

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.

One-way trip Oslo-Bergen

Day 1	Train from Oslo	06:25 or 08:25	Oslo Central station
	To Myrdal	11:34 or 12:58	Change train from the Bergen Railway to the Flåm Railway
	Train from Myrdal	12:13 or 13:27	
	To Flåm	13:10 or 14:25	Change from train to express boat at Flåm
	Express boat from Flåm	15:30	
	To Leikanger	16:25	change from express boat to bus at Leikanger quay
	Bus from Leikanger	16:30	Bus has sign for SOGNDAL
	To Sogndal	16:55	available time for activities 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	16:00	Bus has sign for LEIKANGER platform 3
	To Leikanger	16:20	Change from bus to express boat
	Express boat from Leikanger	16:25	
	To Bergen	20:45	Arrival Bergen, Strandkai terminal (next to the Tourist Information)

Round trip Oslo via Bergen

Day 1	Train from Oslo	06:25 or 08:25	Oslo Central station
	To Myrdal	11:34 or 12:58	Change train from the Bergen Railway to the Flåm Railway
	Train from Myrdal	12:13 or 13:27	
	To Flåm	13:10 or 14:25	Change from train to express boat at Flåm
	Express boat from Flåm	15:30	
	To Leikanger	16:25	change from express boat to bus at Leikanger quay
	Bus from Leikanger	16:30	Bus has sign for SOGNDAL
	To Sogndal	17:00	available time for activities etc.

	Overnight stay in Sogndal		
Day 2	Bus from Sogndal	08:35	Bus has sign for LOM NIGARDSBREEN platform 4
	To Gaupne	09:15	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	11:45	
	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	16:15	
	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	16:00	Bus has sign for LEIKANGER platform 3
	To Leikanger	16:25	Change from bus to express boat
	Express boat from Leikanger	16:30	
	To Bergen	20:45	Arrival Bergen, Strandkaiteminal (next to the Tourist Information)
	Overnight stay in Bergen		
Day 4	Train from Bergen	15:58	Bergen Railway station, the Bergen Railway
	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 Jostedalsbreen 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 waterproof 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.

