

Touring holidays of Scandinavia

Expressions



Across Norway's Arctic Circle by train and boat



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9 NIGHTS/10 DAYS

Trondheim • Bodø • Svolvær •
Harstad • Tromsø



Northern Lights (copyright Kent Even Grundstad)

Experience some of Norway's finest scenery as you journey across the Arctic Circle by train and along its coastline by boat. Start with two nights in Trondheim. Located on the Trondheimfjord and the third largest city in the country, 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 exploring the picturesque streets of Bakklandet, a small neighbourhood of painted wooden warehouses. For an excellent view of the city and the fjord you can climb to the top of the Tyholttarnet, the tallest building in Norway. From here you travel by train to Bodo, crossing the Arctic Circle as you pass through the Saltfjellet mountain range. Bodo is a relatively small city set amidst some of Norway's most beautiful scenery. One of its main attractions is the beautiful harbour, whose pier offers stunning views across the Norwegian Sea. The Norwegian Aviation Museum, located close to Bodo's airport, offers an insight into the civil and military history of Norway. For the more adventurous visitors there is a wide range of activities available around the city, from eagle safaris to glacier hiking. After two nights here board the Hurtigruten boat for a day-time crossing to the Lofoten Islands, watching them loom into sight as you draw closer. The Lofoten Islands offer an incredible combination of mountains, fjords and beaches. Using Svolvær as your base and your hire car to get around, you have two full days here to explore some of the most beautiful beaches in the world and the picturesque fishing villages dotted around the islands. From Svolvær it is possible to take a cruise around the islands or go on a fishing excursion. There are also numerous hiking trails which vary in difficulty but all award spectacular views from the top. After exploring all that these islands have to offer you will drive across to Harstad on Norway's largest island Hinnøya. Spend one night here before taking the Hurtigruten boat again with a day-time crossing to Tromsø. Travelling along Norway's coast you will witness more snow-capped mountaintops and fjords as you draw closer to the Arctic Capital. Tromsø is one of the best places in Norway to witness the Northern Lights. Its two months of darkness known as the Polar Night make it an ideal setting to see this incredible natural phenomenon. Other popular activities here include whale watching and fjord cruises. The city itself offers incredible architecture in the Arctic Cathedral and an insight into the lives of polar pioneers at the Polar Museum. For the best view of the city take the Fjellheisen (Tromsø Cable Car) up to the Storsteinen mountain ledge, 420 metres above sea level. Return to London from Tromsø airport via Oslo.

Day one London to Trondheim by air

Your holiday starts with a flight from London to Trondheim via Oslo. Check-in to your hotel and soak in the atmosphere of this colourful and vibrant historic Norwegian city.

Day two 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 Håltalen 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 three Trondheim to Bodø by rail

After two nights in Trondheim you will board the direct Nordland Railway line service to Bodø. This 729 km railway line is Norway's longest and presents huge variety in culture, climate and landscape. The journey starts by skirting around Trondheim Fjord, reaching the small town of Steinjker two hours later at the head of the longest arm of the fjord. From here you head into the hills. Be sure to notice the colourful station buildings at the small Norwegian towns as you pass by. Leaving the steel works town of Mo I Rana the train skirts the Saltfjellet-Svartisen National Park, passing close by the Swedish border. Shortly after this you cross the Arctic Circle, before heading back towards the coast to reach the shores of Skjerstad Fjord. You continue along this spectacular natural beauty until you reach the station of Bodø, the final stop on the Norwegian railway system and your base for the next two nights.

Day four In Bodø

The city of Bodø is an excellent base from which to explore some of Norway's best



Sunset at Bodo (copyright Tommy Andreassen)

scenery and natural attractions. One of its most well-known features is the Saltstraumen maelstrom, a small strait home to the world's strongest tidal current. Here you can witness whirlpools bigger than 10 metres with the water moving as fast as 40 km/h. Slightly further out of the city is Kjerringøy, a small, rural community featuring beautiful alpine landscapes ranging from mountains to white sandy beaches. The Kjerringøy trading post is a museum offering a unique insight into the lives of the powerful local merchants and information about the fish trade of the 19th century. For those looking for more adventurous activities, Bodø offers kayaking, RIB tours and even snorkelling in the surrounding fjords, and fishing is a popular local activity. There are also numerous hiking routes including Keiservarden, which leads up to Keiservarden hill overlooking Bodø, and Mount Ronvikfjellet, one of the top viewing spots for the Midnight Sun in the country. Within Bodø itself the beautiful harbour offers views from its pier dating back to 1904 and the Norwegian Aviation Museum offers an insight into the civil and military aviation history of Norway.

Day five Bodø to Svolvaer by Hurtigruten ship

After two nights in Bodø you board the Hurtigruten service in the mid-afternoon heading to the Lofoten Islands. This is a journey of roughly six hours which takes you across the open waters of the Vjestfjord to the port of Svolvaer. As this takes you across a wide expanse of the Norwegian Sea the

waters can sometimes get fairly choppy, and it is possible to reserve a cabin onboard. As you draw closer to the Lofoten Islands its majestic peaks will welcome you as you pull into Svolvaer, the largest town on the islands.

Day six In Svolvaer

This morning awake to the majestic scenery of the Lofoten Islands, collect your hire-car and then start exploring. The Lofoten Islands have some of the most incredible landscapes in the world, ranging from mountains to fjords to white sandy beaches. Your base of Svolvaer is the largest town in the Lofoten Islands and offers fishing excursions and cruises around the islands. Using your hire-car we recommend visiting some of the other picturesque fishing villages such as Henningsvaer and Hamnoy, which offer excellent authentic dining options. Nusfjord is one of the best-preserved fishing villages and is now an open-air museum with a sawmill and a factory producing cod-liver oil. A perhaps unexpected attraction of the islands is their top-quality beaches. Framed by towering mountains, these stretches of white sand and clear water even offer excellent surfing opportunities, although this is a much more comfortable experience during the summer months. Uttakleiv Beach and Haukland Beach are easily accessible by car and can be reached in just over an hour from Svolvaer. For the best views the Lofoten Islands have to offer we recommend indulging in some of their hiking trails. Reinebringen is the most popular of these with its lookout

onto the numerous villages and jagged peaks resting on the calm waters, although this is a relatively challenging hike. For those looking for an easier option Ryten, Svolvær Floya and Festvagtind are shorter, easier options which still have a rewarding view from the top.

Day seven Svolvær to Harstad

Today you drive across to Harstad on Norway's largest island Hinnøya, a journey of roughly two and a half hours. Harstad is in the middle of the Northern Lights belt, making it an excellent location to try and spot these, and is known for its high-quality restaurants. You may want to sample one of these on your one evening here.

Day eight Harstad to Tromsø by Hurtigruten ship

The next morning you drop off your hire-car and depart from Harstad on the early Hurtigruten service to Tromsø. This is a journey of seven hours and will take you through more stunning Arctic scenery, skirting around the far western coast of Norway before delving into the narrower fjords as you draw closer to the Arctic capital. Arrive in Tromsø just after midday and check in to your hotel for the final two nights.

Day nine In Tromsø

Tromsø is known by many as the Arctic capital, and for good reason. With its plethora of activities and interesting activities, there is something to do here for everyone. The city is perhaps best-known for being an excellent location to see the Northern Lights. The Polar Night, from mid-November to mid-January, is the best period to witness this extraordinary natural phenomenon, as the sun never rises above the horizon. For an excellent view of these the Storsteinen mountain ledge, reachable via cable car, offers an uninterrupted outlook on the city. This is also a popular location from which to see the Midnight Sun during the summer months. Some of the more adventurous activities offered in Tromsø are whale and dolphin safaris and fjord cruises, where you will witness stunning scenes of snow-capped mountains and cascading waterfalls, and possibly the occasional reindeer. Within the city itself the most striking feature is the Arctic Cathedral. Consecrated in 1965, this aluminium and glass building is luminescent during the long polar nights and during the summer there are special Midnight Sun concerts given by professional musicians. Tromsø is also home to a number of museums: The Polar Museum offers an insight into the lives of polar pioneers, whilst the Tromsø Museum explores the history and



Henningsvæer Lofoten Islands

geology of the region and its inhabitants.

Day ten Tromsø to London by air

On your final day in Norway transfer to Tromsø airport for your return flight via Oslo to the UK.

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 £1,970 per person

Based on two people sharing a double or twin room.

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
- Scheduled flights from Oslo to Trondheim and Tromsø to Oslo
- Hire of a group B car for 3 days
- Second-class travel on all trains (Plus class available on certain trains can be booked at a supplement)
- Hurtigruten ship from Bodø to Svolvær and Harstad to Tromsø
- 2 nights' bed and breakfast in a Superior double room at the Britannia Hotel, Trondheim
- 2 nights' bed and breakfast in a Superior double room at Clarion Collection Hotel Grand Bodø, Bodø
- 2 nights' bed and breakfast in a Rorbu S room at Svinøya Rorbuer, Svolvær
- 1 night's bed and breakfast in a Standard double room at Thon Hotel Harstad, Harstad
- 2 nights' bed and breakfast in a Standard double room at Clarion Hotel the Edge, Tromsø
- 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

SCFR04
EX338389

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.

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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.