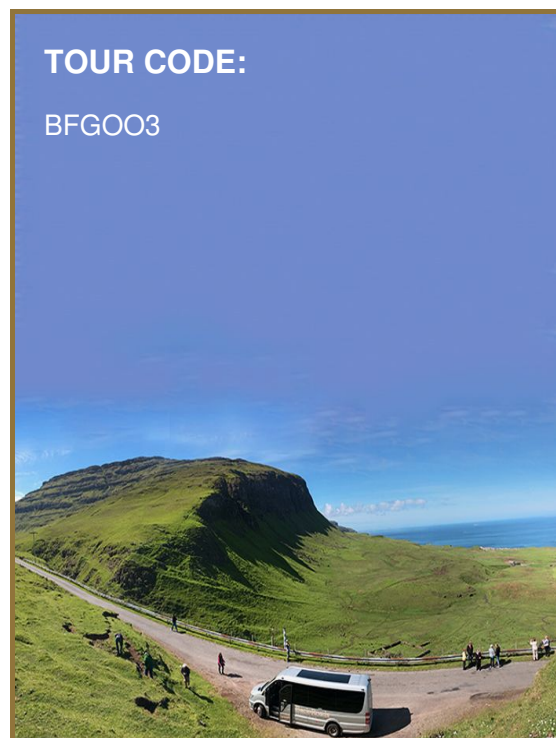




Back-Roads | Europe (BRT)

Let your imagination run wild as we fjord-hop past towering waterfalls, snow-topped mountains, tranquil lakes and quaint fairytale villages on this scenic adventure through Norway – topped off by an unparalleled train journey on the Flåm Railway. With utterly breathtaking landscapes and warm local hospitality at every destination, this is the Norwegian adventure you've been dreaming of.



Thank you for choosing **Back-Roads**

Your extraordinary adventure awaits!

About your tour notes

These tour notes contain everything you need to know before your tour departs – from where to meet your fellow guests and local guide to what essentials to pack for your journey.

We recommend you print this document out and bring it with you on your tour. Give a copy to loved ones at home so they can follow your adventure, too.

IMPORTANT: please refresh this document as close to your departure as possible to ensure you're equipped with the latest information available.

THE BACK-ROADS DIFFERENCE

- ✓ Soak up the dramatic landscapes and rugged natural beauty of the world-famous Flåm Railway
- ✓ Enjoy a scenic cruise on the Geiranger Fjord – taking in the spectacular Seven Sister waterfalls along the way
- ✓ Learn about Norwegian salmon farming and sample the local produce on a visit to Hardangerfjord Akvasenter

TOUR CURRENCIES

- Norway - NOK

Your itinerary

DAY 1 | OSLO (NORWAY)

Our incredible journey will begin in the cosmopolitan capital of Oslo – where we'll meet our Tour Leader and fellow travel companions. Tonight, we'll get to know one another better over a delicious welcome dinner.

Accommodation: Clarion Collection Hotel Folketeateret (or similar)

MEALS:

✓ Dinner

DAY 2 | OSLO – VØRINGFOSSEN – ULVIK

After breakfast, we'll make our way to picturesque Ulvik – stopping off at the mesmerising Gol Stave Church as we go. Located in the medieval park Gørdalrike, this site is an exquisite copy of the original Gol Church built in the 1200s – and you'll have plenty of time to admire the intricate wooden carvings and Viking detailing before we continue to Eidfjord. After soaking up the dramatic landscape along our journey, we'll make a stop at a scenic cascade: the thundering Vøringfossen waterfall. Tonight, we'll have the evening free to spend at our leisure exploring Ulvik's gastronomic delights or relaxing at our hand-picked hotel. Accommodation: Brakanes Hotel (or similar)

MEALS:

✓ Breakfast

DAY 3 | ULVIK – STEINSTØ – ULVIK

First up today: a visit to the mighty Hardanger Bridge – one of the world's longest suspension bridges. We'll have the opportunity to marvel at this impressive engineering feat and the stunning natural backdrop, before moving on to Hardangerfjord Akvasenter in Steinstø. Here, we'll learn all about Norwegian salmon farming processes and have the opportunity to sample a variety of local produce during an included lunch. Back in Ulvik, we'll have the rest of the afternoon to take in the picturesque surrounds at our own pace.

Accommodation: Brakanes Hotel (or similar)

MEALS:


✓ Breakfast

✓ Lunch

DAY 4 | ULVIK – VOSS AND FLÅM – SOGNDAL

Following this morning's breakfast, we'll make our way to Myrdal where a tour highlight awaits. Once we arrive, we'll hop aboard one of the world's most scenic railway experiences: the famous Flåm railway. We'll sit back and soak up the breathtaking vistas of the Aurlandsfjord along this panoramic train journey – before ending at a charming pub for a tasting of the local beer. This afternoon, we'll continue north to Sogndal – where an evening of leisure time awaits. Accommodation: Hofslund Fjord Hotel (or similar)

MEALS:

 Breakfast

DAY 5 | SOGNDAL – FJÆRLAND AND LOEN – NORDFJORDEID

The award-winning Norwegian Glacier Museum is first on our agenda today – offering us a fascinating insight into the region, from the Ice Age to today's climate change challenges. Afterwards, it's time to see some of the ice formations for ourselves with stops at the mesmerising Supphellebreen, Bøyabreen and Kjenndal glaciers. We'll end our day in the beautiful town of Nordfjordeid, located at the end of Eidsfjorden – where a sumptuous group dinner awaits. Accommodation: Nordfjord Hotel (or similar)

MEALS:

 Breakfast

 Dinner

DAY 6 | NORDFJORDEID – GEIRANGER – NORDFJORDEID

Weather permitting, we'll start our day at Dalsnibba Summit: Europe's highest and most magnificent fjord viewpoint. We'll have plenty of time to soak up the incredible surrounding landscapes from the Geiranger Skywalk Platform – perched at 1500m above sea level. Later, we'll cruise to the middle of the Geirangerfjord to see the captivating Seven Sisters, Bridal Veil and Suitor waterfalls. This evening, we'll have some free time to enjoy Nordfjordeid's local hospitality or relax at our hand-picked hotel. Accommodation: Nordfjord Hotel (or similar)


MEALS:

 Breakfast

DAY 7 | NORDFJORDEID – LEIKANGER

First on the agenda today: Briksdal Glacier. A Troll car will take us to the foot of this impressive glacier – where we'll stop to marvel at its untameable power. Then, we'll continue on to Sunnfjord Museum – an open-air museum depicting the daily life of the area's farmer and tenant families in the 19th century. After an insightful day, we'll press south to Leikanger – where we'll have an evening to spend at our leisure. Accommodation: Leikanger Hotel (or similar)

MEALS:

 Breakfast

DAY 8 | LEIKANGER – VIK – BERGEN

We'll continue our journey with a stop at Vik this morning – where we'll see the richly decorated Hopperstad Stave Church and the distinctive Moahaugane burial mounds. After reaching our tour's final destination of Bergen, we'll reconvene at the hotel to enjoy some delicious Norwegian cuisine and toast the final night of our adventure. Accommodation: Zander K Hotel (or similar)

MEALS:

- ☑ Breakfast
- ☑ Dinner

DAY 9 | BERGEN

After breakfast, there's time for an in-depth walking tour of Bergen with a local guide before our trip comes to a close in the afternoon. What an adventure it's been!

MEALS:

- ☑ Breakfast



Tour information

Meals

INCLUDED MEALS

Breakfast (B) is included daily.

Some of your lunches and dinners are also included, either in hotels or local restaurants. These are indicated by (L) and (D) in the itinerary.

Please note that drinks will not always be included.

We will do our best to accommodate any specific dietary requirements you may have. Please ensure to make these clear to us before your tour begins so we can communicate them to our hotels, restaurants and suppliers.

Other information

Finances

CHANGING MONEY

CASH: Foreign money can be changed at banks, airports, some railway and tube stations, and at major hotels (though at a less favourable rate).

CREDIT CARDS: Visa and MasterCard are widely accepted. American Express is only accepted in some larger establishments.

CASH MACHINES: ATMS are widely available.

TIPPING

Tipping is entirely at your discretion. If you feel you have received exceptional service, it is recommended that you tip £1-2/€ per day for Drivers and £4- 5/€ per day for Tour Leaders.

Insurance

Before travelling with Back-Roads Touring, it is compulsory for all guests to take out comprehensive travel insurance. Please ensure your insurance covers medical expenses (including repatriation), cancellation cover, loss or damage to baggage and personal effects, money and personal liability.

We recommend you carry your insurance details with you at all times. You may be asked to provide details of your medical insurance or a payment guarantee in some countries before medical assistance can be provided.

For more information, please see our FAQ page:
www.backroadstouring.com/faqs

If you have any further questions, please don't hesitate to contact our friendly Customer Service team: www.backroadstouring.com/contact-us

Passports and visas

Please ensure your passport is valid for at least six months after the last day of your tour. Some countries will refuse entry if you do not have at least six months validity remaining on your passport after your departure date. Depending on your nationality, you may require a visa to enter certain countries.

It is your responsibility to obtain visas prior to your tour's departure. To determine which visas you'll need, you can consult either your own government's website or the government websites of the countries in which you will be travelling.

PLEASE NOTE: Some visas can take up to six weeks to acquire, so don't leave it until the last minute. Also, bear in mind that the validity of a visa often runs from its date of issue rather than the date of entry into the country. Please check with the appropriate embassy/embassies prior to departure as requirements do change periodically.

We advise you to either carry a photocopy of your passport (and visa, if applicable) with you while abroad, or to ensure that you leave a copy with relatives back at home. This will enable the local embassy or high commission to arrange a replacement if the original should be lost or stolen. If you do take copies with you on your tour, please ensure that you keep these separate from your

Medication and mobility

Whilst on your tour, we want you to have the smoothest journey possible which requires some mobility conditions:

- You must be fit enough to get on and off the vehicle on a regular basis, and to walk around towns and villages or to attractions.
- You must be able to walk up and down stairs and use a shower over the bath.

Please note that, unfortunately, we are unable to accommodate mobility scooter or wheelchair users as we frequently stay in traditional-style hotels and the majority do not have lifts or ground-floor rooms.

If you take medicine for certain conditions, such as diabetes or heart problems, please carry it with you at all times.

Please declare any medical conditions you may have in advance of your tour. If you are in any doubt as to whether our tours are suitable for you, please contact our friendly Customer Service team:

www.backroadstouring.com/contact-us

Mental health and wellbeing

Culture shock, homesickness and periods of feeling down happen regardless of age. Be rest assured that if you're feeling low, your Tour Leader and Driver will do their utmost to make you smile.

Measures you can take to look after your mental health and wellbeing while on the road with us are:

- Call loved ones. Hearing a familiar voice whilst in an unfamiliar destination can help ground you and remind you you're not alone.
- Eat well. Nobody feels their best when they're hungry. There are plenty of nutritious culinary delights to be savoured along the road!
- Integrate with your fellow guests. The more you socialise with the group, the less likely you'll feel homesick.

Transport

We travel in premium mini-coaches equipped with comfortable seats, air conditioning and large windows for enjoying the view.

With far more flexibility than a standard-size coach, we're able to take the scenic route – winding through beautiful countryside to the heart of tiny villages and coastal towns.

What to bring

Based on our experience, the following items are essential.

Please note, this is a general packing list for Back-Roads tours. What you pack will depend on the countries you're visiting as well as the time of year you plan to travel.

CLOTHING:

- | | | |
|---------------|-----------------------------|-----------------------------------|
| ☑ Sun hat | ☑ Long-sleeved tops | ☑ Light jacket |
| ☑ Sunglasses | ☑ Short-sleeved tops | ☑ Waterproof jacket |
| ☑ Sleepwear | ☑ Shorts/skirts | ☑ Trousers |
| ☑ Warm jacket | ☑ Socks | ☑ Swimwear |
| ☑ Underwear | ☑ Smart casual evening wear | ☑ Walking shoes/comfortable shoes |

OTHER THINGS TO PACK:

- | | | |
|---------------------------|--|--------------------|
| ☑ Multi-use adapter plug | ☑ Toiletries | ☑ Camera |
| ☑ Batteries | ☑ Sunscreen | ☑ Towel |
| ☑ Umbrella | ☑ Reusable water bottle | ☑ Insect repellent |
| ☑ Any personal medication | ☑ Basic medical kit (including paracetamol, aspirin, plasters etc) | |

That's it!

We look forward to seeing you on tour.