



LE DUMONT D'URVILLE

Excursions

Cruise Bergen - Oslo

From July 31ST to August 7TH 2023





Alesund (Norway)

NOAES04 - Giske & Godoy islands

Duration : 3 h 30

Price : 130 €

From the pier, you will start the tour heading westward to one of the several islands stretching out into the ocean. Thanks to new bridges and one of the longest submarine tunnels in the world, islands are easily accessible. After a 15-minute drive, you will reach Giske Island, which had a unique position during the Viking period.

The famous Gange - Rolv, or Rollo, was born on Giske. This great warrior conquered Normandie in 911 and became the ancestor of William the Conqueror, sire to the English Royal Family. The **old marble church at Giske** was built as a family chapel for one of most powerful families. The church is built in the Norman style and is a typical product of the architecture prior to 1200. In 1756 the church was restored. The local artist Jacob S. Giskegaard created the new interior including a new pulpit, and a new alter piece.

Continue your visit proceeding to Godoy Island and Alnes village located on the seaside. You will see a typical fishing village with a well-preserved and picturesque architecture. Its main attraction is its **lighthouse**. You will get the opportunity to climb up its stairs (87 steps) to enjoy a beautiful look-out to the Atlantic Ocean and the surroundings islands.

Then, you will return to the city center and make a visit to **Borgund Church**, also known as St Peter's Church. After a fire in 1904 the church was rebuilt in the Roman style. Part of the church is from the old St Peter's Church from around 1100. The stone alter is from Medieval times and also worth mentioning are the beautiful wood carvings.

After this visit, you will return to your ship.

- For this excursion, we recommend you wear comfortable shoes. Appropriate dress is recommended to enter religious sites (shoulders and knees must be covered). Please note the church may be visited from exterior only due to ecumenical services.



NOAES05 - City walk & Art Nouveau museum

Duration : 3 h 00

Price : 55 €

Ålesund, the largest town on the northwest coast of Norway, has a spectacular setting: stretching over three islands, near the ocean and backdropped by impressive mountain-peaks. The town centre was destroyed by a fire in 1904, but rebuilt shortly after in the characteristic Art Nouveau architectural style of the period. Today Ålesund has a population of approximately 40,000, but the town centre is relatively small and easy to cover on foot.

From the pier, you will start on foot with a visit to the **Art Nouveau museum**, located in the old pharmacy building. The museum provides interesting insight into the fire of 1904 and the creative Art Nouveau period.

After your visit, you will continue your **walking tour**. Your guide will put particular emphasis on presenting the importance of fisheries in Norway's biggest fish export harbour and, of course, you will be shown a multitude of examples of the picturesque Art Nouveau style that has made Ålesund famous.

The tour will continue uphill to the quaint little **park at the foot of mount Aksla**. Here, you will find exotic trees and plants as well as a memorial stone dedicated to the German emperor Wilhelm II, for whom the main street in town is named after. Furthermore, you will see the statue of the Viking "Gange-Rolf" who sailed from Ålesund to what Normandy (France) is today, named after the Norwegian settlers. From the park, you could choose to continue to ascend mount Aksla, where you will be rewarded for your efforts with a **spectacular view**. Or you could wander about in the park or just sit and have a rest before the return to the pier and your ship.

- This tour involves approximately 2 miles (3 km) of walking over even, paved and cobblestone surfaces with inclines. We recommend you wear comfortable shoes and protect yourself from the rain. This tour will operate in all weather conditions. A parent must accompany children under the age of 16. The tour is limited to 50 participants.





NOAES06 - Alesund by e-bike

Duration : 3 h 00

Price : 85 €

Don your helmet, hop on your e-bike, and set off to discover hand-picked highlights in this enchanting city!

E-biking is just like traditional cycling, but with less pedaling thanks to the bike's electric motor. After a full briefing, your guide will lead the way as you cruise into the streets. Glide around the heart of colorful **Alesund**, which is renowned for its unique Art Nouveau style. Hear the story of the fire that destroyed the town in 1904 and admire the intricate façades of the buildings that rose from the ashes, embellished with dragons and flowers, and crowned by a forest of spires and turrets. Make the most of your bike's motor and head up to a viewpoint on **Mount Aksla**. From here, soak up a breathtaking vista spanning Ålesund, the surrounding mountains, the sparkling fjords, and the distant Sunnmore Alps.

- An e-bike and helmet will be provided. Participants are required to have previously ridden a normal bicycle. The excursion involves 2 ½-hour cycling. Participants must be at least 4'9" tall (150 cm) and weigh under 242 pounds (110 kgs). Pregnant women, those with back problems, and children under age 12 are not permitted. We recommend you wear a wind/waterproof jacket, flat shoes, and sunglasses.
-



NOAES07 - Sugarlump Mountain hike

Duration : 3 h 00

Price : 90 €

From the pier, board your local coach for a short scenic drive, through Alesund, the base of Sugarlump Mountain, located on the Island of Hessa.

Upon arrival, meet your experienced guide and begin a one-hour hike that starts at 164 feet above sea level and climbs to an elevation of 1,000 feet along a narrow hiking trail. The round trip is approximately 2.5 miles over varied terrain. As you trek, you'll learn more about the indigenous flora and fauna and take in the panoramic views of the city of Alesund, Borgundfjord, and the Sunnmore Mountains.

At the conclusion of your hike, reboard your coach and relax on the return to port.

- This excursion involves hiking 2 ½-hour over varied terrain. Participants must be in good physical conditions. We recommend you wear loose, layered clothing and closed-toed hiking shoes. We also recommend you bring water from the ship. This tour depends on weather conditions and an alternative route can be operated if needed.





Geiranger (Norway)

NOGEI01 - Mount Dalsnibba

Duration : 3 h 15

Price : 120 €

From the pier, board your motor coach and go admire the beautiful scenery over your ship, all the way to Mount Dalsnibba.

As you reach the Djupvaten Lake at 3,280 feet (1,000 m) high, the landscape changes. From many vantage points you can see snow-covered mountains even in summer, glaciers and lakes.

Then you will proceed to mount Dalsnibba, 4,843 feet (1,495 m). From the top of the mount, enjoy a bird's-eye view of the scenery. Usually, the wind at the summit blows strongly. Mount Dalsnibba is located above the town of Geiranger, 4.5 miles (7 km) away from Geirangerfjord. It offers very good look-out opportunities.

On your way back, a stop is planned at Djupvasshytta Lodge. Here, you can stroll around the lake before enjoying a cup of tea and Norwegian pastries served at the Lodge.

You will also stop at Flydal, which offers once again a beautiful look-out point over your ship.

When your ship departs for her next port of call, do not hesitate to have a last look up, to Mount Dalsnibba.

- For this excursion, we recommend you to wear comfortable shoes. The order of the visits may change. During Spring season, the tollroad to Mount Dalsnibba may not yet be open due to snow. If the road is not open, a stop at Eagle's Bends viewpoint will be made instead.





NOGEI02 - Kayaking on Geiranger Fjord

Duration : 3 h 00

Price : 80 €

From the pier, depart by minibus to the kayak base. A guide will meet at the landing stage holding a kayak sign. Then walk approximately 5 minutes to the kayak base, where the kayaks are waiting for you, before receiving safety briefing and paddling instructions.

Since Geiranger is at the end of a long fjord, it means that you will head out of the fjord. You will glide along the steep mountain walls to the Geiranger fjord where the "Preacher's Pulpit" can be seen. Along the way, your guide will tell you stories about Geiranger and its people.

After approximately 1¾ hours in the kayak, you will return to the base and walk the few meters back to your minibus and then your ship.

There is no experience required; your well-trained guides will teach you all you need to know. This is the perfect adventure for all, families included.

Life jackets are compulsory and will of course be provided for all participants.

- Tour operation is subject to weather conditions. The minimum age to participate is 13 years old and children must be accompanied by a parent. The kayaks are double kayaks. We recommend you to wear comfortable clothing and flat shoes with rubber soles. This tour is conducted in English only. Participants should be in good physical conditions and able to swim. This tour is not recommended for persons suffering from back problems.





NOGEI03 - From Geiranger to Hellesylt

Duration : 7 h 00

Price : 170 €

From the pier, leave Geiranger by coach on a journey of discovery through the countryside in the west of Norway, a land majestic mountains and emerald green lakes. For more than 100 years the Geirangerfjord considered by many the world's most beautiful has been visited by cruise ships.

You will head for **Mount Dalsnibba**, climbing up through a beautiful landscape of mountains, waterfalls and lakes that follow one after the other, before arriving at Lake Djupvaten. A fantastic spectacle awaits as you enter a world of naked rock, ice and snow. Your route continues on up Mount Dalsnibba to a height of 4,930 feet (1,495 m) from where you will have an exceptional view (weather permitting). At this altitude, all the snow-capped peaks cast light on a scene that appears inaccessible.

You will then take a break for lunch in local restaurant. After lunch, you will head to the summer ski resort of Tystigen to capture the stunning panorama. Drive along the shores of Lake Stryn, the emerald-green colour of which is so typical of the area, due to the melting Jostedal glacier that you will see further on. You will continue your route along the River Stryn, an excellent spot for salmon fishing, to Nordfjord and the village of Stryn, where you will be at leisure to stretch your legs and stroll around the streets. Your last stop will be **Hornindalsvatnet**, one of the deepest lakes in Europe at 1,695 feet (514 m) deep.

- For this excursion, we advise you wear comfortable shoes and protect yourself from the sun and rain.





NOGEI04 - Flofjellet Mountain hike & Hellesylt

Duration : 8 h 00

Price : 200 €

Tour description in creation

00:00 - 01:00	Drive to Dalsnibba Viewpoint incl photostop Flydal Gorge
01:00 - 01:15	Photo stop at Dalsnibba Viewpoint
01:15 - 02:30	Drive via new Strynefjell Road (partly tunnels)
02:30 - 03:45	Arrive Oppstryn - lunch
03:45 - 04:15	Drive to Flo -
04:15 - 07:30	Hike Flofjellet Mountain
07:30 - 08:00	Arrive Vollseter Farm - drive to Hellesylt





NOGEI05 - Zipline experience

Duration : 2 h 00

Price : 75 €

Tour description in creation

00:00 - 00:30	Depart landing stage on foot, walk approx 1,2 km to Nature park
00:30 - 01:00	Handing out equipment - 1 hr of free time in Nature park for zip lining
01:30 - 02:00	Return walk to Geiranger
02:00	Arrive landing stage





NOGEI10 - Getaway to Dale Farm

Duration : 3 h 00

Price : 120 €

From the pier, board your coach for a 1 ¼ hour drive to Dale Farm. At the head of the famous Geirangerfjord, the coach will drive you up the "Eagle's Road". Enjoy a photo stop at the Eagle's Bend, a wide curve from where there is a splendid view to the fjord and the mountain all around. You may see a glimpse of the waterfalls "the Seven Sisters" as well as some abandoned mountain farms clinging to the sheer cliff sides.

Then, you will continue towards the Eiddal Village, passing the highest point of the road at 624 metres above sea level before arriving to the next village called Norddal. Here is established the Dale Farm, producing goat milk and goat cheese. You will be impressed by the scenery before being invited to meet some of the farm animals like the goats and the fjord horse which is a blond pony native to the West coast, sturdy and formerly used as a racehorse.

You will get an introduction to the cheese making of this farm, still using traditional method of production. Here are produced both white and brown goat cheese. You will have the opportunity to taste some of their cheese and caramels.

Reboard the coach and return to Geiranger via the same scenic road.

- Participants must wear warm-thermal, water- and wind-proof clothes and flat shoes. Landscapes can still be snow-covered in the early season. You will have the possibility to purchase local products of the farm. Credit cards are not accepted. Local currency, Euro and US dollars are accepted. This tour is limited to 35 participants.





NOGEI11 - Geirangerfjord by RIB boat

Duration : 1 h 15

Price : 100 €

This excursion starts at the pier where you will be picked up and escorted to the RIB boat (a rigid-hulled inflatable buoyancy).

Your guide will give you winter equipment, both water and wind proof. Following a short introduction and briefing, you will sit astride a comfortable seat allowing everyone to enjoy the views. You will then start your exploration of Geirangerfjord.

While the RIB boat increases its speed, you will feel the sensation of freedom and excitement as the wind blows in your face. But the boat ride is not only about the speed. The driver will slow down below the small mountain farms along the fjord and give a short explanation. You will also see both the Seven Sisters Waterfalls and the Bridal Vail Waterfall at really close range which is an experience you will not easily forget.

After your 45-minutes trip, you will get back to the pier and walk back to your ship.

- Participants must wear warm-thermal clothes and flat sneaker shoes. Both water- and wind-proof winter equipment and eye-glasses will be provided. This tour can be cancelled on short notice by the RIB guide if the weather turns bad, but generally the tour can operate in all weather conditions except for heavy rain and fog. This tour is not suitable for passengers with back problems or with limited physical abilities. This is a high activity tour that at times can be strenuous and the RIB boat can reach high speeds. Landscapes can still be snow-covered during the early season. This tour is limited to 12 participants.
-



Olden (Norway)

NOOLD01 - Briksdal Glacier

Duration : 4 h 00

Price : 105 €

Briksdal glacier is a part of the Jostedal glacier ice field, which is the largest glacier on the European mainland. The wild glacier is a fantastic work of Nature. Its slope plunges from a height of 3,937 feet (1,200 m) down to the lush, narrow Briksdal Valley. **Briksdalsbreen Glacier** lies at the end of enchanting Oldedalen valley.

Board your motor coach and start the tour. The trip through Oldedalen valley to Briksdal glacier is an amazing symphony of scenic splendours. From wild flowers to awe-inspiring mountains that are reflected in crystal clear lake waters, to great waterfalls that cascade from vertical mountainsides.

Your motor coach will stop at the mountain lodge, and from the lodge it is about 1.8 mile (3 km), a **45-minute walk on a gravel road up to the glacier**. During your walk, enjoy the view onto the gigantic glacier.

If you don't want to walk that far, another option is to be driven by cars (7 seats in each) from the lodge, up to a parking lot which is a 10-minute walk from the glacier. Please note that you pay directly on the site for the transfer by vehicle. We will not be able to pre-book this service and unfortunately during the high season, vehicles are not always running.

Using the same way to get back to the lodge, you will have some more opportunities to take pictures walking down the path. At the lodge, enjoy a snack including tea, coffee and pastries, and some time at leisure in the well-stocked souvenir shop which will make your trip to Briksdal memorable.

- This moderate excursion involves 1 h 30 of walking (3,1 miles) on uneven and sometimes slippery terrain and gravel paths. We recommend you to wear comfortable good walking shoes, sunhat and sunglasses, a warm jacket and a waterproof layer.
-

NOOLD07 - Nordfjord kayaking

Duration : 3 h 00

Price : 90 €

The fantastic Nordfjord was created by glaciers, dominated by vikings and now, paddled by you.

Kayaking on a green fjord, in a quiet valley surrounded by steep mountains, waterfalls and blue glaciers, is a memorable experience.

You will start your journey from the old Mølla guest house 5 minutes away by foot from the pier in Olden. Once at the kayak station, you will receive all equipment (kayak, paddle, spray-skirt, safety equipment) and a safety briefing to learn the dos and don'ts of kayaking.

You will be ready to start your tour from the pier, heading out into the fjord. As you follow the contours of the shore, your guide will share their local knowledge about the fjords and glaciers surrounding you. In the distance you will see waterfalls, glaciers and green mountainsides.

After approximately 2 hours of kayak, you will get back to the pier.

- Double kayaks are used. This tour may be cancelled in the case of poor weather conditions. You might get wet, so please bring a change of clothing and footwear with you. Although this tour does not require kayaking experience, participants must be good swimmers and have no fear of water. The fjord water may be very cold.



NOOLD08 - Nordfjord stand-up paddle experience

Duration : 2 h 00

Price : 75 €

The fantastic Nordfjord was created by glaciers, dominated by vikings and now, paddled by you. Stand-up paddle boarding is an ancient surf technique where you stand or sit on a big board and paddle with one long oar.

You will start your journey from the pier in Olden. Once at the stand-up paddle station, you will receive all equipment (board, oar, dry suit, wet shoes and safety equipment) and a safety briefing to learn the dos and don'ts of stand-up paddling.

Your experienced guide will then take you throughout beautiful landscapes and magnificent rivers full of unique coloured water from the surrounding glaciers and snowy mountains. Paddling on a green fjord, in a quiet valley surrounded by steep mountains, waterfalls and blue glaciers, is a memorable experience.

After approximately 1 ¼ hour of stand-up paddle, you will get back to the pier.

- This excursion involves paddling approximately 1 hour. All stand-up paddle equipment (board, oar, dry suit, wet shoes and safety equipment) is provided. Although this tour does not require paddling experience, participants must be good swimmers and have no fear of water. The fjord water may be very cold. Participants must be under 6'2.8" tall (190 cm) and weigh under 286 pounds (130 kgs). Pregnant women, those with back problems, and children under age 12 are not permitted. This tour may be cancelled in the case of poor weather conditions.





NOOLD09 - Crayfishing experience

Duration : 2 h 45

Price : 120 €

Tour description in creation

00:00 - 00:05	Depart pier on foot
00:05 - 00:25	Arrive RIB boats - receive life jackets, glasses and gloves
00:30 - 02:00	Depart Olden Cruise Terminal - high speed ride on the Nordfjord - including time for fishing
02:00 - 02:30 / 03:00	Arrive back - hand in equipment / cray fish tasting and walk / back to the ship





Sandnes (Norway)

NOSAS05 - Nordic walk experience

Duration : 3 h 30

Price : 120 €

Norway has a long tradition of cross-country skiing. This activity has been adapted to the walk you will discover today. Nordic walking is a total body version of walking but is different from hiking - the poles are not used vertically in front of the body but are pointed backwards, as in cross-country skiing. The technique is easy to learn, permitting to enjoy a true nature experience.

After a short transfer, begin your tour with a short walk through an industrial and residential area before you reach the shores of the Gandsfjord and a 19-mile-long (30 km) trail reaching all the way to the city of Stavanger. The trail runs in open countryside right beside the fjord and offers a fantastic view over the Gandsfjord and the mountains beyond. There are several lovely beaches along the way, and you will pass large rocky headlands protruding into the fjord.

Then, relax during a peaceful stop, where you will enjoy one of Norway's best loved – and one of the simplest – culinary treats, the locally-made cheese. Together with rye bread and beverages, this constitutes a typical Norwegian back-to-the-basics trail snack.

Afterwards, board your coach for your transfer back to the pier.

- This tour includes approximately 5 to 6 miles (8 km) of trail walking over mainly flat, paved and gravel surfaces. We recommend you wear sturdy walking shoes and bring a small rucksack to hold any gear. Walking poles will be provided.





NOSAS07- Manafossen waterfall hike

Duration : 4 h 00

Price : 90 €

This excursion is the opportunity to immerse yourself in spellbinding countryside and stretch your legs on this active experience in Norway's great outdoors.

From the pier, board your local coach and relax on the scenic journey to Rogaland County.

Upon arrival, lace up your walking boots and set off for an enchanting hike. Your reward for climbing the mountainside trail is a spectacular view over Manafossen, also known as the Moon Waterfall. Watch in awe as the rushing waters leap out from the rocks and thunder over 300 feet into the river below. On a sunny day, the moisture in the air might create a rainbow for the perfect photo opportunity.

- This excursion involves hiking approximately 1½ hours over uneven and steep terrain, which can be slippery when wet. Participants must be in good physical condition. Children and pregnant women are not permitted to participate. We recommend you wear good hiking shoes and a windproof jacket. We also recommend you bring water from the ship.





NOSAS08 - Viking heritage

Duration : 3 h 30

Price : 90 €

Sandnes and the surrounding areas have for centuries played a leading part in Norway's maritime history, from the time when the Viking kings battled in Hafrsfjord, through the period of the "white sails" and the steamships up to modern super-tankers. Today you will explore the area's part of the Viking era.

From the pier, board your local coach and start your scenic drive. Approaching Hafrsfjord, learn about how the viking king Harald Haarfagre (the Fair-haired) in 872 defeated the last of the regional princes and united the 29 small kingdoms under one crown, thus founding the Kingdom of Norway. A stop will be made nearby the monument **Swords in Rock** which commemorates this battle.

Then continue to Stavanger, where you will enjoy a **guided walk through "Old Stavanger"** with picturesque, well preserved wooden houses in narrow lanes before arriving at your last stop, the **Museum of Archaeology**.

Here, discover the **Viking Voyagers** exhibition. This interesting exhibition uses sound and visual effects to bring the brutal yet fascinating Viking Age to life. A central part of the exhibition are the new Viking Age burials, recently found in Rogaland, containing keen-edged swords, golden buckles and brightly colored glass beads. There are also displays of the treasures stolen during their oversea raids such as Gilded, decorated Irish book clasps, brooches, beads of jet, silver treasure troves including Arabic coins.

- This excursion involves walking on mostly flat ground and some steps at the museum. We recommend you wear comfortable shoes.
-



Arendal (Norway)

NOARE01 - Tvedestrand & Naes Iron work museum

Duration : 3 h 30

Price : 145 €

From the pier, board your coach for the 30-minute drive via the main road to idyllic **Nesgrenda**, **where Naes Ironworks Museum is situated.**

The museum is almost completely intact and very well preserved, consisting of buildings, machinery and equipment which date back to the 17th, 18th and 19th centuries.

After a guided walk through the museum and a stop for refreshments, reboard your coach for a drive to **Tvedestrand** centre. Enjoy a guided walk through the picturesque little village and perhaps take a picture of Norway's most narrow house!

After the visit, enjoy some time at leisure before re-boarding your coach.

The drive back to Arendal will follow the North Sea Route scenic road, with fantastic views of the coastline and the ocean.

- Please note the order of the visits may be reversed. This tour involves approximately 0.6 mile (1 km) of walking on almost flat terrain.





NOARE02 - Coastal hike at Hove

Duration : 3 h 30

Price : 110 €

From the pier, board your coach for the 20-minute drive to Hove.

On the southern part of the island of Tromøy, only a short ride from Arendal, there is a beautiful nature area called Hove. This recreational area is part of a protected moraine that lies along the southern coast and the whole area has been adapted for walks with rest areas along the shore. There are numerous paths which stretch from Hove to Alve, along Spornes beach, consisting of boulders and rocks and sand, when the sea permits.

Join your guide for a wonderful **hike along the shores**. The trip from Hove camping along the coast and back on the countryside is 6 km (3.75 miles). Spornes beach is situated on the south side of Tromøy, close to Hove and you will pass by it on your walk.

Arriving at the end of the trail, board your coach again for a **scenic drive back to Arendal** and your ship.

- This hiking tour includes 6 km (3.75 miles) of walking on mostly flat and gravel paths, which can be dirty depending on the weather conditions. Wear hiking shoes or boots and dress in waterproof.



NOARE05 - Kuben Cultural Heritage Museum

Duration : 3 h 00

Price : 115 €

From the pier, board your local coach and heads on to Tromøya, one of the largest islands in southern Norway. The scenic drive takes you to the rolling rock **Spornes beaches**, part of the Raet ice age moraine. Continue your exploration and pass **Tromoya Church**, built in the 12th century and typical of many churches that were raised in the Middle Ages.

Then, head to **Kuben**, for a guided visit of the **Cultural History Museum**, part of the Aust-Agder museum and archive, and is located in the country's most modern museum and archive building. Kuben is a cultural history institution and here you will find exhibitions focusing on the history of Arendal and Aust-Agder. You will have the opportunity to visit all the other exhibitions like "Childhood", focusing on childhood history of Norway spanning three decades; the '60s, '70s and '80s. The exhibition, "Enslaved", reflects the horrific side of Norwegian history, and how the country was involved in the slave trade in the 1700s and 1800s.

Before getting back to the pier, try out the traditional "Munker" pastry and other local refreshments in the museum cafeteria or browse the museum shop for artisan quality gifts and mementos.

Finally, enjoy the breathtaking panoramic view from top of the **City Glass Elevator** and descend to street level to walk back to the pier or travel back by coach.

- This excursion involves walking on mostly flat ground. We recommend you wear comfortable walking shoes. Order of the visits may vary.