

#### Day 0: Sunday May 25, 2025 - Minneapolis/St. Paul

The tour starts in Trondheim, Norway on Monday May 26, 2025. Airfare to Trondheim, Norway must be arranged personally. Trollhaugen Tours can assist with the airfare. Please ask us for help.

#### Day 1: Monday May 26, 2025 Trondheim – Arrival (D)

Transfer from the Trondheim airport to Hotel Best Western Plus Hotel Bakeriet in Trondheim (or similar) is arranged personally. Arrive in Trondheim – the medieval capital of Norway. Get settled for a two-night stay.

Best Western Plus Hotel Bakeriet Brattørgata 2 7010 Trondheim, Norway +47 73 99 10 00	Bakeriet Hotel is located in Trondheim's oldest shopping street in charming 'gamlebyen' (old town) - near shops and restaurants. The hotel has a rich history dating back to the 1800's when it was a bakery. Today it welcomes guests with a unique blend of modern comforts with yesterday's charm.
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6:30 pm (approx) Welcome to Norway dinner at hotel

#### Day 2: Tuesday May 27, 2025 – Trondheim (B)

10:00 am Guided walking tour of Trondheim

Discover the city's secrets by strolling through its charming streets. Enjoy the views from Gamle Bybrua (the Old Town Bridge) which dates back to 1861 and the restored wooden buildings of the backland district.

Nidaros Cathedral, built between 1070 and 1300, is Norway's largest Gothic edifice.

Best Western Plus Hotel Bakeriet Brattørgata 2 7010 Trondheim, Norway +47 73 99 10 00	Bakeriet Hotel is located in Trondheim's oldest shopping street in charming 'gamlebyen' (old town) - near shops and restaurants. The hotel has a rich history dating back to the 1800's when it was a bakery. Today it welcomes guests with a unique blend of modern comforts with yesterday's charm.
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#### Day 3: Wednesday 28, 2025 – Trondheim to Bodø (B)(D)

Trondheim to Bodø: Scenic train ride from Trondheim to Bodø.

6:45 am Check out and leave hotel. Train station is a short 15 minute walk from the hotel.

7:15 am Arrive at train station

7:38 am Departure from Trondheim by train.

Today we board the Nordland Railway on our journey to the beautiful northern town of Bodø. The 729 km. long railway crosses the Arctic Circle and takes you through stunning Norwegian scenery. The whole journey takes about 10 hours. Lean back in your seat and enjoy the view to the sea and the mountains while you pass 44 stations, 293 bridges and 154 tunnels.

5:28 pm Arrive in Bodø - "Starting Point to the True North".

6:30 pm Dinner at the hotel

<p>Clarion Collection Hotel Grand          Professor Schyttes gate 1 or Storgata 3          Bodø, Norway          +47 75 54 61 00</p>	<p>The Hotel Grand is ideally situated to explore the city's history and culture as well as the beautiful natural surroundings of northern Norway.</p>
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**Day 4: Thursday May 29, 2025 – Bodø to Svolvær in Lofoten (B)**

Today's Optional Activity Choices:

**Keiservarden – guided three hour mountain hike up Mount Ronvik. Cost: \$120**

A local favorite, right in city center. Keiservarden – or the Keiser's Peak, is named so after German Emperor Wilhelm II, who supposedly climbed the mountain on one of his many visits to Norway on July 19, 1899.

The plateau offers a great view in every direction. Under good weather conditions the silhouette of Lofoten mountain line can be seen behind Vestfjorden.

**Norwegian Aviation Museum – at Olav V gate. Cost: approx \$20.**

Opened by King Harald on May 15, 1994. It is Norway's national museum on aviation and the largest aviation museum in the Nordic countries, covering 10,000 square meters.

View exhibits depicting Norway's pioneering spirit and hair-raising bravado and aviation as a vital means of transport today.

12:30 pm Hurtigruten MS Trollfjord arrives in Bodø

3:00 pm Hurtigruten departs - Bodø to Svolvær. (6 hours)

6:30 pm Dining room – three course evening meal available. Ask for instructions

9:00 pm Arrive in the idyllic Arctic fishing village of Svolvær

Disembark Hurtigruten and walk to hotel – just steps away.

<p>Thon Hotel Lofoten          Torget          Lofoten, Norway          +47 76 04 90 00</p>	<p>Harborfront hotel in a striking glass building mere steps away from the quay in the idyllic arctic village of Svolvær. Within walking distance to activities, cafes, shops and galleries.</p>
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**Days 5 Friday, 6 Saturday and 7 Sunday in Svolvær. (B)**

The Lofoten Islands is a mecca for those seeking an active vacation. Check out these activities and use the order form to make your selections.

<p><b>Bike and Hike - Glomtind mountain in Lofoten</b>          A bike and hike excursion with rewards of breathtaking views of Vestfjord and the mainland of Norway. We bike along the main road for about 45 minutes before parking our bikes and continue on foot up Glomtinden (419m). Spectacular views of the massive Vågakallen mountain. Accessible for everyone that is in an average physical shape.          You should bring with you something to eat and drink on the hike, or order a lunch pack in advance.</p>
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<p><b>Duration: Approx 5 hours When: 10 a.m. Cost: \$185, includes bike and helmet</b></p> <p><b>Kayak trip from Svolvær</b>                  Three-hour long trip, tailored to suit those who wish to try out kayaking or who have little experience, but who also wish to learn about Lofoten’s history and culture from the shoreline.                  The area we kayak from Svolvær harbor is calm and well suited for beginners. We use stable double kayaks on our trips and all necessary equipment is included. No qualifications are necessary.</p>
<p><b>Duration: Approx 3 hours When: 10:30 am or 6:00 pm or 8:00 pm Cost: \$125</b></p> <p><b>Fishing trip from Svolvær</b>                  Most visitors to Lofoten wish to experience a day at sea. We offer daily four-hour fishing trips from Svolvær. You get to try your luck catching fish, soak up fresh sea air and enjoy yourself on board our authentic fishing cutter MS Symra.</p>
<p><b>Duration: Approx 4 hours When: 10 am or 2:30 pm Cost: \$120</b></p> <p><b>Trollfjord and Eagle Safari from Svolvær</b>                  Experience Lofoten’s raw nature at 40 knots! The RIB (rigid-hull inflatable boat) takes you through Raftsundet and into the majestic Trollfjord. If we are lucky, you can see both sea eagles and seals, and a great variety of bird life . We will visit historic sites, sandy white beaches and the most dramatic fjord in Norway. We also visit the whaling island of Skrova with it’s charming harbor.</p>
<p><b>Duration: Approx 2 hours When: 11:30 a.m. Cost: \$180</b>  <b>Included:</b> Thermal flotation suit, goggles and gloves. Wear warm base layer and suitable footwear.</p>
<p><b>Lofoten by Horse</b>                  Ride along sandy beaches, past ancient remnants from Viking age, on ridges with beautiful views. We also ride past the iconic Lofoten fish drying racks.</p> <p><b>Duration: 4 hours, includes transfer. Riding time is 2 hours.</b>  <b>When: Pick up at 10 a.m. Cost: \$215 per person, with roundtrip transfer from Svinøya.</b></p>

**Activities not requiring reservations:**

<p><b>Art, Photo and Ceramics Galleries</b> - The majestic and breathtaking beauty of the islands have inspired artists for years. There are numerous fine galleries in nearly every town on the Lofoten Islands.</p>
<p><b>Lofoten War Museum</b>                  An exhibit primarily from 1940-45 era depicting drama and brutality as well as selfless sacrifice and perseverance. An extensive collection of war memorabilia, including art pieces from Adolf Hitler and an enigma machine.</p>
<p><b>Vågan Church in Kabelvåg. Also known as the Lofoten Cathedral.</b>                  This has been a church site since the 12<sup>th</sup> century. Lofotens first church was built there during the time of King Øystein Magnusson.</p>
<p><b>Magic Ice – Svolvær</b>                  Housed, appropriately, in what once was a fish-freezing plant, this is the ultimate place to chill out and perhaps with something to warm the spirit. A 500 square meter space filled with huge ice sculptures depicting Lofoten life.</p>
<p><b>Lofoten Aquarium - Kabelvåg</b>                  At the aquarium learn about the Lofoten cod, known as skrei. Skrei is the foundation of the Lofoten fishery and has for centuries been one of the most important fish in Europe.                  Films: “Aquaculture at 11am; “Lofoten” at 1pm and 2pm.</p>

You may also enjoy the exhibition “The Art of Co-existence”, with information on fisheries, aquaculture, oil and gas activities in Norway.

One of the highlights is the feeding time for the seals and otters in their outdoor pools. At 12:00 and 3pm

**Lofoten Museum - Kabelvåg**

Experience the history of the Lofoten Fishery at one of the best preserved squires in Lofoten. On the site of the medieval town of Vågar (now called Storvågan / SKREI Experience Center) you’ll find the stately 1815 main building, authentic fishermen’s cabins, and boathouses featuring Nordland boats.

**Day 5: Friday May 30, 2025 – Svolvær in Lofoten (B)**

Hike or activity in Svolvær.

**Day 6: Saturday May 31, 2025 – Svolvær in Lofoten (B)**

Hike or activity in Svolvær.

**Day 7: Sunday June 1, 2025 – Svolvær in Lofoten (B, D)**

Morning free. Possible to have the RIB Safari in the morning.

3:00 pm Departure to Lofotr Viking Museum and Farewell Dinner

Partake in a Viking Feast where they offer singing and dancing with a delicious meal. View archeological exhibits in a Viking museum in a reconstructed longhouse.

*“Meet the Vikings. Smell the tar, taste the food, feel the history.*

*The Vikings have been awaiting you for more than 1000 years. Welcome to Borg in Lofoten.”*

**Day 8: Monday June 2, 2025 Svolvær to Oslo (B)**

9:00am bus trip to the Svolvær Airport

11:10am Depart Svolvær via Widerøe WF821.

1:30pm Arrive in Oslo.

Those traveling on to European points will transfer to intercontinental flights/train/bus connections.

Those visiting Oslo or traveling back to Minnesota will transfer to Oslo for overnight stay.

Evening free time for exploring.

<p>Hotel Grand Central Jernbanetorget 1 0154 Oslo Norway +47 22 98 28 00</p>	<p>Close to the bus station and train station</p>
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**Day 9: Tuesday June 3, 2025 - Oslo (B)(D)**

Free to explore Oslo at leisure.

Option: Guided stroll through the heart of Oslo.

Option: Hop on Hop off bus

Dinner at Hotel Grand Central

**Day 10: Wednesday June 4, 2025 – Oslo to Mpls/St. Paul (B)**

Transfer to Oslo Airport for departure is arranged personally. Airfare to USA must be arranged personally.

Trollhaugen Tours can assist with the airfare. Please ask us for help.

*B=breakfast, D=dinner*

Itinerary subject to change due to local scheduling and confirmation of arrangements.

## Summary

### Dinners:

4 dinners included

Welcome dinner at Best Western Plus Hotel Bakeriet

Dinner at Clarion Collection Hotel Grand

Dinner at the Lofotr Viking Museum

Farevell dinner at Hotel Grand Central

9 breakfasts (all hotels)

### Hotels in Norway

Best Western Plus Hotel Bakeriet

Brattørgata 2

7010 Trondheim, Norway

+47 73 99 10 00

Clarion Collection Hotel Grand

Professor Schyttes gate 1

Bodø, Norway

+47 75 54 61 00

Thon Hotel Lofoten

Torget

Lofoten, Norway

+47 76 04 90 00

Hotel Grand Central

Jernbanetorget 1

0154 Oslo

Norway

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