

# Trollheimen Guided Hiking Adventure - 7 Days



## Your Itinerary

Make like a local and head to Trollheimen to enjoy one of Scandinavia's most beloved hiking areas. Norwegians know best when it comes to their country's beautiful natural spots, and you should certainly follow them here:

Trollheimen's lush forests and pristine lakes surrounded by high mountains are a highlight of any trip to Norway, but experienced hikers will appreciate the area's easily accessible trails and well-maintained lodges. Combining natural splendor with the benefits of a city trip, this guided tour contains three days of moderate to challenging hikes of 7-8 hours per day while also leaving time for you to discover the cultural and culinary delights of the capital city of Oslo.

# Brief Itinerary

Day	Highlights
Day 1	Arrive in Oslo
Day 2	Oslo -> Train to Oppdal
Day 3	Hike to Kårvatn
Day 4	Hike to Innerdalen
Day 5	Hike to Oppdal
Day 6	Oppdal - Train to Oslo
Day 7	Depart Oslo

# Detailed Itinerary

## Day 1: Arrive in Oslo

Welcome to Oslo! Norway's rapidly growing capital is still considered a small city, helped by the fact that it's surrounded by mountains and sea. The city center and outlying neighborhoods -- filled with charm and character -- are easily accessible by public transport, so jump on a tram, train, or bus and explore all of what Oslo has to offer.

Oslo is known for its museums, some of which celebrate the famous works of Edvard Munch or the stunning ships of the Viking era, while others celebrate niche interests such as music and ski history.

The city also has a popular café culture, with locals and visitors enjoying some of the best coffee in the world. In warmer weather, there's nothing like sitting outside on the patio with coffee and a pastry or sandwich on freshly baked Norwegian bread. On chilly days, stepping into one of Oslo's local cafés will make you feel cozy and warm.

During summer months, the city comes alive to celebrate extended daylight hours, with various festivals and celebrations happening each week.

While you're in Oslo, be sure to check out the [local calendar of events](#).



## Day 2: Oslo -> Train to Oppdal

You have time this morning to explore sights of interest in Oslo. This is a perfect opportunity to arrange a local guided walking or boat tour of your choice.

Depart Oslo in the early afternoon for Oppdal.

Following your five-hour train ride, you will meet your guide this evening to go over final details about the trip -- fitting your backpack, adjusting your gear for the weather forecast, and answering any remaining questions you may have. Once your planning session is complete, your guide will take you to the largest Viking-era graveyard in Norway, just five minutes from Oppdal. This is a wonderful area for an easy first walk together.

Stay overnight in Oppdal.



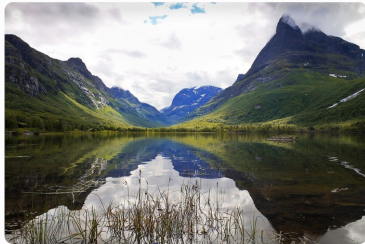
## Day 3: Hike to Kårvatn

On this first day of hiking, you'll join your guide after breakfast to drive to Storlidalen, just under an hour away.

Storlidalen is in the heart of Trollheimen, and you'll begin hiking along the gravel road to Lake Tovatna. From there, you'll follow the marked trail to Kårvatn. This first day is a longer day of hiking with minimal climbing and exceptional views. You can lunch by the lake and enjoy a swim before continuing on with the hike.

Stay overnight in a cabin at a charming farm in Kårvatn. Enjoy the town's atmosphere or visit the local adventure gear store while your guide prepares dinner.

**Hike Duration: 7 hours**



## Day 4: Hike to Innerdalen

After breakfast, you'll set out for Innerdalen. This hike is shorter but steeper than the other days, so there is plenty of time to move at your own pace in the challenging sections and simply revel at the fantastic scenery.

After a 1.5-mile (2.5 km) stretch of gravel road, you begin the climb up the mountain where you meet the trail from Todalen. Here you'll enjoy an easier stretch before the final climb to Bjøråskaret, with breathtaking views as your reward! From here, you can see all of Norway's most beautiful valley, the aptly-named Innerdalen Valley.

Your final stretch is a relaxed descent (.5 mile / 800 m) into the valley and to the summer farm Rennsdølsetra, where you'll spend a peaceful night — check out those stars!

**Hike Duration: 6 hours**



## Day 5: Hike to Oppdal

You'll be eager to lace up your boots this morning, as this final day of hiking is perhaps the most beautiful part of the entire tour. You'll hike through the Innerdalen Valley to Storlidalen, then through the Gate of Innerdalen.

After a start in mildly swampy terrain, you will begin the climb to the Gate of Innerdalen; the summits of Kringlehøa and Storsalen frame your view. At the summit of Meskaret, you've earned an extensive vista of the 12.5-mile (20 km) Storlidalen Valley. You'll then return to the opposite side of Lake Tovatna, where you can have a swim or relax on its sandy shores before hiking the final 2 miles (3 km) down to Storlidalen and your transportation back to Oppdal.

Stay overnight in Oppdal.

**Hike Duration:** 7 hours





## Day 6: Oppdal - Train to Oslo

You'll take a morning train from Oppdal to Oslo in order to enjoy an afternoon and long evening exploring this thriving capital city.

Suggested activities include:

- Walk along the Havnepromenaden (harbor promenade) -- a new five-and-a-half-mile waterfront park, which combines sightseeing, history, art, architecture, and a little bit of adventure.
- Get your history on at the Viking Ship Museum or your art fix at the Munch Museum.
- Enjoy a late afternoon stroll through the Vigeland Sculpture Park where you can see 200 larger than life sculptures depicting the ups and downs of life and the raw emotions of human beings. Bring your camera!
- For dinner and drinks, head to Aker Brygge, an area on the Oslofjord full of beautiful, modern buildings where you can find bars and abundant nightlife. It acts as a sort of courtyard for the city of Oslo and brings together both tourists and locals alike to enjoy the great food, atmosphere, and entertainment.

Stay overnight in Oslo.





7

## Day 7: Depart Oslo

It's time to say farewell to Norway! Enjoy your last few hours walking around Oslo's neighborhoods, relaxing in a café, or visiting local boutiques for one-of-a-kind souvenirs.

**Meals included:** Breakfast



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