Europe / Norway

Norway Bike Tour

Fjords, Farms, and Fisherman: Shades of Nordic Beauty in Sunnmøre
TOUR HIGHLIGHTS

- Bike through the dramatic scenery of the Sunnmøre region, including Norway’s humbling fjords and the switchbacks of Trollstigen, or Troll’s Road
- Share purposeful culinary experiences with locals: gather mussels in a remote village with a sommelier, quaff a beer at home with our friend Björn, and meet a fisherman who shares his morning catch
- See the UNESCO-listed West Norwegian Fjords from a different perspective on a private boat ride into the Tafjorden
ARRIVAL + DEPARTURE

Arrival Details

Airport City:
Ålesund, Norway

Pick-Up Location:
Hotel Brosundet in Ålesund

Pick-Up Time:
9:00 am

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Departure Details

Airport City:
Ålesund, Norway

Drop-Off Location:
Hotel Brosundet in Ålesund or Ålesund airport

Drop-Off Time:
11:00 am

NOTE: DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or emergency@duvine.com.

Travelers Take Note

Weather in Norway can change quickly. Prepare for cool temperatures and rain (even in midsummer) and pack accordingly. We suggest layers and waterproof cycling apparel.
Tour By Day

**MYTHICAL HJÒRUNDFJORD**

Meet your guides in Ålesund for a short transfer to a peaceful ferry port; even before our first mile, the views are unimaginable. Get fitted to your bike and begin the week’s first fjord ride, following a ribbon of pavement along the mountainous shore of the Hjørundfjord. Tiny farms and settlements cling to the slopes, defying gravity and the elements—a testament to Norwegian persistence and resourcefulness. At lunchtime, a local family hosts us at their farm. After a warm welcome to this whimsical corner of the world, our hosts take us by boat to the end of the fjord. From there, continue cycling to our Relais & Châteaux manor in the village of Øye. The setting alongside Norangsfjord is beyond your wildest imagination, and it’s easy to understand why this hotel has attracted renowned and royal visitors since 1891.

**Meals:** Lunch / Dinner  
**Destinations:** Solavågen, Store Standal, Trandal, Øye  
**Accomplished:** 22 miles / 36 km, elevation gain: 1,158 feet / 353 meters  
**Shorter Option:** 14 miles / 23 km, elevation gain: 728 feet / 222 meters  
**Accommodations:** Union Øye

**WHERE MOUNTAINS MEET MUSSELS**

Even the light in Norway feels peaceful: wake to the sun filtering through mountain mist, then fuel up with a hearty breakfast. First, we cross the fjord by ferry and pedal up a valley punctuated by the occasional red barn or idyllic farmstead. Our route unfurls up and over two mountain passes and crosses into the next valley before winding along the Austefjorden. Arrive in a tiny village—population 12—to rendezvous with our local friend and sommelier. We’ll spend the early afternoon gathering mussels together in the pristine waters of the fjord, then enjoy them paired with some beautiful selections from her cellar. After lunch, a private boat ride brings us back to the hotel. Tonight’s dinner is another seasonal feast from land and sea, expertly prepared by the chef at Union Øye.

**Meals:** Breakfast / Lunch / Dinner  
**Destinations:** Sæbø, Vatne, Viddal  
**Accomplished:** 40 miles / 65 km, elevation gain: 3,424 feet / 1,044 meters  
**Shorter Option:** 27 miles / 44 km, elevation gain: 2,512 feet / 766 meters  
**Accommodations:** Union Øye
Alpine Loop

Cross the fjord again to conquer a winding mountain pass and descend into a wild valley defined by deep green pastures and red barns. Mighty peaks tower above on both sides and cars are almost nonexistent in this stretch of cycling paradise. Our destination is a traditional restaurant spread across a historic farmstead. Dine on local dishes paired with world-class wines before continuing our ride back down to the little village of Sæbø. Ferry back to our hotel for a final evening here amidst the alpine splendor.

**Meals:** Breakfast / Lunch / Dinner  
**Destinations:** Sæbø, Vatne, Viddal  
**Accomplished:** 40 miles / 54 km, elevation gain: 2,624 feet / 800 meters  
**Shorter Option:** 24 miles / 38 km, elevation gain: 2,342 feet / 714 meters  
**Accommodations:** Union Øye

Nordic Feast and Fjord

Today we’ll ride and dine across the Sunnmøre region, beginning on a gradual mountain pass that departs right behind our hotel. Pedal past alpine lakes and stone structures once used for shelter by local shepherds, then pull off to admire the view of majestic Geirangerfjord, a UNESCO World Heritage Site. At lunchtime, we reach a cheese and cider farm situated in a quiet valley, where the ninth-generation farmers offer a look into Norwegian cultural history and culinary traditions. After lunch, explore the fjord by boat with a local captain aboard to share his insight. Check into our final luxury hotel, designed to emulate the classic Norwegian family cabin.

**Meals:** Breakfast / Lunch / Dinner  
**Destinations:** Hellesylt, Stranda, Valldal  
**Accomplished:** 29 miles / 49 km, elevation gain: 2,335 feet / 712 meters  
**Accommodations:** Storfjord Hotel
A Change of Pace

With the big mountains behind us, we'll lean into the pace of local life and the rolling terrain along Norway’s inlets. Opt for a longer or shorter loop, pedaling in and out of small bays, onto headlands, and past colorful boathouses. Our destination is a sleepy farm where our friend Björn is eager to show us the meaning of Norwegian hospitality: he welcomes us into his home to sample a selection of local beers and delicacies, regaling us all the while with the best local gossip and lore. This evening we'll make the most of the midsummer evening, watching the light slowly dim over the fjords as we wind down our final evening in this special place.

**Meals:** Breakfast / Lunch / Dinner  
**Destinations:** Tennfjord, Helland, Skodje  
**Accomplished:** 24 miles / 38 km, elevation gain: 1,817 feet / 554 meters  
**Longer Option:** 45 miles / 73 km, elevation gain: 3,247 feet / 990 meters  
**Accommodations:** Storfjord Hotel

Farewell, Fjords!

If you wish, there will be time this morning for a final spin along the coast. Your guides will arrange a transfer into Ålesund or the Ålesund airport in Vigra and send you off to your next destination.

**Meals:** Breakfast  
**Destinations:** Ålesund
Preparing for Your Tour

Travel Services
DuVine can assist with the following reservations for up to three days before and after your tour.

- Pre and post-trip hotels in all major cities, in addition to the first and last on-tour hotels
- Private transfers

DuVine’s travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your Tour Coordinator.

Travel Protection
DuVine offers a Travel Protection Plan to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

Gratuity
Gratuities are much appreciated to thank DuVine guides for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount per guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip. For alternate methods of tipping (including Venmo, PayPal, and TransferWise), please see our FAQs.
YOUR TOUR DETAILS

Bikes
DuVine’s top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please see our website for the exact bike models offered on tour. Additionally, e-bikes are available on most DuVine tours. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Electric assist is available on a first-come, first-served basis. Contact your Tour Coordinator if you are interested.

Electrical Overseas
If you’re traveling abroad, you will most likely need an adapter, which allows your device’s plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

Training
First and foremost, get out on your bike and start logging some miles. Nothing compares to the real thing, but if you can’t cycle outside, consider spin classes. Experience with the elements of wind, actual hills, terrain, etc will help with your comfort level (balance, unexpected conditions, etc.) on tour. Always remember, training is a gradual process—don’t try to overdo it or push yourself when you aren’t ready. However, the most important part of training is to enjoy your ride! Download a training guide based on your Tour Level.

Travel Sustainably
DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers. Read more about sustainability at DuVine.
YOUR PACKING LIST

On The Bike
- Cycling jerseys or athletic shirts
- Cycling shorts
- Cycling shoes (if you bring your own pedals)
- Sneakers (if you don’t bring your own pedals)
- Athletic socks
- Arm/leg warmers
- Lightweight, waterproof, wind-resistant jacket or vest
- Bike gloves
- Bike saddle/cover (if you prefer your own)

Off The Bike
- Walking shoes
- Hiking shoes (if required)
- Long + short-sleeved shirts
- Sweater/jacket for evenings
- Dinner attire (dressy casual) + dress shoes
- Swimsuit

Travel Items*
- Travel confirmations + tickets for air, rail, etc.
- Passport, including photocopy
- Local currency
- DuVine Tour Itinerary (with meeting + departing info)
- Health insurance information
- Medications
- Cycling gear (+ pedals) if riding on Day 1
*We recommend keeping these items in your carry-on

Additional Items
- Cell phone + charger
- Photography gear + charger
- Power/plug adapter
- Toiletries
- Sunscreen, sunglasses, + other sun protection gear
- Insect repellent

What We Provide
- Bike saddle
- GPS (where available)
- Flat or caged pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

Do I need to bring special gear?
- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don’t forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you’ve never used clip-in pedals before, we don’t recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather
- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go
- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

Order DuVine Gear
Want DuVine bike shorts to match your complimentary jersey? To order, contact tourcoordinators@duvine.com. Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.
We strongly suggest that you read these simple safety instructions. They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic ("car up") or pot holes ("pot hole").
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, breaking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.