

ITINERARY 2025 NORWAY

Updated on 5/22/25

The Best of Norway during St. Olaf's 150th Anniversary Year

Led by Jane Becker Nelson '04, Director of Flaten Art Museum, and Peter B. Nelson '04, Associate Professor of Art and Art History
May 26–June 8, 2025

This tour was custom designed for you to attend two St. Olaf Orchestra concerts as that ensemble tours Norway, explore Norwegian art, history, culture, and nature, and cap off the celebration of the 150th anniversary of the founding of St. Olaf College.

This itinerary is subject to change.

Travel demands flexibility. We will strive to balance adaptability with remaining on schedule. Please trust that, when it is not possible to follow the plan laid out below, your tour leaders will work with the tour manager to find substitutions that retain the quality of this Study Travel program. Various details may be added or changed on site, especially because of the weather. BLD indicate included group meals. **National Guide: Per Bjørn Brandsæter, +47 90854704**

Monday, May 26**Depart USA****Memorial Day (U.S.)**

Depart the U.S. on your individually-booked flights.

Tuesday, May 27**Arrive Oslo (D)**

Upon arrival in Oslo, make your own way to the group hotel. At 5 pm, we'll start the tour with introductions in a meeting room at the hotel (check with the front desk for the room name and location), and then walk to a nearby local restaurant for our welcome dinner. (Tonight's menu is a main course and dessert, with one drink included: beer, wine or mineral water.) Overnight at [Comfort Hotel Karl Johan](#).

Wednesday, May 28**Oslo (BD)**

Throughout the tour, feel free to have breakfast whenever you like during the hotel's breakfast hours. Tables will not be reserved for our group. At 10 am we'll meet a local guide at the hotel for a two-hour walking tour that shows us the highlights of Oslo's city center. Lunch on your own and free time. Group dinner. (Tonight's menu includes shared starters, and then one main dish, which you'll select at the restaurant from a limited menu.) Overnight at Comfort Hotel Karl Johan.

Thursday, May 29**Oslo (B)****Ascension Day, Happy Birthday, Matt!**

At 9 am, we'll have a one-hour discussion led by Jane on Edvard Munch at a meeting room in the hotel, and then walk to the Munch Museum for a self-guided audio tour. (A docent is not available due to Ascension Day.) Remainder of the afternoon free with lunch and dinner on your own. At 7 pm, attend the **St. Olaf Orchestra concert** at the Oslo Domkirke with the Oslo Chamber Choir. After the concert, return to our hotel for a reception with Conductor Chung Park and a handful of student musicians. Overnight at Comfort Hotel Karl Johan.

Note: Ascension Day is a public holiday in Norway. The Munch museum has reduced opening hours. Restaurants and cafés should be mostly open; some might have reduced opening hours.

Friday, May 30**Oslo (BD)**

At 10 am we'll take a short ride on our private bus to the Norsk Folkemuseum for a guided tour. The bus will leave for the hotel at 1 pm so you can spend some free time at the museum and have lunch on your own, if you wish. If you don't need the bus transportation again, feel free to head out whenever you like. In the early evening we'll walk to the Oslo Opera House for a group dinner, followed by a performance of *Tosca*. Overnight at Comfort Hotel Karl Johan.

Saturday, May 31**Oslo to Jotunheimen Area (BD)**

During breakfast at the hotel everyone will make a matpakke, a packed lunch, to bring with today. We recommend you officially check out of the hotel at the front desk; if there are any incorrect charges billed to your room, it's easier to dispute them in person. At 8:30 am our private coach heads north-east out of Oslo for a several hour drive with rest stops. First we'll stop at the home of Kari Berit '86 and John Chamberlain '84 for refreshments and a look around a contemporary Norwegian homestead. Then we'll drive some more to visit Ringeby Stavekirke for a guided tour, and a late lunch on your own at the farm cafe next door. We'll continue our drive and arrive at our hotel around 6 pm. Group dinner at the hotel (four courses) and overnight at [Røisheim Hotel](#).

Sunday, June 1**Jotunheimen (BLD)**

Once again you can make a matpakke to enjoy later in the outdoors, like a true Norwegian. Travel by private bus to the trailhead and meet a local guide who will lead us on a 4-to-5-hour-long hike, including a break. Hopefully, the weather will be with us, and we will see all the spectacular peaks around us. The hike is easy and only includes a slight elevation. Return to the hotel after the hike for some free time. Group dinner and overnight at Røisheim Hotel.

Monday, June 2**Jotunheimen – Geiranger (BD)**

Check out of the hotel, our private bus departs at 9 am. Today's drive takes us over a mountain with soft rolling hills, before we start the dramatic drop from the mountain to the Geirangerfjord. We'll take time to stop for spectacular views and take photos, and bathrooms and snacks, which you may wish to purchase and eat on the bus, because time is tight today. We'll arrive at our hotel around noon, with about a ½ hour to change clothes if you wish to do so before our next adventure. At 12:30 our bus will take us own to the fjord, where we are greeted by our kayak guide for a 2-to-3-hour easy kayak in this UNESCO heritage-protected fjord, returning to the hotel by 5:30 pm. Our group dinner at the hotel is at 6:30. Overnight at [Geiranger Union Hotel](#).

Tuesday, June 3**Geiranger – Ålesund (BL)**

Breakfast and check out of the hotel. Our bus departs promptly at 8 am so that we can get to the ferry on time. Enjoy a one-hour scenic ride from Geiranger to Hellesylt. From there we'll drive up from the fjord and down the Nordangs Valley to our group lunch at the historic Hotel Union Øye. We'll continue the scenic drive out of the fjords to Ålesund. Shortly after check-in at the hotel, Peter will give a talk in a hotel meeting room about his artwork and the life of an artist. The remainder of the evening is free with dinner on your own. For those with some stamina, we recommend taking the town stairs up to the viewpoint Aksla for some great pictures of the city. Overnight at [Quality Hotel Ålesund](#)

Wednesday, June 4**Ålesund – Trondheim (BD)**

Breakfast and check out of the hotel. At 8 am our bus departs for the long drive north to Trondheim. The route takes us up the spectacular Romsdalen; we'll stop at Trollveggen (Northern Europe's tallest vertical cliff) for bathrooms, snacks, and photos if you wish. Later on we'll stop in Dovrefjell for a lovely

Wednesday, June 4 continued

walk up to Viewpoint Snøhetta. This little mountain lodge was built by the same architects who built the Opera in Oslo, and carries the name of the mountain you see, Snøhetta, which means snow hood. The walk has a slight elevation and takes about 30 minutes roundtrip (depending on the walking pace). On the path there are rocks inscribed with a brief history of the area from the ice age until now; our guide can translate. For the rest of the drive over the mountain path, you should keep your eyes peeled – if we are lucky, we might spot a muskox grazing. At Oppdal we'll stop for lunch on your own. The tour operator has provided some recommendations:

- Spisbar for sandwiches and salads
- Vaffleriet for a special sandwich made with waffles
- Bakeriet Sprø for sandwiches and local produce (you can also buy cheeses and other locally made foods, and European delicacies)

The drive then continues to Trondheim, arriving around 5 pm. We'll take a short walk for a 7:30 pm reservation at local restaurant Tollbua. (Three course menu, including one beer, glass of wine, or non-alcoholic drink). Overnight at [Clarion Hotel Trondheim](#).

Thursday, June 5 Trondheim (BL)

Once again during breakfast at the hotel we'll make a matpakke before departing. A new coach picks us up at the hotel and takes us to Ranheim Kirke so that we can walk a bit of the St. Olav Way! As visitnorway.com puts it, "Walk through Norwegian culture, learn about Nordic history, and take part in a centuries-old tradition. Regardless of your spirituality, a pilgrimage is a journey in more than one sense." The total walk is about 12 km long, and will take us along the fjord to Ringve Botanical Garden, then past Lade Kirke, Lademoen Kirke, and Kristiansen Festning (there's a bit of elevation here, but a good view over the city). We'll finish by walking across Bybrua over Nidelva before getting to Nidaros Cathedral, where St. Olav is buried. We'll take our time with this walk, stopping to eat our picnic lunches. Anyone who feels uncomfortable finishing the walk will have multiple options to grab a taxi (at your expense) back to the hotel. The rest of the day is free with dinner on your own. Overnight at Clarion Hotel Trondheim.

Friday, June 6 Trondheim (BL)

At 9 am we'll make the two-hour drive to Stiklestad National Cultural Center. We'll take a three hour guided tour, including trying our hand at some Viking activities, and finish with a Viking-themed group lunch. We'll depart Stiklestad at 4 pm. Dinner on your own in Trondheim. Overnight at Clarion Hotel Trondheim.

Saturday, June 7 Trondheim (BD)

At breakfast you can make matpakke if you wish, and you would pay directly at the breakfast buffet. At 10 am we'll gather for thoughts on our time in Norway and an informal wrap-up conversation at the hotel, and then take a bus to Nidaros Cathedral for a guided tour at 11 am. Lunch on your own and some free time. Around 4 pm we'll meet in the lobby to walk to an early farewell dinner at Troll Restaurant, and then take public transportation to our final **St. Olaf Orchestra concert** at 7 pm at Nidaros Cathedral. Overnight at Clarion Hotel Trondheim.

Note: Although it is not a public holiday in Norway, shops, including grocery stores, typically close earlier than normal on Whit Saturday, also known as Pentecost Eve.

Sunday, June 8, 2024

Til neste gang! (B)

Whit Sunday

After breakfast, make your own way to the airport for your individually-booked flights home, or onward according to your plans. Until next time!

Note: Pentecost, a Christian holiday that commemorates the belief that the Holy Ghost descended upon the disciples of Jesus Christ, is a public holiday in Norway. Also known as Whit Sunday, it is a day off for the general population, and schools and most businesses are closed.