

EUROPE

ADVENTURES * BY 

Norway | Bergen, Flåm, Geiranger, Oslo | 8 Days / 7 Nights

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Norway

8 Days / 7 Nights

Experience the beauty and majesty of Norway. Be awestruck by the breathtaking fjords, glacier lakes and snow-capped mountains that serve as glorious backdrops to storybook villages—and inspired the classic Disney movie *Frozen*! Go fishing, hiking and rafting as you journey across this spectacular country with its warm, welcoming culture on your *Adventures by Disney* Norway vacation.



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FLIGHT INFORMATION:

Arrive: Bergen Airport (BGO)

Return: Oslo Airport, Gardermoen (OSL)

AGES:

Minimum Age: 5

Suggested Age: 6+

MEALS:

7 Breakfasts

5 Lunches

5 Dinners

NORWAY VACATION HIGHLIGHTS**Bergen Exploration**

Discover the scenic mountain and fjord surroundings, as well as the colorful harbor area of Bryggen.

Voss River Rafting

Get wet and wild on this river rafting adventure through the beautiful mountains of Voss.

Flåm Culture Walk

Learn the history of this small town known for its fjords and world-famous Flåmsbanen railway.

Fjord Safari

Head into the fjord on a Rigid Inflatable Boat and check out the villages and learn about their unique cultures.

Kjenndalsbreen Glacier Bike Ride

Bike through the stunning scenery as you pedal your way to Kjenndalsbreen Glacier.

Storseterfossen Waterfall Hike

Hit the trail to this magnificent natural wonder that actually takes you behind the waterfall.

Undredal Stave Church

Visit this tiny stave church that's still in use today and dates back to the 12th century.

Borgund Stave ChurchVisit this iconic stave church in Laerdal that provided inspiration to the filmmakers of Disney's *Frozen*.**Loen Lake Trout Fishing**

Enjoy a peaceful morning net fishing for rainbow trout or rowing on the calm waters of Loen Lake.

Geirangerfjord Visit

Immerse yourself in the region's culture with a visit to the fjord center or explore the fjord by kayak.

Traditional Kjenndal Valley Meal

Dig into a delicious meal of fresh local fare at Kjenndalstova, a family-owned café.

Westeras Farm

Spend the morning on this pastoral farm and learn about the daily life of Norwegian farming culture.

Norwegian Folk Dancing

Experience Norwegian culture through a performance of authentic traditional folk dancing.

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**DAY 1: Norway****Meal(s) Included:**

Dinner

Accommodations

Radisson Blu Royal Hotel

Arrive at Bergen Airport (BGO)

Velkommen til Norge! Once you exit customs and the baggage claim area, an Adventures by Disney representative welcomes you and assists you with your luggage before you are driven to the Radisson Blu Royal Hotel in Bergen.

Check-In at the Radisson Blu Royal Hotel

As your Adventure Guides check you in, explore this modern hotel that sits in the heart of the historic Bryggen area, a UNESCO World Heritage Site that exemplifies Old-World charm.

Welcome Dinner at the Hotel

Join your fellow Adventurers for a delicious welcome dinner. Feel the excitement build as your Adventure Guides set the stage for the adventures that await you and your family—inspired by the Disney movie Frozen.

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DAY 2: Voss and Flåm

Meal(s) Included:

Breakfast, Lunch and Dinner

Accommodations

Fretheim Hotel

Breakfast at the Hotel

Fuel up with a tasty breakfast at the hotel before departing for a day of adventure in Voss, known as “the adventure capital of Norway.”

River Rafting in Voss

Experience true serenity as you and your family glide along one of the area's rivers that offer stunning vistas of the region's mountains.

Riverside Lunch

Enjoy a post-rafting lunch at the Voss Rafting Center's grass-roofed cabin. Satisfy your appetite and prepare for your ride to Flåm.

Check-In at the Fretheim Hotel

As your Adventures Guides check you in, explore this historic hotel with views of dramatic fjords. This graceful lodging with charming accommodations was once a local farm estate—and now is a newly renovated hotel, with vibrant colors inspired by the national costumes of Norway.

Private Barbecue Dinner at the Fretheim Hotel

Enjoy a mouth-watering meal at the grill of this welcoming hotel.

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Breakfast at the Hotel

Enjoy a filling breakfast before you begin your day.

Fjord Safari on a Rigid Inflatable Boat (RIB)

Embark on an aquatic odyssey that will take you and your family on both a boat adventure and a cultural exploration. Ride a Rigid Inflatable Boat (RIB) into the nooks and crannies of the fjord. Discover villages along the way where you can experience Norwegian culture and enjoy the tales of local storytellers. And be sure to keep an eye out for trolls!

Undredal Stave Church

Visit the smallest stave church in the world! Be hosted by a local expert who will tell you the history of this mid-12th-century, 40-seat church.

Lunch at a Local Café

Regale in tales of trolls and Norwegian legends from a local storyteller as you enjoy lunch at a quaint café. Also, get a lesson in cheese-making traditions and methods, followed by a tasting of some regional favorites!

DAY 3: Flåm

Meal(s) Included:

Breakfast and Lunch

Accommodations

Fretheim Hotel

Continuation of Fjord Safari on Rib Boat

Hop back on your RIB Boat and continue your journey along the scenic fjord amid stunning surroundings. Keep your eyes peeled...While sightings are rare, you may see a seal or a dolphin frolicking in the calm waters of the famed UNESCO World Heritage Site called Naeroyfjord. Your local expert will also point out an ancient Viking burial site.

Dinner on Your Own in Flåm

Have a pleasant meal abounding with local flavors. Discuss your day's adventures with family and newfound friends. Be sure to get some dining recommendations from your Adventure Guides.

Cultural Walk

If you would like to take an evening walk, meet behind the hotel and head out on foot for a delightful, nighttime walking tour of local Flåm culture.

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Breakfast at the Hotel

Enjoy breakfast at the hotel before departing for your next destination—the famed Borgund Stave Church.

Visit the Borgund Stave Church in Laerdal

Arrive in Laerdal and explore this remarkably well preserved stave church, built around 1180 A.D. Considered one of Norway's iconic structures, a stave church is a medieval wooden church built around 4 central upright logs with vertical planks for its walls. With beautifully carved portals and 4 carved dragon heads on the roof peaks, it's a sight to behold. The Borgund Stave Church may look familiar—it along with other stave churches provided architectural inspiration to the filmmakers of the classic Disney film *Frozen*.

DAY 4: Geiranger

Meal(s) Included:

Breakfast, Lunch and Dinner

Accommodations

Hotel Union

Lunch and Depart for Geiranger

En route to Geiranger, delight in a delectable Norwegian lunch at a local restaurant surrounded by the Sognefjord and glaciers. Enjoy gorgeous landscapes dotted with pastoral farmland as you travel to Geiranger, the location of some of the most spectacular scenery in the world. The Geirangerfjord area—a UNESCO World Heritage Site—is a popular destination and home to the majestic Seven Sisters Waterfall which overlooks Geirangerfjord.

Check-In at the Hotel Union

As your Adventure Guides check you in, explore this historic, family-run hotel on the hill above Geiranger that offers breathtaking views of the Geirangerfjord and superb amenities including indoor and outdoor swimming pools, Turkish baths*, gardens and more.

Adult Dinner at Hotel Restaurant

Savor a sampling of local flavors in the hotel's main dining room and share stories with fellow Adventurers while Junior Adventurers enjoy their own dinner and fun.

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Junior Adventurer Dinner in Museum Room

Junior Adventurers can dine in a private setting in the hotel's "car garage," a museum that showcases an impressive collection of car-related treasures and whimsical memorabilia. Afterward, they can enjoy a troll-making activity and karaoke sing-along!

*Please Note: Turkish baths require an additional cost.

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DAY 5: Geiranger

Meal(s) Included:

Breakfast and Lunch

Accommodations

Hotel Union

Breakfast at the Hotel

Get your day off to a good start with a delightful breakfast.

Visit to Westeras Farm

Take a refreshing hike up the hills and down into the dales around Westeras Farm.

Farm Activities

Experience some of the day-to-day rituals of life on this quaint farm. Listen to a Norwegian family's stories about the farming culture. And spend some quality time with the farm's animals, including goats and llamas!

Walk to Fjord Viewpoint for Magnificent Views

With a local farmer as your guide, walk from Westeras Farm to enjoy stunning views of Geirangerfjord, a UNESCO World Heritage Site.

Lunch at Westeras Farm

Satisfy your appetite with some wonderful home-style cooking that features local ingredients and flavors.

Hike to Storseterfossen Waterfall (Optional)*

Take to the trails again—this time on a hike from the farm up to the glorious Storseterfossen Waterfall for a magnificent view of this natural wonder.

Afternoon on Your Own in Geiranger

Choose how to spend your afternoon. Visit the Geiranger Fjord Center* to gain some insight about the people and culture of the Geiranger region. Or go kayaking**, enjoy the services at the hotel including a spa treatment** or simply curl up with a book by the pool and relax.

Dinner on Your Own in Geiranger

Dine on delicious traditional food at a cozy café or enjoy a more sophisticated dining experience at the hotel. Be sure to get a dining recommendation from your Adventure Guides.

*This activity is dependent on weather conditions.

**These activities are available at an additional cost.

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**DAY 6: Geiranger****Meal(s) Included:**

Breakfast, Lunch and Dinner

Accommodations

Hotel Union

Breakfast at the Hotel

Start your day with a delicious breakfast and then head for Lake Loen.

Net Fishing or Rowboating

Spend some relaxing time on Lake Loen either fishing for rainbow trout or just rowing across the serene, crystal-clear waters for a lazy morning with some of the most gorgeous vistas in the world.

Lunch at Kjenndalstova

Journey into the peaceful Kjenndal Valley and enjoy a meal of traditional Norwegian food at this family-owned café. Choose from a menu that includes local fare like fresh trout or a gourmet burger.

Bike Ride to Kjenndalsbreen

Take 45-minute bike ride to a nearby glacier, Kjenndalsbreen, along some of the most beautiful scenery in Kjenndalstova.

Barbecue Dinner in Private Cabin at Hotel Union

Sit down for a Norwegian-style barbecue dinner in the hotel's grass-roofed, traditional cabin. Adventurers can watch as the chefs prepare their delicious, mouth-watering meal.

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**DAY 7: Oslo****Meal(s) Included:**

Breakfast and Dinner

Accommodations

Hotel Continental Oslo

Breakfast at the Hotel

Enjoy a delicious breakfast at the hotel before you catch the train to Oslo.

Geiranger to Otta Via Motor Coach, Then Otta to Oslo Via Train

Travel by motor coach from Geiranger to Otta and board the train that will take you to the vibrant and sophisticated Norwegian capital of Oslo. Enjoy lunch on your own aboard the train while traveling through the scenic Norwegian countryside.

Farewell Dinner and Folk Dancing at Hotel Continental Oslo

Celebrate the culmination of an amazing family adventure with new friends and fellow Adventurers at this farewell dinner in a private room at the Hotel Continental Oslo. Delight in entertainment by authentic folk dancers—and discover some of this nation's rich culture and history.

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**DAY 8: Oslo****Meal(s) Included:**

Breakfast

Accommodations

None

Breakfast at the Hotel

Wake up to a hearty breakfast at the hotel and get ready for your flight home.

Transfer to the Oslo Airport Gardermoen (OSL)

Get assistance with your luggage and enjoy pre-arranged transportation to the airport. Then it's time to say "farvel!" to Norway—until you return again!

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NORWAY FAMILY VACATION TIPS

PREPARING FOR YOUR ADVENTURE

Required Travel Documentation

U.S. Guests 18 and over are required to present valid and unexpired government-issued photo identification (i.e., driver's license, passport). In addition, Guests 17 years of age or younger may be required to show additional documentation when traveling with a single parent. If you are not a U.S. citizen, please check with the U.S. Department of State for information on documentation requirements.

What to Pack

Please limit your baggage to one piece of luggage per person plus one carry-on. With frequent security changes, we recommend that you check with your air carrier as well as the Transportation Security Administration (TSA) for current restrictions.

Since a majority of your adventure will take place outdoors, attire for your adventure should be casual and comfortable. However, you may wish to don business casual attire for dinner. The following is a list of clothing and other items you may want to bring:

Clothing

- T-shirts (short and long-sleeved)
- Collared shirts
- Jeans or long pants
- Dress/skirt (optional)
- Shorts
- Lightweight or fleece jacket
- Hat
- Swimsuits
- Sturdy, closed toe walking shoes
- Sandals
- Waterproof hiking boots (optional)
- Rain jacket

Miscellaneous

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- Passport
- Medication
- Camera/video camera
- Sunglasses
- Sunscreen
- Umbrella
- Toiletries
- Insect repellent

Weather

Visit weather.com for the most up to date weather information for your vacation dates and destinations.

Recommended Reading

Discover more about this destination. Longitude Books offers great books and maps to help you get the most out of your travel. They offer a selection of reading recommendations, prepared especially to enhance your *Adventures by Disney* vacation.

The *Adventures by Disney* Vacation Protection Plan

Protect your vacation investment with coverage for trip cancellation and interruption, reimbursement for trip delays, medical protection, baggage protection and 24-hour assistance. This inclusive Travel Insurance offered by *Adventures by Disney* is underwritten by Arch Insurance Company—and is as easy as a phone call to learn more about and then purchase.

Get details about the *Adventures by Disney* Vacation Protection Plan.

EN ROUTE

Arrival/Departure Information

Upon arrival at Bergen, Flesland Airport (BGO): proceed to baggage claim and retrieve your luggage. Exit the Baggage Claim area and into the main terminal.

As soon as you arrive in the public area of the terminal, look for a representative holding an orange *Adventures by Disney* sign. This representative is

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available to assist you with your luggage and will escort you to your ground transportation to your hotel.

At the conclusion of your adventure, you will be transported to the Oslo Airport Gardermoen (OSL) for your return flight home.

	Day	Airport Code	Arrival/Departure Time
Arrival	1	BGO	No later than 3:00 PM
Departure	8	OSL	Preferably after 10:00 AM

DURING YOUR ADVENTURE

Currency

The unit of currency in Norway is the Norwegian Krone (Kr). U.S. dollars are not accepted at hotels, shops or restaurants, but ATM machines are available in some places along your adventure to obtain cash in the local currency. Most hotels and restaurants accept major credit cards. For cash, carry mostly Kr200, and Kr500, and make sure they are in good condition. Your Adventure Guides can help you with any currency issues or language barriers you may have.

Gratuities

Adventure Guide Gratuities

Adventures by Disney has pre-paid certain tips and gratuities for you such as tips for porters, housekeepers, drivers, activity providers, local experts, and dining room staff for included meals.

Gratuities for your Adventures Guides are not included. If you feel that your Adventure Guides have provided excellent service, we suggest the following discretionary gratuity:

Per Guest/Per Adventure guide/Per Day: \$8 - \$11 USD.

For example, on an 8-day adventure:

- A Guest would tip each Adventure Guide \$64 - \$88 USD.
- A family of 4 would tip \$256 - \$352 for one Adventure Guide. For 2 Adventure Guides, that would be a total of \$512 - \$704 USD.

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Adventure Guides accept cash or travelers' checks. You can ask your Adventure Guide if they accept PayPal.

All Other Gratuities

Gratuities have been taken care of on your behalf for all services included in the itinerary. There is no need for you to worry about tipping the bellmen, housekeepers, waiters, drivers and local experts.

Transportation

Adventures by Disney has arranged for all of your accommodation and transportation needs during your stay in Norway as specified in your trip itinerary. If you choose to visit other sites on your own, hire a driver and car through the hotel. Please ask your Adventure Guide for any assistance regarding any transportation arrangements you may need.

Language

The primary language of Norway is Norwegian, although most people in Norway speak English.

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The following is a list of words and phrases you may want to use during your trip to Norway:

English	Norwegian
Hello/Good Morning	Hei/God Morgen
Goodbye	Ha det bra
Good evening	God Kveld
Goodnight	God Natt
Yes	Ja
No	Nei
Adventure	Eventyr
Thank you very much	Tusen takk
Thank you	Takk

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FREQUENTLY ASKED QUESTIONS

How do I book my *Adventures by Disney* vacation?

To book your vacation, please call our Reservation Center at (800) 543-0865† and speak with a *Vacationista* or contact your Travel Agent.

If you are outside the U.S., please call (866) 983-7872† and speak with a *Vacationista* or contact your Travel Agent.

Do I need vaccinations to travel to this country?

If you are a U.S. citizen, you do not need vaccinations to travel to Norway. If you are not a U.S. citizen, please check your local requirements on vaccinations for travel to this country.

What airport do I fly into and out of?

ARRIVAL: We will pick you up at Bergen, Flesland Airport (BGO) in Bergen. Your flight should arrive no later than 3:00 PM.

DEPARTURE: At the end of the adventure, we transfer you to Oslo Airport Gardermoen (OSL) in Oslo for your return flight home. Your flight can depart at any time but preferably after 10:00 AM.

Are transfers included if I arrive or depart from different locations or at different times from the itinerary?

No. Transfers are only included from the specified arrival/departure airports and hotels. For Norway, transfers are included from the Bergen Airport, Flesland (BGO) to the Radisson Blu Royal Hotel, Bergen on your arrival day. On your departure day, transfers are included from the Hotel Continental Oslo to the Oslo Airport Gardermoen (OSL).

Can I extend my vacation beyond the *Adventures by Disney* itinerary?

Yes, we encourage you to extend your stay in Norway before or after our itinerary. Extended stays are available at special rates if booked through Adventures by Disney Travel Services, Inc. in conjunction with a land package and cannot be combined with any other offer. Please contact a *Vacationista* at (800) 543-0865† for further information.

How will our group travel between destinations?

On this adventure, your group will travel by motor coach, ferry and train.

How strenuous are the activities?

The activity level for this journey is moderate with some periods of long walking and prolonged standing. However, when there is hot weather or rain, particularly in the summer, any activity can seem more strenuous. This is an active journey that includes walking on uneven surfaces, up and down

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trails of packed stone and dirt. Activities include hiking, row boating, walking, exploring and rafting. While nearly all of the trip's featured activities are gentle if enjoyed separately, the full range of activities requires a moderate amount of stamina in order to get the most out of your vacation.

What ages are appropriate for this adventure?

While we welcome children ages 5 and up at the time of travel to discover the stories of the world with us, we recommend that children be at least 6 years old at the time of travel on our trip. This is based on several factors, such as flight time and jet lag, time zone differences in the destination, duration of the vacation, extended hours of daily activity programming, number of internal transports between experiences, age requirement for certain activities, potential for extreme temperatures, and amount of physical activity (e.g., walking on uneven surfaces, rafting, and hiking). Because each child is different, call a *Vacationista* at (800) 543-0865† to discuss whether this is the right trip for your kids.

Is alcohol included with meals?

Alcoholic beverages are typically not included with your scheduled meals. However, you may purchase them at your own expense.

Can you accommodate special dietary needs?

Adventures by Disney will make a reasonable effort to accommodate some special dietary needs at no additional charge. Unfortunately, we may not be able to accommodate all special dietary needs requested. Please contact a *Vacationista* at (800) 543-0865† in advance of your departure to advise us of your needs.

Is this itinerary appropriate for travelers with special needs?

Please note that this vacation includes activities that present certain challenges to Guests with special needs. It is strongly recommended that persons requiring assistance be accompanied by a companion who is capable of and totally responsible for providing assistance. Neither *Adventures by Disney* nor its suppliers may physically lift or assist Guests onto transportation vehicles. Contact a *Vacationista* at (800) 543-0865† to discuss your needs.

What types of meals are served on this *Adventures by Disney* Trip?

Typically, breakfast is served buffet style. Some lunches and dinners are also served buffet style, while others offer a limited-choice menu. Dinners and lunches are balanced meals, usually including fish, meat and pasta or rice entrées; soup and vegetables; and desserts and fruit, along with a chance to try Norwegian specialties. While the menus have been planned to give you a taste of typical Norwegian cuisine, they are often complemented with limited American fare. Given the nature of group travel, we regret that *la carte* menu choices are not always available. Children-friendly choices are available at all meals. Menu items are subject to change due to the availability and seasonality of foods. If you have any questions or concerns about dining at any time during your vacation, your Adventure Guides will be happy to assist you.

What if *Adventures by Disney* cancels the adventure prior to departure?

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Adventures by Disney reserves the right to cancel a trip at any time prior to its commencement for any reason, such as if there are too few Guests, or if the quality of the trip or the safety of the Guests would, in our opinion, be compromised, such as may result from unforeseen circumstances (acts of God) or other circumstances beyond our reasonable control. If we cancel your trip prior to its commencement because there are too few Guests: (i) we will attempt to re-book you on another departure of the same itinerary, subject to availability, and we will bear any reasonable airline re-booking charges; however, if we are unable to rebook you, we will issue a full refund of your land package price and Vacation Protection Plan (unless you have filed a claim); and (ii) if you booked airfare through us, we will issue a full refund of your airfare; and (iii) if you did not book airfare through us, we will reimburse you for your reasonable out-of-pocket (subject to proof) airline cancellation charges or, in the case of bookings using frequent flier miles, a reasonable cancellation service fee, provided you have exercised best efforts to mitigate such charges/fees; and (iv) the aforesaid payments and/or rebooking by us shall constitute a full settlement.

70 Day Guarantee Terms & Conditions: *Adventures by Disney* Travel Services, Inc. will not cancel any regularly scheduled departure less than 70 calendar days prior to its scheduled start date, except if cancellation of same is due to: (1) non-payment by the Guest; or (2) factors beyond our reasonable control, such as, but not limited to: industry-wide strikes, civil unrest, embargos, fires, explosions, floods, earthquakes, typhoons or similar severe storm, wars (whether or not declared), or acts or threats of terrorism or a direct response to same; in which case the provisions of our standard Terms and Conditions shall apply. 70 Day Guarantee does not apply to any *Adventures by Disney* packages offered in conjunction with any Disney Cruise Line® cruise.

Is travel insurance available?

Yes, you can protect your vacation investment by adding the *Adventures by Disney* Vacation Protection Plan to your reservation.

Get details about the *Adventures by Disney* Vacation Protection Plan.

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