

## BERGEN AND MOUNTAINS: 6-nights tour for nature lovers



*On this tour you will visit the capital of "The Kingdom of the Fjords" – Bergen The second largest city in Norway can be described as a cosy, colourful city with a rich history and traditions. You will take a guided walk along the cosy streets among the old wooden houses on the Bryggen embankment, visit the Fish market and take a ride on the funicular to Mount Fløyen, where you can enjoy a wonderful view of the city centre and the nearest fjords.*

*After spending a full day in Bergen, you will travel with our driver-guide on a Golden Route tour to see the powerful waterfalls, Hardangerfjord and take the cable car up to mount Hangur in Voss. We will end at Myrkdalen Hotel, where a 4-night stay awaits you. During the next days, you will have a day tour to see Nærøyfjord and Flåm. Rest of the days, you can choose the activities you prefer such as a mountain hike, guided fly fishing tour or a bicycle ride.*



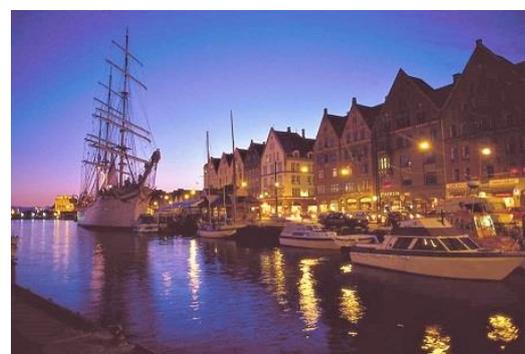
### *Programme*

#### **Day 1, arriving to Bergen**

Meeting with an English speaking driver at the Bergen Airport. Transfer to your hotel in Bergen centre.

Accommodation in a 3\* hotel – Thon Hotel Bristol or Thon Hotel Orion – for 2 nights. Both hotels are located in Bergen city centre, in about 10 minutes walking distance from the fish market.

**Bergen:** *Since the foundation of the city by King Olav Kyrre in 1070, Bergen grew up around its colourful harbour – the centre of commerce, seafaring and craftsmanship. At the end of the 12th century, Bergen became the North's largest city, Norway's first capital city and the seat of royalty. Growing importance of the city caused the Hansa – the German medieval guild of merchants – to open one of their four European offices on the wharf called Bryggen. Due to its cultural and trade connections to other counties, Bergen became Norway's most international city. Today Bergen is Norway's second largest city with its approx. 280 000 inhabitants.*



## Day 2, sightseeing in Bergen

Meeting with your private English speaking guide at 10:00 AM in the hotel's lobby for your sightseeing – a city walk through the centre of Bergen. During the 2 hours you will see Bergen's main attractions: the Bergenhus fortress with King Håkon's Hall and the tower of Rosenkrantz, the Church of St. Mary, the Bryggen wharf, the fish market, the central square, the National Theatre and the city park.

Free time in the afternoon. The guide will recommend the sights to see and the things to do in Bergen. The following are worth a visit:

- **The Hanseatic museum** – the main building is on reconstruction this year, so the exhibition is now in Schøtstuene. You can visit several buildings on Bryggen wharf which were used by the Hanseatic merchants for preparing meals and social gatherings. Opening hours during summer 9-18:00: tickets from **130 NOK per person**.

- **The Fløibanen funicular** – one of Norway's best-known attractions. Fløibanen can be found in the heart of Bergen, 150 m from the Fish market, and Bryggen wharf. The journey up to Mount Fløyen (320 m above sea level) takes about 5–8 minutes. The journey is an experience in itself, and at the top you can enjoy fantastic views of Bergen. Opening hours 8-23:00: tickets **130 NOK per person**.

- **Bergen Aquarium** – Meet the penguins, the sea lions, fish from the North Sea and the tropics, as well as the crocodiles and the fascinating snakes. Film screening and feeding daily. In more than 50 large and small aquariums, you can watch in fascination all the weird and wonderful things that go on beneath the surface at close quarters. Opening hours during summer 10-18:00: tickets **285 NOK per person**.

- **Ulriksbanen cable car** – an ascent to Mount Ulriken at 643 meters above sea level in an aerial tramway. A great view of Bergen and surrounding mountains, fjords, island and the North Sea in the distance. This is an unforgettable experience! 15 minutes by bus or taxi from city centre. Opening hours 9-18:00, ticket for bus from city center and cable car **285 NOK per person**.



## Day 3, fjord tour Golden Route

09:00 check out from your hotel in Bergen and meeting with our driver-guide at the reception. You will travel by a comfortable car or a minivan for up to 7 passengers to Hardangerfjorden.

10:00 We will make a stop at the Fossen Bratte waterfall, where you can walk to the waterfall and feel its fresh mist. Further, we will drive through the mountainous area, popular among the locals for its rich opportunities for skiing in the winter and hiking in the summer.

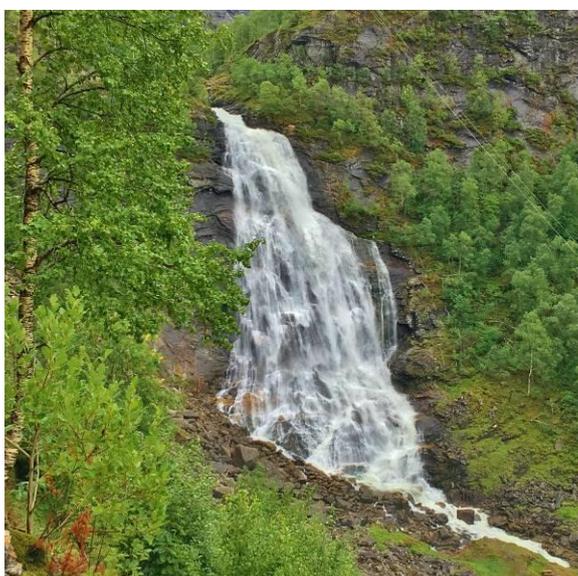
10:45 Our next stop will be at the Steinsdalsfossen waterfall. We will walk along the path that goes under the waterfall and thus we can see the waterfall from all sides.

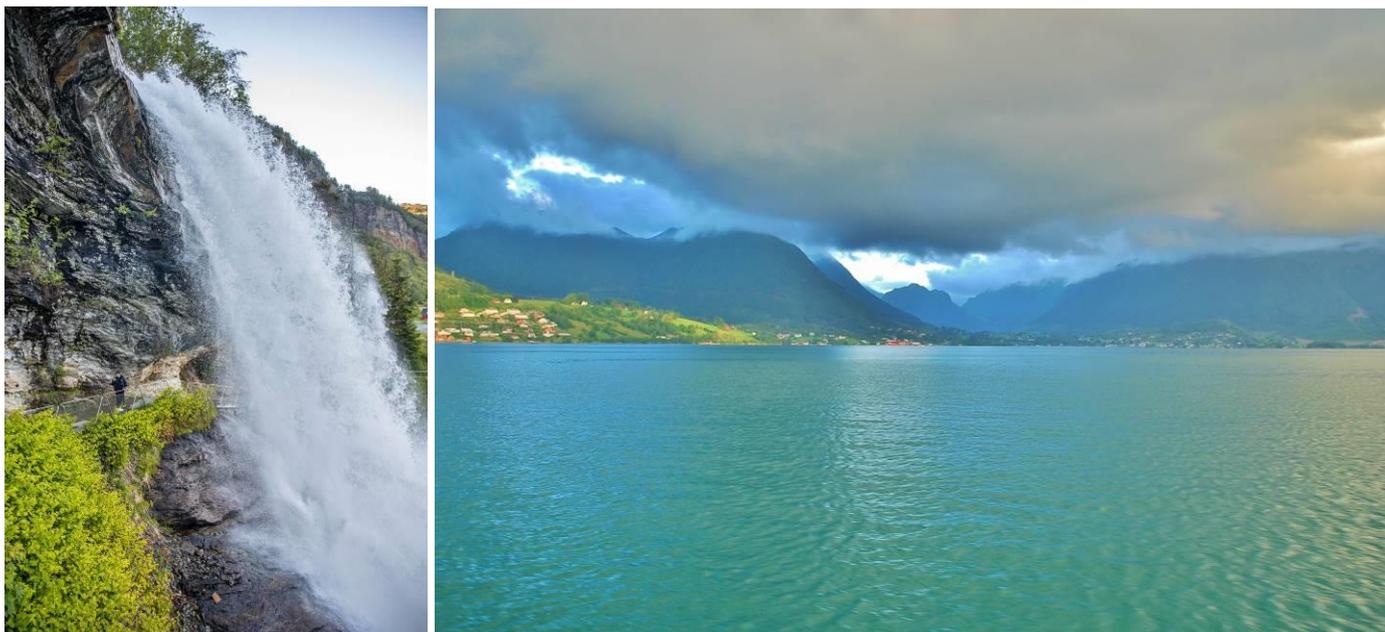
Further we will follow the road along the Hardangerfjord, from where we can observe the amazing landscape of this area.

13:30 When we arrive to the city of Voss, we will leave the car at the car park and take the cable car to Mount Hangur. The cable car was opened in 2019 and it takes about 9 minutes to come to the top in one of the spacious wagons with large windows. At the top of the mountain we will enjoy a panoramic view of Voss, Lake Vangsvatnet and the surrounding mountains. We can also have a meal here in the restaurant.

15:30 After lunch, we will descend to Voss by the cable car and we drive into the mountain area and Myrkdalen Hotel.

We will arrive to the hotel approximately at 16:00.





3-courses dinner at the hotel.

Accommodation 4 nights in Myrkdalen hotel. A stay with half-board: with breakfasts and dinners.

### ***Day 4 - 5 - 6, day in Myrkdalen***

Myrkdalen hotel is situated in the mountains about a 2-hours drive from Bergen. During the winter time, this a popular skiing resort with ski-in and out. The main sitting lift is also running during the summer time in July and August for easy and fast access to the mountain tops. However, you can also walk all the way on your own and enjoy the views along the way.



One of the three days of your stay in Myrkdalen, you will go on a tour to see the beautiful Nærøyfjord:

Approximately 09:30 departure by bus from Myrkdalen to Gudvangen

From Gudvangen you will take a boat cruise to Flåm. You will be passing the narrowest and most beautiful part of Sognefjorden – Nærøyfjord.

In Flåm you will have approximately 1 hour for lunch and visit of the Flåm railway museum (entrance free of charge). You will get to know about the construction and facts of the steep Flåm railway.

Then you will take a ride on the Flåm railway up to Myrdal and back again. It will take about one hour each way. You will have stunning views into the Flåm valley on the way and there will be one stop at a Kjosfossen waterfall where you can go out of the train to make pictures.

After descending back to Flåm you will return by bus to Myrkdalen Hotel.

Return approximately at 6 p.m.

This tour includes all the transport means and the participants travel on their own.

We can also offer this tour as a private tour, for additional fee.



On the other two days of your stay in Myrkdalen, you can choose from following activities. These activities are not included in the price of the programme.

#### GUIDED HIKE FROM THE CHAIRLIFT

We will take the chairlift to the top at 10 am and hike to either Finnbunuten Mountain or the stunning Svotetjødnn mountain tarn.

Description to Finnbunuten (1358 m.a.s.l):

The hike to Finnbunuten (1358 m.a.s.l) goes through beautiful mountain terrain. On a clear day you can enjoy magnificent views from the summit.

**Description to Svortetjødn (996 m.a.s.l):**

We hike pass an idyllic mountain farm before we continue the ridge up to the tarn which lies in beautiful surroundings.

**Facts for both hikes:**

Available: Saturdays in July and August

Recommended age limit: 8 years (lots of hiking experience necessary)

Distance: Approximately 10 km return

Start: Meet at the bottom station at the chairlift at 9.45 am.

Estimated time: 6-7 hours return

Price: NOK 600 per person (lift pass included)

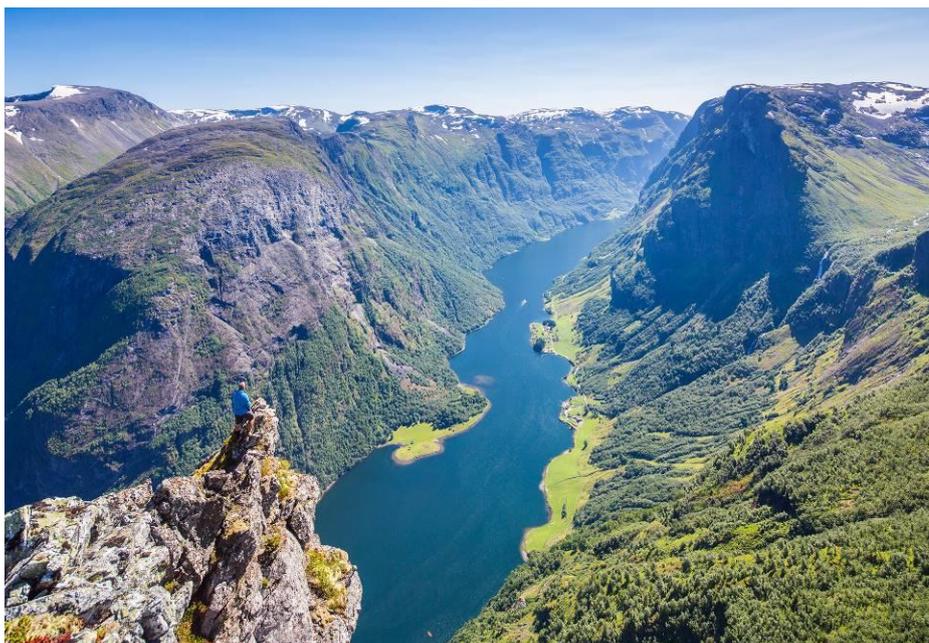
**PRIVATE GUIDED HIKE TO BAKKANOSI - UNESCO VIEW POINT**

There is no better view of the Unesco Nærøyfjord than the one you can experience from Bakkanosi. We will drive from Myrkdalen Hotel to Jordalen, approx 45 min, and walk up the beautiful valley Slettedalen to the summit of Bakkanosi.

Although the hike to Bakkanosi is long, the terrain is relatively kind. The reward for making the ascend to the top is a stunning and airy view straight down to the UNESCO-listed Nærøyfjord.

Please note that this is a demanding hike recommended for healthy, fit people with previous mountain hiking experience. Sturdy hiking boots and a positive mindset is the key to success!

- Elevation gain: 900 meters.
- Starting point: 580 m.a.s.l
- Summit: 1398 m.a.s.l.
- Total distance: 20 kilometres return
- Time: approximately 8 hours



### MTB TOURS

You can join scenic mountain bike tours in Myrkdalen on request.

Bike in a beautiful area on gravel roads or single tracks.

Duration will approximately be 4 hours in total.

Price: NOK 1100 adults / NOK 750 children / Family NOK 3500 (2 + 2)



### BIKE RENTAL

The sport shop vis-à-vis Myrkdalen Hotel has quality full-suspension mountain bikes, mountain bikes for children and even electric mountain bikes for rent. We also help you if you need a helmet, protection, gloves and clothing.

Prices from NOK 450

Right outside Myrkdalen Hotel you'll find a 700 square metre pumptrack made in asphalt right outside Myrkdalen Hotel. A pumptrack is a circuit of rollers, banked turns and features.

Address: Øvre Flaktveit 37, 5135 Bergen, Norway tel: +47 5518 4099 e-mail: [info@jandis.no](mailto:info@jandis.no) [www.jandis.no](http://www.jandis.no)



## SEA KAYAKING

Several days from May to September you can join Outdoor Norway on a cultural beautiful sea kayaking tour to the idyllic Sognefjord. We go off the beaten path and promise you a day to remember in stunning surroundings.



## FLY FISHING

Join Ingvild Aurdal, one of the best female fly fishers in the world, on a unique guided fly fishing tour. Since 2010 she has been a certified fly casting instructor. She will bring you to her favourite places in the region.

Ingvild offers fly fishing in July and August. The course lasts for approx 6 hours and includes focus on casting technique, lunch and fishing in the river.

NOK 1800 per person



#### ACTIVITIES CLOSE BY

Horseback riding across the road from the resort

High rope park 15 minutes away by car

Rafting 25 minutes away by car

#### ***Day 7, departure***

Our driver will meet you at the reception of Myrkdalen hotel and drive to your flight from Bergen airport. The transfer will take approximately 2 hours.



Dates: Any dates upon availability between 15th May – 15th September 2020.

***Price: EUR 1.880,- per person.***

Minimum 2 persons. Price includes:

- accommodation for 2 nights in a double room with breakfast in a 3\* hotel in Bergen centre
- accommodation for 4 nights in a double room with breakfast and dinner in Myrkdalen Hotel
- transfers from/to Bergen airport on arrival and departure day
- private walking tour in Bergen
- private tour Golden Route from Bergen to Myrkdalen
- tour by bus, boat and train from Myrkdalen to Flåm and back

Extra:

- plane tickets to/from Bergen
- insurance

Pictures: JANDIS AS, Bergen Tourist Board / Per Nybø, Bergen Tourist Board / Espen Haagensen