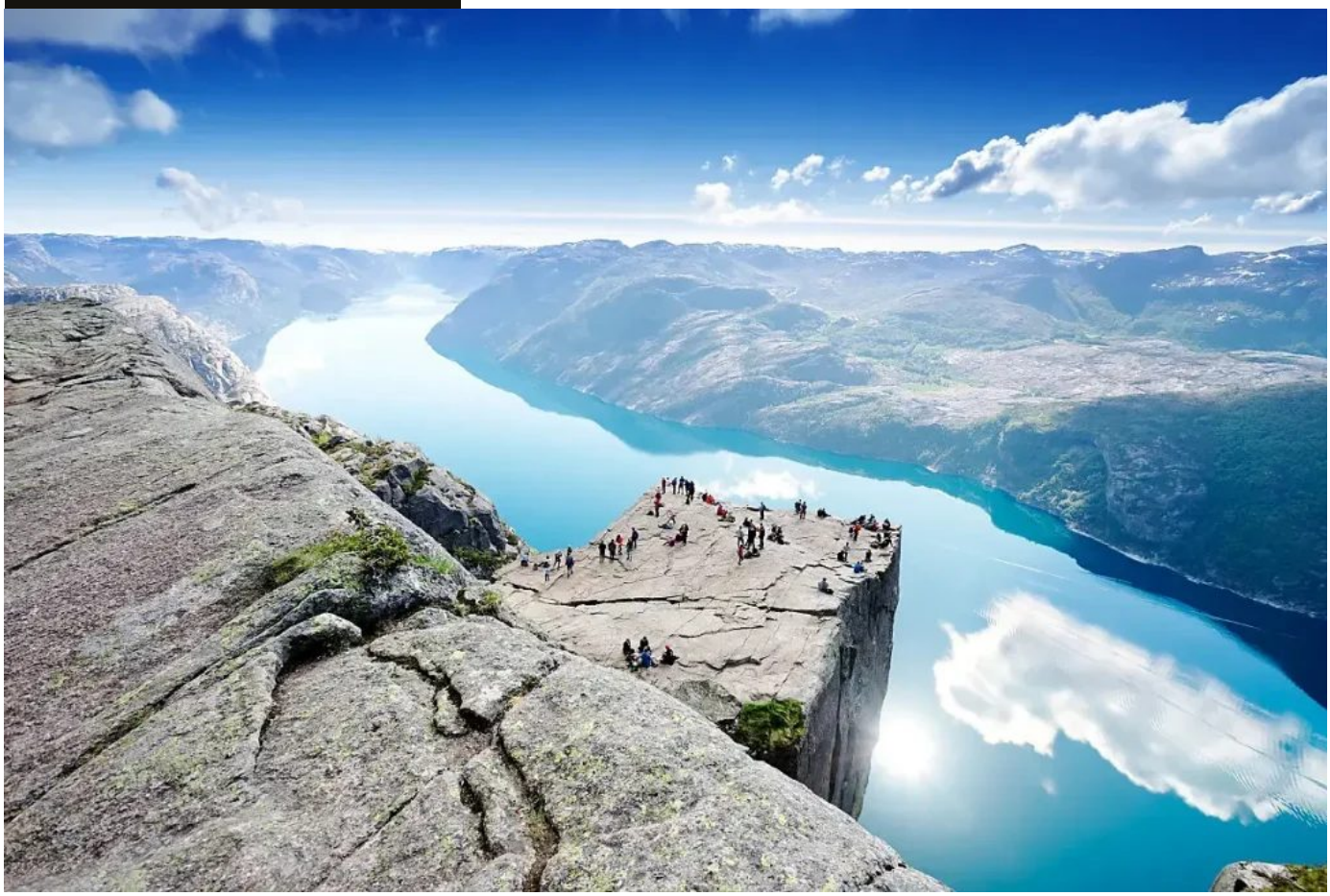
SEDUNIA LUXURY



PONANT

Gastronomic Journey Through the Norwegian Fjords

DURATION
8 days, 7 nights

WHERE
Norway

FROM, PER PERSON
RM 38,984

Overview

A PONANT Gastronomic Journey aboard the intimate Le Champlain, from Bergen to Fredrikstad. Sail Norway's most emblematic fjords – Geiranger, Nordfjord and Lysefjorden beneath Pulpit Rock – call at Art Nouveau Ålesund and colourful southern harbour towns, and savour two gala dinners and onboard cooking demonstrations.

Highlights

- ? An unforgettable gastronomic journey inviting culinary exploration through two unique gala dinners and cooking demonstrations.
- ? Emblematic landscapes of Norway: vertiginous fjords, grandiose nature, Viking legacy, picturesque villages with colourful roofs, and towns with fascinating history.

- ? A few of the included excursions: the Fjord Center in Geiranger; the Art Nouveau Centre in Ålesund; the Næs Ironworks Museum; and Tvedestrand fishing village from Arendal, etc.

Itinerary

DAY 1

BERGEN

Located at the end of Byfjord, Bergen was the capital of Norway in the 12th and 13th Centuries and has preserved some very beautiful monuments from the time when it was home to royalty. Wandering through Bergen's streets means going back in time, in search of the hidden treasures that have been listed as World Heritage Sites by UNESCO. A veritable openair museum, Bergen is home to a thriving artistic community of painters, potters, jewellers. The Bergen cable car offers you a splendid panorama over the port and the surrounding fjords. Do not miss the visit to the old quarter with its narrow streets, a testimony of the power of the hanseatic League that controlled trade in Northern Europe at the end of the Middle Ages.

DAY 2

ÅLESUND

Surrounded by a multitude of islands, fjords and majestic mountains, the town of Ålesund surprises many visitors. In fact, it is internationally renowned for its Art nouveau architecture. After the terrible fire of 1904 which reduced a large part of the town to ashes, Norwegian architects inspired by the Art nouveau style contributed to its reconstruction, with a very picturesque result. Not far from Ålesund, you will also discover Giske, the native island of Rollon, the great Viking leader who commanded the Norse expeditions to Normandy, or the beautiful island of Godoy and the village of Alnes, which offers a grandiose panorama over the Atlantic Ocean and the surrounding islands.

DAY 3

GEIRANGER - HELLESYLT

A must-see stopover in Norway, located halfway between Bergen and Trondheim, Geiranger offers the stunning beauty of a natural decor, listed as a UNESCO World Heritage site. You will be able to admire the splendour of the sheer cliffs, dark rocks and crystal-clear water that make the place famous, like the majestic and mythical Seven Sisters waterfall. The sides of the fjord offer many possibilities for hiking: the Eagle's Road takes you up to a steep stretch offering a gorgeous panoramic view. A visit to Geiranger village will immerse you in the rhythm of life in the little local community. Hellesylt is a small village located 20 kilometres from the Geiranger site. Here, you'll get a taste of a traditional Norwegian village. Colourful houses, wooden walkways, rustic stalls where you can have a refreshment before heading off to discover more of the local colour. The surroundings are simply magnificent with cliffs, mountains and lakes with peaceful waters. The village is crossed by a river whose charming cascade tumbles into the fjord waters.

DAY 4

NORDFJORDEID

Nordfjordeid is a small town lying south of Alesund, nestling in one of the arms of the Nordfjorden and its wild and magnificent shores. Between valleys with abundant vegetation and mountainous terrain, nature here offers a 360-degree view which was conducive to the early settlement of Viking communities, judging by the large number of tombs, among the country's largest and richest. You may get to deepen your knowledge of the Nordic culture and traditions at Sagastad, a surprising museum with interactive exhibitions and home, among other sights, to the Myklebust, one of the world's largest Viking ships, measuring 30 metres (98 feet) in length.

DAY 5

SAILING IN LYSEFJORDEN - SKUDENESHAVN

You will sail into the heart of one of Norway's most breathtaking fjords, its marvellous décor dominated by pristine nature, between vertiginous granite cliffs, crystal-clear waters and luxuriant vegetation. Very close to Stavanger, the quiet waters of Lysefjorden stretch out over around forty kilometres, beneath impressive rocks. Admire the world-famous site of Preikestolen (Pulpit Rock), a majestic cliff in the shape of a pulpit that rises to more than 600 metres above the waters. A bit further on, Flørli, from the top of its 4,444 steps, is the world's longest wooden stairway, whereas the Kjerag, with its mythical boulder wedged between two rock faces, provides an unusual and unforgettable spectacle.

A pretty little town of around 3,000 inhabitants, Skudeneshavn stretches out around a naturally sheltered port, on the southern tip of the island of Karmøy. It owes its growth to herring fishing, the heart of its economic activity until 1870. Today, Skudeneshavn will invite you to relax and to explore its rich maritime heritage. Classed as a protected national heritage site, its old town, built on a narrow strip of land between the Havnafjellet rock and the sea, is home to period residences and boat houses, a museum and various charming restaurants and cafés, testifying to its cultural vitality.

DAY 6

EGERSUND

Like a painter's palette, the former industrial town of Egersund unveils its colours as if to better charm its passing visitors. Its small wooden houses, among the best conserved in Norway, certainly display colourful façades that distinguish them from the other municipalities of the southern Norwegian coast, which opted for white at a time when this was a sign of wealth. Admire the façades of Strandgaten, the former main street of the town, and wander the old district of Hauen, which is now full of cafés, galleries and boutiques. Also make a detour to the Heidningeholmen Church, whose foundations date back to the 17th century, and dive into Egersund's past.

DAY 7

ARENDAL

A port city located on Norway's southern coast, Arendal is considered as the municipality enjoying the best climate in the country. This town in the Sorlandet region has also long been renowned for its iron ore mines: their operation in the 19th century produced a particularly resistant magnetite ore. The Raet National Park, the only protected area on the eastern coast of Norway, is not far away; here, you will fall in love with its raw nature, with silver and emerald reflections, dotted with immense coniferous forests and long pebble beaches.

DAY 8

FREDRIKSTAD

Nestling on the shores of the Glomma estuary, Fredrikstad captivates with its rich historical heritage, picturesque canals and warm atmosphere. Founded in 1567, the fortified old town still has traces of its rich past. Fall under the spell of its cobbled narrow streets, edged with traditional old wooden buildings, boutiques and lively cafes, and also discover the extremely well-preserved ramparts, built almost 5 centuries ago. Nature enthusiasts will also appreciate the magnificent hiking paths along the Oslo fjord and surrounding islands, such as Hankø, with its idyllic beaches and lush plains.

Rates and dates

Current rates in Malaysian Ringgit per person, correct on 8 November 2026. Subject to availability.

SAILING	SHIP	FROM, PER PERSON
05 Jul - 12 Jul 2027	LE CHAMPLAIN	RM 38,984

Included

- 7 nights shipboard on Ponant Cruise aboard Le Champlain
- Gastronomic programme: two gala dinners and cooking demonstrations

- 24 hour room service (special selection)
- Butler service (special selection deck)
- Free unlimited WIFI onboard
- Evening entertainment and events

Not included

- International air ticket
- Airport transfer
- Gratuities

Sailings and suites are reserved with Sedunia Travel Cruise:
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