

NORWEGIAN FJORDS · BERGEN → ÅLESUND · 12-19 AUGUST 2026

# NORWEGIAN WESTERN FJORDS

Seven nights aboard M/Y *Solace* from Bergen to Ålesund — through Hardanger, Sognefjord and Geiranger, into the deepest fjords of Norway's western coast.

7  
NIGHTS

8  
DAYS

1,308m  
SOGNEFJORD DEPTH

THE EXPEDITION

## BERGEN TO ÅLESUND — THROUGH THE WESTERN FJORDS

Norway's western coast holds the deepest fjords on Earth. Sognefjord drops more than 1,300 metres below the sea and reaches over 200 kilometres inland. Geirangerfjord is UNESCO-listed for the same reason it stops conversation on the bow — walls of black rock that hold snow into summer and drop cliffs of waterfall into quiet water.

This route runs the length of the western fjords. *Solace* boards at Bergen, the old Hanseatic city set among seven mountains, and works her way up the coast to Ålesund — through Hardanger, Sognefjord and Geiranger, transiting by day and lying at anchor at night. Her tenders carry guests into the side arms the yacht cannot reach, to the base of the waterfalls and secluded bays.

*Solace* is a 57-metre Feadship, reborn in a ten-month refit at Pendennis and built for quiet voyaging. Her 12-metre Windy chase tender, by Espen Øino, is invaluable for exploring the fjords and their coastal arms. Twelve guests. Fourteen crew. A dedicated expedition leader.

7  
NIGHTS

8  
DAYS

12  
GUESTS · 5 SUITES

14  
CREW

57m  
FEADSHIP

12m  
WINDY TENDER



UNESCO  
GEIRANGERFJORD



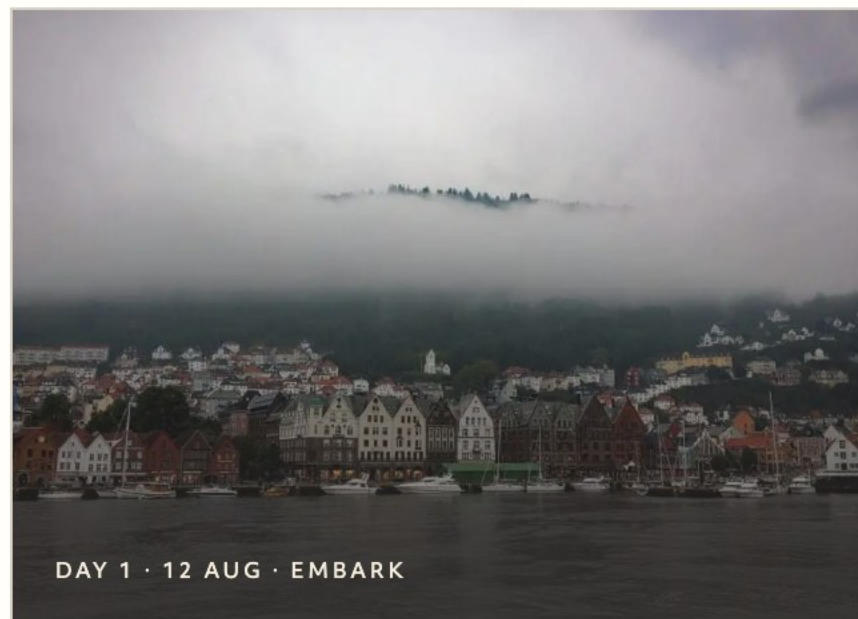
M/Y SOLACE  
EXPEDITION YACHT



WESTERN NORWAY  
FJORD FROM ABOVE

THE ITINERARY

# EIGHT DAYS BERGEN TO ÅLESUND THROUGH THE WESTERN FJORDS



DAY 1 · 12 AUG · EMBARK

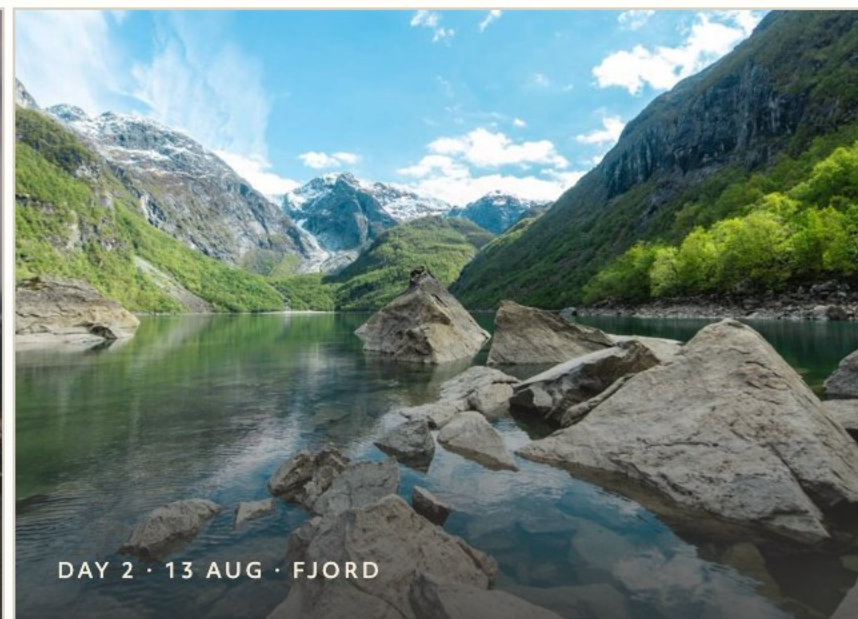
## BERGEN

HANSEATIC CITY · GATEWAY TO THE FJORDS

Board *Solace* at Bergen in the afternoon — Norway's second city, set among seven mountains and built on four centuries of Hanseatic trade. *Solace* repositions overnight toward Hardangerfjord.

### ASHORE

The UNESCO wharf at Bryggen, the harbour fish market, and the Fløibanen funicular up Mount Fløyen. Optional dinner ashore at Cornelius, an island restaurant reached by boat.



DAY 2 · 13 AUG · FJORD

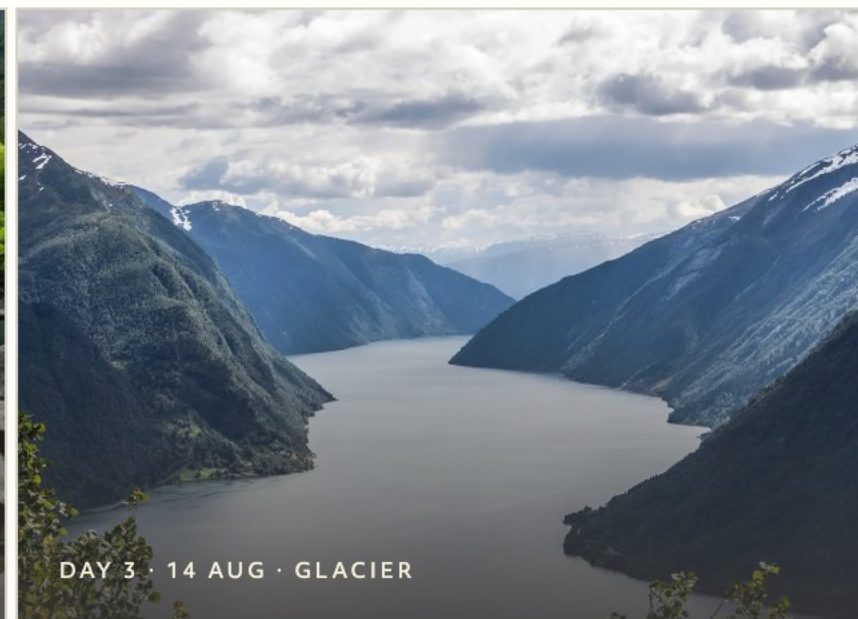
## HARDANGERFJORD · ROSENDAL

FOLGEFONNA · BARONIET · ORCHARDS

*Solace* anchors off Rosendal in Hardangerfjord — Norway's great orchard country, beneath the Folgefonna icecap, one of the largest glaciers on the mainland.

### ASHORE

Baroniet Rosendal, the only barony in Norwegian history, with its renaissance garden in bloom. Kayaking the fjord arms and ridge walks above the water. Optional helicopter over Folgefonna and Trolltunga.



DAY 3 · 14 AUG · GLACIER

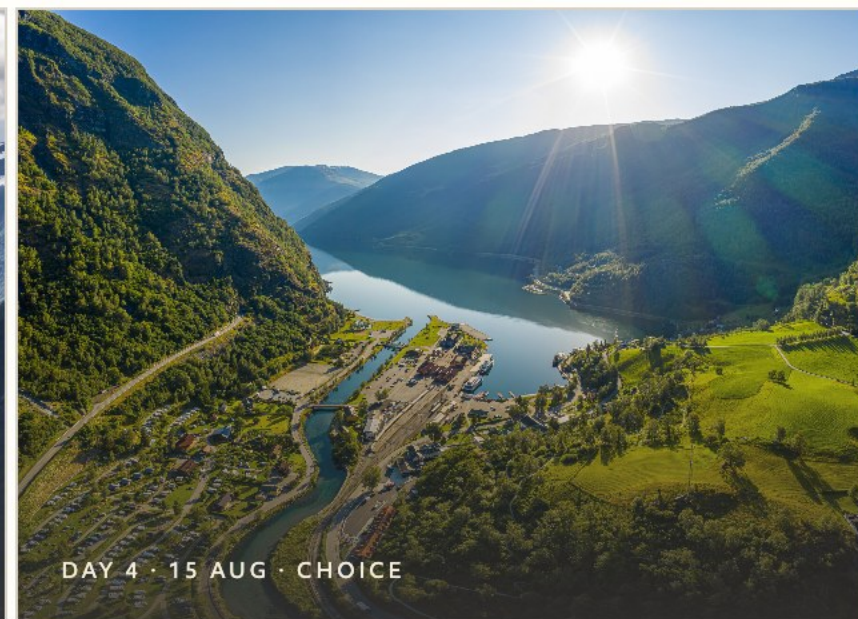
## SOGNEFJORD · FJÆRLAND

KING OF THE FJORDS · JOSTEDALSBREEN

A day in the inner reaches of Sognefjord — the longest and deepest fjord in Norway — near Fjærland and Balestrand, where arms of the Jostedalbreen glacier reach down toward the water.

### ASHORE

Fjærland, the Book Town at the foot of the glaciers; the timber villas and gardens of Balestrand. Optional guided glacier walk on Haugabreen.



DAY 4 · 15 AUG · CHOICE

## FLÅM OR GAUPNE

FLÅM RAILWAY · NIGARDSBREEN

A choice of two inner-fjord excursions — Flåm at the head of Aurlandsfjord for the railway and the Stegastein viewpoint, or Gaupne for the Nigardsbreen glacier in the Jostedal valley.

### ASHORE

The Flåm Railway and Stegastein, with the optional Flåm Zipline; or a guided blue-ice walk on Nigardsbreen.



DAY 5 · 16 AUG · ANCHORAGE

## DALSFJORDEN

REMOTE CRUISING · WATERFALLS

A quieter day off the main routes, in the Sunnfjord coast's Dalsfjorden — a fjord of small farms, forest and waterfalls, explored from the tenders and kayaks with *Solace* at anchor.

### ASHORE

Tender cruising the side arms, kayaking the shoreline, and an optional visit to Åmot Gård, a working fjord-side farm.



DAY 6 · 17 AUG · UNESCO

## GEIRANGERFJORD

UNESCO · SEVEN SISTERS · SKAGEFLÅ

The most famous of the Norwegian fjords and a UNESCO World Heritage Site — a deep, narrow arm walled by waterfalls. *Solace* lies at anchor beneath the Seven Sisters.

### ASHORE

The Skageflå farm trail climbing from the water, the Seven Sisters from the tender, and time ashore in Geiranger village.



DAY 7 · 18 AUG · VALLEY

## VALLDAL

NORDDALSFJORD · TROLLSTIGEN COUNTRY

*Solace* anchors at Valldal, at the head of Norddalsfjorden — strawberry country ringed by mountains, with the Trollstigen mountain road climbing its hairpins not far to the north.

### ASHORE

River rafting on the Valldøla, mountain biking the valley trails, and alpine hiking into the peaks above the fjord.



DAY 8 · 19 AUG · DISEMBARK

## ÅLESUND

ART NOUVEAU · AKSLA · DISEMBARK

*Solace* arrives at Ålesund, the end of the voyage — a town rebuilt entirely in Art Nouveau after a 1904 fire, set across islands at the mouth of the Storfjord.

### ASHORE

The 418 steps to the Aksla viewpoint over the rooftops and islands, then disembarkation and onward flights.

DAY BY DAY

# THE ITINERARY IN DETAIL



# 01

DAY 1 · WEDNESDAY 12 AUGUST

## BERGEN

Bergen is the gateway to the western fjords and the natural place to begin. Norway's second city sits among seven mountains on the Atlantic coast, built on the Hanseatic trade that ran through here for four centuries. The old wharf at Bryggen — a row of leaning timber merchant houses along the harbour — is a UNESCO World Heritage Site, and the fish market at its head has traded on the same water since the Middle Ages.

Guests join *Solace* in Bergen during the afternoon and settle aboard. Through the evening she repositions toward Hardangerfjord, leaving the first full day clear for the fjord country to the south.

### ASHORE IN BERGEN

- Bryggen — the UNESCO Hanseatic wharf, its alleys, and the Hanseatic Museum.
- Fløibanen — the funicular up Mount Fløyen for the view over the city and islands.
- The Fish Market — at the head of the harbour, for lunch on the water.

#### ▮ OPTIONAL ACTIVITY — DINNER ASHORE AT CORNELIUS

- Cornelius is a seafood restaurant on the island of Holmen, reached by *Solace's* tender, with a menu set by the day's catch.

*Optional evening ashore on the day of embarkation. By arrangement; subject to availability. Request to book.*



# 02

DAY 2 · THURSDAY 13 AUGUST

## HARDANGERFJORD · ROSENDAL

Hardangerfjord reaches more than 170 kilometres inland from the coast — the second-longest fjord in Norway and the heart of its orchard country, the hillsides white with blossom in spring and heavy with apples, plums and cherries by late summer. Above the southern shore lies the Folgefonna icecap, one of the largest glaciers on the Norwegian mainland.

*Solace* anchors off Rosendal, home to Baroniet Rosendal — the only barony ever created in Norway. The 17th-century manor stands in a renaissance rose garden beneath the mountains, still in bloom in August.

### ASHORE & ON THE WATER

- **Baroniet Rosendal** — the manor house and its renaissance gardens, by guided visit.
- **Kayaking** the sheltered arms of the fjord beneath the glacier.
- **Walking** — orchard paths and the longer ridge trails above the water.

#### OPTIONAL ACTIVITY — HELICOPTER CHARTER

- A private helicopter tour from Rosendal opens the entire region from above — crossing the Folgefonna glacier, sweeping over the iconic cliff of Trolltunga and the sheer walls of Kjerag, and passing above Pulpit Rock and the Lysefjord.
- The flight can be extended to include lunch at Restaurant Under, the celebrated below-sea-level dining venue on the south coast — approximately one hour's flying time each way.
- Each helicopter takes up to five passengers.

*Optional. Subject to weather and availability. Example total for one hour's flying (positioning + 1 hour): NOK 60.900,00 [USD 6,386.40]. Request to book.*





# 03

DAY 3 · FRIDAY 14 AUGUST

## SOGNEFJORD · FJÆRLAND

Sognefjord is the longest and deepest fjord in Norway — the "King of the Fjords" — running over 200 kilometres inland and dropping more than 1,300 metres below the surface at its deepest. *Solace* spends the day in its quieter inner reaches, near Fjærland and Balestrand, where the water narrows beneath steep forested walls and arms of the Jostedalsgreen — mainland Europe's largest glacier — reach down toward the fjord.

Fjærland sits at the foot of two glacier tongues and is known as the Book Town of Norway, its old buildings given over to secondhand bookshops. Balestrand, across the water, is a fjord village of timber villas and gardens. Either makes a base for walking, kayaking and time ashore.

- Tender and kayak in the narrow inner arms beneath the glacier walls.
- Fjærland — the Book Town and the Norwegian Glacier Museum at the foot of the ice.
- Balestrand — timber villas, gardens, and quiet shore walks.

### ► OPTIONAL ACTIVITY — GUIDED GLACIER WALK, HAUGABREEN

- A guided walk on Haugabreen, with crampons, ropes and a certified glacier guide — close-up time on accessible blue ice.

*Optional. Suitable for reasonably fit guests; subject to conditions. Glacier hike group rate (5+ people): NOK 1.780,00 [USD 186.66] per person. Total round-trip transport: NOK 7.200,00 [USD 755.04]. Request to book.*

# 04

DAY 4 · SATURDAY 15 AUGUST

## FLÅM OR GAUPNE

Today offers a choice between two of inner Norway's great excursions, reached from the head of the fjords. Both put the high country and the glacier within a single day, and the decision can be made with the expedition leader to suit the group and the weather.

### FLÅM & THE FLÅM RAILWAY

Flåm sits at the head of Aurlandsfjord, a narrow southern branch of the Sognefjord system. The Flåm Railway climbs from the fjord to the mountain station at Myrdal — 865 metres in 20 kilometres, among the steepest standard-gauge railways in the world — past the Kjosfossen waterfall and switchbacks cut into the rock. The Stegastein viewpoint stands 650 metres above the fjord on a curving steel-and-timber platform.

#### OPTIONAL ACTIVITY — FLÅM ZIPLINE

- The descent can be made by rail — or, for those seeking something more exciting, by the Flåm Zipline: 1,381 metres of cable descending 305 metres across the valley at speeds approaching 100 kilometres per hour, followed by a bicycle ride back down to the fjord. **Request to book.**
- *Solace* can position for either option, with the tender available in the fjord throughout. Flåm is a popular cruise ship call so it can be busy, but no ships are scheduled in Flåm on this date, making this an opportunity to enjoy a popular spot without the crowds.

*Optional. Subject to availability and weather. [en.flamsbana.no](http://en.flamsbana.no) · [flaamzipline.no](http://flaamzipline.no)*

### GAUPNE & NIGARDSBREEN GLACIER

From Gaupne, at the head of the Lustrafjord arm, the road runs up the Jostedal valley to Nigardsbreen — one of the most accessible tongues of the Jostedalsglacier. A short boat crossing of the glacial lake and a walk over bare rock bring you to the ice, where guided blue-ice walks run through the summer.





# 05

DAY 5 · SUNDAY 16 AUGUST

## DALSFJORDEN

A day in quieter water. Dalsfjorden cuts into the Sunnfjord coast, away from the main fjord routes — a fjord of small farms, forest and waterfalls falling down the rock walls, where *Solace* can lie at anchor and the tenders and kayaks do the exploring.

It is a day built around the water itself, and around farm country that sees few visitors — the kind of place the yacht's range and her tenders are made for.

### ON THE WATER

- Tender cruising into the side arms and beneath the waterfalls.
- Kayaking the sheltered shoreline.
- Swimming for the hardy, from the yacht or a quiet beach.

#### OPTIONAL ACTIVITY — FARM VISIT, ÅMOT GÅRD

- A visit to Åmot Gård, a working fjord-side farm, for local produce and Sunnfjord hospitality away from the harbours.

*Optional. Arranged in advance; subject to availability. [amotnorway.com](http://amotnorway.com) · Request to book.*



# 06

DAY 6 · MONDAY 17 AUGUST

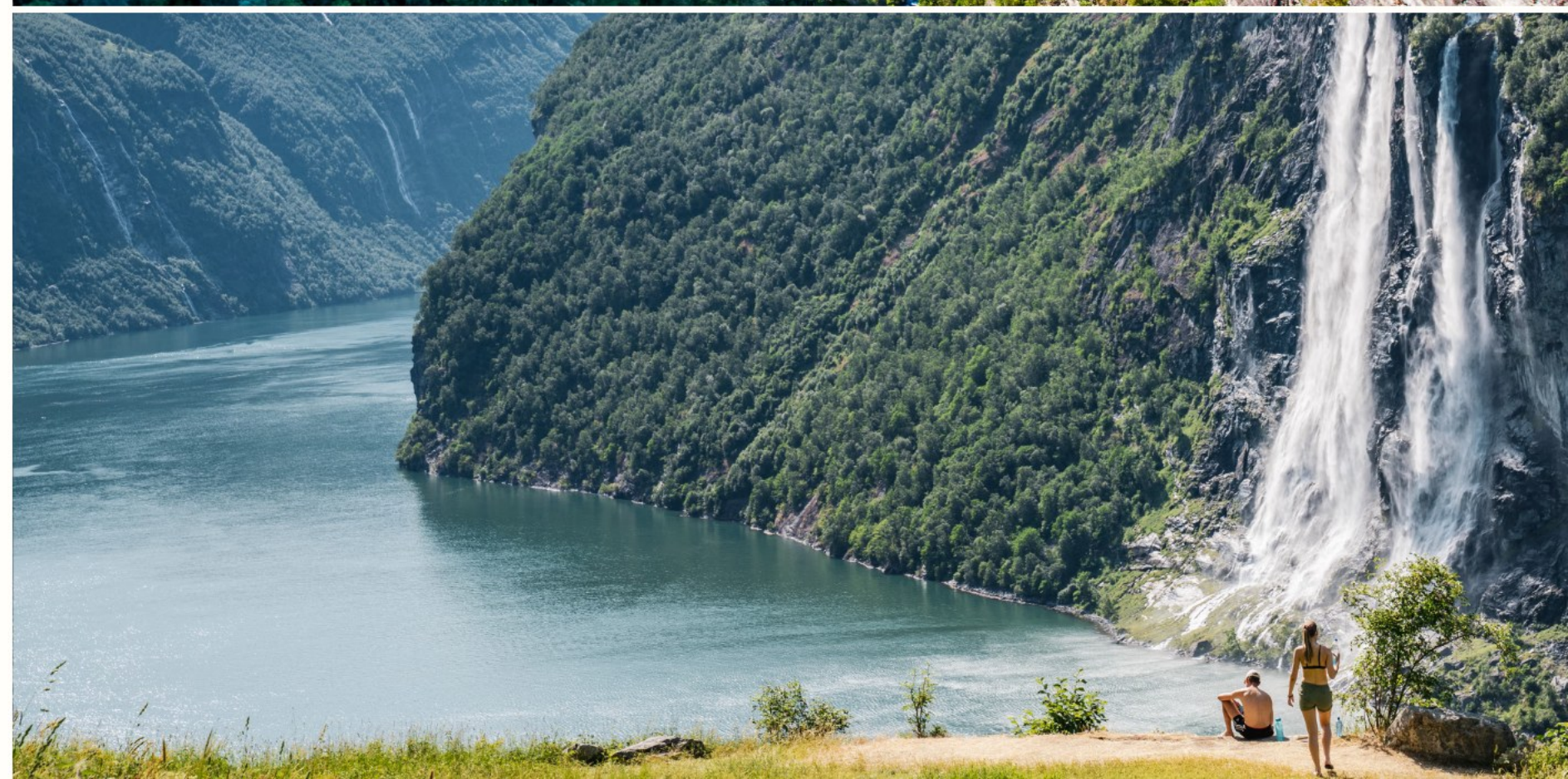
## GEIRANGERFJORD

Geirangerfjord is the most famous of all the Norwegian fjords and a UNESCO World Heritage Site — a deep, narrow arm of Storfjorden walled by near-vertical rock, with waterfalls falling straight from the cliff tops into the water. The best known, the Seven Sisters, drops in seven separate streams down the northern wall.

*Solace* and her tenders explore the fjord. Abandoned mountain farms cling to ledges high above the fjord; Skageflå, reached by a steep climbing path from the water, is the most striking, with the whole fjord opening up beneath it.

### ASHORE & ON THE WATER

- The Skageflå farm trail — a climb from the water to the abandoned mountain farm above the fjord.
- The Seven Sisters — the waterfall from the tender, at the base of the wall.
- Geiranger village — time ashore at the head of the fjord.





# 07

DAY 7 · TUESDAY 18 AUGUST

## VALLDAL

Valldal lies at the head of Norddalsfjorden, a side arm of Storfjorden ringed by mountains — strawberry country, known across Norway for the fruit grown on its fjord-side farms. It is the base for getting up into the high country: the valleys run back into peaks and rivers, and the famous Trollstigen mountain road climbs its hairpins not far to the north.

The day is built around active time ashore, with *Solace* at anchor below.

### ASHORE & IN THE VALLEY

- River rafting on the Valldøla, through the valley.
- Mountain biking the valley and forest trails.
- Alpine hiking into the mountains above the fjord.

# 08

DAY 8 · WEDNESDAY 19 AUGUST

## ÅLESUND · DISEMBARKATION

*Solace* arrives at Ålesund, the end of the voyage. The town is unlike anywhere else on the coast: after a fire destroyed its centre in 1904 it was rebuilt almost entirely in the Art Nouveau, or Jugendstil, style, and today it stands as one of the most complete Art Nouveau townscapes in the world, set across islands at the mouth of the Storfjord.

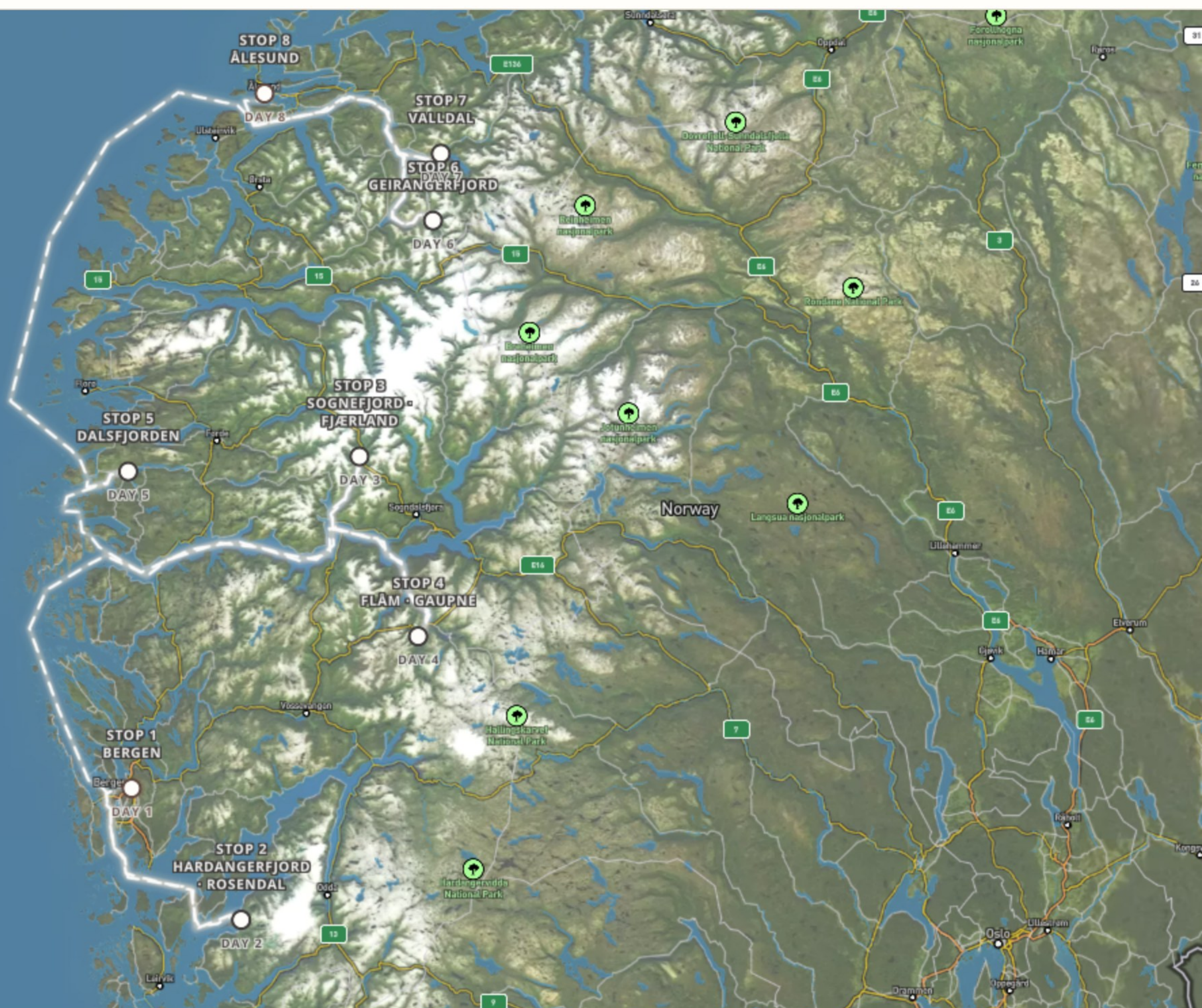
There is time ashore before onward travel — the 418 steps up to the Aksla viewpoint give the classic view over the rooftops and out to the islands and the Sunnmøre Alps beyond. Guests disembark in Ålesund and transfer for onward flights.



THE ROUTE

# BERGEN TO ÅLESUND

*Approximate route only — final routing is subject to weather, sea and ice conditions, and local guidance.*



MOMENTS

# WHAT THE WEEK ACTUALLY FEELS LIKE



GEIRANGERFJORD · SEVEN SISTERS



BERGEN · AMONG SEVEN MOUNTAINS



SOGNEFJORD · FJÆRLAND



VALLDAL · RIVER RAFTING



12M WINDY · EXPEDITION TENDER



*We have a mountain for every day of the year, and a fjord for every mountain.*

WESTERN NORWAY PROVERB



#### THE VESSEL

# M/Y SOLACE

A 57-metre Feadship, built in 2005 and reborn in a ten-month refit at Pendennis completed in September 2025, with interiors by Vickers Studio. Five suites and two guide berths for twelve guests, and fourteen professional crew. Sauna, gym, sky lounge and library aboard.

Her 12-metre semi-custom Windy chase tender, by Espen Øino, is invaluable for exploring the fjords and their coastal arms — into the side reaches of Hardanger and Sognefjord, to the base of the waterfalls, and wherever the coast rewards a closer look. E-powered watercraft round out a vessel built for quiet voyaging.

#### LENGTH

57m

#### GUESTS

12 · 5 Suites

#### REFIT

Pendennis · 2025

#### BUILDER

Feadship · 2005

#### CREW

14

#### TENDER

12m Windy · Øino

#### BEFORE YOU TRAVEL

## WHAT TO BRING

Summer temperatures along the Norwegian coastline in late June typically range from the upper 40s°F (9°C) to 60°F (15°C), though a single day can swing from the 40s°F (9°C) to 77°F (25°C). This is a marine climate — rain and fog are as likely as bright, sunny days. For landings, dress in layers so you can adjust your insulation as conditions change.

Dress on board is practical: clothes to wear on landings, casual clothes for the vessel, a jacket for the deck, and something a little nicer for dinner if you choose.

#### A TYPICAL LANDING OUTFIT

- Moisture-wicking base layer
- Lightweight fleece / thermal top and/or fleece sweater
- Waterproof shell
- Comfortable trousers and waterproof trousers
- Warm socks
- Waterproof rubber boots or water sandals; hiking boots or walking shoes

# THE PACKING LIST

## OUTERWEAR

- One waterproof shell jacket for rainy or windy weather — quality matters for comfort on landings.
- One pair of waterproof pants (Gore-Tex or similar), loose enough to wear over trousers and boots. Needed for almost every landing.
- Softshell, windproof fleece or micro-down jacket for insulation below your shell.
- Waterproof mittens or gloves, plus thin polypropylene liner gloves so you can remove the outer pair without your hands getting cold.
- Warm hat and a scarf / neck gaiter; a baseball cap for sun protection on warm days.

## CLOTHING

- Socks and underwear.
- T-shirts, polo shirts, jeans / slacks and other casual clothes for layering and on board.
- Lightweight fleece / thermal top and/or fleece sweater.
- Two pairs of comfortable trousers to wear under your waterproof pants.
- A bathing suit for dips in the Norwegian Sea, the fjords or the jacuzzi.

## FOOTWEAR

- Lightweight hiking boots or comfortable walking shoes with high-traction soles for ashore.
- Casual shoes, sandals or slippers for indoor use on board.
- One pair of fully waterproof rubber boots or water sandals for stepping into water on landing.
- For keen hikers, a pair of waterproof leather or Gore-Tex hiking boots is a good option.

## EQUIPMENT

- Camera, lenses and plenty of memory cards; extra batteries or a charger.
- Laptop or portable device to download your photographs during the voyage.
- A good pair of binoculars (see below).
- A lightweight collapsible walking staff / trekking pole for balance on rugged terrain.
- Water-resistant backpack — or a waterproof liner / large plastic bag inside a regular pack — for carrying gear on landings. Zip-lock bags add protection for cameras and batteries.
- Sunblock, moisturising lotion and lip balm; one or two pairs of sturdy sunglasses with good UV and wind protection. Bring a spare pair, especially if prescription.

## BINOCULARS

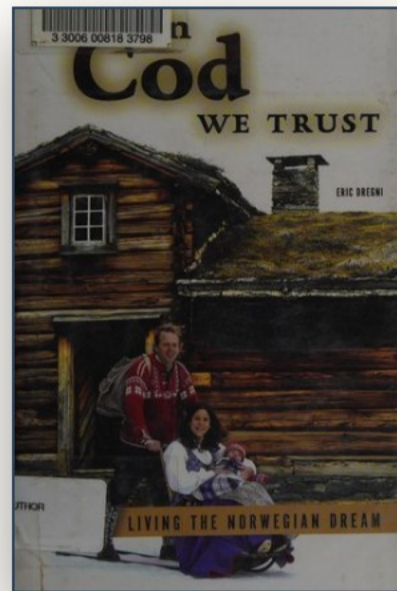
- A good pair of binoculars — see the note below.

Binoculars are essential for distant wildlife and birds — you will use them a lot, so invest in a quality pair. A magnification of 10 or 12 is about as much as most people can hold steady by hand; 8×42 or 10×42 are popular, well-balanced choices. Image-stabilised models are excellent.

Kite Optics image-stabilised models are field-tested and recommended by our expedition guides. [usa.kiteoptics.com](http://usa.kiteoptics.com)

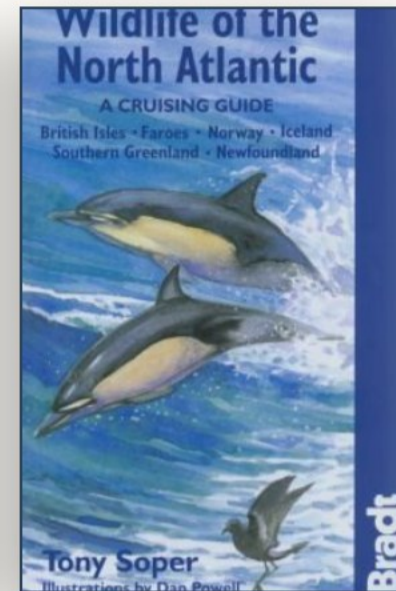
# RECOMMENDED READING & VIEWING

## READING



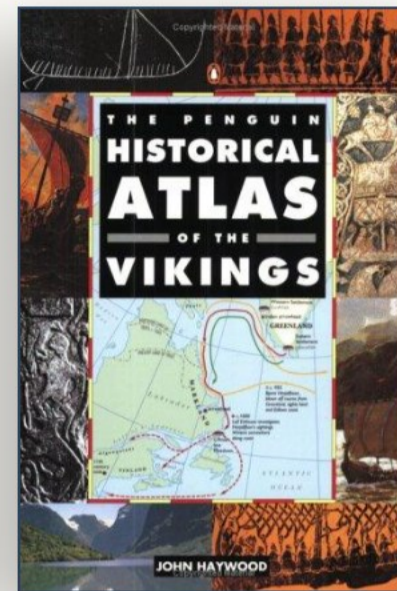
**In Cod We Trust**  
Eric Dregni · a year living the Norwegian dream

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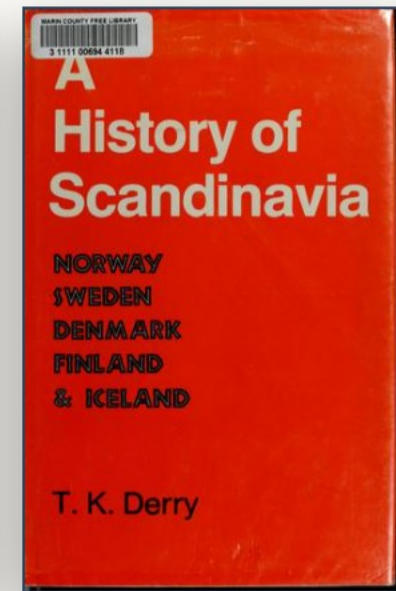
**Wildlife of the North Atlantic**  
Tony Soper · a cruising guide to seabirds & marine life

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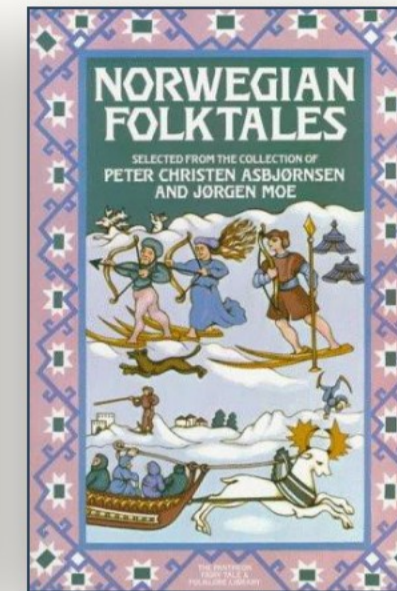
**Historical Atlas of the Vikings**  
John Haywood · Viking history told in maps

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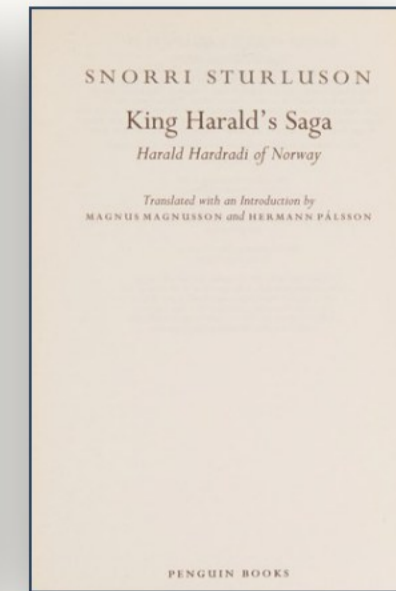
**A History of Scandinavia**  
T.K. Derry · prehistory to the present

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**Norwegian Folktales**  
Asbjørnsen & Moe · the classic collection

[FIND THE BOOK →](#)



**King Harald's Saga**  
Snorri Sturluson · the last Viking king

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## VIEWING



**Kon-Tiki**  
2012 · Heyerdahl's Pacific raft crossing

[WHERE TO WATCH →](#)



**Operation Arctic**  
2014 · family survival in the Arctic

[WHERE TO WATCH →](#)



**Max Manus: Man of War**  
2008 · the Norwegian WWII resistance

[WHERE TO WATCH →](#)



**Wild Scandinavia**  
2023 · BBC natural-history series

[WHERE TO WATCH →](#)



# Bon Voyage