



Sognefjord Expedition Outline 2025

Preparation:

1. *Complete [online 'Guest details' form](#) immediately after booking.*
2. *Obtain travel insurance (with cancellation clause).*
3. *Read through all information including the [FAQs section on the expedition page](#).*

Expedition members will need to arrange their own travel itinerary into and out of Gudvangen. The journey is fairly straight forward and there is detailed travel information and links to booking/timetables on our website [here](#).

It is expected that each expedition member arrives with adequate fitness and experience to complete the distances in the expedition as listed below in variable weather conditions and has suitable equipment as per the [expedition gear list](#).

Day 1 Arrival day (*Before 18:00*):

We will be present at our base camp in 'Gudvangen camping', receiving guests throughout the day. This is a time to relax after your journey and become acquainted with the group. You will receive your equipment/supplies and in the evening there will be an expedition briefing followed by a BBQ. You will also be asked to sign our [standard waiver form](#).

Overnight camping will be provided for in your expedition tent or in our shared 'Lavvo' as required. BBQ & camping costs for this night are included in the expedition fee and there will be showers and electricity available. If you prefer a basic hytte (cabin) these can be booked [here](#) (Not included).

Please [email](#) if you are uncertain of anything. We are always happy to be asked. It may be possible to borrow extra personal equipment from us but we do have limited supplies. You may leave excess baggage in a safe room at Gudvangen camping.

Included Food:

The modern rehydrated rations we use are top quality, Norwegian and have proved to be very popular with our guests. Other meals will include fresh lunches, a BBQ, a cooked breakfast and a wonderful restaurant meal. Lunches are usually freshly prepared, traditional Norwegian fare where you will discover such joys as pølser, kaviar and chocolate from happy cows :) If you have any special dietary requirements, please inform us when completing the guest details form and return it within 14 days of booking. **(IMPORTANT: Please only ask for a Vegetarian, Gluten free menu etc if you truly need to. You will not be able to change your menu choice on the expedition!)**

Not included:

Alcohol, Snacks, Sport Bars, Nuts/dry fruit mix etc.

The adventure begins:

NB. This is a dynamic itinerary, in reality we will assess our options in regards of group ability, wishes and weather considerations to give us the optimal experience.

Day 2: (9 Km) Gudvangen - Odnnes

Before departure it will be possible to stock up on snacks, supplies etc. from the local shop. The first day is a 9 km paddle from Gudvangen on the Southernmost part of Nærøyfjord and we will learn how to paddle effectively and safely as a group.

We will paddle at a relaxed pace and for the first time feel the awe inspiring sensation of paddling on one of Norway's most beautiful fjords, with impossibly high mountains either side of us striated with numerous waterfalls.

Our destination is 'Odnnes', a truly magical place. After making camp on the soft grass field behind the beach, we have a choice of experiencing the powerful waterfall 'Odnnesfoss' just behind us (maybe even seeing your first 360° rainbow). Or perhaps exploring the famous Royal postal footpath that runs through here. Other options include discovering the local area by paddle board or just chilling with friends and taking in the scenery. An evening around the camp-fire will round off the day before being lulled to sleep in our tents by the distant rumble of waterfalls.

(Traditional Norwegian compost toilet at this camp-site)

Day 3: (15 Km) Odnnes - Dyrdal - Aurlandsfjord

After breakfast, perhaps braving a wash in the waterfall river and filling our bottles with the sweetest water you'll have ever tasted, we break camp and paddle the second and arguably most beautiful half of Nærøyfjord. It is good practice to have your camera ready at all times, we will pause often for photo/video opportunities and there is a lot to see.

We pass Dyrdal - a tiny village only accessed by boat and beautiful waterfalls tumbling into the fjord beside us. It is from here on that we have most of our porpoise ('niser') sightings. We turn North out of Nærøyfjord and into Aurlandsfjord. After the day's 14km paddle we'll wild camp close to a point where 3 fjords meet right on the fjord's shoreline and where we sometimes see porpoise passing a few meters in front of our tents.

(Wild camping - walking into the woods with a spade – everything gets buried)

Day 4: (9 Km) Aurlandsfjord - Undredal

We will head South pass the entrance to Nærøyfjord and further into Aurlandsfjord. Impossibly inaccessible farmhouses are seen perched on the cliffs, goats graze on the steep banks of the fjord and if we are lucky, we will get to paddle with some more 'niser'. We will finish the day at Undredal, a tiny but beautiful village. Undredal is famous for it's goat produce, (remember the goats?) including meats, sausages and cheeses. All of which you can try at the evening meal in the fjord-side restaurant (*included*). But not before a relaxing sauna & cold dip in the fjord. Beautiful walks, goat encounters and a guided tour to the famous stave church are also possible. *(Established camp site with showers, toilets and electricity.*

Village shop)

Day 5: (16 Km) Undredal - lunch spot - Styvi

We will paddle back North, up Aurlandsfjord and re-enter Nærøyfjord to paddle to either a beautiful and rare sand beach or maybe to our favourite cliff-jumping spot for another Norwegian tradition of fire-grilled 'Pølser'. After lunch we will paddle the short distance to our wonderful camp site beside Styvi, a farm settlement with a fascinating history. This campsite is exclusively for our guests only. Here we also visit a beautiful super secret spot.

(Traditional Norwegian compost toilets at the lunch, flushing toilet at camp-site)

Day 6: (9Km) Odnnes - Gudvangen

We will paddle back to our start point at Gudvangen. Although we will be covering our tracks, paddling in the other direction is equally as awe inspiring and this is often the most beautiful paddle. We arrive back at Gudvangen in time for unpacking and the coach to Bergen.

Expedition parameters:

Weather:

SUP, by its nature is very much weather dependent. The areas that we paddle in are quite protected although we can sometimes experience 4 seasons in a day. If the weather deteriorates to a level outside of the group's comfort zone, the above itinerary may be subject to change. We will make best efforts to ensure paddling activities continue and relocation via boat may be possible taking into consideration factors of safety, time and wishes/capabilities of the group.

Group interest:

With the 20 hours of light per day that we have in the summer and the distances we have planned, the pace should be quite relaxed and there will be plenty of time for pauses and diversions for photo opportunities, swimming, exploration of points of interest or to just to stop a while at beautiful locations.

Equipment:

Each expedition member will be issued a 75 Ltr dry sack for their personal equipment and should also have their own small waterproofed rucksack/bag as per the [gear list](#). You will be issued with rehydrated food rations, a tent and other equipment. The total weight you will paddle with should be between 10 to 20 kg. A standard load for exploration SUP.

Safety:

Expedition members will wear a leash and PFD at all times when on the water. We will always paddle as a group and individuals will always be within 200m of a guide. We usually paddle close to land and will never be far from the side of the fjord (max 500m).

Water:

The melt-water from the snow plateaus 1500m above us makes it's way to the fjords over granite rocks via numerous waterfalls. It is the sweetest water you will have tasted and this is our major water source. Just to be 100% sure though, it is preferable to have a water bottle with an built in filter.

Environment:

We will leave no trace of our expedition, only the wakes from our boards.

Leadership:

SUP Norway's expedition leaders are highly experienced and qualified. The safety & experience of the group during the expedition is their prime directive. Please raise any issues you may have immediately, so they can be dealt with expediently and efficiently.

Summary:

Stand-up paddling in these fjords is an amazing experience and sharing these days with friends is what makes it exponentially more enjoyable. After safety, the morale of the group is the highest priority. Consideration for your fellow explorers and a fun, positive, 'can do attitude is an absolute prerequisite for a successful expedition. Please bring one :)

SUP Norway – (M.O.s) *Modi operandi*

- **Paddle** - It's what we love. It's what we do.
- **Explore** - Invite adventure, accept challenge.
- **Discover** - Discover the ocean, discover yourself.
- **Share** - Spread your passion.
- **Inspire** - Be noble, inspire by action.
- **Educate** - Help safely, advise wisely.
- **Protect** - Protect and respect yourself, others and nature.