

THE INNER FJORDS EXPLORER - CRUISE AROUND NORWAY'S ICONIC WESTERN FJORDS

Sail on this fjord cruise from Bergen through Norway's iconic Western Fjords, including the Sognefjord, Lysefjord, Hardangerfjord and Nordfjord. Witness Ålesund's Art Nouveau beauty, historic stave churches, and peaceful villages framed by waterfalls and mountains.



ITINERARY

Day 1 - Gateway to the fjords

For our intimate fjord cruise Bergen is the ideal place to begin. This beautiful mountain-ringed port is often called the Gateway to the Fjords, and what began as a small village home to King Olav Kyree in the 11th century is now Norway's second largest city. Nestled in Bergen's centre is Vagen Bay, the historic core of the city and home to the UNESCO-listed Bryggen quarter made up of charming cobblestone streets and boutique shops. Across from here, you'll find the famous fish market where you can sit down and enjoy fresh and delicious seafood dishes. Once we've welcomed you aboard, you'll meet your ship's Expedition Team who'll be your hosts and guides to the Norwegian fjords. Get acquainted with your shipmates and take some time to get comfortable in your new home-away-from-home. At 8pm we set sail. Enjoy your first meal aboard the ship, and watch Bergen recede into the horizon as we set a course southward towards the majestic fjords of Norway.

Day 2 - Rosendal and the heart of Hardanger



Sailing into the Kvinnheradsfjord, a branch of the great Hardangerfjord, feels like entering a world carved by time itself. The fjord's steep mountainsides, shaped by ancient glaciers, rise in sheer walls of green and grey, their slopes veined with waterfalls that plunge straight to the sea. Once an important route for farmers and traders, these deep waters still carry the quiet rhythm of coastal life. At its heart lies Rosendal, a beatific village framed by orchards and the white peaks of the Folgefonna Glacier. Here, history lingers in the 17th-century Barony Rosendal, Norway's only manor house of its kind, surrounded by serene gardens. You can stroll through these historic grounds, visit local art galleries, or enjoy coffee and home-baked treats in the garden cafe. Nearby, the Folgefonna National Park Centre reveals the story of the region's ice, rock and natural formations Please note: This is an explorer voyage, designed with the freedom to embrace scenic sailing. To give you the best possible experience, the Captain may adjust the route or the order of fjord visits in response to weather and light conditions.

Day 3 - Stavanger and the fjord of light

The day today belongs to the Lysefjord, one of Norway's most dramatic waterways. Towering cliffs rise more than 1,000m above the sea, and from the deck you may glimpse Preikestolen, or Pulpit Rock - a sheer plateau that has become an icon of Norway's wild beauty. The fjord's name, meaning "fjord of light", reflects the pale granite walls that gleam in shifting weather, shaped by ice and time. Later, we arrive in Stavanger, a lively coastal city where Viking heritage meets modern energy. The Old Town's white wooden houses line cobbled streets filled with cafes and galleries, while the waterfront offers museums, seafood restaurants and space to wander. As it's a weekday, this is an opportunity to browse the shops for souvenirs such as Norwegian design, woollen sweaters and local crafts. Just offshore lies Flor og Fjaere, a small island garden of subtropical blooms and even palm trees - an unexpected oasis in Norway's otherwise rugged coastal world. Please note: This is an explorer voyage, designed with the freedom to embrace scenic sailing. To give you the best possible experience, the Captain may adjust the route or the order of fjord visits in response to weather and light conditions.

Day 4 - Queen of the fjords

Today we sail into the magnificent, 179km-deep Hardangerfjord, often called the Queen of the Fjords. Its broad waters reach deep into the mountains, where glaciers glint above orchards and villages cling to the slopes. In spring, fruit trees burst into blossom while snow still crowns the peaks, and in autumn the ripe fruits hang from the boughs ready for harvest - a vision of Norway at its most poetic. It's no surprise that so many artists and painters have come to find inspiration here over the centuries - one of the most famous paintings being the Bridal Procession on the Hardangerfjord, by Hans Gude and Adolph Tidemand. At the fjord's innermost reach lies Eidfjord, a tranquil village surrounded by sheer cliffs and tumbling rivers. Here, nature and culture intertwine; you might visit the Hardangervidda Nature Centre, a gateway to Norway's largest mountain plateau, or take an excursion to the mighty Vøringsfossen waterfall, which empties dramatically into a mist-shrouded gorge. The area's deep valleys tell stories of farmers, fishermen and generations shaped by the fjord. Please note: This is an explorer voyage, designed with the freedom to embrace scenic sailing. To give you the best possible experience, the Captain may adjust the route or the order of fjord visits in response to weather and light conditions.



Day 5 - Deep into Norway's heart

Sailing into the Sognefjord is like following a silver thread into the very heart of the country. Known as the King of the Fjords, it stretches over 200km inland - so deep that by the time you reach its end you are almost in the middle of Norway. Towering cliffs rise above still waters, their faces etched by glaciers and dotted with the remnants of abandoned farms and homesteads. These ruins bear silent witness to the generations who once carved a hard living from these steep slopes. At the fjord's innermost point lies Skjolden, a tranquil village framed by waterfalls and snow-capped peaks. This was once a retreat for philosophers and artists seeking solitude, including the scholar Ludwig Wittgenstein. From Skjolden, you can explore the mighty Jostedalsbreen Glacier - mainland Europe's largest - or follow scenic trails through valleys and flowered meadows that lead toward ancient farmsteads. A little farther along the fjord stands the UNESCO-listed Urnes Stave Church, Norway's oldest, its wooden carvings blending Viking artistry with Christian symbolism. Standing before its weathered timbers, surrounded by mountains, you sense the deep continuity of life along these shores, where faith, craftsmanship and landscape have been intertwined for nearly a thousand years. Please note: This is an explorer voyage, designed with the freedom to embrace scenic sailing. To give you the best possible experience, the Captain may adjust the route or the order of fjord visits in response to weather and light conditions.

Day 6 - Art Nouveau by the sea

Arriving in Ålesund, you'll find one of Norway's most beautiful and distinctive coastal cities. Rebuilt after a devastating fire in 1904, Ålesund rose again in the graceful curves and pastel hues of Art Nouveau architecture - turrets, towers and floral details reflected in the surrounding waters. The town's setting is just as striking: a cluster of islands framed by mountains and sea, with views that unfold in every direction. Wander the cobbled streets and waterfront cafes or visit the Jugendstilsenteret Museum to learn how European design movements shaped this northern gem. For a sweeping panorama, climb the steps to Mount Aksla, where the city's intricate plan and the Sunnmøre Alps reveal themselves below. If time allows sample local seafood or browse small boutiques selling Norwegian crafts. Please note: This is an explorer voyage, designed with the freedom to embrace scenic sailing. To give you the best possible experience, the Captain may adjust the route or the order of fjord visits in response to weather and light conditions.

Day 7 - Glaciers, valleys and village life

The approach to Nordfjord is among the most scenic in Norway. Stretching over 100km inland, it links the open sea to glacier-carved valleys and mirror-bright lakes. The fjord's sheltered waters once carried Viking ships and trading vessels; today, it reveals a gentler rhythm of life where red boathouses, pastures and forested slopes line the shore. Steep mountains rise abruptly from the water, their tops dusted with snow well into spring, while waterfalls descend in silver threads from high plateaus. At the fjord's innermost reach lies Olden, a peaceful village framed by the turquoise waters of the Oldeelva River and the mighty Jostedalsbreen Glacier, the largest on mainland Europe. From here, you can take excursions into the valley, visiting glacial lakes and viewpoints where ice, rock and meadow meet. Whether you wander the waterfront or join an excursion inland, Olden captures the stillness and splendour of Norway's inner heart. Please note: This is an explorer voyage, designed with the freedom to embrace scenic sailing. To give



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Day 8 - Closing the circle

We arrive back in Bergen this morning, returning to the Gateway to the Fjords after your journey deep into Norway's Western Fjords. The harbour greets you with its familiar wooden wharves, mountain peaks and the scent of sea air. If you didn't see Bryggen on your first visit, now's the time to explore its UNESCO-listed alleyways, where merchants once traded goods from across the world. You might also stroll over to the fish market, visit local museums or ride the Fløibanen funicular for a sweeping view over city and sea. As you say goodbye on the quayside to your ship, crew and any newfound friends, take a moment to feel the rhythm of Bergen's harbour life - it's the same pulse that beats along the entire Norwegian coast. Reflect on the voyage behind you: fjords that shimmered beneath spring blossom or autumn gold, waterfalls, quiet villages, and the vast stillness of sea and sky. By the time you head home, you'll have traced a route not only through the fjords, but into the living heart of Norway itself. We hope to see you again on your next adventure!

Please note:

Itineraries are subject to change.



YOUR SHIP: TROLLFJORD

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VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:



MS Trollfjord is an homage both to Norwegian nature and our 130-year heritage sailing the Norwegian coast. Locally sourced natural materials such as wood and stone feature prominently throughout the ship's furnishings, reflecting the beauty of the fjords we sail through. The style of decor is classic, timeless, and unique in our fleet. You'll notice details and flourishes that evoke a sense of nostalgia, harking back to a golden era of exclusive small-ship sailing. Ship facilities · Double-storey observation lounge on the upper decks · Large outdoor sun deck with comfortable furniture · Wi-Fi throughout the ship · Stylish bar with a wide range of beverages · Onboard shop stocked with essentials and souvenirs · Library with a selection of literature and brochures · Espolin Johnson lounge · Activities and lectures on board with the Coastal Experience Team · Panoramic sauna and fitness room · Photography area with camera equipment available for rent · A la carte fine-dining restaurant Røst · A series of culinary demonstrations and tastings throughout the ship · All-day dining bistro Brasserie Árran · Main restaurant Flora for all three daily meals



INSIDE YOUR SHIP

Arctic Superior. From



Expedition Suite. From



Polar Inside. From



Polar Outside. From





PRICING

26-Apr-2027 to 03-May-2027

Polar Inside. From	£2233 GBP pp
Polar Outside. From	£2717 GBP pp
Arctic Superior. From	£3205 GBP pp
Expedition Suite. From	£8125 GBP pp

03-May-2027 to 10-May-2027

Arctic Superior. From	£3725 GBP pp
Polar Outside. From	£2795 GBP pp
Polar Inside. From	£2305 GBP pp
Expedition Suite. From	£9115 GBP pp

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Expedition Suite. From	£8584 GBP pp
Polar Outside. From	£2486 GBP pp

20-Sep-2027 to 27-Sep-2027

Polar Outside. From	£2175 GBP pp
Arctic Superior. From	£3160 GBP pp
Expedition Suite. From	£7821 GBP pp
Polar Inside. From	£1975 GBP pp

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Polar Outside. From	£2370 GBP pp
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Arctic Superior. From	£2852 GBP pp
Polar Outside. From	£2050 GBP pp

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