

East-West Global Travel

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Experiential Learning Tour

Norway

Day 1: Depart your gateway city for an overnight trip to Oslo, Norway. Your connecting flight will arrive in Oslo mid-afternoon of the following day.

Day 2: Upon arrival in Oslo, and after clearing Norwegian Customs and Immigration, your group will be met by a local representative. Your group will be assisted by professional, English speaking guides and representatives throughout your stay in Norway, to insure that all aspects of your trip go smoothly. After loading your luggage on a privately chartered bus, the group will transfer to your accommodations, the [Thon Hotel Slottsparken](#), located near the city center. The Thon Hotel has mini-suites, equipped with kitchenettes and the suites are large enough to house students in groups of 3 and 4. Accompanying staff will be in double or single rooms, as required.

Because of its location in the heart of Oslo, Thon Hotel Slottsparken is the perfect base for shopping, restaurant visits and nightlife. Such famous attractions as the Royal Palace, the National Theatre, the Norwegian Opera, Aker Brygge and Akershus Fort are in walking distance of the hotel. It is also near public transport allowing for easy access to all parts of the city of Oslo. While here, the entire group will have breakfasts included each day at the hotel restaurant. Dinners or lunches each day will also be provided in local restaurants and cafes to be determined.

After checking in and unpacking, there will be time this afternoon for some informal exploration around the hotel on your own, as you relax and unwind following the trans-Atlantic journey.

Dinner at the hotel restaurant, followed by a free evening.

Day 3: The day is dedicated to the city of [Oslo](#). Norway's capital city and its most populous, Oslo is a modern metropolis with roots dating back centuries. It is a unique mix of old and new, and a very interesting place.

In the morning your group will have a guided tour of the main sights and points of interest in the city, including the [Royal Palace](#), the [Aker Brygge](#) and the [Akerhus Fortress and Castle](#).

After some time on your own for lunch, in the afternoon the group will transfer to the western part of the city to an area known as [Bygdøy](#).

Bygdøy has several museums, like the [Kon-Tiki Museum](#), which shows the legendary expeditions of [Thor Heyerdahl](#); the [Norwegian Museum of Cultural History](#) (*Norsk Folkemuseum*); the [Viking Ship Museum](#); the [Norwegian Maritime Museum](#) and the ship *Fram*, used by [Roald Amundsen](#). [Bygdøy Royal Estate](#), the official summer residence of the [King of Norway](#) and [Oscarshall Castle](#) are also located here. The members of the group can pick and choose which museums to attend, or focus on a single one.

Dinner and overnight at hotel.

Day 4: Today the group will have a free day in Oslo, with access to a privately chartered bus for the day. Meetings with local officials will be planned for this day.

Dinner at a local restaurant in Oslo.

Day 5: After an early morning breakfast at the hotel, the group departs Oslo on the Bergen Railway for the city of [Flåm](#), a small village at the base of the [Aurlandsfjord](#). When the train arrives at the mountain station in Myrdal, the group will board the [Flåm Railway](#) for an incredible train journey down to Flåm station. Flåm Railway is considered to be one of the most beautiful railway lines in the world. Each year, this exciting stretch of railway attracts people from all corners of the world, making the Flåm Railway one of Norway's major and most spectacular tourist attractions.

The train arrives around 2:30 in the afternoon, and upon arrival the group will transfer to the [Fretheim Hotel](#) in the city. The remainder of the afternoon and evening will be free to rest and explore on your own.

Day 6: This morning the group will transfer to the harbor to take a “fjord safari” cruise around the Aurlandsfjord and [Nærøyfjord](#), which together form two important and beautiful parts of the West Norwegian Fjords UNESCO World Heritage site. The tour begins in Flåm and takes you deep in to the Nærøyfjord. Along the way stops will be made where your local guide will explain about the rich wildlife of the area, the distinctive nature and the cultural history of the tiny little villages and local farms scattered along the fjord. The many waterfalls will be frozen solid, the fjord is calm, the water clear and the snow lies just like frosting on the high, steep mountains.

On the return from the Nærøyfjord you will make a stop to visit [Undredal](#), idyllically situated on the shores of the fjord, surrounded by high mountains. With its 85 inhabitants and 450 goats it truly is a special little village. In Undredal you

will visit the local shop where you will be served some hot beverages and hear from one of the locals what life is really like living along the fjord.

In the early afternoon the group will transfer via privately chartered bus for the village of [Borgund](#), home to the famous [Borgund Stave Church](#). Borgund Stave Church was built between 1180 and 1250 AD with later additions and restorations. Its walls are formed by vertical wooden boards, or staves, hence the name "stave church". It is a breathtaking example of the architecture of the period, and you will have the chance to tour the site.

Later in the day the group will transfer to the city of [Bergen](#), Norway's second largest city located on the west coast of the country. Here the group will be accommodated at the [Rica Hotel](#), a pleasant tourist class property located very near the city center. The students will be accommodated in triple and double rooms, with accompanying staff in double or single rooms, as required. Breakfasts each day will be served in the hotel restaurant. Dinners or lunches while here are also included, and will be served either at the hotel or local restaurants to be determined.

After arrival and check-in, the remainder of the afternoon and evening will be free.

Dinner and overnight at the hotel.

Day 7: Bergen is known as the "City of Seven Mountains," surrounded on three sides by mountains, with the ocean to the west. Once again you will be amazed by the spectacular natural beauty of the area.

Today the group will have a city tour, to include the wharf area known as [Bryggen](#), a UNESCO World Heritage site and an exceptional example of a medieval district. In 1955 parts of Bryggen were ravaged by a fire, and during the subsequent excavations a huge number of objects were found that provide a vivid insight into commerce, shipping, handicrafts and everyday life in medieval times.

A visit to [Bryggens Museum](#) allows you to experience life in medieval Bergen, and the museum has been built over the remains of the first settlement at Bryggen. The oldest buildings are from the 12th century, and the various finds have been left in the ground where they were found by the archaeologists. Bryggens Museum also hosts temporary art displays and themed exhibitions, and it is the starting place for Bryggen Guiding, which is a historic walk through Bryggen's past that goes from Bryggens Museum through the old wooden buildings to the Hanseatic Museum.

Later in the day, you may want to take a funicular ride to the top of Mt. Fløyen for a great view of the city below.

Dinner at a local restaurant, followed by a free evening.

Day 8: The last day of the tour is free to explore on your own, take an excursion or simply relax. The possibilities are endless. Some possible ideas: a visit to [Hardanger](#) with its beautiful scenery and breathtaking landscapes, combined with a boat trip on the Hardanger Fjord, or perhaps a visit to [Barony Rosendal](#) with its castle and magnificent gardens. Or maybe you would like to hike on the [Folgefonna Glacier](#).

This evening we will arrange a farewell dinner in the city of Bergen for the group.

Day 9: Early morning check out and departure for the airport in Bergen. Here the group will board a connecting flight to begin the journey back home. Arrival in your gateway city will be in the evening of the same day.