



## **Norway Fjord Trekking**

7 days, Bergen to Bergen

Trip code ENBB

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Orientation walk in Bergen

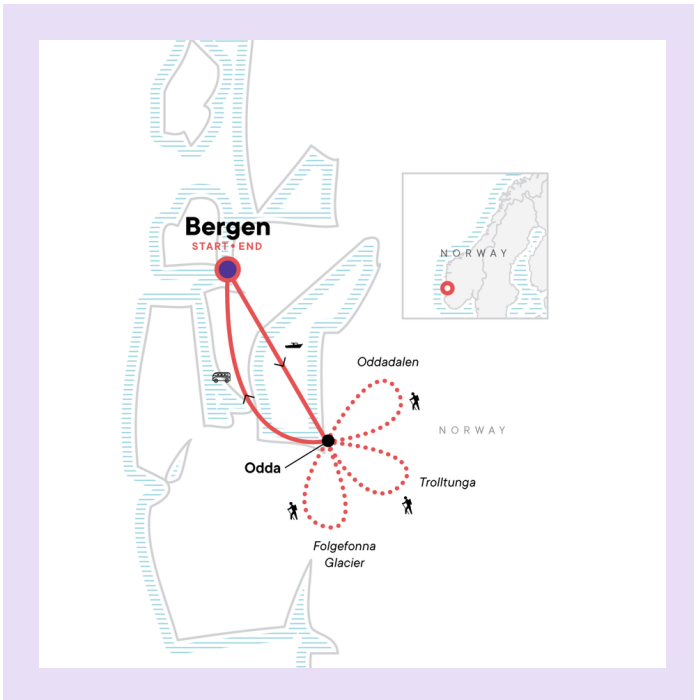
- Hike and climb the Via Ferrata route to Trolltunga
- Guided glacier hike with crampons and ice axes
- Hike in the Buerdalen valley
- Free time to explore Odda

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing May 6th, 2019 - August 30th, 2026

# Itinerary



## Itinerary Notes

Please note that for departures during June there may be variations on this itinerary, depending on season & weather conditions. There can be unseasonably heavy rain and even the occasional snow in Norway, so there may be changes to this itinerary. Our expert CEOs will always put your safety first and in extreme cases of heavy rain or storms they may cancel a day's activity at their discretion. An alternative will be offered where possible to do so.

If you travel in May/early June it's highly recommended to have snowshoes for some of the hikes due to the snow conditions. You can either bring your own snowshoes or rent them locally from our activity provider (the cost is approximately 350-400 NOK).

**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Bergen

Arrive at any time. Meet your group for a welcome meeting before heading out for an orientation walk of Bergen.

If you wish to explore Bergen before your tour begins, consider booking pre-tour accommodation with us. Please speak to a G Adventures representative about booking accommodations in Bergen before Day 1 of this itinerary.



### Accommodation

Heimen Hotel Bergen (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Day 2

## Bergen/Odda

Enjoy breakfast in the beautiful city of Bergen. Transfer by scenic ferry and private vehicle along the Hardangerfjord to Odda, the base in the heart of the fjords. Enjoy an introductory hike.

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### Meals included

Breakfast

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### Accommodation

Trolltunga Hotel (or similar)

Hotel

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### Today's Activities

Free Time

Bergen

Explore the streets of the city at leisure.

Ferry

Bergen - Rosendal

2h

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Private Vehicle

Rosendal - Odda

1h

Settle in and scan the scenery from the convenience of a private vehicle.

Day 3

## Odda

Known as the Valley of the Waterfalls, Oddadalen is a spectacular wooded ravine adorned with numerous beautiful waterfalls. Stretch your legs on a 10km (6.2 mi) hike along the Buerdalen valley. Today's hike will get your blood pumping with various terrains and technical challenges, helping you prepare for our full day Trolltunga excursion on Day 6.

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### Meals included

Breakfast

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### Accommodation

Trolltunga Hotel (or similar)

Hotel

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### Today's Activities

Buerdalen Hike

Odda

7h-9h

10km

Get your blood pumping on a 10-12km (6-8mi) hike along the valley, reaching high elevations. The hike starts with a steep, rocky climb to the Strandsfossen waterfall, a stunning viewpoint. After that the trail levels out, passing small lakes and offering chances to see wildlife like sheep and horses. Pass valleys and forests reaching breathtaking viewpoints of Buer Valley and Buer Glacier.

Total ascent: approx. 850m - 950m (0.6mi)

Day 4

## Odda/Folgefonna Glacier/Odda

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 glacier.



### Meals included

Breakfast



### Accommodation

Trolltunga Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Odda - Folgefonna

1h15m

45km

Settle in and scan the scenery from the convenience of a private vehicle.

Folgefonna Glacier Hike

Folgefonna

5h-6h

6km

Folgefonna's Juklavass Glacier has it all: large areas with calm, flat ice, and challenging crevasses fit for experienced hikers. As snow gives way to blue ice through the season, and 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 with the Arctic fjords and mountains framed by early evening light.

Total ascent: approx. 300m (0.2mi).

Boots, crampons, ice axe, helmet, and harness included

Enjoy free time today to relax in the beauty of the surrounding fjords, or opt to partake in any of 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-coloured 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.

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 an additional 300 NOK per person. This price covers the transportation both ways.

For the upgraded Trolltunga experience it is recommended travellers bring a 30L day pack to carry additional supplies necessary on this option of the hike.



## Meals included

Breakfast



## Accommodation

Trolltunga Hotel (or similar)

Hotel



## Today's Activities

Free Time

Odda

Explore the rugged beauty of the fjordlands.



## Optional Activities - Day 5

Kayak on Lake Sandvin

Odda

1045NOK

Kayak on Lake Sandvin, just next to the hotel. Paddle through the calm waters, see two waterfalls, beautiful nature, and see where the glacier feeds into the lake.

Sandvinsvatnet Lake

Odda

3h-5h

Opt for a peaceful hike around Sandvinsvatnet Lake.

Rib Boat Fjordcruise

Odda

1050NOK

Hop in a rib boat and take in the amazing sights of the towering mountain fjords, passing by natural wonders like the Edna waterfall, Agatunet, and Velure. Sit back, relax, and learn about the history and wildlife of this area.

Trolltunga Via Ferrata Sunset/Sunrise Extension

Odda

Can't get enough of Trolltunga? Opt to upgrade your Trolltunga experience and trek up to an overnight stay in the Sunset/Sunrise Dome the night before your hike. Cozy up in the dome (picture a comfy, see-through igloo) situated off the beaten path. Enjoy dinner and an evening of entertainment as you take in incredible panoramic sunset views. As day turns into night, take in the constellations through the dome's transparent ceiling. Wake up refreshed for a breathtaking sunrise flooding the surrounding mountains and Lake Ringedalsvatnet below with sunlight. Before departing, eat a delicious breakfast to energize you on your way.

Please note that we recommend booking this activity in advance of your departure date to guarantee availability during tour. Space is limited in the dome which may be shared with up to 4 others, mixed genders, both G Adventures and non G Adventures travellers. Sleeping bag liners, sleeping bags, dinner, and breakfast are included. There is no electricity or running water - power banks are recommended and drinking water is available.

The hike breakdown is approximately 12km hike on Day 5 with 600m elevation gain and 10km on day 6 with 100m gain, 500-600m loss.

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 700m (2,296 ft) above the Ringedalsvatnet lake.

Trolltunga is one of this area's most popular and challenging hiking destinations. It requires preparation from hikers as you look forward to 10-12 hours of hiking and rock climbing on a route almost completely on a gradient.

Should you decide to opt out of the Via Ferrata route climb, you are welcome to do the Trolltunga hike only with your guide. Compared with our full-day hike early in the week, Trolltunga will physically demand more - with the reward of unrivalled views.



## Meals included

Breakfast



## Accommodation

Trolltunga Hotel (or similar)

Hotel



## Today's Activities

Trolltunga Hike & Via Ferrata Climb

Trolltunga

10h-12h

20km

Set out on a challenging full-day journey to the most famous rock formation in Norway. Trolltunga ("the Troll's Tongue") grants breathtaking views from 700m (2,296 ft) above the Ringedalsvatnet lake. Hike and rock climb past waterfalls, steep mountain ridges, and lush greenery to reach the spectacular viewpoint. Ascend more than 1,000 m (3,280 ft) along the way to views out over the Folgefonna Glacier and Ringedalsvatnet lake.

Day 7

## Odda/Bergen

Leaving Odda behind, take a bus to Bergen. Trip ends on arrival in Bergen.

This tour will end upon arrival in Bergen. We suggest booking any onward travel for no earlier than 4:30pm.

If you wish to extend your stay in Bergen, consider booking post-tour accommodation with us. Please speak to a G Adventures representative about booking accommodations in Bergen after your tour ends.



### Meals included

Breakfast



### Today's Activities

Local Bus

Odda - Bergen

4h

193km

Climb aboard, grab a seat, and enjoy the ride.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Orientation walk in Bergen
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## What are the main highlights of this trip?

Admire stunning views across the Hardangerfjord from the overhanging rock of Trolltunga, Walk on the blue ice of the Folgefonna Glacier, Hike through the stunning scenery of the Oddadalen valley

## Itinerary Notes

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If you travel in May/early June it's highly recommended to have snowshoes for some of the hikes due to the snow conditions. You can either bring your own snowshoes or rent them locally from our activity provider (the cost is approximately 350-400 NOK).

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## **Is there a disclaimer I should read before booking this trip?**

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**VERY IMPORTANT:** Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## **Are there Itinerary notes?**

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If you travel in May/early June it's highly recommended to have snowshoes for some of the hikes due to the snow conditions. You can either bring your own snowshoes or rent them locally from our activity provider (the cost is approximately 350-400 NOK).

## **What important notes should I be aware of before the trip?**

Please note that there may be variations on this itinerary, depending on season & weather conditions. Our expert CEOs will always put your safety first and in extreme cases of heavy rain, storms or snow, they may cancel a days activity at their discretion. An alternative will be offered where possible to do so.

Depending on snow levels, it may be recommended to hike with snowshoes in May and June. You can either bring your own or rent some locally for approximately 350-400 NOK.

### **OPTIONAL ACTIVITIES NOTE:**

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

## **What is the role of the group leader during this trip?**

This G Adventures group trip is accompanied by one of our Chief Experience Officers (CEOs). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

## **How large will the group be?**

Max 15, Avg 12

## **What meals are included in this trip?**

6 breakfasts

## **What are the modes of transportation on my trip?**

Local bus, ferry, walking, private minivan.

## **What transportation will we take on this trip?**

Transport between hotels will be by bus and ferry. Between transport and hotels you may be required to carry your luggage short distances (up to 20mins walk), in larger cities you may travel by metro or city bus, and occasionally the group will take taxis to and from hotels.

## **Are local flights included in the cost of the trip?**

If required all local flights are included in the cost of your tours unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

## **Is there an extra cost for travelling solo?**

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Hotel (1nt), simple hotel with shared bathrooms (5 nts).

## **Will I get my own room?**

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops.

Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

## **Do any exceptions apply to Rooming or “My Own Room” on my tour?**

Should you opt to book the "Trolltunga Via Ferrata Sunset/Sunrise Combo Upgrade" on Day 5, you will not have your own room for that night.

## What kind of accommodation can I expect on this trip?

It is important to note that accommodation in Europe tend to be quite different to other areas of the world you may have travelled in. Buildings and rooms are generally old and may not have been renovated or maintained to the highest standard. Downtown hotels in Europe were not build to be hotels but rich owners houses, which have been changed into hotels. Therefore unusual room sizes are common as large rooms have been partitioned in the past, resulting in rather "thin" walls. Reception areas, rooms and bathrooms tend to be very small as they were often added into an existing room, and may have a hand nozzle rather than a conventional shower head.

On this trip you can expect to stay in small family-run hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

If you have booked the optional Trolltunga Via Ferrata Sunset/Sunrise Extension, you will be staying in multi-share domes with up to 4 other travellers, mixed gender.

Staff can occasionally demonstrate less than perfect customer service. As accommodation is in short supply, especially during the summer months, hotels can charge a premium and there is sometimes little motivation to improve facilities.

Note that most accommodation in Europe does not have air conditioning units in rooms. Air conditioning is not routinely installed in European homes and workplaces. However, nearly all hotels will provide a standing or desk fan for your room on hot nights. If you do not already have one in your room, please ask your CEO to organize one for you with reception.

## What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

From Bergen airport (BGO), you can reach the city centre in a few ways. You can take the City Light Rail (Bybanen) from the airport to the station "Byparken". Alternatively, you can take the Airport Bus (Flybussen) to the main bus terminal in the city.

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - [Welcome Pickups](#)

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following details before booking:

- Flight number
- Flight Arrival Time and Date
- Flight Departure Time and Date
- Passenger's Name
- Number of Passengers
- Email
- Valid Mobile Telephone Number
- Drop off and/or Pick Up Address

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO. If you are unable to get in touch with your leader, please refer to our emergency contact details.

## Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### EMERGENCY CONTACT NUMBERS

G Adventures Berlin office: +441858378000

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, from calls within North America only: 1 888 800 4100

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

Calls from within Australia: 1 300 796 618

Calls from within New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, and your call will be returned as soon as possible.

## Are there any additional packing suggestions I should consider?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.)

# What should be on my packing list?

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

## Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

## Glacier trekking:

- Gaiters
- Puffy jacket (light and packable)
- Quick-dry socks
- Small hot water thermos
- Sunglasses
- Sunscreen
- Warm hat (headband or beanie to cover ears)
- Warm waterproof gloves

### **Health & Safety:**

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

### **Hiking/Trekking:**

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended) Note: When packing your gear, the best clothing for trekking is either wool or synthetic materials, as this is quick-drying and can keep heat in better. The optimum clothing for trekking is layering, as it allows for easy temperature regulation as you ascend or descend. We suggest a base-layer, then a mid-layer such as a sweater, followed by a fleece jacket or similar, then a windproof and waterproof jacket. For your bottom half, thermal underwear, hiking pants then windproof and waterproof layers are recommended.

## When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge or ask your CEO where the closest laundromat is. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

As of 2025, various European countries are introducing ETIAS travel authorisation as an entry requirement for visa-exempt nationals.

We highly recommend you checking in advance how your nationality and country/s you are visiting may be affected. Further details can be found [here](#)

Last updated: January 27th 2025

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Do I need to pay a departure tax?

Usually included in international air ticket, check with your air travel agent.

## Should I be tipping on my trip?

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €6-8 per day, depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your G Adventures CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €30-€40 per person, per week can be used as a guideline.

## What activities are optional on this trip?

### Odda

- Kayak on Lake Sandvin (1045NOK per person)
- Rib Boat Fjordcruise (1050NOK per person)
- Trolltunga Via Ferrata Sunset/Sunrise Extension
- Sandvinsvatnet Lake

## **Are there any health considerations I should know before travelling?**

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## What are the trip specific safety considerations?

Always keep an eye on your belongings especially in major cities, bus and train terminals

## What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

Minimum age of 15 years for this trip.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.