

Hiking the Heart of Norway

EXPLORING JOTUNHEIMEN, RONDANE, AND DOVRE NATIONAL PARKS



Wilderness Travel

Overview



TRIP DETAILS AT-A-GLANCE

Length: 9 days
Arrive: Oslo, Norway
Depart: Trondheim, Norway
Lodging: 8 nights hotels
Meals: All meals included
Activity: Hiking & Trekking, Limited Edition

Trip Level: 1 2 3 ④+ 5 6

Moderate to strenuous hikes, 5-10 miles most days, often on rocky surfaces

QUESTIONS?

Our Area Specialists are your single point of contact and would be happy to answer any questions about your trip!

800.368.2794 | 510.558.2488

HIGHLIGHTS

- Discover a remote part of Norway far from mainstream tourism
- Explore the glacier-carved landscapes of Jotunheimen, Rondane, and Dovre
- Hike across lichen-covered plateaus and deep valleys dotted with sparkling lakes
- Take a walking safari to see muskox in the wild
- Canoe on tranquil lakes, visit a prehistoric rock art site
- Stay in welcoming mountain lodges

Introduction



LIMITED EDITION ADVENTURES

This is a Limited Edition adventure—which means a unique trip we've never run before or offer only every few years. Led by our most experienced Trip Leaders, these journeys often take place in remote destinations with only the most basic infrastructure for tourism. If you see a Limited Edition trip scheduled for this year, now is the time to sign up, as spaces fill very early and the trip may not be back for a while! Planned daily activities and actual timings may vary due to local conditions or the discretion of your Trip Leader—it is important to bring your spirit of adventure for these special exploratory journeys!

TRIP DATES

June 28-July 6, 2025

June 23-July 1, 2026

August 15-23, 2026

Head to remote inland Norway, far from the busy coastal areas, to explore awe-inspiring peaks and glistening mountain lakes—and discover the heartland of Norwegian folklore, with its trolls and Jötnar (mountain-dwelling giants). This inner realm, called Innlandet, is Norway's only landlocked county and a world of sleepy farms, folk dances, and mythical mountain ranges. From Skåbu (5,600'), Norway's highest village, we'll hike trails with panoramas across the glacier-carved summits of Jotunheimen, Rondane, and Dovre national parks, paddle canoes on tranquil lakes, and visit an ancient farmstead. From our historic lodge on the ancient St. Olav's Way, a pilgrim trail in Dovre National Park, we'll hike park trails amid the legends of *Peer Gynt* and take a walking safari to look for free-roaming muskox. As we explore, the farm-to-table cuisine keeps us well fed and we'll savor the long, soft evening light of Norway's summer.

Itinerary



Overnight: Bygdin Fjellhotell

Set on the shores of Lake Bygdin in the heart of the Jotunheimen Mountains, the Bygdin Fjellhotell is a mountain lodge with a warm welcome, comfortable guest rooms, and a restaurant serving local cuisine. There are expansive lake views from the deck and the nature trails start right from the door (with “ski to the front door” access in winter).

Meals: (Day 1) L, D; (Day 2) B, L, D

Hiking Details: (Day 2) 5 hours, 5 miles, elevation gain/loss 1,700 feet

DAYS 1-2 OSLO, NORWAY / LAKE BYGDIN / JOTUNHEIMEN NATIONAL PARK / FAGERDALEN VALLEY

Day 1: In Oslo this morning, we meet the Trip Leader in the lobby of the Amerikalinjen Hotel for a scenic afternoon drive to the remote Innlandet region. We’ll stop en route for lunch. Our destination is Lake Bygdin, set among the glacier-carved peaks of Jotunheimen National Park. The dramatic Jotunheimen range is home to 29 of the highest mountains in Norway, including northern Europe’s highest mountain, Galdhøpiggen (8,100'). We gather tonight for our Welcome Dinner. Overnight at the Bygdin Fjellhotell, a lakeside mountain lodge located outside the village of Beitøstol, a magnet for skiers in winter and hikers in summer. Driving Details: 3.3 hours

Note: You must arrive in Oslo the night before Day 1 of the trip. We are happy to recommend a hotel in Oslo (an “on your own expense”).

Day 2: After breakfast, remember to make yourself a Norwegian “matpakke” (packed lunch) from ingredients provided by the lodge’s kitchen. Today’s hike starts right from the lodge and brings us into the Fagerdalen Valley with stunning views across Lake Bygdin. Those who want a challenge can continue up to the summit of Synshorn (4,750'), an isolated peak with an imposing rock face that sits directly above the lake. From Synshorn’s summit, there are amazing 360-degree views across Jotunheimen, Lake Bygdin, and into the northern Valdres region. At hike’s end, we’ll descend and drive to the local village of Beitøstol, where we can enjoy a stroll around town before dinner at a local restaurant. Driving Details: 20 minutes

Itinerary



DAY 3 JOTUNHEIMEN NATIONAL PARK / BITIHORN HIKE

We'll make our pack lunches this morning then set out for a hike to the iconic Bitihorn (5,250'), the steep peak that is the gateway to Jotunheimen National Park. Our route brings us across a grassy and boggy landscape and up to the summit (or to a lower point, if desired), where panoramas include Lake Bygdin and rocky peaks rising from the tundra. At hike's end, we'll drive to the village of Skabu for an overnight at Skabu Fjellhotell, a boutique lodge situated in Norway's highest inhabited village.

Overnight: Skabu Fjellhotell

This family-run hotel has a scenic setting in the small mountain village of Skabu, with comfortable guest rooms, local cuisine, and a cozy fireplace lounge. The building itself was formerly the village store and has been transformed into a unique boutique lodge. The property also includes the historic Lykkja Farm, founded in 1830, and the farm is home to about 50 long-haired sheep.

Meals: B, L, D

Hiking Details: 5 hours, 5 miles, elevation gain/loss 1,700 feet

Driving Details: 1.5 hours

Itinerary



Overnight: Skabu Fjellhotell

Meals: B, L, D

Hiking Details: (Day 4) 7 hours, 7 miles by canoe, 1 mile on foot; (Day 5) 6.5 hours, 9.5 miles, elevation gain/loss 1,250 feet

Driving Details: 30 minutes

DAYS 4-5 ESPEDALEN / LAKE-TO-LAKE CANOEING / SKARDFJELLET HIKE / LYKKA FARM TOUR

Day 4: We'll have a change of scene as we cross three separate lakes by canoe (no previous canoeing experience necessary!). We'll also visit a fascinating site of 4,000-year-old rock paintings and visit the spectacular Espedal waterfall. Our lunch will be a delicious barbecue served outdoors.

Day 5: Today's hike brings us across easier terrain than the previous two days as we cross rocky trails and 4X4 roads with stunning views over Jotunheimen from the peak called Skardfjellet (5,850'), where we'll have our packed lunch. If time allows after our hike, we can enjoy an afternoon guided tour of Lykka Farm and learn about its heritage. The farm has about 20 historic buildings dating from the 16th to 17th centuries.

Itinerary



Overnight: Hjerkin Mountain Lodge

Located on St. Olavs Way, a medieval pilgrimage route, Hjerkin Mountain Lodge is the oldest family-run business in Norway—today the 12th, 13th, and 14th generation welcome guests. With 26 guest rooms, 12 apartments, and camping facilities, this remote lodge is popular with horseback riders, bicyclists, and hikers. The mountains are right at the doorstep and the pilgrim trail comes right through the main courtyard.

Meals: B, L, D

Hiking Details: 7 hours, 5-8 miles, elevation gain 1,000'/loss 1,500 feet

Driving Details: 2.5 hours

DAY 6 RONDANE NATIONAL PARK / PEER GYNT CABIN / HJERKINN LODGE

We start the day with a short drive to Rondane National Park, Norway's oldest national park, established in 1962. Here the Rondane massif rises above wide, lichen-covered mountain plateaus that provide habitat for nomadic wild reindeer. After about 1.5 hours of easy hiking, we'll pass the Vessel Ula waterfall and arrive at Peer Gynt Cabin, a historic spot associated with the famous stories of Peer Gynt, Henrik Ibsen's masterpiece. The play, written in 1867, still teaches Norwegians and people worldwide relevant lessons about life today. We'll enjoy a packed lunch here from a local provider and listen to some stories told by a local guide in a beautiful mountain setting. After lunch, the path is easy-going, winding around mountain lakes where we might even spot trout. We'll have a short break at Smuksjøsæter Lodge before we're transferred to Hjerkin Mountain Lodge, our home for the next two days.

Itinerary



Overnight: Hjerkin Mountain Lodge

Meals: B, L, D

Hiking Details: 4-7 hours, 3-7 miles,
elevation gain/loss 500-1500 feet

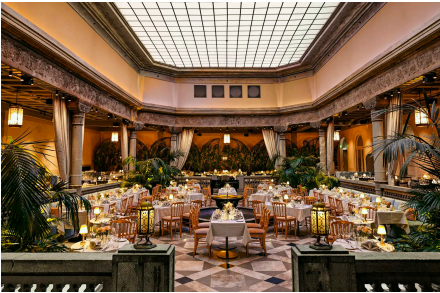
Driving Details: 20 minutes



DAY 7 DOVREFJELL NATIONAL PARK / MUSKOX WALKING SAFARI

Today we head to Dovrefjell National Park for a walking safari to see majestic muskox in their prime habitat. Dovrefjell is one of few places in the world where you can see these prehistoric-looking creatures. With our specialist guide, we'll walk a trail through birch forests and across bare mountainsides as we look for these shaggy survivors of the Ice Age. A full-grown male muskox stands about four or five feet high and can weigh up to 800 pounds. We'll also keep an eye out for reindeer and birds of prey. The length of our walk depends on where the animals are found.

Itinerary



DAY 8 SNØHETTA VIEWPOINT / TRONDHEIM

Our morning walk brings us to the Snøhetta Viewpoint at the Norwegian Wildlife Reindeer Pavilion on the outskirts of Dovrefjell National Park. Here we'll have views of Snøhetta (7,500'), the highest peak outside the Jotunheimen range, and hear a talk by a park scientist on the wildlife, flora, and history of the surrounding mountains. Afterwards, we'll head to the Hjerkin Railway Station and take the train to Trondheim, where we'll transfer to the Britannia Hotel. This evening, we gather for our festive Farewell Dinner.

Overnight: Britannia Hotel

A member of the Leading Hotels of the World, the Britannia was established in 1870 and has a storied past, serving Arctic explorers, politicians, royalty and celebrities. Following a three-year renovation, the Britannia re-opened in 2019 with bespoke furnishings and state-of-the-art technology. There are four on-site restaurants, two bars, and a spa that includes a heated lap pool, steam bath, and saunas.

Meals: B, L, D

Hiking Details: 2.5 hours, 2-5 miles, elevation gain/loss 550 feet

Transportation Details: Driving: 20 minutes; Train: 2.5-3 hours

Meals: B

DAY 9 DEPART

Transfer to the airport for departing flights.

Pricing

TRIP COST

Prices are per person, based on double occupancy

2025

\$8,195 (9-12 members)

\$8,595 (6-8 members)

Single supplement: \$1,375

2026

\$8,895 (9-12 members)

\$9,695 (6-8 members)

Single supplement: \$1,530

Please contact us for future years' pricing

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

PAYMENT TERMS

At time of reservation: \$600

90 days prior to departure: Balance

CANCELLATION & TRANSFER FEE SCHEDULE

TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details: www.wildernesstravel.com/insurance

TRIP COST INCLUDES

- Expert leadership of a Wilderness Travel Trip Leader and local guides
- Accommodations in hotels and simple mountain lodges
- All meals included as indicated in Detailed Itinerary
- A glass of wine or beer with dinner
- All ground transportation and baggage handling from meeting until departure
- All activities as indicated in Detailed Itinerary

TRIP DOES NOT INCLUDE

- Travel to and from the arrival and departure location as indicated in Detailed Itinerary
- Additional hotel nights outside the trip's scheduled dates
- Optional gratuities to Trip Leaders or staff
- Optional travel insurance
- Other expenses of a personal nature (some alcoholic beverages, laundry, etc.)

CURRENCY EXCHANGE RATE

Because the prices published for our program are set so far in advance of the trip dates, we are occasionally faced with exceptional cost increases and/or currency fluctuations that affect the actual cost of running the trip. In most years, no price changes are necessary. However, we do reserve the right to raise or lower the trip price if there is a significant change in costs or exchange rates. If this is the case, your final invoice will reflect the difference in trip cost.

Arrival & Departure

ARRIVAL & MEETING PLACE

Suggested Airport: Oslo Airport, Gardermoen, OSL

Suggested Date & Time: Any time prior to Day 1

Meeting Place: You will meet your Trip Leader on Day 1 at 10am in the lobby of the Amerikalinjen Hotel.

DEPARTURE

Suggested Airport: Trondheim Airport (TRD)

Suggested Date & Time: Day 9, anytime

INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to Oslo and from Trondheim. There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 1-970-818-8459 in the US or 1-800-670-2605 in Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found on Exito's website at www.exitotravel.com.

Depending on your routing, it is necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary. The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

Please do not purchase your tickets until you are confirmed on the trip. Once tickets are purchased, please forward a copy of your email flight confirmation from the airline. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.

Trip Leaders

Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. For more information, including client comments about them and which specific departures they will be leading, please visit wildernesstravel.com/leaders.



STEFANO POZZI

Originally from Italy, Stefano Pozzi has grown up with a passion for the outdoors. He graduated from the University of Milan and later became a resident of Norway, where he studied Arctic natural history for a year on the island of Spitsbergen. Today he spends several months a year working on expedition vessels between Antarctica and Greenland, and guides trips for us in Norway, Finland, and the Alps. “I love being out in nature and being amazed by its beauty, and my hope is that I can share my knowledge with trip members, and in turn, learn something new every day from them.”

What to Expect

WHAT THE TRIP IS LIKE

This trip is rated a **Level 4+, Moderate to Strenuous**. Day hikes and cultural exploration are our focus; many days we are hiking for 5-6 hours. Trails can be quite rough; be prepared for uneven ground.

Average Hiking Day

- 5-10 miles
- 5-6 hours 1,000-1,700 feet gain/loss

Challenge Days

- Day 2: 5 hours, 5 miles, elevation gain/loss 1,700 feet
- Day 5: 6.5 hours, 9.5 miles, elevation gain/loss 1,250 feet

TERRAIN

While the Norwegian mountains are not exceptionally high, they are steep and rugged. The trails in Norway are kept very natural and not maintained beyond necessity. Therefore, trails can be uneven, with large rocks or loose scree, and you can expect some steep sections. Norway is often rainy, so the rocks on the trail will be wet. There are some exposed roots along the way, and there will be muddy spots. You need good balance to be able to hike on these surfaces. It is extremely important to be a confident and capable hiker due to the remoteness of the areas we visit. Alternative hiking options will not be possible.

GETTING IN SHAPE

We strongly urge you to train for your trip, as your enjoyment will be highly dependent on your level of fitness. The best training for a hike is to hike, especially over hills or rough terrain. Next best are running, swimming, bicycling, or other cardiovascular exercises. Stair-climbing machines are excellent preparation for hiking uphill. Your feet should also be well prepared—make sure your hiking boots are sturdy, comfortable, and thoroughly broken-in.

WEATHER

This trip is in a region that is considerably colder than our other Norway trips. The mountain lodges are at elevations above 3,000 feet so temperatures could get down to the low 40sF overnight. The brisk daytime temperatures are perfect for hiking but rain is not unlikely. Mountain weather can be changeable, and we want you to be well prepared for all you may encounter. It is important to come prepared with layers for adding/removing, waterproof hiking boots, and good waterproof outer layers. Trip members need to remain flexible in consideration of inclement weather that may require changes, such as substituting different hiking routes, canceling hikes, or switching the days of certain hikes.

What to Expect

ACCOMMODATIONS

The mountain lodges of Norway are very simple. Rooms are clean and comfortable but amenities will be minimal. The guest rooms are not always of uniform or international size. Our leaders do their best to assign rooms in a fair way so that all participants experience an equal advantage throughout the trip as a whole. Please note that hotel rooms in Scandinavia in general are smaller than in the US. As our lodges in Bygdin and Hjerkin are in fairly remote locations, any hiking gear or other personal supplies you need should be brought from home. Single occupancy rooms can be requested but are not always available, due to the limited space in the hotels. If you prefer a single occupancy room, please make your request as early as possible.

CUISINE

Vegan diets cannot be accommodated throughout the entirety of the trip, and vegetarian options may be limited. The cuisine at our mountain lodges is tasty and made from fresh local ingredients typically used for neo-Nordic dishes. For most of our packed lunches, we will use items from the lodge's breakfast buffet. "Pålegg" is the Norwegian word for toppings and spreads that go on bread, and that is the common breakfast and lunch in Norway. There will be a variety of spreads, jams, and pâtes to pair with cheese, cold cuts, vegetables, and fish, enough to make an entirely new type of "makpakke" (packed lunch) to bring on the trail every day. Please note that in Europe, the dinner hour is considerably later than what it is in the US. We do our best to secure early reservations for our groups, but most often, the evening meal will be at 7:30 pm.

TRANSPORTATION

Our vehicle for the drive from Oslo to Hjerkin will be a 16-seater minibus with a trailer for luggage. From Hjerkin to Trondheim, we will travel by local train. Note that hotel porters are not common in Norway, so guests should be able to carry their own luggage.

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	MILES	HOURS	ELEV. ASCENT/DESCENT	HOURS
1				3.3 hours
2	5 miles	5 hours	1,700' ascent / descent	20 mins
3	5 miles	5 hours	1,700' ascent / descent	1.5 hours
4	7 miles canoe 1 mile on foot	7 hours		30 mins
5	9.5 miles	6.5 hours	1,250' ascent / descent	
6	5-8 miles	7 hours	1,000' ascent / 1,500' descent	2.5 hours
7	3-7 miles	4-7 hours	500-1500' ascent / descent	20 mins
8	2-5 miles	2.5 hours	550' ascent / descent	20 mins; 2.5-3 hours by train

What to Expect

AVERAGE DAILY MAX/MIN °F												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Beitostølen	24/11	29/15	37/20	45/27	55/37	63/45	67/49	63/47	56/41	44/33	34/25	28/18
RAINFALL - INCHES												
Beitostølen	1.11	0.80	1.32	1.60	2.58	2.11	2.11	2.52	2.55	1.55	1.43	1.18

Additional Information

CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 or email us at info@wildernesstravel.com.

REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us.

ABOUT NEW TRIPS

This is a new adventure and one that we are particularly excited about offering. However, as with all new departures, flexibility and a spirit of adventure are always appreciated! Activities are described in the itinerary but they can vary, sometimes considerably, depending on weather conditions, the group, and other factors.

VISIT OUR WEBSITE

At www.wildernesstravel.com, you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.

Toucan Club Rewards & Discounts



T-SHIRT FRONT



T-SHIRT BACK



PATAGONIA SYNCHILLA FLEECE VEST
+ KLEEN KANTEEN 27OZ WATER BOTTLE



PATAGONIA R1 PULLOVER

We are very proud to have one of the highest rates of repeat travelers in the business, and have established the Wilderness Travel Toucan Club to reward you for your loyalty. For more information, please visit the Toucan Club page of our website at www.wildernesstravel.com/toucan.

Here's how it works:

YOUR FIRST TRIP

As a first-time traveler, you receive a lightweight Wilderness Travel T-shirt and set of durable WT Luggage Tags. On subsequent trips, we're happy to send you a new WT T-shirt and set of Luggage Tags by request.

YOUR SECOND TRIP

A top quality Wilderness Travel stainless steel water bottle by Klean Kanteen and a cozy Wilderness Travel fleece vest by Patagonia (\$100 value).

YOUR THIRD TRIP

A versatile Wilderness Travel R-1 pullover by Patagonia (\$130 value).

YOUR FOURTH TRIP

Discounts on the cost of your trip begin! You receive a 4% discount on the tour cost.

FIVE AND MORE TRIPS

You receive a 5% discount on the base trip cost. On your sixth trip, you receive a 6% discount, and so on up to your 10th trip. The maximum discount is 10%, with a ceiling of \$500.

Note: Due to special pricing considerations, Toucan Club discounts do not apply to our Private Journeys or Special Events. However, your participation on these trips does count toward your Toucan discount on future departures of Wilderness Travel's regular adventures.

TERMS & CONDITIONS

Toucan Club travel discounts cannot be used in conjunction with any other discount, unless otherwise specified. Discounts are deducted from the base trip cost and shown on the final invoice. The base trip cost is the main land/tier cost and does not include single supplement fees, extensions, internal airfare, or other additional charges. Bonus gifts (T-shirts, luggage tags, vests, water bottles, and pullovers) will be mailed approximately three weeks prior to trip departure. Terms and conditions of Toucan Club bonuses are subject to change or cancellation at the discretion of Wilderness Travel, Inc.

Travel Notes

Travel Notes



WILDERNESS TRAVEL HAS BEEN AWARDED:

Best Travel Specialists in the World: *Conde Nast Traveler*, 2024, 4-time winner

World's Best Tour Operators: *Travel + Leisure*, 11-time winner

Best Wildlife, Hiking & Walking Trips: *AFAR Magazine*, 3 years in a row

Best Adventure Travel Companies: *USA Today*

Trip of the Year: *Outside Magazine*, 9-time winner

50 Tours of a Lifetime: *National Geographic Traveler*, 9 years in a row

Best Adventure Travel Companies: *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

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Wilderness Travel

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