



## 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 the switchbacks of Trollstigen, or Troll's Road
- Share purposeful culinary experiences with locals: enjoy an intimate fjordside lunch with a pioneering local winemaker, forage for supper with a chef, and quaff a beer at the home of our friend Björn
- Stay in three hotels, each with their own interpretation of Scandinavian design—from an architectural property seen on HBO's *Succession* to a historic manor in a fjord hamlet
- See the UNESCO-listed West Norwegian Fjords from a different perspective on a private boat ride into the Tafjorden





## 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.

### 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).

### 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.



# 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

### The Hidden Valley

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

### Nordic Feast and Forage

Today we'll ride and dine across the Sunnmøre region, beginning on a gradual mountain pass that departs right behind our hotel. Pedal past alpine lakes and stone structures once used for shelter by local shepherds, then pull off to admire the view of majestic Geirangerfjord, a UNESCO World Heritage Site. At lunchtime, we reach a cheese and cider farm situated in a quiet valley, where the ninth-generation farmers offer a look into Norwegian cultural history and culinary traditions. After lunch, explore the fjord by boat with a local captain aboard to share his insight. At the end of the fjord, choose to ride all the way to our next hotel or transfer to settle in sooner. This property—which was practically its own character in the HBO show *Succession*—is architecturally daring, yet it artfully blends local materials into its natural surroundings. An early evening walk with the chef serves as both an orientation to the landscape and an opportunity to forage for wild herbs and mushrooms that will appear in tonight's dinner.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Hellesylt, Stranda, Valldal

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

**Longer Option:** 42 miles / 67 km, elevation gain: 3,697 feet / 1,127 meters

**Accommodations:** [Juvet Landscape Hotel](#)

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DAY  
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### The Winding Road

As it happens, our hotel is located at the base of Norway's most famous road: the Trollstigen is an engineering marvel and a cyclist's dream, with switchbacks snaking up a cliff face and crossing back and forth over a dramatic waterfall. We'll climb the "Troll's Road" from the back side, riding through forests and entering a bare alpine landscape. At the top, take a moment to appreciate the view before enjoying an unbelievably fun descent. Our adrenaline follows us to the village of Åndalsnes, where we tuck into a well-earned lunch. Challenge yourself with some additional riding or transfer all the way to check into our final hotel, designed to emulate the classic Norwegian family cabin.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Trollstigen, Åndalsnes, Innfjorden

**Accomplished:** 25 miles / 40 km, elevation gain: 2,719 feet / 829 meters

**Longer Option:** 58 miles / 93 km, elevation gain: 5,838 feet / 1,780 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  
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### 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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