



Norway: Multi-Adventures and Natural Wonders

DURATION | 9 Days

TRIP LEVEL | High Energy

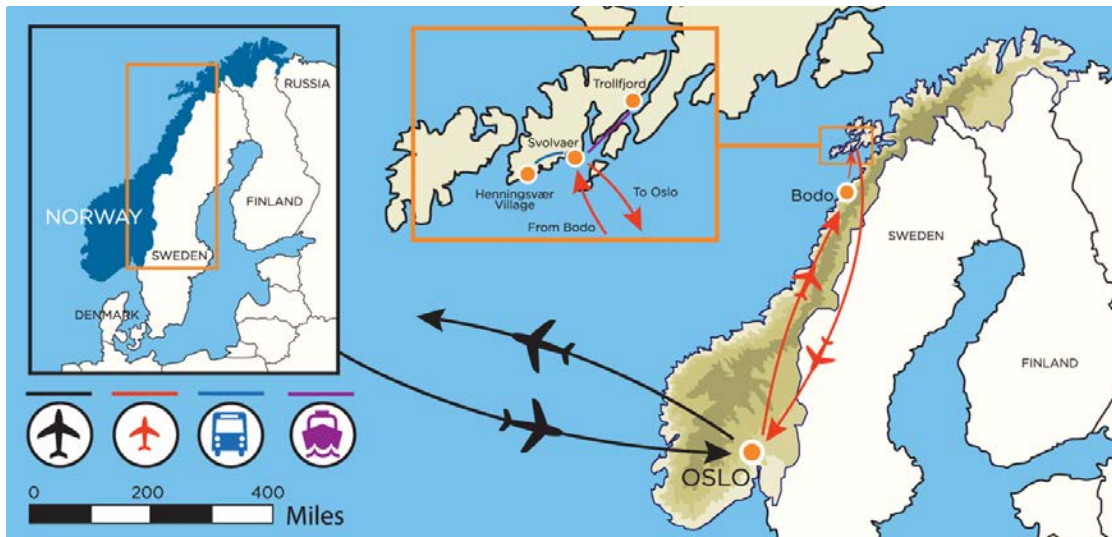
Trip Overview

Embark on an unforgettable journey with AdventureWomen in Norway! Start with exploring Oslo's rich history, strolling through Vigeland Park, and soaking in the charm of the city's vibrant streets. Transition to Bodø's dramatic landscapes, where the Rampentrappa trail offers stunning views, and thrilling sea safaris immerse you in Arctic beauty. Dive into Viking traditions with archery, storytelling, and cultural feasts. Continue the adventure with an e-bike ascent to breathtaking vistas, followed by spa relaxation. In the Lofoten Islands, kayak crystal-clear waters, visit quaint fishing villages, and snorkel amidst marine life. Every experience, from cityscapes to Arctic wonders, seamlessly blends exploration with meaningful connections.

Trip Highlights

- Discover Vigeland Park, Oslo Opera House, and vibrant city streets on a guided tour showcasing history, art, and local charm.
- Experience sea eagle safaris, Rampentrappa scenic trail, and Viking-inspired cultural activities, blending natural beauty with thrilling exploration.
- Kayak crystal-clear waters, snorkel among marine life, and explore charming fishing villages amidst the stunning landscapes of the Lofoten Islands.

Map View



Arrival: Arrive in Oslo, Norway (OSL) on Day 1 by 3:00 PM.

Departure: Depart from Oslo, Norway (OSL) on Day 9 after 5:00 PM.

adventurewomen

www.adventurewomen.com | info@adventurewomen.com | 1.800.804.8686

Trip Itinerary



Day 1

Welcome to Norway

Arrive at Oslo Airport (OSL) by 3 PM where you'll be greeted by an English-speaking representative who will assist with your luggage and escort you to your private transfer. Relax as you are taken directly to your hotel in Oslo. Enjoy a 3-course welcome dinner at your hotel or a nearby restaurant within walking distance. Connect with your fellow travelers, share stories and discover the unique reasons each woman in your group is excited to explore Norway.

Meals: dinner | Overnight: Clarion The Hub



Clarion The Hub

Clarion Hotel The Hub is ideally situated in Oslo, just steps away from the Central Station, making it one of the city's premier locations. Opened in 2019, the hotel features 810 contemporary rooms, 22 versatile meeting spaces, and three vibrant dining options. This hotel is perfect for those wanting to immerse themselves in the heart of Oslo's bustling scene. With its modern amenities and proximity to major attractions, Clarion Hotel The Hub promises an unforgettable experience for every guest.

Amenities: complimentary toiletries, hair dryer, minibar, coffee / tea maker, safe, flatscreen TV, Wi-Fi



Trip Itinerary



Day 2

Oslo City Tour

Begin the day with a guided tour through Oslo's vibrant city center, discovering its rich history, unique curiosities, and local tips, where you'll witness Oslo Opera and Ballet, Central Station and Karl Johan Avenue and more! Continue your tour with a visit to Vigeland Park, the world's largest sculpture park created by a single artist, showcasing the incredible works of Gustav Vigeland. Enjoy dinner at a charming local restaurant before taking in the sights and sounds of Oslo as you stroll through the city or unwind back at your hotel.

Meals: breakfast, lunch | Overnight: Clarion The Hub



Trip Itinerary



Day 3

Exploring Rampentrappa

After breakfast, you'll have an assisted private transfer from your hotel to Oslo Airport, where your flight to Bodø is planned around noon. Upon arrival, you'll be transferred by guide from the airport to your hotel. Enjoy lunch on your own before spending the afternoon exploring Rampentrappa, a well-maintained scenic trail that offers an accessible way to experience Bodø's stunning landscapes, leading from the via ferrata to a safe route back down the mountain. End the day with a relaxed evening at a tapas bar.

Meals: breakfast, dinner | Overnight: Wood Hotel



Wood Hotel

Nestled in the heart of Northern Norway, Wood Hotel Bodø blends modern comfort with the beauty of the natural world. Crafted primarily from wood, the hotel offers stunning panoramic views of the city, majestic mountains, and the sea. Designed for nature enthusiasts, it provides a seamless connection to the outdoors while delivering exceptional culinary experiences that celebrate local flavors.

Amenities: complimentary toiletries, bathrobes, Wi-Fi, air conditioning



Trip Itinerary



Day 4

Arctic Safari and Vikings

Start your day with an exhilarating journey to Saltstraumen, the world's strongest tidal current, and enjoy a thrilling sea eagle safari and sea rafting, with all gear included. Then, experience a unique cultural experience in the heart of Saltstraumen, Bodø's top nature attraction. Witness a historic area with human settlements dating back over 10,000 years, bringing local culture to life with food and storytelling around an open fire. Enjoy a 3-course lunch with a Viking-inspired experience, including archery with longbows, cooking demonstrations, and live music. Discover Bodø's dining options or relax at your leisure with dinner on your own.

Meals: breakfast, lunch | Overnight: Wood Hotel



Trip Itinerary



Day 5

E-Bike and Spa Day

Spend today on an e-bike journey as you set out from Bodø's city center toward Maskinisten, where you'll begin your ascent. This e-bike journey will take you up 1,200 feet to the top of Keiservarden, where you'll enjoy breathtaking, 360-degree views stretching from Sweden to the Lofoten. Afterwards, enjoy lunch on your own before relaxing and unwinding with an indulgent experience at the hotel's wellness center. Access to the heated outdoor pool, fitness room, and sauna, with panoramic views over Bodø. Enjoy a 3-course dinner at the hotel to finish your day.

Meals: breakfast, dinner | Overnight: Wood Hotel



Trip Itinerary



Day 6

Kayaking in Lofoten

Begin the day with a private transfer from your hotel to Bodø Airport for your flight to Svolvær, where upon arrival in Svolvær, you'll be privately transferred to your hotel. Enjoy lunch at a local restaurant before embarking on a two-hour kayaking experience, with all needed gear included. Your local guide will adjust your equipment, provide instructions, and share insights into Lofoten's history and culture as you discover sandy beaches, crystal-clear water, local wildlife, and scenic views. Take some free time to explore Svolvær or dine at your leisure tonight.

Meals: breakfast, lunch | Overnight: Thon Hotel Svolvaer



Thon Hotel Svolvaer

Thon Hotel Lofoten is a state-of-the-art hotel located in the heart of Lofoten, right on the waterfront of Svolvær's harbor. Just a short walk from the Hurtigruten terminal and various local attractions, this hotel offers stunning views of the Lofoten Sea and the majestic mountains that surround the city.

Amenities: complimentary toiletries, minibar, coffee / tea maker, safe, flatscreen TV, Wi-Fi



Trip Itinerary



Day 7

Journey Through Lofoten

Today, journey through the stunning landscapes of the Lofoten islands as your host provides local insight into the region's unique fishing culture, history, and way of life. Stop at Kabelvåg, a historic fishing village, and Lyngvær, a photo-worthy stop with sweeping views of the islands. Walk along the Hov Beach and soak in the horizon before arriving at the charming islands of Henningsvær, where you'll have a guided village walk to learn about this unique fishing community. Take your time visiting local handcraft shops, art galleries, or cozy cafés at your leisure with lunch and dinner on your own today.

Meals: breakfast | Overnight: Thon Hotel Svolvær



Trip Itinerary



Day 8

Snorkeling and Boat Journey in Lofoten

Discover the marine life around Lofoten with a snorkeling experience in waters home to grey seals, colorful fish, starfish, sea urchins, and more, with all snorkeling equipment and an English-speaking guide included. Explore local dining options on your own before boarding a boat for a serene journey to Trollfjord, known for its dramatic cliffs and towering peaks where you may spot white-tailed eagles and other wildlife in comfort. Afterwards, savor a 3-course farewell dinner at a rooftop restaurant where you can relive the unforgettable moments from your journey and toast to the incredible experiences shared in this remarkable country.

Meals: breakfast, dinner | Overnight: Thon Hotel Svolvær



Trip Itinerary



Day 9

Farewell to Norway!

A private transfer will take you from your hotel to Svolvær Airport for your departure flight, scheduled at around 1:30 PM. Your flight from Svolvær to Oslo is approximately 1 hour and 45 minutes. Baggage Allowance: 1 carry-on bag up to 8 kg (17 pounds), 1 checked bag up to 23 kg (50 pounds) per person Upon arrival at Oslo Airport (OSL), you can connect to your international flight. Ensure that you schedule a flight with a departure time after 5 PM to allow ample time for travel and airport procedures.



What's Included

What's Included

- Accommodations as per itinerary based on double occupancy
- All meals as listed in the itinerary
- Domestic airfare
- Private airport transfers on arrival and departure days
- English-speaking guide(s) throughout the trip
- Drinking water to refill personal bottles
- All gratuities except for the main guide

Not Included

- International airfare
- Meals not specified in the itinerary
- Fees for passport, visas, immunizations, or travel insurance
- Cost of hospitalization or evacuation
- Items of a personal nature
- Optional activities
- Gratuities for the main guide

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

