



Attraction of the Month, Norway

Discover your Norway from the bike seat

“The Norwegian landscape has so much to offer, and travelling by bike gives you the opportunity not just to see the famous sights, but also to get closer to nature and discover your own hidden gems along the way,” says Thove Oppegaard, Manager of Freebike Norway Adventures.

By Andrea Bærland | Photos: Freebike Norway Adventures

Freebike offers custom-made bicycle tours for groups of two to 15 people in Norway, with Lofoten, the Western coast and Sunnhordland with its fjords in high demand. Just as popular are many of Norway’s best known scenic routes, including Rallarvegen, the Atlantic Ocean Road and Sognefjellet.

Norway offers all kinds of weather and a popular saying among Norwegians is that there is no such thing as bad weather, just bad clothes. “Whenever we’re in Lofoten I hope our guests get to experience some proper Northern Norwegian weather with the waves crashing in on the walls of our accommodation, but it has always been beautiful,” Oppegaard says with a smile.

In Lofoten, she is particularly fond of Røst: “It is just so incredibly authentic, and we

have to use rowing boats between the island we live on and the main island,” says Oppegaard.

For Freebike, authenticity is a key word and the accommodation along the routes is based on historical hotels, ‘rorbuer’ (fishermen’s shanties) and ‘setere’ — mountain pastures used for grazing cattle. The first night of the tour across Sognefjellet is spent at Walaker Hotell, Norway’s oldest hotel, another favourite is Solstrand by Bjørnafjorden. “I’m also very focused on clean food, and prefer to cook meals from scratch using locally sourced products,” says Oppegaard.

Most tours are measured out to cover a distance of 50 to 60 kilometres per day over seven days, but Oppegaard and her knowledgeable bicycle guides are eager to offer

visitors bespoke experiences and willingly adapt both distances and activities for each individual group.

“We have several base camps around that allow us to fit anything from glacier walks to kayaking into your itinerary,” says Oppegaard.

While mountain bike rental, baggage transportation, maps and itinerary are always included, it is also possible to opt for full support with a cycling guide in front.

With a bespoke itinerary of activities and distances measured to reflect your fitness level there is no need to be the next Bradley Wiggins to enjoy a cycling trip with Freebike. “It is important that you take the time to use all your senses and properly drink in the majestic nature surrounding you,” Oppegaard concludes.

For more information, please visit:
www.freebike.no