

## ACTIVE RECREATION IN BERGEN - 2018

### 1. RAFTING

Rafting river is located in Voss approx. 100 km from Bergen. Total duration of rafting is 4 hours, of which 1.5-2 hours on the river. English speaking instructor and warm meal after the tour are included. It is necessary to have your own swimming suit/trunks and towel.

**Price: NOK 1400 per person** (15 years and above).

**Family rafting: NOK 770 per adult, NOK 550 per child** (from 5 years). Meal is not included in family rafting.

Train ticket Bergen-Voss: NOK 210 p.p. Pick-up at Voss train station is included in the price of rafting. Reservation of train ticket and delivery to hotel in Bergen city centre: NOK 350.



### 2. KAYAK TOUR FROM BERGEN CITY CENTRE

If you would like to experience Bergen from a different angle, this is the tour for you. Kayak tour starts from Bergen centre. You go kayaking with an English speaking guide on Bergen's Byfjord, inlets and harbours. Duration: 2-3 hours. **Price: 1600 NOK per person** (minimum 4 pax). Included: Kayak, English speaking guide, safety equipment.



### 3. BICYCLE RENTAL

Rental of bicycle in Bergen centre: from **650 NOK per person** for 1 day.

### 4. Bicycle tour: BIKING & GRIEG

This tour starts from Bergen centre. This bike route will take you to the traditional "upper class area" of Bergen. Flat bike road most of the way, but a small hill up to Troldhaugen Grieg Museum. The route is approx. 25 km all together and takes about 5 hours. On your way back a short stop at Fantoft stave church. Includes an English speaking guide, helmet and high quality bikes as well as tickets to Edvard Grieg museum, "lunch-concert" at the museum's concert hall, and lunch.

**Price: 1500 NOK per person** (minimum 8 pax)



### 5. Bicycle tour: BIKING & HISTORY OF BERGEN

The tour guides you through the historical part of the city of Bergen. Enjoy the view from Fjellveien in Bergen on your bike, where you are biking through the city's history; Old Bergen, Bryggen, Fishery Museum. Includes an English speaking guide, helmet and high quality bikes as well as tickets to the Fishery museum and taste of stockfish. Duration: 3 hours. **Price: 1400 NOK per person** (minimum 8 pax)

## 6. Bicycle tour: BIKING & HIKING

Experience both summit and sea level of Bergen, with a guided biking tour among the highlights, combined with hiking on the highest city mountain.

This trip takes you through the city of Bergen by bicycle, where you will experience the city highlights at your own pace. At the top of the Mt. Ulriken (643 MASL), you can decide if you want to do a 1-hour or 3-hours hike. There is a lot of cultural history and a scenic view to take in while hiking in the area around the summit of the highest city mountain in Bergen.

Includes an English speaking guide, helmet and high quality bikes as well as tickets to cable car to Ulriken mount and lunch package / sandwich & mineral water.

**Price: 1500 NOK per person** (minimum 8 pax).



## 7. Mountain hike «BLÅMANEN»

Our recommend 4 hours guided walk. We take funicular up to mountain Fløyen and walk further up into the mountains. There is an easy walking path – we do not go off-road. When we have reached Mount Blåmanen, we can enjoy the beautiful view of Bergen, the fjords and islands out in the sea. It is also possible to organise a small pick-nick or BBQ during the walk.

**English speaking guide for 4 hours: 2500 NOK**

**Funicular ticket: 120 NOK per person**

## 8. Mountain hike «VIDDEN»

We also offer a more extensive tour along the ridge from mountain to mountain, where you can enjoy the scenic view over Bergen, the city fjord and the mountains. The city mountain hike from Mt. Ulriken to Mt. Fløyen has some exciting cultural and historical sights as well as beautiful and wild highland nature and scenic views.

Vidden is the highest level of Bergen's 7 city mountains.

Includes transport and cable car, pick up at hotel, local English speaking guide and activities, lunch package / sandwich & mineral water. Duration: 7 hours. **Price: 1790 NOK per person** (minimum 8 pax)



## 9. Mountain hike «VIKING & HIKING EASY»

Ulriken is the highest of the seven mountains surrounding Bergen. A bus takes you from the city centre to the cable car – and cable car to the summit. The guide tells you the Viking history of Bergen and the West coast. At the summit of Ulriken you will enjoy great views and scenery nature on a small hike. A couple of Viking activities like archery and axe throwing before your return to the city.

Includes transport and cable car, pick up at hotel, local English speaking guide and activities.

Duration: 3 hours.

**Price: 1200 NOK per person** (minimum 10 pax)

Optional – not included: abseiling, zipline, lunch or dinner at high quality mountain restaurant «Skyskraperen», rental of personal mountain equipment.

## 10. Mountain hike «VIKING & HIKING MODERATE»

Transfer by bus from the city centre to Ulriksbanen – the cable car that takes you to the summit of Mount Ulriken. The guide tells you the Viking history of Bergen and the West coast. At the summit of Ulriken you will enjoy great views and scenery nature on a 2 hours hike with local storytelling. After the hike you can get a taste of local food with some history back to the Viking times, and complete the experience with Viking activities like archery and axe throwing before returning to the city. Includes transport and cable car, pick up at hotel, local English speaking guide and activities, a taste of local food (not a full meal). Duration: 4 hours.

**Price: 1350 NOK per person** (minimum 10 pax)

Optional – not included: abseiling, zipline, teambuilding activities, lunch or dinner at high quality mountain restaurant «Skyskraperen», rental of personal mountain equipment.



## 11. ZIP-LINE ON MOUNT ULRIKEN

Try the new Zipline at Mt. Ulriken (643 MASL), which is the highest of the city mountains in Bergen. The zip-line offers a scenic view and excitement. It is not physically demanding, but more mentally challenging, with a great sense of achievement after reaching the end. This is the fastest zip-line in Norway, opened in Bergen in June 2016. The zip-line starts under the terrace in front of the restaurant on Mt. Ulriken, and goes 300 meters in direction of Mt. Fløyen. There will be instructors at both ends who will make sure that you are having a safe flight. Available from April 8<sup>th</sup> till June 25<sup>th</sup> each Saturday and Sunday, and from June 26<sup>th</sup> till August 20<sup>th</sup> every day – from 12:00 to 17:00.

**Price: 400 NOK per adult, 300 NOK per child** (8-15 years). Outside opening hours: 500 NOK per person. Ticket for cable car up to Ulriken and return: NOK 200 per adult, NOK 120 per child (4-16 years).



## 12. PARAGLIDING

Tandem jump from Mount Ulriken with an English speaking instructor/pilot: **2500 NOK per person**

Ticket for cable car up to Ulriken and return:  
NOK 200 per adult, NOK 120 per child (4-16 years).

