



Suggestions for program

HIKING IN FLÅM / AURLAND

With Norway Mountain Guides





Many of our guests only know the name Flåm, and not the surrounding region.

Many of the finest areas in this region lies outside Flåm. We are happy to take our guests on a short drive to climb various mountains, or hike in various valleys such as Aurlandsdalen National Park.

It is possible to combine the mountain tour with farm visits, mini stave church, kayaking, rib safari.

Aurlandsvangen is a good starting point, as well as the small village of Undredal. The waterfall "Brekkefossen is easy to reach from Flåm, but a visit to the less known waterfall Turlidfossen is also recommended. Note if the clients main focus is mountain hikes, you won't be able to do all of the things mentioned, as there are some driving distances between the attractions.

HIKING MT.PREST

Level: Medium / Hard - Time: 3-5 hours - Km: 6 - Meters uphill: 700 - Highlights : Fjord panorama view.

PREST AT 1,478 METRES ABOVE SEA LEVEL OFFERS PANORAMIC VIEWS ACROSS THE AURLANDSFJORD. THIS IS A BRILLIANT HIKE FOR ALL THE FAMILY.

IT'S NOT A VERY LONG HIKE, BUT PARTS OF THE PATH ARE VERY STEEP AND THERE ARE SHEER DROPS OFF THE SIDES AT TIMES. TO GET TO THE STARTING POINT, WE DRIVE PAST THE STEGASTEIN VIEWING PLATFORM ABOVE AURLAND.

THE START IS GENTLE BUT GETS STEEPER FURTHER UP. THERE'S A SHEER DROP AT RØYRGRINDGJELET, WHERE THE PATH RUNS STEEPLY DOWN TOWARDS THE FARMS BELOW PREST.

OUR GOAL IS THE BEACON AT 1,363 M.A.S IF A LONGER TRIP IS MORE YOUR THING, YOU CAN CARRY ON TO BLÅSKAVLEN (1,809 METRES ABOVE SEA LEVEL), WHICH IS THE HIGHEST PEAK IN THE MUNICIPALITY OF AURLAND. THE TRIP TO PREST IS AROUND 6 KILOMETRES LONG AND YOU SHOULD EXPECT TO SPEND 3-5 HOURS GETTING THERE AND BACK.

THE DRIVE FROM PICK UP AT THE HOTEL TO STARTING POINT TAKE ABOUT 30 MIN.



SOFT HIKING:

TURLI WATERFALL

**VISIT BREKKEFOSSEN WATERFALL OR THE TURLI WATERFALL.
THE TOURLI WATERFALL TOUR STARTS WITH A 15 MIN DRIVE TO AURLAND.**

FROM AN ORGANIC AGRICULTURAL SCHOOL BASED IN AURLAND, WE MAKE OUR WAY TOWARDS THE WATERFALL ALONG AN OLD FARM PATH. APPROACHING THE WATERFALL, YOU MIGHT GET A MISTY SHOWER. DURING SPRING AND SUMMER MONTHS, TURLIDFOSSEN CAN OFTEN REVEAL ITS SHEER POWER AS THE WATER FLOWING THROUGH THE RIVER IS FED BY MELTING ICE AND SNOW.

AS THE PATH CONTINUES UP THE MOUNTAINSIDE WE STOP AT A LITTLE PLATEAU WHERE WE TAKE A BREAK, WHILE SURROUNDED BY BEAUTIFUL FJORD-LANDSCAPE VIEWS.

RETURNING TO THE TRAILHEAD, WE CAN DRIVE UP THE INFAMOUS AURLANDSFJELLET/ AURLAND MOUNTAIN ROAD TOWARDS THE POPULAR VIEW POINT OF STEGASTEIN. STEGASTEIN IS PLACED 650 METERS ABOVE THE SEA LEVEL, WHERE THE SCENIC AND PANORAMIC VIEWS OF ONE OF THE GREATEST FJORDS OPEN TO YOU.

OUR SCHEDULE FOR THE DAY IS TENTATIVE AS MOST ADVENTURES ARE SUSCEPTIBLE TO A VARIETY OF CONDITIONS AND CHANGING FACTORS SUCH AS WEATHER, TRAIL CONDITIONS, AND GUEST ABILITIES.

HIKING TIME: 1-2 HOURS

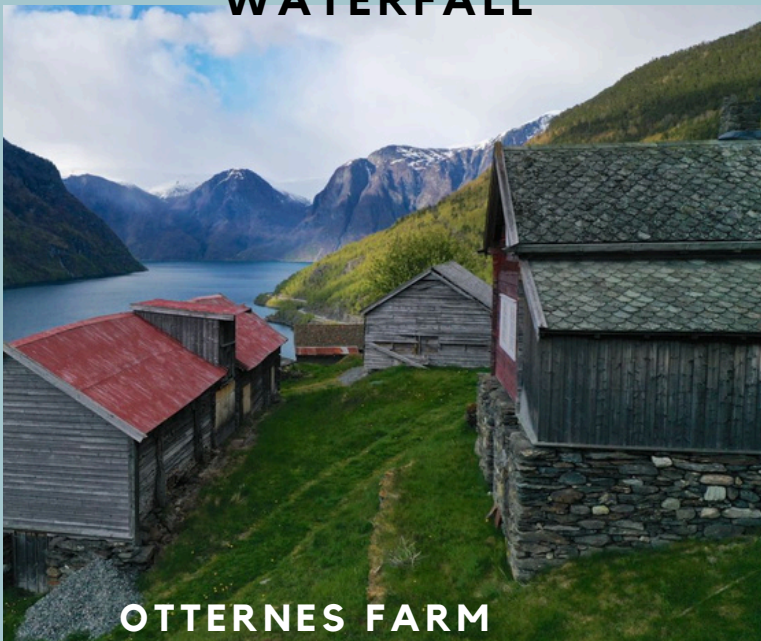
KM: 1-5 DEPENDING ON THE CLIENTS. WE SEE THE WATERFALL ALLREADY AFTER 20 MIN HIKE. QUIT FLAT EASY TERRAIN, BUT CAN BE WET,GRASS AND ROCKY TERRAIN.



**BREKKEFOSSEN
WATERFALL**



**TURLIDFOSSEN
WATERFALL**



OTTERNES FARM



**WATERFALL IN
FLÅMSDALEN**

SOFT HIKING

BREKKEFOSSEN WATERFALL - FLÅM

WE CAN START THE WALK DIRECTLY FROM FLÅM TOWN CENTRE ON AN ASPHALT ROAD UP THE VALLEY ALONGSIDE THE FLÅM RIVER.WE CAN ALSO START BY CAR AND SAVE SOME TIME AND.

WE HIKE UP THE MOUNTAIN SIDE ON OUR WAY TO THE BREKKE WATERFALL.THE PATH IS EASY - ITS ALL STONE STAIRS(SHERPA STERS) QUICKLY WE GAIN ELEVATION AND SOON THE SMALL VILLAGE OF FLÅM IS VISIBLE THROUGH THE TREES. AFTER ABOUT 50 MINUTES OF UPHILL HIKING, THE TRAIL OPENS UP ON A GRASSY LEDGE, OFFERING BEAUTIFUL VIEWS OF THE AREA.

WHAT TO EXPECT: - A PERSONAL GUIDED EXPERIENCE, NO HIKING EXPERIENCE NEEDED, BUT MEDIUM FITNESS LEVEL REQUIRED TO COMPLETE THE HIKE UP TO THE WATERFALL.

TRIP LENGTH: 2,5 - 3 HOURS

TOTAL CLIMB IN ELEVATION ABOUT 155 M

DIFICULTY: MODERATE

NOTE;IT IS UNLIKELY THAT WE WILL BE ALONE ON THIS TRIP, WIDELY USED BY CRUISE TOURISTS TO FLÅM. FOR A MORE PEACEFUL EXPERIENCE, WE RECOMMEND DRIVING UP FLÅMSDALEN AND HIKING TOWARDS A COMPLETELY DIFFERENT WATERFALL.

LONG AND HARD HIKING

NORWAYS GRAND CANYON - ONE OF THE MOST SCENIC HIKE IN NORWAY.

HIKE TO AURLANDSDALEN

TRIP LENGTH: 9-12 HOURS

18,1 KM. 730 HEIGHT DIFFERENCE (START 830 MASL, END AT 70 MASL)

DIFICULTY: HARD/ VERY CHALLANGING

SEASON FROM JUNE - OCTOBER (DEPENDING ON SNOW CONDITIONS)

THE AREA KNOWN AS NORWAY'S GRAND CANYON IS WILD AND BREATHTAKING, RICH IN PLANT AND ANIMAL LIFE, CULTURAL TREASURES, HISTORY AND IMPRESSIVE GEOLOGICAL FEATURES.

THE HIKE STRETCHES FROM ØSTERBØ TO VASSBYGDI. YOU WILL FIND THE AURLANDSDALEN VALLEY UNTOUCHED BY ANY MODERN INTRUSIONS. THE PATH TAKES YOU PAST CANYONS AND GORGES, DOWN STEEP SLOPES, SURROUNDED BY HIGH AND RUGGED MOUNTAIN FORMATIONS AND PROVIDES AN UNFORGETTABLE EXPERIENCE FOR WALKERS. MANY OF THE OLD FARM HOUSES ARE STILL THERE AND PAY WITNESS TO TIMES PAST.

THIS HIKING TOUR IS DONE WITH OUR OWN CAR BUT WE ALSO NEED TO USE TAXI FOR THE RETURN. THIS MAKES THE TOUR A BIT MORE EXPENSIVE.

FARM VISIT AT AURLAND / FLÅM

THERE ARE MANY FARMS WE CAN VISIT. SOME ARE IN OPERATION AND SOME HAVE BEEN .

WHICH FARM WE VISIT DEPENDS ON THE CLIENT, AND WHETHER IT IS DESIRABLE TO WALK, OR BE ABLE TO DRIVE ALL THE WAY.

IN AURLAND YOU CAN VISIT SKJERDAL STØYLSYSTERI AND CAFE, SKALDEGARD KUTUR GÅRD, OR THE OTTERNES VILLAGE FARM.(MUSEUM/ NOT ACTIVE FARM) THERE ARE ALSO OPPORTUNITIES TO RENT A RIB TO VISIT VARIOUS MOUNTAIN FARMS THAT HAVE NO ROAD OR OTHER ACCESS. NOTE: THESE ARE STEEP, AND IT IS NORMALLY A DEMANDING HIKE UP FROM THE SEA SIDE, VERY STEEP, BUT NOT FAR. MOST OF US SPEND ABOUT 1-1.5 HOURS UP. NOT SUITABLE FOR THOSE WHO GET DIZZY EASILY.



CALCULATION OF THE BUDGET

WHEN THE MOUNTAIN HIKES TAKE PLACE IN FLÅM / AURLAND / HARDANGER

**WHEN NMG SENDS A
PERSONAL MOUNTAIN
GUIDE FROM BERGEN WITH
LOCAL KNOWLEDGE OF
THE AREA**



- **ALLWAYS TO BE ADDED WHEN TOUR
DOES NOT TAKE PLACE AROUND BERGEN
NOK 4000,-**
- **GROUP PRICE 1-4 PAX NOK 9990,-**
- **GROUP PRICE 5-6 PAX NOK 1190,-**
- **GROUP PRICE 7-8 PAX NOK 14990,-**
- **ADDITIONAL PRICE FOR EACH
INDIVIDUAL GUEST AFTER 8 GUESTS
BOOKED - NOK 1800,-**
- **NOTE THAT ADDITIONAL COSTS ARE NOT
INCLUDING CAR RENTAL OF A CUSTOMIZED CAR
FOR THE GROUP. THIS VARIES ACCORDING TO THE
SEASON AS WE RENT FROM AVIS. SOME CLIENTS
ALSO HAVE THERE OWN TRANSPORT.**
- **WILDERNESS LUNCH - NOK 550 P.P**
- **FARM VISIT- NOK 550,- P.P.**
- **RENTAL OF RIB SAFARI, KAYAK ETC
NOK 2500,- P.P**



Please let us know if there are anything we can do to help you make your client holiday the best in a long time.



**ALL THE BEST -
NORWAY MOUNTAIN GUIDES
TEAM**
