

Costa Diadema
Denmark, Norway, Germany
 14 September, Copenhagen

ITINERARY



DATE	PORT	ARRIVAL	DEPARTURE
14/09	Copenhagen	-	1800
14/09	56.9 N, 12.1 E - Baltic Sea	2300	2359
15/09	Norwegian sea	2300	2359
16/09	Hellesylt	0830	0930
16/09	Geiranger fjord	1000	1100
16/09	Geiranger	1130	1830
17/09	Alesund	0700	1700
18/09	Stavanger	1000	2000
19/09	...CRUISING...	-	-
20/09	Kiel	0800	2000
21/09	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 - 16/09/2024

- 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 - 16/09/2024

- 014P** HIKING IN THE MOUNTAINS, Adult price EUR 79.00 - Child price EUR 55.30
- 020E** 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
- 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

Alesund - 17/09/2024

- 02EL** DISCOVERING ÅLESUND ON FOOT, Adult price EUR 49.00 - Child price EUR 34.30
- 03XZ** KAYAKING THROUGH THE ART NOUVEAU CENTER OF ÅLESUND, Adult price EUR 119.00 - Child price EUR 119.00
- 03Y0** AN URBAN VIA FERRATA ON MOUNT AKSLA, Adult price EUR 99.00 - Child price EUR 99.00
- 0360** ÅLESUND JUST THE WAY YOU LIKE IT, Adult price EUR 29.00 - Child price EUR 14.50
- 015K** EXCURSION TO THE ISLANDS OF GISKE AND GODØY WITH VISIT TO THE AQUARIUM, Adult price EUR 139.00 - Child price EUR 84.00
- 015L** HIKING ON MOUNT SUGARLUMP, Adult price EUR 89.00 - Child price EUR 62.30
- 01FB** EXCURSION TO THE MOUNTAINS OF STRANDA, Adult price EUR 175.00 - Child price EUR 122.50
- 01FC** EXCURSION FROM ÅLESUND TO THE TROLLSTIGEN, Adult price EUR 165.00 - Child price EUR 115.50
- 01FG** HJØRUNDFJORD CRUISE, Adult price EUR 119.00 - Child price EUR 83.30
- 04DO** BY BOAT ON THE ROUTE OF THE EXPLORERS, Adult price EUR 120.00 - Child price EUR 84.00
- 2321** ÅLESUND TOUR, Adult price EUR 89.00 - Child price EUR 62.30
- 2322** EXCURSION TO THE ISLANDS OF GISKE AND GODØY, Adult price EUR 95.00 - Child price EUR 66.50

2323 RIB-BOAT SAFARI THROUGH ÅLESUND, Adult price EUR 199.00 – Child price EUR 139.30

Stavanger – 18/09/2024

- 04F2** BOAT TRIP ON LYSEFJORD, Adult price EUR 125.00 – Child price EUR 87.50
 - 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
 - 02FE** UNIQUE PERSPECTIVES FROM THE WATERS OF THE LYSEFJORD, Adult price EUR 169.00 – Child price EUR 169.00
 - 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 – 20/09/2024

- 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
 - 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
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Copenhagen – 21/09/2024

- 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
- 01GH** THE LESSER KNOWN CORNERS OF COPENHAGEN: ON FOOT AND BY BOAT, 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
- 03P8** COPENHAGEN: FEET ON THE GROUND, EYES ON THE WATER, Adult price EUR 49.00 – Child price EUR 34.30
- 2701** COPENHAGEN: THE LITTLE MERMAID AND THE ROYAL PALACES (ends at the airport), Adult price EUR 65.00 – Child price EUR 45.50
- 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
- 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 **Jostedalbreen Glacier**, 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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00FN

8 1/2 Hours
approximately

Hard

EUR 169.00

EUR 118.30

Type

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.

NORTHERN EUROPE



- 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
Type				
Tasting				

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
020E	1/2 Hours approximately	Easy	EUR 39.00	EUR 27.30
Type				

Geiranger HELICOPTER TOUR OF GEIRANGERFJORD

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

NORTHERN EUROPE



- 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

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 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

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.

INFORMATIONS

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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NORTHERN EUROPE



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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Costa Diadema - Denmark, Norway, Germany

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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
Type				

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

Type

Alesund **DISCOVERING ÅLESUND ON FOOT**

In a nutshell

An exciting tour to discover Ålesund, a major Norwegian port with its history and typical Art Nouveau architecture, with a visit to the museum and not forgetting the landscape and nature of Mount Aksia and its park.

Main stops

- Art Nouveau Centre
- Art Nouveau in town
- Park at the foot of Mount Aksla: commemorative stone to William II and the statue of the Viking warrior 'Gange-Rolv'

NORTHERN EUROPE



The programme

- Let's discover Ålesund, the largest town on the north-west coast of Norway, built on islands extending into the ocean which stand out against the splendid backdrop of impressive mountain peaks..
- A large part of the town was destroyed by the fire of 1904. It was rebuilt in the typical Art Nouveau style of the first decade of the twentieth century .
- It was the German Emperor William II, a great friend of the Norwegian kings, who used to spend his holidays in district of Sunnmøre, to send four ships laden with help for the town. The central nucleus was rebuilt in bricks and stone to restrict any further fires.
- Today, Ålesund has a population of about 66,000, although the town centre is relatively small and is easy to visit on foot.
- Our tour begins with a visit to the **Art Nouveau Centre**, a museum in one of the most beautifully decorated buildings in this style: it used to be a pharmacy and inside it still houses the vintage containers of herbs and medicines on its shelves.
- The three-storey museum provides an interesting overview of the history of Ålesund, of the fire in 1904 and of the creative period in the Art Nouveau style.
- During our journey, we will be told of the importance of the fishmongers in Norway's largest port for the export of fish. We'll have the opportunity of seeing various examples of the **Art Nouveau style of the town's architecture**, which has made Ålesund famous as one of the last three Art Nouveau towns in Europe.,
- Our excursion continues to climb up to the small **park at the foot of Mount Aksla**.
- We'll see numerous **plants** in the park as well as a commemorative stone dedicated to the emperor William II for the help he gave to the town after the fire of 1904. Here stands the **statue of the Viking warrior Gange-Rolve** who sailed from Ålesund to today's Normandy, the name of which comes from the Norwegian conquerors.
- We can walk round the park and take a break before returning to the quayside and to our ship.
- Guests must be able to walk for approximately 3 km on steep, asphalted and cobbled terrain.
- Children under the age of 16 must be accompanied by an adult.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02EL	3 Hours approximately	Moderate	EUR 49.00	EUR 34.30

Type

Alesund

KAYAKING THROUGH THE ART NOUVEAU CENTER OF ÅLESUND

In a nutshell

Only in **Ålesund** can you wander around the middle of the town without actually taking a step. How? Experience it from the water, **paddling along the Brosundet canal** with a **guide expert in kayaking and traditional stories**. Traveling by such **environmental means**, you'll immediately feel close to nature and part of the local **Art Nouveau surroundings**, amid **colorful façades**, the comings and goings of **local fisherfolk** and traces of the past.

Main stops

- Walk through Ålesund to the docks
- Kayak experience crossing the Brosundet canal

The programme

- The walk through **Ålesund** it's only a taste of what's to come: **You'll feel closer to the town**, gliding on the waters of the **Brosundet**, the **canal** that unwinds through the city center.
- Do you need **some tips**? Your **expert guide** will take care of that, explaining how to kayak in safety and sharing their extensive knowledge of **town stories**.
- To begin with, the guide will explain that in 1904 a fire burned the town to ashes. And then, what had been a small village inhabited by herring fisherfolk was rebuilt by young Norwegian architects in **Art Nouveau** style, with a touch of German Jugendstil.
- No need to look for it, it's everywhere! On the **pastel-colored soaring houses** featuring spires and **Liberty façades** rife with floral patterns, women's faces, mythological and Norse figures.
- When reflected on the canal's water, the wow factor doubles up! And while you cross the town, amid the fragrance of fresh fish and the sound of the people, you can only think that **on foot, you could never have experienced this side of it**.
- Minimum age: 11 years.
- This experience will be narrated in English.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03XZ	3 Hours approximately	Hard	EUR 119.00	EUR 119.00
Type				

Alesund

AN URBAN VIA FERRATA ON MOUNT AKSLA

In a nutshell

Fancy a bit of **climbing**? Limber up your arms and legs and treat yourself to an **unusual perspective on the city and the Alesund archipelago**, by climbing the **Mount Aksla via ferrata**. A harness, plenty of energy and an **expert local climbing guide** are all you need to conquer the **Fjellstua lookout** in an adrenaline-filled experience with **unmatched views**.

Main stops

- A walk through the center and urban park of Alesund
- Climb of the via ferrata to the viewpoint on Mount Aksla
- Descent via the panoramic steps and through the park to the pier

The programme

- There are those who think **via ferrata** and **urban** don't go together, and then there are those who have been to **Alesund**. Because this town is where **the only Norwegian via ferrata in the center of a city** can be found.
- With your **local guide**, you'll leave immediately for a short **walk through the streets of the center** and the trees in the **city park**: between stories and anecdotes, you'll be at the bottom of **Mount Aksla** before you know it.
- Once your **harness and helmet** are on, you're good to go! Seen from below, the granite wall that leads to the **Fjellstua balcony** seems to go on forever, but don't fear: it's only 250 meters, and the climb is as easy as it is spectacular.
- More or less halfway up, there's also a **wooden bench** where you can catch your breath, enjoying a bit of fresh, salty air from the North Sea, and snapping a few pictures.
- One last push and you've arrived: in front of you, the **archipelago** and the **Art Nouveau historic center** of Alesund stretch out before you; in the background lie the **Sunnmøre Alps**.
- By now, the adrenaline will be sky high: let it subside as you descend the **418 panoramic steps** that bring you... back down to earth!
- This experience will be narrated in English.
- No climbing experience necessary.
- Minimum weight: 40 kg. Maximum weight: 120 kg.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03Y0	1 1/2 Hours approximately	Hard	EUR 99.00	EUR 99.00

Type

Alesund **ÅLESUND JUST THE WAY YOU LIKE IT**

In a nutshell

Get on and off the bus whenever you like and choose for yourself how long to spend at **Ålesund's most iconic sites**: from the **Art Nouveau Centre**, which is imbued with the atmosphere of the old city, to the **Town Park** populated by ancient heroes, to **Mount Aksla**, perfect for viewing this picture-postcard jewel from above. We know, choosing isn't easy...but everything else is!

Main stops

- Art Nouveau Centre
- Ålesund Town Park/shopping area
- Aksla (Fjellstua) viewpoint

The programme

- **Everything you need to see in Ålesund** in a single itinerary: you are the one who chooses what to visit in this town, which has been entirely rebuilt in **Art Nouveau style**.
- What would you say to a dive into the city's architectural and artistic past? Simply **stop** off at the old Art Nouveau-style pharmacy, dating back to 1905, which is now home to the **Art Nouveau Centre**.
- The **Town Park** is the perfect place for catching a glimpse of a piece of history from the city of Rouen, France: **the statue of the viking Rollo**, the first count of Normandy from 911 A.D.
- Meanwhile, the **Parken Culture House** is a dive into the lifestyle of the city: minimalist architecture from the outside, concerts, shows and boutiques inside.
- A suggestion: don't miss out on the **Fjellstua panoramic terrace**, on Mount **Aksla**, for a picture-postcard view over the town.
- Pastel facades, spires, turrets, dragons' heads, floral decorations and the **Sunnmøre Alps** framing it all. The best of Ålesund on a **single coach ride**. Let's go!

INFORMATIONS

Code	Duration	Level	Adult price	Child price
0360	1/2 Hours approximately	Easy	EUR 29.00	EUR 14.50

Type

Alesund

EXCURSION TO THE ISLANDS OF GISKE AND GODØY WITH VISIT TO THE AQUARIUM

In a nutshell

An unmissable excursion, a balance of history and nature: to the islands of Giske and Godøy, to explore Viking history and culture, where we will be seduced by the magical views, to then discover the underwater marvels of the Ålesund aquarium.

Main stops

- Island of Giske: Giske church (guided tour of inside)
- Island of Godøy: lighthouse in the village of Alnes
- Ålesund aquarium

The programme

- We start our excursion on the **island of Giske**, one of the many islands that make up the archipelago of the same name, where the inhabitants (around 6,300) rely on ferry links to Ålesund and the mainland. The islands can be reached over bridges and through underground tunnels, the longest of which is 4.2 km long.
- The legendary island of Giske is also known as the 'saga island' because the Viking chieftain, Rollo, an ancestor of William the Conqueror, was born here and later settled on the northern coast of France known today as Normandy. Settlements on the flat and fertile island of Giske date back to the beginning of the Bronze Age.
- Next we will visit **Giske church**, built in 1150; the inner and outer walls are covered with white marble. It was originally a family chapel belonging to the powerful Giske clan. The church boasts a multi-coloured altarpiece and a finely carved pulpit.
- Then we will travel to the second island on our tour, the island of Godøy, with its unique structure, almost divided into two by a mountain range.
- Here, we will visit the **lighthouse** from 1876 located in the small **fishing village of Alnes** overlooking the Atlantic Ocean. To truly appreciate the sense of isolation here, visitors who wish to do so can climb the stairs up the five floors of the wooden structure which lead to the top of the lighthouse, up to the circular balcony. Every floor features paintings created by the famous Norwegian artist, Ørnulf Opdahl.
- Before returning on-board, we will visit the **Ålesund Aquarium**, one of the most characteristic in Europe. Large salted water pools are lined up along the coast, providing us with the opportunity to get to know the underwater world of the northern Atlantic. Through a transparent 18 metre panel, we can see the sea life within the largest of the pools, which holds 4 million litres of water.

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- On the return journey, we can admire some elegant details of the Art Nouveau architecture before heading to the suburbs with the fascinating wood villas and the well-kept gardens.
- The itinerary may be subject to change.
- Please note that on 03th September it will be not allowed to visit Giske church due to a wedding. The church will be visible from the bus

INFORMATIONS

Code	Duration	Level	Adult price	Child price
015K	4 Hours approximately	Moderate	EUR 139.00	EUR 97.30

Type

Alesund HIKING ON MOUNT SUGARLUMP

In a nutshell

A tour to admire the magnificence of Ålesund fjord up-close, climbing to the top of Mount Sukkertoppen on foot where we are able to enjoy views bestowing rare beauty.

Main stops

- Trekking on Mount Sukkertoppen
- View from the top

The programme

INFORMATIONS

Code	Duration	Level	Adult price	Child price
015L	3 Hours approximately	Hard	EUR 89.00	EUR 62.30

Type

Alesund EXCURSION TO THE MOUNTAINS OF STRANDA

In a nutshell

The excitement of sailing between the steep cliffs of a fjord, the exhilaration of soaring up to over 1,000

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metres altitude in a cable car and the ecstasy of admiring the breathtaking views, enjoying a lunch with comfortable seating. This excursion delivers all the splendour that Norway has to offer.

Main stops

- Sightseeing tour of Ålesund
- Cable car ascent
- Lunch

The programme

- Our excursion starts with a brief **sightseeing tour of Ålesund**, famous for its Art Nouveau architecture and delightful position, nestled between aquatic arabesques and soaring mountain peaks.
- Then we will head towards the town of Stranda. To get there *we will cross the fjord on a ferry that will sail along the region's spectacular narrow waterways that run between steep slopes where nature is in total control.
- When we arrive, we will take the **charming cable car** to the top of the mountain behind Stranda, reaching approximately 1,042 metres above sea level.
- The view will leave you speechless: green fields, goats grazing and snow that is even still there in summer - perfect for the kids who can have fun playing. From the **viewpoint at the top of the mountain**, we can admire the majestic Geiranger Fjord, which is a UNESCO World Heritage Site, and Jostedal glacier, the largest in Europe situated on dry land.
- We will have a bit of free time to relax and enjoy the atmosphere up on the mountain taking in the stunning panoramic views.
- For the return back to Ålesund we will cross the fjord again, taking a different route from before and take a ferry.
- Stranda Gondola might close for safety reasons in case of high winds or adverse weather conditions. In this case we will do our best to provide an alternative program.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01FB	6 1/2 Hours approximately	Moderate	EUR 175.00	EUR 122.50

Type

Ålesund EXCURSION FROM ÅLESUND TO THE TROLLSTIGEN

In a nutshell

An exciting full-day tour of the breathtaking scenery of the Norwegian fjords and the surreal atmosphere of the villages nestled between the mountains, where a delicious lunch awaits us. The tour will end with the famous Trollstigen, a mountain road with breathtaking turns that will treat you to unforgettable emotions.

Main stops

- Sightseeing tour of Ålesund
- Village of Sjøholt
- Gudbrandsjuvet canyon
- Lunch with Norwegian dishes
- Trollstigen ('Trolls' Path') and Trollveggen ('Troll Wall')
- Romsdalsfjorden, Innfjorden, Måndalen, Vågstranda and Vikebukta
- Ørskog mountain

The programme

- We will set off on our coach to explore the city where our ship is docked on a brief **sightseeing tour of Ålesund**, admiring the delightful and sometimes eccentric Liberty-style architecture for which it is famous.
- Leaving the city, we will travel east towards the little **village of Sjøholt**, where the fjord becomes a cove and spills out towards the south.
- The road continues alongside the **majestic Storfjord**, which brightens up our journey with picture-postcard scenery. This region is famous for salmon fishing and the manufacture of furniture. Our first stop, the **little town of Stordal**, is home to a number of furniture manufacturers and a charming **octagonal church** built in 1789, which we will admire as we pass.
- Our journey will continue through the **villages of Liabygda and Vallidal**, famous for producing sweet strawberries, and we will delve deeper and deeper into the heart of the fjord's mazes.
- We will leave the stretch of sea behind us and follow the valley that scrambles up towards the mountains, passing through the imposing **Gudbrandsjuvet canyon**, one of the most famous and popular sightseeing points in the region, offering spectacular views.
- At lunchtime, we will stop to **taste some typical Norwegian dishes**. This exquisite experience of local culinary traditions will end with a delicious dessert.
- After lunch, we will head to the highest part of the road that stands 853 metres above sea level, and our coach will look out onto the famous Trollstigen or **Trolls' Path**, a breathtaking road closed to traffic in winter which descends into Isterdalen valley with 11 incredible bends, a 12% gradient and just a single lane for almost the entire route.
- We will admire the **Troll Wall or Trollveggen**, the tallest vertical rock face in Europe (915 metres) and

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a popular destination in summer for climbing enthusiasts from all over the world.

- Heading back down to the sea, we will travel along the opposite side of **Romsdalsfjorden** than on our journey that morning, and we will pass through the **villages of Innfjorden, Måndalen, Vågstranda and Vikebukt** before crossing the **Ørskog mountain** region and returning to the road that will take us back towards Ålesund.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01FC	8 Hours approximately	Easy	EUR 165.00	EUR 115.50
Type				

Alesund HJØRUNDFJORD CRUISE

In a nutshell

The star of this excursion is the enchanting Hjørundfjord, believed by many to be one of the most beautiful fjords in the world with its wild and imposing landscape. We will travel all the way to its tip, entranced by the silence of unspoilt nature.

Main stops

The programme

- We will climb on board a boat and set off on a **cruise through Hjørundfjord**, a 33-km stretch of sea in the heart of the Sunnmøre Alps with jagged peaks surrounding the bay on both sides.
- The boat will sail us through the **stunning scenery** even praised for its beauty 100 years ago by Kaiser Wilhelm II of Germany.
- As we take in the **brehtaking views of the mountains** with their steep rock faces dotted with mountain farms and small rural villages, we will reach the tip of the fjord where the sea reaches a remarkable depth of 441 metres. Here is located the **village of Øye**, home to the Hotel Union Øye. An exclusive destination for the aristocracy in the late 19th century, it has been fully restored to its original state and returned to all its splendour.

INFORMATIONS

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Code	Duration	Level	Adult price	Child price
01FG	3 1/2 Hours approximately	Easy	EUR 119.00	EUR 83.30
Type				

Alesund **BY BOAT ON THE ROUTE OF THE EXPLORERS**

In a nutshell

Relive an **Arctic expedition** on the **Polarstar**, the **polar ship** on which fearless explorers defied the forces of nature, and listen to the **legendary stories narrated by your guide**. How did a **Viking ship manage to get as far as the North Pole**? You'll see with your own eyes at the **Brandal Arctic Polar Museum!**

Main stops

- Trip on polar ship M/S Polarstar to Brandal
- Brandal Arctic Polar Museum: Interior visit

The programme

- Set sail on the **M/S Polarstar**, the first polar ship made of steel, and follow the route of the legendary explorers as you discover their incredible stories. Your **guide** will tell you all about them as you sail through the icy waters of the Norwegian sea until you arrive at the **Brandal Arctic Polar Museum**.
- In these frozen lands, even simple everyday activities become extraordinary feats. You'll understand this better as you move through the rooms in the **museum**, which is home to **150 years of history and testimonies** that reveal details of the lives of the inhabitants of this place.
- You'll see the historic **polar ship 'Aarvak'**, which dates back to 1912, and learn about the exploits of the explorers **Amundsen and Nansen** who, amidst polar bears and icy waters, barren mountains and great stretches of ice, succeeded in **reaching the North Pole**.
- In such an extreme landscape, where nature is harsh and unrelenting, who would ever dream of **braving the polar ice aboard a replica Viking ship**? Find out for yourself in this **museum** full of history.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04DO	3 1/2 Hours approximately	Moderate	EUR 120.00	EUR 84.00
Type				

Alesund
ÅLESUND TOUR

In a nutshell

A complete tour of Ålesund, one of the busiest fishing ports in Norway. We will discover the history and cultural traditions of this seaside town, not forgetting its nature.

Main stops

- Ålesund: Borgundfjord, modern districts and old commercial centre, Sunnmøre Museum with ancient houses and craft collections

The programme

- We depart with our guide and head for **Ålesund**, the most famous fishing port in Norway for deep-sea fishing and herring and cod processing.
- The city was founded in 1793 and extends from west to east over three small islands facing the Norwegian Sea. After a fire destroyed the old wooden houses and left over 10,000 people homeless, it was entirely rebuilt in 1904 in Art Nouveau style by Norwegian architects inspired by the European style.
- Following the itinerary along the **Borgundfjord**, we go past **modern districts** and the **old commercial centre**.
- Then we will really venture into the past with a visit to the **Sunnmøre Museum**, an open-air museum located in a fascinating setting, home to 30 original **ancient houses** from different parts of the country. The museum reproduces traditional local scenes, and houses a **craft collection**, allowing us to retrace the history, traditions and customs of this seafaring culture. For nautical enthusiasts, there is also a collection of around 40 ancient boats, including reconstructions of Viking ships and a merchant vessel dating back to approximately 1000 AD.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2321	3 Hours approximately	Easy	EUR 89.00	EUR 62.30

Type

Alesund
EXCURSION TO THE ISLANDS OF GISKE AND GODØY

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In a nutshell

An unmissable excursion to the islands of Giske and Godøy, to step back in time and discover the events and traditions of Viking culture and the clans that populated this incredible archipelago centuries ago.

Main stops

- Island of Giske: Giske church
- Island of Godøy: lighthouse in the village of Alnes

The programme

- We start our excursion on the **island of Giske**, one of the many islands that make up the archipelago of the same name, where the inhabitants (around 6,300) rely on ferry links to Ålesund and the mainland. The islands can be reached over bridges and through underground tunnels, the longest of which is 4.2 km long.
- The legendary island of Giske enjoyed a particularly privileged position in the Viking era and was home to some of the most important Norwegian families. Giske is known as the 'saga island' because the Viking chieftain, Rollo, an ancestor of William the Conqueror, was born here and later settled on the northern coast of France known today as Normandy. Settlements on the flat and fertile island of Giske date back to the beginning of the Bronze Age.
- Next we will visit **Giske church**, built in 1150; the inner and outer walls are covered with white marble. It was originally a family chapel belonging to the powerful Giske clan. The church boasts a multi-coloured altarpiece and a finely carved pulpit.
- Then we travel to the second island on our tour, the **island of Godøy**, where we will visit the **lighthouse**, dating back to 1876, situated in the small **fishing village of Alnes** overlooking the Atlantic Ocean. To truly appreciate the sense of isolation here, visitors who wish to do so can climb the stairs up the five floors of the wooden structure which lead to the top of the lighthouse, up to the circular balcony.
- We recommend wearing comfortable shoes.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2322	3 Hours approximately	Easy	EUR 95.00	EUR 66.50

Type

Ålesund RIB-BOAT SAFARI THROUGH ÅLESUND

In a nutshell

A real safari through Ålesund on a rigid inflatable boat, to admire the breathtaking scenery and discover the countless species of birds and animals that inhabit these spectacular places.

Main stops

- Coast of Ålesund
- Runde Island
- Local fauna: birds, seals

The programme

- After donning our life jackets and listening to some safety information, we will leave the port on a rigid inflatable boat (RIB) to fully enjoy the waters off the **coast of Ålesund**.
- If the weather is good and it is not very windy, we can visit **Runde Island**, famous for the huge number of **birds** there. Situated 67 km south-west of Ålesund and connected to the mainland via a bridge, the island is home to over half a million seabirds of 230 different species, including 100,000 puffins and 50,000 pairs of kittiwakes, as well as colonies of gannets, petrels, razorbills and guillemots which nest there.
- In the event of less favourable conditions, we will stay in the sheltered waters of Ålesund. There are also many birds here and, with a bit of luck, we may even get to catch a glimpse of an eagle ray.
- Our guide will help us to spot some interesting examples of the **local fauna** and will take us near a rock where we can watch the **seals** basking in the sun.
- A maximum of 12 guests per departure is permitted.
- You must be physically fit to take part in this excursion and not suffer from back pain.
- In order to participate guests must be able to swim.
- If the ship is docked, there are approximately 300 metres to cover on foot from the dock to the RIB embarkation point. If the ship is docked, the tenders use the same dock as the RIBs.
- We recommend wearing flat shoes, preferably with a rubber sole as it is possible they will get wet.
- Places on this excursion are limited. We recommend booking early.
- The excursion lasts approximately 1 hour and 30 minutes, including the demonstration of how to put on your life jacket.
- This excursion will be conducted in English.
- Participants must sign a release form.
- Min age 10 years old

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2323	2 Hours approximately	Hard	EUR 199.00	EUR 139.30
Type				

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				

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 Månafossen 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**:

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- 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 **Månafossen waterfall**, which falls from more than 90 meters into the **blue fjord of Fraffjord**.
 - 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

Type

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

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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.

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- 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
Type				
Tasting				

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!**

NORTHERN EUROPE



- **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

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

NORTHERN EUROPE



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
Type				
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 Hafrsfjord 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.

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
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NORTHERN EUROPE



2491 3 Hours approximately Easy EUR 89.00 EUR 62.30

Type

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

Type

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

Type

Tasting

Stavanger **WALKING TOUR OF STAVANGER**

NORTHERN EUROPE



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.

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

Type

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				

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.

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- The sandwich can be enjoyed with soused 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

Type

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. 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
0120	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

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.

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- 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

Type

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

NORTHERN EUROPE



- 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 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.

INFORMATIONS

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

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**

NORTHERN EUROPE



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 **Osterport 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.
- 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**

NORTHERN EUROPE



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

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**

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of the goddess Gefion, the pastel facades of the district of Nyavn 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

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

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- 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

Costa Diadema - Denmark, Norway, Germany

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- 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 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 HAMLETS CASTLE**

In a nutshell

NORTHERN EUROPE



Main stops

- Walking tour of Helsingør
- Kronborg Castle

The programme

INFORMATIONS

Code	Duration	Level	Adult price	Child price
0380	5 Hours approximately	Moderate	EUR 105.00	EUR 73.50

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**.

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- 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
Type				

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

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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.

INFORMATIONS

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

Copenhagen

COPENHAGEN: THE LITTLE MERMAID AND THE ROYAL PALACES

In a nutshell

INFORMATIONS

Code	Duration	Level	Adult price	Child price
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

NORTHERN EUROPE



- 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 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

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

Code	Duration	Level	Adult price	Child price
2823	3 Hours approximately	Easy	EUR 55.00	EUR 38.50

Legenda

ICONE DESCRIZIONE

Easy

tour with this designation involve walking over relatively lever 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 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.