Sea Kayaking the fjords of Sunnmøre

THE REGION

Kayaking in Sunnmøre, Norway, is a journey into a land of untamed beauty, where fjords stretch like ribbons of glass through a realm of towering peaks and ancient forests. Glide through the tranquil waters of Ålesund, a charming coastal town with its art nouveau architecture, before venturing into the remote fjords of Valldal and Tafjord, where the silence is broken only by the soft rhythm of your paddle. The UNESCO-listed Geirangerfjord, with its dramatic waterfalls and steep cliffs, is a world unto itself, as is the serene Hjørundfjord, surrounded by the rugged peaks of the Sunnmøre Alps. Whether you're seeking quiet reflection or the thrill of navigating the wild waters, this is a place where nature's grandeur leaves an indelible mark. Here, in this dramatic, otherworldly landscape, every stroke of the paddle brings you deeper into Norway's soul.



TOUR OVERVIEW

DURATION	DISTANCE*	DATE
7 DAYS	EST. 70 KM	09 – 15 AUGUST 2025

Day 1: Welcome to Norway - Arrival day in Ålesund

Day 2: Kayaking around Ålesund and transfer to Valldal

Day 3: Kayaking from Valldal to Tafjord

Day 4: Kayaking in the Geirangerfjord and transfer to Sæbø

Day 5: Kayaking in the Hjørundfjord towards Bjørke

Day 6: Kayaking in the Hjørundfjord toward Ålesund

Day 7: Departure from Ålesund Vigra airport

*Distance is estimated and may vary as we adjust the tour to weather conditions and guests wishes



DAY 1

ITINERARY	DISTANCE	KAYAK TRIP
ARRIVAL DAY	0 KM	0 HOURS

We will arrange one airport pick up for the group from Ålesund airport. If you are arriving at a different time, you can either take the local airport bus for nok 200,- or a taxi to Ålesund for nok 650,-. We bring you to our base for the night and have diner here together and have time to get to know each other. Hotel Noreg in Ålesund is a charming and well-located hotel, offering a comfortable stay in the heart of this picturesque coastal town. Situated within walking distance of Ålesund's city center, it's an ideal base for exploring the town's stunning Jugend (Art Nouveau) architecture, nearby fjords, and scenic views.



DAY 2

ITINERARY	DISTANCE	KAYAK TRIP
ÅLESUND CITY TOUR	10-15 KM	3-4 HOURS

We will experience Ålesund from its most captivating perspective—by kayak! This unique kayaking adventure takes you through Brosundet, Ålesund's iconic waterway, and out around the surrounding area. Glide past the island of Hessa, with its rugged beauty, and paddle around the base of the famous Sukkertoppen Mountain, offering panoramic views of the city and its fjords. The trip lasts around 3 to 4 hours, providing the perfect opportunity to warm up for the week ahead while immersing yourself in the breathtaking coastal scenery. After the kayaking adventure, we will transfer to the idyllic village of Valldal, where we will spend the next few days.



DAY 3

ITINERARY	DISTANCE	KAYAK TRIP
FROM VALLDAL TO TAFJORD	15-20 KM	5-6 HOURS

This full-day kayaking tour takes you from Valldal to the hidden gem of Tafjord, a UNESCO World Heritage-listed fjord, offering an unforgettable journey through one of Norway's most pristine and unspoiled landscapes. You will start your adventure on Norddalsfjord, before entering the breathtaking Tafjord, where towering mountains, cascading waterfalls, and abundant wildlife might greet you from close by. The tour includes one or more scenic breaks, where you'll enjoy a delicious, locally sourced lunch in the wild. The kayaking concludes in the village of Tafjord, where transport will be waiting to take you back to Valldal.



DAY 4

ITINERARY	DISTANCE	KAYAK TRIP
GEIRANGER FJORD	10-15 KM	4-5 HOURS

Today, we set off toward Geiranger for a new epic adventure! Kayaking in Geirangerfjord offers the chance to explore one of Norway's most stunning landscapes. Glide past the iconic Seven Sisters waterfall, where crystal-clear waters cascade down towering cliffs, surrounded by snow-capped peaks. This UNESCO World Heritage fjord is perfect for all levels, with calm waters and breathtaking views at every turn. After our paddle, we'll transfer to Sæbø and the serene Hjørundfjord, where we'll spend the next two days immersed in nature and ready for more unforgettable adventures.



DAY 5

ITINERARY	DISTANCE	KAYAK TRIP
HJØRUNDFJORD	15-20 KM	5-6 HOURS

Kayaking in the Hjørundfjord from Sæbø to Bjørke and back, offers an unforgettable journey through one of Norway's most picturesque landscapes. Paddle the fjord surrounded by towering mountains, lush valleys, and quaint villages. Along the way, you'll pass waterfalls and may spot seals or eagles. The 15-20 km round trip is suitable for all skill levels, with gentle waters and plenty of scenic stops. After reaching Bjørke, enjoy the peaceful atmosphere before returning to Sæbø. This serene adventure allows you to fully connect with the fjord's stunning beauty and tranquillity. After the tour we can relax and unwind in the fjord sauna in Sæbø. The peaceful setting offers the perfect way to soothe tired muscles after a day of adventure.



DAY 6

ITINERARY	DISTANCE	KAYAK TRIP
HJØRUNDFJORD	10-15 KM	4- 5 HOURS

The final leg of our journey takes us from Sæbø to Standal, leaving the serene beauty of the Hjørundfjord behind as we venture toward Ålesund. Along the way, we'll pause for a delightful lunch at Christian Gaard Bygdetun, a charming local farmyard nestled by the fjord in the picturesque village of Trandal. This idyllic setting offers a taste of traditional local Norwegian cuisine. After a leisurely lunch, we'll continue our paddle, taking in the fjord's ever-changing scenery, before heading toward Ålesund. We'll be picked up for a transfer to the city, where we'll enjoy our last evening together, reflecting on the unforgettable experiences of the past days. It's the perfect way to close our adventure in Norway, with memories to last a lifetime.



DAY 7

ITINERARY	DISTANCE	KAYAK TRIP
ÅLESUND AIRPORT	0 KM	0 HOURS

We’ll shake hands, share a hug, maybe exchange adventure plans for the future, and say our goodbyes. Some might extend their stay while the other will transfer to Ålesund airport. We will provide one group departure. For the one with earlier or later flights, taxi or local buss transport are available. The transfer to the airport is around 20-30min.

Thank you for joining us on our kayak adventure in Sunnmøre!



FOOD & MEALS

NORWEGIAN CUISINE

FULL BOARD LOCAL NORWEGIAN PRODUKTS

BREAKFAST - LUNCH – DINNER

On this kayak tour you get the change to taste the real Norwegian cuisine. The hotels offer a great breakfast buffet every morning, to give you the perfect start of the day. Lunches are provided by local bakeries or farms, who know how to use the fresh, local ingredients in the best possible way. Did you know Valldal is known for its sweets strawberries and is even the most northern city in Europe to produce apricot? And of course, you get the change to taste fresh salmon and trout, deer or even moose for dinner.







RATES

Inclusions

- 5 fully guided – fully supported paddling days
- Transfer from / to Ålesund Vigra airport (x1)
- All transfers and ferry cost during the trip
- 6 nights in 3* and 4*hotels in a double room
- All meals from the first dinner day 1 to breakfast day 7
- All the equipment needed for the trips (kayaks and kayak equipment)
- Small groups, 6 – 8 participants

Not included: Flights, tips for the guides, travel insurance, drinks/ soft drinks/ alcohol, anything not described above.

Prices per person 2026: NOK 30.400,- (approx. € 2800,-)per participant

Single room: + NOK 6.900,- (approx. € 630,-)



CONTACT AND BOOKING



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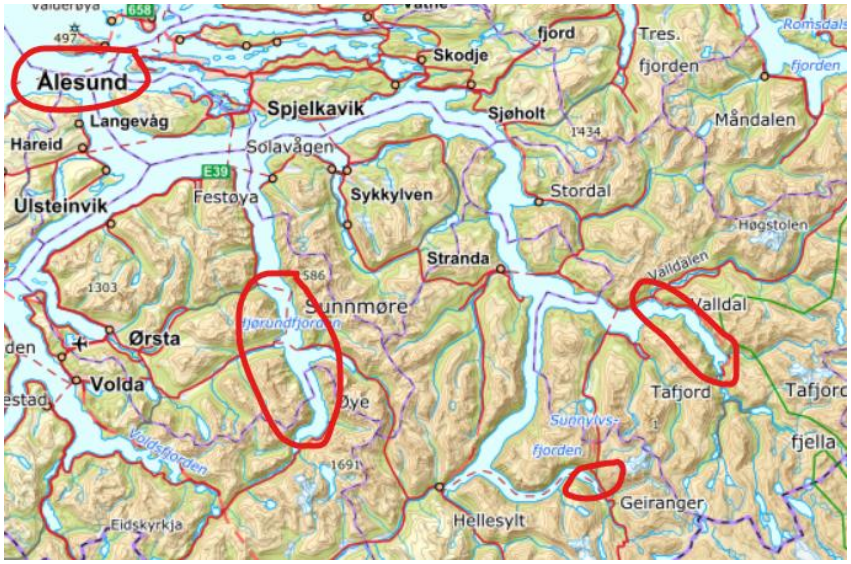
Seakayak courses and tours



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