

WILD WATER & MOUNTAIN EXPERIENCE

Active Fjord experience
5 Nights/ 6 Days



Day 01: Arrival in Oslo

Arrival in Oslo according to your own itinerary. The Norwegian capital is beautifully situated at the head of the Oslo Fjord and surrounded by forested ridges. Arable fields, vast forests and the untouched nature areas. The city's surroundings provide recreational opportunities that are frequently taken advantage of by the city's inhabitants, as well as increasingly by visitors. Oslo offers many well know sights such as the Vigeland Sculpture Park, the Viking Ship Museum, the Munch Museum and the new opera house.

Accommodation at the Rica Oslo Hotel

Day 02: Bergen Railway (Oslo – Vatnahalsen)

Breakfast at the hotel. Morning departure from Oslo by train. The 4 ½ hour journey from Oslo to Myrdal is part of the Bergen railway, classed as one of the finest train journeys in the world. This railway connects the two largest cities in Norway and shows the diversity of the Norwegian landscape. In Myrdal you will change to the Flåm Railway which, only one stop later, will arrive at Vatnahalsen Mountain Hotel. The family owned hotel offers a relaxed and welcoming atmosphere, as well as a spectacular location 820 metres above sea level.

Dinner and accommodation at Vatnahalsen Mountain Hotel

Day 03: Scenic Railway – Downhill biking – Fjord Safari (Vatnahalsen - Voss)

Breakfast at the hotel. This morning you will meet your guide when boarding the Flåm Railway. The railway passes through wild and beautiful mountain scenery with waterfalls and steep mountain sides reaching a height of up to 900 metres and down to the Sognefjord. There is no other adhesion railway in the world running on normal tracks that is so steep over a long distance. At Berekvam station, half way down the Flåm Railway, you will leave the train and continue the remaining 11 kilometres to Flåm by bike (your luggage will be transported to your hotel in Voss). The downhill bike ride follows a narrow gravel road along the river with spectacular view of the waterfalls, mountain sides and valley. If you like you can even fill your water bottle from the river and streams along the way.

In the fjord village of Flåm you will have some time at leisure before you will go on a thrilling Fjord Safari along the narrow Nærøyfjord, which was added to UNESCO's list of world heritage sites in 2005. Your guide will give you an exciting ride with the RIB boat, speeding close to sheer mountain walls and jumping waves and wake from fjord ferry's. You will also experience the tranquillity of an area hard to reach and seldom visited and learn about the history and geography of this amazing place. If you are lucky you might even see some seals. After 1 ½ hour you will arrive in Gudvangen, at the head of the Nærøyfjord. A bus will be waiting for you to take you up the hairpin bends of the Stalheimskleiva Road, one of Europe's steepest roads. At approximately 2 pm you will arrive in Voss, famous for it's annual Extreme Sports Week. Evening at leisure.

Accommodation at the Park Hotel Vossevangen

Day 04: White water rafting

Breakfast at the hotel. Morning at leisure until you at lunch time will be picked up by car and brought to Voss Rafting Centre where you will experience white water rafting. The rafting centre maintains the highest standards of safety and excitement. Their aim is to take you into a world full of adventure under safe and skillful directions. On the 3 ½ hour rafting tour you will get wet, you will have to paddle, you might fall in, the raft could flip over, but you are guaranteed to have the time of your life. Wet suite, shoes, jacket, life jacket and helmet will be provided. Before the rafting starts a barbeque lunch will be provided. After the tour you will return to the changing rooms for a hot shower and then transfer back to the hotel.

Accommodation at the Park Hotel Vossevangen

Day 05: Voss – Bergen (train)

Breakfast at the hotel. A 1-hour train ride will bring you to Bergen, Norway's second largest city and the world's only city surrounded by 7 mountains and 7 fjords. Sights of interest include the Hanseatic Bryggen Harbour, Fløibanen Funicular, Troidhaugen, the Fish and Flower market, Bergen Aquarium and Gamle Bergen (Old Bergen Open Air Museum).

Accommodation at the Augustin Hotel

Day 06: Departure from Bergen

Breakfast at the hotel. Departure from Bergen according to your own itinerary.

-End of Services-

Important Information about White Water rafting:

Age limits:

- Minimum age 15 yrs (18 for grade 5)

Physical requirements:

- Able to swim
- Sober
- Not pregnant
- If affected by medical conditions such as asthma, epilepsy, heart-problems or similar please let us know prior to departure for further information.

Please bring your own:

- Swim wear
- Towel for shower
- Thermal underwear if cold

Hotel description:

Accommodation at good tourist class hotels (3-4 stars). If any of the quoted hotels are fully booked we will find alternatives of equal standard.

Services:

- 5 nights hotel accommodation in shared double room with shower/WC, including breakfast
- Train Oslo – Myrdal
- 1 x buffet or 3 course dinner at Vatnahalsen Mountain Hotel
- Train Myrdal - Vatnahalsen
- Train Vatnahalsen – Berekvam
- Mountain bike rental Berekvam – Flåm
- Fjord Safari with RIB boats Flåm – Gudvangen
- Bus Gudvangen – Voss
- Tour guide from Berekvam to Voss
- Luggage transport Berekvam station – hotel in Voss
- White water rafting 3 ½ hours including safety briefing. Wetsuits, shoes, jackets, life-jackets and helmets will be provided.
- BBQ lunch at Voss Rafting Centre
- Train Voss – Bergen

The price is valid from 01.05. – 23.09.2012