an expert local guide. Folgefonna's Juklavass Glacier has large areas with calm, flat ice, as well as challenging crevasses fit for experienced hikers. As snow gives way to blue ice throughout the season, conditions change every day. Your guide will lead the group through the best routes and provide opportunities for both types of experiences. Stop for lunch with a view of the North Sea and the Rosendal Alps. Later, hike back to Odda with the Arctic fjords and mountains framed by early evening light. Hiking info: 5-6 hrs, 3.5-4 miles Total ascent: Approx. 0.2 miles Approximate travel time: 1.25 hrs by private vehicle

### **Day 5: Odda (B) Enjoy free time today to relax in the beauty of the surrounding fjords, or opt to partake in the many activities this area has to offer.**

Set in the breathtaking location of the Atlantic fjordlands, Odda is an ideal place to take a day off from hiking. For those looking to recharge today, opt to wander the quaint town that lines the coast with its multi-colored residences or take a rib boat ride on the fjords. For those who are itching to get back out into the wild, take in the views from a bike or kayak, or consider preparing for your Trolltunga Hike by booking the Via Ferrata Sunset/Sunrise Extension for an enchanting night in the Sunrise Dome perched high above Lake Ringedalsvatnet. See our optional activity list further below for more information. Please note that if you choose to book the optional Trolltunga Via Ferrata Sunset/Sunrise Combo Upgrade on Day 5 of the tour, the transfers there and back are not included and cost approximately \$30 per person each way.

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**Day 6: Odda/Trolltunga/Odda (B) Gear up for the highlight of the week: A challenging full-day journey up to the most famous rock formation in Norway. Trolltunga (the "Troll's Tongue") grants breathtaking views from 2,300 ft above the Ringedalsvatnet lake.**

Set out on a challenging full-day journey to the most famous rock formation in Norway, Trolltunga ("the Troll's Tongue"). The view from the top offers breathtaking panoramas from 2,300 ft above Lake Ringedalsvatnet. Hike, bike, and rock climb past waterfalls, steep mountain ridges, and lush greenery to reach the spectacular viewpoint. Ascend more than 3,280 ft along the way to reach views over the Folgefonna Glacier and Ringedalsvatnet. Trolltunga is one of this area's most popular and challenging hiking destinations. It requires preparation from hikers. Prepare for 10-12 hours of hiking, biking, and rock climbing on a route almost completely on a gradient. Should you decide to opt out of the Via Ferrata route, you are welcome to do the hike only. Compared with our full-day hike earlier in the week, Trolltunga will be more physically demanding - and reward you with unrivaled views. Hiking info: 10-12 hrs Elevation gain: 3,280 ft

**Day 7: Odda/Bergen (B) Leave Odda behind and take a bus to Bergen. The trip ends on arrival in Bergen. Your flight must depart no earlier than 4:30 PM.**

Leaving Odda behind, take a bus to Bergen. This tour will end upon arrival in Bergen. We suggest booking any onward travel for no earlier than 4:30 pm. If you wish to extend your stay in Bergen, consider booking post-tour accommodation with us. Approximate travel time: 3 hours by public bus Want more adventure? Book two or more GEEO programs in the same school year and receive a discount! GEEO will give you 10% off of the lesser value program(s) (up to 3 programs per year). If you would like to extend your time abroad but don't see another GEEO program that interests you, let us know. We can work with you to find a trip from our tour operator's much larger catalog. Their tours are open to the general public and not designed specifically for educators, but, we can still offer you a discounted educator price on any additional tours that you book.