

Costa Favolosa
Germany, Norway
25 August, Hamburg

ITINERARY



DATE	PORT	ARRIVAL	DEPARTURE
25/08	Hamburg	-	2000
26/08	...CRUISING...	-	-
27/08	Maløy	1100	2000
28/08	...CRUISING...	-	-
29/08	Bodø	0900	1900
30/08	...CRUISING...	-	-
31/08	Honningsvåg	0800	1830
01/09	Tromsø	0800	1800
02/09	...CRUISING...	-	-
03/09	Trondheim	0900	2000
04/09	Alesund	0800	1800
05/09	Olden	0700	1800
06/09	Haugesund	1200	2000
07/09	...CRUISING...	-	-
08/09	Hamburg	0800	-

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

AVAILABLE EXCURSIONS

Maløy - 27/08/2024

- 03OD** THE ISLAND OF VÅGSØY, NATURE IN ALL ITS GLORY, Adult price EUR 80.00 - Child price EUR 56.00
- 03OH** AT NORWAY'S WESTERN BOUNDARIES, Adult price EUR 89.00 - Child price EUR 62.30
- 03OI** EVERYONE TO THE FARM TO SEE THE DEER OF NAVE, Adult price EUR 89.00 - Child price EUR 62.30
- 03OJ** AN OCEAN OF CULTURE TO NAVIGATE, FROM MÅLØY TO FLORØ, Adult price EUR 215.00 - Child price EUR 150.50
- 03OK** ON THE SUMMIT OF VETEN: HIKING WITH A VIEW OF THE FJORD, Adult price EUR 109.00 - Child price EUR 76.30
- 03OR** THE ISLAND OF VÅGSØY BY KAYAK, Adult price EUR 135.00 - Child price EUR 94.50
- 03OS** SET OFF TO A NORTHERN BIRD SANCTUARY IN AN RUBBER DINGHY, Adult price EUR 135.00 - Child price EUR 94.50
- 03P9** WITH THE BOAT TO SELJA MONASTERY, Adult price EUR 119.00 - Child price EUR 83.30
- 03WR** SAILING BETWEEN THE FOUR LIGHTHOUSES OF MALØY, Adult price EUR 79.00 - Child price EUR 55.30

Bodø - 29/08/2024

- 03WP** LIGHTS, SHAPES AND TASTINGS OF ARTISAN CHOCOLATE, Adult price EUR 69.00 - Child price EUR 48.30
- 02U2** MAGICAL ARCTIC LIGHTS, Adult price EUR 249.00 - Child price EUR 174.30
- 02U5** SALTSTRAUMEN MÅLSTRÖM, Adult price EUR 69.00 - Child price EUR 48.30
- 02U7** REINVIGORATING GUIDED WALK IN THE NATURE SURROUNDING BODØ, Adult price EUR 89.00 - Child price EUR 62.30
- 00HC** BODØ AMID HISTORY, ART AND NATURE, Adult price EUR 99.00 - Child price EUR 69.30
- 00HD** EXPERIENCE: INFLATABLE BOAT EXCURSION TO THE FAMOUS SALTSTRAUMEN MÅLSTRÖM, Adult price EUR 150.00 -
- 00HE** VISIT TO THE NORWEGIAN AVIATION MUSEUM AND TO SALTSTRAUMEN MÅLSTRÖM, Adult price EUR 89.00 - Child
- 00HH** A HIKE IN KEISERVARDEN, Adult price EUR 89.00 - Child price EUR 62.30
- 00HK** DISCOVER THE KJERRINGØY PENINSULA, Adult price EUR 159.00 - Child price EUR 111.30
- 00PA** VISIT TO SVARTISEN GLACIER, Adult price EUR 219.00 - Child price EUR 153.30

Honningsvåg - 31/08/2024

- 2402** THE BIRD COLONIES OF GJESVAER, Adult price EUR 170.00 – Child price EUR 119.00
2403 DISCOVERING KING CRABS, Adult price EUR 135.00 – Child price EUR 94.50
02EN ART AND TRADITION ON THE TOP OF THE WORLD: 'EAST OF THE SUN' ART GALLERY AND CHRISTMAS HOUSE, Adult price
01Z1 HELICOPTER TRANSFER TO NORTH CAPE, Adult price EUR 289.00 – Child price EUR 289.00
03YE EXPERIENCE THE NORTH CAPE: EXTREME LANDSCAPES AND KING CRAB TASTINGS, Adult price EUR 195.00 – Child price
03YF FISHING KING CRAB LIKE A NORWEGIAN, Adult price EUR 199.00 – Child price EUR 199.00
03YG A QUAD EXPEDITION TO THE NORTH CAPE, Adult price EUR 295.00 – Child price EUR 206.50
041F KIRKEPORTEN: ON THE TRAIL OF SAMI CULTURE, Adult price EUR 120.00 – Child price EUR 84.00
04FI, Adult price EUR 189.00 – Child price EUR 132.30
2401 TRANSFER TO NORTH CAPE, Adult price EUR 115.00 – Child price EUR 80.50
-

Tromsø - 01/09/2024

- 03Y2** NORDIC WALKING: A STEP AHEAD AMID THE NATURE OF TROMSØ, Adult price EUR 109.00 – Child price EUR 76.30
03ZZ TAKE A RIB ACROSS THE FJORD, AMONG RARE SPECIES AND THE RELICS OF WAR, Adult price EUR 199.00 – Child price
01ZT HELICOPTER TOUR OF THE TROMSØ SKIES, Adult price EUR 309.00 – Child price EUR 309.00
02EE FAMILY TOUR - TREKKING WITH HUSKIES, Adult price EUR 215.00 – Child price EUR 150.50
2432 TROMSØ TOUR AND CABLE CAR RIDE, Adult price EUR 129.00 – Child price EUR 90.30
2434 HUSKIES AND THE POLAR MUSEUM, Adult price EUR 95.00 – Child price EUR 66.50
2437 PANORAMIC TOUR OF TROMSØ, Adult price EUR 65.00 – Child price EUR 45.50
-

Trondheim - 03/09/2024

- 2441** PANORAMIC TOUR OF TRONDHEIM, Adult price EUR 89.00 – Child price EUR 62.30
2446 DISCOVERING TRONDHEIM, Adult price EUR 69.00 – Child price EUR 48.30
2447 EMOTIONS ON THE FJORD ON-BOARD THE 'RIB', Adult price EUR 189.00 – Child price EUR 132.30
02FA TREKKING ON THE LADE PENINSULA, Adult price EUR 50.00 – Child price EUR 35.00
02FB KAYAKING ON THE NIDELVA RIVER, Adult price EUR 129.00 – Child price EUR 90.30
02GJ EXPLORING TRONDHEIM BY BICYCLE, Adult price EUR 99.00 – Child price EUR 69.30
03Y3 FROM TWO VEHICLES: A COMPLETE PICTURE OF TRONDHEIM, Adult price EUR 75.00 – Child price EUR 52.50
04D4 A WALK THROUGH THE HEART OF TRONDHEIM, Adult price EUR 65.00 – Child price EUR 45.50
04D5 PERSPECTIVES ON TRONDHEIM, ON FOOT AND FROM A TYPICAL BOAT, Adult price EUR 105.00 – Child price EUR 73.50
04BH TRØNDELAGE COASTAL CULTURE AND HISTORY, Adult price EUR 145.00 – Child price EUR 101.50
-

Alesund - 04/09/2024

- 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
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
02EL DISCOVERING ÅLESUND ON FOOT, Adult price EUR 49.00 – Child price EUR 34.30
015K EXCURSION TO THE ISLANDS OF GISKE AND GODØY WITH VISIT TO THE AQUARIUM, Adult price EUR 139.00 – Child
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
-

Olden - 05/09/2024

- 00Z6** RIB ADVENTURE IN SEARCH OF CRAYFISH, Adult price EUR 145.00 - Child price EUR 145.00
2421 BRIKSDALEN GLACIER, Adult price EUR 89.00 - Child price EUR 62.30
2422 FJORDS AND BOYA GLACIER, Adult price EUR 169.00 - Child price EUR 118.30
2427 FROM THE FJORD TO THE SKY IN FIVE MINUTES, Adult price EUR 139.00 - Child price EUR 97.30
00EQ HELICOPTER TOUR, Adult price EUR 355.00 - Child price EUR 355.00
02DU CLIMBING IN THE MOUNTAINS ALONG THE LOEN VIA FERRATA, Adult price EUR 209.00 - Child price EUR 146.30
01ZO CABLE CAR AND FOOT EXCURSION ON MOUNT HOVEN, Adult price EUR 159.00 - Child price EUR 111.30
039K WALK TOWARDS HUAREN, Adult price EUR 40.00 - Child price EUR 28.00
03Y7 ADMIRE THE BRIKSDAL GLACIER IN COMFORT IN A TROLL CAR, Adult price EUR 115.00 - Child price EUR 80.50
03YB FROM THE STRYN VALLEY TO MOUNT STRANDA IN A CABLE CAR, Adult price EUR 109.00 - Child price EUR 76.30
03YC FROM DALSNIBBA MOUNTAIN: BOUNDLESS FJORDS AND NORDIC VIEWS, Adult price EUR 89.00 - Child price EUR
03YD UP AND DOWN THE FJORD TO THE SUMMIT AND BY FERRY, Adult price EUR 189.00 - Child price EUR 132.30
03PN GET INTO THE RHYTHM OF THE FJORD WITH A NORDIC WALKING EXPERT, Adult price EUR 109.00 - Child price EUR
04BI YOGA AMIDST THE ICE AT BLUE MOUNTAIN HALL, Adult price EUR 129.00 - Child price EUR 90.30
04BJ BY KAYAK THROUGH THE WATERS OF THE NORDFJORD, Adult price EUR 99.00 - Child price EUR 99.00
04BK THE WILD NORDFJORD ON A SUP, Adult price EUR 99.00 - Child price EUR 99.00
04BL THROUGH THE COLORS OF OLDEN BY E-BIKE, Adult price EUR 139.00 - Child price EUR 97.30

Haugesund - 06/09/2024

- 04G2**, Adult price EUR 79.00 - Child price EUR 55.30
03Y4 NORDIC WALKING IN THE NATURE OF HAUGESUND, Adult price EUR 99.00 - Child price EUR 69.30
04B5 THE LAND OF THE VIKINGS IN A SEAPLANE, Adult price EUR 315.00 - Child price EUR 315.00
03WO EXPERIENCE: HIGHLIGHTS TO AKRAFJORDEN - short version, Adult price EUR 165.00 - Child price EUR 115.50
02G4 EXCURSION TO THE HIMAKÅNÅ ROCK FORMATION, Adult price EUR 95.00 - Child price EUR 66.50
02EO EXCURSION BY RIB-BOAT TO THE ISLAND OF RØVÆR, Adult price EUR 189.00 - Child price EUR 189.00
01ZU A POSTCARD FROM HAUGESUND, Adult price EUR 59.00 - Child price EUR 41.30
00Z7 A HELICOPTER ADVENTURE TO THE PULPIT ROCK, Adult price EUR 559.00 - Child price EUR 559.00
00Z1 HAUGESUND: A HELICOPTER ADVENTURE, Adult price EUR 370.00 - Child price EUR 370.00
00HQ VISIT TO THE ARQUEBUS WAR MUSEUM, Adult price EUR 75.00 - Child price EUR 52.50
00HR CHARMING SKUDENESHAVN, Adult price EUR 89.00 - Child price EUR 62.30
00HT A RETURN TO THE CRADLE OF THE VIKINGS, Adult price EUR 105.00 - Child price EUR 73.50

Hamburg - 08/09/2024

- 00B9** HAMBURG BY LAND AND SEA (ends at the airport), Adult price EUR 75.00 - Child price EUR 52.50
00BA THE SIGHTS OF LUEBECK (end at the airport), Adult price EUR 85.00 - Child price EUR 59.50
2792 RIVER CUISE AND TOUR OF HAMBURG, Adult price EUR 75.00 - Child price EUR 52.50
2793 EXPLORING LÜBECK ON FOOT, Adult price EUR 85.00 - Child price EUR 59.50
2795 DISCOVERING HAMBURG, Adult price EUR 65.00 - Child price EUR 45.50
2799 PANORAMIC TOUR OF HAMBURG (end at the airport), Adult price EUR 65.00 - Child price EUR 45.50

Maloy
THE ISLAND OF VÅGSØY, NATURE IN ALL ITS GLORY

In a nutshell

Nature **is at its best on the west** coast of Norway, and today on the island of Vågsøy, you can discover all its secrets. From the great winds that drive the waves and smooth the rock of the **Kråkenes lighthouse** to the beach of **Refvik**, so white that it looks like it's sculpted from chalk, to the rock of **Kannestein** with its unique shape, which resembles a sea creature. Guess which one!

Main stops

- Sightseeing bus tour to Kråkenes
- Kråkenes lighthouse (external visit)
- Walk on Refvik beach
- Kannestein sculpture: photo stop

The programme

- Do you know why **the island of Vågsøy** is such a popular destination for surfers and photographers alike? Because in this little patch of land, the **natural elements really put on a show**.
- The full power of these elements is evident all around the **Kråkenes lighthouse**, built on a rocky spur that has defied **record-breaking winds, ice and gigantic waves for centuries**. An interesting fact: you can spend the night in the lighthouse, to fully enjoy the spectacle.
- Then, discover another side of nature with a **stroll along the white beach of Refvik**, a 1.5 km long stretch of sand with almost tropical colors...except for the mountains of the far north in the background!
- And to finish, **take a closer look at the Kannestein rock**, carved into the shape of a **whale's tail** emerging from the water by the relentless action of the waves: indeed, here, the force of nature is like the hand of an artist.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
030D	3 1/2 Hours approximately	Easy	EUR 80.00	EUR 56.00

Type

Maloy
AT NORWAY'S WESTERN BOUNDARIES

NORTHERN EUROPE



In a nutshell

Gazing out to sea with wheels fixed to solid ground, your bus will take you across the unusual landscapes **of the Kjerringa plateau, Norway's most westerly viewpoint**. Accompanying you will be the ever-present wind, a feature of these extreme northern areas. Enjoy a photo stop at **Selja beach** which is located in a secluded cove and a popular beach amongst tourists and locals.

Main stops

- Panoramic tour across the Kjerringa plateau
- West Cape: photo stop
- Selja beach: photo stop

The programme

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03OH	4 1/2 Hours approximately	Easy	EUR 89.00	EUR 62.30
Type				

Maloy

EVERYONE TO THE FARM TO SEE THE DEER OF NAVE

In a nutshell

All aboard, family! There are 60 great reasons **visit the farm in Nave**: the **baby and adult deer** that live on an authentic **northern farm**. You'll learn all there is to know about their lives: at what age they lose the spots on their backs, how they act in a herd and also what their favorite food is... as you feed them by hand! A **fun and educational experience for all ages**.

Main stops

- Visit to the deer farm in Nave
- Get close to locals

The programme

- The bus journey marks the start of your adventure, as you come face to face with wild Norway. But that's just the beginning: now it's time to get to know **some of the local fauna better**.
- You will do so at the **Nave deer farm**, where more than **sixty deer** of all ages are born and raised in a natural, peaceful environment, surrounded only by the green of the mountains.

- For the **youngest visitors**, the farm is a real voyage of discovery: from interesting facts about the deer's coat, which changes with age and with the seasons, to their behavior and grazing habits.
- For the braver among you, meanwhile, a **close encounter** is a must: how about trying your hand **at feeding the deer**? It's always the first step in making friends with animals.
- But there's so much more to see too: **lamas, ponies, goats, dogs, calves**. Observing how so many different species can live in harmony together is another good lesson to take back home with you, and they also make for an unforgettable addition to the **family photo album**.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03OI	3 Hours approximately	Easy	EUR 89.00	EUR 62.30
Type				

Maløy

AN OCEAN OF CULTURE TO NAVIGATE, FROM MÅLØY TO FLORØ

In a nutshell

Thousand-year-old monasteries, record-breaking cliffs, open-air museums: time stands still on the **coast between Måløy and Florø**. Forget the ticking of the clock for a moment too: **you've got plenty of time to cruise at your leisure** as you discover the symbolic local sites, from the **cliff of Hornelen** – the highest in Europe – to the **Coastal Museum** and the treasures of the **island of Kinn**. **A typical lunch is included!**

Main stops

- Ferry Tour from Måløy to Florø
- Cliff of Hornelen: stop to photograph the highest cliff in Europe
- Florø Coastal Museum: internal visit
- Typical lunch
- Boat tour to the island of Kinn: monastery (external visit) and cliff

The programme

- A **boat accustomed to the fjords** and **all the time you need** are the two indispensable ingredients in an excursion that enables you to take home a rare and authentic snapshot of the **county of Vestland**, in the far west of Norway.
- The **crossing from Måløy to Florø** elicits a 'wow!' from start to finish, but in the strait of Frøysjøen, a stop to snap a picture of the **Hornelen cliffs** is a must: At 860 meters, it's the highest in Europe!

NORTHERN EUROPE



- Stop off in Florø for another treat: a **visit to the coastal museum** that has been safeguarding artifacts from the past and present of this area since 1980, intrinsically linked to the water: from 20th century boats to the furniture from fishermen's houses and a **reconstruction of the Snorre platform**, which extracts oil in the North Sea.
- But the sea is home to many bounties, and now it's time to taste some of them, **with a delicious lunch**.
- After lunch, sail back to the **island of Kinn**, famous for its **mysterious monastery** built around 1100 – one of the oldest in the country – and for a **curiously shaped cliff**, used by sailors from every era to find their way. Now you know it too.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
030J	7 1/2 Hours approximately	Moderate	EUR 215.00	EUR 150.50
Type				

Maloy

ON THE SUMMIT OF VETEN: HIKING WITH A VIEW OF THE FJORD

In a nutshell

Get ready to fill up on pure air and lush green landscapes: **the summit of mount Vetten** awaits you, for **a hike at an altitude of 607 meters above sea level**. Recharge your batteries with the natural energy of an authentic **post-glacial valley**, and at the top, you will be rewarded with a prize that is out of this world: the view over **Måløybrua**, the vertiginous suspension bridge over the water that connects the **island of Vagsoy** to the **islet of Maloya**.

Main stops

- Hiking on Vetten with a panoramic view

The programme

- Bring sports shoes and plenty of energy, for an **adrenaline-fueled walk on mount Vetten**. Give it all you've got, and nature will do the rest.
- 1,2,3 and we're off: wake up your muscles, with a series of constant ups and downs that will put you to the test. And speaking of trials, did you know that a famous annual race used to be held on this very climb? The record is 27 minutes... but we won't ask you to top that.
- Instead, your job is to enjoy the views and snap photos of lakes, fjords, rock faces and heaps of ice

that are still holding out against the sun's rays. Some serious competition landscapes.

- And when the hiking gets tough, the tough... really start having fun. One last push for a prize you'll never forget: stretching out in front of you is the **islet of Maloya** and the 1224-meter-long **Måløybrua Bridge**, built under the reign of King Olav V and still standing strong against the lashing Arctic winds.
- Wear appropriate hiking shoes and clothing for the trail.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03OK	3 1/2 Hours approximately	Hard	EUR 109.00	EUR 76.30
Type				

Maloy THE ISLAND OF VÅGSØY BY KAYAK

In a nutshell

Jump into your **kayak** and discover the **south coast of the island of Vågsøy** from an unusual perspective, immersed in the nature and the life of the fjord. Leave **Vågsberget**, an open-air museum-town, behind you, and paddle between the **rocks of Gulholmen**, and then count the houses of **Vågsvåg** and **Holvik**: there's only a handful of them, and they seem to want to throw themselves into the water with you!

Main stops

- Kayaking experience between Vågsberget, Vågsvåg and Holvik

The programme

- The best thing about paddling along the **south coast of the island of Vågsøy** is that time slows down, nature draws in all around, and in no time at all, you are first in line to experience the spectacle of a Norwegian fjord.
- Don your life jacket and helmet, grab your oar and slip into the water from the **harbor of Vågsberget**, a perfectly-preserved authentic 17th century Norwegian trading town.
- In just a few strokes, you'll find yourself in the shadow of the **islet of Gulholmen**, surrounded by rocks that seem to have been arranged deliberately by Mother Nature to protect you from winds and currents. It's an important detail that results in less effort, with stunning views!
- Glide silently between the great chunks of rock, and keep your eyes open: you might spot some sea birds or an animal roaming near the shore.
- Your route takes you past the stilt buildings of **Vågsvåg**, a tiny dock for fishermen that seems

NORTHERN EUROPE



suspended in time, and then on to **Holvik**, with its multicolored houses reflected in the water.

- Minimum age: 12 years

This excursion does not feature a guide.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03OR	2 1/2 Hours approximately	Moderate	EUR 135.00	EUR 94.50
Type				

Maloy

SET OFF TO A NORTHERN BIRD SANCTUARY IN AN RUBBER DINGHY

In a nutshell

Do you know how to get to the **Arctic bird sanctuary**? Easy: in a rubber dinghy to the island of **Vågsøy**. There, you will discover **Refvik beach**, considered the most beautiful in Norway, and the **cliff of Einevarden**, now a **protected nature reserve** where species such as **puffins**, **guillemots** and **eider ducks** live just a few wing beats away.

Main stops

- Experience in a rubber dinghy around the island of **Vågsøy**: **Refvik beach**, **Einevarden cliff**

The programme

- Slip your **life jacket** on and listen to the instructions of your guide: now you can experience an adventure right on the water, and come face to face with nature and the **seabirds of the north**.
- The first sight you will glimpse is **Refvik beach**, one of the most beautiful stretches of **white sand** in Norway, framed by dark, brooding mountains – a 1.5 kilometer canvas of light and shadow.
- Then, you will catch sight of the **cliff of Einevarden**, standing like a great sentry at 70 meters in height: one of the tallest in the whole south of the country!
- But it is best known for something else: its walls are a colony for **various seabird species** such as **white-tailed sea eagles** and **puffins**, but with a bit of luck, you might also spot **guillemots**, **eider ducks**, **tawny owls** and many other rare specimens.
- Try to make them out, and listen to their song without disturbing them: you are in a **nature reserve that is unique in the world!**
- Minimum age: 12 years
- The land experience is not suitable if you have knee or back problems or are pregnant

This excursion does not feature a guide.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03OS	1 1/2 Hours approximately	Moderate	EUR 135.00	EUR 94.50
Type				

Maløy WITH THE BOAT TO SELJA MONASTERY

In a nutshell

Take the **boat to the island** of Selja and visit a **thousand-year-old monastery** that is at the heart of tales that are balanced between reality and legend. Enter with your **expert guide** and learn all about **Saint Sunniva**, a brave princess who became **Norway's first and only saint**. Now listen: do you hear the bells tolling?

Main stops

- Scenic boat crossing to the island of Selja
- The monastery of Selja

The programme

- Set off from Måløy by boat towards the **city of Selje**, and you'll feel like you've been plunged into another era: your mean of transport will take you through stunning views that can only be found in these **lands on the edge of the ocean**.
- **Wander through the town**, savoring its slow pace of life and unspoilt atmosphere, before **setting sail to the island of Selja**, where you will see **one of the oldest monasteries in the country**. Climb its **narrow steps** and listen to the **sound of a thousand-year-old bell**.
- You'll soon find yourself under what writer **Sigrid Undset** referred to as 'the roof of the oldest church in Norway'. A place that **draws pilgrims from all corners of the earth**.
- With the aid of our **local guide**, discover the legend of **Santa Sunniva**, heir to the throne of a distant country, who found freedom and death here and became Norway's only saint, recognized by both the Christian and the Orthodox Church.
- The most incredible thing about this monastery? Despite the fact that it is not fully intact, **it is still possible to hold weddings here**. A few walls have succumbed to the centuries, but its sanctity is still standing strong.

- Wear suitable clothing for the places of worship you will be visiting.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03P9	3 Hours approximately	Moderate	EUR 119.00	EUR 83.30
Type				

*Maløy***SAILING BETWEEN THE FOUR LIGHTHOUSES OF MALØY****In a nutshell**

Did you know that Norway's coasts are guarded by their own tireless custodians? In **Maløy**, there's **Krakenes, Ulvesund, Hendanes and Skongenes**: The **centuries-old lighthouses** that you will meet as you set sail **on board a boat**. Thanks to your **local guide**, you'll be able to find out everything about these iconic structures nestled between the fjords and cliffs as you navigate through the wind and the northern waters.

Main stops

- Sightseeing boat tour off the coast of Maløy: lighthouse of Krakenes; lighthouse of Ulvesund; lighthouse of Hendanes; lighthouse of Skongenes

The programme

- Want to describe Norway in just a few words? You've got to mention its **lighthouses**: for hundreds of years, these structures have been a maritime symbol of the country and a **point of reference for the sailors of the north**.
- You'll spot four along the coast of **Maløy**, **navigating on a boat** with a **real Norwegian guide** who knows all there is to know about these infallible guardians of the sea.
- Your guide will first show you the **lighthouse of Krakenes**, which has been looking out over the sea since 1906 from its spit of rock, the windiest point in Norway. Did you know that you can sleep inside it, with views of record-breaking waves?
- Save another **Wow!** for the **Ulvesund lighthouse**, which dates back to 1870: it may be small, but is notable for its white turret which stands out against the green nature all around.
- The **Skongenes lighthouse** is easy to spot in the daytime too with its red roof, while the **Hendanes lighthouse** was the last built in this region: It has been lighting up these waters since 1914, on the side of an imposing mountain.
- As you plow through the waves, set your eyes on the horizon: if the air is clear, you might see the

outline of Ålesund and the Sunnmøre Alps.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03WR	2 Hours approximately	Easy	EUR 79.00	EUR 55.30
Type				

Bodø

LIGHTS, SHAPES AND TASTINGS OF ARTISAN CHOCOLATE

In a nutshell

Just north of the Arctic circle, the city of **Bodø** chases the lights of the Aurora Borealis. Follow your **local guide** to discover its most dynamic side, from the **town hall** to the **cathedral**, the verdant **Solparken** and the city's **street art**. The cherry – or rather, **the chocolate** – on the cake? A **snack featuring little works of art in pastry**, in a true paradise of chocolate.

Main stops

- Walk through Bodø
- cathedral; city hall; Solparken; Stormen library; murals: external visits
- Artisan chocolate snack at Craig Alibone Pâtisserie

The programme

- **Take a stroll with your local guide past the symbolic sights of Bodø**, and discover its transformation from a small village to an ever-changing city inside the Arctic Circle.
- It'll hit you as soon as you see the **cathedral**: once destroyed by bombing, it now has a new state-of-the-art bell tower that creates plays of light and shadow across its 36 meter height.
- Did you know that at the right time of year, you can see the **Northern Lights here**? This is why so many buildings are such strange shapes. Like the geometric facade of the **town hall**, which captures colors and rays of sunlight in ever new ways, and the tall, narrow windows of the **Stormen library**.
- The light show continues at the fountain of **Solparken**, while the customs building takes you back to Bodø's past. But only for a short while: the **graffiti** that is dotted throughout the city brings you right back to the present.
- Fancy a **break for a sweet treat**? In the chocolate paradise created by British chef Craig Alibone, every creation is handcrafted and finished down to the tiniest detail. Beware: with so many colors

NORTHERN EUROPE



and surprising flavors, it'll be hard to choose!

- Wear comfortable shoes and clothing suitable for the experience.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03WP	2 1/2 Hours approximately	Hard	EUR 69.00	EUR 48.30
Type				
Tasting				

Bodø MAGICAL ARCTIC LIGHTS

In a nutshell

An unforgettable excursion ranging from natural landscapes and Nordic culture to a visit to the Arctic Circle Centre to understand the magic phenomena such as the Northern Lights and the Midnight Sun. A thoroughly memorable opportunity to fully immerse ourselves in the spirit of the extreme north!

Main stops

- Coach trip to the Arctic Circle - Nordic landscapes and clip on Sami culture
- Visit to the Arctic Circle Centre at the Saltfjellet massif
- Welcoming ceremony and clip on Arctic natural phenomenons
- Typical Sami lunch with *bidos*, the reindeer stew
- Visit to the National Park Centre in Storjord
- ADDE Art Gallery: paintings of reindeer and scenes of everyday Sami life

The programme

- We leave the port of Bodø **by coach headed to the Arctic Circle**. Our guide describes the **natural scenery** and the history of the various places along the way, also providing an explanation of the Northern Lights phenomenon typical at this latitude. Before we get there, we are also shown a **videoclip on Sami culture** and on the populations living in the county of Nordland.
- The first stop is at the **Arctic Circle Centre** on the **Saltfjellet massif** where, after a short **welcoming ceremony**, we are shown a **videoclip on Arctic light phenomenons** (Northern Lights and Midnight Sun) and are given a certificate attesting our crossing of the Arctic Circle.
- Before heading to the National Park Centre in Storjord, the last stop on our tour, we enjoy a **typical Sami lunch featuring *bidos***, a stew made with carrots, potatoes and reindeer meat.

- After lunch, we make our way to the **National Park Centre in Storjord** where we take part in a guided tour of the Centre and of the **ADDE Art Gallery**, inaugurated in 2013 and displaying numerous **paintings depicting reindeer and scenes of everyday Sami life**.
- After visiting the National Park Centre, we return to Bodø.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02U2	7 Hours approximately	Moderate	EUR 249.00	EUR 174.30
Type				

Bodø
SALTSTRAUMEN MÄLSTRÖM

In a nutshell

Main stops

- Saltstraumen strait
- Mälström

The programme

- We leave the port of Bodø behind us and head out on a 40-minute transfer takes us to **Saltstraumen strait**, which separates Saltfjorden from Skjerstad Fjord among the islands of Straumøya and Knaplundsøya and is crossed by a bridge.
- Once at the Strait, we admire a truly unique natural phenomenon: the **mälström**, i.e. a sudden **strong water vortex** that forms in this area and even manages to suck down ships.
- Every 6 hours, four times a day, over 400 million cubic metres of water flow through a passage that is 150 metres wide, 3 km long and 25 metres deep creating currents that reach a maximum speed of around 15 knots. The powerful whirlpool can reach a diameter of 10 metres and be 5 metres deep.
- In addition, the stronger the influence of the tide, the stronger the mälström, which reaches its peak when there is a full moon.
- After this fantastic experience and with the images of the strength of nature still in our minds, we return to Bodø and to the ship.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
------	----------	-------	-------------	-------------

02U5

2 1/2 Hours
approximately

Moderate

EUR 69.00

EUR 48.30

Type*Bodø***REINVIGORATING GUIDED WALK IN THE NATURE SURROUNDING BODØ****In a nutshell****Main stops**

- Guided walk on the trails around Bodø surrounded by nature
 - Majestic mountains, rugged coastline, clear waters
- Sites of historic and cultural interest: Viking tombs, a Second World War prison camp and the outdoor coastal museum

The programme

- We get ready to embark on a different experience than usual – a unique excursion that enables us to discover what the Norwegians traditionally call *friluftsliv*, i.e. life in the fresh air. This means not only activities in the open-air surrounded by nature in all seasons, but it is a true philosophy, a question of identity, a sense of belonging and pride, a lifestyle in harmony with the rhythms of nature, total devotion to the environment.
- Thanks to its geographical position, Bodø, a *Green lung* along one of the most beautiful coastlines in the world, is perfect for the *friluftsliv* experience.
- Together with **expert guides**, we venture on a **reinvigorating stroll through the surroundings of Bodø** along **trails immersed in nature** along the **rugged coast** and surrounded by **majestic mountains and clear seas** that stimulate our senses and convey a pleasant sensation of peace and tranquillity. If necessary, we are also given walking sticks to better tackle the itinerary.
- During our walk, we also get the chance to admire **sites of great historic and cultural interest** such as **Viking tombs, a Second World War prisoner camp and an open-air coastal museum** that contribute to making this experience truly memorable.
- We recommend wearing suitable shoes, a jacket and a scarf.
- This excursion is not recommended for guests with limited mobility.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02U7	3 Hours approximately	Hard	EUR 89.00	EUR 62.30

Bodø

BODØ AMID HISTORY, ART AND NATURE

In a nutshell

Main stops

- Tour of picturesque Bodø
- Norwegian Aviation Museum with military and civilian period aircraft
- Bodin church with onion-shaped dome: outside visit
- Rønvikjellet viewpoint with 360° views of Bodø and the surroundings

The programme

- We leave the port behind us and get ready to discover the **lively and picturesque city of Bodø** on the northern shore of Saltfjorden just north of the Arctic Circle. The city was founded in 1816 as an alternative to Bergen for commercial fishing activities and herring in particular. On 27th May 1940, during the Second World War, Bodø was heavily bombed and razed to the ground by the Germans. Its reconstruction only ended in 1959 and changed the city completely.
- Today, Bodø has a population of about 46,500 (in 2009) and is a busy trading hub as well as the administrative centre of Nordland county. It is known as the **City of the Sea Eagle** due to the strong presence of white-tailed eagles and, due to its position north of the Arctic Circle and provides visitors with the chance of experiencing the midnight sun in summer (June 2nd – July 10th) and the polar night in winter (December 15th–29th).
- Our first stop is at the **Norwegian Aviation Museum** displaying numerous **period examples of military and civilian aircraft** covering an area of 10,000 sq metres. From the main road, we immediately spot the building's unique modern grey outline with tinted windows and looking like a giant propeller. Inaugurated in 1994 as the National Museum of Norway, it is now visited by over 40,000 people a year and displays many aircraft dating back to the Second World War such as the famous Spitfire fighter, Canadair CF-104 Starfighter, bomber Junkers JU 88 and surveillance aircraft U2 as well as other famous models such as JU 52, Twin Otter and F28.
- We continue our tour and reach the **church of Bodin**, a lovely stone church with an **onion-shaped dome** located approximately 3 km from the centre. Built originally around 1240, it is the oldest building in Bodø. The exterior was considerably altered during the Lutheran Reform, which also added the bell tower, while the interior was embellished with a series of Baroque elements in the 17th and 18th centuries. The Renaissance pulpit dates back to 1650 while the Baroque altar, one of the church treasures, was made in 1670. The nave was added in 1784, though the Medieval part of the church was demolished in 1894 and a replica was then rebuilt.

- We leave the church of Bodin behind us and head to the third and last stop on our excursion – the **Rønvikfjellet viewpoint** located 2 km from the city centre and 164 metres above sea level. This peak, which offers lovely **360° views of Bodø and its surroundings**, is named after Wilhelm II, the German Emperor and King of Prussia who visited it in 1899 and, every summer, it provides a wonderful setting for live music evenings.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00HC	3 1/2 Hours approximately	Easy	EUR 99.00	EUR 69.30
Type				

Bodø

EXPERIENCE: INFLATABLE BOAT EXCURSION TO THE FAMOUS SALTSTRAUMEN MÅLSTRÖM

In a nutshell

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00HD	3 Hours approximately	Moderate	EUR 150.00	EUR 105.00
Type				

Bodø

VISIT TO THE NORWEGIAN AVIATION MUSEUM AND TO SALTSTRAUMENT MÅLSTRÖM

In a nutshell

The ideal tour to admire two of the most interesting sights in Bodø: the Norwegian Aviation Museum with its exceptional collection of planes and helicopters and the famous Saltstraumen vortex, which will leave us truly breathless.

Main stops

INFORMATIONS

NORTHERN EUROPE



Code	Duration	Level	Adult price	Child price
00HE	4 Hours approximately	Easy	EUR 89.00	EUR 62.30
Type				

Bodø **A HIKE IN KEISERVARDEN**

In a nutshell

Main stops

- Keiservarden (or Vetten) peak
- Rønvikfjellet view point

The programme

- We set off on our coach headed to **Keiservarden, the summit of Mount Vetten**, a mountain near Bodø very popular with the locals.
- Once at the **Rønvikfjellet view point** we take a relatively easy trail that takes us up to 366 meters above sea level and offers panoramic 360° views. This peak is named after Wilhelm II, the German Emperor and King of Prussia who visited it in 1899 and, every summer, it provides a wonderful setting for live music evenings.
- On the way back, we head to **Rønvikfjellet peak** and end our walk with a transfer to the jetty.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00HH	3 Hours approximately	Hard	EUR 89.00	EUR 62.30
Type				

Bodø **DISCOVER THE KJERRINGØY PENINSULA**

In a nutshell

Main stops

- Ferry transfer from Festvåg to Misten

NORTHERN EUROPE



- Kjerringøy Trading Post Museum
- Clip on trading activities and everyday life in Kjerringøy

The programme

- Our adventure starts at the Bodø jetty, where we get on a coach that drives across lovely scenery as far as Kjerringøy approximately 40 km north of Bodø – to reach it, we go on a short ferry transfer from Festvåg to Misten.
- The trading site is a true historic gem that is very well preserved and surrounded by a breathtaking scenery. It dates back to the late 18th century and it nestles among the mountains protected by the open sea by a series of islets. It is easy to see how this tranquil peninsula lapped by the turquoise waters and surrounded by high granite peaks is one of the favourite locations for Norwegian directors. Various films based on Knut Hamsun's novels were shot here, including *Benoni og Rosa*.
- The emporium and 15 buildings part of the complex were erected towards the end of the 1700s, but trade increased and became profitable only towards the late 1800s. Kjerringøy traders salted and dried the fish purchased in the Lofoten islands and elsewhere in order to transport it by sea to Bergen and return with a load of food, tools and other products to be sold in the emporium. Year after year, they created the busiest trading hub in Nordland.
- We then visit the small shop to see a clip on the trading activities and everyday life in Kjerringøy.
- This excursion is conducted partly by coach and partly by ferry.
- The clip on Kjerringøy will be shown in English.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00HK	5 Hours approximately	Easy	EUR 159.00	EUR 111.30

Type

Bodø

VISIT TO SVARTISEN GLACIER

In a nutshell

- The excursion includes a coach journey of approximately 5 hours in total.
- This excursion is not recommended for guests with limited mobility.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00PA	8 Hours approximately	Moderate	EUR 219.00	EUR 153.30
Type				

Honningsvåg **THE BIRD COLONIES OF GJESVÆR**

In a nutshell

Good news for animal lovers: a trip dedicated to discovering the flora and fauna of the island of Magerøy with many bird species.

Main stops

- Honningsvåg
- Fish processing factories and Skipsfjord
- Upland of Skipsfjord, with a variety of plants
- Gjesvær and Stappan islands
- Bird safari

The programme

- Our departure point for this trip is **Honningsvåg**, the capital of the island of Magerøy. The town counts approximately 3,200 inhabitants and is often visited by cruise ships as well as commercial ships from Russia.
- We leave Honningsvåg by coach to visit the **fish processing factories**, the hotels and air-landing strip before skirting the Skipsfjord with its bungalows for weekend tourists.
- We will then climb to the **upland**. Trees do not grow on the island but here, surprisingly, we find numerous plant species.
- The next stop will be **Gjesvær**, a village located 37 km west of Honningsvåg with a sheltered port and roughly one hundred islands of various sizes just off the coast: among these are the Stappan islands, nature and bird reserves. We will board a boat and head out towards the islands, but we must keep a certain distance for the protection of the local fauna.
- It is called **Bird Safari**: in the archipelago, located 15 km west of North Cape, we will discover the nests of a wide variety of marine birds: kittiwakes, sea puffins, razorbills, common guillemots, cormorants, European shags and boobies. There is a good chance that we will be able to spot a sea eagle.
- After approximately two hours we will head back to Gjesvær, from where we will take the coach

NORTHERN EUROPE



back to Honningsvåg.

- Places on this excursion are limited. We recommend booking early.
- This excursion is not recommended for guests with mobility problems or those who suffer from sea sickness.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2402	3 1/2 Hours approximately	Moderate	EUR 170.00	EUR 119.00
Type				

Honningsvåg DISCOVERING KING CRABS

In a nutshell

Who said Norway is just fjords? We reach the area of Sarnes and discover the incredible flavour of the prized meat of king crabs fished directly from Norwegian waters.

Main stops

- Sarnes
- King crabs
- Tasting of king crabs prepared according to local tradition

The programme

- Today we will discover a typical and special delicacy of this area: **the giant king crab**. It was introduced into the Barents Sea by Russian scientists in the 1960s. In these waters the crustacean proliferated, moving rapidly west, so much so that today it has even colonised the north coast of Norway. As there are millions of these crabs, it is feared that their impact on the ecosystem could be disastrous and so controlled fishing is permitted.
- We reach **Sarnes** where we find **the king crabs** that are kept in pools or special cages before being picked to be cooked and served inside a *lavvo*, the traditional Lapp tent, where they are accompanied by bread, butter and coffee heated on the fire.
- **We taste the crab** and discover its delicious meat, which is similar to lobster; unsurprisingly, it is sold on the market at a high price.
- We will also learn other things about this animal: it can live for 30 years, measure up to 2 metres claw to claw and weigh 10 kilos. However the majority of those caught weigh less, between 3 and 7

kilos. The wonderful meat of the legs and claws is particularly succulent and has a sweet flavour.

One leg is enough to satisfy an adult appetite. Just one claw is enough to satisfy an adult appetite!

- After this succulent lunch we take the coach back to the ship.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2403	2 1/2 Hours approximately	Moderate	EUR 135.00	EUR 94.50
Type				
Tasting				

Honningsvåg

ART AND TRADITION ON THE TOP OF THE WORLD: 'EAST OF THE SUN' ART GALLERY AND CHRISTMAS HOUSE

In a nutshell

A tour of the most northern region in the world, amidst fishing villages, colourful cottages and breathtaking landscapes, but also an excursion based on the Norwegian cultural and artistic tradition, with a visit to the Art Gallery 'East of the Sun' and to the 'Christmas House' for a full immersion in the unmistakable Christmas atmosphere.

Main stops

- Honningsvåg
- Skips Fjord with hotel, cottage and camp site
- Photographic stop at the village of Kamøyvær on the island of Magerøya
- Art Gallery 'East of the Sun' of the artists Eva Schmutterer
- Village of Skarsvåg and North Cape Horn
- Christmas House

The programme

- Our coach tour begins with a trip through the town of **Honningsvåg** which contests the title of the northernmost town in the world with Hammerfest and then continues along the **Skips Fjord**, a splendid fjord sprinkled with **colourful cottages, hotels and camp sites**
- We continue to **Kamøyvær**, the tiniest **fishing village on the island of Magerøya** with barely 100 residents.
- The village lies in a sheltered position and consists of bungalows and cottages painted in pastel shades. It boasts a fish processing factory, a small fleet of fishing boats, a lighthouse and a tiny,

NORTHERN EUROPE



picturesque harbour.

- Before we continue our tour, we'll have a brief **photographic stop**.
- We'll also stop for a cultural visit to the **Gallery East of the Sun** which exhibits works of art and craft, and brightly painted canvases by **the artists Eva Schmutterer**, who loves to guide people personally around her exhibition and workshop.
- Among the works on show are some exotic pictures made with fish bones, jewels made of stone and glass and tiny models of reindeer all handmade.
- Back on the main road, we continue northwards towards Skarsvåg-krysset, only to leave it once again to reach the tiny **fishing village of Skarsvåg**, about 14 km from North Cape.
- We'll stop at the panoramic viewpoint from where we can see **North Cape Horn**, a rocky formation once used as a place of worship for Sami sacrifices.
- We'll stop in Skarsvåg, to visit the **Christmas House**. We can immerse ourselves in the typical winter, Christmas atmosphere of northern Norway as the house is decorated with Christmas decorations. And that's not all: you'll be able to buy glasses, ceramics, postcards, photos and knitwear.

INFORMATION

Code	Duration	Level	Adult price	Child price
02EN	3 Hours approximately		EUR 75.00	EUR 52.50
Type				

Honningsvåg **HELICOPTER TRANSFER TO NORTH CAPE**

In a nutshell

A thrilling helicopter tour to discover the beauty of the northernmost European scenery flying over North Cape, the coast with its fjords and the islands.

Main stops

- Helicopter tour
- Views of Honningsvåg and the coast
- North Cape
- Knivskjellodden
- Gjesværstappan
- Kjølvik

The programme

- Our adventure begins at Honningsvåg port where, after a short walk, we will reach the helipad.
- We board a helicopter and **set off over the magnificent Norwegian landscape**, offering spectacular views of the ocean, coast and main sights along the way.
- Fantastic panoramas glide by below us: Honningsvåg with its port, the jagged coast dotted with lakes and **Cape North promontory** with its famous **Globe**, a large iron sculpture representing the world.
- With its cliff dropping into the sea, Cape North is considered the northernmost tip of Europe even though the record actually belongs to **Knivskjellodden**, a lengthy promontory that gently slopes down towards the sea and visible from our helicopter.
- We then head West and fly over the famous **island of Gjesværstappan**, a true sanctuary for marine birds including puffins, cormorants, razorbills and white-tailed eagles.
- We continue towards the **village of Kjelvik**, once the region's administrative centre and now a holiday destination after being destroyed during the Second World War. From here, we return to Honningsvåg.
- In the event of inclement weather, the views might be compromised.
- Maximum weight per passenger: 120 kg.
- To access the helicopter, guests need to lift themselves on a high step, the excursion is therefore not recommended for guests with mobility problems.
- The helicopter can take a maximum of 5 passengers. Seats are assigned by the pilot.
- Not all seats are near a window, though good visibility is guaranteed.
- During the tour, information will be provided in English only.
- Clothing that is appropriate to the weather conditions of the day is recommended.
- We recommend that you book early because only a limited number of places are available.
- Flight time: 20 min

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01Z1	1/2 Hours approximately	Moderate	EUR 289.00	EUR 289.00
Type				

Honningsvåg EXPERIENCE THE NORTH CAPE: EXTREME LANDSCAPES AND KING CRAB TASTINGS

NORTHERN EUROPE



In a nutshell

The small **island of Mageroya** is home to the **best of northern Norway**. As part of your exploration with a **local guide**, you will discover the **extreme landscapes** and the **pavilion carved out of North Cape rock**, before **sampling** the famous **king crab** in a **traditional construction**.

Main stops

- North Cape: photo stop and interior visit to the Pavilion
- Sightseeing bus tour of the island of Mageroya
- Sarnes: king crab tasting

The programme

- **The island of Mageroya** provides a warm welcome to the **North Cape**. When you look out across the fjord, you'll feel like you're on the **roof of Europe**.
- Here, the **North Cape Pavilion** awaits you, a cave carved out of the rock with a panoramic terrace looking out over the ocean. Did you know that there's even a **post office** here? It's not often that you get to send a **postcard from the highest point in Europe**.
- While you cross the stunning **landscapes of the island**, your **local guide** will tell you everything about the **culture** of the **Sami** people, who still live according to traditions that date back thousands of years.
- But that's not all - in **Sarnes**, in a **construction inspired by Inuvuolents**, you'll also meet the star of the island: the **king crab**. If you've never seen one before, you won't believe your eyes: the biggest can grow up to 2 meters!
- As soon as you're settled in this welcoming structure, your guide will explain to you that here the crabs are **strictly boiled in sea water**. This is your chance to taste them: **delicious, right?**

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03YE	5 1/2 Hours approximately	Moderate	EUR 195.00	EUR 136.50
Type				
Tasting				

Honningsvåg FISHING KING CRAB LIKE A NORWEGIAN

In a nutshell

Set sail on an **inflatable boat steered by a captain** who knows every nautical mile of the **Barents Sea**, for

Costa Favolosa - Germany, Norway

PAGE 25

PRINTED DOCUMENT 04/05/2024

NORTHERN EUROPE



a genuine Norwegian experience. You will experience an authentic **fishing trip on the hunt for king crab** and, on your return to dry land, in a welcoming structure inspired by **lavvo tents you will taste this giant crustacean**, cooked in accordance with tradition.

Main stops

- King crab fishing experience in an inflatable boat on the Barents Sea
- Sarnes: tasting of king crab cooked according to the typical Norwegian recipe in a structure inspired by lavvo tents

The programme

- From the shore at **Honningsvåg**, the sea water looks icy, but you'll still be excited to get ready to ride the waves like a **real local fisherman**.
- After a short explanation, the **boat** will set off towards the open sea. Your **captain** will be beside you, telling you stories that will immerse you even more deeply in this adventure: did you know that **king crabs** actually come from Alaska?
- As the **Sarnes fjord** gets closer and closer, the landscapes will leave you open mouthed: this is where you will be fishing today. Lower your nets and get ready: a single crab can weigh up to 8 kg!
- After your fishing trip, a **tasting will plunge you into the authentic local culture**. In a nearby village, inside a **structure inspired by lavvo tents**, the typical shelters of the Sami people, you'll discover how tasty a **king crab cooked in boiling sea water** is, just as tradition dictates.
- In a warm, intimate environment, every mouthful has the taste of local stories and traditions and is accompanied by the secrets for cooking it to perfection. In the end, you'll understand the real flavor of the **link between the local people and the sea**.
- This is one of the most popular experiences so book early.
- Minimum age: 8 years and 110cm high

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03YF	3 1/2 Hours approximately	Hard	EUR 199.00	EUR 199.00
Type				
Tasting				

Honningsvåg A QUAD EXPEDITION TO THE NORTH CAPE

NORTHERN EUROPE



In a nutshell

Four wheels are all you need for your new adrenaline-filled adventure! Behind the wheel of a quad bike with an **expert guide**, you'll see the road open up ahead, making your way through the **Norwegian nature** among unique views, glimpses of **Arctic animals** in their natural habitat and traces of **Sami culture**, right to the highest and most extreme point in Europe: the **North Cape**.

Main stops

- Exploration on a quad bike to the North Cape with photo stops

The programme

- Fire up the engine and we're off! **On the saddle of your quad bike**, you'll feel the **thrill** right away: it's not the temperature, but the **excitement of driving through wild scenery**, over a succession of grassy plains and dirt tracks, among mountains, valleys and green forests. With the quad, you can really immerse yourself in the countryside!
- A **guide who is an expert on the region** will lead the way, and will be by your side throughout the experience. A couple of tips and you'll leap into the saddle, on the lookout for the **best viewpoints** that **Norway** has to offer.
- As soon as you turn off the engine, **nature** will leave you open-mouthed. You may catch a glimpse of **puffins**, **cormorants** and the odd **grazing reindeer** as you look around you, so keep your eyes peeled!
- Just think, the **Sami** people have been living in these places for more than 2000 years. According to them, nature has a soul, and do you know what? If you listen very carefully, you may just sense it too.
- But that's not all. Your expedition goes as far as the **North Cape**, where the last surprise awaits you: a cliff 307 meters in height that plunges into the icy sea. A finale that will leave you with goosebumps!
- We'll provide the suit, helmet and gloves.
- Before departure, drivers must show a valid driving license
- If you are by yourself, you'll share a two-seater quad bike with another Costa guest.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03YG	4 1/2 Hours approximately	Hard	EUR 295.00	EUR 206.50
Type				

Honningsvåg

KIRKEPORTEN: ON THE TRAIL OF SAMI CULTURE

In a nutshell

Nordic nature and legends go hand in hand in the region of **Nordkapp**: a **local guide** will tell you all about it, as they accompany you from the northernmost **fishing village** in the world on an **power walking**, to the **rock arch of Kirkeporten**. This is where you will be able to admire the sites of ancient **Sami** rituals, as you gaze out over unique views: the deep waters of **Mefjord** and the **North Cape** cliff face.

Main stops

- Panoramic coach tour to Honningsvåg along the Skipsfjord
- Skarsvåg fishing village
- Energetic walk to Kirkeporten rock with views of Mefjord, the North Cape and the North Cape 'horn'

The programme

- Wild landscapes, between the sky, the ice and **Skipsfjord**: your taste of Norwegian nature is served, from the comfort of your **coach**. Your **local guide** will make sure you stock up on plenty of **Sami stories and culture**.
- You'll head to **Skarsvaag**, the northernmost **fishing village** in the world, where fishing is still done the old way and ancient **legends** are passed down through the generations: from ghost ships to cave-dwelling trolls, you can find everything in this area!
- You'll limber up in the village: an **energetic walk among the Arctic flora and fauna** awaits you, as you make your way to **Kirkeporten**, an enormous rock that forms an arch on an overhanging cliff.
- Your **guide** will tell you this was the **Sami's** favorite site for their rites and sacrifices, as well as the symbol of their link with nature.
- And it's some nature! Before you lie the waters of the **Mefjord** and the outline of the **North Cape** with its **horn-shaped rock**, so dear to the Sami that it went down in history as the **House of** their gods.
- You'll leave them behind you as you make your way back, but will take all the cultural and natural heritage of this region with you.
- Wear appropriate hiking shoes and clothing for the trail.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
041F	3 Hours approximately	Hard	EUR 120.00	EUR 84.00
Type				

Honningsvag

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04FI	4 1/2 Hours approximately	Moderate	EUR 189.00	EUR 132.30
Type				
Tasting				

Honningsvag TRANSFER TO NORTH CAPE

In a nutshell

This excursion takes us to the edge of a continent and the start of a new adventure: welcome to North Cape, the most northern point of Europe.

Main stops

- North Cape
- Nordkapphallen (North Cape Hall): chapel, bar, restaurant, spectacular ocean view
- Film exploring the history of North Cape, and four seasons in the life of this mysterious place

The programme

- Our excursion will take us to **North Cape**, the most northern point of Europe and a place that, for hundreds of years, has attracted generations of explorers from all over the world. It represents the final frontier with the Arctic Ocean and is one of the best places in Northern Norway to observe the Aurora Borealis.
- Here we find the **Nordkapphallen, a tourist visitor centre** which offers plenty of space in which to enjoy the spectacular landscape. We can relax, take a coffee break, do a little shopping and visit the planet's most northerly chapel. On the top floor of the building is a **restaurant that offers an incredible view of the uplands and the infinite ocean.**
- We are enchanted by a **film** that takes us on a journey through four seasons in this landscape of contrasts, spectacular lights and breathtaking scenery, all set to an engaging soundtrack. The film is projected on the world's first 180° screen
- The site is located 307 metres above sea level and there are always gusty winds. We therefore recommend that you wear a jacket.
- The exclusion includes coach transfer to North Cape.

- This excursion does not include the services of a guide.
- Places on this excursion are limited. We recommend booking early.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2401	3 Hours approximately	Easy	EUR 115.00	EUR 80.50
Type				

Tromsø

NORDIC WALKING: A STEP AHEAD AMID THE NATURE OF TROMSØ

In a nutshell

Discover another side of **Tromsø**, **more sustainable** and in **close contact with nature**. With an **expert in Nordic walking**, you'll walk among the alpine and arctic plants of the **world's northernmost botanical garden**, to a **lake with a view over the city**. And you'll learn what it's like to plunge into the area through one of the most popular sports among Norwegians.

Main stops

- Nordic walking in Tromsø: botanical garden; Prestvannet lake
- Revitalizing snack at the lake

The programme

- Grab your poles to explore **Tromsø** with the rhythm of **Nordic walking** that brings you into harmony with its nature and views, **sustainably**.
- If genuine Norwegians are so fond of this activity, it's because of its many benefits: it's a full-body workout, relaxes the mind and lets you **discover the land, step after step**.
- You'll find yourself all in, thanks to a **guide who's an expert** in this sport and the location's natural treasures, like the **world's northernmost botanical garden**.
- This green oasis awaits you with its **collections of plants, polar and alpine flowers** that grow in the extreme climates of the coldest regions of the planet. Have you already gazed on the extremely rare Himalayan blue poppy?
- Keep the pace as far as the **Prestvannet lake**, at the highest point of the center of Tromsø, surrounded by a **nature reserve** far from the lights of the city.
- It's from here that you can **look out over the whole city** while you drink in the crisp northern air: now you know what it means to revitalize like a true Norwegian!

NORTHERN EUROPE



- We'll take care of providing the Nordic walking poles.
- Due to the degree of complexity and the type of equipment provided, this land experience is not recommended for children.
- This experience will be narrated in English.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03Y2	3 Hours approximately	Hard	EUR 109.00	EUR 76.30
Type				

Tromso

TAKE A RIB ACROSS THE FJORD, AMONG RARE SPECIES AND THE RELICS OF WAR

In a nutshell

Your front row seat to admire the **Norwegian islands** awaits you on board a **RIB** that will plow through the water around **Tromso**. Push on to the **island of Ryoya** to discover the **marine life** there, from **porpoises** to white-tailed **eagles**. And near the **island of Hakoya**, you'll come face to face with an authentic **piece of history**, reclaimed from the sea.

Main stops

- Sightseeing RIB tour of the islands near Tromso: island of Ryoya; island of Hakoya

The programme

- Start the engines, the spectacle is about to begin! Your **RIB** will pick up speed and you'll immediately gain a unique view of the **fjord of Tromso** as it races towards you.
- From now on, you're as close to **Norwegian nature** as it gets. Your **guide** will encourage you to have a look around: with a bit of luck, you might see **porpoises**, which are very similar to dolphins!
- There is also the small **island of Ryoya** to discover, the perfect place to cruise past and spot the famous **white-tailed eagle**, as well as flocks of multicolored eiders and black and white common murre.
- As the RIB cuts through the water at full speed, discover traces of history too. As you skirt around the **island of Hakoya**, you'll see a fragment of the **German ship Tirpitz**, which sunk during a bombardment in November 1944 and was later saved from the sea. In front of the ship, which everyone calls the **Lonely Queen of the North**, your adventure will become even more extraordinary.
- The experience may be canceled in bad weather.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03ZZ	3 Hours approximately	Hard	EUR 199.00	EUR 139.30
Type				

Tromsø **HELICOPTER TOUR OF THE TROMSØ SKIES**

In a nutshell

A thrilling 30-minute helicopter ride above the city of Tromsø, offering unrivalled views of the enchanting landscape and the chance to see all of the city's attractions at a single glance.

Main stops

- Helicopter ride over Tromsø
- Picture-postcard views of the surrounding mountains
- The Arctic Cathedral
- The Bruvegen Bridge and Tromsdalstinden
- Site of the wreck of the German battleship Tirpitz

The programme

- A short coach ride takes us to the **heliport**, where we meet our pilot and make ourselves comfortable aboard a four or five-seater helicopter.
- With our cameras at the ready, we're up in the air before we know it, **soaring high over the city of Tromsø** on a thrilling helicopter ride with breathtaking views and the chance to photograph the picture-postcard scenery as we listen to fascinating anecdotes and information about what we can see.
- We fly over the **jagged mountains that surround Tromsø**, and glide over the city itself, which has the largest number of old wooden houses of any settlement in northern Norway.
- From among the houses rises the **Arctic Cathedral**, a splendid, ultra-modern construction that reminds us of a Sami tent, or perhaps the tip of an iceberg.
- We admire the **Tromsø Bridge** linking the island of Tromsøya to the mainland, and the colourful cabins of the cable car as they climb to up to 400 metres above sea level. Circling the **majestic Tromsdalstinden**, we may even catch a glimpse of the distant Lyngen Alps.
- Finally, we pass the site where the German battleship the Tirpitz was sunk during the Second World

War ~~is~~ and where the wreck lay for a number of years ~~is~~ before we return to the heliport.

- Maximum weight per passenger: 120 kg.
- To board the helicopter, passengers will have to negotiate a step; for reasons of safety, it is not possible to transport people inside the helicopter.
- The in-flight narration will be provided in English only.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01ZT	1 Hours approximately	Easy	EUR 309.00	EUR 309.00
Type				

Tromsø

FAMILY TOUR – TREKKING WITH HUSKIES

In a nutshell

Main stops

- Husky breeding centre
- Trekking with a pack of huskies
- Stunning landscapes and the chance to see local wildlife
- Coffee break with some Tasting local products
- Pet and play with husky puppies

The programme

- We set out from Tromsø by coach and make our way northwards to visit a **husky breeding centre** in the midst of some stunning, unspoilt wild country.
- In the company of our guide, we are introduced to the **handsome, thick-coated huskies**, a breed that is much prized for its strength and hardy constitution, qualities that make it ideal for pulling sleds. ~~It~~ be love at first sight, as the dogs are sure to melt our hearts with their warm, gentle natures.
- Next up is a **trekking excursion** into the majestic Norwegian mountains accompanied by an eager pack of our new four-legged friends. The expertly-trained huskies know the mountain paths like the back of their paws and will keep our spirits up as they pad alongside us.
- As we walk, surrounded by harsh, towering mountain peaks, we are able to enjoy some of the Tromsø area's **breathtaking scenery**. We also have the chance for a close-up look at some of the **local wildlife**, and learn to appreciate the natural habitats that Norway has to offer.

NORTHERN EUROPE



- We finally make our way back to camp and have a **coffee break** with some local products.
- Before returning to the port, we make the most of the opportunity to **pet and play with some adorable husky puppies**, who are guaranteed to melt even the hardest of hearts.
- This excursion is not recommended for guests with limited mobility.
- Tour will be guided in English language.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02EE	4 1/2 Hours approximately	Moderate	EUR 215.00	EUR 150.50
Type				
Tasting				

Tromsø

TROMSØ TOUR AND CABLE CAR RIDE

In a nutshell

We set off to explore the most populated city of the North of Norway, surrounded by a breathtaking scenery of islands, fjords and mountains. A city that was once inhabited by hunters of seals and elephant seals and a starting point of many Arctic expeditions and is now a University city which boasts a blend of old and new Architecture.

Main stops

- University Museum
- Tromsø Bridge
- Arctic Cathedral
- Panoramic Cable Car Ride

The programme

- The first stop of our visit is the **University Museum**, which is renowned for Geology, Geography, Botany and the fascinating Sami culture.
- We then cross the **Tromsø bridge** and head for the **Arctic Cathedral**, which we will view from the outside. This splendid cathedral has an ultra modern architectural style and a shape that recalls a Sami tent, or indeed the tip of an iceberg.
- Our tour ends with a marvellous **Panoramic Cable Car Ride** to view the city, the surrounding fjords and mountains from above.

NORTHERN EUROPE



INFORMATIONS

Code	Duration	Level	Adult price	Child price
2432	3 1/2 Hours approximately	Easy	EUR 129.00	EUR 90.30
Type				

Tromsø **HUSKIES AND THE POLAR MUSEUM**

In a nutshell

A totally unique experience which includes the visit of a real Husky Farm a Husky sled dog centre with over 130 dogs, and a visit to the Polar Museum to relive Tromsø's past.

Main stops

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

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2434	3 1/2 Hours approximately	Easy	EUR 95.00	EUR 66.50
Type				

Tromsø **PANORAMIC TOUR OF TROMSØ**

In a nutshell

An interesting excursion to the beautiful city of Tromsø, surrounded by a breathtaking scenery of islands, fjords and mountains: a city with a rich history that was once a starting point of many Polar expeditions and is now a University city where the old and the new coexist in perfect harmony.

Main stops

- Tromsø centre
- Tromsø Cathedral
- Sandnessund bridge
- Kvaløya
- University

NORTHERN EUROPE



- Tromsø bridge
- Arctic Cathedral

The programme

- We leave the port by coach and head for the **centre of Tromsø**, characterized by the neoclassical architecture of wooden buildings alongside other decisively more modern buildings. *We then pass in front of *Tromsø Cathedral*, one of the biggest wooden churches in Northern Europe.
- We proceed in our tour around the island up to the 1220 metres long **Sandnessund bridge** which connects Troms with the island of **Kvaløya** (also known as "Whale Island"). Here we pay a visit to the modern suburb of Tromsø, surrounded by a splendid backdrop of mountain peaks.
- We then return to Troms passing in front of the University of Tromsø, the main Norwegian university centre which boasts the highest number of Norwegian and foreign students.
- At this point, we cross the bridge over the strait of Tromsø, where sometimes currents can reach up to 4 knots.
- Once we reach the other end of the bridge, where almost half of the population of Tromsø resides, we pass in front of the Church of Tromsdalen, which is also known as the **Arctic Cathedral**. This church has ultra modern architectural style and a shape that recalls a Sami tent, or indeed the tip of an iceberg.
- We proceed with our tour passing in front of various local dwellings, all of which boast gardens full of colourful flowers; a rather surprising feature at this latitude!
- We return to port by crossing the 1 km long **Tromsø bridge**.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2437	2 Hours approximately	Easy	EUR 65.00	EUR 45.50

Type

Trondheim PANORAMIC TOUR OF TRONDHEIM

In a nutshell

This tour includes the major landmarks of Trondheim, a lively and historic university city and home of the famous Nidaros Cathedral.

Main stops

NORTHERN EUROPE



- Nidaros Cathedral (from outside)
- Ringve Museum
- Elgeseter Bridge

The programme

- We leave the port by coach and head for the city centre.
- We then come to **Nidaros Cathedral**, originally built in 1070 but subsequently restructured on numerous occasions which have given it a Gothic-Romanesque style. It is one of the most beautiful and imposing cathedrals in the Scandinavian peninsula.
- After viewing the exterior of the Cathedral, we proceed on our tour of the major landmarks of the city before concluding the excursion with a visit to the **Ringve Museum**.
- We then return to the ship crossing over the **Elgeseter Bridge**.
- In case of inclement weather appropriate clothing is recommended.
- As this excursion is conducted mainly on foot, you are advised to wear comfortable shoes.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2441	3 Hours approximately	Moderate	EUR 89.00	EUR 62.30
Type				

Trondheim DISCOVERING TRONDHEIM

In a nutshell

This tour includes the major landmarks of Trondheim, a lively and historic university city and home of the famous Nidaros Cathedral. This panoramic tour accompanies us to the main places of historical and cultural interest.

Main stops

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2446	2 Hours approximately	Moderate	EUR 69.00	EUR 48.30
Type				

Trondheim

EMOTIONS ON THE FJORD ON-BOARD THE 'RIB'

In a nutshell

This adventurous trip allows us to ride the waters of the fjord on-board a high speed boat, providing an amazing and entertaining experience, against the colours and spectacular landscapes that only Norway can provide.

Main stops

- Rib boat
- Fjord ride
- Adrenalin-fuelled manoeuvres
- Trondheim

The programme

- Our adventure begins at the port where, after a short walk, we will arrive at the **Rib boat** dock.
- Upon arriving, after having listened to all the safety information, we will put on the suit, life jacket and mask. The life jackets are waterproof and windproof and may be worn over clothing.
- We will then be ready to set off on our unique **fjord** adventure. The wind lifts the Rib at increasingly faster speeds providing us with a great feeling of freedom and excitement. During the tour, the driver will complete **spectacular and adrenaline-driven manoeuvres**, providing us with a truly exciting experience. This boat ride is not only emotional, but allows us to see **Trondheim** from a completely new perspective.
- Following about an hour of excitement and emotions, we will be ready to return to the port.
- The excursion itinerary will be decided by the pilot dependent on the sea and wind conditions.
- We recommend wearing comfortable and sturdy shoes; we do not recommend wearing open shoes or footwear.
- Smoking is prohibited near the boat's mooring place.
- The Rib ride is an extremely intense experience; the excursion is not recommended for pregnant women or people with back or knee problems.
- Minimum age: 14 years.
- This excursion does not include a guide. Information will be provided in English.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2447	1 1/2 Hours approximately	Hard	EUR 189.00	EUR 132.30

Type

Trondheim
TREKKING ON THE LADE PENINSULA

In a nutshell

We enjoy a pleasant trek through the countryside, following country paths that are easy enough for all ages to negotiate but still offer all the charm of the fjord and its breathtaking landscape.

Main stops

- The Ladehammeren
- Walking excursion on the Lade Peninsula
- Views of the fjord
- The bays of Korsvika, Sponhuset and Ringve

The programme

- We leave the port by coach and, after a short journey, reach the hill known as **Ladehammeren**, which rises above the deep expanse of the Trondheimsfjord.
- From here we set out **a walking excursion on the Lade Peninsula**, a popular destination among hiking enthusiasts, including many locals for whom the charming route is a favourite Sunday walk.
- As we make our way, we are surrounded by stunning views that stretch from the rugged coast of the fjord, where the low stretches of land along the east and southern sides make for good farming, to the irregular, mountainous uplands of the west and northern reaches.
- As we progress through the lush green countryside, we can admire the numerous protected bays including those of Korsvika, Sponhuset and Ringve which break up the shore of the Lade peninsula and offer an endless variety of suggestive scenes to photograph.

0

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02FA	3 Hours approximately	Moderate	EUR 50.00	EUR 35.00

Type

Trondheim
KAYAKING ON THE NIDELVA RIVER

NORTHERN EUROPE



In a nutshell

Exploring the Nidelva River by kayak offers a unique perspective on the charms of the city of Trondheim, with its surprisingly pleasant combination of natural beauty and man-made architecture.

Main stops

- Kayaking on the Nidelva
- Wildlife and birdwatching
- Nidaros Cathedral
- Gamle Bybro & the Old Town Bridge
- Neighbourhood of Bakklundet

The programme

- We make our way to the **banks of the Nidelva River**, which cuts through the city of Trondheim, flanked by houses, until it reaches the capacious fjord.
 - Having reached the meeting point, we climb into our kayaks and set out to explore the course of the river and all of the natural and man-made wonders along the way.
 - Paddling through the placid waters, we have the chance to spot the **many species of bird** that flock to the Nidelva, where they find rest and refuge in the thick vegetation that manages to find space among the man-made structures.
 - Our position on the river offers unique views of **Nidaros Cathedral**, one of the most beautiful and imposing cathedrals in the Scandinavian peninsula and the best preserved Gothic building in Northern Europe.
 - Our route takes us under the Nidelva's historic **Gamle Bybro bridge**, whose red-painted railings and pediment-topped gates to which the bridge's distinctive chains are attached cut a distinguished profile above the waters.
 - Past the bridge stretches the **picturesque neighbourhood of Bakklundet**, where a line of restored warehouses stands on piles above the river, their bright colours reflected in the water.
- This excursion does not feature a guide.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02FB	2 1/2 Hours approximately	Moderate	EUR 129.00	EUR 90.30
Type				

Trondheim

EXPLORING TRONDHEIM BY BICYCLE

In a nutshell

We will visit the beautiful city of Trondheim, the capital of sustainable mobility, cycling around the most picturesque parts of the city.

Main stops

- Bicycle excursion
- Views of Munkholmen
- Nidelva river bank
- Nidaros Cathedral and former warehouses on stilts
- Baklandet district
- Trampe (urban ski lift for bicycles)
- Solsiden district

The programme

- We will get comfortable on our bicycles and **explore Trondheim**, famous for being a particularly good place for this pastime as there are more cycling paths here than in any other city and the flat terrain in the centre makes it the ideal destination for our excursion.
- After leaving the port, we will cycle along the fjord and cross the new bridge that boasts a **wonderful view of Munkholmen**, an islet in the middle of the fjord where a fort lies to defend the city.
- We will pedal along the **banks of the Nidelva river**, which cuts through the city of Trondheim, flanked by houses, until it reaches the vast fjord.
- On this part of the route, we can admire the wonderful **Nidaros Cathedral**, one of the most majestic on the Scandinavian peninsula and the best preserved Gothic monument in Northern Europe, and a **line of restored warehouses on stilts**, their bright colours reflected in the water.
- We will enter the historic **Baklandet district** with its picturesque houses belonging to fishermen, sailors and artisans. This is where we will see the biggest attraction in Trondheim for cycling enthusiasts: the **Trampe**, a kind of urban ski lift for bicycles which travels 130 metres up Brubakken hill!
- Then we will head back towards the port, passing through the old town and the **modern Solsiden district**, which lies on an old shipyard and is currently very fashionable with the locals.
- This excursion is suitable for anyone that can ride a bicycle.
- Minimum age: 11 years and 155cm, and accompanied by an adult.
The 'Trampe' ski lift may not always be usable during our journey (waiting time for use or not in operation because of maintenance).

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02GJ	2 Hours approximately	Moderate	EUR 99.00	EUR 69.30
Type				

Trondheim

FROM TWO VEHICLES: A COMPLETE PICTURE OF TRONDHEIM

In a nutshell

Discover the treasures of **Trondheim** with a **local guide** and two means of transport: the **world's northernmost vintage streetcar** shows you the green beyond the city amid **woodland, lakes, hills, typical houses** and scenes from daily life, while a **convenient bus** takes you to the foot of the **Kristiansten fortress** and the **Sverresli viewpoint**: two locations to inspire **click after click** with their panoramic views!

Main stops

- Sightseeing vintage streetcar tour
- Sightseeing bus tour: Bakklandet; old bridge
- Kristiansten fortress; Sverresli panoramic viewpoint: Photo stop

The programme

- Want a unique experience in **Trondheim**? Take the **Gråkall-banen**, **the only streetcar line still operating in the city and the one farthest north in the world**.
- As soon as you're on board, you'll feel like you're time-traveling in the face of **posters and car sections in perfect retro style**. In the blink of an eye, you'll be **deep in woodland**, in a residential area immersed in nature, far from the chaos of the center.
- It's from here that you'll see **how life unfolds for its residents**, while your **local guide** will show you **wooden houses, tended gardens** and, lined up along the **Nidelva river**, the **historic multicolored warehouses** that provide the backdrop at every turn.
- At the end of the line, you leave the **hills and lakes** of Lian behind you and take your seat on the **bus**. You're heading to two icons of the city **to capture forever**: the **Kristiansten fortress**, built on a hill following a fire, and the **Sverresli panoramic viewpoint** with its picture-postcard view.
- Want another? On the bus back, your gaze will be directed toward **Bakklandet**, the old town with the multicolored houses, and the **old bridge**.
- This experience will be narrated in English.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03Y3	3 Hours approximately	Easy	EUR 75.00	EUR 52.50
Type				

*Trondheim***A WALK THROUGH THE HEART OF TRONDHEIM****In a nutshell**

Take a stroll through the heart of Trondheim, Norway's first capital city. Your **guide** will accompany you to the iconic places of this charming city which looks out over a fjord: in the **old town**, you'll find yourself among medieval architecture, the famous **colorful wooden houses** and a funky chairlift...for bicycles!

Main stops

- Walk through Trondheim old town: Trondheimsfjord; Archbishop's Palace; Old Town Bridge; Baklandet neighborhood; Trampe bike lift
- Free time to visit Nidaros Cathedral

The programme

- In 997 AD, the Viking king Olaf I of Norway founded **Trondheim** and crowned it the kingdom's first capital. But what's the city like today? An unmissable gem, both ancient and modern. Discover it **along with your guide** with a stroll that will take you from today's Trondheim to that of the medieval era.
- Follow the banks of **Trondheimsfjord**, the fjord overlooked by the city, and admire the oldest architectural treasures, such as the **Archbishop's Palace** and **Nidaros Cathedral, with its Gothic charm and around 5,000 sculptures**. You're standing in front of the biggest church in Norway: Come inside and **explore in total freedom**.
- Now, cross the **Old Town Bridge**: the historic **neighborhood of Baklandet** will be waiting to welcome you.
- Here, you'll wander through a lively atmosphere of **colorful wooden houses** built by sailors and fishermen, along with **cafes, little shops and...**what's that thing? It's called the **Trampe** and it's the **first chairlift for bikes in the world!**
- Wear comfortable shoes and clothing suitable for the experience.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04D4	3 Hours approximately	Moderate	EUR 65.00	EUR 45.50
Type				

Trondheim

PERSPECTIVES ON TRONDHEIM, ON FOOT AND FROM A TYPICAL BOAT

In a nutshell

Two different perspectives will reveal the best of the **city of Trondheim**. Wander **its streets with your guide**, then continue to explore **on board a quirky traditional boat**. From the neighborhood of **Solsiden** to that of **Bakklandet**, from the **cathedral of Nidaros** to the **Kristiansten fortress**. How many sides does this city have?

Main stops

- Walk from the pier to the center of Trondheim: Solsiden neighborhood; Old Town Bridge; Bakklandet neighborhood
- Nidaros cathedral: photo stop
- Boat tour on Nidelva river: Ravnkloa fish market; Fosenkaia port; Bryggerekka piers; Kristiansten fortress

The programme

- First, your guide will take you to the **neighborhood of Solsiden**, with its post-industrial atmosphere, and then across the iconic **old town bridge** into the bustling **Bakklandet district**, brimming with life and colors, including those of the **wooden houses** built by sailors and fishermen.
- Then you'll find yourself in front of the **masterpiece of Gothic architecture** that is the **cathedral of Nidaros**, the biggest church in all of Norway, built on the tomb of Saint Olaf.
- Now, change your perspective as you **discover the city from the Nidelva river**: you'll be on board an ~~åfjordsbåt~~ **traditional wooden boat** that will transport you into the time of the Vikings!
- As you slip along the Nidelva, you'll get to know other iconic places in the city, such as the **Ravnkloa fish market**, the **port of Fosenkaia** flanked by its Art Nouveau buildings, the picturesque **Bryggerekka piers** and the **Kristiansten fortress**, which keeps watch over Trondheim from the top of the hill on which it was built in the 17th century.
- Wear comfortable shoes and clothing suitable for the experience.

INFORMATION

Code	Duration	Level	Adult price	Child price
04D5	3 Hours approximately	Moderate	EUR 105.00	EUR 73.50
Type				

Trondheim **TRØNDELAGE COASTAL CULTURE AND HISTORY**

In a nutshell

Embark on an enchanting voyage through the heart of Norway's coastal heritage, where tradition meets modernity amidst breathtaking landscapes and historical landmarks.

Main stops

- Coastal Heritage Museum
- Hysnes coastal fortress
- Råkvåg historical docks

The programme

- Your adventure begins as the coach gracefully glides across the tranquil fjord on an electrical ferry, offering panoramic views of the rugged countryside and quaint rural dwellings. Your destination? The **Coastal Heritage Museum**, a treasure trove of maritime history nestled along the fjord's edge.
- Here, skilled boat builders share captivating tales of yore, unveiling the secrets behind the intricate craftsmanship of traditional vessels dating back to the legendary Viking Age. Witness firsthand the age-old techniques still employed today, keeping ancient maritime traditions alive.
- Continuing along the fjord's gentle curves, your journey unfolds at a modern shipyard, where the evolution of maritime engineering comes to life. Delve into the innovative process of designing and constructing contemporary ships and aquaculture cages, bridging the gap between past and present.
- As the tour meanders towards the Trondheim Fjord's inlet, an ancient **coastal fortress** emerges from the mist, steeped in tales of resilience and wartime valor. Explore its storied halls, echoing with echoes of Norway's tumultuous past, from the Dissolution of Union with Sweden to the trials of the Second World War.
- Concluding your odyssey, the picturesque fishing **village of Råkvåg** awaits, its charming cobblestone streets beckoning you to wander amidst historic wooden cottages and bustling harbors. Savor local delicacies and indulge in tantalizing food samples, a feast for the senses.
- With hearts full of memories and bags laden with treasures, the coach retraces its path across the fjord, bidding farewell to this enchanting coastal realm. As you return to your ship, the echoes of

centuries past linger, a testament to the enduring spirit of Norway's coastal heritage.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04BH	8 Hours approximately	Moderate	EUR 145.00	EUR 101.50
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

NORTHERN EUROPE



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

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

Alesund
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.

NORTHERN EUROPE



- 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				

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				

Ålesund 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'

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 will 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 will 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 Håge-Rolv** 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				

Ålesund

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 Ales** 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.
- 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 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

NORTHERN EUROPE



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 Vikebukt

- 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 Stor fjord**, 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 Valldal**, 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 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.

INFORMATION

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 **breathtaking 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

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

Olden
RIB ADVENTURE IN SEARCH OF CRAYFISH

In a nutshell**Main stops**

INFORMATIONS

Code	Duration	Level	Adult price	Child price
0026	3 Hours approximately	Moderate	EUR 145.00	EUR 145.00

Type

Olden BRIKSDALEN GLACIER

In a nutshell

An entire day to spend amidst the wonders of nature Norway has to offer: the Briksdalen glacier. As we venture into the mountains, the surrounding landscapes and majestic glacier will leave us spellbound.

Main stops

- Olden
- Lake Floen
- Lake Olden
- Briksdalen Glacier
- Stop at Briksdal Inn

The programme

- We begin our excursion from the village of **Olden**, nestling at the head of the Innvikfjord, an arm of the Nordfjord. A pleasant village at the estuary of the River Oldeeva, surrounded by towering mountains, superb waterfalls and several glaciers, Olden is a popular resort for both residents and tourists alike.
- We continue by coach along the banks of two marvellous lakes: **Lake Floen** waiting for us with its delightful, little, red church and the very beautiful, long, narrow **Lake Olden**, one of the most admired in Norway.
- Welcome to the far end, Rustøen, where the wide, fertile, upper valley is spangled with multi-coloured farms. Our first excursion begins at the Briksdal Inn and we'll be walking up a spectacular, winding road, which carries us on to the shoulder of the mountain and will test our abilities. Panoramic views of cascading waterfalls and enchanting mountain landscapes open up throughout our journey.
- The path ends near the lake, from where we can enjoy the magnificent view of the **Briksdalen glacier** rising majestically behind us. Surrounded by trees, high peaks and waterfalls, this is 'just' an

NORTHERN EUROPE



arm of the larger Jostedalsgreen.

- We set off down the slope back to the **Briksdal Inn**, where we can have a break before returning to our starting point.
- At the end of our excursion it's back on board the coach to return to the quay.
- Places on this excursion are limited. We recommend booking early.
- The excursion involves some walking, so we recommend you wear comfortable walking shoes.
- This excursion is not recommended for guests with mobility problems.

INFORMATION

Code	Duration	Level	Adult price	Child price
2421	4 Hours approximately	Hard	EUR 89.00	EUR 62.30
Type				

Olden FJORDS AND BOYA GLACIER

In a nutshell

Main stops

- Nordfjord
- Mount Utvik
- Våtedalen Valley
- Bøya Glacier
- Fjærland Valley
- Glacier Museum
- Norwegian lunch

The programme

- We leave the port of Olden to begin our adventure along the enchanting **Nordfjord**, where the mountains drop dramatically into the ocean, transforming their water into foaming waterfalls. Along the way, the breathtaking mountain landscape is dotted with tiny mountain huts and orchards.
- We come to **Mount Utvik**, where we'll make a photo stop to immortalise the stunning panorama below.

NORTHERN EUROPE



- Back down the other side of the mountain we find the fascinating, green **Våtedalen valley**, studded with peacefully grazing sheep and goats.
- Our journey now takes us along a lake and through a tunnel to the **Bøya glacier** descending steeply down the mountain. This is just one arm of the more imposing Jostedalsglacier, the largest on mainland Europe. We'll stop here and those who so wish may walk to the glacier lake to take photographs.
- Once our break is over, we continue across the lush, **flat valley of Fjærland**, surrounded by majestic peaks on three sides. It is home to the **Glacier Museum**, which provides endless information on these spectacular natural formations, including videos of some excursions. It even allows you to get a first hand experience by simulating ice caves and crevasses.
- At the end of this informative museum visit, we go back to the Nordfjord and return to Olden.
- Places on this excursion are limited. We recommend booking early.
- We suggest not booking this excursion if you have already booked tour 03PB from Vik as programs are similar

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2422	7 1/2 Hours approximately	Easy	EUR 169.00	EUR 118.30
Type				

Olden

FROM THE FJORD TO THE SKY IN FIVE MINUTES

In a nutshell

An excursion entirely dedicated to striking fjord views: glass cable cars will take us up to over 1,000 metres asl to take in mountains, lakes, picturesque villages and all the magic of wild Norway.

Main stops

- Loen
- Loen Skylift
- Mountain Station
- Spectacular fjord views

The programme

- We leave the Olden port by coach and head North along the fjord to reach the **small town of Loen** 6

NORTHERN EUROPE



km away.

- We get on the main attraction – the **Loen Skylift**, a modern cable car with glass cabins that in just 5 minutes takes us on the top of the Hoven mountain 1,011 metres above sea level.
- The skylift will stop at the Mountain Station, from where we can enjoy **striking 210° views**: to the East, we can admire Mount Skåla and Lake Lovatnet; to the South, we have the majestic Jostedalsbreen glacier with the town of Olden; to the West, the Nordfjord winds its way towards Stryn.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2427	2 Hours approximately	Easy	EUR 139.00	EUR 97.30
Type				

Olden HELICOPTER TOUR

In a nutshell

Main stops

- View of the village of Olden
- View of the Jostedal glacier

The programme

- We'll fly over the village of **Olden** nestling at the head of the 'Innvikfjord, a branch of the Nordfjord. A pleasant village surrounded by towering mountains, superb waterfalls and several glaciers, Olden is a popular resort for both residents and tourists alike.
- Not far from the town we enter the boundless nature of the stunning **Jostedal** glacier. This is the largest glacier in mainland Europe, stretching over 487 km². The glacier has 22 named outlets, many of which are within easy reach of Olden.
- Our helicopter trip offers **a spectacular, sensational scenario**, a truly unique, unforgettable experience. The ice has shaped the landscape over thousands of years. Geological faults and crevices beneath the glacier have dug valleys and mountain passes. Unusual climatic conditions caused the Jostedalen glacier to deteriorate and spread. In the past, its outlets rose or descended down the valleys destroying farms, vegetation and people's lives. Although it was a natural disaster at the time, this event has been extremely useful for today's scientists to study how plants and

NORTHERN EUROPE



animals have spread across virgin land.

- Places on this excursion are limited. We recommend booking early.
- Routes depend closely on the weather conditions during the flight.
- The pilot may decide to cancel the flight at any time for safety reasons.
- The transfer to and from the helipad by maxi-taxi takes approximately 20 minutes.
- The flight lasts approximately 13 minutes.
- Transfer in two groups. While the first group takes the flight, the second will wait on the ground for its turn to fly. Once the first group has landed, it will wait for the flight of the second group before returning all together to the quay in Olden.
- Min age: 2 years old.
- Max weight: 120 kg.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00EQ	1 Hours approximately	Easy	EUR 355.00	EUR 355.00
Type				

Olden

CLIMBING IN THE MOUNTAINS ALONG THE LOEN VIA FERRATA

In a nutshell

We take on the rocky walls of Mount Hoven, clambering along the Loen Via Ferrata, including the longest suspended footbridge in Europe, and stopping at the restaurant at the top to relax and enjoy the a spectacular panoramic view before heading back down in comfort in a state-of-the-art aerial lift.

Main stops

- the Loen Via Ferrata
- Breathtaking views of the mountains and the fjord
- The Gjølmunne suspended footbridge
- Rest at the Hoven Restaurant
- Return to the valley floor in the Loen Skylift

The programme

- After a short journey, we reach the Loen resort on the opposite side of the fjord. This is the start of an unforgettable adventure climbing to an altitude of over 1,000 metres along the **Loen Via Ferrata!**

NORTHERN EUROPE



- We put on our climbing gear and **set off up the mountain** using the artificial structures that make up the via ferrata: clipped to steel cables, we battle the rocky walls of the fjord with the help of metal rungs and ladders as we climb towards the sky.
- Along the way, we discover the unforgettable thrill of crossing the longest via ferrata bridge in Europe, the 120-metre-long **Gjølmunne suspended footbridge**, which leads us out over the void at a height of 750 metres!
- As we pick our way up the side of the mountain, we cast our eyes over the **magnificent landscape** that surrounds us: Mount Hoven, with its rocky ridges specked with the green of moss and lichen, and the sparkling azure of the fjord far below.
- At the end of our climb, we reach the summit of the mountain and take a well-earned rest at the spectacular Hoven Restaurant, an experience made all the more memorable by the breathtaking views through the enormous, cliff-top windows of the canyon below.
- For our return, we will be taking the easy route, boarding the steepest aerial lift in the world, the Loen Skylift, which takes us from the summit of Mount Hoven to the banks of the Nordfjord over a thousand metres below in just a few minutes, with magnificent views of a whole cross-section of Norwegian scenery.
- This is a strenuous hike. Part of the hike is steep up and down. Rock fields also occur. Recommended to guests used to do ferratas.
- Bring water from the ship. Please realistically assess your physical fitness and ability prior to booking.
- In case of rain, it's not allowed with jeans!
- Minimum weight 40 kilos and maximum 120 kilos.
Minimum age: 15 years.
- You need to be physically fit to take part in this excursion.
- Participants will be asked to fill in and sign a waiver.
- Shoes for the via ferrata are for hire and the gloves must be purchased on site.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02DU	6 1/2 Hours approximately	Hard	EUR 209.00	EUR 146.30

Olden

CABLE CAR AND FOOT EXCURSION ON MOUNT HOVEN

In a nutshell

An excursion entirely dedicated to striking fjord views culminating with a hike surrounded by nature:

Costa Favolosa - Germany, Norway

PAGE 65

PRINTED DOCUMENT 04/05/2024

NORTHERN EUROPE



glass cable cars will take us up to over 1,000 metres asl to take in mountains, lakes and picturesque villages followed by a hike on mountain trails.

Main stops

- Loen
- Loen Skylift
- Mountain Station
- Spectacular fjord views
- Hiking on Mount Hoven

The programme

- We leave the Olden port by coach and head North along the fjord to reach the **small town of Loen** 6 km away.
- We get on the main attraction – the **Loen Skylift**, a modern cable car with glass cabins that in just 5 minutes takes us on the top of the Hoven mountain 1,011 metres above sea level.
- The skylift will stop at the Mountain Station, from where we can enjoy **striking 210° views**: to the East, we can admire Mount Skåla and Lake Lovatnet; to the South, we have the majestic Jostedalsglacier with the town of Olden; to the West, the Nordfjord winds blows its way towards Stryn.
- From the Mountain Station, we go on a **hike** to discover the unspoilt wild nature of the mountain ranges surrounding the Nordfjord, where Nature reigns supreme.
- We recommend that you book early because only a limited number of places are available.
- Comfortable walking shoes are recommended.
- This excursion is not recommended for guests with mobility problems.

INFORMATION

Code	Duration	Level	Adult price	Child price
01ZO	3 1/2 Hours approximately	Moderate	EUR 159.00	EUR 111.30
Type				

Olden WALK TOWARDS HUAREN

In a nutshell

A pleasant walk in close contact with nature through the enchanting Olden valley at the far end of the Nordfjord among gigantic mountains, to regenerate our minds and bodies surrounded by the tranquillity

NORTHERN EUROPE



and majesty of this typical Norwegian landscape. An experience not to be missed!

Main stops

- Village of Olden in the end part of Nordfjord
- Walk among the gigantic mountains of the Olden Valley
Huaren belvedere with views over Olden, Mount Hoven and the innermost part of the Nordfjord

The programme

- Minimum age: 8 years old
- You need to be physically fit to take part in this excursion.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
039K	3 Hours approximately	Hard	EUR 40.00	EUR 28.00
Type				

Olden

ADMIRE THE BRIKSDAL GLACIER IN COMFORT IN A TROLL CAR

In a nutshell

What could be better than seeing a **2500 year old Norwegian glacier** up close? Admiring it **without having to move!** With a **guide**, you will make your way through the **Jostedal Glacier National Park** in a comfortable '**Troll car**', the open-top shuttle inspired by the mythical trolls. This way, once the **Briksdal glacier** is within photo range, you will have all the energy you need to enjoy every detail of the landscape. Easy, no?

Main stops

- Sightseeing coach trip to the entrance of the Jostedal Glacier National Park
- Olden Lake: Photo stop
- Sightseeing tour in a **Troll car** to the Briksdal glacier
- Free time

The programme

- Ever heard the noise that a **glacier that is thousands of years old** makes up close? Satisfy your curiosity **in total comfort**, with a **naturalist experience for all**.
- You'll set off by **coach**, crossing **high elevations** exploding with green until you reach **Olden Lake**, so

narrow and thin that the entire landscape is reflected in the water, just like a mirror – double the spectacle. What about a photo?

- It'll be the first of many: when you take your seat in your ~~roll car~~ an open-top shuttle inspired by the mythical creatures of the Norwegian forests – you can rest your legs and keep your hands free to capture every detail of the **Jostedal Glacier National Park**.
- Past waterfalls and through woodland, until you reach the foot of the **Briksdal glacier**: a flowing block of blue ice 1200 meters high that towers over the entire Briksdal valley.
- This enormous branch of the even bigger **Jostedal glacier** – the largest in continental Europe – is a real force of nature: just look how it has carved and shaped the rocks over millennia!
- Your return will also be totally relaxing, **free time** included.
- 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
03Y7	3 1/2 Hours approximately	Easy	EUR 115.00	EUR 80.50
Type				

Olden

FROM THE STRYN VALLEY TO MOUNT STRANDA IN A CABLE CAR

In a nutshell

Want to fill up on the wild views of the **Nordfjord**? Your **guide** will reveal them to you as you traverse the **Stryn valley** with your eyes on the peaks, inlets and deep blue waters. Then, your amazement will reach new heights as you take the **cable car up Mount Stranda**: views of a **UNESCO fjord**, a record-breaking **glacier** and **Norwegian waffles** await you, along with a good cup of **coffee**.

Main stops

- Sightseeing coach tour along the Nordfjord and through the Stryn Valley
- Cable car ascent to Mount Stranda
- Mount Stranda: Snack with Norwegian waffles and coffee
- Free time

The programme

- Get ready to look all around you **Vestland County**: as you travel along these roads, you'll be treated

to a series of unique views.

- You'll lose count with your **guide** on board the **coach**: as you traverse the **Stryn valley**, the **Nordfjord** offers views of coastlines, wild mountains and waterfalls, while a **fjord** and a **glacier** loom on the horizon. You can't see them that well from here, but keep them in mind!
- From now on, you're heading for the sky. Or rather, to the top of **Mount Stranda**: you'll understand what it's like to feel really small as you take the **cable car** to its summit, 1,042 meters above sea level.
- Here, the view opens out onto the **UNESCO World Heritage Geiranger fjord** and the **Jostedal glacier**, the largest in continental Europe: now you really get a sense of their **enormous size**. Meanwhile, all around, you may encounter animals roaming free and patches of snow that are still resisting the warmth of the sun.
- And in the peace of the mountains, you'll find out what it's like to sip a **local coffee** and taste typical **Norwegian waffles** whilst looking out over such scenery, before you take a walk and leave their greatness behind you.
- 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
03YB	4 Hours approximately	Moderate	EUR 109.00	EUR 76.30
Type				

Olden

FROM DALSNIBBA MOUNTAIN: BOUNDLESS FJORDS AND NORDIC VIEWS

In a nutshell

Basically: one of the most spectacular panoramic spots in Norway. That's what you'll find on **Dalsnibba mountain**, famous for its **panoramic viewpoint overlooking the Geiranger fjord**. You get there **without taking a step**, by **bus** and with a **guide** among **rivers** that plunge into **lakes** and **waterfalls**, the greenest of valleys, snow-capped peaks and a **lodge surrounded by green** inviting you to have a snack.

Main stops

- Sightseeing bus tour in the Norwegian hinterland up to Dalsnibba mountain
- Dalsnibba mountain panoramic viewpoint: Photo stop
- Sightseeing bus tour to Djupvasshytta lodge

- Snack with dessert and coffee
- Free time

The programme

- An experience at ascending altitudes to discover the landscape of the **Geiranger, the fjord with UNESCO World Heritage status**, from above.
- Leave the town of **Olden** behind you and begin listening to the stories of **your guide on the bus**: they've got one for every view. As you climb the **Stryn valley**, you'll discover that its river is famous for salmon fishing, while **Strynefjellet mountain** is extremely popular among Nordic sports fans.
- As you skirt **Djupvatnet lake** you'll see some blocks of ice floating on it: they don't melt completely even in summer!
- But by now you're at the **Dalsnibba panoramic viewpoint**, which from a height of 1500 meters shows you the whole of the green valley leading to the **Geiranger** fjord, crowned by the white of the snow-covered mountains and glaciers.
- Just think that this vision was created in the ice ages by ice sliding over the rock. It's a sight to take your breath away, we know. Luckily, the **air is extremely pure** up here!
- After so much emotion, what do you say to stopping for a bit? There's a **sweet snack** waiting for you and a bit of **free time** to keep on relaxing at the **Djupvasshytta lodge**.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03YC	4 Hours approximately	Moderate	EUR 89.00	EUR 62.30
Type				
Tasting				

Olden

UP AND DOWN THE FJORD TO THE SUMMIT AND BY FERRY

In a nutshell

Norwegian fjords are like gold to nature lovers. Are you one of them? **You have a whole day** and a **guide** to explore the **fertile valleys** to the north, enjoy a **traditional lunch on the shores of a lake** and climb up **Dalsnibba mountain**, overlooking a **UNESCO fjord**. Take the **ferry** to capture on camera **waterfalls boasting legendary origins** from the water. Zero filters: The wow effect is already there!

Main stops

- Panoramic coach tour from Olden village to Dalsnibba mountain

- Dalsnibba mountain: Photo stop
- Traditional lunch at the Djupvasshytta lodge
- Flydalsjuvet viewpoint: Photo stop
- Ferry crossing of the Geiranger fjord, passing underneath the ~~Seven Sisters~~ waterfall
- Horningdal lake: Photo stop

The programme

- You have **a whole day** to be amazed by **Norway's** nature and your **guide's** tales. Wanna bet?
- The **coach** crosses the **Stryn valley**, amid **snowy peaks, lakes** and hairpin bends leading to **Dalsnibba mountain**, 1,500 meters high. From here, you can see the **Geiranger fjord**, amid the most spectacular views in the world according to **UNESCO**. No doubt about it!
- Do you feel peckish? A **lunch featuring local delicacies** will be served at **Djupvasshytta**, a lodge immersed in nature on the shores of the **Djupvatnet lake**.
- And as the day is still long, sit down on the giant ~~throne~~ at the **Flydalsjuvet viewpoint**, overlooking the fjord: Picture-perfect. And then beware ~~the~~ the perspective changes.
- A **ferry** awaits you, to sail amid the sheer, **waterfall**-laden walls of the **Geiranger fjord**. Such as the ~~Seven Sisters~~ waterfall. According to legend, the sisters cried so much that they created seven streams on the rock!
- At the end, the return trip from **Hellesylt** to **Olden** is deserving of a last shot: The **Horningdal lake**, the deepest in Europe.
- 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
03YD	7 Hours approximately		EUR 189.00	EUR 132.30
Type				

Olden

GET INTO THE RHYTHM OF THE FJORD WITH A NORDIC WALKING EXPERT

In a nutshell

A Nordic walking expert will take you on a journey to discover the Olden Valley, using the most sustainable means of transport of all: your feet. Heel, toe, heel, toe... Like a true Norwegian, engage all the muscles in your body and let your eyes sweep over the majestic Nordfjord as you break the ice with one

NORTHERN EUROPE



of the **most** environmentally friendly sports of all. **Hungry?** A local snack**, a piece of fruit and will be at your disposal during a break taken on this scenic nordic walk experience!

Main stops

- The Olden Valley: Nordic walking along the fjord to the Huaren viewpoint
- Norwegian picnic

The programme

- A real Norwegian gets close to nature on foot. So set off with a **small group of explorers** and a **Nordic walking expert** who will immerse you in the scenery of the fjord step by step.
- You're in the best hands: To pass on his love for his land * a family tradition * your local guide has chosen the path to the **viewpoint at Huaren**, 385 meters above the **villages of Olden and Loen** and the **Nordfjord**.
- Accompanied by **walking poles** and your guide's advice, you will soon learn to engage the muscles of your arms and core as you walk, **effortlessly** and with **zero impact on the environment**, while enjoying unique views.
- Among the evergreen forests, your guide will explain the ways that nature always influences culture here. An example? The '**vete**', an **ancient system of fire signals** that was used to communicate between distant peaks and valleys.
- Next, he will show you the **Jostedal Glacier** as it descends into the valley and **becomes crystal clear water that is clean enough to drink**. You can take a sip too: it's time to **sample Olden's water** along with some **delicious local flavors** at a tasty picnic.
- This is one of the most popular experiences so book early.
- Wear comfortable shoes and clothing suitable for the experience.
- We'll take care of providing the Nordic walking poles.
- Minimum age: 10 years.
- This experience will be narrated in English.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03PN	3 1/2 Hours approximately	Moderate	EUR 109.00	EUR 76.30
Type				Basket Lunch

Olden

YOGA AMIDST THE ICE AT BLUE MOUNTAIN HALL

In a nutshell

A **yoga session** just a stone's throw away from the **Briksdal glacier** is a **unique and regenerating experience**. Right in front of you, you can admire **thousand-year old rocks and wild, picture-postcard waterfalls**, while your body lets go of all its tension. Roll out your yoga mat and immerse yourself in the views from **Blue Mountain Hall**, to feel **in harmony with your mind and with the forces of nature** that surround you here.

Main stops

- Yoga experience at Blue Mountain Hall

The programme

- Your **yoga session** begins as soon as you set foot inside **Blue Mountain Hall**: you'll realize immediately that the atmosphere here is truly rejuvenating, and the connection with nature is immediate.
- Built upon the **great rocks** of an avalanche that fell 6,000 years ago, with a glass roof that reveals the beauty of the panorama, this space is designed to make your session even more intense, thanks to the **force of the natural elements** all around.
- Relax and learn to simply listen to your body – there's no need for **any prior experience**: the **instructor** will guide you to the rhythm of your breath.
- As you move from one position to another, in front of your very eyes, you'll see the **Briksdal glacier** and hear the thundering power of the **wild waterfalls**.
- At the end, you'll take home the memory of a unique immersion **in yourself and in the landscapes of Olden**.
- Minimum age: 16 years.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04BI	2 1/2 Hours approximately	Moderate	EUR 129.00	EUR 90.30

Type

Olden

BY KAYAK THROUGH THE WATERS OF THE NORDFJORD

NORTHERN EUROPE



In a nutshell

Climb **into a kayak** and conquer the waters of the **Nordfjord in a sustainable way**, paddling like the heroic Norwegian vikings. **In full respect for the Nordic nature all around**, you'll find yourself **in close contact with the elements**, among imposing mountains, wild waterfalls and blue glaciers, accompanied by a **guide** who will tell you all the secrets of this land, recounting the life and legends of these places.

Main stops

- Kayak experience on the Nordfjord

The programme

- Traveling by kayak across the waters of the **Nordfjord** is a memorable adventure: You'll see the wild landscapes up close, traveling in an **environmentally-friendly way** and seeing everything from a **unique perspective**.
- This calm valley is the perfect place for trying out this activity. Climb into your **kayak** and listen to **your expert guide** before setting off: they will give you the equipment and information you need to enjoy the experience safely.
- While you follow the coast, **paddling through the green waters** that trickle down from the glaciers, the nature of these landscapes will transport you through geological eras and ancient Viking legends.
- Between one paddle stroke and the next, stop to listen to the power of the water plunging down from the steep mountains and **take some pictures of these stunning landscapes from the water**: you'll find that they convey an energy that you've never felt before.
- Minimum age: 12 years.
- Wear comfortable shoes and dress in plenty of layers, with warm clothes suited to the temperatures.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04BJ	3 Hours approximately	Hard	EUR 99.00	EUR 99.00
Type				

Olden

THE WILD NORDFJORD ON A SUP

In a nutshell

Wild nature awaits you, with this **experience on the water** which will allow you to enjoy the Norwegian

Costa Favolosa - Germany, Norway

PAGE 74

PRINTED DOCUMENT 04/05/2024

NORTHERN EUROPE



landscape in a unique way. How? **On a SUP**, paddle through the blue waters of the **Nordfjord** with **expert instructors** who will guide you between the glaciers and the snowy mountains. **An intense adventure** in the midst of the Nordic scenery – an experience that's worth trying at least once in your life!

Main stops

- SUP experience on the waters of the Nordfjord

The programme

- Today, you'll be able to soak up a powerful **experience in close contact with the Norwegian fjords**. Climb onto your **SUP** board, grab your paddle and set off on the waters of the **Nordfjord**.
- With the **instructors by your side at all times**, you'll slip into your **wetsuit and waterproof shoes**, and then put yourself to the test on the SUP – even if it's your first time!
- As you venture into the blue of the fjord, you'll see yourself reflected in these **uniquely-colored waters**: a gift from the **glaciers** and the snow that covers the peaks of the **mountains** all around in winter.
- Is the power of the nature all around you filling you with an amazing burst of energy? Make the most of it for one last energetic paddle, and for the more daring types... who knows, you might even dive into the water!
- We'll take care of the SUP equipment, including wetsuit, shoes and life jacket.
- Minimum age for the SUP experience: 10 years.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04BK	2 Hours approximately	Hard	EUR 99.00	EUR 99.00
Type				

Olden THROUGH THE COLORS OF OLDEN BY E-BIKE

In a nutshell

While you pedal along on your **electric bike**, you can devote all your energy to enjoying the beauty of **Olden's landscapes**, without worrying about getting tired. Hop into the saddle to reach your destination **in an environmentally friendly way**: at the **Sunde viewpoint**, **unmissable views** await you amongst glimpses of wild nature.

Main stops

Costa Favolosa – Germany, Norway

PAGE 75

PRINTED DOCUMENT 04/05/2024

NORTHERN EUROPE



- Sightseeing electric bike tour of the city of Olden
- Snack at Strand Farm
- Sunde viewpoint: photo stop

The programme

- In **Olden**, you can enjoy the fresh glacial air and admire villages of pointy-roofed wooden houses surrounded by mountains. On two wheels, **at the pace of your pedal strokes**, you can discover every detail of the beauty all around you in a **fun, sustainable way**.
- Prefer to enjoy the crisp air at full speed, take it slow **among the wooden houses** nestled among the bright green meadows, or stop for a few photos? In any case, **your guide** will be there to show you the way.
- **Strand Farm** is the perfect place to step off your bike and enjoy a **snack** in nature, before pedaling more energetically towards the **Sunde viewpoint**.
- Your reward? Here, you'll be **face to face** with unspoilt nature, and in the end, **only the landscape will leave you breathless**.
- Minimum age: 12 years.
- Bring a waterproof windbreaker jacket with you and wear warm clothes that are suitable for the temperatures.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04BL	2 Hours approximately	Moderate	EUR 139.00	EUR 97.30
Type				

Haugesund

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04G2	2 Hours approximately	Easy	EUR 79.00	EUR 55.30
Type				

Haugesund

NORDIC WALKING IN THE NATURE OF HAUGESUND

NORTHERN EUROPE



In a nutshell

There's only one way to make **Haugesund** yours, from an **original** and satisfying **perspective**: **connect to nature** along with a **Nordic walking expert**, who will accompany you as you push your limits on **the trails most traveled by real Norwegians**. Like them, you'll experience **a new adventure that is both healthy and sustainable**, among **paths through the city** and **panoramic views over the fjord**, including a snack of **typical Brunost cheese**.

Main stops

- Nordic walking in Haugesund
- Snack with typical **Brunost** cheese
- Haraldshaugen monument: Photo stop

The programme

- The Norwegians know: **Nordic walking** is good for the body, boosts mood and **protects the environment**. Today will also represent a different way for you to learn about **Haugesund** and the **trails that are most loved by its inhabitants**.
- **So grab your walking poles** and get ready to drive with arms and legs, with **an expert** in this **typical Nordic outdoor sport**.
- Begin the tour walking through the city center. Passing by **Our Saviour's Church**, the City Park and Skåre Church, we head towards the coastal hiking trail towards **Haraldshaugen**. This is the place mentioned in **Snorre's sagas** as the site where Harald Fairhair is buried.
- After so much activity, a typical Norwegian snack awaits you, with **Brunost**, the characteristic **brown cheese** from the region.
- **We'll** take care of providing the Nordic walking poles.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
03Y4	4 Hours approximately	Hard	EUR 99.00	EUR 69.30
Type				

Haugesund THE LAND OF THE VIKINGS IN A SEAPLANE

In a nutshell

Have you ever seen Norway's most precious gems from on high? Explore the glorious **land of the viking**

NORTHERN EUROPE



kings with a seaplane experience, **giving you** a unique perspective **on the** historical, mythological and natural heritage **that surrounds the** Karmsund strait. **Climb aboard: it's a real opportunity** to take flight**!

Main stops

- Sightseeing seaplane flight over the Karmsund strait

The programme

- **Get off the ship and jump onto your seaplane:** you're about to discover the land of the viking rulers **from the sky**. A truly incredible experience!
- Hold tight: you'll take off over the **Karmsund strait**, which - according to Norse mythology - is crossed every morning by Thor, the god of thunder, to reach Yggdrasill, 'the tree of life'.
- Beneath you are the **wild views** and the **fjords** that characterize this area, and if the sky is particularly clear, you'll be able to see **Folgefonna in the distance - one of the biggest glaciers in Norway**.
- Pay attention now, because the seaplane is about to pass near a very special place: the **stone church of Avaldsnes**, built between the XIII and XIV centuries; with its tall tower, it stands on top of a green hill overlooking the surrounding landscape. **The view is a glimpse of medieval Norway**.
- Now, here's the **island of Bukkøya**, which is home to an ancient viking village: you're flying above a land that is brimming with myths and history.
- Minimum age: 2 years.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
04B5	1/2 Hours approximately	Moderate	EUR 315.00	EUR 315.00

Type

Haugesund

EXPERIENCE: HIGHLIGHTS TO AKRAFJORDEN - short version

In a nutshell

This excursion in the Åkrafjorden offers a combination of natural beauty and art, with the Langfoss waterfall ☒ the fifth-highest in Norway ☒ steep mountain slopes, rich pastures, the still, silent fjords.

Main stops

- Scenic tour and Åkrafjorden

NORTHERN EUROPE



- Haugesund, Norway's prettiest city, and residential districts
- The Langfoss waterfall and the blue waters of the fjord

The programme

- We set off on board our coach for a scenic tour that, over about an hour and a half, leads us towards the Åkrafjorden.
- First, we cut through Haugesund, passing the famous city hall considered the most handsome in all of Norway and a number of residential districts before heading into open country.
- Our first stop is a truly magical place, the Langfoss waterfall. With a total drop of 612 m, it is the fifth-highest waterfall in Norway, and was included in CNN's list of the ten most beautiful waterfalls in the world, a judgement echoed in many other quarters.
- A boat will be waiting to whisk us across the blue waters of the fjord to the base of this natural wonder which, according to legend, has mysterious powers that can boost fertility.
- On this excursion we travel by coach, with a section by boat.
- The boat has indoor and outdoor seats. Please make sure to dress appropriately, and bring waterproof clothing to put on in case of bad weather.

INFORMATION

Code	Duration	Level	Adult price	Child price
03WO	6 Hours approximately	Easy	EUR 165.00	EUR 115.50
Type				
Tasting				

Haugesund EXCURSION TO THE HIMAKÅNÅ ROCK FORMATION

In a nutshell

An exciting excursion in the mountains which will see us exploring the breathtaking landscape on foot as we make our way up to the Himakånå rock formation, which juts out into the abyss, offering spectacular views of the fjord below.

Main stops

- Sightseeing tour to Hinderåvåg
- Walking excursion in the mountains
- Picturesque spots to admire

NORTHERN EUROPE



- Himakåna rock

The programme

- Our coach will take us on a **sightseeing tour heading east** through picturesque lands that cut through the waters of the countless inlets dotted around the fjord, with sparkling lakes and unspoilt nature as far as the eye can see.
- We will reach the village of Hinderåvåg, which lies on the banks of the Boknafjorden, and we will embark on a **fantastic walking excursion** following a route that winds through the mountains amidst woods and open fields.
- Along the way, we will come across a **number of viewpoints** where we can admire the surrounding scenery, as we feel completely immersed in an environment where nature still reigns supreme.
- The landscape becomes increasingly barren and rocky until we reach **Himakåna**, a spectacular rock that juts out over the fjord which stands out against the blue sky. We will be struck by the breathtaking view there: below us, steep mountains tower over the majestic waters of the fjord, offering us unforgettable memories.
- The excursion is suitable for all ages but participants must be used to walking.
- This excursion will be conducted in English.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02G4	4 1/2 Hours approximately	Hard	EUR 95.00	EUR 66.50
Type				

Haugesund

EXCURSION BY RIB-BOAT TO THE ISLAND OF RØVÆR

In a nutshell

An exciting, intense excursion by RIB-boat to the island of Røvær, amidst uncontaminated nature, stories of daily life of its inhabitants and their great knowledge of the sea, the main source of sustenance for all Norwegians, from the times of the Vikings to the current era of oil.

Main stops

- Tour of the island of Røvær

The programme

NORTHERN EUROPE



- This excursion takes us to the **island of Røvær** which lies approximately 10 km north west of Haugesund, in the Norwegian county of Rogaland.
- There is a regular maritime transport express service between Røvær, the island near Feøy and the town of Haugesund.
- Many residents of the island also have a private boat with a car parked in Haugesund which they use on the mainland.
- The island of Røvær, or rather the islands which make up the archipelago of the same name, extend for 1.4 km² and have about 100 permanent residents (data of 2014), as well as seasonal residents and visitors who rent holiday homes or stay at the Røvær Seahouse (Røvær Sjøhus) or at the more recent Røvær Culture Hotel (Røvær Kulturhotell).
- The permanent residents who are not retired practise agriculture, fishing, work on the ferries, teach at the local island school, work on the salmon farms or are commuters to the mainland.

INFORMATION

Code	Duration	Level	Adult price	Child price
02EO	1 1/2 Hours approximately	Moderate	EUR 189.00	EUR 189.00
Type				

Haugesund A POSTCARD FROM HAUGESUND

In a nutshell

Main stops

INFORMATION

Code	Duration	Level	Adult price	Child price
01ZU	2 Hours approximately	Easy	EUR 59.00	EUR 41.30
Type				

Haugesund A HELICOPTER ADVENTURE TO THE PULPIT ROCK

In a nutshell

Start up the engine, adjust the rotors, and we're off! Are you ready to discover this enchanting landscape

Costa Favolosa - Germany, Norway

PAGE 81

PRINTED DOCUMENT 04/05/2024

NORTHERN EUROPE



from the sky? Don't forget to breathe as we glide over the magnificent fjords and towering Norwegian mountains of the Haugesund region.

Main stops

Scenic helicopter flight over the Preacher's Pulpit

The programme

Get ready for one of the most exhilarating experiences of your life as we explore Haugesund and the surrounding region by helicopter!

We set off to the airport, steeling ourselves for one of the most thrilling experiences we've ever had.

From our vantage point, high in the sky, we admire the splendid landscape of the Haugesund region, from beaches of white sand, the Langfoss waterfall, steep mountainsides and scenic viewpoints to the luxuriant countryside and the sea, which stretches as far as the eye can see.

However, the real highlight of our helicopter ride is the Preacher's Pulpit (Preikestolen), a flat-topped rock formation that extends 30 metres out from a granite wall above a sheer, 600-metre drop to the fjord. It is one of the most visited locations in Norway and it is not difficult to see why.

This excursion takes place aboard a 5-seater helicopter.

The pilot reserves the right to cancel the flight at any point in the event of poor weather.

We recommend that you book early because only a limited number of places are available.

This excursion is suitable for guests with limited mobility.

The flight lasts approximately 60 minutes. Minimum age: 4 years. Maximum weight: 120 kg.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
0027	1 1/2 Hours approximately	Easy	EUR 559.00	EUR 559.00
Type				

Haugesund

HAUGESUND: A HELICOPTER ADVENTURE

In a nutshell

In this excursion, we explore Haugesund and its surroundings by helicopter. Prepare to be amazed as we glide over Norway's magnificent fjords and towering mountains.

Main stops

Helicopter ride across the Haugesund region.

NORTHERN EUROPE



The programme

There is no better or more unique way to explore the stunning fjords of Norway than a helicopter. We set off to the airport, steeling ourselves for one of the most exhilarating experiences of our lives.

From our vantage point, high in the sky, we admire the splendid landscape of the Haugesund region, from beaches of white sand, the Langfoss waterfall, steep mountainsides and scenic viewpoints to the luxuriant countryside and the sea, which stretches as far as the eye can see.

This excursion takes place aboard a 4-seater helicopter.

The pilot reserves the right to cancel the flight at any point in the event of poor weather.

We recommend that you book early because only a limited number of places are available.

This excursion is suitable for guests with limited mobility.

The flight lasts approximately 30 minutes. Minimum age: 4 years. Maximum weight: 120 kg.

INFORMATION

Code	Duration	Level	Adult price	Child price
0021	1 Hours approximately	Easy	EUR 370.00	EUR 370.00
Type				

Haugesund VISIT TO THE ARQUEBUS WAR MUSEUM

In a nutshell

A unique excursion through history and the present day, ideal for those who love the mountains but want to see more than just the countryside: from the most spectacular landscapes the Norwegian fjords have to offer to a museum dedicated to the Second World War.

Main stops

- The city of Haugesund and the pristine surrounding countryside
- The Arquebus War Museum
- The Steinsfjellet viewpoint
- The Haraldshaugen national monument

The programme

- This scenic excursion takes us on a journey exploring the area east of the coastal town of **Haugesund**. Along with its spectacular natural landscape, Haugesund boasts a unique and fascinating history: not only was the Statue of Liberty made using copper from one of its mines, but it can also claim to be the original ~~fatherland~~ of Marilyn Monroe, whose grandfather worked locally

as a baker before emigrating to the United States. Not bad for a town that was only recognised as a separate municipality in 1854!

- The highlight of our time in Haugesund is a visit to the **Arquebus War Museum** (Arquebus Krigshistorisk Museum). Located in the inner stretch of the Førresfjord, this museum brings to life various events associated with the Second World War, from the everyday lives of local people, the merchant navy's contribution to the war effort, defence operations and the 1940 invasion, the enemy positions along the coast, the liberation, the fall of Berlin in 1945, and the allied victory in Europe. During our visit, we learn all sorts of fascinating details. For instance, the word Arquebus comes from the code name adopted by a local resistance fighter for communications made using a clandestine radio transmitter. The museum is the largest in Norway, with over 2,000 m² of exhibit space housed in an old farm building. The exhibits include manikins dressed in genuine uniforms and historical costumes.
- Following our visit to the museum, we make our way to the **Steinsfjellet viewpoint** which, at 227 metres above sea level, and with breathtaking views of Haugesund and the surrounding area, is a favourite spot among locals for walks and trips to the country.
- The next stop is at the **Haraldshaugen**, a national monument erected in 1872 to commemorate the thousand-year anniversary of the Battle of Hafrsfjord, which was fought and won by King Harald Hårfagre (Harald Fairhair) at Hafrsfjord near Stavanger in 872, leading to the unification of Norway. Harald Hårfagre established his court at Avaldsnes, on the nearby island of Karmøy, while the monument stands at a location believed to be the site of his burial, about 3 km north of the centre of Haugesund.
- We are bound by the timetable set by the local operator, which is communicated to the ship the day prior to the excursion depending on the different language options required. As such, we are unable to make changes to the excursion timetable.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00HQ	3 Hours approximately	Easy	EUR 75.00	EUR 52.50
Type				

Haugesund CHARMING SKUDENESHAVN

In a nutshell

Main stops

NORTHERN EUROPE



- The itinerary may be subject to change. We are bound by the timetable set by the local operator, which is communicated to the ship the day prior to the excursion depending on the different language options required.
- As such, we are unable to make changes to the excursion timetable.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00HR	3 1/2 Hours approximately	Moderate	EUR 89.00	EUR 62.30
Type				

Haugesund A RETURN TO THE CRADLE OF THE VIKINGS

In a nutshell

To immerse yourself in **Norwegian culture**, you don't need a time machine: simply head to **Avaldsnes** to jump back **750 years** into the past, to the **roots of Norse civilization**. A **local** will tell you the story of **St. Olav's Church**, one of the oldest in Norway, and then you'll travel even further back through the centuries: the **heirs of the Vikings** open the gates of their **village** to you!

Main stops

- Avaldsnes: St. Olav's Church and the Needle of the Virgin
- Visit to the Nordvegen Historiesenter
- Viking village

The programme

- Here's a great reason to visit **Avaldsnes**: it's where **Norway's history began**. So set off on your journey to discover the origins of this people.
- **St. Olav's Church**, also known as the King's Church, is a true local icon. This is where you will meet a local woman: between stories and myths, she will take you back in time to the year in which it was built, 1250.
- Don't forget these words: once the visit has finished, you'll want to check out the **Needle of the Virgin**, a standing stone of 7.2 meters in height that leans towards the church. According to Norse legend, when it touches the wall, the Last Judgment will arrive!
- A few steps from the church lies the **Nordvegen Historiesenter**: a state-of-the-art center for historical documentation that reveals the stories of the greatest Viking kings.

NORTHERN EUROPE



- But the forest is where you will rediscover the life of the **first inhabitants**: a **Viking** will greet you in a **Norse village** that is frozen in the time of his ancestors, with roofs covered in moss, **stables**, **prison cells** and **sacred places** that have never been forgotten here. Keep an eye out for the details: can you recognize the most quintessential Viking building?
- Around the fire, **people in typical clothing from this bygone era** pass on legendary tales. Grab a fur and ask away: **what do you want to find out?**
- The itinerary may be subject to change.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00HT	3 1/2 Hours approximately	Moderate	EUR 105.00	EUR 73.50

Hamburg **HAMBURG BY LAND AND SEA (ends at the airport)**

In a nutshell

The largest port in Germany, a famous red light district and sophisticated homes around the famous lake Alster; all this is waiting for us in Hamburg!

Main stops

- Alster boat cruise
- Guided coach tour: Jungfernstieg, Town Hall and Stock Exchange Renaissance buildings, other points of interest
- St. Pauli district, Reeperbahn

The programme

- Our excursion will show us the vibrant city of Hamburg. We will board our **Alster boat** and admire the city from the deck * a completely different perspective to our view from land. During the trip, wonderful villas, parks, modern buildings and unspoilt shores will pass before our eyes.
- After our boat ride, a coach will be waiting to take us on an interesting **guided tour** of the city.
- Our route will pass the city's main points of interest: ranging from the **Jungfernstieg** (literally the 'spinsters' path'), the street 'Neuer Wall' scattered with luxury boutiques and shopping centres, to the **Renaissance buildings housing the Town Hall and Stock Exchange**, not forgetting parks, gardens, the TV tower, the exhibition centre, the 18th-century court house and the red light district of St. Pauli .
- The tour will end in the city center where the guide will leave us and where we will have some free time in the city before heading to the airport.

NORTHERN EUROPE



- The excursion ends at the airport. The tour is for guests with flights after 16.00.
- This excursion is reserved for guests who disembark in Hamburg and whose flights depart after 4.00 p.m.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00B9	4 1/2 Hours approximately	Easy	EUR 75.00	EUR 52.50

Hamburg **THE SIGHTS OF LUEBECK (end at the airport)**

In a nutshell

Main stops

- Holstentor
- Seven spires
- Hospital of the Holy Spirit
- Town Hall
- St. Mary's Church
- Historic coffeehouse 'Niederegger'

The programme

- We leave the port by coach and head to the Hanseatic city of Lübeck, where we can discover the fascinating historic centre that was declared a UNESCO world heritage site in 1987.
- Our tour will take us through the historic alleyways and courtyards that bore witness to the economic splendour that the Hanseatic League enjoyed in the 19th century.
- Our guided tour brings us face to face with the **Holstentor**, the most famous of the five gates that belong to the medieval city fortifications. We can also spot the **seven spires** &
- The excursion ends at the airport.
- This excursion is reserved for guests who disembark in Hamburg and whose flights depart after 5.00 p.m.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00BA	6 Hours approximately	Easy	EUR 85.00	EUR 59.50

Hamburg
RIVER CRUISE AND TOUR OF HAMBURG

In a nutshell**Main stops**

- Cruise on the Alster Lake
- Coach sightseeing tour
- Jungfernstieg
- Renaissance City Hall and Stock Exchange Buildings
- Modern part of the city
- St. Pauli and Reeperbahn districts

The programme

- We start our excursion to discover the vibrant city of Hamburg with a **cruise along the famous Alster lake**. We admire the city from the deck and enjoy a completely different perspective to our view from land. Wonderful villas, parks, modern buildings and unspoilt shores pass before our eyes.
- We disembark and continue exploring the city with a **sightseeing tour by coach** to discover the most interesting and picturesque parts of Hamburg.
- We cross the residential districts and the **Jungfernstieg**, the famous fashionable street scattered with luxury boutiques and shopping centres.
- We continue with the **Renaissance buildings housing the Town Hall and the Stock Exchange** before entering the **more modern part of the city** with its parks and gardens, TV tower, 19th-century court house and much more.
- The tour ends in the **St. Pauli district**, hub of local nightlife where **Reeperbahn**, the city's famous red light district, can also be found.
- Then we will have some **free time** to spend in the city centre before heading back to the port.
- Space is limited, so please reserve early.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2792	4 1/2 Hours approximately	Easy	EUR 75.00	EUR 52.50

Hamburg
EXPLORING LÜBECK ON FOOT

In a nutshell

NORTHERN EUROPE



Main stops

- Holstentor and the seven spires
- Hospital of the Holy Spirit
- Town Hall and St. Mary's Church
- Niederegger bakery
- Free time in the city centre

The programme

- We leave the port by coach and head to the **Hanseatic city of Lübeck**, where we can discover the fascinating historic centre that was declared a UNESCO world heritage site in 1987.
- We stroll along the **historic alleyways and courtyards** that bore witness to the economic splendour that the Hanseatic League enjoyed between late Medieval times and the start of the Modern Age.
- Our guided tour brings us face to face with the **Holstentor**, the most famous of the five gates that belong to the medieval city fortifications. We can also spot the **seven spires** belonging to five large churches characterising the city's skyline.
- We then head on to the **Hospital of the Holy Spirit**, founded by the city's rich merchants in around 1280, and reach the **Town Hall** and **St. Mary's Church**, home to the biggest mechanical organ in the world.
- The guided tour ends in the **historic Niederegger bakery** specialising in marzipan. We can admire the elaborate creations made with almond meal.
- In the afternoon, we will have plenty of **free time** to explore Lübeck's picturesque stone streets and a variety of refined, sophisticated shops before heading back to Hamburg port.
- The guides will leave guests in Lübeck.
- The transfer to Lübeck takes approximately 1 hour and 30 minutes.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2793	7 Hours approximately	Easy	EUR 85.00	EUR 59.50

Hamburg DISCOVERING HAMBURG

In a nutshell

Main stops

Alster Lake
Jungfernstieg

NORTHERN EUROPE



Town Hall and Stock Exchange Renaissance buildings

Modern part of the city

St. Michael's Church

Kramer Amtsstuben

St. Pauli and Reeperbahn districts

Optional stop for shopping

The programme

- We kick off our excursion with a **tour of Hamburg** to appreciate the most interesting and picturesque sights of this lively northern city.
- We see **Alster Lake**, an unexpected romantic corner right in the middle of the metropolis, then cross the residential districts and the **Jungfernstieg**, the famous fashionable street scattered with luxury boutiques and shopping centres.
- We continue with the **Renaissance buildings housing the Town Hall and the Stock Exchange** before entering the **more modern part of the city** with its parks and gardens, TV tower, 19th-century court house and much more.
- We make several **stops for photos** to immortalise the monuments and landscapes on camera.
- A visit to see the outside of **St. Michael's Church**, affectionately called **Michel** by Hamburg locals, is a must; it is the city's main protestant church and one of the most important architectural constructions in Germany.
- The next stop on our tour is the **Kramer Amtsstuben**, a complex consisting of five buildings built between 1620 and 1676 by the merchants' association to house merchants' widows. It has been very well preserved so gives us a good idea of what life was like at the start of the 18th century.
- We then reach the **St. Pauli district**, the hub of local nightlife where the **Reeperbahn**, the city's famous red light district, can also be found.
- At the end of the excursion, those who wish to indulge in some **shopping in the city centre** can remain in Hamburg while the rest of the group heads back to the ship.
- Space is limited, so please reserve early.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2795	4 Hours approximately	Easy	EUR 65.00	EUR 45.50

Hamburg **PANORAMIC TOUR OF HAMBURG (end at the airport)**

In a nutshell

Main stops

Alster Lake
 Jungfernstieg
 Town Hall and Stock Exchange Renaissance buildings
 Modern part of the city
 St. Michael's Church
 Kramer Amtsstuben
 St. Pauli district, Reeperbahn

The programme

- Our sightseeing tour of the city of Hamburg will make its way around the city's main points of interest. We will see Alster Lake in the city centre, then cross the residential districts and the Jungfernstieg, the famous fashionable street scattered with luxury boutiques and shopping centres. We continue on to see the Renaissance buildings housing the Town Hall and the Stock Exchange before entering the more modern part of the city with its parks and gardens, TV tower, 19th-century court house and much more.
- We make several obligatory stops for photos during the tour so that we can immortalise the monuments and landscapes on camera.
- A visit to see the outside of St. Michael's Church, affectionately called Michel by Hamburg locals, is a must; it is the city's main protestant church and one of the most important architectural constructions in Germany.
- The next stop on our tour is the Kramer Amtsstuben, a complex consisting of five buildings built between 1620 and 1676 by the merchants' association to house merchants' widows. It has been very well preserved so gives us a good idea of what life was like at the start of the 18th century.
- After the excursion, we will travel to Hamburg airport.
- The excursion is only available to guests who are leaving the ship in Hamburg.
- This excursion is reserved for guests who disembark in Hamburg and whose flights depart after 2.00 p.m.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2799	3 Hours approximately	Easy	EUR 65.00	EUR 45.50

Legenda

ICONE DESCRIZIONE

Easy

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

Moderate

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

Hard

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

Sightseeing

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

Water Activity

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

Fun

dedicated to a young public keen on entertainment.

Eco Natural Trail

dedicated to nature lovers.

Tasting

a light snack will be provided on this excursion.

Meal not included

during excursions free time is given to organise lunch individually.

Most wanted

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

Basket Lunch

a packed meal is provided from the ship.

Good for shopping

specially dedicated to shopping lovers.

Cultural

dedicated to history, culture and local traditions lovers.

Disabled friendly

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

Sports Lovers

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

Recommended to families

includes activities that are appropriate for families travelling with children.

New

Brand -new Tour

Meal on board

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

Meal Included

a meal will be provided on this excursion.

Refreshments included

Refreshments included.

Information Notes

PRACTICAL GUIDE TO EXCURSIONS

Booking excursions

You can book your excursions before departure at www.mycosta.it 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.