

Touring holidays of Scandinavia

Expressions



Three capital fjord cities of Norway tour



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9 NIGHTS/10 DAYS

Oslo • Bergen Railway • Bergen • Hurtigruten cruise • Trondheim • Dovre Railway



This touring holiday by train and boat will take you to three of Norway's most prominent cities, all of which have acted as the country's capital at some point in its history. You start in Oslo, the current capital, which is known for its green spaces and museums. For a deep insight into Scandinavian history a visit to the Bygdøy Peninsula is essential: this area is home to five national museums including the Viking Ship Museum and the Norwegian Folk Museum. Each of these is well worth a visit, and the rest of the peninsula is a haven for nature lovers. The Akershus Fortress is another famous landmark- completed in the 1300s, this castle had a strategic location at the very end of the headland and is today open for guided tours. Perhaps the most enchanting of Oslo's open spaces is the Frogner Park, home to the Vigeland Sculpture Park which features more than 200 sculptures and is one of the country's top tourist attractions. From here you travel by train to Bergen. The Bergen Railway is a beautiful journey which runs across Europe's highest mountain plateau, past deep fjords and green forests. Arrive into Bergen where you will spend the next 2 nights. Known as the city of the seven mountains, Bergen is a beautiful city which used to be the capital of Norway and is gateway to the fjords. It is possible to reach one of these mountains by funicular from the city centre, which awards spectacular views of Bergen and the surrounding landscape. Bergen is also known for the colourful façade of Bryggen with its picturesque wooden structures, now recognised as a UNESCO World Heritage site. For those more interested in the cultural attractions the Troidhaugen was the home of composer Edvard Grieg and houses a museum and a concert hall where his music is still played. On your final day here board the Hurtigruten service to Trondheim. This magical journey will see you travelling along Norway's western coast, passing the country's westernmost viewpoint before you dock in Alesund to visit some of this port town's attractions. After two nights onboard wake up in Trondheim, the final city in this itinerary. Located on the Trondheimsfjord and the third largest city in Norway, Trondheim is home to the world's northernmost mediaeval cathedral, the Nidaros Cathedral. Formerly the site where Norwegian kings were crowned, it is today open to tourists. You may want to spend some of your time in Trondheim exploring the picturesque streets of Bakklandet, a small neighbourhood of painted wooden warehouses. For an excellent view of Trondheim and the fjord you can climb to the top of the Tyholtarnet, the tallest building in Norway. On your final day in Norway board the direct service back to Oslo airport. You will pass multiple national parks and keep an eye out for musk ox along the side of the tracks en route. Board your flight back to the UK from Oslo, arriving in the evening.

Day one Arrive in Oslo

This holiday starts with your arrival into Oslo. There are direct flights from multiple UK airports. Check in to your hotel for three nights.

Days two and three In Oslo

Oslo, the capital of Norway, sits on the country's southern coast at the head of the Oslofjord. During your time here we highly recommend visiting the Bygdøy Peninsula, home to five national museums: the Viking Ship Museum, the Fram Museum, the Norwegian Folk Museum, the Kon-Tiki Museum and the Norwegian Maritim Museum. The Fram Museum displays the strongest wooden ship ever built which still holds the record for sailing the farthest north and farthest south. It is possible to board the ship and see how the crew and their dogs managed to survive in the coldest and most dangerous places on earth. There are also exhibitions on the Arctic and Northwest passage. The Viking Ship Museum displays finds from four different

Viking burial sites around the Oslofjord, whilst the Norwegian Folk Museum is an open-air attraction showcasing the diverse wooden architecture and history of the country and its traditions. Another major attraction is Akershus Castle Fortress. Completed during the 14th century, this mediaeval castle had a strategical location at the very end of the headland and withstood a number of sieges throughout the ages. Guided tours of the fortress are available during the summer. As well as museums, Oslo is known for its green spaces, the most famous of which is the Frogner Park. Within this area is the Vigeland Sculpture Park, featuring more than 200 sculptures in bronze, granite and iron and one of Norway's top tourist attractions. Housed in some beautiful gardens of its own, the Royal Palace is the official seat of the current Norwegian King and Queen. Take a tour of the palace during the summer or stop by to see the changing of the guard at 13:30.

Day four Oslo to Bergen by train

This morning board the direct train to Bergen, also known as the Bergen Railway. Leaving the capital, the farms dotted amongst the hills will become less and less frequent as you head further west. You will skirt along the northern shore of Lake Ustevtn, which can be frozen for three quarters of the year, before passing through Finse, the highest railway station in Norway. The train then passes Myrdal, the starting station of the famous Flåm Railway. Be sure to keep an eye out for incredible views down a precipice into Flåmsdal and Sognefjord. From here



The railway to Bergen

you ascend steeply along the tree line, soon following a spectacular canyon. Travel alongside the clear waters of the River Vossa before entering the Ulriken Tunnel, the final landmark before your arrival into Bergen. After travelling across the highest mountain plateau in Europe check in to your hotel for two nights.

Day five In Bergen

Bergen is the second largest city in Norway and was the capital throughout some of the country's most influential periods. One of your days here should start with a visit to the iconic Bryggen wharf, first established in the 14th century and a UNESCO World Heritage Site. Its colourful buildings today house a small museum, shops and restaurants. Bergen is known as the city of the seven mountains, the most easily accessible of which is Fløyen, which can be reached by funicular from the city centre and awards spectacular views of the city and surrounding area. It is possible to take the funicular back, or you may want to hike back down at your leisure. To fully appreciate the culture and traditions of Bergen, you should take the time to visit the Bergen Fish Market. Bergen has the busiest seaport in the country and the market offers an abundance of fish, shellfish, fruit and vegetables. Cultural attractions include the Troidhaugen, the former home of Edvard Grieg and today host to a museum about his life and works as well as a concert hall where you can hear his music performed. Its location in the fjords also makes Bergen an excellent base from which to explore more by boat, and there

are multiple options ranging from a quick trip to an all-day experience.

Days six and seven Bergen to Trondheim by ferry

On your final day in Bergen you have most the day free to continue your exploration of the Gateway to the Fjords before you board the Hurtigruten service to Trondheim which leaves from Bergen at 21.30 hrs. Start by sailing past the impressive fjords and coastal landscape as you head steadily northwards. Early the next morning you will pass the Nordfjord before getting the opportunity to see Vestkapp, Norway's westernmost viewing point. Dock for a short while in Alesund, where you have the option to embark on a trip up to the top of Mount Alska for panoramic views of the city and its surroundings. Continue from here to explore either the Geirangerfjord or the Hjørundfjord depending on the time of year, both of which give incredible views of the narrow winding alleyways of water surrounded by imposing mountains.

Day eight Arrive in Trondheim

You arrive in Trondheim at 10.00 hrs. If you would like us to arrange an early check-in then please ask us to arrange one or leave your bags at the hotel and start to acquaint yourself with Norway's first capital city, Trondheim. You stay here for two nights.



Trondheim

Day nine In Trondheim

Trondheim lies on the southern shore of the Trondheimfjord and has played a significant role in Norwegian history. As the country's first capital city, it was the site where Norwegian kings were crowned for over 700 years, specifically in the Nidaros Cathedral. We highly recommend taking a visit to this beautiful building, which is the world's northernmost mediaeval cathedral and started construction in 1070. South of this is the striking Archbishop's Palace Museum, which offers an insight into the 1000-year history of the cathedral and its diocese. You will also find here the Royal Regalia, including the 200-year-old Crown of Norway. For a glimpse of the more rustic side of Norwegian life, a visit to the Trøndelag Folk Museum is essential: dominated by the ruins of Sverresborg castle, this outdoor museum consists eighty historic buildings giving information about folk culture as well as rural monuments and the Haldalen stave church, which dates back to 1170. Another picturesque area of the city is Baklandet, a small neighbourhood of painted wooden warehouses home to galleries, cafes and restaurants.

Day ten Trondheim to Oslo by train and return flight to London

On your final day, board the direct Dovre Line service to Oslo. This unforgettable seven-hour journey takes you through multiple of Norway's national parks, including Rondane, Jotunheimen and Dovrefjell. After passing through the towns of Lillehammer and

Hamar you will skirt along Lake Mjøsa before seeing Eidsvoll, birthplace of the Norwegian constitution. Arrive into Oslo airport in time to take your direct flight back to the UK, arriving in the evening.



Oslo Akershus castle

GENERAL INFORMATION

This tailor-made touring holiday is one of several suggested touring holidays we can offer you exactly as it is but also with any alterations you might want including extra nights in one or more places or adding in extra places. All our tours can be extended so that you can include a longer stay in one mountain or lake resort too, perhaps at the end of the itinerary. Do call to discuss the options with our travel consultants.

PRICES

From £1,810 per person

Based on two people sharing a double or twin room.

Plus class on Norwegian trains at a supplement of £80 per person.

Alternative hotel options can be offered in most locations as well as room upgrade supplements.

DATES

This holiday can be arranged throughout the year.

WHAT'S INCLUDED

- Return flights with British Airways from London to Oslo
- Second-class travel on all trains (Plus class available on certain trains can be booked at a supplement)
- 3 nights' bed and breakfast in a Standard double room at Hotel Bristol, Oslo
- 2 nights' bed and breakfast in a Standard double room at Bergen Børs Hotel, Bergen
- 2 nights' bed and breakfast in a Polar outside cabin on the Bergen-Trondheim Hurtigruten ferry
- 2 nights' bed and breakfast in a Superior double room at Hotel Britannia, Trondheim
- Concierge service and Expressions Holidays regional helpful hints

WHAT'S NOT INCLUDED

- Early check-in or late check-out at any hotels (although we can arrange this on request at additional cost)
- Any other services not mentioned above, such as transfers and meals except breakfast at hotels
- Personal holiday insurance. This is essential and cover should be in place from when you book the holiday.
- Possible local tourist tax, usually the equivalent of £1 to £3 per person per night, and payable locally to the hotel
- Transfers in any cities

TOUR CODES

SCFR02
EX338386

FLEXIBLE ARRANGEMENTS

Our arrangements are very flexible in that you choose to travel on any day you want, subject to availability of your chosen transport and hotels. As mentioned above, additional nights can be added at any point.

OUR PRICES

The sample prices mentioned in this leaflet are generally a 'from' price based on the cheapest season of travel. However, fares and hotel rates can change (up and down depending on offers), so we give you an accurate price for your holiday when we provide you with a quotation. Our sample prices should be used as an indication of how much a particular combination will cost and to show the differences on average between the hotel categories on offer.

BOOKING CONDITIONS

Our booking conditions apply to all holidays. A copy can be found on our website and a copy is also sent to you with a written quotation and when you make a booking.

FINANCIAL PROTECTION

Expressions Holidays offers full financial protection for all holidays you book with us. If your holiday includes a flight, the ATOL (3076) covers the costs of the holiday. If the holiday does not include a flight, it is the ABTOT bond that protects the cost of the holiday. We are also members of AITO (the Association of Independent Tour Operators) and ABTA.



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HOW TO BOOK

To make a booking, just phone us on

01392 441250

and we can take you through the details we need and start the booking process. A deposit is required to confirm the arrangements and this can be paid by debit or credit card over the phone. The level of the deposit will be confirmed at the point of booking.