

Sognefjord in a nutshell incl. Glacier hiking Nigardsbreen

Please notice! You may also choose other options than the suggested travel routes. We recommend to use 3-5 days on this journey.

Round trip Bergen-Bergen

Day 1	Express boat from Bergen	08:00	Dep. from Strandkai terminalen Bergen
	Arriving Leikanger	12:15	Change from express boat to bus at Leikanger quay
	Bus from Leikanger	12:20	Bus has sign for SOGNDAL
	To Sogndal	12:50	(available time for excursion etc.)
	Overnight stay in Sogndal		
Day 2	Bus from Sogndal	08:35	Bus has sign for LOM NIGARDSBREEN, platform 4
	To Gaupne	09:12	(change from bus to bus)
	Bus from Gaupne	09:15	- Bus has sign for NIGARDSBREEN
	To Breheimsenter Glacier Center	09:55	available time for exhibitions, souvenirs and cafeteria
	Bus from Breheimsenter Glacier Centre	11:25	
	To Nigardsbreen Glacier	12:15	
	Glacier hiking incl. guiding on the ice		Total time approx. 3,5-4 hours (approx. 1,5 hour on the ice)
	Bus from Nigardsbreen Glacier	16:55	
	To Breheimsenter Glacier Centre	17:00	
	Bus from Breheimsenter Glacier Centre	17:00	Change bus at Breheimsenter Glacier Centre Bus has sign for GAUPNE SOGNDAL
	To Gaupne	17:42	
	Bus from Gaupne	17:45	Change from bus to bus - Bus has sign for SOGNDAL
	To Sogndal	18:35	
	Overnight stay in Sogndal		
Day 3	Bus from Sogndal	11:40	Bus has sign for LEIKANGER platform 3
	To Leikanger	12:10	Change from bus to express boat
	Express boat from Leikanger	12:15	
	To Flåm	13:25	Change from express boat to train
	Train from Flåm	14:50	
	To Myrdal	15:46	Change train from the Flåm Railway to the Bergen Railway
	Train from Myrdal	15:52	
	To Bergen	17:57	Bergen Railway station

One-way trip Bergen-Oslo

Day 1	Express boat from Bergen	08:00	Dep. from Strandkai terminalen Bergen
	Arriving Leikanger	12:15	Change from express boat to bus at Leikanger quay
	Bus from Leikanger	12:20	Bus has sign for SOGNDAL
	To Sogndal	12:50	(available time for excursion etc.)
	Overnight stay in Sogndal		
Day 2	Bus from Sogndal	08:35	Bus has sign for LOM NIGARDSBREEN, platform 4
	To Gaupne	09:12	(change from bus to bus)
	Bus from Gaupne	09:15	- Bus has sign for NIGARDSBREEN

	To Breheimsenter Glacier Center	09:55	available time for exhibitions, souvenirs and cafeteria
	Bus from Breheimsenter Glacier Centre	11:25	
	To Nigardsbreen Glacier	12:15	
	Glacier hiking incl. guiding on the ice		Total time approx. 3,5-4 hours (approx. 1,5 hour on the ice)
	Bus from Nigardsbreen Glacier	16:55	
	To Breheimsenter Glacier Centre	17:00	
	Bus from Breheimsenter Glacier Centre	17:00	Change bus at Breheimsenter Glacier Centre Bus has sign for GAUPNE SOGNDAL
	To Gaupne	17:42	
	Bus from Gaupne	17:45	Change from bus to bus - Bus has sign for SOGNDAL
	To Sogndal	18:35	
	Overnight stay in Sogndal		
Day 3	Bus from Sogndal	11:40	Bus has sign for LEIKANGER platform 3
	To Leikanger	12:10	Change from bus to express boat
	Express boat from Leikanger	12:15	
	To Flåm	13:25	Change from express boat to train
	Train from Flåm	16:05	
	To Myrdal	17:03	Change train from the Flåm Railway to the Bergen Railway
	Train from Myrdal	17:54	
	To Oslo	22:35	Oslo Central station

Jostedalen Glacier

The largest glacier on European mainland and is protected as a National Park. Nigardsbreen Glacier is one of the most spectacular and easiest accessible of the glacier arms.

Breheimsenter Glacier Centre

National Park Visitor's centre for the Jostedalbreen National Park. Breheimsenteret offers exhibitions and a cafeteria with fantastic view to the Nigardsbreen Glacier. Children's Climbing Room, within the cafeteria. Souvenirshop and tourist information for the Sognefjord region. You can sit inside or outside, both places with perfect glacier view and to unspoiled nature. Free wireless internet connection. The centre is the starting/meeting point for the glacier walk.

Practical information for the Glacier trip

When you arrive at the Breheimsenter Glacier Centre, you will see the sign for to meet the guide for the glacier walk.

Please be there 30 min before the glacier trip starts.

Warm, wind and watherproof clothing, sunglasses, lunch and solid shoes. The clothing must cover the whole body (no shorts or skirts without leggings).

On the glacier trip you will experience the blue ice world and learn about the exciting nature of the Jostedalsglacier. The trip is long enough to seek out some of the most impressive areas of the blue ice. You will learn how to use crampons and ice axe, visit ice caves, impressive ice towers and deep blue crevasses.

This glacier hike is not difficult or physically demanding although the route passes through some more challenging and some steep parts of the glacier.

