adventure women

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Norway: Multi-Adventures and Natural Wonders

DURATION | 9 Days

TRIP LEVEL | Level 3

Trip Overview

Embark on an unforgettable journey with AdventureWomen in Norway! This popuar trip takes you from Oslo's city sights and Vigeland Park to the Lofoten Islands and Bodø, with active adventures every step of the way. Kayak in the Arctic Ocean, hike past white-sand beaches, and snorkel with grey seals before cruising to Trollfjord on a quiet hybrid-electric boat. In Bodø, ride a RIB through Saltstraumen, the world's strongest tidal current, try Viking-style archery, and e-bike to the top of Keiservarden for 360-degree mountain views. Then relax in a private sauna. Along the way, you'll share meals, laughs and new experiences with your fellow AdventureWomen travelers.

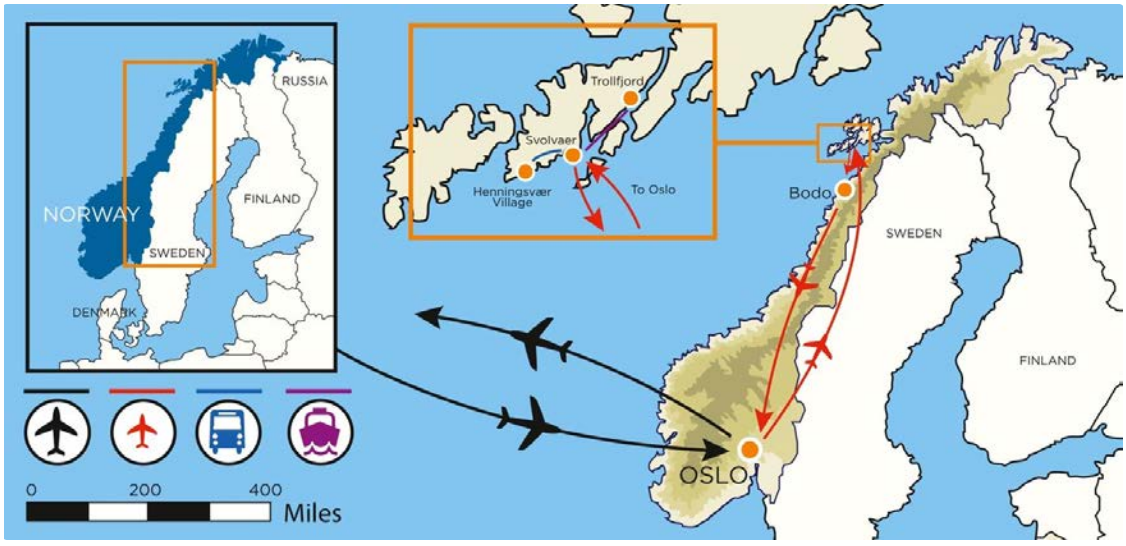
Trip Highlights

• 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



Arrive: Oslo Airport (OSL), Norway, on Day 1 by 3:00 PM. A local representative meets you and takes you by private transfer to Clarion The Hub in Oslo.

Departure: Oslo Airport (OSL). Book your international flight after 5:00 PM.

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

Kayaking Adventure

Trade city streets for Arctic splendor as you fly north to Svolvær, gateway to the Lofoten Islands. After lunch at a local restaurant, slip into a tandem kayak and glide across crystal-clear Arctic waters, tracing sandy beaches and dramatic shoreline. Your expert guide will get you comfortably outfitted, share stories of Lofoten's history and culture, and point out local wildlife along the way.This excursion is perfect for both beginners and experienced kayakers. Later, wander Svolvær's harbor at your own pace and dine at yuor leisure.

Meals: breakfast, lunch | Overnight: Thon Hotel Svolvaer



Thon Hotel Svolvaer

Thon Hotel 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 4

Journey through Lotofen

Today Lofoten reveals its wild beauty. Start with a stop at the “Shower Cabinet,” a striking glass artwork whose reflections shift with the surrounding mountains and the day’s weather. Next, soak up the beauty of Haukland Beach before setting off on a hike along the old road, where dramatic peaks rise above white-sand beaches and the clear waters of the Norwegian Sea. Refuel with lunch at a local spot in Haukland, then arrive back to Svolvær by late afternoon with time to explore or dine at a restaurant of your choice.

Meals: breakfast | Overnight: Thon Hotel Svolvaer

Trip Itinerary



Day 5

Snorkeling and Boat Jorney in Lofoten

Dive into Lofoten’s underwater world on a guided snorkel through waters with more than 20 meters of visibility and home to grey seals, colorful fish, starfish and sea urchins. Later, board a hybrid-electric boat bound for Trollfjord, framed by sheer cliffs and towering peaks and reachable only by boat or a six-mile mountain hike. Keep your eyes on the sky for white-tailed eagles, and wave to the Fisherman’s Wife statue, who has welcomed Lofoten’s fishermen home for generations. Toast a spectacular day with a three-course dinner near your hotel.

Meals: breakfast, dinner | Overnight: Thon Hotel Svolvaer

Trip Itinerary



Day 6

Fly to Bodø and Ramtreppa

Bid farewell to Lofoten with a short flight to Bodø, a vibrant coastal town in Northern Norway. After settling into your hotel and grabbing lunch on your own, lace up for an afternoon on Rampentrappa, a beautifully crafted sherpa-built stairway leading up the mountainside to the start of the via ferrata. Its smooth, well-maintained path makes it a welcoming climb for beginners and seasoned hikers alike, with sweeping views of Bodø's landscape all around. End the day with a relaxed three-course dinner and your first evening in town.

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 7

Tides, Eagles and Viking Spirit

Feel the rush at Saltstraumen, home to the world's strongest tidal current. You'll skim across the water by RIB or Zodiac on a thrilling sea eagle safari. Afterward, step back in time at a cultural site just above the Arctic Circle, where people have lived for more than 10,000 years. Gather around an open fire for local food and storytelling, a three-course lunch and a welcome drink, then channel your inner Viking with longbow archery, a cooking demonstration and the rhythm of traditional rawhide drums. Afterward, transfer back to the hotel to relax and enjoy dinner on your own.

Meals: breakfast, lunch | Overnight: Wood Hotel

Trip Itinerary



Day 8

E-Bike and Spa Day

Hop on an e-bike and pedal from Bodø's city center 1,200 feet up to the summit of Keiservarden, also known as Veten. A little effort, plus a welcome electric boost, rewards you with breathtaking 360-degree views stretching from Sweden to the Lofoten Islands. Coast back down at your own pace, or take the optional off-road trail for an extra thrill. After lunch on your own, unwind in a private city-center sauna, alternating between toasty heat and the bracing Norwegian Sea. Tonight, toast new friends at a three-course farewell dinner.

Meals: breakfast, dinner | Overnight: Wood Hotel

Trip Itinerary



Day 9

Farewell to Norway!

After breakfast, a private transfer takes you to Bodø Airport for the short flight back to Oslo, where you'll connect to your international flight home (please book a departure after 5 PM to allow time for airport procedures). You'll carry more than photos from this remarkable: memories of Arctic paddles and mountaintop views, salty sea air and Viking firelight, and most importantly, friendships with fellow AdventureWomen travelers.

What's Included

What's Included

• Accommodation as listed, 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 passports, visas, immunizations
• Travel Insurance: cost of medical expenses, hospitalization, 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.