



## TOUR ITINERARY

RIDING  
LEVEL

3

Europe / Norway

# Norway Bike Tour

Fjords, Farms, and Fishermen: Shades of Nordic Beauty in Sunnmøre

## TOUR HIGHLIGHTS

- Bike through the dramatic scenery of the Sunnmøre region, including Norway's humbling fjords and inspiring mountains switchbacks
- Share purposeful culinary experiences with locals: enjoy an intimate fjordside lunch with a pioneering local winemaker, taste homemade cheese and fresh cider alongside 9th-generation family farmers, and quaff a beer at the home of our friend Björn
- Stay in two luxurious hotels—a cabin-inspired forest retreat and a historic manor in a fjord hamlet—each with their own interpretation of Scandinavian design
- See the UNESCO-listed West Norwegian Fjords from a different perspective on a private boat ride across the Storfjorden



## ARRIVAL + DEPARTURE

### Arrival Details

- ✈ **Airport City:**  
Ålesund, Norway
- 📍 **Pick-Up Location:**  
Hotel Brosundet in Ålesund
- 🕒 **Pick-Up Time:**  
9:30 am

### Departure Details

- ✈ **Airport City:**  
Ålesund, Norway
- 📍 **Drop-Off Location:**  
Hotel Brosundet in Ålesund or Ålesund airport
- 🕒 **Drop-Off Time:**  
11:00 am

**NOTE:** DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

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### Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or [emergency@duvine.com](mailto:emergency@duvine.com).

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### Travelers Take Note

Weather in Norway can change quickly. Prepare for cool temperatures and rain (even in midsummer) and pack accordingly. We suggest layers and waterproof cycling apparel.

The dramatic scenery that makes the fjords so breathtaking owes much to their remote locations. To stay close to these pristine landscapes, some hotels on this tour are simpler in amenities or distinctively designed to integrate with natural surroundings.

## TOUR ITINERARY

### Tour By Day

DAY  
1

#### Mythical Hjørundfjord

Meet your guides in Ålesund for a short transfer to a peaceful ferry port; even before our first mile, the views are unimaginable. Get fitted to your bike and begin the week's first fjord ride, following a ribbon of pavement along the mountainous shore of the Hjørundfjord. Tiny farms and settlements cling to the slopes, defying gravity and the elements—a testament to Norwegian persistence and resourcefulness. At lunchtime, a local family hosts us at their farm. After a warm welcome to this whimsical corner of the world, our hosts take us by boat to the end of the fjord. From there, continue cycling to our Relais & Châteaux manor in the village of Øye. The setting alongside Norangsfjord is beyond your wildest imagination, and it's easy to understand why this hotel has attracted renowned and royal visitors since 1891.

**Meals:** Lunch / Dinner

**Destinations:** Solavågen, Store Standal, Trandal, Øye

**Accomplished:** 22 miles / 36 km, elevation gain: 1,158 feet / 353 meters

**Shorter Option:** 14 miles / 23 km, elevation gain: 728 feet / 222 meters

**Accommodations:** [Union Øye](#)

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DAY  
2

#### A Pilgrimage to Viddal

Even the light in Norway feels peaceful: wake to the sun filtering through mountain mist, then fuel up with a hearty breakfast. First, we cross the fjord by ferry and pedal up a valley punctuated by the occasional red barn or idyllic farmstead. Our route unfurls up and over two mountain passes and crosses into the next valley before winding along the Austefjorden. Arrive in a tiny village—population 12—to rendezvous with our local friend and sommelier. Savor lunch here along the pristine waters of the fjord paired with some beautiful selections from her cellar. After lunch, visit her vineyard (one of the northernmost in the world) before a private boat ride brings us back to the hotel. Tonight's dinner is another seasonal feast from land and sea, expertly prepared by the chef at Union Øye.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Sæbø, Vatne, Viddal

**Accomplished:** 40 miles / 65 km, elevation gain: 3,424 feet / 1,044 meters

**Shorter Option:** 27 miles / 44 km, elevation gain: 2,512 feet / 766 meters

**Accommodations:** [Union Øye](#)

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## TOUR ITINERARY

DAY  
3

### The Hidden Valley

Cross the fjord once more this morning, setting out to conquer a winding mountain pass before descending into a wild valley marked by deep green pastures and red barns. Mighty peaks rise on both sides and cars are almost nonexistent in this stretch of cycling paradise. Our destination is a 20th-generation farmstead and traditional restaurant where we'll dine on local dishes paired with world-class wines. After lunch, ride back down to the picturesque village of Sæbø and ferry back to the hotel for some well-earned downtime—perhaps a visit to the fjord sauna or a stroll through the Victorian gardens. Later, regather and head out to meet our friend Johann for a homemade dinner at his family home, accessible only by boat.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Store Standal, Brautaset, Sæbø

**Accomplished:** 33 miles / 54 km, elevation gain: 2,624 feet / 800 meters

**Shorter Option:** 24 miles / 38 km, elevation gain: 2,342 feet / 714 meters

**Accommodations:** [Union Øye](#)

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DAY  
4

### Nordic Feast and Fjord

Today we'll ride and dine across the Sunnmøre region, beginning on a gradual mountain pass that begins just behind our hotel. Pedal past alpine lakes and stone structures once used for shelter by local shepherds, then pause to take in the view of the majestic Geirangerfjord—a UNESCO World Heritage Site. At lunchtime, we'll arrive at a cheese and cider farm set in a quiet valley, where 9th-generation farmers offer a glimpse into Norway's rich cultural and culinary traditions. After lunch, explore the fjord by boat joined by a local captain who shares his knowledge of the area. End the day at our final luxury hotel, thoughtfully designed to emulate the classic Norwegian family cabin.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Hellesylt, Stranda, Storfjord

**Accomplished:** 29 miles / 49 km, elevation gain: 2,335 feet / 712 meters

**Longer Option:** 59 miles / 95 km, elevation gain: 5,533 feet / 1,687 meters

**Accommodations:** [Storfjord Hotel](#)

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## TOUR ITINERARY

DAY  
5

### A Change of Pace

With the big mountains behind us, we'll lean into the pace of local life and the rolling terrain along Norway's inlets. Opt for a longer or shorter loop, pedaling in and out of small bays, onto headlands, and past colorful boathouses. Our destination is a sleepy farm where our friend Björn is eager to show us the meaning of Norwegian hospitality: he welcomes us into his home to sample a selection of local beers and delicacies, regaling us all the while with the best local gossip and lore. This evening we'll make the most of the midsummer evening, watching the light slowly dim over the fjords as we wind down our final evening in this special place.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Tennfjord, Helland, Skodje

**Accomplished:** 39 miles / 63 km, elevation gain: 3,149 feet / 960 meters

**Longer Option:** 49 miles / 79 km, elevation gain: 3,969 feet / 1,210 meters

**Accommodations:** [Storfjord Hotel](#)

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DAY  
6

### Farewell, Fjords!

If you wish, there will be time this morning for a final spin along the coast. Your guides will arrange a transfer into Ålesund or the Ålesund airport in Vigra and send you off to your next destination.

**Meals:** Breakfast

**Destinations:** Ålesund

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