Costa Mediterranea

Netherlands, Norway, Germany

6 July, AMSTERDAM

ITINERARY

DATE	PORT	ARRIVAL	DEPARTURE
07/06	AMSTERDAM	-	1730
07/07	...CRUISING...	-	-
07/08	BERGEN	0800	1700
07/09	HELLESYLT	0800	0900
07/09	GEIRANGER	1100	1800
07/10	ANDALSNES	0700	2000
07/11	OLDEN	0700	1600
07/12	STAVANGER	0900	1900
07/13	...CRUISING...	-	-
07/14	Bremerhaven	0800	1400
07/15	AMSTERDAM	0800	-

AVAILABLE EXCURSIONS

BERGEN - 8/07/2019
2311 PANORAMIC TOUR OF BERGEN
2313 PANORAMIC TOUR OF HARDANGERFJORD
2318 PANORAMIC TOUR IN BERGEN AND EDVARD GRIEG'S HOUSE
2892 SIGHTSEEING TOUR OF BERGEN AND SCENIC FUNICULAR RIDE
2895 FUNICULAR RIDE AND HIKING ON MOUNT FLØIEN

HELLESYLT - 9/07/2019
02EM OVERLAND: FROM STRANDA TO TROLLSTIGEN (ends at Geiranger)
00FN BRIKSDAL GLACIER WALK
2391 EXCURSION FROM HELLESYLT TO GEIRANGER WITH BREATH TAKING VIEWS
2393 HIKING ACROSS THE FLO MOUNTAIN

GEIRANGER - 9/07/2019
00IY FROM MOUNTAINTOP TO FJORD BY BIKE
014P HIKING IN THE MOUNTAINS
2360 HIGH END KAYAKING
2361 SIGHTS OF GEIRANGER
2363 THE HERDAL VALLEY, ALPINE FARM AND TASTING OF LOCAL SPECIALITIES
236A RAFT TOUR OF THE GEIRANGER FJORD

ANDALSNES - 10/07/2019
00YY PREMIUM: ATLANTIC ROAD, HÅHOLMEN ISLAND AND VIKING EXPERIENCE
02EH STAND-UP PADDLE IN ÅNDALSNES
02EI EXCURSION ON FOOT TO THE PANORAMIC VIEWPOINT OF THE TROLLVEGGEN, THE "TROLLS' WALL"
02EJ FAMILY TOUR: the summer farmhouse in Bøstølen
2330 TRAIN EXCURSION TO THE ROMSDAL REGION
2331 TROLLSTIGHEIMEN EXCURSION
2334 DAY EXCURSION TO VALLDAL AND THE TROLLSTIGEN

OLDEN - 11/07/2019

02DU CLIMBING IN THE MOUNTAINS ALONG THE LOEN VIA FERRATA
00Z6 RIB ADVENTURE IN SEARCH OF CRAYFISHES
00EQ HELICOPTER TOUR
00I9 KJENNDALEN GLACIER BY BOAT AND BY BUS
01ZO CABLE CAR AND FOOT EXCURSION ON MOUNT HOVEN
2421 BRIKSDALEN GLACIER
2422 FJORDS AND BOYA GLACIER
2424 GLACIER SAFARI PADDLE
2427 FROM THE FJORD TO THE SKY IN FIVE MINUTES

STAVANGER - 12/07/2019

2490 ADVENTURE ON THE PREIKESTOLEN, THE ?PULPIT? ROCK HIGH ABOVE THE FJORDS
2491 TOUR OF STAVANGER AND SURROUNDINGS
2493 BOAT TRIP ON LYSEFJORD
2494 STAVANGER: NATURE, HISTORY AND FLAVOURS
2497 WALKING TOUR OF STAVANGER
2644 HELICOPTER ADVENTURE OVER THE LYSEFJORD
01FM VISIT TO THE FLOR OG FJÆRE GARDEN
02FE MOTORBOAT TOUR OF THE LYSEFJORD

Bremerhaven - 14/07/2019

01N1 EXPLORING BREMEN
01N5 COACH TOUR OF BREMERHAVEN PORT
01V7 KLIMAHAUS 8° OST: A JOURNEY THROUGH OUR PLANET'S CLIMATE
01WX AT THE BREMERHAVEN ZOO BY THE SEA
01WY TOWARDS THE NEW WORLD: THE GERMAN EMIGRATION CENTRE
027E GUIDED WALKING TOUR OF BREMEN (supplement)

AMSTERDAM - 15/07/2019

02D5 "THIS IS HOLLAND": HOLLAND SEEN THROUGH A VIRTUAL FLIGHT (for disembarking guests)
02D7 HOLLAND SEEN THROUGH A VIRTUAL FLIGHT AND CANAL CRUISE
02D8 AMSTERDAM BETWEEN SKY AND SEA
00H0 VIEWS OF AMSTERDAM AND INDEPENDENT VISIT TO THE VAN GOGH MUSEUM
000I VIEWS OF AMSTERDAM AND INDEPENDENT VISIT TO THE VAN GOGH MUSEUM (for disembarking guests)
000J AMSTERDAM'S HISTORIC BUILDINGS, CANALS AND MARKETS, AND THE HEINEKEN EXPERIENCE (for disembarking guests)
2751 AMSTERDAM TOUR AND CANAL CRUISE (for disembarking guests)
2757 THE WINDMILLS OF ZAANSE SCHANS AND THE VILLAGE OF VOLENDAM (for disembarking guests)
2762 AMSTERDAM CITY TOUR AND CANAL CRUISE
2763 THE WINDMILLS OF ZAANSE SCHANS AND THE VILLAGE OF VOLENDAM
2946 AMSTERDAM'S HISTORIC BUILDINGS, CANALS AND MARKETS, AND THE HEINEKEN EXPERIENCE

BERGEN

PANORAMIC TOUR OF BERGEN

Description

An exceptional tour exploring Bergen and discovering its main attractions and its history, from the old capital of Norway to today's fascinating and vibrant business centre, which revolves around the old Hanseatic District of Bryggen where you can still experience the atmosphere of the trade and maritime traditions of the past.

What we will see

- Bergen: King Haakon's Hall, Rosenkrantz Tower, Bryggen Wharf District, the Fish Market
- Nordnes Peninsula,
- Øvregaten, St. Mary's church (outside)

What we will do

- The tour is suitable for people with disabilities and those with mobility problems as long as they can board the coach autonomously.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2311	2 Hours approximately	1 Easy	EUR 50.00	EUR 35.00

Type

Cultural

Disable friendly

BERGEN

PANORAMIC TOUR OF HARDANGERFJORD

Description

An extraordinary panoramic tour of Hardangerfjord, one of the most famous and spectacular fjords in Norway, on which we drive through picturesque villages and mountains overlooking the sea, to discover the true essence of this country and fully appreciate its wild and unspoiled nature.

What we will see

- Bergen: Bergenhus Fortress, Håkonshallen, Rosenkrantz Tower, the Hanseatic wharf district of Bryggen and the Fish Market
- Lake Kaland, the village of Os on the Bjornefjord

- Hatvik, Venjaneset
- Mundheim, Hardangerfjord, the Folgefonna Glacier
- Lunch in the village of Øystese or Norheimsund
- Norheimsund, Steinsdal Waterfall, Tokagjel Gorge and Mount Kvamskogen
- Gullbotn, Soerfjord, the Island of Osterøy
- Northern suburbs of Bergen, Sandviken Bay

What we will do

- We leave Bergen by coach for our excursion, driving past the **Bergenhus Fortress** , the **Håkonshallen** and the **Rosenkrantz Tower**.
- After admiring the buildings of the old **Bryggen Hanseatic Wharf** and the **Fish Market** , we proceed to **Os** , a village on the **Bjornefjord** , 30 km south of the city.
- From here we begin a brief panoramic tour of the fjord, during which we are stunned by the spectacular view of the islands and the snow-capped mountains. We then reach **Hatvik** , where we take the ferry to cross the fjord to **Venjaneset** , on the opposite side.
- Our journey then leads us through small villages set in typical, west-coast scenery as we proceed to **Mundheim** and the **Hardangerfjord** , one of the most well-known Norwegian fjords, which lies framed by mountains reflected in the clear water and is famous for its many orchards.
- Our panoramic coach tour continues with a spectacular view of the mountains on the opposite side of the fjord. Weather permitting, we can even see the **Folgefonna Glacier** the third largest in Norway which covers an area of 203 square kilometres.
- We reach the **village of Øystese** , which sits in the bay of the fjord against a backdrop of high mountains, surrounded by green farms. We stop here for **lunch** , before returning to the **village of Norheimsund** , where we head inland to the **Steinsdal Waterfall** which has a sheer drop of 50 metres where we can cross the valley without getting wet.
- After going through many tunnels, we come to the **Tokagjel Gorge** and the **Kvamskogen Mountain Plateau** , a favoured dining and picnic spot among the inhabitants of Bergen. Indeed, there are numerous wooden chalets here and the area is ideal for hiking in summer and skiing during the winter and spring.
- We then go down along the fjord again, before going up to **Gullbotn** , where there is a closer recreational area with ski pistes and ski jumps.
- From here we go down to the **Soerfjord**. Across the water, on the opposite side of the fjord lies **Osterøy** , the largest island on the western coast.
- Our tour proceeds towards the **northern suburbs of Bergen** and before returning to the port we have the opportunity to admire the typical architecture of **Sandviken Bay**.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.
- This excursion is purely scenic and involves long stretches travelling by coach on winding roads (about 6 hours).

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2313	7 1/2 Hours approximately	2 Moderate	EUR 145.00	EUR 101.50

Type

Sightseeing | Eco Natural Trail | Recommended to families | Meal Included

BERGEN

PANORAMIC TOUR IN BERGEN AND EDVARD GRIEG'S HOUSE

Description

An exceptional tour through Bergen, to admire the old quarter Hanseatic Bryggen, where you can still feel the atmosphere of the past of trade and seafaring traditions, and the house of the famous composer Edvard Grieg, another famous attraction of this beautiful city.

What we will see

- King Haakon's Hall, Rosenkrantz Tower, Bryggen Quarter
- Suburbs of Bergen
- Troldhaugen (E. Grieg house) and "Troldsalen" Concert Hall with the opportunity to listen to some tracks.

What we will do

- We will leave the port and we will start our tour passing in front of the King Haakon's Hall (Håkonshallen), the imperial residence with adjoining banquet hall built by King Håkon Håkonsson between 1247 and 1261 for the wedding and the coronation of his son Magnus Lagabøter . The Håkonshallen is considered the largest medieval secular building existing in Norway today.
- Next to Håkonshallen, we will find the Rosenkrantz Tower (Rosenkrantztårnet), built around 1560 by the governor of Bergen Erik Rosenkrantz, with the function of a residence and that of a fortification. Today it also incorporates part of King Magnus Male (1273) the Legislature and the fortress of 1520 of Jørgen Hansson. Several spiral staircases, corridors and the guard posts, lead to the top, where you can enjoy a beautiful view of the harbor.
- In the vicinity we can also admire the buildings of the old Bryggen (whose name means "shore"), built around 1350 by the Hanseatic League. It is the most picturesque district of Bergen and it stretches on the east bank of the port of Vågen, with long parallel rows of colorful buildings (often pendants) from the sloping roof, built with rough wooden planks and wooden foundations or piled stones.
- Once these buildings served as commercial offices, homes and warehouses and housed the German merchants of the Hanseatic League that had the monopoly of trade with Norway. Today, Bryggen is listed as a UNESCO World Heritage Site

and is home to shops, restaurants, cafes and artisan shops.

- We will then we move to the suburbs of Bergen, surrounded by mountains and where the old houses with gardens are still in excellent condition.
- After a short walk in the open air, we will arrive to Troldhaugen (whose name means "hill of the trolls"), located on the shores of Lake Nordås ,it is famous because it is the house, now a museum, of the famous Norwegian composer Edvard Grieg, who he lived here for 22 years and where he composed many of his most famous works.
- In Troldhaugen we will visit the "Troldsalen", a hall for chamber music concerts inaugurated in 1985 ,that can accommodate up to 200 people, here we will have the opportunity to listen to some songs of Edvard Grieg played by a Norwegian pianist.
- Immediately after the concert, we will visit the famous artist's house, before returning back to the ship.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2318	3 Hours approximately	1 Easy	EUR 65.00	EUR 45.50

Type

Sightseeing | Cultural

BERGEN

SIGHTSEEING TOUR OF BERGEN AND SCENIC FUNICULAR RIDE

Description

An exceptional tour on which we discover the main attractions and history of Bergen once the hub of the Hanseatic League, now a vibrant, commercial centre that retains its traditional maritime air before turning our attention to the scenic treasures on show in this landscape of fjords and mountains, with an unforgettable ride in the famous Fløibanen funicular.

What we will see

- Håkonshallen, Rosenkrantz Tower and Bryggen Hanseatic Wharf
- Fløibanen Funicular, Mount Fløien
- Central Park and Lake
- Residential area, wooden houses, gardens, Royal Residence, the wooden Fantoft Stavkirke (stave church)

What we will do

- Our tour begins with passing by **King Haakon's Hall** (Håkonshallen), the imperial residence with adjoining banquet hall built by King Håkon Håkonsson in 1261 and the nearby **Rosenkrantz Tower** (Rosenkrantztårnet), which was built around 1560 by the Governor of Bergen, Erik Rosenkrantz, to serve both as a residence and a fortified tower. Today it even incorporates part of

the keep (1273) of King Magnus the Lawmender and Jørgen Hansson's fortress of 1520.

- We will stop on at the picturesque old **wharf district of Bryggen** ("bryggen" in Norwegian means "wharf"), which was built around 1350 by the Hanseatic League. It is the most picturesque district of Bergen, extending along the eastern side of the port of Vågen, with its long parallel rows of colourful buildings. Once, these buildings were used as offices, homes and stores by the German merchants of the Hanseatic League. Today the Bryggen District is listed as a UNESCO World Heritage Site and boasts shops, restaurants, cafés and artisan workshops. We wander around the alleys between the picturesque warehouses that line the street and along the seafront to enjoy the quaint atmosphere of this neighbourhood.
- We then arrive at the **Fløibanen funicular** station, which has been in operation since 1910. Once aboard, we are transported up the 26% gradient to an altitude of 320 metres a journey of about 8 minutes to reach the summit of **Mount Fløien** (one of the seven mountains that surround Bergen, its name derives from the wind vane placed at the summit many centuries ago to indicate the force and direction of the wind to sailors entering or leaving the port below). Mount Fløien is very popular with the inhabitants of Bergen as a recreation area all year round. From the summit the view is truly impressive: we can see the heart of Bergen at our feet and looking to the west, on a clear day, you can also see the North Sea, and the neighbouring archipelagos.
- We take the funicular back down, and after boarding the coach, we cross the **Fish Market** square, with its seafood, flowers, fruit and vegetables and souvenir stalls and we head for the **central park** and the **lake**.
- We then go through the **residential area**, admiring the well-preserved **wooden houses**, the **gardens** and the **Royal Residence** on our way to **Fantoft Stavkirke**. This wooden **stave church**, located in an enchanting wooded area to the south of Bergen, was rebuilt in 1992 after a terrible fire and is the exact replica of the original building which dated back to 1150. In the Middle Ages, in Norway, there were at least 800 of these typical stave churches; today there are only 30 remaining.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2892	3 1/2 Hours approximately	Easy	EUR 70.00	EUR 49.00

Type

Cultural	Good for shopping	Recommended to families

BERGEN

FUNICULAR RIDE AND HIKING ON MOUNT FLØIEN

Description

An unmissable excursion by funicular and on foot to enjoy spectacular views of Bergen and its surroundings from the top of Mount Fløien; breathtaking views that embrace the fjord, the city and the surrounding landscape!

What we will see

- Fløibanen Funicular, Mount Fløien, panoramic view of Bergen
- Hiking on the Fløien Hills, Lake Skomakerdiket, the Blåmansveien hiking trail
- Rundemansvegroad and Rundemanen

What we will do

- We begin our excursion at the **Fløibanen funicular** station, which has been in operation since 1910. Once aboard, we are transported up the 26% gradient to an altitude of 320 metres a journey of about 8 minutes to reach the summit of **Mount Fløien** (one of the seven mountains that surround Bergen, its name derives from the wind vane placed at the summit many centuries ago to indicate the force and direction of the wind to sailors entering or leaving the port below). Both the funicular ride and the belvedere at the top offer a magnificent **panorama of Bergen** and its surroundings.
- After the funicular ride, we begin our **walking tour of the Fløien Hills**, a very popular recreational spot with the inhabitants of Bergen all year round. We walk along one of the many gravel roads, which leads us through woods with gentle hills, until we come to the small, idyllic **Lake Skomakerdiket**; we then take the **main Blåmansveien hiking trail**.
- As we walk uphill, the view becomes increasingly spectacular: we can see the fjord with its many islands, the city of Bergen at our feet and the North Sea in the distance to the west.
- After walking for about 2.5 km, we come to a crossroads. If the weather is favourable, we take the **Rundemansvegroad** and, as we leave the trees behind us, a broad panorama opens before us on all sides. We then come to the highest point, **Rundemanen**, at an altitude of approximately 570 metres, where we stop to rest and enjoy the fresh air.
- Depending on how physically fit you are, and the weather conditions, there is the possibility to extend or shorten the hike. In any case, at the end of the hike we go back down to the city with the funicular.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.
- This excursion involves walking uphill for about 230 metres, out of a total of 8 km that cover various types of terrain; you are therefore advised to wear trekking or sports shoes and comfortable multi-layered clothing.
- Minors under 16 years of age must be accompanied by an adult.
- Participants should bring along clothing that is appropriate for the weather conditions, a backpack for personal items and water to stay hydrated along the way.
- To participate in this excursion, you must be physically fit; the tour is not recommended for those who have mobility problems, heart problems or knee problems.
- Depending on where the ship is berthed, the excursion may include transport from the port to the starting point of the tour.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2895	4 Hours approximately	3 Hard	EUR 55.00	EUR 38.50

Type

Sightseeing | Eco Natural Trail | Recommended to families | Sports Lovers

HELLESYLT

OVERLAND: FROM STRANDA TO TROLLSTIGEN (ends at Geiranger)

Description

We will explore the awe-inspiring Norwegian landscape visiting several destinations along the spectacular Geirangerfjord, taking a cable car up to the top of the famous Stranda mountain, where we will have lunch in a restaurant with panoramic views, and we will cross the fjord on a boat and travel along one of the steepest and most thrilling roads in the world.

What we will see

- Viewpoint over the Geirangerfjord
- Stranda mountain and spectacular cable car
- Lunch at a restaurant with panoramic views
- Ferry ride across the fjord
- Trollstigen
- Ørnesvingen viewpoint and Seven Sisters waterfall
- Geiranger

What we will do

- We will leave the port of Hellesylt and head north, soon making a stop at the **viewpoint over the Geirangerfjord**, where we can take photos of the breathtaking views with our cameras.
- Afterwards, we will continue to **Mount Stranda**, a renowned ski resort offering breathtaking views of the surrounding snowy peaks as well as the majestic Storfjord.
- We will leave our coach behind us and climb to the top on a **spectacular cable car** whose large windows offer us 360° views of the fjord and mountains.
- The cable car runs to 1042 metres above sea level, where we can feel in **direct contact with nature** as we see goats grazing in summer and plenty of snow for the kids to play in.
- From the top of the mountain we can enjoy **exceptional views** of the majestic Geirangerfjord, which has been declared a UNESCO World Heritage Site, and Jostedal glacier, the largest in Europe situated on dry land.
- After enjoying some free time, we will sit down for **lunch in a restaurant with panoramic views** at the top of the mountain before we head back down on the cable car.
- We will then **cross the Geirangerfjord on a ferry**, marvelling at the steep, imposing mountains with their countless waterfalls dropping down towards the sea.
- Our next destination is the famous **Trollstigen** or 'Trolls' Path', an engineering feat consisting of an extremely narrow scenic

road with 11 hairpin bends and a hair-raising steep gradient, surrounded by majestic mountains and stunning waterfalls.

- Back down at the fjord, we will take the ferry back across it and stop at the **Ørnesvingen viewpoint**, which literally means Eagles' Turn, where we can admire and take photos of the Geirangerfjord and the **Seven Sisters waterfall**, so called because it splits into seven rivulets over the rock face.
- Then we will travel along the last section of the road and stop in **Geiranger**, our final destination.
- The excursion starts in Hellesylt and ends in Geiranger.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02EM	7 1/2 Hours approximately	2 Moderate	EUR 145.00	EUR 101.50

Type

Sightseeing | Eco Natural Trail | Recommended to families | Most wanted | Meal Included

HELLESYLT

BRIKSDAL GLACIER WALK

Description

Have you ever seen a glacier? This is exactly what we'll be doing on this tour – and not just on any glacier either: the Briksdal, a spectacular expanse of ice hidden among the magnificent Norwegian fjords.

What we will see

- Village of Hellesylt and Hellesylt waterfall
- Lake Hornindalsvanet
- Nordfjord, villages of Stryn, Loen and Olden
- Briksdal Glacier and spectacular nature
- Mountain lodge near the glacier with a stop for lunch
- Road to Stryn, return trip via Geiranger, tunnels and panoramic viewpoint at Flydal Gorge

What we will do

- Our excursion begins in the **village of Hellesylt** , where we can admire the majestic **waterfall** of the same name, whose waters cascade down to the shimmering emerald green and ultramarine blue fjord below.
- We continue our journey towards **Hornindalsvanet** which, at a depth of 514 metres, can claim to be Europe's deepest lake; before us lies the magnificent **Nordfjord** , alongside the road through the villages of Stryn, Loen and Olden. This fascinating village nestles at the bottom of the fjord and stretches along numerous lakes in the Olden Valley as far as the mountain lodge

at the Briksdal Glacier.

- Our walk takes us through stunning nature to the **Briksdal Glacier** , a branch of the mighty **Jostedalsbreen Glacier** , the largest in Europe.
- At first, the path climbs and crosses over the waterfall on a wooden bridge.
- At this point we find ourselves standing face to face with the massive glacier.
- We'll then walk back the same way to the mountain lodge, where we'll enjoy an **excellent lunch**.
- Back on our journey, we cross the valley alongside the extraordinarily beautiful lake towards Stryn.
- We climb the **mountain road to Stryn** , which used to link eastern Norway with the west.
- Our return journey to Geiranger runs through quite a few tunnels, and we make a final stop at **Flydal** to take a few snapshots of our ship, waiting for us in the fjord.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00FN	8 1/2 Hours approximately	3 Hard	EUR 140.00	EUR 98.00

Type

Sightseeing | Eco Natural Trail | Recommended to families | Meal Included

GEIRANGER

FROM MOUNTAINTOP TO FJORD BY BIKE

Description

The perfect excursion for bike enthusiasts: a downhill biking tour with spectacular views of waterfalls and mountains as well as a hint of adrenaline for an unforgettable experience.

What we will see

- Djupvasshytta, Dalsnibba Mountain
- Downhill Biking Tour: scenic points, spectacular view of the Geirangerfjord

What we will do

- We will depart by coach from the Geiranger lifeboat station and head to **Djupvasshytta**, which sits at an altitude of 1,030 metres, at the foot of the **Dalsnibba Mountain**. This marks the departure point for our thrilling, 17-km **Downhill Bicycle Tour**.
- Everybody will be provided with a bicycle, but before getting in the saddle and beginning our descent to the valley, the guide will provide instructions and information on safety and the signposting along the route.
- On route, we will find many points from which we can take photos or simply admire the incredible scenery that the

Geirangerfjord, a UNESCO-protected site, has to offer.

- Places on this excursion are limited. We recommend booking early to avoid disappointment.
- We recommend wearing sports clothing.
- You need to be physically fit to take part in this excursion.
- The safety helmet provided must be worn during the excursion.
- Minimum age: 12.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00IY	3 Hours approximately	2 Moderate	EUR 110.00	EUR 77.00

Type

Eco Natural Trail | Fun | Sports Lovers

GEIRANGER

HIKING IN THE MOUNTAINS

Description

A hiking excursion that will take in the stunning sights of Geirangerfjord with its imposing mountains, thunderous waterfalls and farms dotted across the steep slopes.

What we will see

- We recommend that you book early because only a limited number of places are available.
- This excursion is not recommended for guests with mobility problems.
- The walk to the waterfall takes around 1 hour (3 km) and covers rough ground and steep sections so it may be tiring.
- We recommend wearing walking shoes and suitable clothing.
- Do not forget to bring a bottle of water.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
014P	3 1/2 Hours approximately	3 Hard	EUR 60.00	EUR 42.00

Type

Sightseeing | Eco Natural Trail | Sports Lovers | Tasting

GEIRANGER

HIGH END KAYAKING

Description

HIGH END KAYAKING

What we will see

- Geirangerfjord: breathtaking scenery and clifftop farms

What we will do

- The **Geirangerfjord** is described as the most beautiful fjord in the world: we will set off on a kayak journey surrounded by magnificent and striking mountains, which, with their steep faces, reach heights of up to 1,500 metres.
- Grip those paddles and away we go: we will admire the **breathtaking scenery and the farms perched on their rocky outcrops**. According to local folklore, farmers would tie ropes to their children and animals to prevent them from falling from the high walls of rock. We will skim the waters and breathe in the extremely fresh air of the fjord: what better way to feel the strength and greatness of mother nature in person than on a kayak tour?
- Our kayak will follow the outline of the basin, which curves between two tower-shaped mountains. It is a magical and majestic place at any time of the year.
- After admiring the verdant nature and the striking rock formations of the fjord, we will set off on the return journey, during which our guide will tell us the history of Geiranger and its population.
- You must be physically fit to take part in this excursion and not suffer from back pain.
- You must be able to swim.
- No prior kayak experience is required.
- The excursion includes a 5 minute walk to the kayak platform, where participants will receive safety instructions and information on how to paddle.
- Minimum age for the kayak excursion with an adult: 8.
- Maximum weight: 120 kg.
- Maximum height: 190 cm.
- Minors under 12 years of age must share the kayak with an adult.
- It is recommended that you only bring personal belongings which are strictly necessary; belongings will be left in a locked local office. However, responsibility for the aforementioned remains with participants.

– Italian speaking guides are not available.

Guests under 18 years must have the waiver signed by an adult (parent or guardian)

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2360	2 Hours approximately	2 Moderate	EUR 100.00	EUR 70.00

Type

Eco Natural Trail

Recommended to families

GEIRANGER

SIGHTS OF GEIRANGER

Description

SIGHTS OF GEIRANGER

What we will see

- Village of Geiranger and
- Scenic view of the village and the Geirangerfjord
- Lake Djupvatn and Dalsnibba Mountain: mountains, glaciers, waterfalls and lakes
- Djupvasshytta: free time

What we will do

- Our tour begins in the **pleasant village of Geiranger** and will continue to the top of the mountain along the extremely steep Geiranger road.
- During the journey, we stop to enjoy a marvellous **scenic view** of the village of Geiranger below, the famous fjord and surrounding mountains. Verdant and unspoilt countryside as far as the eye can see.
- We continue on to **Lake Djupvatn**, then take the road to the top of **Dalsnibba Mountain** (1,500 m).
- If there is enough time, we can again enjoy a view of the **breathtaking landscape of mountains, glaciers, waterfalls and lakes**.
- We make a stop at **Djupvasshytta**, where we will have some **free time** to go looking for souvenirs and take photos of the lake to take home as lovely memories.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.
- For safety reasons, if the road to Mount Dalsnibba is closed or covered by snow, an alternative panoramic view point will be suggested depending on weather conditions.

INFORMATIONS

Code	Duration	Level	Adult price	Child price

2361	3 Hours approximately	Easy	EUR 70.00	EUR 49.00

Type

Sightseeing | Eco Natural Trail | Recommended to families | Most wanted

GEIRANGER

THE HERDAL VALLEY, ALPINE FARM AND TASTING OF LOCAL SPECIALITIES

Description

A perfect excursion for those wishing to combine the splendid countryside of the fjord and the discovery of local traditions and lifestyle, tasting typical products of the alpine farm located at the heart of the fjord: an unforgettable journey.

What we will see

- Ørnevegen: views of the fjord and the Knivsflå alpine farm
- Seven Sisters Waterfall and Suitor Waterfall
- Village of Eidsal and the village of Norddal
- Summer farm of Herdalssetra: unspoilt nature, grazing animals and local specialities
- Heregga Peak: wood houses with turf roofs
- Herdøla River

What we will do

- The excursion begins on the **Ørnevegen** (literally, "Eagle Road"), which rises via 11 hairpin bends to the highest point of the fjord, at a height of 620 metres. From here, we can enjoy the **spectacular scenery of the fjord and the Knivsflå alpine farm**. This is the steepest section of road out of Geiranger and is the only means of communication with the outside world during winter!
- From here, it is possible to get a glance of the **Seven Sisters, a group of 7 waterfalls** which, together with the **Suitor Waterfall** (located opposite on the other side), provide one of the most beautiful natural spectacles of all of the Norwegian fjords... as well as being the subject of a fascinating legend.
- We reach the **village of Eidsdal** in Norddalsfjord and follow the coast up to the **village of Norddal**.
- Leaving the fjord, we head into the valley until we arrive at the **summer farm of Herdalssetra**. Operational for over 300 years, it is formed of 30 old houses and for hundreds of years, has housed goats and cows, lambs and horses which are free to graze. Here, old traditions are more alive than ever. Various types of white and brown goat's cheeses are produced here, as well as other mountain delicacies typical of the Norwegian fjords. These form the basis of a special **tasting session**, which is sure to delight the palate.
- The dwellings we will see are small **wood houses with turf roofs**, purposely built under the large **Heregga Peak**, which protects them from the frequent avalanches . *On the journey to the valley, we can admire the *Herdøla River*, which receives the

waters from numerous waterfalls.

- We arrive in Eidsdal then return to Geiranger via, once again, Ørnevegen, the Eagle Road.
- The excursion includes walking on steep and slippery ground, we therefore recommended wearing comfortable, non-slip shoes.
- Should the Herdalssetra farm not be accessible following winter, the visit will take place at Herdal Home Farm, which is located at a lower altitude.
- The itinerary may be subject to change.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.
- This excursion is not recommended for guests with mobility problems and pregnant women.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2363	3 1/2 Hours approximately	Easy	EUR 105.00	EUR 73.50

Type

Sightseeing | Eco Natural Trail | Tasting

GEIRANGER

RAFT TOUR OF THE GEIRANGER FJORD

Description

The perfect combination of breathtaking scenery, traditional landscapes and a little adrenaline, when gliding along the waters, in a raft, of the majestic fjord of Geiranger: on this excursion, we will discover one of the most magical places in Scandinavia, right from its very waters.

What we will see

- Geirangerfjord: spectacular landscapes amongst majestic mountains and unspoilt scenery
- Traditional mountain farms
- Seven Sisters Waterfall and Bridal Veil Falls

What we will do

- Our tour begins at the port: we will be welcomed by our guide and will walk approximately 200 metres to our raft.
- Before setting off on this stirring excursion on the waters of the fjord, we prepare ourselves by listening to some brief safety instructions and we put on the windproof and waterproof coverall provided.
- Now the real excitement begins: our **Geirangerfjord** adventure can begin!

- The raft goes increasingly fast and the extremely pure air of the fjord can be felt on our faces providing a great sense of freedom whilst we admire the **majestic landscape**.
- Our helmsman will amaze us with a host of spectacular manoeuvres injecting a little adrenaline to the experience. The raft journey is not just about speed: the helmsman will slow down when approaching some **small mountain farms** located along the Geirangerfjord and will tell us a little bit about their history in English.
- We will admire the **Seven Sisters Waterfall and Bridal Veil Falls** up close, two of Norway's most important waterfalls, and we will discover the legend that lies behind their names. An unforgettable experience!
- Italian speaking guides are not available.
- Minimum age: 4.
- Maximum number of participants: 24 passengers.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.
- This excursion is not recommended for guests with mobility problems.
- In the event of adverse weather conditions the tour may be cancelled.
- You need to be able to swim and be physically fit to take part in this excursion.
- Participants must be able to walk approximately 1 kilometre on level ground and up 2-3 steps to get on and off the vessel.
- The excursion is not recommended for pregnant women and guests with mobility problems, back, neck or heart troubles.
- The ?flotation suit? provided must be worn during the excursion.
- Participants must pay attention when boarding/disembarking the vessel.
- Bad weather conditions at sea may cause sea sickness, we therefore recommend taking the necessary precautions.
- The views and landscapes that feature in this excursion may be subject to change owing to weather conditions or in the instance of high waters and/or rough sea. The tour leader reserves the right to cancel, modify, shorten or interrupt the excursion at any given moment owing to the reasons mentioned above.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
236A	1 Hours approximately	2 Moderate	EUR 105.00	EUR 73.50

Type

Eco Natural Trail	Fun	Sports Lovers

HELLESYLT

EXCURSION FROM HELLESYLT TO GEIRANGER WITH BREATH TAKING VIEWS

Description

A panoramic tour that takes us from the splendid waterfalls of Hellsylt to the Geirangerfjord a UNESCO site across many villages,

rivers and lakes immersed in pristine natural scenery.

What we will see

- Hellesylt Falls
- Counties of Moere og Romsdal and Sogn og Fjordane, and Stryn
- River Stryn and Hjelle
- Old mountain road of Strynefjellsvegen and Jolbrua bridge
- Djupvatn Lake, panoramic point on mount Dalsnibba and break taking view over the entire Geirangerfjord
- Flydal Gorge

What we will do

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2391	7 1/2 Hours approximately	Easy	EUR 135.00	EUR 94.50

Type

Sightseeing	Eco Natural Trail	Disable friendly	Most wanted	Meal Included

HELLESYLT

HIKING ACROSS THE FLO MOUNTAIN

Description

HIKING ACROSS THE FLO MOUNTAIN

What we will see

- Vollset, Hellesylt, the river Bygdeelva and Vollster farm
- Traditional alpine huts and mountain lakes immersed in pristine natural scenery
- The Stryn road and lake
- Lake Djupvatn and the panoramic view point on mount Dalsnibba
- Flo and its fruit trees
- A photo stop at Flydal gorge
- imposing mountains and glaciers and splendid natural landscapes
- Geiranger

What we will do

- Our excursion starts at **Vollset**, taking us all the way to **Flo** along one of the main roads once used for commerce between Sunnmøre, the Nordfjord and the eastern regions, between the coastal towns and those situated inland, starting in the Middle Ages. Goods were carried on one's shoulder or on horseback as the atmospheric conditions meant that the paths were almost impassable and alternative forms of transport could not be trusted.
- From Hellesylt we follow the course of the **river Bygdeelva** and head towards the Vollster farm, which sits approximately 250 metres above sea level.
- From here we proceed on foot.
- Along the path we will see **three *seter* (traditional mountain farm huts) and numerous mountain lakes**, reaching a maximum altitude of 550 metres above sea level
- During the climb we will make a brief stop to admire the **Stryn lake**, which reflects the imposing mountains of Skåla and Lofjellet and several smaller glaciers.
- We then descend down the path in the direction of **Flo, an enchanting village sprinkled with fruit trees**.
- Here we will board the coach once more and continue our trip along the banks of the 15 km-long **Stryn lake**, which is famous for its turquoise reflections. The new Stryn mountain road passes through several tunnels making it accessible even during the winter season.
- Having reached the shore **opposite the mountains**, we continue west along the banks of lake Djupvatn. At its furthest point, we turn and take a steep toll road to reach the **panoramic view point of Dalsnibba**.
- Having admired the **unforgettable landscape** that the observation point offers us, we descend to Geiranger, making a **stop for photos at the Flydal Gorge**.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2393	7 1/2 Hours approximately	3 Hard	EUR 140.00	EUR 98.00

Type

Sightseeing | Eco Natural Trail | Sports Lovers | Meal Included

ANDALSNES

PREMIUM: ATLANTIC ROAD, HÅHOLMEN ISLAND AND VIKING EXPERIENCE

Description

This tour offers the best way to discover the true essence of Norway with a spectacular tour of the Norwegian islands and fjords, through the tunnels and over the bridges of the famous Atlantic Road and a visit to Håholmen on board a Viking ship. A truly unforgettable excursion!

What we will see

- Åndalsnes, Isfjord and the Rødvenfjord
- Åfarnes, Longfjord
- Sølsnes, underwater tunnels and bridges of the Atlantic Road
- Geitøya, embarkation for the island of Håholmen
- Håholmen: Saga Siglar Viking ship or modern ship, film about Ragnar's travels
- Lunch in a rustic restaurant
- Husavik

What we will do

- We depart from **Åndalsnes**, a wonderful village on the shores of the Romdalsfjord, surrounded by romantic mountain peaks, and the terminus of the Rauma railway line, and cross the **Isfjord** and the **Rødvenfjord**. We then head for **Åfarnes**, where we board the ferry to cross the **Longfjord**.
- We dock at **Sølsnes** and drive through the **underwater tunnels** and across the **bridges of the Atlantic Road**, an 8-km stretch between the Norwegian towns of Kristiansund and Molde, which connects various towns and small islands in between. As well as being selected as the "Norwegian construction of the century", this road was declared a "National Tourist Route" in 2005 thanks to its bridges and the spectacular coastline it crosses. It is considered one of the most dangerous roads in the world because, in adverse weather conditions, the strong wind and storms make driving extremely challenging.
- When we reach **Geitøya**, we embark again to return to **Håholmen**. Weather permitting, we will board a replica of a **Viking ship, the Saga Siglar**, on which adventurer and explorer Ragnar Thorseth travelled the world. In the event of inclement weather, we will use a **modern ship** as a means of transport.
- The Håholmen Archipelago is a collection of 20 small islands which was once used as a meeting point for fishermen, sailors and traders. Ragnar Thorseth inherited Håholmen from his grandfather who lived there until 1978. In the 17th century, Håholmen was a flourishing stock fishing village. Today, this 10-acre island directly overlooks the ocean and navigation channels.
- In Håholmen, we enjoy a fascinating **film about Thorseth's travels** aboard his three Viking ships and enjoy a **typical lunch in a rustic restaurant**.
- The tour continues from Håholmen along the Atlantic Road and passes through **Husavik**, famous for its dangerous underwater archipelago. We then return to the ship.
- The excursion includes a coach journey of approximately 4 hours in total.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00YY	8 Hours approximately	1 Easy	EUR 160.00	EUR 112.00

Type

Sightseeing | Eco Natural Trail | Recommended to families | Meal Included

ANDALSNES

STAND-UP PADDLE IN ÅNDALSNES

Description

Let's get ready for an extreme adrenaline rush like you get when you surf, but with the extra emotion and challenge of facing river water on a board with the help of a paddle. If you like rafting, now is the time to try stand-up paddle along the river!

What we will see

- Stand-up paddle along the river near Åndalsnes

What we will do

- This excursion will take us to the clear waters of a **river near Åndalsnes** and will test our skills and balance with a few rapids.
- This experience will be evn more intense than rafting: **stand-up paddle** is comparable to the kayak excursion, but is done standing on a board (similar to a surf board but thicker) and using a paddle to push forwards.
- However, this sport is easier to learn and requires less effort.
- Stand-up paddle along the river is called "sledging" in New Zealand, "whitewater swimming" by others and "hydrofoil" or "hydrospeed" in Europe.
- Let's get ready to paddle our boards and get wet in the river waters.
- The first part of the course concentrates on safety and how to use the board correctly before actually starting on the river.
- Our guides are expert rafting instructors.
- Minimum age: 12 years.
- You must be able to swim and be physically fit to take part in the water activities.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02EH	2 Hours approximately	3 Hard	EUR 95.00	EUR 95.00

Type

Eco Natural Trail | Fun | Recommended to families | Sports Lovers

ANDALSNES

EXCURSION ON FOOT TO THE PANORAMIC VIEWPOINT OF THE TROLLVEGGEN, THE "TROLLS' WALL"

Description

An exciting excursion on foot to the panoramic viewpoint to discover the Trollveggen, the famous, majestic "Trolls' wall", destination of mountaineering fans the world over, immersed between nature and Nordic folklore.
For those who want to come back to the Mountaineering Center and visit it independently, do not miss the opportunity to practice the highest rock wall in Norway!

What we will see

- Introduction and film on the folklore of the Trolls at the Norwegian Mountaineering Centre
- Valley of Venjesdalen

– Panoramic viewpoint of the Trollveggen

Possibility to independently visit the Mountaineering Center once back at the port.
The highest artificial rock wall in Norway: Opportunity for adults and children to exercise!

What we will do

- Our tour starts from the **Norwegian Mountaineering Centre**, about 2 minutes on foot from the port of Åndalsnes.
- This staggering, vertical structure, inaugurated in 2016, is immediately recognisable by anyone arriving on the fjord and fits in perfectly with the surrounding peaks of the Romsdalen Valley. Our professional naturalist guides will give us a brief **introduction** followed by an interesting **short film on the folklore around the Trolls**.
- At the end of the film, we'll take the 30 minute coach ride to the splendid **Valley of Venjesdalen**, where we'll start our excursion on foot to the **panoramic viewpoint of the Trollveggen**, the "Trolls' wall". This mountain was first climbed by an Anglo-Norwegian roped party in 1958, the tallest vertical rock face in Europe (1100 metres) and a popular destination for climbing enthusiasts from all over the world.
- Each stretch of our excursion on foot lasts approximately 30 minutes.
- The ascent in certian points is steep on a rough surface, however the path is clearly marked and made safe by chains to give a better grip.
- Once we reach the panoramic viewpoint, we'll have about 20 minutes to admire the view of the peak before we descend and return to the coach for the trip back to our ship. For those who want to come back to the Mountaineering Center and visit it independently, do not miss the opportunity to practice the highest rock wall in Norway!
- The height is approximately 150 metres/1.2 kilometres.
- Minimum age: 4 years.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02EI	3 Hours approximately		EUR 90.00	EUR 63.00

Type

Eco Natural Trail | Sports Lovers | Refreshments included

ANDALSNES

FAMILY TOUR: the summer farmhouse in Bøstølen

Description

An excursion based on nature and relaxation with a visit to the summer farmhouse in Bøstølen to get to know what mountain farms are really like close-up, to see their daily routines, the local food products, animal husbandry, all against the background of the Norwegian mountains. Not to be missed!

What we will see

- Romsdalsfjord and the village of Innfjorden
- Farmhouse in Bøstølen: life in a mountain farmhouse
- Tasting local dairy products

What we will do

- Our excursion begins along the road running alongside the **Romsdalsfjord** (which, at 88 km long, is the ninth longest fjord in Norway) as far as **Innfjorden**, a small village in the municipality of Rauma (in the county of Romsdal), situated about 10 km southwest of Åndalsnes an surrounded by spectacular mountains.
- On leaving the village of Innfjorden, we'll venture into a valley surrounded by mountains and sprinkled with cottages, until we reach the **farmhouse in Bøstølen**.
- Here we'll see how **life in the typical mountain farms** is run, taste freshly made butter and sour cream, listen to the sound of the cow bells and birdsong and taste some traditional Norwegian dishes immersed in a splendid setting.
- We will be given an explanation of how mountain agriculture in Bøstølen has evolved over the years and how production is carried out today and we'll be able to visit the cowshed.
- Before our excursion comes to an end, we'll be able to stroke the farm animals or **taste some local dairy products**.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02EJ	3 Hours approximately		EUR 95.00	EUR 66.50

Type

Eco Natural Trail | Fun | Recommended to families | Tasting

ANDALSNES

TRAIN EXCURSION TO THE ROMSDAL REGION

Description

An unmissable train ride through the mountains, rivers and fjords in the Romsdal region, to discover the true essence of Norway and savour the wild, unspoiled Nature.

What we will see

- Åndalsnes: Romsdalsfjord, jagged peaks
- Train ride along the course of the River Rauma: Mount Romsdalshorn, Trolltinden mountains
- Kylling Bridge
- Bjorli Station
- Stop at the "Troll Wall"

What we will do

- Our excursion departs from **Åndalsnes**, a town situated in an excellent position on the **Romsdalsfjord**, the terminus of the Raumabanen railway line which links the Romsdal region with eastern Norway and the capital, Oslo. The surrounding scenery with its huge, **jagged peaks** is spectacular.
- We travel by **train**, along the course of the **River Rauma**, whose abundant salmon has attracted many English fisherman for over a century, and we can admire **Romsdalshorn Mountain** (1,550 metres), the **Trolltinden Mountains** (approx. 1,800 metres) and further along, the so-called "**Troll Wall**".
- Travelling alongside the River Rauma, which starts from Lake Lesjaskog and forms several waterfalls on its course, we cross **Kylling bridge** (59 metres long and 76 metres high), which commands breathtaking views of the foaming river in the gorge below. The bridge is an imposing feat of engineering. It was built between 1913 and 1922 using only natural rocks that interlock perfectly. Over 50 metres separate the bridge and the bottom of the gorge.
- When we reach **Bjorli station**, 574 metres above sea level, we board the coach and travel through one of the most beautiful valleys in Norway with majestic mountains. We make a stop at the rock face known as "**Troll Wall**" (Trollveggen), first climbed by an Anglo-Norwegian roped party in 1958. At 1,000 metres high, it is the tallest vertical rock face in Europe and is considered by mountaineers as the ultimate challenge.
- At the end of this final stage, we return to our embarkation point in Åndalsnes.
- The itinerary may be subject to change.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2330	2 1/2 Hours approximately	Easy	EUR 105.00	EUR 73.50

Type

Sightseeing | Eco Natural Trail | Recommended to families

ANDALSNES

TROLLSTIGHEIMEN EXCURSION

Description

An unmissable excursion through the breathtaking scenery of the Romsdal and Isterdal valleys and the famous Trollstigen, an extremely narrow scenic road with 11 hairpin bends and a hair-raising steep gradient, where we are surrounded by majestic mountains and stunning waterfalls. An indescribable thrill awaits us!

What we will see

- Romsdal Valley, Sogge bridge
- Stigfoss Waterfall
- Trollstigen
- Isterdal Valley: the Bishop, King and Queen rock formations and the Witches' Peaks

What we will do

- The first stage of our itinerary takes us to the beautiful **Romsdal Valley**, which is also one of the traditional districts in the county of Møre og Romsdal in central Norway. The Romsdal area is considered one of the best places for excursions, climbing and skiing.
- Once we have crossed the *Sogge bridge, we head for the **Isterdal valley. Here, the road climbs up towards **Stigfoss Waterfall* and then to **Trollstigen** or "Trolls' Path". This truly breathtaking road is closed to traffic in winter; it has 11 hairpin bends, a 12% gradient and a single lane for almost the entire route. The road was completed in 1936 after eight years' work and was declared a National Tourist Route in 2012.
- We take the Trollstigen to reach the wonderful panoramic viewpoint overlooking the Isterdal valley where we see the spectacular waterfalls and typical **rock formations** surrounding it which have been given special names: **Kongen (the King), Dronningen (the Queen) and Bispen (the Bishop)** on one side and the "**Witches' Peaks**" on the other.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.

INFORMATIONS

Code	Duration	Level	Adult price	Child price

2331	3 Hours approximately	Easy	EUR 65.00	EUR 45.50

Type

Sightseeing | Eco Natural Trail | Disable friendly

ANDALSNES

DAY EXCURSION TO VALLDAL AND THE TROLLSTIGEN

Description

An unmissable excursion through the breathtaking scenery of the Norwegian fjords and the surreal atmosphere in the villages nestled between the mountains, concluding with the famous Trollstigen whose 11 hairpin bends and hair-raising gradient will make the journey indescribably thrilling.

What we will see

- Romsdalsfjord, Innfjord village and fjord
- Måndalen, Tresfjord, Skorgedalen, Ørskogfjellet
- Sjøholt, Storfjord
- Stordal village: Octagonal Church
- Norddalsfjord, Valldal village, Gudbrand Gorge
- Trollstigheimen, Trollstigen ("Trolls' Path") and Trollveggen ("Troll Wall")

What we will do

- Departing from Åndalsnes and travelling along the **Romsdalsfjord** (the terminus of the Raumabanen railway line which links the Romsdal region with eastern Norway and the capital, Oslo), we head for **Innfjord**, at the end of which lies the **village of the same name**, famous for wood carving and traditional rose painting ("rosemaling").
- We continue along the road that follows the coastline, passing through **Måndalen**, on to **Tresfjord** and then changing direction to climb up to **Skorgedalen** and on to **Ørskogfjellet**.
- Our journey continues through the **village of Sjøholt**, along the **Storfjord**, going through small villages like **Stordal**, famous for its local furniture industry which exports products all over the world.
- As we cross the valley in Stordal, we pass the charming **Octagonal Church** which dates back to 1789. After going over the mountain pass, we descend quickly along the **Norddalsfjord** where we encounter the **village of Valldal**, famous for its strawberry production.
- Continuing along the fertile valley, we stop at the spectacular **Gudbrand Gorge** to take photographs, before climbing higher up the mountain beyond the tree-line.
- Then we arrive at one of the main attractions of the Åndalsnes region , the **Trollstigen** or "Trolls' Path", a breathtaking road closed to traffic in winter which descends into the valley from **Trollstigheimen** with 11 incredible hairpin bends, a 12%

gradient and a single lane for almost the entire route.

- Before reaching the end of our tour, we make a quick diversion to admire the **"Troll Wall"** or Trollveggen (first climbed by an Anglo-Norwegian roped party in 1958), the tallest vertical rock face in Europe (915 metres) and a popular destination for climbing enthusiasts from all over the world.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.
- We recommend that you wear suitable clothing in the event of inclement weather.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2334	7 Hours approximately	Easy	EUR 125.00	EUR 87.50

Type

Sightseeing | Eco Natural Trail | Disable friendly | Most wanted | Meal Included

OLDEN

CLIMBING IN THE MOUNTAINS ALONG THE LOEN VIA FERRATA

Description

We take on the rocky walls of Mount Hoven, clambering along the Loen Via Ferrata, including the longest suspended footbridge in Europe, and stopping at the restaurant at the top to relax and enjoy the a spectacular panoramic view before heading back down in comfort in a state-of-the-art aerial lift.

What we will see

- the Loen Via Ferrata
- Breathtaking views of the mountains and the fjord
- The Gjølmunne suspended footbridge
- Rest at the Hoven Restaurant
- Return to the valley floor in the Loen Skylift

What we will do

- After a short journey, we reach the Loen resort on the opposite side of the fjord. This is the start of an unforgettable adventure climbing to an altitude of over 1,000 metres along the **Loen Via Ferrata**!
- We put on our climbing gear and **set off up the mountain** using the artificial structures that make up the via ferrata: clipped to steel cables, we battle the rocky walls of the fjord with the help of metal rungs and ladders as we climb towards the sky.

- Along the way, we discover the unforgettable thrill of crossing the longest via ferrata bridge in Europe, the 120-metre-long **Gjølmunne suspended footbridge**, which leads us out over the void at a height of 750 metres!
- As we pick our way up the side of the mountain, we cast our eyes over the **magnificent landscape** that surrounds us: Mount Hoven, with its rocky ridges specked with the green of moss and lichen, and the sparkling azure of the fjord far below.
- At the end of our climb, we reach the summit of the mountain and take a well-earned rest at the spectacular Hoven Restaurant, an experience made all the more memorable by the breathtaking views through the enormous, cliff-top windows of the canyon below.
- For our return, we will be taking the easy route, boarding the steepest aerial lift in the world, the Loen Skylift, which takes us from the summit of Mount Hoven to the banks of the Nordfjord over a thousand metres below in just a few minutes, with magnificent views of a whole cross-section of Norwegian scenery.
- Minimum age: 15 years.
- You need to be physically fit to take part in this excursion.
- Participants will be asked to fill in and sign a release form.
- Climbing/via ferrata equipment is included.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02DU	6 1/2 Hours approximately	3 Hard	EUR 190.00	EUR 190.00

Type

Sports Lovers

OLDEN

RIB ADVENTURE IN SEARCH OF CRAYFISHES

Description

Enjoy an exhilarating trip on a high speed RIB! You will meet your 'cray fish' instructor who will accompany you during this unforgettable experience along the fjord.

What we will see

- The fjord
- Crayfish experience
- Tasty lunch

What we will do

NOTE: Sturdy and good covered footwear is necessary. No smoking allowed near the boats. It is not recommended for pregnant women, people with back or knee injuries. Minimum age to participate is 8 years old. Tour can be cancelled by the operator at short notice depending on local weather conditions.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00Z6	3 Hours approximately	2 Moderate	EUR 130.00	EUR 130.00

Type

Sightseeing | Eco Natural Trail | Sports Lovers | Meal Included

OLDEN

HELICOPTER TOUR

Description

HELICOPTER TOUR

What we will see

- View of the village of Olden
- View of the Jostedal glacier

What we will do

- We'll fly over the village of **Olden** nestling at the head of the 'Innvikfjord, a branch of the Nordfjord. A pleasant village surrounded by towering mountains, superb waterfalls and several glaciers, Olden is a popular resort for both residents and tourists alike.
- Not far from the town we enter the boundless nature of the stunning **Jostedal** glacier. This is the largest glacier in mainland Europe, stretching over 487 km2. The glacier has 22 named outlets, many of which are within easy reach of Olden.
- Our helicopter trip offers **a spectacular, sensational scenario**, a truly unique, unforgettable experience. The ice has shaped the landscape over thousands of years. Geological faults and crevices beneath the glacier have dug valleys and mountain passes. Unusual climatic conditions caused the Jostedalen glacier to deteriorate and spread. In the past, its outlets rose or descended down the valleys destroying farms, vegetation and people's lives. Although it was a natural disaster at the time, this event has been extremely useful for today's scientists to study how plants and animals have spread across virgin land.

INFORMATIONS

Code	Duration	Level	Adult price	Child price

00EQ	1 Hours approximately	3 Hard	EUR 295.00	EUR 295.00

Type

Sightseeing | Eco Natural Trail | Sports Lovers

OLDEN

KJENNDALEN GLACIER BY BOAT AND BY BUS

Description

A pleasant excursion in close contact with nature, crossing the delightful valley of Kjenndalen to discover the fjords, mountains, waterfalls and glaciers which form this typical Norwegian landscape.

What we will see

- Olden
- Loen
- Kjenndalen Valley
- Kjenndalen Glacier
- Lake Lovatnet

What we will do

- We begin our excursion from the village of **Olden**, nestling at the head of the Innvikfjord, an arm of the Nordfjord. A pleasant village surrounded by towering mountains, superb waterfalls and several glaciers, Olden is a popular resort for both residents and tourists alike.
- Our coach will take us along the shores of the fjord to **Loen**, another popular holiday resort with a very tiny population. Its beauty and wonderful location have attracted many tourists. Loen lies between two fjords, not far from Lake Lovatnet, and is surrounded by various glaciers, towering mountains and lush vegetation.
- Our coach now moves on to the **Kjenndalen valley**, where we'll stop and walk to a wonderful viewpoint to see the **Kjenndalen glacier**, one of the arms of the mightier Jostedalsbreen glacier, the largest in mainland Europe.
- Back on board our coach, we move on to the Kjenndalen mountain, where we'll stop briefly for refreshments.
- Next, we'll take a boat trip across **Lake Lovatnet**, during which we can relax and take in the wonderful view. We'll be able to see the **Ravnefjellet** (Raven's Mountain), the ill-fated mountain famous for the rockslides which caused tidal waves which destroyed many farms along the lakeside twice last century.
- On our arrival in Sande, we exchange the boat for our coach and the journey back to Olden.
- The walk from Kjenndalen to the glacier takes 20 minutes.
- The itinerary may be subject to change.
- We recommend comfortable,slip resistant shoes shoes and warm clothing.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
0019	4 Hours approximately	2 Moderate	EUR 90.00	EUR 63.00

Type

Sightseeing	Eco Natural Trail	Recommended to families	Tasting

OLDEN

CABLE CAR AND FOOT EXCURSION ON MOUNT HOVEN

Description

An excursion entirely dedicated to striking fjord views culminating with a hike surrounded by nature: glass cable cars will take us up to over 1,000 metres asl to take in mountains, lakes and picturesque villages followed by a hike on mountain trails.

What we will see

- Loen
- Loen Skylift
- Mountain Station
- Spectacular fjord views
- Hiking on Mount Hoven

What we will do

- We leave the Olden port by coach and head North along the fjord to reach the **small town of Loen** 6 km away.
- We get on the main attraction – the **Loen Skylift**, a modern cable car with glass cabins that in just 5 minutes takes us on the top of the Hoven mountain 1,011 metres above sea level.
- The skylift will stop at the Mountain Station, from where we can enjoy **striking 210° views**: to the East, we can admire Mount Skåla and Lake Lovatnet; to the South, we have the majestic Jostedalsbreen glacier with the town of Olden; to the West, the Nordfjord winds its way towards Stryn.
- From the Mountain Station, we go on a **hike** to discover the unspoilt wild nature of the mountain ranges surrounding the Nordfjord, where Nature reigns supreme.
- We recommend that you book early because only a limited number of places are available.
- Comfortable walking shoes are recommended.
- This excursion is not recommended for guests with mobility problems.
- min age 8 years old

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01ZO	4 Hours approximately	2 Moderate	EUR 130.00	EUR 91.00

Type

Sightseeing	Eco Natural Trail	Recommended to families	Sports Lovers

OLDEN

BRIKSDALEN GLACIER

Description

An entire day to spend amidst the wonders of nature Norway has to offer: the Briksdalen glacier. As we venture into the mountains, the surrounding landscapes and majestic glacier will leave us spellbound.

What we will see

- Olden
- Lake Floen
- Lake Olden
- Briksdalen Glacier
- Stop at Briksdal Inn

What we will do

- We begin our excursion from the village of **Olden**, nestling at the head of the Innvikfjord, an arm of the Nordfjord. A pleasant village at the estuary of the River Oldeeva, surrounded by towering mountains, superb waterfalls and several glaciers, Olden is a popular resort for both residents and tourists alike.
- We continue by coach along the banks of two marvellous lakes: **Lake Floen** waiting for us with its delightful, little, red church and the very beautiful, long, narrow **Lake Olden**, one of the most admired in Norway.
- Wecome to the far end, Rustøen, where the wide, fertile, upper valley is spangled with multi-coloured farms. Our first excursion begins at the Briksdal Inn and we'll be walking up a spectacular, winding road, which carries us on to the shoulder of the mountain and will test our abilities Panoramic views of cascading waterfalls and enchanting mountain landscapes open up throughout our journey.
- The path ends near the lake, from where we can enjoy the magnificent view of the **Briksdalen glacier** rising majestically behind us. Surrounded by trees, high peaks and waterfalls, this is just an arm of the larger Jostedalsbreen.
- We set off down the slope back to the*Briksdal Inn*, where we can have a break before returning to our starting point.

- At the end of our excursion it's back on board the coach to return to the quay.
- This excursion is not recommended for guests with mobility problems.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.
- The excursion involves some walking, so we recommend you wear comfortable walking shoes.
- This excursion is not recommended for guests with mobility problems.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2421	4 Hours approximately	3 Hard	EUR 65.00	EUR 45.50

Type

Sightseeing | Eco Natural Trail | Sports Lovers

OLDEN

FJORDS AND BOYA GLACIER

Description

FJORDS AND BOYA GLACIER

What we will see

- Places on this excursion are limited. We recommend booking early to avoid disappointment.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2422	8 Hours approximately	1 Easy	EUR 130.00	EUR 91.00

Type

Sightseeing | Eco Natural Trail | Recommended to families | Most wanted | Meal Included

OLDEN

GLACIER SAFARI PADDLE

Description

A day dedicated to one of the wonders of nature that Norway offers us; the Briksdal Glacier. Adventure through the mountain and

be enchanted by the surrounding countryside and the majesty of the glacier, paddling in its own waters by the green shades.

What we will see

- Olden
- Old church in Olden
- Lake Floen
- Lake Olden
- Melkevoll Glacier
- Briksdalen Glacier* Paddle Experience

What we will do

- We begin our excursion from the village of **Olden**, nestling at the head of the Innvikfjord, an arm of the Nordfjord. A pleasant village at the estuary of the River Oldeelva, surrounded by towering mountains, superb waterfalls and several glaciers, Olden is a popular resort for both residents and tourists alike.
- Starting from the town centre we can see **the old church**, dating back to 1759. The red church a little further along the valley was built in the thirties and was a gift from the American painter and millionaire Singer, who remained spellbound by the peace and tranquillity of the village of Olden, where he used to spend his summers. He collected works of art and furniture and his home has been turned into a museum.
- We continue along the banks of the little **Lake Floen** and then along **Lake Olden**, one of the most beautiful in Norway with its typical, narrow, elongated shape, as far as Rustøen at the far end, where the wide fertile upper valley is dotted with multicoloured farms.
- Our journey continues amidst numerous waterfalls descending from the glaciers, and the long, white tongue of the **Melkevoll glacier** opens up before our eyes. The road winds its way up amongst the woods and ends at the Briksdal Inn.
- At this point, we continue on foot up the tortuous, steep path, which becomes increasingly narrow as we reach the summit. The final stretch is scattered with rocks before ending at the glacier lake.
- We've come to the most adventurous and exciting part of our day, because we'll be able to **paddle across the green, icy waters** of the majestic **Briksdalen glacier**, typical of the glaciers in this area.
- We'll then make our way back to the Briksdal Inn along the same path to pick up our coach and return to Olden.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.
- This excursion is not recommended for guests with mobility problems and who suffer from travel sickness.
- Minimum age: 4.
- No information will be given during the paddle experience.
- This excursion includes an English speaking guide.

INFORMATIONS

Code	Duration	Level	Adult price	Child price

Code	Duration	Level	Adult price	Child price
2424	4 Hours approximately	3 Hard	EUR 125.00	EUR 87.50

Type

Eco Natural Trail | Fun | Recommended to families | Sports Lovers

OLDEN

FROM THE FJORD TO THE SKY IN FIVE MINUTES

Description

An excursion entirely dedicated to striking fjord views: glass cable cars will take us up to over 1,000 metres asl to take in mountains, lakes, picturesque villages and all the magic of wild Norway.

What we will see

- Loen
- Loen Skylift
- Mountain Station
- Spectacular fjord views

What we will do

- We leave the Olden port by coach and head North along the fjord to reach the **small town of Loen** 6 km away.
- We get on the main attraction – the **Loen Skylift**, a modern cable car with glass cabins that in just 5 minutes takes us on the top of the Hoven mountain 1,011 metres above sea level.
- The skylift will stop at the Mountain Station, from where we can enjoy **striking 210° views**: to the East, we can admire Mount Skåla and Lake Lovatnet; to the South, we have the majestic Jostedalsbreen glacier with the town of Olden; to the West, the Nordfjord winds its way towards Stryn.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2427	2 Hours approximately	1 Easy	EUR 125.00	EUR 87.50

Type

Sightseeing | Eco Natural Trail | Recommended to families | Refreshments included

STAVANGER

ADVENTURE ON THE PREIKESTOLEN, THE ?PULPIT? ROCK HIGH ABOVE THE FJORDS

Description

An adventurous excursion that takes us from the port of Stavanger into the heart of Norway to visit the Preikestolen, the vertiginous pulpit rock that overlooks the Lysefjord from on high, treating us to views that are nothing short of breath-taking.

What we will see

- Stavanger
- Petroleum Museum
- Ferry crossing on Hidlefjorden
- Tau
- Jørpeland village
- Isefjord
- Preikestolen Refuge
- Hike towards the Preikestolen
- Lysefjord

What we will do

- We will skirt the port of **Stavanger** by coach, giving us the opportunity to admire the new **Petroleum Museum**. Stavanger, the heart of the Norwegian oil industry, is the country's fourth largest city in terms of population and is located at the entrance to the Gandsfjord, sheltered from the North Sea.
- Here we will board a ferry to sail along the **Hidlefjorden** to **Tau**, located to the north east.
- We will then continue by coach through the village of **Jørpeland**, located along the **Isefjord**, to the **Preikestolen Refuge**.
- From there, we will walk along a rocky mountain path to admire the stunning views dotted with small lakes. This area, which is home to a substantial population of ptarmigan, is well-known to local hunters and fishermen.
- Continuing our walking tour, we will reach the **Preikestolen (the pulpitrock)**, a flat rock that overlooks the Lysefjord from a height of 604 metres above sea level. From here, we can enjoy beautiful views of the surrounding mountains.
- After our visit, we will return along the same path to the Preikestolen Refuge, where our coach will be waiting to take us back to Stavanger.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2490	7 1/2 Hours approximately	3 Hard	EUR 165.00	EUR 115.50

Type

Sightseeing | Eco Natural Trail | Most wanted | Basket Lunch

STAVANGER

TOUR OF STAVANGER AND SURROUNDINGS

Description

Sample the history of the city of Stavanger, for centuries one of the cornerstones of Norwegian maritime history: from a time when Viking kings fought battles on the Hafrsfjord to modern-day tankers, not forgetting the age of white sails and steam ships. Don't miss this opportunity to visit the city and discover its many faces.

What we will see

- Ullandhaug
- Jæren landscape
- Ryfylke Mountains
- Sverd i fjell (the Swords in Rock)
- Stavanger Cathedral
- Old Stavanger

What we will do

- We will set off from the port by coach through the lush agricultural landscape to **Ullandhaug**, an area famous for its reconstructions of Iron Age farms. Ullandhaug also boasts breath-taking views of the **Hafrsfjord** where, in 872, the Viking king Harald Fairhair defeated the last of the local princes and unified 29 small kingdoms under one crown, founding the Kingdom of Norway. To the east stretches the fertile **landscape of Jæren**, with the **Ryfylke Mountains** in the distance.
- We will then continue to the outskirts of Stavanger to admire the **Sverd i fjell (Swords in Rock)**, a fascinating memorial by the sculptor Fritz Røed. The monument depicts three 10 metre-high swords that commemorate the historic battle of Hafrsfjord. The largest sword represents the victorious Harald, while the smaller ones symbolise the vanquished kings. The monument is also intended to symbolise peace, as the swords are struck in solid rock, from which they can never be removed.
- We will now pass through both the older and more modern districts of Stavanger; we will admire the inside of the **Cathedral**, built in around 1125 by Bishop Reinald of Winchester with the help of British craftsmen. Of all the churches built in Norway during the Middle Ages, Stavanger Cathedral is the only one that still retains its original features.
- Before returning to the ship, we will treat ourselves to a walk through Old Stavanger, with its typical narrow streets lined with picturesque wooden houses that date back to the 18th and 19th centuries, a time when it was home to sailors, craftsmen and merchants. This unique area, located just a few minutes from the port, is now at the centre of the city's most ambitious redevelopment project.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.
- During religious functions the visit to the cathedral will only be a tour of the exterior.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2491	3 Hours approximately	Easy	EUR 75.00	EUR 52.50

Type

Sightseeing	Cultural	Recommended to families

STAVANGER

BOAT TRIP ON LYSEFJORD

Description

A boat trip on the Lysefjord to explore some of its most remote corners. Leaving from Stavanger, we will sail up the fjord to discover its breath-taking natural landscapes, including the famous Preikestolen, the vertiginous rock formation overlooking the fjord.

What we will see

- Stavanger
- Lysefjord
- Mountains
- Glaciers
- Preikestolen

What we will do

- This tour begins in **Stavanger**. The heart of the Norwegian oil industry, it is the country's fourth largest city in terms of population and is located at the entrance to the Gandsfjord, sheltered from the North Sea. Over the decades, the city has expanded to include various islands, linked to the centre by a series of bridges. In Stavanger, industrial areas and charming residential suburbs lie side by side.
- We then set sail for the **Lysefjord**, which stretches for 50 kilometres inland. During the passage, which provides stunning views of the **steep mountains** and **glaciers**, we will also be able to admire the many inhabited islands. From time to time, we may even be able to glimpse small farms dotted across the surrounding landscape.
- Continuing up to the north of the fjord, we will reach the **Preikestolen (the pulpitrock)**, a flat rock that overlooks the Lysefjord from a height of 604 metres above sea level. Our boat will slow down as we pass beneath it so we can marvel at this beautiful rock formation in close-up.
- As we leave the fjord, we will sail along the coast and into a narrow bay that leads to a **cave**, where thieves used to hide their loot.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2493	2 1/2 Hours approximately	Easy	EUR 80.00	EUR 56.00

Type

Sightseeing | Eco Natural Trail | Recommended to families | Most wanted

STAVANGER

STAVANGER: NATURE, HISTORY AND FLAVOURS

Description

Discover the city of Stavanger, center of the Norwegian oil industry and the country's fourth largest city by population. You will be fascinated by the charm of the historic center and enjoy a visit to Byrkjedalstunet a restored cheese factory, now home to a local market with typical products and souvenirs, while exploring the many faces of the city.

What we will see

- Coach ride along the River Dirdal
- Byrkjedalstunet
- Gloppedalsura
- Historic centre of Stavanger

What we will do

- We will begin our excursion with a coach ride along the **River Dirdal** to **Byrkjedalstunet**, a restored cheese factory that dates back to 1920. The site is now home to a restaurant, hand-made candle store, and small shops selling souvenirs and handicrafts. During the visit, we will also have the opportunity to sample typical Norwegian pancakes before enjoying some free time to explore the surroundings.
- We will continue our journey by coach to **Gloppedalsura**, the largest boulder field in Norway; some are even as big as houses!
- Returning to **Stavanger**, we will cross the historic centre and admire the city's many sites of interest en route.
- Before returning to the ship, we will stroll through Old Stavanger, characterised by narrow streets lined with picturesque wooden houses dating back to the 18th and 19th century, when activities such as herring fishing and shipbuilding contributed to building the city's fortunes, turning it into the main commercial and industrial hub it has been ever since. Once home to sailors, craftsmen and merchants, this unique area, located just a few minutes from the port, is now at the centre of the city's most ambitious redevelopment project.
- Places on this excursion are limited. We recommend booking early to avoid disappointment.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2494	4 Hours approximately	Easy	EUR 95.00	EUR 66.50

Type

Sightseeing | Eco Natural Trail | Recommended to families | Tasting

STAVANGER

WALKING TOUR OF STAVANGER

Description

This tour offers an introduction to Stavanger, a city that has been the cornerstone of Norway's maritime history for centuries and is now both the main centre of the Norwegian oil industry and the country's fourth largest city by population. Don't miss this opportunity to visit the city and discover its many faces.

What we will see

- Old Stavanger
- Market square
- Harbour bay
- Stavanger Cathedral

What we will do

- We will leave the port on foot and begin exploring the city.
- We will enjoy a stroll through **Old Stavanger**, characterised by narrow streets lined with picturesque wooden houses, complete with pretty gardens and historic gas lanterns. Dating back to the 18th and 19th centuries, these houses were once home to sailors, craftsmen and merchants. The charm of the area appears to have remained intact for centuries and the entire neighbourhood is now at the centre of the city's most ambitious restoration project.
- A short walk will take us to the **market square** and the **harbour bay**. During the summer months, you will have the opportunity to browse the stalls and admire the wide range of fruit, vegetables and seafood.
- On leaving the square, we will continue to the **Cathedral** for an inside visit Dedicated to St. Svithun, patron saint of the city, and built in around 1125 by Bishop Reinald of Winchester, with the help of British craftsmen, Stavanger Cathedral is the best-preserved medieval church in Norway, second only to the Nidaros Cathedral in Trondheim.
- After admiring the cathedral, we will return to the port.

Space is limited, so please reserve early. Tour will take place also in case of bad weather conditions, therefore suitable clothes are recommended. Space is limited, so please book early. This excursion is not recommended for those guestswith mobility problems.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2497	2 Hours approximately	2 Moderate	EUR 40.00	EUR 28.00

Type

Sightseeing

Recommended to families

STAVANGER

HELICOPTER ADVENTURE OVER THE LYSEFJORD

Description

The ideal opportunity for those who want to see the beautiful Stavanger region from a whole new perspective, taking advantage of stunning panoramic views of some of the most unspoilt and wild landscapes Norway has to offer.

What we will see

- Stavanger
- Lysefjord
- Mountains and glaciers
- Preikestolen

What we will do

- Our adventure begins in **Stavanger**. The heart of the Norwegian oil industry, it is the country's fourth largest city in terms of population and is located at the entrance to the Gandsfjord, sheltered from the North Sea. The city has a fascinating architectural heritage that combines tradition and modernity, with numerous picturesque wooden houses that were once home to seafarers and craftsmen overlooking the port.
- We will arrive at the heliport after a short coach journey and take off for the **Lysefjord**, which stretches inland for approximately 50 kilometres. This fjord is considered the wildest because it is surrounded by rugged **mountain peaks and glaciers**. Only in small pockets is there enough space for small isolated farms, surrounded by breath-taking landscapes.
- We will arrive at the **Preikestolen (the pulpitrock)**, a flat rock that overlooks the Lysefjord from a height of 604 metres. It is a very popular tourist attraction that boasts wonderful views of the surrounding landscapes.
- We will now head west over a stunning **mountainous landscape** dotted with lakes, before returning towards the fjord and eventually the heliport.
- A 3- or 6-seater helicopter will be used for the flight: the helicopter used will be chosen the day before.
- In the event of adverse weather conditions the tour may be cancelled at short notice.

- Places on this excursion are limited. We recommend booking early to avoid disappointment.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2644	1 Hours approximately	Easy	EUR 295.00	EUR 295.00

Type

Sightseeing

STAVANGER

VISIT TO THE FLOR OG FJÆRE GARDEN

Description

A lovely, relaxing excursion to the island of Sør Hidle where we will visit Flor og Fjære, the most northern palm tree garden in the world, to take in the scents and colours of the tropical plants at high latitudes!

What we will see

- Gandsfjord
- Island of Sør Hidle and the Flor og Fjære garden: tropical palm trees, bamboo and banana trees

What we will do

- We will cross the picturesque **Gandsfjord**, dotted with various charming islands until we arrive at the port on the **private island of Sør Hidle**, where we will enjoy a pleasant stroll through the **Flor og Fjære garden**.
- The garden is located in a protected spot that makes it tranquil and serene, with an abundance of colourful flowers and a stunning view of the sea. Before having some free time to explore at our own pace, we will visit the gardens accompanied by an expert guide that will show us the most northern exotic garden in the world with **tropical palm trees, bamboo and banana trees**, and provide interesting information.
- This will give us the chance to experience the scent of the fruit trees and tropical flowers, whilst at the same time admiring the imposing mountains and deep fjords that stand out on the horizon.
- The garden excursion lasts about 1 hour and 30 minutes.
- As there are muddy pathways and sloped parts in the garden, we recommend wearing comfortable, non-slip shoes.
- The garden would have just been planted in May.

INFORMATIONS

Code	Duration	Level	Adult price	Child price

01FM	2 1/2 Hours approximately	Easy	EUR 85.00	EUR 59.50

Type

Sightseeing | Cultural | Recommended to families

STAVANGER

MOTORBOAT TOUR OF THE LYSEFJORD

Description

We navigate the stunning Lysefjord at speed, letting the wind blow out the cobwebs and enjoying the beauty that only the scenery of Norway can offer as we savour the wild, unspoilt country around us from our motorboat.

What we will see

- Motorboat ride on the Lysefjord
- Wild nature and breathtaking scenery
- The Pulpit Rock
- Mount Kjerag

What we will do

- At Stavanger, we board a **powerful motorboat** for an unforgettable adventure, arrowing over the sea, surrounded by Norway's fairy-tale, natural scenery.
- We explore the **spectacular Lysefjord**, which extends for around 50 kilometres toward the interior, its wild nature underlined by the glaciers and harsh mountain peaks that surround it. Here, we can admire the many small, inhabited islands of the fjord, and even spot the occasional little farmhouse nestled in the countryside.
- Rising up before us, as we speed along, enjoying the invigorating rush of adrenaline and the whip of the wind across our cheeks, is the **gargantuan Preikestolen**, or Pulpit Rock, a massive 604-metre-high cliff of granite whose vertiginous overhang looms over the waters of the Lysefjord.
- Also towering over the fjord is **Mount Kjerag**, whose steep bluff drops sheer to the sea, making it a popular destination for base jumpers.
- We head back to the pier at the end of our excursion, leaving a wake of white foam behind us, but carrying with us some unforgettable memories.
- Minimum age: 8 years.
- This excursion is not recommended for guests with back problems.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02FE	2 Hours approximately		EUR 130.00	EUR 130.00

Type

Eco Natural Trail

Fun

Bremerhaven

EXPLORING BREMEN

Description

A tour exploring Bremen in total freedom, the old Hanseatic city with a glorious maritime past, that offers us wonderful peeks into its history, with its Gothic buildings, typical examples of Northern European architecture and views over the river that made it such an important seafaring city, even though it lies inland. Its more modern side, with great shops and cafés, will be the proverbial icing on the cake.

What we will see

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01N1	3 1/2 Hours approximately	1 Easy	EUR 39.00	EUR 27.30

Type

Recommended to families

Bremerhaven

COACH TOUR OF BREMERHAVEN PORT

Description

We'll head off on a tour of Bremerhaven's port, bustling with activity, from the Havenwelten area with its futuristic museums to the cargo terminals and shipyards: a whole world to explore from the large coach windows.

What we will see

INFORMATIONS

Code	Duration	Level	Adult price	Child price

01N5	2 Hours approximately	1 Easy	EUR 34.00	EUR 23.80

Type

Sightseeing

Bremerhaven

KLIMAHAUS 8° OST: A JOURNEY THROUGH OUR PLANET'S CLIMATE

Description

An exciting journey through a most unusual museum: we'll explore the climatic zones of the Earth walking through its different habitats, each with its own landscapes, temperatures and weather conditions. On this journey around the world, we'll get to know our planet better and learn what we can do to protect it.

What we will see

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01V7	3 Hours approximately	2 Moderate	EUR 26.00	EUR 18.20

Bremerhaven

AT THE BREMERHAVEN ZOO BY THE SEA

Description

A fantastic day in a magical place: a zoo by the sea, where we'll meet incredible animals from the northern and southern hemispheres, in settings that faithfully replicate their natural habitat. This tour will delight children, and has a few surprises in store for the grown-ups too.

What we will see

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01WX	3 Hours approximately	1 Easy	EUR 20.00	EUR 14.00

Type

Recommended to families

Bremerhaven

TOWARDS THE NEW WORLD: THE GERMAN EMIGRATION CENTRE

Description

This tour will take us to an intriguing museum dedicated to the millions of Germans who emigrated to America, following them on their journey through reconstructions of the main settings and taking a look at their daily lives once they settled on the other side of the ocean. An exciting step back in time to explore the not too distant past.

What we will see

INFORMATIONS

Code	Duration	Level	Adult price	Child price
01WY	3 Hours approximately	Easy	EUR 26.00	EUR 18.20

Type

Cultural

Bremerhaven

GUIDED WALKING TOUR OF BREMEN (supplement)

Description

We will enjoy a guided walking tour of Bremen, discovering both the old and modern sides of the city with its Gothic monuments and statues that have been declared a UNESCO World Heritage Site, and we will also have some free time to spend as we please.

What we will see

- Guided walking tour
- Old town and modern side of Bremen
- Bremen Town Musicians monument
- Gothic town hall and Bremen Roland statue
- Free time

What we will do

- We will meet our guide in **Bremen**, an ancient city that has developed along the banks of the river Weser, which flows the

entire length of the city.

- Founded by wealthy and influential merchant families, its convenient location on the Weser has made it **an important port city** over the centuries, thanks to its handy link to the North Sea through the waterway.
- When we reach our destination, we will enjoy a pleasant stroll with our guide who will show us the **old town** with its fascinating monuments and the **more modern side of Bremen**, home to some famous international brands such as Beck's beer and Jacobs coffee.
- The bronze statue of the animals from the **famous fairy tale by the Brothers Grimm, 'The Bremen Town Musicians'**, created by Gerhard Marcks in 1951 featuring a donkey, a dog, a cat and a rooster, will take us back to our childhood and stir the imaginations of adults and children alike.
- We will admire the **spectacular Gothic town hall**, which lies in Marktplatz and was declared a UNESCO World Heritage Site in 2004, and opposite, the **Bremen Roland statue**, the oldest and biggest monument of its kind in Germany.
- After our walk, we will have some **free time** to explore the city at our leisure before returning to the ship on our coach shuttle service.
- This excursion only includes the walking tour of Bremen and can be purchased as a supplement to excursion 01N1 – Free time in Bremen.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
027E	2 1/2 Hours approximately	1 Easy	EUR 29.00	EUR 20.30

Type

Cultural

AMSTERDAM

"THIS IS HOLLAND": HOLLAND SEEN THROUGH A VIRTUAL FLIGHT (for disembarking guests)

Description

An unprecedented experience of a virtual flight designed for guests who do not have much time available to admire all the marvels the Netherlands have to offer but who do not want to miss out on the major sights. We will breathe in the atmosphere of this exceptional country and admire the most important sights.

What we will see

- Amsterdam-Noord district
- "This is Holland**

- Virtual flight across the Netherlands

What we will do

- We leave our ship in the port of Amsterdam, the second largest in Holland after Rotterdam, and travel by coach to the **Amsterdam-Noord district**, an extraordinary combination of quiet residential neighbourhoods, redeveloped industrial areas and green stretches.
- Our destination is the **incredible "This is Holland" attraction**, thanks to which we can admire a bird's eye view of the most beautiful places in Holland.
- A futuristic experience awaits us: we enjoy the **magic of a simulated flight** over the enchanting Dutch scenery, which is realistically projected below our feet.
- We take seat on a series of **mobile seats** hooked to steel arms moving inside a dome that vary their height and inclination according to the projection.
- We see all the **UNESCO World Heritage Sites** and get the chance to admire the beautiful landscape as well as the great engineering works thanks to which the Dutch manage to keep the ocean at bay.
- Suspended in the air with hands and feet dangling freely, we go on a **thrilling 8-minute flight** to explore Kinderdijk's windmills, Amsterdam's canals, fields in bloom, Rotterdam's port, the Deltawerken, i.e. the lock and dam system that protects the country from the sea, as well as multiple other sights from a unique perspective.
- Our experience is made even more realistic by **special effects** such as wind, mist, the gurgling of the water and the scent of the tulips, making this adventure truly unique.
- At the end of this thrilling virtual adventure, our coach takes us to Schiphol airport.
- This excursion does not include a guide, but we will have the assistance of a local rep.
- This excursion is only available to guests whose flights depart after 14:00.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
02D5	2 Hours approximately	1 Easy	EUR 49.00	EUR 34.30

Type

Fun

Recommended to families

AMSTERDAM

HOLLAND SEEN THROUGH A VIRTUAL FLIGHT AND CANAL CRUISE

Description

An unprecedented experience of a virtual flight designed for guests who do not have much time available to admire all the marvels

the Netherlands have to offer but who do not want to miss out on the major sights. We end the excursion with a pleasant cruise along Amsterdam's canals to take in the charm of this "Venice of the North".

What we will see

- Amsterdam-Noord district
- "This is Holland**
- Virtual flight across the Netherlands
- Canal cruise

What we will do

- We will leave our ship in the port of Amsterdam, the second largest in Holland after Rotterdam, and get on a ferry crossing the **North Sea Canal**, constructed during the second half of the 19th century and 21 km long.
- Our destination is the **incredible "This is Holland" attraction**, thanks to which we can admire a bird's eye view of the most beautiful places in Holland.
- A futuristic experience awaits us: we enjoy the **magic of a simulated flight** over the enchanting Dutch scenery, which is realistically projected below our feet.
- We take seat on a series of **mobile seats** hooked to steel arms moving inside a dome that vary their height and inclination according to the projection.
- We see all the **UNESCO World Heritage Sites** and get the chance to admire the beautiful landscape as well as the great engineering works thanks to which the Dutch manage to keep the ocean at bay.
- Suspended in the air with hands and feet dangling freely, we go on a **thrilling 8-minute flight** to explore Kinderdijk's windmills, Amsterdam's canals, fields in bloom, Rotterdam's port, the Deltawerken, i.e. the lock and dam system that protects the country from the sea, as well as multiple other sights from a unique perspective.
- Our experience is made even more realistic by **special effects** such as wind, mist, the gurgling of the water and the scent of the tulips, making this adventure truly unique.
- After this short yet thrilling virtual adventure, we get on a private boat for a **sightseeing tour** along the numerous canals that make up the city and which have been declared a UNESCO World Heritage Site.
- The hour-long tour is perfect to admire the **marvels that pass before our eyes** from a privileged point of view: the characteristic tall narrow buildings flanking the canals with their unique façades, the famous houseboats moored along the banks and the many bridges of all shapes and sizes.

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INFORMATIONS

Code	Duration	Level	Adult price	Child price
02D7	3 Hours approximately	1 Easy	EUR 59.00	EUR 41.30

Type

Sightseeing | Cultural | Recommended to families

AMSTERDAM

AMSTERDAM BETWEEN SKY AND SEA

Description

Let us admire the beauties of the city of Amsterdam from two privileged points of view: a 100 m high observation platform and a boat gliding along the charming canals of the "Venice of the North".

What we will see

- Canal crossing by ferry
- A'dam Lookout
- Interactive exhibition and suspended swing (optional)
- Boat cruise along the canals

What we will do

- We leave the port behind as we enjoy a **lovely stroll** towards Amsterdam's central station.
- Just like the locals do everyday, we get on a ferry crossing the **North Sea Canal**, constructed during the second half of the 19th century and 21 km long.
- We thus reach the first stop on our excursion: the **A'dam Lookout**, an observation platform from where you can enjoy a 360° view of the city.
- The tower was built on the river bank and dominates the landscape at 100 metres tall. The city of **Amsterdam stretches out below our feet**: we admire the historic city centre, the lively port and the famous canals declared a UNESCO World Heritage Site as far as the typical bright green coastal plains.
- Those interested in learning more about the history and culture of the Dutch capital can visit the state-of-the-art **interactive exhibition**.
- The A'dam Lookout has something in store for thrill-seekers too: an incredible series of **suspended swings** over the edge of the platform, of course safely fastened to our seats. This breathtaking experience is not included in the entry to the tower, but it is a chance the most courageous do not want to miss.
- Our feet are back firmly on the ground, but not for long: we get on a private boat for a **sightseeing tour** along the numerous canals that make up the city and which have been declared a UNESCO World Heritage Site.
- The hour-long tour is perfect to admire the **marvels that pass before our eyes** from a privileged point of view: the characteristic tall narrow buildings flanking the canals with their unique façades, the famous houseboats moored along the banks and the many bridges of all shapes and sizes.

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INFORMATIONS

Code	Duration	Level	Adult price	Child price
02D8	3 Hours approximately	1 Easy	EUR 59.00	EUR 41.30

Type

Sightseeing

Recommended to families

AMSTERDAM

VIEWS OF AMSTERDAM AND INDEPENDENT VISIT TO THE VAN GOGH MUSEUM

Description

An unmissable sightseeing tour of the incredible city of Amsterdam, known as the "Venice of the North" thanks to its unique appearance. The wonderful canals, lined with typical tall narrow houses with distinctive gables, all different from one another, are enchanting. Then we will be free to roam the magnificent collection at the Van Gogh Museum.

What we will see

- It is not permitted to take bags into the museum.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00H0	4 Hours approximately	2 Moderate	EUR 55.00	EUR 38.50

Type

Sightseeing

Cultural

AMSTERDAM

VIEWS OF AMSTERDAM AND INDEPENDENT VISIT TO THE VAN GOGH MUSEUM (for disembarking guests)

Description

An unmissable sightseeing tour of the incredible city of Amsterdam, known as the "Venice of the North" thanks to its unique appearance. The wonderful canals, lined with typical tall narrow houses with distinctive gables, all different from one another, are enchanting. Then we will be free to roam the magnificent collection at the Van Gogh Museum.

What we will see

- Amsterdam
- Sightseeing tour
- Mint Tower
- Central Station
- Weeping Tower
- Independent visit to the Van Gogh Museum
- Transfer to the airport

What we will do

- The charming destination for our excursion is the wonderful city of **Amsterdam**, the most densely populated city and capital of the Netherlands, well-known and loved across the world for its canals which extend for more than 100 km, approximately 90 islands and 1,500 bridges which have earned it the name of, "Venice of the North" and its status as a UNESCO world heritage site. The city is the commercial capital of the Netherlands and one of the main financial hubs in the world.
- One of the city's essential features is the charming canals that cross the city and the houses with their unique architecture and the distinctive gables that frame them.
- Since it was formed, Amsterdam has become a flourishing economic and cultural hub and, since the time of Rembrandt, the most important Dutch painter, it has also been considered a prestigious artistic centre. Indeed, today the city is famous for its wealth of museums, most notably the Rijksmuseum, the Van Gogh Museum and the Stedelijk.
- Amsterdam is also renowned for being the ideal city for business and purchases. You can find practically everything here, ranging from bargain items at the typical flea markets to typical Dutch products like cheese and clogs, and from precious glassware and magnificent Delft ceramics to the beautiful varieties on offer at the famous flower market.
- We leave the cruise terminal and head to the city centre for our **sightseeing tour**. The first building that we note is the majestic **Mint Tower** (*Munttoren*), a Renaissance-style bell tower.
- Right in the centre of the concentric semicircular structure of canals lies the imposing **Central Station** building, built in the late 19th century on three artificial islands.
- The *Schreierstoren* building is much older, built as a defensive tower in 1481, part of the city's medieval fortifications. The last of its kind remaining, it is one of the oldest buildings in Amsterdam.
- After the sightseeing tour, the coach will take us to one of the most famous and most frequented museums in the city, the **Van Gogh Museum**, where we will be free to roam on our own. The museum houses the largest collection of Vincent Van Gogh works in the world, including some of his masterpieces such as "Sunflowers", "Blossoming Almond Tree" and "Vincent's Bedroom in Arles", as well as a total of 200 paintings, 400 drawings and 700 letters.
- We will have a look round the museum shop which sells posters, bags, books and souvenirs inspired by the life and works of Vincent Van Gogh.
- Upon completion of the tour you will be taken to Schiphol Airport.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
0001	4 Hours approximately	2 Moderate	EUR 60.00	EUR 42.00

Type

Sightseeing Cultural

AMSTERDAM

AMSTERDAM'S HISTORIC BUILDINGS, CANALS AND MARKETS, AND THE HEINEKEN EXPERIENCE (for disembarking guests)

Description

A day of fun and entertainment. We will go on a sightseeing tour through the streets of Amsterdam to see some of its most famous buildings, we will hop on board a boat for a picturesque cruise along the canals, we will stroll through two of Amsterdam's most typical markets and succumb to the Heineken Experience in the old factory that has been converted into a tourist attraction.

What we will see

- Amsterdam
- Dam + Royal Palace + New Church
- Canal cruise
- Flower market and Albert Cuyp market
- Heineken Experience
- Transfer to Schiphol airport

What we will do

- We will leave the ship and start our day with a pleasant sightseeing tour of the incredible city of **Amsterdam**. The constant presence of water is always fascinating; it is an integral part of the city's character.
- On the journey we see the huge central square called the **Dam**, home to the majestic, Dutch Baroque-style **Royal Palace** used by the king for official visits and functions, and the 14th-century **New Church**, used as an exhibition hall and for the Dutch royal family's wedding celebrations and investiture ceremonies.
- After the tour, we leave the coach for the second part of our itinerary when we board a boat for a picturesque **cruise** along the city's famous **canals**.
- When you see such stunning sights, you will not be surprised to discover that the city that has earned the name, "Venice of the North" and has been declared a UNESCO world heritage site.
- After our boat cruise, we board the coach again and head to two of the most famous markets in the city: the **Flower market**

and the **Albert Cuyp Markt**. The former is the first and only floating flower market in the world, a status it has held since the second half of the 19th century when flowers and plants were brought into the city on a daily basis across the water. Today it is a popular tourist destination where you can find bulbs and all kinds of souvenirs for sale, as well as flowers and plants.

- The Albert Cuyp market, very popular with the Dutch and very busy in all seasons, has not been completely discovered by tourists yet. Every day, 260 stalls offer the many visitors all kinds of products, from clothing to food. While we roam freely in this flurry of images, colours and aromas, we can treat ourselves to a tasty cup of "Dutch style" coffee and a delicious *stroopwafel*, the famous typical waffle made from two thin wafers filled with caramel syrup.
- Before embarking on the next stage of our trip, we can enjoy some free time for a quick **lunch** in one of the many bistros in the area.
- Not far from this incredibly vibrant commercial street, the most exciting part of our day awaits us: the **Heineken Experience**. We enter the old factory that produced the famous Heineken beer which has been converted into a tourist attraction for a fantastic, interactive and dynamic tour of the Heineken world. We will learn everything there is to know about the history of the brand that goes back more than a century, one of the three biggest brands in the world, and before leaving we sample a nice glass of Heineken . On the house!
- At the end of the visit, a **transfer to Schiphol airport will be provided**.
- Children under the age of 18 must be accompanied by an adult.
- The minimum age permitted for the consumption of beer is 16.
- The excursion is only available to guests whose flight departs after 6:30pm.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
00OJ	7 Hours approximately	1 Easy	EUR 85.00	EUR 59.50

Type

Sightseeing	Cultural	Meal not included

AMSTERDAM

AMSTERDAM TOUR AND CANAL CRUISE (for disembarking guests)

Description

Short itinerary featuring the major landmarks in the Dutch capital, with the added attraction of an unmissable cruise along its typical canals to admire the charm of this "Venice of the North" from the water. We will see the splendid buildings and magnificent monuments that enhance Amsterdam and we will find out more about its history.

What we will see

- Boat tour of Amsterdam: Skinny Bridge, Western Church, Anne Frank's House
- Sightseeing tour: Dam, Royal Palace, New Church, Mint Tower, Flower market, Museum Square, Rijksmuseum, Van Gogh Museum, Stedelijk Museum, Concertgebouw

What we will do

- The first part of this brief but fascinating itinerary, which offers an array of Amsterdam's beautiful sights, takes us on a charming sightseeing boat tour along the many canals that form the city's unique structure.
- As we sail along, we admire all the wonders that pass before our eyes from our privileged viewpoint. We will have to be careful not to miss even a detail of the characteristic, tall narrow buildings which line the canals, with the typical gables, each one different from the next, and the numerous bridges in all shapes and sizes that appear on the horizon. **Skinny Bridge** (*Magere brug*) is the most famous in the city: a wooden drawbridge over the River Amstel from which Amsterdam takes its name.
- From the water, we also see one of the city's icons appear before us: the bell tower of the **Western Church** (*Westerkerk*), the oldest in the city is almost 90 metres high.
- Very close to the church, along the Prinsengracht, is the **house**, now a museum, in which a young Jewish girl, **Anne Frank** took refuge for two years, with her family before being caught by the Nazis, and where she wrote her famous diary, a precious testimony of the tragedy of the Holocaust .
- After the boat tour, another pleasant itinerary awaits us, this time on our coach which will cross the city, showing us the main points of interest. Sitting comfortably on the coach, we can admire the very central **Dam** and the magnificent buildings which surround it, such as the **Royal Palace** which was built in Baroque style in the 17th century and used by the King of the Netherlands for official functions, state visits and other special occasions.
- Beside the Royal Palace lies the 14th-century **New Church**, used today as an exhibition hall and for the Dutch royal family's wedding celebrations and investiture ceremonies.
- Another of Amsterdam's many towers stands out on our journey, the **Mint Tower**, built in the 1620s in Renaissance style on the ruins of the ancient medieval walls dating back to the late 15th century. A short distance away, we will also see the vibrant **Flower market**, the only floating flower market in the world and a popular tourist attraction.
- We will travel slightly out of the centre and head towards the south of the city where we will pass the magnificent **Museum Square** (*Museumplein*). You will be amazed by this vast, tree-lined square which lies at the end of a huge, well-kept urban park surrounded by elegant period buildings and some of the most important buildings in the city: the **Rijksmuseum**, the **Van Gogh Museum**, the **Stedelijk** and the **Concertgebouw**, one of the most esteemed auditoriums in the world for its incredible acoustics.
- At the end of the tour, a **transfer to Schiphol airport will be provided**.
- The excursion is only available to guests whose flight departs after 2pm.

INFORMATIONS

Code	Duration	Level	Adult price	Child price

2751	3 Hours approximately	Easy	EUR 45.00	EUR 31.50

Type

Sightseeing | Cultural | Recommended to families

AMSTERDAM

THE WINDMILLS OF ZAANSE SCHANS AND THE VILLAGE OF VOLENDAM (for disembarking guests)

Description

An exciting itinerary which takes us back in time to the windmills of industrious, rural Holland and an ancient fishing village where it is not unusual to see local people dressed in traditional clothes. We will visit two of the most fascinating places in the Netherlands, with enchanting picture postcard scenery.

What we will see

- Zaanse Schans
- Volendam with lunch
- Transfer to Schiphol airport

What we will do

- Holland is known throughout the world as the country of tulips, canals and...windmills! So this excursion which takes us to visit the authentic, rural Holland is a must, with its vast green plains and magnificent windmills that are reflected in the water.
- The first destination on our itinerary is one of the most charming places in the Netherlands: **Zaanse Schans**; the name means "Fortification on the river Zaan" and refers to its original purpose during the 80 years' war, the revolt against Spanish rule, between the 16th and 17th centuries.
- We enter a typical 18th-19th century village: vibrant and industrious, full of wooden windmills, barns, homes and museums, approximately 35 wooden buildings built in the typical Dutch architectural style and transported, piece by piece since 1961, to this magical open-air museum.
- It is a unique experience, stepping into the past with all the images, scents and flavours of times gone by. We walk through the wonderful magical landscape, we visit some of the many windmills and historic buildings, and browse the artisan shops where the traditional clogs are made and the famous Dutch cheese is produced.
- The next part of our itinerary takes us to the charming Catholic village of **Volendam**, a famous tourist attraction renowned for the traditional clothes that some of its residents still wear and for its old fishing boats.
- Before exploring this romantic fishing village, we have **lunch** in one of the inviting restaurants. After lunch, we can take advantage of the free time at our disposal in this picturesque place to walk along the quay lined with typical green wooden houses with red sloping roofs and admire the delightful marina and the docked boats being rocked by the delicate motion of

the sea. Or we can stroll through the picturesque narrow streets, lined with typical little houses standing side by side, and cross the charming canals overlooked by small wooden bridges.

- At the end of this wonderful day discovering and immersing ourselves in old rural, seafaring Holland, our coach will take us to Schiphol airport.
- The excursion is only available to guests whose flight departs after 6pm.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2757	6 Hours approximately	Easy	EUR 80.00	EUR 56.00

Type

Cultural	Good for shopping	Recommended to families	Meal Included

AMSTERDAM

AMSTERDAM CITY TOUR AND CANAL CRUISE

Description

Short itinerary featuring the major landmarks in the Dutch capital, with the added attraction of an unmissable cruise along its typical canals to admire the charm of this "Venice of the North" from the water. We will see the splendid buildings and magnificent monuments that enhance Amsterdam and we will find out more about its history.

What we will see

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2762	3 Hours approximately	Easy	EUR 50.00	EUR 35.00

Type

Sightseeing	Cultural	Recommended to families	Most wanted

AMSTERDAM

THE WINDMILLS OF ZAANSE SCHANS AND THE VILLAGE OF VOLENDAM

Description

An exciting itinerary which takes us back in time to the windmills of industrious, rural Holland and an ancient fishing village where it is not unusual to see local people dressed in traditional clothes. We will visit two of the most fascinating places in the Netherlands, with enchanting picture postcard scenery.

What we will see

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2763	6 Hours approximately	Easy	EUR 80.00	EUR 56.00

Type

Sightseeing | Cultural | Meal Included

AMSTERDAM

AMSTERDAM'S HISTORIC BUILDINGS, CANALS AND MARKETS, AND THE HEINEKEN EXPERIENCE

Description

A day of fun and entertainment. We will go on a sightseeing tour through the streets of Amsterdam to see some of its most famous buildings, we will hop on board a boat for a picturesque cruise along the canals, we will stroll through two of Amsterdam's most typical markets and succumb to the Heineken Experience in the old factory that has been converted into a tourist attraction.

What we will see

- Amsterdam
- Dam + Royal Palace + New Church
- Canal cruise
- Flower market and Albert Cuyp market
- Heineken Experience

What we will do

- We will leave the ship and start our day with a pleasant sightseeing tour of the incredible city of **Amsterdam**. The constant presence of water is always fascinating; it is an integral part of the city's character.
- On the journey we see the huge central square called the **Dam**, home to the majestic, Dutch Baroque-style **Royal Palace** used by the king for official visits and functions, and the 14th-century **New Church**, used as an exhibition hall and for the

Dutch royal family's wedding celebrations and investiture ceremonies.

- After the tour, we leave the coach for the second part of our itinerary when we board a boat for a picturesque **cruise** along the city's famous **canals**.
- When you see such stunning sights, you will not be surprised to discover that the city that has earned the name, "Venice of the North" and has been declared a UNESCO world heritage site.
- After our boat cruise, we board the coach again and head to two of the most famous markets in the city: the **Flower market** and the **Albert Cuyp Markt**. The former is the first and only floating flower market in the world, a status it has held since the second half of the 19th century when flowers and plants were brought into the city on a daily basis across the water. Today it is a popular tourist destination where you can find bulbs and all kinds of souvenirs for sale, as well as flowers and plants.
- The Albert Cuyp market, very popular with the Dutch and very busy in all seasons, has not been completely discovered by tourists yet. Every day, 260 stalls offer the many visitors all kinds of products, from clothing to food. While we roam freely in this flurry of images, colours and aromas, we can treat ourselves to a tasty cup of "Dutch style" coffee and a delicious *stroopwafel*, the famous typical waffle made from two thin wafers filled with caramel syrup.
- Before embarking on the next stage of our trip, we can enjoy some free time for a quick **lunch** in one of the many bistros in the area.
- Not far from this incredibly vibrant commercial street, the most exciting part of our day awaits us: the **Heineken Experience**. We enter the old factory that produced the famous Heineken beer which has been converted into a tourist attraction for a fantastic, interactive and dynamic tour of the Heineken world. We will learn everything there is to know about the history of the brand that goes back more than a century, one of the three biggest brands in the world, and before leaving we sample a nice glass of Heineken . On the house!
- Minors under 18 years of age must be accompanied by an adult.
- The minimum age permitted for the consumption of beer is 16.

INFORMATIONS

Code	Duration	Level	Adult price	Child price
2946	7 Hours approximately	Easy	EUR 80.00	EUR 56.00

Type

Sightseeing	Cultural	Meal not included

Legenda

ICONE	DESCRIZIONE
	Easy tour with this designation involve walking over relatively lever terrain. Comfortable shoes are recommended.
	Moderate Tours with this designation can involve a considerable amount of physical activity such as walking over cobblestones or uneven surface, climbing stairs or steep terrain, swimming in a light current, or bicycle riding. They are not recommended for guest with walking difficulties. Comfortable sturdy shoes are recommended.
	Hard Tour with this designation involve high physical exertion for extended periods of time. The terrain may be uneven or steep. They are recommended only for physically fit and adventurous traveller.
	Sightseeing these are primarily motor coach excursions with an emphasis on sight-seeing and very little activity.
	Water Activity Involves the opportunity to swim or the possibility of getting wet.
	Fun dedicated to a young public keen on entertainment.
	Eco Natural Trail dedicated to nature lovers.
	Tasting a light snack will be provided on this excursion.
	Meal not included during excursions free time is given to organise lunch individually.
	Most wanted Guest surveys indicate a high degree of satisfaction with these tours.
	Basket Lunch a packed meal is provided from the ship.
	Good for shopping specially dedicated to shopping lovers.
	Cultural dedicated to history, culture and local traditions lovers.
	Disable friendly Excursions with the handicap sign are for guests with mobility difficulties however should be able to move around independently. Guests in wheelchair out on excursion need to be accompanied by a third party as assistance by the ship will not be provided. The majority of our agencies require that the wheelchairs be retractable because sometimes the necessary space needed for a wheelchair is not available. We kindly ask you to contact the Excursion Office as soon as possible, upon embarkation, to ensure that we find the best possible solution and to reserve the appropriate seat in the required bus before the departure of the excursions. For further information and for a solution that best fits your need please contact the Excursion Office.
	Sports Lovers for the adventurous, there are our most active shore excursions.
	Recommended to families includes activities that are appropriate for families travelling with children.
	New Brand -new Tour
	Meal on board back on board for lunch/dinner, your guide will be ready to continue the excursion at the end of it.
	Meal Included a meal will be provided on this excursion.

Refreshments included
Refreshments included.

Information Notes

PRACTICAL GUIDE TO EXCURSIONS

Booking excursions
You can book your excursions before departure at www.mycosta.it by registering and filling in the online form or, on board, by using the interactive TV system from the comfort of your own cabin or by visiting the Excursions Totem (services only available on board selected ships), or at any stage during your holiday by dropping off a completed Tour Order Form in the drop box located in the main hall of the ship. Excursions Office staff will be happy to offer you advice and assistance.

Number of participants
Some excursions require a minimum number of bookings and/or a maximum number of participants. These excursions are available on a first come first served basis, so it is advisable to book them well in advance.

Duration
The stated duration of excursions is subject to change without prior notice and can vary due to unforeseen circumstances, such as adverse weather conditions and/or transport delays. The order of certain visits may also be changed for the abovementioned reasons. You are therefore kindly asked to respect the times announced by the tour guides (stops for food, stops to take photographs, etc.).

Description
The descriptions of excursions are correct at time of publication of this document. In an effort to offer you the highest quality excursions program, in some cases the descriptions may vary slightly from the excursions themselves.

Guests with limited mobility
Please contact our onboard staff the day before your cruise. They will advise you and try to obtain the necessary equipment for your on-shore excursion.

Personalised programs
Private cars, limousines or exclusive visits can be arranged upon request on day of departure by contacting the Excursions Office.

Prices
The prices of excursions include transport available on site, which might include coach, limousine, taxi, funicular railways or boats. Meals and/or drinks are included only when specified in the itinerary of the excursion. Costa Cruises reserves the right to change the prices and itineraries of excursions without prior notice.

Children and kids
Children between the ages of 3 and 12 are entitled to a 30% discount for excursions on cruises in the Mediterranean and Northern Europe, 25% for cruises in South America and Transatlantic cruises from/to South America, and 10% for cruises to the Caribbean and Transatlantic cruises from/to the Caribbean.
There is no charge for children up to the age of 3 provided that parents carry them during transportation.

Squok Club
Children between the ages of 3 and 12 can have fun at the Squok Club while their parents enjoy their excursion. The service is free, but must be requested in advance.