

Day excursion to Aurland - Flåm - Gudvangen

AURLAND

ACTIVITIES AND ATTRACTIONS: Hiking the Aurlandsdalen valley, Fjordsafari Rib Tours, Njord kayaking and fjord paddle, Flåm Railway, Aurland Shoe factory, Flåm railway museum.

SIGHTSEEING TOURS: Excursion Kaupanger – Gudvangen on Nærøyfjord Unesco Fjord, Bus to Stegastein Viewpoint, Excursion Flåm – Gudvangen on Nærøyfjord Unesco Fjord or to Undredal, home of the local goat cheese and the smallest stave church of Scandinavia, Flåm Railway to Myrdal, Rallartoget around in Flåm, E Mobility car rental.

DEPARTURE ØVRE ÅRDAL

At1	Dep. Øvre Årdal	07.43	11.39					
	Dep. Årdalstangen	08.00	11.55					
	Arr. Aurland	09.15	13.00	16.05				
	Arr. Flåm	09.30	13.10	16.18				
	Arr. Gudvangen	09.45x	13.25x	16.35x				

At2	Dep. Øvre Årdal	07.08	4)					
	Dep. Årdalstangen	07.25						
	Arr. Sogndal	08.35						
	Dep. Sogndal	08.40	1)					
	Arr. Kaupanger	09.00						
	Dep. Kaupanger	09.00						
	Arr. Gudvangen	11.30						


Visit Aurland - Flåm - Gudvangen




At1	Dep. Gudvangen	13.50x	16.35x	18.10x	20.00x			
	Dep. Flåm	14.15	16.53	18.30	20.20			
	Dep. Aurland	14.25	17.05	18.43	20.30			

Change bus at Håbakken


	Arr. Årdalstangen	16.35	18.20	20.05	21.40			
	Arr. Øvre Årdal	16.52	18.37	20.22	21.57			
At2	Dep. Gudvangen	12.00	2)					
	Arr. Kaupanger	14.45						
	Dep. Kaupanger	14.51	2)					
	Arr. Sogndal	15.11						
	Dep. Sogndal	15.30						
	Arr. Årdalstangen	16.35						
	Arr. Øvre Årdal	16.52						



DEPARTURE LÆRDAL

Alt1	Dep. Lærdal	08.45	12.25	15.25	
	Arr. Aurland	09.15	13.00	16.05	
	Arr. Flåm	09.30	13.10	16.18	
	Arr. Gudvangen	09.45x	13.25x	16.35x	


Alt2	Dep. Lærdal	07.45	
	Arr. Sogndal	08.35	
	Dep. Sogndal	08.40	1) 
	Arr. Kaupanger	09.00	
	Dep. Kaupanger	09.00	
	Arr. Gudvangen	11.30	



Visit Aurland - Flåm - Gudvangen

Alt1	Dep. Gudvangen	13.50x	16.35x	18.10x	20.00x	
	Dep. Flåm	14.15	16.53	18.30	20.20	
	Dep. Aurland	14.25	17.05	18.43	20.30	
	Arr. Lærdal	15.05	17.45	19.20	21.05	



Alt2	Dep. Gudvangen	12.00	2) 
	Arr. Kaupanger	14.45	
	Dep. Kaupanger	14.51	2) 
	Arr. Sogndal	15.11	
	Dep. Sogndal	15.30	
	Arr. Lærdal	16.25	


DEPARTURE SOGNDAL

Alt1	Dep. Sogndal	07.55	11.30	
	Arr. Aurland	09.15	13.00	
	Arr. Flåm	09.30	13.10	
	Arr. Gudvangen	09.45x	13.25x	

Alt2	Dep. Sogndal	08.40	3) 14.25	2) 
	Arr. Kaupanger	09.00	1) 14.51	
	Dep. Kaupanger	09.00	15.00	
	Arr. Gudvangen	11.30	17.30	

Visit Aurland - Flåm - Gudvangen

Alt1	Dep. Gudvangen	12.00	2) 
	Arr. Kaupanger	14.45	
	Dep. Kaupanger	14.51	2) 
	Arr. Sogndal	15.11	




Alt2	Dep. Gudvangen	13.50x	16.35x	18.10x	20.00x	
	Dep. Flåm	14.15	16.53	18.30	20.20	
	Dep. Aurland	14.25	17.05	18.43	20.30	
	Arr. Sogndal	15.55	18.35	20.15	21.50	



TRAVEL INFO


For a day excursion to Aurland, Flåm or Gudvangen you can take a bus from many places along the Sognefjord. Some excursions can be made in combination with the early morning boat, Flåmsekspresen from Balestrand and Leikanger, and also in combination with the express boat from Lavik, Nordeide, Vik, Balestrand and Leikanger. Tickets on the boat must be booked in advance. There is a bus up to Stegastein viewpoint from Flåm and Aurland. You can take an excursion on the UNESCO Nærøyfjord from Flåm to Gudvangen and return. It is also worth taking an excursion to visit Undredal.

DEPARTURE VIK

Alt1	Dep. Vik	06.30	09.40	
	Dep. Leikanger	07.20	10.50	2) 
	Dep. Hermansverk	07.25	10.55	2) 
	Arr. Sogndal	07.45	11.20	2) 
	Dep. Sogndal	07.55	11.30	
	Arr. Aurland	09.15	13.00	
	Arr. Flåm	09.30	13.10	
	Arr. Gudvangen	09.45x	13.25x	



Alt2	Dep. Vik	06.30	09.40	3) 
	Dep. Sogndal	08.40		
	Arr. Kaupanger	09.00		
	Dep. Kaupanger	09.00		
	Arr. Gudvangen	11.30		



Alt3	Dep. Vik	07.15	4) 
	Arr. Leikanger	08.15	
	Dep. Leikanger	09.00	4) 
	Arr. Aurland	10.15	
	Arr. Flåm	10.30	

Alt4	Dep. Vik	11.35	
	Arr. Flåm	13.25	

Visit Aurland - Flåm - Gudvangen



Alt1	Dep. Flåm	15.30	
	Arr. Vik	17.10	


Alt2	Dep. Gudvangen	12.00	2) 
	Arr. Kaupanger	14.45	
	Dep. Kaupanger	14.51	2) 
	Arr. Sogndal	15.11	
	Dep. Sogndal	16.20	
	Arr. Vik	17.55	

Alt3	Dep. Gudvangen	13.50x	16.35x	
	Dep. Flåm	14.15	16.53	
	Dep. Aurland	14.25	17.05	
	Arr. Sogndal	15.55	18.35	
	Dep. Sogndal	16.20	19.00	2) 
	Arr. Vik	17.55	20.20	


DEPARTURE BALESTRAND




Alt1	Dep. Balestrand	06.30	10.05	
	Dep. Leikanger	07.20	10.50	2) 
	Dep. Hermansverk	07.25	10.55	2) 
	Arr. Sogndal	07.45	11.20	2) 
	Dep. Sogndal	07.55	11.30	
	Arr. Aurland	09.15	13.00	
	Arr. Flåm	09.30	13.10	
	Arr. Gudvangen	09.45x	13.25x	

Alt2	Dep. Balestrand	06.30	13.10	
	Dep. Sogndal	08.40	3) 14.25	2) 
	Arr. Kaupanger	09.00	1) 14.51	
	Dep. Kaupanger	09.00	15.00	
	Arr. Gudvangen	11.30	17.30	

Alt3	Dep. Balestrand	08.30	4) 11.55	
	Arr. Aurland	10.15	13.15	
	Arr. Flåm	10.30	13.25	

Visit Aurland - Flåm - Gudvangen

Alt1	Dep. Gudvangen	13.50x	20.00x	
	Dep. Flåm	14.15	20.20	
	Dep. Aurland	14.25	20.30	
	Arr. Sogndal	15.55	21.55	
	Arr. Balestrand	17.35	23.15	

Alt2	Dep. Gudvangen	12.00	2) 
	Arr. Kaupanger	14.45	
	Dep. Kaupanger	14.51	2) 
	Arr. Sogndal	15.11	
	Dep. Sogndal	16.20	
	Arr. Balestrand	17.35	

Alt3	Dep. Flåm	15.30	
	Arr. Balestrand	16.55	

DEPARTURE SKJOLDEN

Dep. Skjolden	06.15		
Dep. Luster	06.30		
Dep. Nes	06.40		
Dep. Gaupne	06.55	10.35	
Dep. Marifjøra vegkr.	06.58	10.38	
Dep. Hafslo	07.15	11.00	
Dep. Solvorn	08.35	-	
Arr. Sogndal	07.45	11.25	
Dep. Sogndal	07.55	11.30	
Arr. Aurland	09.15	13.00	
Arr. Flåm	09.30	13.10	
Arr. Gudvangen	09.45x	13.25x	
At12 Dep. Skjolden	06.15		
Dep. Gaupne	06.55	10.35	
Dep. Sogndal	08.40	3)14.25	2)
Arr. Kaupanger	09.00	14.51	
Dep. Kaupanger	09.00	15.00	
Arr. Gudvangen	11.30	17.30	
Visit Aurland - Flåm - Gudvangen			
At11 Dep. Gudvangen	12.00	2)	
Arr. Kaupanger	14.45		
Dep. Kaupanger	14.51	2)	
Arr. Sogndal	15.11		
Dep. Sogndal	17.10		
Arr. Solvorn	17.30		
Arr. Hafslo	17.35		
Arr. Marifjøra vegkr.	17.50		
Arr. Gaupne	18.00		
Arr. Nes	18.05		
Arr. Luster	18.20		
Arr. Skjolden	18.35		
At12 Dep. Gudvangen	13.50x	20.00x	
Dep. Flåm	14.15	20.20	
Dep. Aurland	14.25	20.30	
Arr. Sogndal	15.55	21.55	
Dep. Sogndal	17.10	22.30	
Arr. Solvorn	17.30	22.50	
Arr. Hafslo	17.35	22.55	
Arr. Marifjøra vegkr.	17.50	23.10	
Arr. Gaupne	18.00	23.15	
Arr. Nes	18.05		
Arr. Luster	18.20		
Arr. Skjolden	18.35		

DEPARTURE FJÆRLAND

At11 Dep. Fjærland	09.25xx	10.45xx	13.45xx	
Arr. Sogndal	10.00	11.15	14.15	
Dep. Sogndal	11.30	11.30	14.30	
Arr. Aurland	13.00	13.00	16.05	
Arr. Flåm	13.10	13.10	16.18	
Arr. Gudvangen	13.25x	13.25x	16.35x	
At12 Dep. Fjærland		13.45xx		
Arr. Sogndal		14.15		
Dep. Sogndal		14.25	2)	
Arr. Kaupanger		14.51		
Dep. Kaupanger		15.00		
Arr. Gudvangen		17.30		
At13 Dep. Fjærland	09.45	2)		
Arr. Balestrand	11.30			
Dep. Balestrand	11.55			
Arr. Flåm	13.25			
Visit Aurland - Flåm - Gudvangen				
Dep. Gudvangen	13.50x	18.10x	20.00x	
Dep. Flåm	14.15	18.30	20.20x	
Dep. Aurland	14.25	18.43	20.30x	
Arr. Sogndal	15.55	20.15	21.55	
Dep. Sogndal	16.25	20.20	22.00	
Arr. Fjærland	16.50	20.45	22.25	

DEPARTURE HØYANGER

Dep. Høyanger	09.15		
Arr. Balestrand	10.05		
Dep. Balestrand	11.55		
Arr. Flåm	13.25		
Visit Aurland - Flåm - Gudvangen			
Dep. Flåm	14.15	20.20	
Dep. Aurland	14.25	20.30	
Arr. Sogndal	15.55	21.55	
Dep. Sogndal	16.20	22.05	
Arr. Høyanger	18.20	00.00	

DEPARTURE LAVIK

Dep. Lavik	10.20	
Arr. Flåm	13.25	
Visit Aurland - Flåm - Gudvangen		
Dep. Flåm	15.30	
Arr. Lavik	18.20	

BUS TO HIKING AREA: AURLANDSDALEN / AURLAND VALLEY

Dep. Gudvangen			15.35	1)		
Dep. Flåm	08.15	1)	16.30	17.15	2)	
Dep. Aurland	08.25	1) 16.05(2)	16.15(1)	16.45	17.30	3)
Arr. Vassbygdi	08.45	16.20	16.30	17.05	17.45	
Arr. Østerbø	09.15			17.35	18.15	
Arr. Geiteryggen Øst	09.40			17.55		

Hiking in Aurlandsdalen / Aurland Valley

Dep. Geiteryggen Øst	13.10	1)				
Dep. Østerbø	13.30		18.30	1)	18.30	2)
Dep. Vassbygdi	14.10	16.25(2)	16.40(1)	19.00	19.00	3)
Arr. Aurland	14.25	16.40	16.55	19.15	19.15	
Arr. Flåm	14.40	16.55	17.10	19.25	19.25	
Arr. Gudvangen	15.05					

- 1) Daily 19/6-4/9 2) Only 4/9-25/9: Saturday, Sunday
 3) 4/9-24/9: Friday, Saturday and Sunday

- 1) Only 19/6-18/8 3) Only 19/6-18/8 x Busstop, main road E16
 2) Only 1/6-31/8 4) Only 19/6-19/8 xx Busstop, main road by Glacier Museum

HIKING TIP

Aurlandsdalen is one of the most magnificent hiking paths in this region. Several days tour starting from Finse, or just the famous section Østerbø til Vassbygdi in a day tour, enchants visitors and locals. From June to mid September a daily hiking bus runs up the valley. With stops in Gudvangen, Flåm and Aurland, Østerbø Fjellstove, starting point of the 7 hour day tour, was never easier to reach. See separate bus schedule.

Between Flåm and Aurland there is a 5.5 hour roundtrip hike to Hovdungo. The path is easy to reach from Flåm station, walking along the cycle path in the direction of Aurland until it ends. Cross the main road and keep on walking on the path. A wonderful view awaits you.

Hiking in Gudvangen is spectacular! Rimstigen leads hikers to breathtaking views over the Nærøyfjord, one of the Norwegian fjords part of the UNESCO World Heritage List. Walk from Gudvangen through Bakka along the west shore of the fjord. Five-hundred meters north of the Church of Bakka the steep path to Rimstigen begins. (Recommended for experienced hikers. Available just in summer time).

A walk to the summer farm of Hovdungo in Undredal is fantastic! Be prepared for a demanding path which starts close to the church. You will be rewarded along the way with stunning views. The hike takes approximately 3,5 hours round trip.