

Along, across and around the world's most famous fjords: This is motorcycling in Norway!



RIDING DAY 1: ÅLESUND - ÅLESUND

Standard Route (205 km / 127 miles)

An easy start: Today we explore Runde, the bird island!

Thirty minutes from Ålesund, we board our first ferry and cross over to the island of Hareid and the town of the same name. Admiring the scenic views towards the sea and the still snow-covered mountains in the background, we approach Runde via several small islands that are connected by bridges of almost 0.6 miles in length.

Runde offers three options: The tough ones go for a 1.5 hour steep up- and downhill hike to get a view of the bird rock that hosts thousands of seabirds. If you are not up to a physical workout, take a boat ride of about 2 hours around the island to experience this spectacular place and hear the noise a lot closer – but watch out! Some birds might drop something on you. Or just grab a chair at the Runde Café, sit outside in the sun and enjoy the wonderful view towards the mainland. On the way back you can include an additional loop around the island of Gurskøya. After looking at the rugged coastline and all the scattered islands, you won't find it hard to believe that the Norwegian coastline is a staggering 36,000 miles long.

Highlights:

#1: Ålesund



The picturesque little town of Ålesund (population ~45,000) is crowded onto a narrow fishhook—shaped peninsula. It is considered by many to be even more beautiful than Bergen and it's far less touristy. After the sweeping fire of January 23, 1904, which left 10,000 residents homeless, the German emperor Wilhelm II sent shiploads of provisions and building materials to Ålesund and it was rebuilt in

characteristic Art Nouveau style. Canals and bridges add to the harbor atmosphere so that the town with its turrets, spires and gargoyles is also nicknamed "Little Venice".



#2: Runde (Bird Island)



With a population of only 160, this little island plays host to half a million sea birds of 230–240 species including 100,000 pairs of migrating puffins that stay here from May until late July. You may also see different kinds of seagulls, cormorants, eagles and many more.



RIDING DAY 2: ÅLESUND - ÅLESUND

Standard Route (350 km / 217 miles)

Today is the day you have all been waiting for: Geiranger-Day! The world's most famous fjord offers dramatic beauty that we can marvel at during 45 min ferry cruise from Geiranger to Hellesylt. Our warm-ups for this spectacular scenic cruise are Ørnesvingen (the "Eagle's Road") and Geirangervegen. Both are masterpieces of road construction, and carving through the bends and hairpins is almost too much fun. You can and should also ride on Scandinavia's highest road to Dalsnibba and enjoy an incredible view to Geirangerfjord – 5,000 ft. below!

Highlights:

#1: Geirangervegen



The road from Geiranger to Djupvasshytta is only 10 miles long, but it is a masterpiece of road construction. In fact it received a prize for being just that, during the 1924 World Expo in Paris. From Djupvasshytta you have the opportunity to ride up to Dalsnibba (toll road), at almost 5,000 ft., Scandinavia's highest road. The view from there, down to Geiranger fjord will simply blow you away.

#2: Ørnesvingen (Eagle's Road)



The "Eagles Road" features 11 hairpin turns and each of them offers superb views of the narrow fjord and the surrounding mountains. The viewing platform next to the highest hairpin is the best spot for a great group picture.

#3: Geirangerfjord



Norway's premier tourist attraction is a breathtaking array of crystal clear water, towering rock walls, abandoned farms and countless waterfalls. Even large cruise ships frequently find their way through the narrow fjord and sometimes three or four of them anchor at Geiranger town.



RIDING DAY 3: ÅLESUND - ÅLESUND

Standard Route (270 km / 168 miles)

Trolls are ugly little creatures with oversized noses and feet and shabby clothes. They live on high mountains and snowfields, in waterfalls and under rocks, and can be several hundred years old. Nobody has ever seen one and most likely you won't see one either – at least not outside a souvenir shop – but the Norwegians insist that trolls live all around them.

On today's ride we are going to see Trollveggen ("Troll's Wall"), Europe's highest vertical rock wall (3,300 feet), with the top reaching 5,700 feet, and Trollstigen ("Troll's Staircase"), Norway's most famous mountain road. On the way down we can have a look at Gudbrandsjuvet, Norway's narrowest gorge, and then sample Norway's best strawberry cake at the restaurant "Jordærstova."

Highlights:

#1: Trollveggen



Towering almost 5,700 ft. above the Romsdalen valley floor, Trollveggen is Europe's highest vertical rock wall (3,300 ft). This is a paradise for rock climbers, but even with your feet firmly planted on the ground, the view up the sheer rocks is awe-inspiring.

#2: Trollstigen



Opened in 1936 by King Haakon VII after 11 years of construction, it is the most famous and spectacular mountain road of Norway, which turned into the most popular tourist attraction of the country. The view of the 11 hairpin turns in this almost vertical rock wall and down into the valley 2,500 ft. deep and surrounded by impressive mountain ranges is simply gorgeous! Norwegian folklore

includes references to all sorts of supernatural beings – and the most famous of them all is the troll, which is thought to have emerged in Norway at the close of the last Ice Age. Trolls are said to inhabit gloomy forests, moonlit lakes, deep fjords, snowy peaks and roaring waterfalls, but they are predominantly creatures of shadow and darkness. They come in all shapes and sizes, their lifespan is several hundred years, and it is said that they have produced both Thor's hammer and Odin's spear.



#3: Stordal gamle kyrkje (Rose Church)



The small town of Stordal is home to the famous Rose Church, built in 1789. With its unique Baroque and Renaissance adornments on walls, ceiling and pillars, it is a church like no other. Many of the lovely artifacts date back to the old stave church that was situated here during the Middle Ages, among them a font and a crucifix.



RIDING DAY 4: ÅLESUND - ÅLESUND

Standard Route (345 km / 214 miles)

Are you ready for another beautiful riding day? Today there won't be any serious altitude differences, instead you will see water – lots of water! Our ride leads us along the Norwegian coastline almost all day long.

It takes us about 1 ½ hours on the beautiful, twisty 661 to reach the ferry to Molde. Another half hour and we arrive in Bud, a small town at the westernmost tip of the Nordmøre peninsula. In World War II the Nazis built an underground fortress here, and today you can still see bunkers, cannons and other remains of these dark times.

The road continues along the coast and uses a series of bridges to cross over to Averøya Island - the Atlanterhavsvegen, or Atlantic Road. An optional side trip to Kvernes and its famous stave church adds another touch of history to our riding day before we make our way back to our home base in Ålesund.

Highlights:

#1: Bud



In 1940, Nazi-Germany invaded Norway and established forts along its coast. One of these forts can still be visited here in Bud. The exhibition features a system of underground tunnels and bunkers, numerous weapons and military equipment, as well as pictures and newspaper clippings of local events from the war.

#2: Atlanterhavsvegen (Atlantic Road)



Eight storm-lashed bridges between Vevang and the island of Averoya connect 17 islands. People here have to live with strong winds all year long and you can only imagine nature's wrath on a stormy day! The road was built between 1983 and 1989 and has attracted countless visitors since then. The British magazine "The Guardian" voted it "Best Road Trip" in 2006.



RIDING DAY 5: ÅLESUND - ÅLESUND

Standard Route (315 km / 196 miles)

There aren't many roads we haven't ridden during the last four days! However, there is still a white spot on our map: South of Ålesund there is a wonderful riding area across and along countless fjords.

The peninsula, framed by Nordfjord and Voldsfjord, is off the beaten track, with narrow roads and small villages. We cruise around fjord after fjord and take in the panoramic views along with the crisp, clean air. The road back leads us along more fjord shores, in addition to having a break and enjoying the wonderful views. The ferry from Lauvstad brings us back to E39 and it's only 1.5 hours and one more ferry to Ålesund and the farewell dinner. Pa gjensyn, Norge – good bye Norway, land of the Fjords. It's been a great time and we hope to see you again!

Highlights:

#1: Fjords



There are more than one thousand fjords in Norway, all along the coast. They resemble still blue lakes, but consist of saltwater, as they are prolonged arms of the seas, often reaching deep inland with majestic cliffs towering above on both sides. Dancing down the almost vertical mountainsides are beautiful, sometimes massive waterfalls from the glaciers high above you.

However, the key to understanding why the fjords are perhaps the most important symbol of Norway – and among its most popular attractions – lies in what they represent. More than anything, the fjords and the surrounding areas evoke images of a Norway of the past: A time when people lived as farmers in impossibly steep and rocky surroundings (in certain places they still do). A time when you could harvest from the blossoming fruit trees and a sheep's head was considered a delicacy (it still is). (www.visitnorway.com)



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EDELWEISS BIKE TRAVEL // Sportplatzweg 14, 6414 Mieming, Austria Tel.: +43 5264 5690 // Fax: +43 5264 5690 3

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