

# Costa Diadema

## Denmark, Norway, Germany

### 7 September, Copenhagen

#### ITINERARY



DATE	PORT	ARRIVAL	DEPARTURE
07/09	Copenhagen	-	1800
07/09	56.9 N, 12.1 E - Baltic Sea	2300	2359
08/09	Norwegian sea	2300	2359
09/09	Hellesylt	0830	0930
09/09	Geiranger fjord	1000	1100
09/09	Geiranger	1130	1830
10/09	Bergen	0900	1900
11/09	Stavanger	0800	1800
12/09	...CRUISING...	-	-
13/09	Kiel	0800	1930
14/09	Copenhagen	1000	-

The sales prices indicated here are valid for 30 days from the date mentioned on the document (indicated on the lower right).

#### AVAILABLE EXCURSIONS

##### Hellesylt - 09/09/2024

**00FN** BRIKSDAL GLACIER WALK, Adult price EUR 169.00 - Child price EUR 118.30

**02EM** OVERLAND: MT STRANDA AND TROLLSTIGEN (ends in Geiranger), Adult price EUR 179.00 - Child price EUR 125.30

**2391** EXCURSION FROM HELLESYLT TO GEIRANGER WITH BREATH TAKING VIEWS, Adult price EUR 185.00 - Child price EUR 125.30

**2393** HIKING ACROSS THE FLO MOUNTAIN, Adult price EUR 179.00 - Child price EUR 125.30

##### Geiranger - 09/09/2024

**001Y** FROM MOUNTAINTOP TO FJORD BY BIKE, Adult price EUR 195.00 - Child price EUR 136.50

**014P** HIKING IN THE MOUNTAINS, Adult price EUR 79.00 - Child price EUR 55.30

**02OE** HOP-ON/HOP-OFF GEIRANGER, Adult price EUR 39.00 - Child price EUR 27.30

**030R** HELICOPTER TOUR OF GEIRANGERFJORD, Adult price EUR 499.00 - Child price EUR 499.00

**2360** HIGH END KAYAKING, Adult price EUR 129.00 - Child price EUR 90.30

**2361** HIGH ALTITUDE VIEWS OVER THE FJORD, Adult price EUR 99.00 - Child price EUR 69.30

**2363** AMONG THE FARMERS OF THE HERDAL VALLEY, Adult price EUR 125.00 - Child price EUR 87.50

**236A** RAFT TOUR OF THE GEIRANGER FJORD, Adult price EUR 125.00 - Child price EUR 87.50

##### Bergen - 10/09/2024

**2311** PANORAMIC TOUR OF BERGEN, Adult price EUR 59.00 - Child price EUR 41.30

**2312** BERGEN ON YOUR OWN, Adult price EUR 55.00 - Child price EUR 38.50

**2313** PANORAMIC TOUR OF HARDANGERFJORD, Adult price EUR 205.00 - Child price EUR 143.50

**2314** DISCOVER THE ØYGARDEN ISLANDS BY KAYAK, Adult price EUR 165.00 - Child price EUR 115.50

**2315** A DAY AMONG THE FISHER FOLK OF BERGEN, Adult price EUR 189.00 - Child price EUR 132.30

**2892** SIGHTSEEING TOUR OF BERGEN AND SCENIC FUNICULAR RIDE, Adult price EUR 95.00 - Child price EUR 66.50

**2895** FUNICULAR RIDE AND HIKING ON MOUNT FLØIEN, Adult price EUR 75.00 - Child price EUR 52.50

**039G** NORDIC WALKING IN BERGEN, Adult price EUR 65.00 - Child price EUR 45.50

**039H** BERGEN BY BIKE, Adult price EUR 120.00 - Child price EUR 84.00

**039I** DISCOVER BERGEN ON SMALL ELECTRIC BUSES, Adult price EUR 69.00 - Child price EUR 48.30

**03YI** BERGEN BY SEGWAY: A WHOLE NEW PERSPECTIVE, Adult price EUR 125.00 – Child price EUR 125.00  
**03YJ** IN BERGEN: STREETS, STALLS AND ICY TOASTS, Adult price EUR 69.00 – Child price EUR 48.30  
**04B4** TAKE A SEAPLANE OVER THE FJORDS OF BERGEN, Adult price EUR 315.00 – Child price EUR 315.00  
**02SR** ØYGARDEN: ON THE NORTHERN SALMON ROUTE, Adult price EUR 125.00 – Child price EUR 87.50  
**01F3** A TRAIN RIDE ALONG THE MOST SPECTACULAR TRACKS IN NORWAY, Adult price EUR 219.00 – Child price EUR 153.30

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#### **Stavanger – 11/09/2024**

**02FE** UNIQUE PERSPECTIVES FROM THE WATERS OF THE LYSEFJORD, Adult price EUR 169.00 – Child price EUR 169.00  
**04F2** BOAT TRIP ON LYSEFJORD, Adult price EUR 125.00 – Child price EUR 87.50  
**03Q8** LYSEFJORD: NATURAL MARVELS OF LAND AND WATER, Adult price EUR 179.00 – Child price EUR 125.30  
**03WT** TREKKING AMONG MYTHICAL WOODS AND WATERFALLS, Adult price EUR 65.00 – Child price EUR 45.50  
**03WU** THE MUSEUMS OF THE SEA IN STAVANGER: STORIES AND FLAVORS, Adult price EUR 85.00 – Child price EUR 59.50  
**03WV** EXPLORE THE SOUL OF THE FJORD WITH AN EXPERT IN NORDIC WALKING, Adult price EUR 75.00 – Child price EUR 59.50  
**2490** ADVENTURE ON THE PREIKESTOLEN, THE 'PULPIT' ROCK HIGH ABOVE THE FJORDS, Adult price EUR 165.00 – Child price EUR 110.00  
**2491** TOUR OF STAVANGER AND SURROUNDINGS, Adult price EUR 89.00 – Child price EUR 62.30  
**2493** BOAT TRIP ON LYSEFJORD, Adult price EUR 125.00 – Child price EUR 87.50  
**2494** STAVANGER: NATURE, HISTORY AND FLAVOURS, Adult price EUR 110.00 – Child price EUR 77.00  
**2497** WALKING TOUR OF STAVANGER, Adult price EUR 55.00 – Child price EUR 38.50  
**2644** HELICOPTER ADVENTURE OVER THE LYSEFJORD, Adult price EUR 390.00 – Child price EUR 390.00

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#### **Kiel – 13/09/2024**

**2850** PANORAMIC TOUR OF KIEL AND HISTORIC LANDMARK IN LABOE (ending at the airport), Adult price EUR 65.00 – Child price EUR 45.50  
**2856** PANORAMIC TOUR OF HAMBURG (ending at the airport), Adult price EUR 65.00 – Child price EUR 45.50  
**03Z9** Hop on hop off Kiel, Adult price EUR 20.00 – Child price EUR 10.00  
**01J7** KIEL: A STROLL WITH THE FLAVORS OF THE SEA, Adult price EUR 59.00 – Child price EUR 41.30  
**0120** LUBECK, THE BALTIC JEWEL, Adult price EUR 85.00 – Child price EUR 59.50  
**012P** DISCOVERING HAMBURG, Adult price EUR 85.00 – Child price EUR 59.50

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#### **Copenhagen – 14/09/2024**

**01GH** THE LESSER KNOWN CORNERS OF COPENHAGEN: ON FOOT AND BY BOAT, Adult price EUR 49.00 – Child price EUR 34.30  
**01GI** THE BEST OF COPENHAGEN, Adult price EUR 145.00 – Child price EUR 101.50  
**02SD** BEAUTIFUL COPENHAGEN AND THE PICTURESQUE TOWN OF DRAGØR (ends at the airport), Adult price EUR 60.00 – Child price EUR 41.30  
**00ET** EXPERIENCE THE REAL COPENHAGEN BY BIKE, Adult price EUR 95.00 – Child price EUR 66.50  
**00F6** RED BUS Hop on hop off COPENHAGEN, Adult price EUR 30.00 – Child price EUR 15.00  
**03P8** COPENHAGEN: FEET ON THE GROUND, EYES ON THE WATER, Adult price EUR 49.00 – Child price EUR 34.30  
**038K** TOUR OF TWO KINGDOMS – DENMARK AND SWEDEN, Adult price EUR 109.00 – Child price EUR 76.30  
**038L** COPENHAGEN AND THE CHARMING CITY OF HELSINGØR, Adult price EUR 85.00 – Child price EUR 59.50  
**038N** COPENHAGEN, THE VIKINGS AND ROSKILDE CATHEDRAL, Adult price EUR 109.00 – Child price EUR 76.30  
**038O** HELSINGØR AND HAMLET'S CASTLE, Adult price EUR 105.00 – Child price EUR 73.50  
**2701** COPENHAGEN: THE LITTLE MERMAID AND THE ROYAL PALACES (ends at the airport), Adult price EUR 65.00 – Child price EUR 45.50  
**2704** COPENHAGEN EXPRESS: ALL THE KEY SIGHTS (ends at the airport), Adult price EUR 55.00 – Child price EUR 38.50  
**2706** COPENHAGEN: THE LITTLE MERMAID AND THE ROYAL PALACES, Adult price EUR 65.00 – Child price EUR 45.50  
**2707** SPECIAL SOUVENIRS FROM COPENHAGEN, Adult price EUR 49.00 – Child price EUR 34.30  
**2708** COPENHAGEN: EXPLORING THE CANALS OF COPENHAGEN BY BOAT, Adult price EUR 75.00 – Child price EUR 52.50  
**2811** THE WONDERS OF COPENHAGEN, Adult price EUR 79.00 – Child price EUR 55.30  
**2823** CHARMING COPENHAGEN (ends at the airport), Adult price EUR 55.00 – Child price EUR 38.50

### *Hellesylt* **BRIKSDAL GLACIER WALK**

#### **In a nutshell**

Have you ever seen a glacier? This is exactly what we'll be doing on this tour – and not just on any glacier either: the Briksdal, a spectacular expanse of ice hidden among the magnificent Norwegian fjords.

#### **Main stops**

- Village of Hellesylt and Hellesylt waterfall
- Lake Hornindalsvanet
- Nordfjord, villages of Stryn, Loen and Olden
- Briksdal Glacier and spectacular nature
- Mountain lodge near the glacier with a stop for lunch
- Road to Stryn, return trip via Geiranger, tunnels and panoramic viewpoint at Flydal Gorge

#### **The programme**

- Our excursion begins in the **village of Hellesylt**, where we can admire the majestic **waterfall** of the same name, whose waters cascade down to the shimmering emerald green and ultramarine blue fjord below.
- We continue our journey towards **Hornindalsvanet** which, at a depth of 514 metres, can claim to be Europe's deepest lake; before us lies the magnificent **Nordfjord**, alongside the road through the villages of Stryn, Loen and Olden. This fascinating village nestles at the bottom of the fjord and stretches along numerous lakes in the Olden Valley as far as the mountain lodge at the Briksdal Glacier.
- Our walk takes us through stunning nature to the **Briksdal Glacier**, a branch of the mighty **Jostedalsglacier**, the largest in Europe.
- At first, the path climbs and crosses over the waterfall on a wooden bridge.
- At this point we find ourselves standing face to face with the massive glacier.
- We'll then walk back the same way to the mountain lodge, where we'll enjoy an **excellent lunch**.
- Back on our journey, we cross the valley alongside the extraordinarily beautiful lake towards Stryn.
- We climb the **mountain road to Stryn**, which used to link eastern Norway with the west.
- Our return journey to Geiranger runs through quite a few tunnels, and we make a final stop at **Flydal** to take a few snapshots of our ship, waiting for us in the fjord.

#### **INFORMATIONS**

Code	Duration	Level	Adult price	Child price
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## NORTHERN EUROPE



00FN

8 1/2 Hours  
approximately

Hard

EUR 169.00

EUR 118.30

### Type

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## *Geiranger* FROM MOUNTAINTOP TO FJORD BY BIKE

### In a nutshell

The perfect excursion for bike enthusiasts: a downhill biking tour with spectacular views of waterfalls and mountains as well as a hint of adrenaline for an unforgettable experience.

### Main stops

- Djupvasshytta, Dalsnibba Mountain
- Downhill Biking Tour: scenic points, spectacular view of the Geirangerfjord

### The programme

- We will depart by coach from the Geiranger lifeboat station and head to **Djupvasshytta**, which sits at an altitude of 1,030 metres, at the foot of the **Dalsnibba Mountain**. This marks the departure point for our thrilling, 17-km **Downhill Bicycle Tour**.
- Everybody will be provided with a bicycle, but before getting in the saddle and beginning our descent to the valley, the guide will provide instructions and information on safety and the signposting along the route.
- On route, we will find many points from which we can take photos or simply admire the incredible scenery that the **Geirangerfjord**, a UNESCO-protected site, has to offer.
- Places on this excursion are limited. We recommend booking early.
- We recommend wearing sports clothing.
- You need to be physically fit to take part in this excursion.
- The safety helmet provided must be worn during the excursion.
- Minimum age: 12.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
00IY	3 Hours approximately	Moderate	EUR 195.00	EUR 136.50

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### Type

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## *Geiranger* **HIKING IN THE MOUNTAINS**

### **In a nutshell**

A hiking excursion that will take in the stunning sights of Geirangerfjord with its imposing mountains, thunderous waterfalls and farms dotted across the steep slopes.

### **Main stops**

- Geiranger Church
- Hole Camping
- Hiking in the mountains
- Storsæter waterfall
- Westerås farm
- Drink at the farm

### **The programme**

- We will leave the dock by coach and prepare ourselves for the ride up the hill whilst we pass **Geiranger church**, an octagonal wooden building with a slate roof nestled into the rocks.
- After a number of twists and turns, we will reach **Hole Camping**. We will leave the coach there and start our excursion on foot.
- Our route will see us **zig-zagging up the mountain** and crossing summer pastures. In the past, all the straw available was used, even the straw that grew in the most inaccessible places. It was collected and sent down the valley using the *løypestreng*, a cable that stretched to the nearest barn.
- Our destination is the **spectacular Storsæter waterfall**, which gushes out from a height of 30 metres forming a large curve so we can walk right under it!
- After admiring this incredible view, we will hike down to **Westerås farm**, which lies on a projection jutting out over Geiranger.
- Uninhabited during winter and at the beginning of spring due to the danger of avalanches, it is a hive of activity during the summer months and it is here that we will be served **a drink**.
- After relaxing for a while, we will have some **free time** to look around the farm before returning on foot to Hole Camping where our coach will be waiting to take us back to the quay in Geiranger.
- We recommend that you book early because only a limited number of places are available.
- This excursion is not recommended for guests with mobility problems.
- The walk to the waterfall takes around 1 hour (3 km) and covers rough ground and steep sections so it may be tiring.
- We recommend wearing walking shoes and suitable clothing.

## INFORMATIONS

Code	Duration	Level	Adult price	Child price
014P	3 1/2 Hours approximately	Hard	EUR 79.00	EUR 55.30
<b>Type</b>				
Tasting				

*Hellesylt***OVERLAND: MT STRANDA AND TROLLSTIGEN (ends in Geiranger)****In a nutshell**

We will explore the awe-inspiring Norwegian landscape visiting several destinations along the spectacular Geirangerfjord, taking a cable car up to the top of the famous Stranda mountain and we will cross the fjord on a boat and reach one of the steepest and most thrilling roads in the world.

**Main stops**

- Viewpoint over the Geirangerfjord
- Stranda mountain and spectacular cable car
- Lunch at a restaurant
- Ferry ride across the fjord
- Trollstigen (photostop)
- Ørnesvingen viewpoint and Seven Sisters waterfall
- Geiranger

**The programme**

- We will leave the port of Hellesylt and head north, soon making a stop at the **viewpoint over the Geirangerfjord**, where we can take photos of the breathtaking views with our cameras.
- Afterwards, we will continue to **Mount Stranda**, a renowned ski resort offering breathtaking views of the surrounding snowy peaks as well as the majestic Storfjord.
- We will leave our coach behind us and climb to the top on a **spectacular cable car** whose large windows offer us 360° views of the fjord and mountains.
- The cable car runs to 1042 metres above sea level, where we can feel in **direct contact with nature** as we see goats grazing in summer and plenty of snow for the kids to play in.
- From the top of the mountain we can enjoy **exceptional views** of the majestic Geirangerfjord, which has been declared a UNESCO World Heritage Site, and Jostedal glacier, the largest in Europe

## NORTHERN EUROPE



situated on dry land.

- We will then **cross the Geirangerfjord on a ferry**, marvelling at the steep, imposing mountains with their countless waterfalls dropping down towards the sea.
- Our next destination is a photostop at the famous **Trollstigen** or 'Trolls' Path', an engineering feat consisting of an extremely narrow scenic road with 11 hairpin bends and a hair-raising steep gradient, surrounded by majestic mountains and stunning waterfalls.
- Back down at the fjord, we will take the ferry back across it and stop at the **Ørnesvingen viewpoint**, which literally means Eagles' Turn, where we can admire and take photos of the Geirangerfjord and the **Seven Sisters waterfall**, so called because it splits into seven rivulets over the rock face.
- Then we will travel along the last section of the road and stop in **Geiranger**, our final destination.
- The excursion starts in Hellesylt and ends in Geiranger.
- For safety reasons, if Trollstigen road is closed or covered by snow, an alternative panoramic view point will be suggested depending on weather conditions.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
02EM	8 Hours approximately	Moderate	EUR 179.00	EUR 125.30
<b>Type</b>				

### *Geiranger* HOP-ON/HOP-OFF GEIRANGER

#### In a nutshell

- The coach tour includes stops in Hole Bridge and the Norwegian Fjord Centre both on the outbound and inbound routes.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
02OE	1/2 Hours approximately	Easy	EUR 39.00	EUR 27.30
<b>Type</b>				

### *Geiranger* HELICOPTER TOUR OF GEIRANGERFJORD

## NORTHERN EUROPE



### In a nutshell

An extraordinary helicopter experience discovering the natural wonders and beautiful landscape of Geirangerfjord, a UNESCO World Heritage Site, from a unique perspective up above. We will see its picture-postcard scenery: majestic snow-capped mountains, rugged cliffs, cascading waterfalls, and small colourful farms nestled in the lush vegetation. An unmissable tour for nature lovers and more!

### Main stops

- Helicopter flight over Geirangerfjord, a UNESCO World Heritage Site
- Breathtaking views of the surrounding snow-capped mountains
- Mount Dalsnibba, rugged cliffs, waterfalls, farms, glaciers

### The programme

- We will take to the skies for this excursion on a **helicopter ride** and soar over **one of the most famous and spectacular fjords** in Norway: **Geirangerfjord**, declared a **UNESCO World Heritage Site** in 2005.
- We will cover the full length of the fjord, around 15 km, starting at sea level and rising to the summit of the **surrounding snow-capped mountains**: we will be amazed by the **breathtaking views and steep, rugged cliffs** with powerful **waterfalls** (such as the 'Seven Sisters' or 'Bridal Veil Falls'), which create light veils of mist that produce an endless display of ever-changing rainbows, which will leave us lost for words.
- We will fly to **Mount Dalsnibba**, 1500 metres high, which towers over the tourist town of Geiranger, located at the end of the fjord. We will be able to see **small farms** from up here, nestled in the foothills of the mountains, and higher up **glaciers** with ice caves and small icy waterfalls.
- As we fly back along the fjord to return to base, we will notice the lush vegetation beneath us, a fundamental part of this wild and exciting natural landscape.
- The flight lasts approximately 30 minutes.
- The flight, landing and routes may be subject to change depending on weather conditions and are at the pilot's discretion.
- The flight times are indicative and include landing.
- Maximum weight per passenger: 120kg

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
030R	1 Hours approximately	Moderate	EUR 499.00	EUR 499.00

## Geiranger



## HIGH END KAYAKING

### In a nutshell

### Main stops

- Geirangerfjord: breathtaking scenery and clifftop farms

### The programme

- The **Geirangerfjord** is described as the most beautiful fjord in the world: we will set off on a kayak journey surrounded by magnificent and striking mountains, which, with their steep faces, reach heights of up to 1,500 metres.
- Grip those paddles and away we go: we will admire the **breathtaking scenery and the farms perched on their rocky outcrops**. According to local folklore, farmers would tie ropes to their children and animals to prevent them from falling from the high walls of rock. We will skim the waters and breathe in the extremely fresh air of the fjord: what better way to feel the strength and greatness of mother nature in person than on a kayak tour?
- Our kayak will follow the outline of the basin, which curves between two tower-shaped mountains. It is a magical and majestic place at any time of the year.
- After admiring the verdant nature and the striking rock formations of the fjord, we will set off on the return journey, during which our guide will tell us the history of Geiranger and its population.
- You must be physically fit to take part in this excursion and not suffer from back pain.
- You must be able to swim.
- No prior kayak experience is required.
- The excursion includes a 5 minute walk to the kayak platform, where participants will receive safety instructions and information on how to paddle.
- Minimum age for the kayak excursion with an adult: 12 yrs.
- Maximum weight: 120 kg.
- Maximum height: 190 cm.
- It is recommended that you only bring personal belongings which are strictly necessary; belongings will be left in a locked local office.
- Guests under 18 years must have the waiver signed by an adult (parent or guardian).

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2360	3 Hours approximately	Moderate	EUR 129.00	EUR 90.30

## Type

*Geiranger*  
**HIGH ALTITUDE VIEWS OVER THE FJORD**

**In a nutshell**

From **viewpoints that feel like they're touching the sky**, capture all the beauty of the **Geiranger Fjord**. You'll reach them **by bus with your guide**, as you make your way up **winding roads** to the top of **mount Dalsnibba**. Among the mountains, glaciers, waterfalls and villages, keep your eyes peeled and your camera at the ready, so you don't miss out on a single glimpse of this **UNESCO world heritage site**.

**Main stops**

- Sightseeing bus trip to the Flydal viewpoint
- Flydal viewpoint; Dalsnibba; the Eagle Road: photo stops

**The programme**

**In Norway**, there are roads that lead you to within a hair's breadth of the sky, at the peak of steep mountains, to discover the **Geiranger Fjord** from on high. \* Climb up **by bus with your guide** and travel to the top of the first of these, to the **Flydal viewpoint**: between clicks, discover the small villages that cling to the side of the rocky mountain, appearing through the clouds. \* Traveling along **Geiranger Road** is an experience that will get your blood pumping, because around every corner, the landscape reveals itself in all its majestic power. You'll see it reflected in the waters of **Djupvatn lake**. \* After eleven hairpin bends, you'll already be at the top of **mount Dalsnibba**. Look out from the **panoramic terrace suspended at 1500 meters above sea level**, over villages, waterfalls and glaciers. \* Then, grab your camera as you head along **Eagle Road**, which will bring you face to face with the **Seven Sisters Waterfalls**. And while you admire them, listen to the tale of their **legends**.

- Wear comfortable shoes and clothing suitable for the experience.

**INFORMATION**

Code	Duration	Level	Adult price	Child price
2361	3 Hours approximately	Easy	EUR 99.00	EUR 69.30

## Type

*Geiranger*  
**AMONG THE FARMERS OF THE HERDAL VALLEY**

### In a nutshell

Not just anyone can live in the remote **Herdal valley**: you need to be able to understand it, and respect it. A group of **local farmers** will welcome you to their **300-year-old summer farm**, not far from a **UNESCO World Heritage fjord**, to share their memories and traditions with you, along with **handmade delicacies** that taste of open-air pastures and a hard, simple life. A real return to the roots of this place.

### Main stops

- Eagle Road by coach, with panoramic views of the Geirangerfjord and the Knivsflå alpine farm
- The Seven Sisters and the Suitor waterfalls: photo stop
- Visit to the Herdalssetra or Dale summer farm
- Tasting of goat's cheeses and desserts, made by the farmers
- Heregga peak and Herdøla river: photo stops on the way back

### The programme

- The start is all adrenaline and amazement: the **Geirangerfjord** getting smaller and smaller below, as the coach climbs the **11 hairpin bends of the vertiginous Eagle Road**, and your **local guide** regales you with facts and legends about the place.
- There is the moving tale about **the Seven Sisters and the Suitor waterfalls** and the story of the **Knivsflå alpine farm** – unbelievable, yet true.
- But not as incredible as that of the centuries-old **Herdalssetra farm**, a remarkably beautiful and harsh place, where living means adapting to the rules and rhythms of nature.
- The **farmers** who welcome you do this every summer, when they take the livestock to pasture: **cows, sheep, goats and Fjord horses**, reared in the wild.
- In their **wooden huts**, cocooned by the warmth of the wood-burning stoves, they will reveal some of their tips for rural living: the turf covering the roofs, the importance of the Heregga peak...
- And then, they will also share the fruits of their labor with you: **you'll sample cheeses and desserts made from goat's milk using the old method**, before heading back to the sea.
- The experience includes sections on foot over steep and slippery ground. As such, for your own safety, please wear comfortable, non-slip shoes.
- Out of season or if the road to the Herdalssetra farm is rendered impassable by the winter thaw, you will be welcomed by the farmers of the DaleFarm, located further down in the valley.
- This is one of the most popular experiences so book early.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
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2363

3 1/2 Hours  
approximately

Easy

EUR 125.00

EUR 87.50

**Type**

Tasting

*Geiranger*  
**RAFT TOUR OF THE GEIRANGER FJORD****In a nutshell**

The perfect combination of breathtaking scenery, traditional landscapes and a little adrenaline, when gliding along the waters, in a raft, of the majestic fjord of Geiranger: on this excursion, we will discover one of the most magical places in Scandinavia, right from its very waters.

**Main stops**

- Geirangerfjord: spectacular landscapes amongst majestic mountains and unspoilt scenery
- Traditional mountain farms
- Seven Sisters Waterfall and Bridal Veil Falls

**The programme**

- Our tour begins at the port: we will be welcomed by our guide and will walk approximately 200 metres to our raft.
- Before setting off on this stirring excursion on the waters of the fjord, we prepare ourselves by listening to some brief safety instructions and we put on the windproof and waterproof coverall provided.
- Now the real excitement begins: our **Geirangerfjord** adventure can begin!
- The raft goes increasingly fast and the extremely pure air of the fjord can be felt on our faces providing a great sense of freedom whilst we admire the **majestic landscape**.
- Our helmsman will amaze us with a host of spectacular manoeuvres injecting a little adrenaline to the experience. The raft journey is not just about speed: the helmsman will slow down when approaching some **small mountain farms** located along the Geirangerfjord and will tell us a little bit about their history in English.
- We will admire the **Seven Sisters Waterfall and Bridal Veil Falls** up close, two of Norway's most important waterfalls, and we will discover the legend that lies behind their names. An unforgettable experience!

**INFORMATIONS**

Code	Duration	Level	Adult price	Child price
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236A

1 Hours approximately

Moderate

EUR 125.00

EUR 87.50

## Type

*Hellesylt***EXCURSION FROM HELLESYLT TO GEIRANGER WITH BREATH TAKING VIEWS****In a nutshell**

A panoramic tour that takes us from the splendid waterfalls of Hellesylt to the Geirangerfjord – a UNESCO site – across many villages, rivers and lakes immersed in pristine natural scenery.

**Main stops**

- Hellesylt Falls
- Counties of Moere og Romsdal and Sogn og Fjordane, and Stryn
- River Stryn and Hjelle
- Djupvatn Lake, panoramic point on mount Dalsnibba and breathtaking view over the entire Geirangerfjord
- Flydal Gorge

**The programme**

- We begin our excursion by **visiting the waterfalls in the village of Hellesylt**, which drop directly into the fjord.
- We continue on through the counties of Moere og Romsdal and Sogn og Fjordane and, after 45 minutes, we will reach **Europe's deepest lake: the Hornindalsvanet** (514 m).
- Our next stop is at the famous and magnificent **Nordfjord**, which we skirt all the way to Stryn. Here we will take a break and enjoy a little **free time**.
- We continue along the **river Stryn**, which is famous for its salmon fishing, and pass the lake of the same name before reaching Hjelle.
- The trip continues on to **Djupvasshytta** and the **panoramic view point of the Dalsnibba**, 1500 metres above sea level, which rewards us with **a breathtaking view**: glaciers, snow-capped mountains, lakes and far off, at the bottom of the Geirangerfjord, our ship.
- Having feasted our eyes on one Europe's most magnificent natural landscapes, we will begin our return trip and reach Djupvatn Lake and Mt Dalsnibba. Our last stop is Flydal Gorge, before arriving Geiranger and the ship.

**INFORMATIONS**

Code	Duration	Level	Adult price	Child price
2391	7 1/2 Hours approximately	Easy	EUR 185.00	EUR 129.50
<b>Type</b>				

## *Hellesylt* **HIKING ACROSS THE FLO MOUNTAIN**

### In a nutshell

#### Main stops

- Vollset, Hellesylt, the river Bygdeelva and Vollster farm
- Traditional alpine huts and mountain lakes immersed in pristine natural scenery
- The Stryn road and lake
- Lake Djupvatn and the panoramic view point on mount Dalsnibba
- Flo and its fruit trees
- A photo stop at Flydal gorge
- imposing mountains and glaciers and splendid natural landscapes
- Geiranger

#### The programme

- Our excursion starts at **Vollset**, taking us all the way to **Flo** along one of the main roads once used for commerce between Sunnmøre, the Nordfjord and the eastern regions, between the coastal towns and those situated inland, starting in the Middle Ages. Goods were carried on one's shoulder or on horseback as the atmospheric conditions meant that the paths were almost impassable and alternative forms of transport could not be trusted.
- From Hellesylt we follow the course of the **river Bygdeelva** and head towards the Vollster farm, which sits approximately 250 metres above sea level.
- From here we proceed on foot.
- Along the path we will see **three seter (traditional mountain farm huts)** and numerous mountain lakes, reaching a maximum altitude of 550 metres above sea level
- During the climb we will make a brief stop to admire the **Stryn lake**, which reflects the imposing mountains of Skåla and Lofjellet and several smaller glaciers.
- We then descend down the path in the direction of **Flo, an enchanting village sprinkled with fruit trees.**

## NORTHERN EUROPE



- Here we will board the coach once more and continue our trip along the banks of the 15 km-long **Stryn lake**, which is famous for its turquoise reflections. The new Stryn mountain road passes through several tunnels making it accessible even during the winter season.
- Having reached the shore **opposite the mountains**, we continue west along the banks of lake Djupvatn. At its furthest point, we turn and take a steep toll road to reach the **panoramic view point of Dalsnibba**.
- Having admired the **unforgettable landscape** that the observation point offers us, we descend to Geiranger, making a **stop for photos at the Flydal Gorge**.
- Places on this excursion are limited. We recommend booking early.
- We recommend you wear sturdy shoes that are suitable for walking.
- We recommend that you bring a wind-proof jacket as the mountain air can be cold even on a sunny day.
- This excursion is not recommended for guests with mobility problems.
- For safety reasons, if the road to Mount Dalsnibba is closed or covered by snow, an alternative panoramic view point will be suggested depending on weather conditions.
- Participants will rejoin the ship at Geiranger.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2393	7 1/2 Hours approximately	Hard	EUR 179.00	EUR 125.30
<b>Type</b>				

## *Bergen* PANORAMIC TOUR OF BERGEN

### In a nutshell

An exceptional tour exploring Bergen and discovering its main attractions and its history, from the old capital of Norway to today's fascinating and vibrant business centre, which revolves around the old Hanseatic District of Bryggen where you can still experience the atmosphere of the trade and maritime traditions of the past.

### Main stops

- Bergen: King Haakon's Hall, Rosenkrantz Tower, Bryggen Wharf District, the Fish Market
- Nordnes Peninsula,
- Øvregaten, St. Mary's church (outside)

### The programme

- We leave the port by coach and set off to explore **Bergen**, the second largest city in Norway after the current capital, Oslo. Bergen was founded in 1070 AD. Between the 12th and 13th centuries the city was the capital of Norgesveldet, the Norwegian Empire which included Iceland, Greenland and part of Scotland. Bergen flourished thanks to the export of fish (mostly dried fish) which was the city's main product in the Middle Ages. Even after Oslo became capital in 1299, Bergen continued to grow as a business centre, becoming the largest in Norway.
- Our tour begins with some of the city's most important and symbolic landmarks, including **King Haakon's Hall** (Håkonshallen), the imperial residence with adjoining banquet hall built by King Håkon Håkonsson between 1247 and 1261, and the **Rosenkrantz Tower** (Rosenkrantzårnet), built around 1560 by the Governor of Bergen Tower, Erik Rosenkrantz, to serve as both as a residence and a fortified tower.
- Our tour then continues to the other symbol of the city, the ancient and picturesque **wharf district of Bryggen** ('bryggen' in Norwegian means 'wharf'), which was built around 1350 by the Hanseatic League. It is the most enchanting neighbourhood of the city and extends along the eastern side of the port of Vågen, with long parallel rows of coloured buildings with sloping roofs (and leaning walls, in many cases), which are built with rough wooden planks on stacked-stone or wooden foundations. In the past, these buildings were used as offices, homes and stores and were used by the German merchants of the Hanseatic League, which enjoyed a trade monopoly with Norway. Today the Bryggen District is listed as a UNESCO World Heritage Site and boasts shops, restaurants, cafés and artisan workshops.
- Passing by the bustling **Fish Market** (Fisketorget), we head for the **Nordnes Peninsula**, with its typical 19th-century white wooden houses. The **Bergen Aquarium** (Akvariet) at the tip of the peninsula, boasts one of the largest collections of marine and freshwater fish and invertebrates in Europe, in addition to seals and penguins; in the tropical section there are crocodiles, snakes, turtles and monkeys.
- As we continue on our way, we enjoy the splendid panorama that opens up on both sides of the port and, before returning to the ship, we cross the Fish Market once again and head for the **Øvregaten**, the oldest street in Bergen.
- Those who wish can stay a little longer at the Fish Market and return to the ship independently.
- The tour is suitable for people with disabilities and those with mobility problems as long as they can board the coach autonomously.
- Places on this excursion are limited. We recommend booking early.

### INFORMATIONS



## NORTHERN EUROPE



Code	Duration	Level	Adult price	Child price
2311	2 Hours approximately	Easy	EUR 59.00	EUR 41.30
<b>Type</b>				

### *Bergen* **BERGEN ON YOUR OWN**

In a nutshell

#### Main stops

- Free time

#### The programme

- This tour will take you by foot at your own pace and at your own discretion in Bergen, the second largest city in Norway. You have received a return ticket to the Funicular that will whisk you up to the top of mount Fløyen in 5-8 minutes, one of the most popular outdoor areas for the city of Bergen.
- Here you can enjoy the view, buy souvenirs or take a walk through one of the many pathways of the mountain.
- The next stop could be the Fish Market where your voucher includes a fresh salmon or shrimp sandwich. You decide when to leave the ship and what you would like to see. The routes on your city map are only suggestions.
- Feel free to create your day in Bergen according to your wishes.
- This tour is self-guided. Passengers receive a city map with the highlights and suggested routes pointed out, as well as a voucher for a sandwich at the fish market and a return ticket for the Fløibanen funicular.

#### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2312	4 Hours approximately	Moderate	EUR 55.00	EUR 38.50
<b>Type</b>				
Tasting				

## *Bergen* **PANORAMIC TOUR OF HARDANGERFJORD**

### **In a nutshell**

An extraordinary panoramic tour of Hardangerfjord, one of the most famous and spectacular fjords in Norway, on which we drive through picturesque villages and mountains overlooking the sea, to discover the true essence of this country and fully appreciate its wild and unspoiled nature.

### **Main stops**

- Bergen: Bergenhus Fortress, Håkonshallen, Rosenkrantz Tower, the Hanseatic wharf district of Bryggen and the Fish Market
- Lake Kaland, the village of Os on the Bjornefjord
- Hatvik, Venjaneset
- Mundheim, Hardangerfjord, the Folgefonna Glacier
- Lunch in the village of Øystese or Norheimsund
- Norheimsund, Steinsdal Waterfall, Tokagjel Gorge and Mount Kvamskogen
- Gullbotn, Soerfjord, the Island of Osterøy
- Northern suburbs of Bergen, Sandviken Bay

### **The programme**

- We leave Bergen by coach for our excursion, driving past the **Bergenhus Fortress**, the **Håkonshallen** and the **Rosenkrantz Tower**.
- After admiring the buildings of the old **Bryggen Hanseatic Wharf** and the **Fish Market**, we proceed to **Os**, a village on the **Bjornefjord**, 30 km south of the city.
- From here we begin a brief panoramic tour of the fjord, during which we are stunned by the spectacular view of the islands and the snow-capped mountains. We then reach **Hatvik**, where we take the ferry to cross the fjord to **Venjaneset**, on the opposite side.
- Our journey then leads us through small villages set in typical, west-coast scenery as we proceed to **Mundheim** and the **Hardangerfjord**, one of the most well-known Norwegian fjords, which lies framed by mountains reflected in the clear water and is famous for its many orchards.
- Our panoramic coach tour continues with a spectacular view of the mountains on the opposite side of the fjord. Weather permitting, we can even see the **Folgefonna Glacier** the third largest in Norway which covers an area of 203 square kilometres.
- We reach the **village of Øystese**, which sits in the bay of the fjord against a backdrop of high mountains, surrounded by green farms. We stop here for **lunch**, before returning to the **village of Norheimsund**, where we head inland to the **Steinsdal Waterfall** which has a sheer drop of 50 metres where we can cross the valley without getting wet.

- After going through many tunnels, we come to the **Tokagjel Gorge** and the **Kvamskogen Mountain Plateau**, a favoured dining and picnic spot among the inhabitants of Bergen. Indeed, there are numerous wooden chalets here and the area is ideal for hiking in summer and skiing during the winter and spring.
- We then go down along the fjord again, before going up to **Gullbotn**, where there is a closer recreational area with ski pistes and ski jumps.
- From here we go down to the **Soerfjord**. Across the water, on the opposite side of the fjord lies **Osterøy**, the largest island on the western coast.
- Our tour proceeds towards the **northern suburbs of Bergen** and before returning to the port we have the opportunity to admire the typical architecture of **Sandviken Bay**.
- Places on this excursion are limited. We recommend booking early.
- This excursion is purely scenic and involves long stretches travelling by coach on winding roads (about 6 hours).

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2313	7 Hours approximately	Moderate	EUR 205.00	EUR 143.50
<b>Type</b>				

## Bergen

### DISCOVER THE ØYGARDEN ISLANDS BY KAYAK

#### In a nutshell

Paddle a **kayak** through the calm waters and among the craggy cliffs as you discover the unspoilt nature of the **islands of Øygarden** in a **sustainable way**. As you keep your eyes peeled for sea eagles and seals lying in the sun, your **expert guide will reveal anecdotes about the natural and local history** of this place. Before you go back, a delicious **lunch of seasonal fruit and vegetables** is just what you need!

#### Main stops

- Kayak trip along the coast of the Øygarden islands
- Lunch with local seasonal products

#### The programme

- Along the coast of the **Øygarden** islands, immerse yourself in nature in **an environmentally-friendly manner and from a unique perspective**. Before climbing into your **double kayak**, your **expert guide**

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will provide you with all the equipment and instructions you need to enjoy the trip.

- Have a good look around: you may spot some of the **seals** that live on this coastline basking on the rocks, or even **vast sea eagles in flight!**
- All with the tales narrated by your **guide** in the background. While you slip across the fjord, you'll discover the secrets of **life on the coast** in these places, along with the **traditional fishing techniques** used to brave these glacial waters and find herring and salmon. Then, the **beauty of the cliffs** that have been sculpted by the wind will transport you through the **various geological eras**.
- To finish, you can enjoy a **lunch with local products in the peace and tranquility of these parts**, lending an extra flavor to your experience.
- Minimum age: 8 years.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2314	5 Hours approximately	Hard	EUR 165.00	EUR 115.50
<b>Type</b>				

### *Bergen*

## A DAY AMONG THE FISHER FOLK OF BERGEN

#### In a nutshell

Climb aboard the **boat** with the **fisher folk of Bergen** and get to the heart of this experience: with them, you will learn to **fish in the Norwegian sea** and to **cook your fresh catch in the traditional way**. Then take your seat at the table in the **historic fishing shed** and taste the fruits of your labor, accompanied by a delicious **local apple juice**. Lunch will take on a whole new flavor!

#### Main stops

- Sightseeing bus tour to the island of Syltøyna
- Fishing off a boat along the coast of Bergen
- Preparation of the fresh catch
- Lunch in a typical fishing hut with the catch of the day

#### The programme

- The experience begins in harbor: with your **guide**, you'll climb onto the **bus** and take the **panoramic road to Øygarden**, a group of islands not far from Bergen, connected by bridges.
- Your destination is the **tiny island of Syltøyna**, where your **fishing boat awaits**. Put on your life jacket,

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listen to a few **safety** tips and then you're ready to weigh anchor!

- On board with the **fisher folk**, discover what the sea has to teach you, and learn the **art of catching crabs and fresh fish** with a rod and line.
- As the boat sails along the coast, you'll add **seafood and prawns** to your haul under the expert guidance of your exceptional teachers.
- Their lessons don't end here: in a historic hut by the sea, they will teach you how to **cook the catch of the day** with your own hands, the local way.
- You'll **savor it with your companions from this adventure**, and with all the satisfaction that only an active life can give: who sleeps doesn't catch a fish, as the Italian saying goes!
- Minimum age: 8 years.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2315	5 Hours approximately	Moderate	EUR 189.00	EUR 132.30
<b>Type</b>				

### *Bergen*

## SIGHTSEEING TOUR OF BERGEN AND SCENIC FUNICULAR RIDE

#### In a nutshell

An exceptional tour on which we discover the main attractions and history of Bergen once the hub of the Hanseatic League, now a vibrant, commercial centre that retains its traditional maritime air – before turning our attention to the scenic treasures on show in this landscape of fjords and mountains, with an unforgettable ride in the famous Fløibanen funicular.

#### Main stops

- Håkonshallen, Rosenkrantz Tower and Bryggen Hanseatic Wharf
- Fløibanen Funicular, Mount Fløyen
- Central Park and Lake
- Residential area, wooden houses, gardens, Royal Residence, the wooden Fantoft Stavkirke (stave church)

#### The programme

- Our tour begins with passing by **King Haakon's Hall** (Håkonshallen), the imperial residence with adjoining banquet hall built by King Håkon Håkonsson in 1261 and the nearby **Rosenkrantz Tower**

(Rosenkrantzstårnet), which was built around 1560 by the Governor of Bergen, Erik Rosenkrantz, to serve both as a residence and a fortified tower. Today it even incorporates part of the keep (1273) of King Magnus the Lawmender and Jørgen Hansson's fortress of 1520.

- We will stop on at the picturesque old **wharf district of Bryggen** ('bryggen' in Norwegian means 'wharf'), which was built around 1350 by the Hanseatic League. It is the most picturesque district of Bergen, extending along the eastern side of the port of Vågen, with its long parallel rows of colourful buildings. Once, these buildings were used as offices, homes and stores by the German merchants of the Hanseatic League. Today the Bryggen District is listed as a UNESCO World Heritage Site and boasts shops, restaurants, cafés and artisan workshops. We wander around the alleys between the picturesque warehouses that line the street and along the seafront to enjoy the quaint atmosphere of this neighbourhood.
  - We then arrive at the **Fløibanen funicular** station, which has been in operation since 1910. Once aboard, we are transported up the 26% gradient to an altitude of 320 metres a journey of about 8 minutes to reach the summit of **Mount Fløyen** (one of the seven mountains that surround Bergen, its name derives from the wind vane placed at the summit many centuries ago to indicate the force and direction of the wind to sailors entering or leaving the port below). Mount Fløyen is very popular with the inhabitants of Bergen as a recreation area all year round. From the summit the view is truly impressive: we can see the heart of Bergen at our feet and looking to the west, on a clear day, you can also see the North Sea, and the neighbouring archipelagos.
  - We take the funicular back down, and after boarding the coach, we cross the **Fish Market** square, with its seafood, flowers, fruit and vegetables and souvenir stalls and we head for the **central park** and the **lake**.
  - We then go through the **residential area**, admiring the well-preserved **wooden houses**, the **gardens** and the **Royal Residence** on our way to **Fantoft Stavkirke**. This wooden **stave church**, located in an enchanting wooded area to the south of Bergen, was rebuilt in 1992 after a terrible fire and is the exact replica of the original building which dated back to 1150. In the Middle Ages, in Norway, there were at least 800 of these typical stave churches; today there are only 30 remaining.
  - Places on this excursion are limited. We recommend booking early.
  - In the event of inclement weather, the view from the platform of the funicular may not be ideal; in these conditions you are also advised to wear appropriate clothing.
- The funicular is very popular among both locals as well as visitors; therefore, long lines at the Funicular should be expected.?

## INFORMATION

Code	Duration	Level	Adult price	Child price
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2892

3 1/2 Hours  
approximately

Easy

EUR 95.00

EUR 66.50

**Type***Bergen***FUNICULAR RIDE AND HIKING ON MOUNT FLØIEN****In a nutshell**

An unmissable excursion by funicular and on foot to enjoy spectacular views of Bergen and its surroundings from the top of Mount Fløien; breathtaking views that embrace the fjord, the city and the surrounding landscape!

**Main stops**

- Fløibanen Funicular, Mount Fløien, panoramic view of Bergen
- Hiking on the Fløien Hills, Lake Skomakerdiket, the Blåmansveien hiking trail
- Rundemansvegroad and Rundemanen

**The programme**

- We begin our excursion walking to the Fløibanen funicular station , which has been in operation since 1910. Once aboard, we are transported up the 26% gradient to an altitude of 320 metres a journey of about 8 minutes to reach the summit of **Mount Fløien** (one of the seven mountains that surround Bergen, its name derives from the wind vane placed at the summit many centuries ago to indicate the force and direction of the wind to sailors entering or leaving the port below). Both the funicular ride and the belvedere at the top offer a magnificent **panorama of Bergen** and its surroundings.
- After the funicular ride, we begin our **walking tour of the Fløien Hills**, a very popular recreational spot with the inhabitants of Bergen all year round. We walk along one of the many gravel roads, which leads us through woods with gentle hills, until we come to the small, idyllic **Lake Skomakerdiket**; we then take the **main Blåmansveien hiking trail**.
- As we walk uphill, the view becomes increasingly spectacular: we can see the fjord with its many islands, the city of Bergen at our feet and the North Sea in the distance to the west.
- After walking for about 2.5 km, we come to a crossroads. If the weather is favourable, we take the **Rundemansvegroad** and, as we leave the trees behind us, a broad panorama opens before us on all sides. We then come to the highest point, **Rundemanen**, at an altitude of approximately 570 metres, where we stop to rest and enjoy the fresh air.
- Depending on how physically fit you are, and the weather conditions, there is the possibility to extend or shorten the hike. In any case, at the end of the hike we go back down to the city with the

funicular.

- Places on this excursion are limited. We recommend booking early.
- The excursion foreseen a total of approximately 10 km of walking you are therefore advised to wear trekking or sports shoes and comfortable multi-layered clothing.
- Minors under 16 years of age must be accompanied by an adult.
- Participants should bring along clothing that is appropriate for the weather conditions, a backpack for personal items and water to stay hydrated along the way.
- To participate in this excursion, you must be physically fit; the tour is not recommended for those who have mobility problems, heart problems or knee problems.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2895	4 Hours approximately	Hard	EUR 75.00	EUR 52.50
<b>Type</b>				

## *Bergen* NORDIC WALKING IN BERGEN

### In a nutshell

An invigorating pleasant walk in the charming city of Bergen according to the *Nordic walking* philosophy, which combines physical activity and observation of the environment among colourful houses perched on the hills, narrow cobbled alleyways and breathtaking views over the fjord surrounded by majestic mountains.

### Main stops

- *Nordic walking* in Bergen between majestic mountains and fascinating fjords
- Sandviken, old district with narrow cobbled alleyways
- Charming views 275 metres above sea level

### The programme

- Once off the ship, we reach our guide who briefs us on **Nordic walking**, which uses special walking sticks to which force must be applied with every step. It is a philosophy typical of Northern Europe that combines physical activity and observation of the environment.
- After collecting our sticks, we set off to discover this charming coastal city nicknamed the **city of seven mountains** due to the peaks that surround it as well as **gateway to the fjords**. Although it is



the second largest city in Norway, it preserves the atmosphere of a provincial city full of charm and character.

- As the guide reveals various anecdotes on Bergen, we walk along the **narrow cobbled alleyways** leading to the various districts including **Sandviken**, one of the oldest parts of the city.
- We are rewarded for reaching the **highest point of the itinerary** located at 275 feet above sea level with enchanting views over the city and the fjord surrounded by majestic mountains.
- With our body and spirit reinvigorated by this thrilling adventure, tour ends in town
- This excursion will be led in English.
- The tour is entirely on foot and includes a walk of 2 hours.
- We recommend wearing sports shoes.
- You need to be physically fit to take part in this excursion.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
039G	2 Hours approximately	Hard	EUR 65.00	EUR 45.50

## *Bergen* **BERGEN BY BIKE**

### In a nutshell

A cycling tour of Bergen, the capital of the fjords and the second largest city in Norway, with its beautiful pastel-coloured houses and immaculate centre, medieval influences and modern buildings near the port. Discovering Bergen on two wheels is a romantic and fun experience unlike other tours.

### Main stops

- Cycling tour of Bergen
- Medieval cathedral and Grieghallen, a futuristic concert hall
- Colourful Bryggen port, declared a UNESCO World Heritage Site
- Lively fish market
- Peaceful Nordnes peninsula
- Intriguing architecture in Marken

### The programme

- We leave the ship behind us for a pleasant **bike tour** to discover the most evocative corners of the charming city of Bergen, the second largest in Norway yet characterised by a provincial atmosphere full of charm and character.

- We set off and follow our guide around the streets of this coastal city flanked by **lovely pastel-coloured houses** as far as some of the main sights such as the **Medieval cathedral** and the **futuristic Grieghallen**, a concert hall that can seat over 1600 people.
- We thus reach the **picturesque port** with its row of ancient wooden buildings of different colours. \* **Bryggen wharf was declared a UNESCO World Heritage Site** and is a testimony to the time when Bergen was at the centre of the trading routes between Norway and the rest of Europe.
- A stone's throw away we find the lively **fish market**, which has been supplying the locals since 1276. It is now one of the most visited open-air markets in Norway and also sells fresh fruit and vegetables in addition to handicrafts and souvenirs.
- We then cross the peaceful **Nordnes peninsula**, with its picturesque white wooden houses, and admire the intriguing architecture of the **Marken area**. At each stop to take photos, the guide illustrates anecdotes on the history of this city nestled between fjords and the mountains.
- We then make our way back to the ship after returning our bikes.
- You must be physically fit to take part in this excursion and have experience riding bikes.
- A helmet will be supplied and must be worn.
- Pregnant women are not permitted to take part in this excursion.
- Minimum age: 12 years old.
- Tour will end downtown. Guests will return independently to the port

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
039H	2 1/2 Hours approximately	Hard	EUR 120.00	EUR 84.00
<b>Type</b>				

## *Bergen*

### DISCOVER BERGEN ON SMALL ELECTRIC BUSES

#### In a nutshell

A comfortable charming tour on small electric buses to explore, while fully respecting the environment, the picturesque port of Bergen declared a UNESCO World Heritage Site, the Medieval buildings of this coastal city and its typical streets dotted with colourful wooden buildings.

#### Main stops

- Tour on small electric buses
- Fortress and Medieval buildings

## NORTHERN EUROPE



- Picturesque Bryggen port
- Lively fish market
- Peaceful Nordnes peninsula
- Nøstet residential district

### The programme

- We leave the ship behind us to board our eco-friendly and comfortable means of transport – **small electric buses** take us in fact to discover the main attractions as well as some hidden gems in the coastal city of Bergen.
- Thanks to our guide, we find out that Bergen, which was founded in 1070 AD, was once the capital of Norway and thus boasts numerous historic sites such as the **Fortress** with its **Medieval buildings** including the **Royal Castle, Håkonshallen and the Rosenkrantz tower**.
- Ever since the Middle Ages, the city owed its wealth and importance to fish trade, as testified by the **picturesque port of Bryggen**, declared a UNESCO World Heritage Site and boasting colourful wooden houses as well as the **lively fish market**, which has been supplying the locals since 1276.
- Our comfortable electric buses then take us to the **Nordnes peninsula** with its picturesque white wooden houses and where we stop to **take a few photos** in the park of the same name.
- We cross **Nøstet**, one of Bergen's most popular and panoramic residential areas, drive past the **student campus with its botanical garden**.
- Our pleasant excursion of this charming city comes to an end and we return to the ship after getting off the bus.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
039I	2 Hours approximately	Easy	EUR 69.00	EUR 48.30
Type				

## Bergen

### BERGEN BY SEGWAY: A WHOLE NEW PERSPECTIVE

#### In a nutshell

Save your energy: today, you can discover the story and sights of **Bergen** from a different perspective, which is both **fun** and **green**, as you speed along on a **segway** with a **local guide** who knows the city by heart. Among the multi-colored houses of a **UNESCO World Heritage harbor**, an **open-air market**, **alleyways** and **streets with stunning views**, you'll be surrounded by the authentic spirit of this city in the

heart of the fjords.

### Main stops

- Tour of Bergen on a segway: Bergenhus fortress and park; Bryggen harbor; fish market; aquarium; Nordnes neighborhood and park; alleyways; monastery; National Theater; The Blue Stone monument; St. John's Church; Lille Lungegårdsvann lake
- Fjellveien panoramic footpath: Photo stop
- Free time

### The programme

- Do you want to experience a comfortable and dynamic new way of seeing the city of **Bergen**? That's just what you'll get when you jump on a **segway**, the electric scooter that's **as easy to ride** as it is **sustainable**.
- It'll take care of everything for you – even balancing. All you need is a **bit of practice**, a **helmet**, a **high-vis** vest and some headphones so you can listen to your **local guide**.
- They'll guide you to the 13th century **Bergenhus fortress**, unraveling the mystery of its lost calendar, which was never found again. It's a shame: it was said to lead to treasure.
- Next, you'll head off to discover Bergen's aquatic soul, among the stalls of the **fish market** dating back to 1276, its historic **aquarium**, a **lake right in the city center** and the most iconic symbol of all: the row of old wooden houses in **Bryggen harbor**, a **UNESCO World Heritage site**.
- As you make your way along the streets in **Nordnes Park**, you can even sneak into the narrowest **cobbled alleyways**, catch a glimpse of centuries-old **churches and monasteries**, or choose the **panoramic Fjellveien footpath**, past bodies of water with the roofs of the **old town** around every corner.
- This experience will be narrated in English.
- Minimum age: 16 years.
- Maximum weight: 117 kg.
  - The excursion is not suitable if you have back problems or are pregnant.
- We'll take care of the high-vis vest and the helmet.
- Wear appropriate sports shoes and clothing for the trail.
- The tour may be canceled in bad weather.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
03YI	2 1/2 Hours approximately	Moderate	EUR 125.00	EUR 125.00

### Type

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### *Bergen*

## IN BERGEN: STREETS, STALLS AND ICY TOASTS

### In a nutshell

Nestled snugly between seven mountains, **Bergen** is a reflection of its long maritime history: discover it on foot with a **local guide** in the **Bryggen harbor** neighborhood, with its **wooden houses** which were once a hub of ancient trade and which have been rebuilt as they were in the Middle Ages, and in front of the stalls of the **fish market**, among the treasures and flavors of the Arctic. The finale is ice cold: **a glass of wine at the Magic Ice Bar**, where **everything is sculpted from ice!**

### Main stops

- Stroll through the streets of the old harbor of Bryggen
- Visit to the open-air fish market
- Break with a glass of wine at the Magic Ice Bar

### The programme

- The brightly-colored **houses** of the **neighborhood of Bryggen**, which line the **old port**, will welcome you to this authentic **UNESCO World Heritage site**.
- Did you know that they were all destroyed in various fires, but have since been rebuilt exactly as they were in Medieval times? Your **local guide** will tell you that in the 16th century, they were inhabited by **German merchants of the Hanseatic League**, who had their trading bases here.
- This is why the atmosphere still retains its old seafaring air, but with a modern touch added by the **museums, art galleries and restaurants** that enliven the atmosphere.
- The **fish market** is even more vibrant, and has been one of Norway's most popular since 1200: oysters, shrimps and other **delicacies caught in the Arctic waters** are displayed on the stalls with their myriad colors and scents.
- Meanwhile, the temperature is about to drop as you head to the **Magic Ice Bar**: here, everything is sculpted from ice, including the glass containing your **welcome glass of wine**.
- You'll sip it clad in a warm **poncho and gloves**, while you enjoy the iridescent play of light, the ice sculptures and the **works of art by local artists**. Would you ever have imagined that you'd be raising a toast in a real ~~ice~~ kingdom?
- During the experience at the Magic Ice Bar, we'll take care of the gloves and poncho to keep you warm.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
03YJ	3 Hours approximately	Hard	EUR 69.00	EUR 48.30
Type				

### *Bergen*

## TAKE A SEAPLANE OVER THE FJORDS OF BERGEN

#### In a nutshell

**Bergen** seen from above is a real once-in-a-lifetime experience. Enjoy it to the full on board a **seaplane**, as you fly over **fjords, mountains** and houses that are a real **patchwork of colors**, while the **blue of the Veafjord** whizzes by beneath. Your adrenaline will rise, along with your desire to take home plenty of memories of this amazing flight: keep your eyes to the window, to capture a shot of Norway from the clouds.

#### Main stops

- Sightseeing seaplane tour: Veafjord; mount Ulriken and mount Fløyen; Bergen

#### The programme

- Climb aboard the **bus** and in a few minutes, you'll arrive in **Sandviken**, just outside the city of Bergen: here, your **seaplane** awaits, ready to **zoom through the skies of western Norway, having taken off from the water**.
- In the blink of an eye, you'll be flying over the **fjords of Bergen and the Veafjord**: a narrow tongue of blue water that meanders between the mountainsides. From above, you can count its curves and follow its route to the open sea.
- Then it's the turn of **mount Ulriken and mount Fløyen**, the high peaks that will accompany you to the city of **Bergen**: seen from above, it's a **mosaic of colors**. Among the many houses, the buildings in **Bryggen**, a medieval neighborhood with **UNESCO world heritage status**, are particularly striking with their **sloping wooden roofs**.
- The **pilot** will enrich your flight even further with **stories and curious facts**, and on landing, your camera roll will be full of **incredible photos of fjords, villages and mountains**. You can really say that you've touched the sky today!
- Minimum age: 6 years.

#### INFORMATIONS

Code	Duration	Level	Adult price	Child price
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## NORTHERN EUROPE



04B4

1 Hours approximately

Moderate

EUR 315.00

EUR 315.00

Type

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### *Bergen*

#### **ØYGARDEN: ON THE NORTHERN SALMON ROUTE**

##### **In a nutshell**

Find out everything you still have to learn about **Norwegian salmon** in **Øygarden**, where it's truly king, in tradition and on the table. See local fishing history on the big screen at the **Coastal Museum**, take a **dinghy** out to an **open-sea salmon farm**, and then savor the treasures of the sea like a local: **freshly caught** or cooked in a **traditional soup**.

##### **Main stops**

- Øygarden: Coastal Museum; salmon farm
- Local salmon tasting and lunch with typical Bergen fish soup

##### **The programme**

- Together with your **guide**, you'll discover all about the **fishing tradition of the Bergen area** and more, where the fish farmed, sold and eaten represent a real institution.
- Follow the tracks of the **Treasure of Norwegian waters** starting from **Øygarden**, a little town on an archipelago. Here, at the **Coastal Museum**, you'll go over the local coastal history from the stone age to the oil age in a **film**. Guess what: The real star has bright scales, the **northern salmon**!
- You'll find it in the flesh by taking a **dinghy** to the **Øygarden Salmon Center**, a modern floating farm where a **specialist guide** will show you the stages of processing, from egg to packing.
- Everything here is **sustainable** and the fish are farmed as if they were free: husbandry that makes a difference on the table.
- Need proof? We've reserved a **taste of wild Norwegian salmon**, freshly caught, for you.
- But that's not all. We'll take you to the restaurant to taste a **traditional local fish soup**. It's called Fiskesuppe. **Take the recipe home!**
- Minimum age: 5 years.

##### **INFORMATIONS**

<b>Code</b>	<b>Duration</b>	<b>Level</b>	<b>Adult price</b>	<b>Child price</b>
02SR	5 1/2 Hours approximately	Moderate	EUR 125.00	EUR 87.50

Type

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*Bergen***A TRAIN RIDE ALONG THE MOST SPECTACULAR TRACKS IN NORWAY****In a nutshell**

Immersed in unspoilt nature dotted with wonderful waterfalls and picturesque villages, this tour allows us to discover the wonders of the region on a spectacular train ride from Myrdal to Flåm and a sightseeing coach tour exploring inland Bergen, which offers breathtaking views and white-knuckle roads.

**Main stops****The programme**

- We will leave Bergen on our coach and head to **Bolstadfjorden** and the town of **Voss**, a famous spot for tourists in summer and winter, known around the world as the Norwegian capital of adventure.
- When we arrive in Voss, we will board a train that will take us along the main railway line. We will cross **Raundalen mountain valley** and **Gravhalsen tunnel**, winding down Flåm valley for another 5 kilometres until we reach Myrdal.
- That is where our adventure along the **Flåm railway line** begins. It is a spectacular, intrepid journey that Lonely Planet calls the most beautiful train ride in the world.
- Along the 20-km route, one of the steepest in the world, our train will follow the tracks that wind along the **majestic Sognefjord** while we admire rivers that have carved out deep gorges, waterfalls that jet out over the precipices of jagged mountains and farms clinging to rocky crags.
- A stop is also planned at the stunning **Kjosfossen waterfall** where we can take incredible photos.
- When we reach Flåm station, we will get back on our coach and continue our tour through two tunnels that open out onto **Nærøfjord**, declared a UNESCO World Heritage Site for its unrivalled beauty, and then make our way to **Nærøy valley**.
- We will then head to **Oppheim lake** and stop again for photos at **Tvinde waterfall** before returning to Voss and then to the ship.
- Lunch will be served during the journey.

**INFORMATION**

Code	Duration	Level	Adult price	Child price
01F3	9 Hours approximately	Easy	EUR 219.00	EUR 153.30



## Type

## Stavanger

## UNIQUE PERSPECTIVES FROM THE WATERS OF THE LYSEFJORD

## In a nutshell

On board a **motorboat**, you and a small group will speed along the **Lysefjord**, the **fjord of light**, as part of a **land experience that will leave you with goosebumps**. Moving between giant cliffs, you will plunge into some of the most **secluded places** in **Norway's natural landscape**, which only a **Stavanger native** really knows – they can tell you everything about these **pristine lands**.

## Main stops

- Exploration of the Lysefjord on board a motorboat: Preikestolen and Mount Kjerag

## The programme

- In **Stavanger**, a powerful **motorboat** is the perfect way to slip into caves and inlets. A waterproof jacket may come in handy, because **you'll be passing under some waterfalls!**
- **Only you and another lucky few** can follow the same **routes as those who live here**: larger tourist boats cannot venture into such inaccessible areas of the fjord.
- With your local captain, you'll skip across the waves to **Lysefjord**, with the wind caressing your face and chasing the cobwebs away. **50 km** of living rock, glaciers and inhabited islets will rush into view, in a **landscape that leaves you speechless**.
- From the bottom of the fjord, everything looks immense. Like its king: it is called **Preikestolen**, the famous 'rock pulpit', a granite cliff that is an amazing 604 meters high. Very few people are lucky enough to see it from the water like you.
- Your captain will point out one curiosity after another: from the **first house built on the fjord** to a **cave** that **thieves** once used to...communicate. Focus your gaze: can you see something embedded in the rock?
- Minimum age: 8 years.
- The land experience is not suitable if you have back problems.  
This excursion does not feature a guide.

## INFORMATIONS

Code	Duration	Level	Adult price	Child price
02FE	2 1/2 Hours approximately		EUR 169.00	EUR 169.00

**Type**

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*Stavanger*  
**BOAT TRIP ON LYSEFJORD**

**In a nutshell**

A boat trip on the Lysefjord to explore some of its most remote corners. Leaving from Stavanger, we will sail up the fjord to discover its breath-taking natural landscapes, including the famous Preikestolen, the vertiginous rock formation overlooking the fjord.

**Main stops****INFORMATIONS**

Code	Duration	Level	Adult price	Child price
04F2	4 Hours approximately	Easy	EUR 125.00	EUR 87.50

**Type**

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*Stavanger*  
**LYSEFJORD: NATURAL MARVELS OF LAND AND WATER**

**In a nutshell**

Majestic nature? See it right before your eyes from **your boat** and then **from your window: waterfalls** cascading down from the granite rocks of **Lysefjord**, the famous **Preikestolen** or 'pulpit rock', and **Kjerag**, the mountain which is home to Norway's 'hanging' boulder. Then, after **27 hairpin bends overlooking the fjord**, enjoy a break with a **sweet Nordic flavor!**

**Main stops**

- Tour of the Lysefjord: waterfalls, Preikestolen, Kjerag, Flørli
- Sightseeing bus tour to Lysebotn
- Byrkjedalstunet: typical snack and visit to the candle shop

**The programme**

- Today your natural backdrop is a mix of **granite rocks**: discover the **Lysefjord**, also known as the 'Fjord of Light'.
- **From your boat**, you will see an amazing natural spectacle, as **majestic waterfalls** tumble into its

chilly waters! Close encounters that you'll never forget.

- The fjord's 42 km of grandeur paves the way for some record-breaking sights, including **Preikestolen**, the 'pulpit rock', a 604-meter cliff that overlooks **Lysefjord**. The perfect place for capturing a few adrenalin-filled videos!
- Now feast your eyes on even more **splendor**: the mountain of **Kjerag** is home to Kjeragbolten, a rock suspended in its crevasse, while **Flørli** has the world's longest wooden staircase, with **4444 steps**.
- There are some thrilling panoramas for you too, as the view changes as you wind your way up the 27 hairpin bends on **the bus** to **Lysebotn**. **Incredible** shots with zero effort? No problem.
- After the astonishing nature, take a **sweet break** at **Byrkjedalstunet**: taste **Norwegian waffles** and check out the **candle shop**. Small local works of art for you to peruse.

## INFORMATIONS

Code	Duration	Level	Adult price	Child price
03Q8	6 Hours approximately	Moderate	EUR 179.00	EUR 125.30
<b>Type</b>				
Tasting				

## Stavanger

### TREKKING AMONG MYTHICAL WOODS AND WATERFALLS

#### In a nutshell

In **Rogaland county**, there's a **footpath through the forest** that leads you far away from civilization, and **places you at the heart of Norwegian nature**: walk its length on a **trek** with a **local guide**, among the secrets of the place that only they know. Your reward? **One of the biggest waterfalls in Norway**, falling freely from the rocks. The **myth** associated with this natural marvel and the wild north act as a backdrop.

#### Main stops

- Trek along the footpath that leads to the **Måna fossen** waterfall

#### The programme

- It's a bit of a walk, but rest assured that this **trek** through the unspoilt nature of the **county of Rogaland** is worth every one of your steps.
- The climb is steep, among **centuries-old woodland** and **rocks**. Keep the pace with your **local guide**: they know the air that you breathe in these places, the flora and fauna, the culture and traditions.
- They'll explain it all to you, among the rays of light that warm the landscape as you make your way to the **Måna fossen waterfall**, which falls from more than 90 meters into the **blue fjord of Fra fjord**.

- Standing before it, all you'll feel is its power, and hear the voice of your guide: it is thought that the Vikings offered their swords to the gods here. And that they in turn transformed these into the waterfall as a sign of their gratitude. Or rather, into the **ninth biggest waterfall in Norway**.
- Minimum age: 8 years.
- Wear appropriate hiking shoes and clothing for the trail.
- This experience will be narrated in English.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
03WT	4 Hours approximately	Hard	EUR 65.00	EUR 45.50
<b>Type</b>				

## Stavanger

### THE MUSEUMS OF THE SEA IN STAVANGER: STORIES AND FLAVORS

#### In a nutshell

The experience that combines the **stories and histories of Stavanger** takes place between **two museums**, and is accompanied by a **local guide**. At the **Norwegian Canning Museum**, you'll discover the role that the production of **canned fish** played in the development of the city, with **tastings of sardines and smoked salmon**. Then, at the **Stavanger Maritime Museum**, you'll come face to face with local maritime traditions, with **naval exhibits and plenty of specialties to try**.

#### Main stops

- Walk through the old town of Stavanger
- Visit to the Norwegian Canning Museum with a tasting of smoked salmon and sardines, as well as tinned sardines
- Visit to the Maritime Museum with a tasting of typical specialties, tea and coffee

#### The programme

- Just a few steps into the **old town**, and you'll find yourself in a fairytale setting, among the **best-preserved wooden houses in Norway**. You can take your **local guide's** word for it!
- From here, you'll head to the **Norwegian Canning Museum**: an old sardine or **Brisling** canning factory, which is now a **museum**. A perfect reconstruction of the **history of the canning industry**, which changed this part of Norway between the 19th and 20th centuries.
- You'll soon see for yourself, as you walk among the hundreds of **old tins**, discovering the **process**

used to **conserve sardines** and getting a sense of what life was like in the factory in those times. Do you feel peckish? We'll soon fix that, with a tasting of **smoked salmon and sardines**, to be enjoyed among the souvenirs of these old Nordic traditions.

- They aren't the only ones around here: step inside the merchant buildings of the **Stavanger Maritime Museum** and dive into the last 200 years of its maritime history, with **model ships, ship owners' supplies** and **historic sailing ships**.
- If making so many discoveries is working up an appetite, don't worry: **dried mutton, ham** and **lefse** the typical Norwegian flatbread, are waiting to be devoured, accompanied by **tea and coffee**. Now you can really say you've filled up on stories and flavors!

## INFORMATIONS

Code	Duration	Level	Adult price	Child price
03WU	3 Hours approximately	Moderate	EUR 85.00	EUR 59.50
Type				
Tasting				

### *Stavanger*

## EXPLORE THE SOUL OF THE FJORD WITH AN EXPERT IN NORDIC WALKING

### In a nutshell

Want to **move like an inhabitant of the fjord**? Alongside an **expert in Nordic walking**, you'll give the typical Norwegian sport a try, as you explore the culture of **Stavanger** step by step: from the best-loved routes between the hinterland and the coast to the most **authentic snacks**. A **sustainable, healthy adventure**, in direct contact with Norway's majestic natural landscapes.

### Main stops

- The Storhaug peninsula: Nordic walking along the coast, towards Godalen and on the Blue Promenade
- Norwegian picnic

### The programme

- Time to limber up: with an **expert in Nordic walking**, you'll tramp along **Stavanger's most beautiful footpaths**, experiencing the nature of the fjord from the perspective of its inhabitants.
- Lace up your shoes and grab your walking poles: you'll immediately understand how to engage all **600 muscles involved in Nordic walking**, starting with your hands, which play a fundamental role!
- You'll find that here, Nordic walking is not just a sport, **but a way of life**. Real Norwegians keep fit by

protecting the land with an activity that is 100% green. And now you can join them!

- Your expert will reveal all **the routes that the locals love best**: the **rural road to Godalen**, which looks out over the Gandsfjord with white beaches, headlands and mountains in the background, and the multicolored **Blue Promenade**, a pedestrian promenade along the city port.
- Hungry? We've prepared you a **genuine Norwegian picnic** with a **snack of Brunost**, the famous local brown cheese. It's even more delicious in the fresh, clean air of the fjord!
- We'll take care of providing the Nordic walking poles.
- Due to the degree of complexity and the type of equipment provided, this experience is not recommended for children.
- The experience may be canceled in bad weather.
- This experience will be narrated in English.

#### INFORMATIONS

Code	Duration	Level	Adult price	Child price
03WV	3 1/2 Hours approximately	Hard	EUR 75.00	EUR 52.50
<b>Type</b>				
Tasting				

### Stavanger

## ADVENTURE ON THE PREIKESTOLEN, THE 'PULPIT' ROCK HIGH ABOVE THE FJORDS

#### In a nutshell

An adventurous excursion that takes us from the port of Stavanger into the heart of Norway to visit the Preikestolen, the vertiginous 'pulpit rock' that overlooks the Lysefjord from on high, treating us to views that are nothing short of breath-taking.

#### Main stops

- Stavanger
- Preikestolen Refuge
- Hike towards the Preikestolen
- Lysefjord

#### The programme

- We will skirt the port of **Stavanger** by coach. Heart of the Norwegian oil industry, Stavanger is the country's fourth largest city in terms of population and is located at the entrance to the Gandsfjord,

sheltered from the North Sea.

- We will then continue by coach to the **Preikestolen Refuge**.
- From there, we will walk along a rocky mountain path to admire the stunning views dotted with small lakes. This area, which is home to a substantial population of ptarmigan, is well-known to local hunters and fishermen.
- Continuing our walking tour, we will reach the **Preikestolen (the 'pulpit'rock)**, a flat rock that overlooks the Lysefjord from a height of 604 metres above sea level. From here, we can enjoy beautiful views of the surrounding mountains.
- After our visit, we will return along the same path to the Preikestolen Refuge, where our coach will be waiting to take us back to Stavanger.
- The Preikestolen area is not secure. We therefore recommend you move with caution and keep a safe distance from the cliff edge.
- The experience takes place on an uneven mountain track that also has steep sections. Accordingly, for your own safety, it is important to wear walking shoes. If you do not have any with you, they can be rented on site.
- We recommend you wear a waterproof windbreaker over your clothes.
- This outdoor excursion will take place in all weathers, with the exception of snow.
- The walk covers a distance of approximately 8 km with a difference in height of approximately 340 metres from start to finish and is only recommended for guests accustomed to walking on rough paths.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2490	7 1/2 Hours approximately	Hard	EUR 165.00	EUR 115.50
<b>Type</b>				
Basket Lunch				

## Stavanger TOUR OF STAVANGER AND SURROUNDINGS

### In a nutshell

Sample the history of the city of Stavanger, for centuries one of the cornerstones of Norwegian maritime history: from a time when Viking kings fought battles on the Håfrsfjord to modern-day tankers, not forgetting the age of 'white sails' and steam ships. Don't miss this opportunity to visit the city and discover its many faces.

## NORTHERN EUROPE



### Main stops

- Ullandhaug
- Jæren landscape
- Ryfylke Mountains
- Sverd i fjell (the 'Swords in Rock')
- Stavanger Cathedral (outside visit)
- Old Stavanger

### The programme

- We will set off from the port by coach through **Ullandhaug**, an area famous for its reconstructions of Iron Age farms. Ullandhaug also boasts breath-taking views of the **Hafrsfjord** where, in 872, the Viking king Harald Fairhair defeated the last of the local princes and unified 29 small kingdoms under one crown, founding the Kingdom of Norway. To the east stretches the fertile **landscape of Jæren**, with the **Ryfylke Mountains** in the distance.
- We will then continue to the outskirts of Stavanger to admire the **Sverd i fjell ('Swords in Rock')**, a fascinating memorial by the sculptor Fritz Røed. The monument depicts three 10 metre-high swords that commemorate the historic battle of Hafrsfjord. The largest sword represents the victorious Harald, while the smaller ones symbolise the vanquished kings. The monument is also intended to symbolise peace, as the swords are struck in solid rock, from which they can never be removed.
- We will now pass through both the older and more modern districts of Stavanger; we will admire the outside of the **Cathedral**, built in around 1125 by Bishop Reinald of Winchester with the help of British craftsmen. Of all the churches built in Norway during the Middle Ages, Stavanger Cathedral is the only one that still retains its original features.
- Before returning to the ship, we will treat ourselves to a walk through 'Old Stavanger', with its typical narrow streets lined with picturesque wooden houses that date back to the 18th and 19th centuries, a time when it was home to sailors, craftsmen and merchants. This unique area, located just a few minutes from the port, is now at the centre of the city's most ambitious redevelopment project.
- Places on this excursion are limited. We recommend booking early.
- The Cathedral is currently under renovation, so the visit will be from outside.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2491	3 Hours approximately	Easy	EUR 89.00	EUR 62.30
<b>Type</b>				



*Stavanger*  
**BOAT TRIP ON LYSEFJORD**

**In a nutshell**

A boat trip on the Lysefjord to explore some of its most remote corners. Leaving from Stavanger, we will sail up the fjord to discover its breath-taking natural landscapes, including the famous Preikestolen, the vertiginous rock formation overlooking the fjord.

**Main stops****INFORMATIONS**

Code	Duration	Level	Adult price	Child price
2493	2 1/2 Hours approximately	Easy	EUR 125.00	EUR 87.50
<b>Type</b>				

*Stavanger*  
**STAVANGER: NATURE, HISTORY AND FLAVOURS**

**In a nutshell**

- Places on this excursion are limited. We recommend booking early.

**INFORMATIONS**

Code	Duration	Level	Adult price	Child price
2494	4 Hours approximately	Easy	EUR 110.00	EUR 77.00
<b>Type</b>				

Tasting

*Stavanger*  
**WALKING TOUR OF STAVANGER**

**In a nutshell**

This tour offers an introduction to Stavanger, a city that has been the cornerstone of Norway's maritime history for centuries and is now both the main centre of the Norwegian oil industry and the country's fourth largest city by population. Don't miss this opportunity to visit the city and discover its many faces.

## NORTHERN EUROPE



### Main stops

- Old Stavanger
- Market square
- Harbour bay
- Stavanger Cathedral (outside visit)

### The programme

- We will leave the port on foot and begin exploring the city.
- We will enjoy a stroll through **Old Stavanger**, characterised by narrow streets lined with picturesque wooden houses, complete with pretty gardens and historic gas lanterns. Dating back to the 18th and 19th centuries, these houses were once home to sailors, craftsmen and merchants. The charm of the area appears to have remained intact for centuries and the entire neighbourhood is now at the centre of the city's most ambitious restoration project.
- A short walk will take us to the **market square** and the **harbour bay**. During the summer months, you will have the opportunity to browse the stalls and admire the wide range of fruit and vegetable.
- On leaving the square, we will continue to the **Cathedral** for an outside visit Dedicated to St. Svithun, patron saint of the city, and built in around 1125 by Bishop Reinald of Winchester, with the help of British craftsmen, Stavanger Cathedral is the best-preserved medieval church in Norway, second only to the Nidaros Cathedral in Trondheim.
- After admiring the cathedral, we will return to the port.
- Space is limited, so please reserve early.
- Tour will take place also in case of bad weather conditions, therefore suitable clothes are recommended.
- This excursion is not recommended for those guests with mobility problems.
- The Cathedral is currently under renovation, so the visit will be from outside.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2497	2 Hours approximately	Moderate	EUR 55.00	EUR 38.50
<b>Type</b>				

## *Stavanger* **HELICOPTER ADVENTURE OVER THE LYSEFJORD**

### In a nutshell

The ideal opportunity for those who want to see the beautiful Stavanger region from a whole new perspective, taking advantage of stunning panoramic views of some of the most unspoilt and wild landscapes Norway has to offer.

### Main stops

- Stavanger
- Lysefjord
- Mountains and glaciers
- Preikestolen

### The programme

- Our adventure begins in **Stavanger**. The heart of the Norwegian oil industry, it is the country's fourth largest city in terms of population and is located at the entrance to the Gandsfjord, sheltered from the North Sea. The city has a fascinating architectural heritage that combines tradition and modernity, with numerous picturesque wooden houses that were once home to seafarers and craftsmen overlooking the port.
- We will arrive at the heliport after a short coach journey and take off for the **Lysefjord**, which stretches inland for approximately 50 kilometres. This fjord is considered the wildest because it is surrounded by rugged **mountain peaks and glaciers**. Only in small pockets is there enough space for small isolated farms, surrounded by breath-taking landscapes.
- We will arrive at the **Preikestolen (the 'pulpit' rock)**, a flat rock that overlooks the Lysefjord from a height of 604 metres. It is a very popular tourist attraction that boasts wonderful views of the surrounding landscapes.
- We will now head west over a stunning **mountainous landscape** dotted with lakes, before returning towards the fjord and eventually the heliport.
- A 3- or 6-seater helicopter will be used for the flight: the helicopter used will be chosen the day before.
- Places on this excursion are limited. We recommend booking early.
- Max weight: 100 kg
- During the flight, information will be provided in English only.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2644	1 1/2 Hours approximately	Easy	EUR 390.00	EUR 390.00

### Type

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#### *Kiel*

### **PANORAMIC TOUR OF KIEL AND HISTORIC LANDMARK IN LABOE (ending at the airport)**

#### **In a nutshell**

From the port city of Kiel to the historic town of Laboe, on the eastern bank of the Kiel Fjord.

#### **Main stops**

- Kiel: major places of interest in the city, City Hall, Kiel Canal
- Laboe: Naval Memorial to the Sailors who died in battle and exhibition inside, U995 submarine with museum

#### **The programme**

- We leave the port to start our panoramic tour of the city of **Kiel**. The capital of the Federal State of Schleswig-Holstein boasts a long tradition as a maritime city and port, which pervades daily life.
- Our route winds past the **main points of interest** in the city, including the **City Hall** and the spectacular **Kiel Canal**, which links the North Sea to the Baltic Sea.
- At the end of our city tour, our coach will take us to the eastern shore of the Kiel Fjord to the town of **Laboe**, where we visit the **Memorial to the Sailors who were killed in battle**. The tower was first erected to commemorate the soldiers of the German Navy who died in the First World War. Later, it was also dedicated to the sailors who died in the Second World War. In 1954, it became a memorial to all the fallen from the Navies of all nationalities.
- After an interesting visit to the **exhibition inside the monument**, we climb to the top of the building to enjoy the **spectacular view** that unfolds before us.
- Lastly, the **U995 submarine**, one of the dreaded U-Boats that destroyed the allied ships in the north-eastern Atlantic, awaits us on the nearby beach. Today, it houses a museum where we can learn about some of the aspects of the hard life of the crew on board submarines.
- Our visit to the memorial is over and we set off by coach for Hamburg airport.
- We recommend wearing comfortable shoes.
- This excursion is not recommended for guests with mobility problems.
- The tour guides will leave the group at the end of our tour of Kiel. The journey to the airport does not include a guide.
- This excursion is reserved for guests who disembark at Kiel and whose flights depart after 4.00 p.m.

## INFORMATIONS

Code	Duration	Level	Adult price	Child price
2850	4 1/2 Hours approximately	Moderate	EUR 65.00	EUR 45.50
<b>Type</b>				

*Kiel***PANORAMIC TOUR OF HAMBURG (ending at the airport)****In a nutshell**

A comprehensive panoramic tour of the vibrant city of Hamburg, the largest port in Germany.

**Main stops**

- Lake Alster
- Jungfernstieg
- Renaissance City Hall and Stock Exchange Buildings
- Modern part of the city
- St. Michael's Church
- Krameramtsstuben

**The programme**

- This fantastic tour will give us the opportunity to discover the vibrant city of Hamburg, the second largest metropolis in Germany after the capital, Berlin.
- Our panoramic tour winds its way past the main points of interest in the city. First of all, our route runs alongside the **Lake formed by the River Alster** in the city centre, and then crosses the residential districts and the **Jungfernstieg**, the famous fashion street, lined with luxury boutiques and shopping malls.
- We drive past the **Renaissance buildings of the City Hall and Stock Exchange** and venture into the **more modern part of the city**, with its parks and gardens, the television tower, 19th century buildings and much more.
- Weather and traffic permitting, we will have the opportunity to leave the coach and make a few photo stops.
- Our next stop will be a visit of the exterior of **St. Michael's Church**, affectionately known as Michel by the inhabitants of Hamburg; this is one of the main Protestant churches in the city, and one of the most important architectural structures in Germany.
- Our tour ends in the **Krameramtsstuben** area, a complex of 5 buildings, built between 1620 and 1676

## NORTHERN EUROPE



by the merchants' guild to provide homes for traders' widows. They are well preserved and give us an idea of what life was like at the beginning of the 18th century.

- Afterwards our coach will bring you to Hamburg airport.

### INFORMATION

Code	Duration	Level	Adult price	Child price
2856	4 1/2 Hours approximately		EUR 65.00	EUR 45.50
Type				

*Kiel*

### Hop on hop off Kiel

In a nutshell

### INFORMATION

Code	Duration	Level	Adult price	Child price
0329	5 Hours approximately	Easy	EUR 20.00	EUR 10.00

*Kiel*

### KIEL: A STROLL WITH THE FLAVORS OF THE SEA

In a nutshell

Do you want to discover a city with an **unbreakable link with the sea**? The aquatic roots of **Kiel** will amaze you with **every step you take** as you watch the **comings and goings of the boats on its canal**, and with your guide, admire the **grand buildings overlooking the water** and **open-air pools** from which **northern fur seals** emerge. Even your snack will be sea-themed: tuck into a **fish bun** the traditional sandwich made with local fish!

#### Main stops

- Walk through Kiel: seafront; Town Hall building; St. Nicolai church; Opera House; former Franciscan convent
- Snack with fish bun

#### The programme

- As you stand in front of the ships departing from the port of **Kiel**, you'll want to find out more about

this **city with a natural affinity for water**: dive in, on a **walk with your guide**!

- They will tell you that this was the only town by the sea in this Saxon territory, but that it is also called the 'city of sailing', for its unique regatta: this explains the sails and sailors you will glimpse along the **waterfront**.
- Meanwhile, near the port, you might come across a friendly **seal** or two splashing around in an **open-air pool**, capturing everyone's attention as they pop up.
- And even though the salty tang fades as you walk through the streets of the center, water is always at the heart of everything: The **neoclassical Town Hall and Opera House** look out over the canal, while **St. Nikolai Church** was originally a maritime place of worship dedicated to the patron saint of seafarers.
- Has all that walking given you an appetite? There's a typical **fish bun** ready and waiting for you - a **sandwich filled with fresh fish caught right here**. The Baltic in a mouthful.
- And if you're still hungry for more maritime discoveries, **you can explore Kiel however you like**, before returning to the ship.
- Wear comfortable shoes and clothing suitable for the experience.
- The sandwich can be enjoyed with soured herring, salmon or vegetables.
- Limited number of English guides: if none are available, you will be accompanied by a guide who will conduct the tour in English.

## INFORMATIONS

Code	Duration	Level	Adult price	Child price
01J7	3 Hours approximately	Moderate	EUR 59.00	EUR 41.30
<b>Type</b>				
Tasting				

### *Kiel*

## LUBECK, THE BALTIC JEWEL

### In a nutshell

Lubeck has much to offer, not only for the historians among you! Start off at the pier in Kiel with an approx. 1,5 h scenic transfer to Lubeck. You will start with Lubeck's Holsten Gate, where you have your first of many photo opportunities. The gate from the 15th century is the landmark of Lubeck, which is symbol not only of the well-fortified medieval town but also of the self-confidence of the former Queen of the Hanseatic League. Your walking tour starts at the city center. Your tour leads through the picturesque Old Town which was declared a World Cultural Heritage Site by the UNESCO in 1987. Walking the historic alleyways and courtyards, see the Seven Spires and the Hospital of the Holy Spirit dating back to 1280.

## NORTHERN EUROPE



This hospital is not only one of Europe's oldest social institutions but also one of the most significant monumental buildings from the Middle Ages. Proceed to the historic Town Hall which was built in the 13th century and is considered to be one of the oldest, most magnificent in Germany. Have a view at the St. Mary's Church which is the third-largest church building in Germany. Of particular interest are also numerous 15th- and 16th-century patrician residences and salt storehouses. Pass by the Buddenbrook House, the former home of the Lubeck-born authors Heinrich and Thomas Mann. Another highlight is the unique Marzipan-exhibition in the trademark Café Niederegger. Enjoy your free time for having a lunch break and for exploring the narrow, cobble-stoned streets and the variety of small and elegant shops. Please note: The journey to Lubeck takes approximately 1,5 hours each way. This excursion is not recommended for guests with mobility problems. You ought to wear comfortable shoes. Lunch not included. English speaking guides are limited in number.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
012O	6 1/2 Hours approximately	Moderate	EUR 85.00	EUR 59.50

Type

*Kiel*

## DISCOVERING HAMBURG

### In a nutshell

The biggest port of Germany, a notorious red-light-district and elegant mansions along the Elbe River its all in Hamburg! You can get to know the vibrant city of Hamburg during this great tour! On your way there is much to see: you will pass the downtown Alster Lake and the city's exclusive residential areas, the Jungfernstieg with its luxury shops and shopping malls, the Renaissance-style City Hall and Stock Exchange, modern downtown architecture, parks and gardens, the TV tower, the exhibition centre, 19th century court buildings and plenty more. Time and traffic permitting, you will have the chance to hop off the bus for photo-stops. You will complete your tour of Hamburg with an outside visit of the city's famous landmark Michel – St. Michaelis Church. The 'Kramer Amtsstuben', a well preserved complex of restored buildings, presenting the living conditions in the early 18th century will be also shown in detail.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
012P	7 Hours approximately		EUR 85.00	EUR 59.50

Type



## Copenhagen

### THE LESSER KNOWN CORNERS OF COPENHAGEN: ON FOOT AND BY BOAT

#### In a nutshell

They say that **Copenhagen** is at its best when seen from its various waterways: this is why a **boat tour with your guide** will give you a special perspective on the city. Cruise slowly from the **statue of the Little Mermaid**, the guardian of the port, to that of the Norse goddess **Gefion**, and then on to the **royal palaces** and the **maritime district of Nyhavn**. Your zoom? You won't need it: to see them up close, simply **take a stroll on dry land!**

#### Main stops

*Boat tour through the canals of Copenhagen: Little Mermaid statue, the Amalie Garden, Amalienborg Palace, Kastellet, Gefion Fountain, Churchill Park, Nyhavn district, Christiansborg Palace* Stroll through the streets of the city

#### The programme

*Ever thought you would be able to discover Copenhagen from two different perspectives? From the water to the heart of its streets and alleyways, soon you will know all the secrets of the city. Your guide knows just where to begin: the first stop in front of the iconic **Little Mermaid statue** is unmissable – it's been a symbol of the capital since 1913. Then, in one glance, you can take in the **Amalie Garden** overlooking the water and the **Amalienborg Palace** too, which is home to the Danish royal family. Your boat will slowly make its way through the canals and under bridges that are so low that you can touch them as you pass beneath. And with every glimpse, a piece of Copenhagen life passes by, with its unique people and colors. From here, the geometrical shapes of the **Kastellet fortress** are even clearer to see: did you know that its symmetrical red roofs form the shape of a star? Finally, take in the fountain of the goddess **Gefion**, the pastel facades of the district of Nyhavn and the spire of the Danish Parliament building, before seeing them again up close as you wander through the streets of the city center\*: a great way to lose yourself in the details of the legendary goddess Gefion as she tames her oxen!*

- This experience is reserved for guests not disembarking in Copenhagen.

#### INFORMATIONS

Code	Duration	Level	Adult price	Child price
01GH	3 Hours approximately	Moderate	EUR 49.00	EUR 34.30

#### Type

## Copenhagen

### THE BEST OF COPENHAGEN

## NORTHERN EUROPE



### In a nutshell

#### Main stops

- Little Mermaid statue
- Amalienborg Palace
- Statue of King Frederick V
- Cruise along the canals of Copenhagen
- Tivoli Gardens

### The programme

- Our tour will take us to see the famous statue of **Hans Christian Andersen's Little Mermaid**. Since 1913, she has sat on the harbour rocks welcoming travellers from all over the world and inspiring them with her tale of love and sacrifice.
- We will then admire **Amalienborg Palace**, which comprises four identical buildings and has been the Danish royal family's base since 1794. It is guarded by soldiers in traditional bearskin hats and the centre of the square is home to the **statue of King Frederick V** on horseback, depicted as a Roman emperor, considered one of the most important equestrian statues in the world.
- We will hop on a boat and enjoy a **cruise along the picturesque canals of Copenhagen**, where floating houses share the water with sail boats and yachts.
- We then will enjoy the beautiful and one of the oldest amusement parks in the world, **Tivoli Gardens**, where we will have a **tasty typical Danish lunch**. After lunch you can explore the wonderful park on your own.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
01GI	7 Hours approximately	Moderate	EUR 145.00	EUR 101.50

#### Type

### *Copenhagen*

## **BEAUTIFUL COPENHAGEN AND THE PICTURESQUE TOWN OF DRAGØR (ends at the airport)**

### In a nutshell

A pleasant panoramic tour of the amazing city of Copenhagen with its imposing palaces and fascinating views of the sea followed by a stroll around the fishing town of Dragør with its paved roads and yellow houses adorned with flowers where time seems to have stood still.

### Main stops

- The Little Mermaid Statue (photostop)
- City Hall
- Rosenborg castle and Christiansborg palace
- Gefion fountain
- Amalienborg Royal Palace (photostop)
- Nyhavn district
- Fishing town of Dragør

### The programme

- We leave the port by coach and venture on a **delightful sightseeing tour of Copenhagen**, the amazing capital of Denmark and a harmonious and tidy city where views of the sea alternate with magnificent urban settings.
- We start with a stop for photos at the **Little Mermaid Statue**. Since 1913, she has sat on the harbour rocks welcoming travellers from all over the world and inspiring them with her tale of love and sacrifice.
- On the way there, we admire the impressive **City Hall** with its clock tower and curious combination of architectural elements ranging from the Danish Middle Ages to Romanticism, **Rosenborg Castle** surrounded by fairy-tale gardens and an evocative moat to the Baroque Revival **Christiansborg palace**, now seat of the Danish parliament.
- We drive past **Gefion fountain**, the largest monument in the Danish capital, and let ourselves be enchanted the **Amalienborg palace**, the residence of the queen where we stop for a few photos.
- We continue our tour as far as the **picturesque district of Nyhavn** with its colourful wood, brick and mortar houses, famous wooden boats and the romantic sailing ships moored at the quays.
- We then move on to the island of Amager, the last stop on our excursion, to visit the charming picturesque **fishing town of Dragør**, one of the best preserved in Denmark.
- Once there, we can chose how to spend our time: we can go either on a 25-minute **guided walking tour** to explore its peaceful cobbled alleyways where time seems to have stood still, or **take a leisurely stroll on our own** along the lovely harbour among the small yellow houses adorned with scented flowers.
- The walk around Dragør is on cobbled roads.
- The tour ends at the airport.
- This excursion is available to guests whose flights depart after 17:45.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
02SD	4 Hours approximately	Easy	EUR 60.00	EUR 42.00
<b>Type</b>				

### *Copenhagen* **EXPERIENCE THE REAL COPENHAGEN BY BIKE**

#### **In a nutshell**

Try out the most environmentally and fun way to see **Copenhagen**, by hopping on a bike: see the city on two wheels, the preferred means of transport of the city's locals. **Royal residences**, lively **neighborhoods** by the sea, **gardens in bloom**, **marine statues and fountains** will flash by on your **zero-emissions** adventure into one of the world's greenest cities.

#### **Main stops**

- Sightseeing bicycle tour: Osterport station; Glyptotek museum; Christiansborg Palace; Kongens Nytorv square; Gefion statue; Kastellet fortress
- Rosenborg Castle, Tivoli Gardens, City Hall, Copenhagen Stock Exchange, Nyhavn Harbor, Amalienborg Palace, statue of the Little Mermaid: photo stops

#### **The programme**

- A city made for bikes? Nowhere is more so than **Copenhagen**, where pedaling is an authentic way of life championed by its inhabitants. **Today, it's your turn to hop onto the saddle!**
- Pedal along with ease and **without polluting**, just like they do here. With a single difference: your **companion** will lead the way.
- From the **Osteport station**, it's a succession of symbols. Some are places of royal and military power, such as the ancient **defensive citadel of Kastellet** and **Christiansborg Palace**, once home to the Danish crown.
- Other symbols bear testament to popular life, such as the **Kongens Nytorv square**, the biggest in the city. And among the many icons of art and beauty, the **fountain of Gefion**, inspired by a Norse goddess, is of particular note, along with the **Glyptotek museum**.
- How photogenic are the multicolored houses on the piers of **Nyhavn**, the iconic statue of the **Little Mermaid**, the **Rosenborg Castle**, surrounded by greenery and rose gardens, and the four rococo buildings of **Amalienborg Palace**?
- You'll soon get a handle on it with a few pedal strokes and a couple of clicks: this is how you capture the city from a different perspective.
- Minimum age: 12 years.

## NORTHERN EUROPE



- This experience will be narrated in English.
- We'll take care of the water bottle.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
00ET	3 Hours approximately	Moderate	EUR 95.00	EUR 66.50

### *Copenhagen* **RED BUS Hop on hop off COPENHAGEN**

#### In a nutshell

Discover the beautiful city of Copenhagen with Copenhagen Red Buses in Open Air Double-Decker buses! Hop on and off as much as you like at any of our conveniently located stops around the city. Explore the city's must-see attractions and activities at your own pace!. The tour is entertaining and informative with digitally recorded commentaries in 8 languages. Ideal for tourists from all over the world!

#### Main stops

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
00F6	1/2 Hours approximately	Easy	EUR 30.00	EUR 15.00

### *Copenhagen* **COPENHAGEN: FEET ON THE GROUND, EYES ON THE WATER**

#### In a nutshell

Exploring **Copenhagen on foot** is the best way to discover the city's **connection with the water**. A paradox? Not at all. From the statue of **the Little Mermaid**, heroine of children, to the **Gefion fountain**, which evokes ancient myths, the **royal residences** with their **gardens**, and the **Nyhavn canal**: with your **guide**, you will discover the aquatic DNA of this city.

#### Main stops

- Little Mermaid statue
- Gefion Fountain
- Rosenborg Castle and The King's Gardens

- Churchill Park, Frederiksstad district, Amalienborg Palace
- Nyhavn canal
- Kastellet

### The programme

- Walk with your guide to the **Little Mermaid statue**, which has been the symbol of the city since 1913. Here, a passion for the sea is instilled at an early age, even if only by listening to **Hans Christian Andersen's fairy tale**.
- From fairy tales to myth: in front of **Gefion Fountain**, discover the legendary origins of Zealand: a patch of land stolen from the sea with an ox-drawn plow. It is the island upon which the city rests!
- It stretches to **Churchill Park**, where water brings life to flowers and meadows, and the **Frederiksstad district**, with the **Amalienborg Palace**, residence of the Danish royal family. Guess what: it is only separated from the harbor basin by **The Amalie Garden**.
- Along the **Nyhavn canal**, the old port, a host of colorful houses are reflected in the water, while **Rosenborg Castle** is mirrored in the lake of its **gardens**: a home for fish, geese and swans.
- But the last piece of your puzzle is **Kastellet**, a 17th-century citadel surrounded by water. Here in **Copenhagen**, everything – even the most monumental structures – seem to float.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
03P8	3 Hours approximately	Moderate	EUR 49.00	EUR 34.30
<b>Type</b>				

## *Copenhagen* **TOUR OF TWO KINGDOMS – DENMARK AND SWEDEN**

**In a nutshell** A day spent discovering the marvels and most symbolic sights of two magnificent Scandinavian cities – Copenhagen and Malmö. A fascinating panoramic tour that takes us from Denmark to Sweden across the majestic Öresund, the longest cable-stayed bridge in Europe – a colossus submerged in northern waters.

### Main stops

- Sightseeing tour of Copenhagen
- Öresund bridge
- Sightseeing tour of Malmö
- Old city of Malmö

### The programme

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
038K	7 Hours approximately	Moderate	EUR 109.00	EUR 76.30

## *Copenhagen* **COPENHAGEN AND THE CHARMING CITY OF HELSINGØR**

### In a nutshell

#### Main stops

- Sightseeing tour of Copenhagen
- Little Mermaid Statue
- Danish Riviera
- Walking tour of the Helsingør historic city centre

### The programme

- We board a coach and set off on a thrilling **sightseeing tour** of the fascinating city of **Copenhagen**, the capital of Denmark.
- We drive by the **Town Hall** and the lovely **Tivoli Gardens**, a famous amusement park surrounded by nature. We reach the **ancient Stock Exchange** and observe its characteristic spire formed by intertwined dragon tails. We admire the unique coloured houses along the **old port of Nyhavn** and take marvellous photographs in front of the majestic **Amalienborg Palace**, the official residence of the Danish Royal Family.
- Before moving on to our second destination, we cannot but admire and take beautiful photos in front of the symbol of the city of Copenhagen: the **Little Mermaid Statue**. An enchanting sea creature inspired by one of the most famous fairy tales by Hans Christian Andersen.
- We drive along the fascinating Danish Riviera, a truly panoramic route offering views of the marvellous coastal landscape, as far as the evocative **city centre of Helsingør**, a place where time seems to have stood still.
- We take in the atmosphere of this Medieval city by strolling among its main monuments and its characteristic timber houses. From the **Carmelite Priory** to the magnificent **Church of St. Mary** and the imposing **St. Olaf's Church**.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
038L	6 Hours approximately	Moderate	EUR 85.00	EUR 59.50

## *Copenhagen* **COPENAGHEN, THE VIKINGS AND ROSKILDE CATHEDRAL**

### In a nutshell

We drive by the most symbolic places and monuments in Copenhagen, a charming picturesque city steeped in history and elegance. We reach Medieval Roskilde, the city of the northern warriors, and go on a journey back in time among its historical gems ranging from a charming Viking museum to a majestic Gothic cathedral.

### Main stops

- Sightseeing tour of Copenhagen
- Little Mermaid Statue
- Roskilde
- Viking Ship Museum
- Roskilde cathedral

### The programme

- We get on a coach and set off on a thrilling **sightseeing tour** of the gems of city of **Copenhagen**.
- We drive by the **Town Hall** and the lovely **Tivoli Gardens**, a famous amusement park surrounded by nature. We reach the **ancient Stock Exchange** and observe its characteristic spire formed by intertwined dragon tails. We admire the unique coloured houses along the **old port of Nyhavn** and take marvellous photographs in front of the majestic **Amalienborg Palace**, the official residence of the Danish Royal Family.
- We move on to the port of Copenhagen to admire the symbol of the city, a lovely bronze statue nestled on a rock: the **Little Mermaid Statue**, the protagonist of one of Hans Christian Andersen's most famous fairy tales. Here, we have some free time available to take some beautiful photos and immerse ourselves in the atmosphere of the Danish capital.
- Our tour continues with the historic city of **Roskilde** to admire two of its great sights.
- The first stop is the **Viking Ship Museum**, where we go on a journey into the history of northern warriors among their extraordinary ships. We marvel at five fascinating types of ship, from trading ships to war ships, sunk off Skuldelev in 1070 and brought back to light in 1962. In the museum, we have the opportunity of admiring other marvellous ships, which are perfect reconstructions of Viking ships. We continue with the majestic **Roskilde Cathedral**, the main burial site for Danish



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monarchs. It was the first Gothic church to be made of bricks, a style that was promoted all over northern Europe. We remain speechless in front of this magnificent cathedral, a true architectural marvel declared a UNESCO World Heritage Site.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
038N	6 Hours approximately	Moderate	EUR 109.00	EUR 76.30

### *Copenhagen* **HELSINGØR AND HAMLET'S CASTLE**

#### In a nutshell

#### Main stops

- Walking tour of Helsingør
- Kronborg Castle

#### The programme

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
038O	5 Hours approximately	Moderate	EUR 105.00	EUR 73.50

### *Copenhagen* **COPENHAGEN: THE LITTLE MERMAID AND THE ROYAL PALACES (ends at the airport)**

#### In a nutshell

On this excursion we learn about the history of Copenhagen's most iconic locations, symbols of the city that have become famous around the world.

#### Main stops

#### The programme

- We reach **Copenhagen**, the enchanting capital of the world's oldest kingdom, a city where history,

tradition and the modern world are interwoven with the magic of fairy tales.

- Our first 'port of call' is the world-famous **statue of the Little Mermaid inspired by the story by Hans Christian Andersen**. Since 1913, she has sat on the harbour rocks welcoming travellers from all over the world and inspiring them with her tale of love and sacrifice. But there is more to her story than fairy tales: covered in pink paint, twice decapitated, deprived of an arm, narrowly escaping being blown to pieces, and even transported to China for the Shanghai Expo – our dear Little Mermaid has led a colourful life!
- Next stop on the tour is the home of the Queen, **Amalienborg Palace**: four identical buildings, guarded by soldiers in traditional bearskin hats. In the palace grounds, the **statue of King Frederick V**, on horseback depicted as a Roman emperor, is considered one of the most important equestrian statues in the world.
- Next on our itinerary is **Christiansborg Palace** on the islet of Slotsholmen, which, being home to Denmark's most important institutions, is fittingly nicknamed the 'Island of Power'.
- Before heading to the airport to catch your flight home, we will have a short city tour, passing by **Rosenborg, Town Hall and Tivoli Gardens**.
- This excursion is available to guests whose flights depart after 17.45.
- Christiansborg Palace reserves the right to close its rooms to the public and cancel bookings whenever it is needed by the government or the royal family.
- Places on this excursion are limited. We recommend booking early.

## INFORMATION

Code	Duration	Level	Adult price	Child price
2701	4 Hours approximately	Easy	EUR 65.00	EUR 45.50
Type				

### *Copenhagen*

## **COPENHAGEN EXPRESS: ALL THE KEY SIGHTS (ends at the airport)**

### **In a nutshell**

This excursion gets straight to the point, taking us directly to the city's most iconic landmarks: the statue of the Little Mermaid, with its remarkable history, the royal residences and the Government offices.

### **Main stops**

- The statue of the Little Mermaid
- Nyhavn district, the Stock Exchange, Christiansborg Palace, the 'Island of Power', the Parliament,

## NORTHERN EUROPE



Supreme Court, Government offices and former Royal Apartments

- The Christianshavn district

### The programme

- Our excursion, exploring the capital of Europe's oldest kingdom, begins with an opportunity to take photographs of the world-famous statue of **Hans Christian Andersen's Little Mermaid**, one of the city's most iconic symbols. Since 1913, she has sat on the harbour rocks welcoming travellers from all over the world and inspiring them with her tale of love and sacrifice. But there is more to her story than fairy tales: covered in pink paint, twice decapitated, deprived of an arm, narrowly escaping being blown to pieces, and even transported to China for the Shanghai Expo our dear Little Mermaid has led a colourful life!
- We make our way through the district of **Nyhavn** and then proceed to see some of the city's most important landmarks, including **the Stock Exchange and Christiansborg Palace**. The latter is located on Slotsholmen, Island, fittingly nicknamed the 'Island of Power' which houses the country's main political institutions: the Parliament (Folketing), the Supreme Court and the government offices (to the south and east), as well as the state rooms of the former Royal Apartments (north wing).
- We end our tour and head to the airport through the old Christianshavn district.
- We say farewell to fairy-tale Copenhagen, taking a souvenir or two, and countless memories with us.
- This excursion is available to guests whose flights depart after 15.45.
- Places on this excursion are limited. We recommend booking early.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2704	2 Hours approximately	Easy	EUR 55.00	EUR 38.50

Type

## *Copenhagen*

### **COPENHAGEN: THE LITTLE MERMAID AND THE ROYAL PALACES**

In a nutshell

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
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2706

4 1/2 Hours  
approximately

Moderate

EUR 65.00

EUR 45.50

**Type**

## *Copenhagen* **SPECIAL SOUVENIRS FROM COPENHAGEN**

**In a nutshell**

We visit Denmark's wonderful capital – with its royal palaces and distinctively Danish landmarks that are full of historical significance – and treat ourselves to a special visit, discovering 240 years of passion for quality and beauty in the blue and white ceramics of the Royal Copenhagen porcelain works.

**Main stops**

- The statue of the Little Mermaid
- Amalienborg Palace, the Royal Guard and the statue of King Frederick V
- Nyhavn District
- The Stock Exchange and Christiansborg Palace
- Royal Copenhagen Shop (free time)
- City Hall, Tivoli Gardens and Rosenborg Castle (panoramic)

**The programme**

- We reach **Copenhagen**, the enchanting capital of the world's oldest kingdom, a city where history, tradition and the modern world are interwoven with the magic of fairy tales.
- Our tour begins with an opportunity to take a few photographs of the world-famous statue of **Hans Christian Andersen's Little Mermaid**.
- Next, we make our way to **Amalienborg Palace**, comprising four identical buildings; this has been the **principal seat of the Danish royal family** since 1794. It is guarded by soldiers in traditional bearskin hats and is also home to the **statue of King Frederick V** on horseback, depicted as a Roman emperor and considered one of the most important equestrian statues in the world.
- We move on to the picturesque entertainment district of Nyhavn, which dates back to the 17th century, with its colourful wood, brick and mortar townhouses, its famous wooden boats and the romantic sailing ships moored at the quays.
- Here we find some of the city's most interesting sights: the **Stock Exchange**, and **Christiansborg Palace**, home to the Danish Parliament and many of the country's other political institutions.
- We cross old canals and streets ensconced between ancient buildings to reach the pedestrian walkway that crosses the entire city. Our guide will point out the **famous Royal Copenhagen shop** where we can go on our own and admire the unique quality of its renowned, hand-painted, blue

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and white porcelain, and the hand-hammered silverware and hand blown glassware.

- At the end we will drive back to the pier crossing by the **City Hall, Tivoli Gardens** and **Rosenborg Castle**.
- Places on this excursion are limited. We recommend booking early.
- The excursion is reserved for guests who are not disembarking in Copenhagen.
- This excursion is not recommended for guests with mobility problems.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2707	2 1/2 Hours approximately	Moderate	EUR 49.00	EUR 34.30
Type				

### *Copenhagen*

## **COPENHAGEN: EXPLORING THE CANALS OF COPENHAGEN BY BOAT**

### In a nutshell

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2708	4 Hours approximately	Easy	EUR 75.00	EUR 52.50
Type				

### *Copenhagen*

## **THE WONDERS OF COPENHAGEN**

### In a nutshell

Succumb to the charm of Copenhagen with this unique opportunity to visit Denmark's wonderful capital: visit the historic centre, discover why Danish design is so highly regarded around the world, relax at one of the local bars or treat yourself to some retail therapy on one of the charming shopping streets.

### Main stops

- The statue of the Little Mermaid
- Gefion Fountain
- Amalienborg Palace

## NORTHERN EUROPE



- Indre By – the historic district
- Panoramic of Rosenborg Castle, Strøget – Europe's longest pedestrianised shopping street, the City Hall and the Rådhuspladsen (City Hall Square), Tivoli Gardens
- Local bars, gift shops and the city centre (free time)
- Christianborg Palace and Royal Reception Rooms

### The programme

- We arrive in Denmark's capital, **Copenhagen**, a wonderful city rich in history and tradition.
- We make a brief stop at the famous statue of **Hans Christian Andersen's Little Mermaid**. Since 1913, she has sat on the harbour rocks welcoming travellers from all over the world and inspiring them with her tale of love and sacrifice. But there is more to her story than fairy tales: covered in pink paint, twice decapitated, deprived of an arm, narrowly escaping being blown to pieces, and even transported to China for the Shanghai Expo – our dear Little Mermaid has led a colourful life!
- We then will visit **Gefion Fountain** for a short photo stop.
- Also not to be missed is a visit to the city's royal residences: the palaces at **Amalienborg** – residence of the present Queen – which is guarded by soldiers in traditional bearskin hats.
- We follow our tour in the **historic centre district of Indre By**. Here we find Rosenborg Castle, **Strøget – Europe's longest pedestrianised shopping street**, the magnificent **City Hall** with its distinctive decorations, the monuments and maritime symbols that adorn City Hall Square, and the magnificent world famous **Tivoli Gardens**.
- We will stop in the very **heart of the city** where we can savour the capital's unique atmosphere, enjoying a relaxing stroll, sipping a drink in one of the countless coffee houses or picking up a final souvenir or two, also enjoy exploring the city centre using your **free time**.
- Our visit ends with **Christianborg Palace** and the **Royal Receptions Rooms** and after this visit we will direct ourselves to Ocean Quay, just next to the pier.
- Places on this excursion are limited. We recommend booking early.
- Christiansborg Palace reserves the right to close its rooms to the public and cancel bookings whenever it is needed by the government or the royal family.
- This excursion is reserved for guests who do not disembark in Copenhagen.

### INFORMATIONS

Code	Duration	Level	Adult price	Child price
2811	6 Hours approximately	Easy	EUR 79.00	EUR 55.30
<b>Type</b>				

## *Copenhagen* **CHARMING COPENHAGEN (ends at the airport)**

### **In a nutshell**

The marvellous city of Copenhagen, a lovely combination of ancient and modern features, appears before our eyes with its array of architectural and landscape gems ready to be admired, with two stops for photos.

### **Main stops**

- Stop for photos at the Little Mermaid Statue
- City Hall
- The futuristic Black Diamond building
- Christiansborg palace
- Stop for photos at Amalienborg palace

### **The programme**

- We leave the port by coach and venture on a **pleasant sightseeing tour of Copenhagen**, the amazing capital of Denmark where modern features are harmoniously combined with historic atmospheres and an ancient charm.
- We start with a stop for photos at the **Little Mermaid Statue**. Since 1913, she has sat on the harbour rocks welcoming travellers from all over the world and inspiring them with her tale of love and sacrifice.
- We continue our tour of the city and admire the imposing **City Hall** with its clock tower and a curious combination of architectural elements ranging from the Danish Middle Ages to Romanticism, the so-called **Black Diamond**, a Futuristic dark-coloured seafront building home to the Royal Library, and the Baroque Revival **Christiansborg palace**, now seat of the Danish parliament.
- We enjoy a second stop for photos in front of the **Amalienborg castle**, residence of the queen guarded by soldiers in traditional bearskin hats and boasting amazing seafront gardens.
- After this pleasant tour to discover Copenhagen, we head to the airport and bid a final farewell to the city.
- The tour ends at the airport.
- This excursion is only available to guests whose flights depart after 4:45 pm.

### **INFORMATIONS**

<b>Code</b>	<b>Duration</b>	<b>Level</b>	<b>Adult price</b>	<b>Child price</b>
2823	3 Hours approximately	Easy	EUR 55.00	EUR 38.50

## Legenda

### ICONE DESCRIZIONE

#### **Easy**

tour with this designation involve walking over relatively level terrain. Comfortable shoes are recommended.

#### **Moderate**

Tours with this designation can involve a considerable amount of physical activity such as walking over cobblestones or uneven surface, climbing stairs or steep terrain, swimming in a light current, or bicycle riding. They are not recommended for guest with walking difficulties. Comfortable sturdy shoes are recommended.

#### **Hard**

Tour with this designation involve high physical exertion for extended periods of time. The terrain may be uneven or steep. They are recommended only for physically fit and adventurous traveller.

#### **Sightseeing**

these are primarily motor coach excursions with an emphasis on sight-seeing and very little activity.

#### **Water Activity**

Involves the opportunity to swim or the possibility of getting wet.

#### **Fun**

dedicated to a young public keen on entertainment.

#### **Eco Natural Trail**

dedicated to nature lovers.

#### **Tasting**

a light snack will be provided on this excursion.

#### **Meal not included**

during excursions free time is given to organise lunch individually.

#### **Most wanted**

Guest surveys indicate a high degree of satisfaction with these tours.

#### **Basket Lunch**

a packed meal is provided from the ship.

#### **Good for shopping**

specially dedicated to shopping lovers.

#### **Cultural**

dedicated to history, culture and local traditions lovers.

#### **Disabled friendly**

Excursions with the handicap sign are for guests with mobility difficulties however should be able to move around independently. Guests in wheelchair out on excursion need to be accompanied by a third party as assistance by the ship will not be provided. The majority of our agencies require that the wheelchairs be retractable because sometimes the necessary space needed for a wheelchair is not available. We kindly ask you to contact the Excursion Office as soon as possible, upon embarkation, to ensure that we find the best possible solution and to reserve the appropriate seat in the required bus before the departure of the excursions. For further information and for a solution that best fits your need please contact the Excursion Office.

#### **Sports Lovers**

for the adventurous, there are our most active shore excursions.

#### **Recommended to families**

includes activities that are appropriate for families travelling with children.

#### **New**

Brand -new Tour

#### **Meal on board**

back on board for lunch/dinner, your guide will be ready to continue the excursion at the end of it.



**Meal Included**

a meal will be provided on this excursion.

**Refreshments included**

Refreshments included.

## Information Notes

### PRACTICAL GUIDE TO EXCURSIONS

#### Booking excursions

You can book your excursions before departure at [www.mycosta.it](http://www.mycosta.it) by registering and filling in the online form or, on board, by using the interactive TV system from the comfort of your own cabin or by visiting the Excursions Totem (services only available on board selected ships), or at any stage during your holiday by dropping off a completed Tour Order Form in the drop box located in the main hall of the ship. Excursions Office staff will be happy to offer you advice and assistance.

#### Number of participants

Some excursions require a minimum number of bookings and/or a maximum number of participants. These excursions are available on a first come first served basis, so it is advisable to book them well in advance.

#### Duration

The stated duration of excursions is subject to change without prior notice and can vary due to unforeseen circumstances, such as adverse weather conditions and/or transport delays. The order of certain visits may also be changed for the abovementioned reasons. You are therefore kindly asked to respect the times announced by the tour guides (stops for food, stops to take photographs, etc.).

#### Description

The descriptions of excursions are correct at time of publication of this document. In an effort to offer you the highest quality excursions program, in some cases the descriptions may vary slightly from the excursions themselves.

#### Guests with limited mobility

Please contact our onboard staff the day before your cruise. They will advise you and try to obtain the necessary equipment for your on-shore excursion.

#### Personalised programs

Private cars, limousines or exclusive visits can be arranged upon request on day of departure by contacting the Excursions Office.

#### Prices

The prices of excursions include transport available on site, which might include coach, limousine, taxi, funicular railways or boats. Meals and/or drinks are included only when specified in the itinerary of the excursion. Costa Cruises reserves the right to change the prices and itineraries of excursions without prior notice.

#### Children and kids

Children between the ages of 3 and 13 are entitled to a 30% discount for excursions on cruises in the Mediterranean and Northern Europe, 25% for cruises in South America and Transatlantic cruises from/to South America, and 10% for cruises to the Caribbean and Transatlantic cruises from/to the Caribbean.

There is no charge for children up to the age of 3 provided that parents carry them during transportation.

#### Squok Club

Children between the ages of 3 and 13 can have fun at the Squok Club while their parents enjoy their excursion. The service is free, but must be requested in advance.