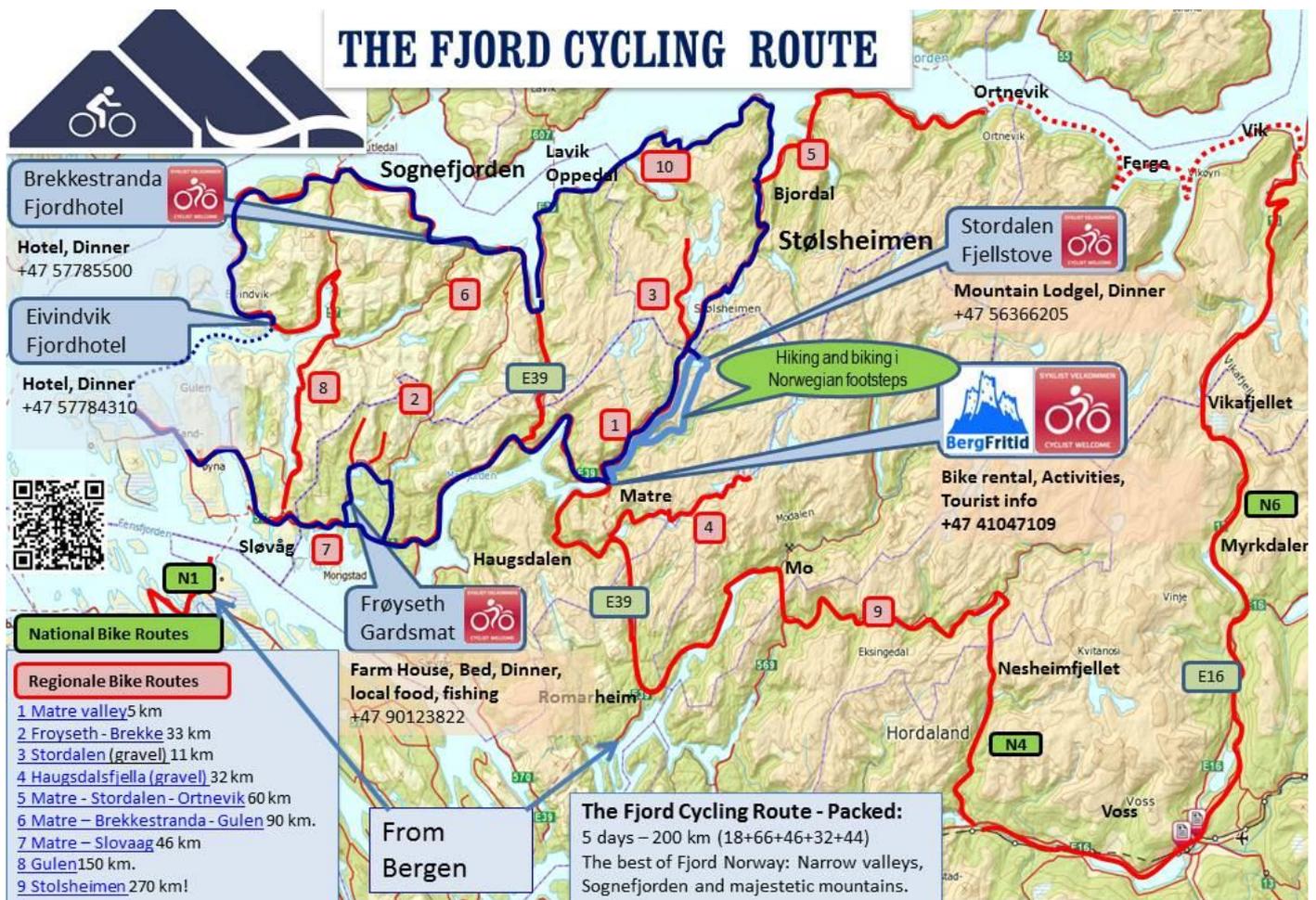


**FULL PACKAGE** including bike rental, 4 overnights, breakfast, packed lunch and dinner, tour map, travel info and entrance to the Bjorn West Museum.

Exciting bike ride from Matre. You'll get to experience all of what Fjord Norway has to offer in the way of narrow valleys, fjords and majestic mountains. First you'll stay at the Stordalen Mountain Lodge, then in the Sognefjord at the unique Brekkestranda Fjord Hotel. The coast is to be enjoyed by staying at the Eivindvik Fjord Hotel before a local boat brings you out to the islands. You'll cycle inland through idyllic cultural landscapes cultivated until you reach Frøyseth Gardsmat (farm-hotel). Don't forget your camera!



**The tour includes bike rental (incl. bike bag, helmet, lights and tool kit), info pack (overview map, info and hiking maps for Masfjorden), 4 nights w / breakfast, packed lunch and dinner, as well as entrance to the Bjorn West Museum ([Bjørn West Museet](#)). You will take a public bus or a taxi to Matre, combined with pedal power. The entire route is on paved road. Possible detours and changes.**

**Day 1:** Bicycle rental at Matre. Entrance to the Bjorn West Museum. You will cycle into the Matredalen Valley, up to Stordalen Mountain Lodge. On the way you'll pass one of Norway's best bouldering areas. By Hummelfossen falls we recommend a trip up to Stegane farm before you'll pass the gorge called "Hell" and begin the climb up the winding Fossesvingene road. When you arrive at the Stordalen Ski Center, most of the climb is done before you check in at the mountain lodge. You are now in the area where resistance group Bjorn West participated in the last battles in Europe during World War II, and a visit to the Bjorn West Museum before departing Matre is highly recommended. Little traffic, no tunnels. (17 km - 500 m-a-s-l).

**Day 2:** From the Stordalen Mountain Lodge you'll cycle north towards Sogn, and by Nystølen you'll be at the highest point, at 700 m. From here it goes down through the narrow valleys of the Sognefjord. Cycle out fjord and visit Massnes Wildlife Museum before enjoying the view on Ikjefjord bridge. When you get to Oppedal follow the main road E39 to the Instefjord. Here you have the Skrikeberg tunnel and you MUST have lights on your bike. Wait until the ferry queue has passed. In Instefjord leave the E39 and bike out to Brekkestranda Fjord Hotel, known for its special appearance with grass roofs, no right angles and a unique location right by the seaside. The first 51 km on a quiet road. Some tunnels (66 km - 700 m-a-s-l = 200 height meters).



**Day 3:** You'll cycle out the Sognefjord (the world's second longest fjord), cross with the ferry at Rutledal, and onto the open ocean, past the idyllic Dingja. It's very nice to ride in this hilly coastal landscape before checking in at the Eivindvik Fjord Hotel. Here is the Gulatinget, the cradle of democracy 1000 years ago. (46 km - 100 height meters).



**Day 4:** Take the local boat at 9am for a short trip out to the islands (to be paid on the spot). From Mjømna you'll ride through the archipelago towards the mainland. We recommend making a detour to the trade center Skjerjehamn with the famous King statue. Continue over the bridge at Brandangersundet. In Sløvåg you'll see the Norwegian oil industry and wealth, in the shape of the second largest oil refinery in Europe. Before coming into Frøyseth Gardsmat farm-hotel and the idyllic cultural landscape (32 km - 100 height meters). Making an evening trip to Meisdalen Valley is highly recommended (forest road).

**Day 5:** This last day you'll follow the river past Sleire before riding down to Hosteland. Follow the road into Masfjorden to Krossleitet. You're heading into the Masfjorden and the mountains meet you again. Ride down to the church center at Solheim and follow the old road with large boulders into the idyllic Haugsværfjord. At Haugsvær there's a shop, showers and food for sale. From here, follow the E39 for 2 km to Trodalsleitet. Please note! Take the old road from 1911 on the outside of the tunnels down to Matre (take a right about 100m before the tunnel). Ride slowly! This is an old historical road – in somewhat bad condition and it is steep on the outside – yet spectacular. (42 km - 200 m-a-s-l).

