

NORWAY TRAVEL PLANNER

A LOOKBOOK & PLANNING GUIDE
TO HELP YOU PREPARE FOR YOUR
VISIT TO NORWAY



WHEN TO GO TO NORWAY



SPRING



SUMMER



FALL



WINTER

WHEN TO GO TO NORWAY

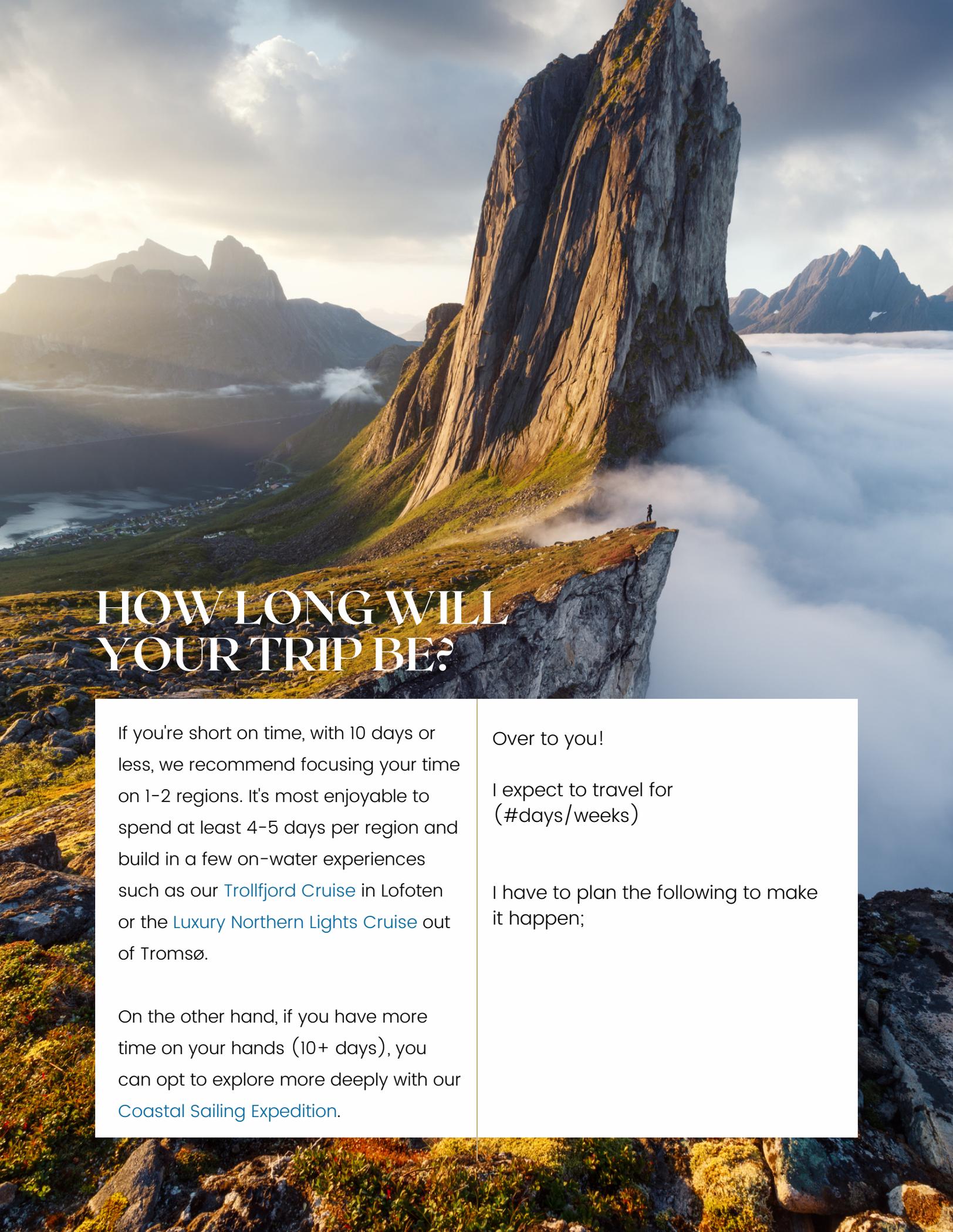
Norway is a land of natural beauty, with something to offer visitors no matter what time of year they choose to come. In the summer, enjoy the long days and warm weather while taking in stunning landscapes like the world-famous fjords. Or, if you prefer cooler temperatures, plan your trip for fall or spring and enjoy the vibrant colors of the changing leaves. Winter is also a magical time to visit Norway, when the country transforms into a winter wonderland covered in snow.

Summer is the busiest time to visit Norway, so be sure to book your accommodation and transportation in advance. Autumn and Spring are also beautiful times to visit, with the added bonus of fewer crowds. Winter is enchanting, especially if you're hoping to catch a glimpse of the Northern Lights which makes it busier than spring and fall but not quite as busy as summer.

Pair this with when you're able to get time off work, secure a housesitter etc and choose the time of year that works best for you.

NOTES

Over to you!
I will be going to Norway in:



HOW LONG WILL YOUR TRIP BE?

If you're short on time, with 10 days or less, we recommend focusing your time on 1-2 regions. It's most enjoyable to spend at least 4-5 days per region and build in a few on-water experiences such as our [Trollfjord Cruise](#) in Lofoten or the [Luxury Northern Lights Cruise](#) out of Tromsø.

On the other hand, if you have more time on your hands (10+ days), you can opt to explore more deeply with our [Coastal Sailing Expedition](#).

Over to you!

I expect to travel for
(#days/weeks)

I have to plan the following to make it happen;

WHERE TO GO IN NORWAY

Norway is a large country with plenty of different regions to explore. The regions of Norway are:

- The North: Tromsø, Finnmark, Nordland and Svalbard
- Central Norway: Trøndelag
- Western Norway: Rogaland, Vestland, and Møre og Romsdal
- South Eastern Norway: Vestfold og Telemark, Viken, Oslo and Innlandet

When planning your trip, it's important to choose a region that will best suit your interests. For example, if you want to experience the Midnight Sun, head to The North during the summer months. Or if you're looking for some winter fun, Southern Norway is home to some of the best ski resorts in the country.

NOTES

Over to you!

The region I would most like to visit is:

I am most interested in this region because

WHAT TO SEE IN NORWAY



FJORDS



ARCTIC CIRCLE



FISHING VILLAGES



WILDLIFE

HIGHLIGHTS BY REGION

THE NORTH

- Get above the Arctic Circle
- Visit Tromsø, the world's northernmost city
- [Sail the Lofoten Islands](#), known for their dramatic landscapes and home to some of the country's best beaches
- See the [Northern Lights](#) or [Midnight Sun](#) (extra awesome from our decktop hot tub!)
- See polar bears, walrus and icebergs in Svalbard

CENTRAL

- Dive into the history of Trondheim, Norway's former capital
- Experience the Røros region, a UNESCO World Heritage Site
- The Dovrefjell National Park in hopes to see reindeer or musk ox

WESTERN

- Bergen, the "Gateway to the Fjords" and most of the world-famous fjords of Norway. [Sail Bergen to Lofoten.](#)
- The Stavanger region, known for its great outdoor landscapes

SOUTHERN

- Oslo, the capital of Norway
- Kristiansand, a popular summer resort town

WHAT DO YOU WANT TO DO?

We recommend coming to enjoy the outdoors, take some hikes, go biking- either road cycling or mountain biking, enjoy the water whether it's fishing, sailing, or taking a fjord cruise. In the winter, come for some world-class skiing and snowboarding. Visit some small towns and get a taste of Norwegian culture and history. And of course, try the food! Norway is known for its fresh seafood, so be sure to try some while you're here. Other popular Norwegian dishes include kjøttkaker (meatballs), pølse (sausages), and waffles.

Hiking

With its stunning landscapes and plenty of trails to explore, Norway is a hiker's paradise. Whether you want to hike through the forests, up a mountain, or along the coastline, you'll find plenty of trails to suit your needs.

Biking

Norway is also a great place for biking, with plenty of both road and mountain biking trails. If you're looking for a challenge, try cycling up one of Norway's many mountains. Or if you prefer a more leisurely ride, there are plenty of scenic routes along the coast and through the countryside.

Water Sports

With its abundance of lakes and rivers, as well as the Arctic Ocean and the North Sea, Norway is a great place for all kinds of water sports. Popular activities include [sailing](#), canoeing, kayaking, rafting, and fishing.

Skiing

Skiing is another popular activity in Norway, especially in the winter months. The best areas for skiing are Trysil, Hemsedal, Geilo, Norefjell, Kongsberg and Hafjell. For backcountry skiers, areas like Lyngen, Lofoten, Senja and Sunnmøre offer some of the best terrain and views in Norway. [Try a Ski & Sail adventure!](#)

History and Culture

Norway is a country with a rich history and culture. Some of the most popular tourist attractions are museums and historic sites. The Vigeland Sculpture Park in Oslo is one of the most popular tourist destinations in Norway, with over 200 sculptures by Norwegian artist Gustav Vigeland. Other popular attractions include the Norsk Folkemuseum, the Kon-Tiki Museum, and the Viking Ship Museum.

WHAT DO YOU WANT TO DO?

NOTES

Over to you!

I would most like to experience:

I would most like to participate in (which activities)

HOW TO TRAVEL AROUND NORWAY

Where to Land in Norway

The three main airports in Norway are Oslo Airport (OSL), Bergen Airport (BGO) and Trondheim Airport (TRD).

- Oslo is the capital of Norway and the largest city, making it a popular entry point for many visitors. From here, you can easily access other parts of the country by train, bus or car.
- Bergen is the second-largest city in Norway and is often referred to as the gateway to the fjords. It's a popular starting point for cruises and other trips through the Norwegian fjords.
- Trondheim is the third-largest city and is located in central Norway. It's a great base for exploring the nearby countryside, including the spectacular Røros region.



Inter-Norway flights can get you into smaller airports like Tromsø, Bodø, Narvik, Stavanger, and Kristiansand which then allow you to explore the more remote areas of Norway.

Best places to research flights: Google Flights, Hopper, Momondo, SkyScanner



DO YOU NEED A CAR?

If you're planning on staying in one of Norway's cities, you probably won't need a car since public transportation is very reliable and efficient. However, if you're thinking of renting a car to explore Norway's stunning landscapes, we recommend opting for a smaller vehicle like a hatchback or SUV.

This will make it easier to navigate the narrow roads and winding tunnels found throughout the country. Just be sure to brush up on your driving skills and regulations before you go, as Norwegian roads can be quite different from what you're used to at home.

While you can get around Norway without a car, having your own vehicle gives you the freedom to explore at your own pace and really experience all that the country has to offer.

Best places to rent a car; Avis, Sixt, Europcar, Hertz

Best places to book bus, ferries and trains; Entur

If you don't want to drive, there are also plenty of buses, boats, ferries and train routes available.

Over to you!

I would likely get around by:

CREATING YOUR ITINERARY

Pro tips; try to stay min 2 nights per hotel, try to travel in the early mornings to avoid congestion, and pack light for optimal ease of movement.

Day 1

This is your departure day from home and may also be your arrival day into Norway.

My inbound flight details are;

- I will get to the airport via;
- I will stay at;
- I will get from the airport to my first hotel via;

Day 2

This is your acclimation day (jet lag treatment day). Take it easy, get up on Norway time and explore locally. Drink lots of water and sample the local foods. We recommend museums or city walks on your first day.

- I will see (1-2 things);
- I will stay at;

Day 3

Today you should be moving to your first main region/site to see, picking up your rental car, getting on a sailboat etc. The journey truly begins today!

- I will see (1-2 things);
- I will stay at;

Repeat this for each day of your trip adding in the critical times, places and reference numbers to help you not have to hunt for info each day. We recommend creating your itinerary in a tool like google docs or Notion and using their 'offline' settings to always be able to access your itinerary.

NOTES

Over to you!

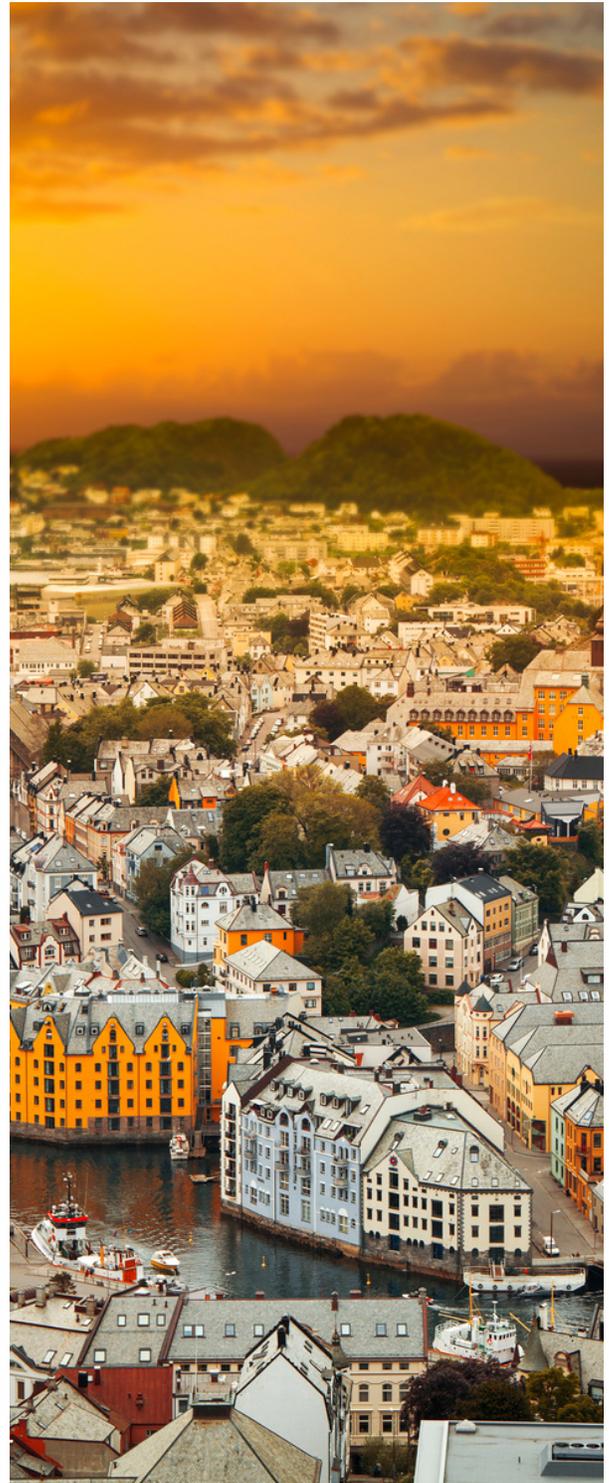
Create your itinerary outline in google docs or Notion. Set up the offline access and continue to add details as you finalize plans.

WHAT TO PACK FOR NORWAY

Lastly, be sure to pack appropriate clothing for the season you're visiting. In the summer, light layers are best, while winter temperatures call for warm coats and hats.

Packing List

- Hiking boots/walking shoes
- Adventure sandals
- Slippers/flip-flops (for huts or inside hotels)
- Warm sweater
- Rain jacket
- Rain pants
- sun hat
- Warm hat
- gloves
- Thermal underwear
- swimsuit
- travel towel
- Sunscreen
- Sunglasses
- Camera
- day pack
- Norwegian phrases book



Over to you!

Print this page and add other essentials to the packing list.

WE LOOK FORWARD TO SEEING YOU IN NORWAY!

Whether you're looking for a summertime escape or a winter wonderland, Norway has something for everyone. So start planning your trip today and get ready to experience all that this beautiful country has to offer!

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Cruises & Sailing Adventures

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