**FLAM (Norway)**

FLA01 - STALHEIM & UNDREDAL - 69 EURO

Duration: approx. 3 hours

Starting from the pier in Flåm, your tour begins with a drive through Norway’s stunning landscape to the village of Gudvangen and continues through a narrow valley to reach Stalheim, home to one of Norway’s most spectacular views. Once you have had a chance to relax over pastries and coffee, the coach will take you back down the valley via Norway’s steepest road, the Stalheims-kleivi with its 13 hairpin bends before reaching the tiny village of Undredal where you will briefly stop for picture taking. Do take your camera to capture the many awe-inspiring views of Norway’s ruggedly beautiful and incredibly green countryside on your way back to Flåm and your ship. Please note: the excursion includes driving through a series of long tunnels so it is not suitable for guests who suffer from claustrophobia. The road in Stalheim is very steep and curvy. Guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions’ Desk promptly once they are on board so that arrangements can be made.

FLA02 - THE SNOW ROAD TO LÆRDAL - 99 EURO

Duration: approx. 5 hours

The tour begins at Flåm pier and we will drive along the fjord to the village of Aurland. From here, through the longest tunnel in the world, we will continue our journey to Lærdal. The historic heart of Lærdal village is made up of heritage buildings dating back to the XVIII century. Lærdal is renowned for its excellent salmon fishing, with the Lærdal River known as the “Queen of the Salmon Rivers”. You will have free time to spend in the village before returning to Flåm along the Snow Road. This takes us high up in the mountains, 1.309 metres above sea level. There will be a short break along the way before we return to the port. During the tour, we will also visit the historic wooden Borgund Stave Church. Please note: this tour is not suitable for guests who suffer from claustrophobia or have walking difficulties; there are some steps at the Borgund church. Yet, wheelchair users can take part, but they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions’ Desk promptly once they are on board so that arrangements can be made. This tour is not available on calls falling in May.

FLA03 - WATERFALLS & THE WHITE CAVE - 69 EURO

Duration: approx. 3.5 hours

After leaving the pier this excursion takes you, through a tunnel, to the village of Gudvangen where we will continue up the Nærøy Valley and on to Tvindefossen Waterfalls where we will make a photostop. “Tvinde” comes from an old Norwegian word meaning “double”; as there are actually two waterfalls that cascade next to each other. We will drive on through more tunnels to the White Cave of Gudvangen where we will trek through the deep caves and along underground pools, ending the visit with coffee in one of the cave chambers. Please note: this tour is not suitable for guests who are claustrophobic or have walking difficulties due to long periods of walking on uneven ground. In Stalheim, we will drive along a very steep and curvy road.

FLA04 - NORWEGIAN WATERFALLS & DRAMATIC SCENERIES BY TRAIN - 152 EURO

Duration: approx. 6 hours, lunch included.

Once you are ready for the steep roads and mountain tunnels of this region, you can sit back and enjoy the ride through spectacular countryside. Leaving the port of Flåm, we will traverse a long tunnel that takes us to Gudvangen, and the coach will climb through the steep, narrow Nærøy valley. We will travel up the mountain roads, with some sharp bends, to reach the Sivlefossen Waterfalls. We will stop at the Tvindefossen waterfalls, a twin cascade of two fabulous falls. The excursion continues to the town of Voss, prettily located on the Vangvatnet Lake. We will board a train to continue our outing across a range of stunning natural landscapes, before reaching Myrdal. Here, at 867 metres above sea level, we will change trains and continue down the breathtaking Flåm valley, travelling on the world famous Flåm Line. The train will pass by Kjosfossen waterfall to allow passengers enjoy the lovely view before terminating at Flåm station, on the Sognefjord, from where we can walk back to the ship. Lunch included. Please note: the excursion includes a long train ride through a series of tunnel. The order of the visits may change. Some groups will start the tour by train and end the tour by coach and vice versa. This tour is not suitable for guests who are claustrophobic, have walking difficulties or use a wheelchair. In Stalheim, we will drive along a very steep and curvy road.

FLA06 – NÆRØYFJORD & STALHEIM - 82 EURO

Duration: approx. 4 hours

The tour starts with a short walk from your ship to the pier located just in front of the railway station. Here you will board the sightseeing boat for a 2-hour pleasure cruise on the Aurlandsfjord and the Nærøyfjord. The cruise covers some of the most beautiful parts of the Sognefjord; we sail past steep, snow-clad mountains, rushing waterfalls and a living cultural landscape before disembarking in Gudvangen. The excursion continues by bus through the narrow and impressive Nærøydalen Valley with more impressive cascades, before arriving at the warm and welcoming Stalheim Hotel, some 1,237 feet above sea level, for coffee. We will continue driving along Stalheimskleivi, the old mountain road, Stalheimsfossen and Sivlefossen waterfalls with its 240 metres cascade; the road is very steep with a series of sharp hairpin bends. The last part of the tour takes us back through a long valley tunnel, through more mountain sceneries before arriving back at the pier in Flam. Please note: this tour is not suitable for guests who are claustrophobic as it includes driving through 2 long tunnels. In Stalheim, we will drive along a very steep and curvy road. Guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions’ Desk promptly once they are on board so that arrangements can be made.

FLA07 – EXCLUSIVE VISIT TO FLAM FJORD: RIB BOAT TOUR & NORWEGIAN BEER TASTING - 132 EURO

Duration: approx. 3.5 hours

Strange as it may seem, beautiful scenery and great beer have a lot in common: both take time in the making, both are best savoured at an unhurried pace and both benefit from adding some convivial company into the mix. This exclusive and leisurely tour will first see you board a RIB – a Rigid Inflatable Boat – to set sail down the magnificent Aurlandsfjord, a 29-km branch of Sognefjord. As you head for Beitelen for splendid views of Nærøyfjord, whose narrow course spans no more than 500 m in some places, you can expect to enjoy frequent breaks to soak up the area’s scenic charms and learn a little about its wildlife as well as its natural and cultural history. Once back in Flåm, you will then continue on foot to the Ægir Microbrewery for a taste of some locally produced speciality beer. The successful microbrewery teams state-of-the-art equipment with a blend of old Norse and local traditions to brew a product so good it won a much-coveted “Beer of the Year” award in 2012. A chance to get some fresh air and stretch your legs then follows on your walk back to the pier and your ship. Please note: as the tour involves a degree of physical exercise, guests must be physically fit, good swimmers and not suffer from any pre-existing back problems. Regardless of whether the cruise ship is berthed or whether tenders are used to transport guests to shore, guests must expect to walk approx. 300 m to reach the RIB landing stage. Flat shoes, preferably rubber-soled recommended; be prepared to get wet during the tour. Life-vest, goggles, gloves and survival suits provided.

FLA08 – FAMOUS STEGASTEIN VIEWPOINT & ØSTERBØ MOUNTAIN LODGE - 85 EURO

Duration: approx. 4.5 hours

Nature’s architect was never more artistic than when shaping the magnificent mountainscapes and fjords for which Norway is so famous – a landscape you can enjoy to the fullest on this entertaining and leisurely tour to two superb locations. A serpentine route through the rustic countryside will first take you to the lofty viewpoint at Stegastein, where a balustraded wooden walkway – approx. 4.5 m in width – invites visitors to take a deep breath and venture out into “open space” to be wowed by the awe-inspiring view. Do take some photos of the fjord and Aurland village below before you set off through Aurlandsdalen valley to your next stop, the Østerbø Mountain Lodge. Tucked away in pristine mountains next to a lake fed by waterfalls, Østerbø is as remote as they make places of outstanding natural beauty. Until the late ‘20s, Østerbø hosted a secluded mountain farm that was accessible only during the 4 short summer months of the year. Now, the place serves as a comfortable base for nature lovers, hikers and intrepid mountaineers. You will be served some refreshments to add to your enjoyment of this unforgettable spot before you take the same scenic route back to Flåm and your ship. Please note: the tour is unsuitable for guests suffering from vertigo and/or acrophobia, with walking difficulties or using a wheelchair.