



TOUR ITINERARY

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
- Join our friend Nina in her tiny village for a fjordside lunch and a glimpse into her world as one of Norway's pioneering winemakers
- Taste homemade cheeses and fresh cider in a historic barn alongside the family who has worked this land for nine generations
- 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:**
9:00 am

Departure Details

- ✈ **Airport City:**
Ålesund, Norway
- 📍 **Drop-Off Location:**
Hotel Brosundet in Ålesund or Ålesund airport
- 🕒 **Drop-Off Time:**
11:30 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.

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 set off on 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. Challenge yourself with a climb into a picturesque valley, where lunch awaits at a historic farmhouse. After this warm Sunmøre welcome, continue cycling to our first hotel in the idyllic village of Sæbø. Settle in, relax in the fjord-side sauna, or simply soak in the sweeping views over Hjørundfjord, mountains rising in the distance. Later, we'll gather for drinks against that same breathtaking backdrop before sitting down together for our first dinner.

Meals: Lunch / Dinner

Destinations: Solavågen, Standal, Sæbø

Accomplished: 28 miles / 45 km, elevation gain: 2,657 feet / 810 meters

Shorter Option: 33 miles / 54 km, elevation gain: 2,699 feet / 823 meters

Accommodations: [Sagafjord Hotel](#)

DAY
2

A Pilgrimage to Viddal

In Norway, even the light feels peaceful. Wake to the sun filtering through mountain mist, then fuel up with a hearty breakfast. Leaving the fjord, our route today 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 friend Nina, a winemaker and sommelier. Savor lunch beside the pristine waters of the fjord paired with some beautiful selections from her cellar. Afterward, visit her vineyard (one of the northernmost in the world) before a private boat ferries us back to the hotel. Tonight we'll visit another set of dear friends, crossing the fjord by boat for a memorable evening on the deck of their historic home and restaurant.

Meals: Breakfast / Lunch / Dinner

Destinations: Sæbø, Vatne, Viddal

Accomplished: 36 miles / 58 km, elevation gain: 3,047 feet / 929 meters

Shorter Option: 25 miles / 41 km, elevation gain: 2,378 feet / 725 meters

Accommodations: [Sagafjord Hotel](#)

TOUR ITINERARY

DAY
3

Nordic Feast and Fjord

Cross the fjord once again this morning to ride and dine across the Sunnmøre region. Our route takes us through Norangdal, a stunning mountain gap with incredible scenery. 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 on a hillside above the fjord, 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. Our journey ends at our sleek design hotel, set along the banks of a crystal-clear mountain stream. This property—which was practically its own character in the HBO show *Succession*—is architecturally daring, yet it blends artfully into its untamed natural surroundings. Head to the bathhouse for a steam in the riverfront sauna or take a stroll through the birch forest. This evening we'll regroup in the main house, where we'll enjoy a convivial dinner featuring the freshest, hyper-local ingredients.

Meals: Breakfast / Lunch / Dinner

Destinations: Hellesylt, Stranda, Valdall

Accomplished: 33 miles / 54 km, elevation gain: 1,814 feet / 553 meters

Shorter Option: 45 miles / 72 km, elevation gain: 3,336 feet / 1,017 meters

Accommodations: [Juvet Landscape Hotel](#)

DAY
4

A Change of Pace

After three days in the saddle, we'll trade helmets for walking shoes and head deeper into the fjordland. Following a lovely breakfast in the property's restored barn, we'll set out from a trailhead near the hotel on a hike that leads us from farmland to forest. Along the way, mossy glens and birch glades reveal wild blueberries that flourish in the rich mountain soil. The reward is a sweeping view of Tafjord below and snowcapped peaks of Sunnmøre in the distance. Complete the loop and head back to the hotel to meet Chris—the property's chef and an early champion of the slow food movement—who will lead us into the forest on a foraging expedition that culminates in a special wood-fired dinner.

Meals: Breakfast / Lunch / Dinner

Destinations: Valldal, Tafjord

Accomplished: 3-4 hours of hiking

Accommodations: [Juvet Landscape Hotel](#)

TOUR ITINERARY

DAY
5

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 forest that gives way to a craggy alpine landscape. At the top, take a moment to appreciate the view before one of the most exhilarating descents of the week. Our adrenaline follows us to lunch in the charming fishing village of Åndalsnes. Afterward, the choice is yours: climb back over the switchbacks or hop in the van for a transfer back to the hotel. Either way, a plunge in the river or soak in the hot tub awaits—the perfect way to wind down before we gather for a farewell dinner.

Meals: Breakfast / Lunch / Dinner

Destinations: Hellesylt, Stranda, Valdall

Accomplished: 25 miles / 40 km, elevation gain: 2,614 feet / 797 meters

Longer Option: 50 miles / 80 km, elevation gain: 6,075 feet / 1,852 meters

Accommodations: [Juvet Landscape Hotel](#)

DAY
6

Farewell, Fjords!

This morning, linger over a leisurely breakfast before one last walk in the woods or soak in the bathhouse. 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

YOUR TOUR DETAILS

Preparing for Your Tour

Travel Services

DuVine can assist with extended reservations at the first and final hotels on your scheduled itinerary, or with private transfers to and from your bike tour. DuVine's travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your **Tour Coordinator**.

Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

Gratuities

Gratuities are much appreciated to thank DuVine guides for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount *per* guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip.



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YOUR TOUR DETAILS

Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please [see our website](#) for the exact bike models offered on tour. E-bikes are available in most destinations on a first-come, first-served basis. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Contact your Tour Coordinator if you are interested.

Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

Training

First and foremost, get out on your bike and start logging some miles. Experience with the elements and terrain will help with your comfort level (balance, unexpected conditions, etc.) on tour. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

Travel Sustainably

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers. [Read more](#) about sustainability at DuVine.



YOUR PACKING LIST

On The Bike

Cycling jerseys or athletic shirts
Cycling shorts
Cycling shoes (if you bring your own pedals)
Sneakers (if you don't bring your own pedals)
Cycling sunglasses
Athletic socks
Arm/leg warmers
Lightweight, waterproof, wind-resistant jacket or vest
Bike gloves
Bike saddle/cover (if you prefer your own)

Off The Bike

Walking shoes
Hiking shoes (if required)
Long + short-sleeved shirts
Sweater/jacket for evenings
Dinner attire (dressy casual) + dress shoes
Swimsuit

Travel Items*

Travel confirmations + tickets for air, rail, etc.
Passport, including photocopy
Local currency
DuVine Tour Itinerary (with meeting + departing info)
Health insurance information
Medications
Cycling gear (+ pedals) if riding on Day 1

*We recommend keeping these items in your carry-on

Additional Items

Cell phone + charger
Photography gear + charger
Power/plug adapter
Toiletries
Sunscreen, hat, + other sun protection gear
Insect repellent

What We Provide

- | | |
|-----------------------------|--------------------|
| • Bike saddle | • Helmet |
| • GPS (where available) | • Water bottle |
| • Flat pedals | • Snacks/nutrition |
| • DuVine t-shirt and jersey | • Drawstring bag |

Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact tourcoordinators@duvine.com. Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

BIKE SAFETY

We strongly suggest you read these simple safety instructions and watch our [brief safety video](#). They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic ("car up") or pot holes ("pot hole").
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, braking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

