

Norway

The Long Way Up - Nuneaton to Nordkapp & Back
Our Dream Adventure



The Trip

22 Days

5001 Miles

18 Hotel Nights

4 Ship Nights

Fjordland

Atlantic Road

Trollstigen Pass

Arctic Circle

Lofoten Islands

Nordkapp



MCI TOURS

- Family business - Paul, Jo & Ollie Myers (Team KTM!)
- Bonded Travel Company
- Our 3rd MCI Tour (Scotland & Isle of Man)
- Included
 - Hotel, Breakfast, Evening Meals
 - Main Ferries
 - Paper and GPX routes (incl fuel & refreshments)
 - Escorted or Self guided
 - Dietary needs
- Excluded
 - Fuel
 - Lunches
 - Drinks
 - Some hotels have parking charges
 - Additional trips (e.g. Whale watching)
 - Room / cabin upgrades
- Other tours are available but can't offer a view on these
(We were however the only group on the return ferry that had passed the Arctic Circle!)



www.mcitours.com

Route



Latest News

*Holland Norway Line (Emden to Kristiansand)
Has gone into administration*

Itinerary

Day | Location | Mileage

1. Overnight ferry - Harwich/Hook of Holland (8 hrs)
2. Overnight ferry - Eemshaven/Kristiansand (18 hrs)
3. Ulvik (fjord view rooms) 250
4. Geiranger via Dalsnibba View Point (if weather permits) 235
5. Ride out to Atlantic Road & Trollstigen 235
6. Trondheim 240
7. Mo-i-Rana 295
8. Sortland Lofoten, via Bognes/Lodingen ferry 265
9. Sortland - Day ride Lofoten (A) 153
10. Sortland - Rest Day
11. Tromsø 260
12. Alta 185
13. Honningsvåg via Hammerfest (130 miles direct) 200
14. Honningsvåg to North Cape 15
15. Skjervøy 260
16. Narvik 220
17. Mo-i-Rana via Arctic Circle Visitor Centre 265
18. Trondheim 295
19. North of Lillehammer 225
20. Morgedal 265
21. Overnight ferry - Kristiansand /Eemshaven (18 Hours)
22. Overnight ferry - Hook of Holland/ Harwich (8 Hours)

Get Ready!

• Travel

- Valid Passport - 3 months validity after you exit Schengen zone
- Schengen - Enough balance of 90 days in 180 day rolling period
- Valid GHIC/EHIC card
- Travel Trip Insurance (high cost cancellation £4.4K per person!)
- Mobile phone roaming package (if not included) / install WhatsApp
- Ferry Pay
- Bank/Travel Card (activate new cards!)



• Bike

- Bike service
- Tires / Brakes / Chain + Sprocket / Fluids / - need to last 5000 miles
- Insurance is covered for all counties incl. transit
- Tell your insurance company and check fully comprehensive outside UK
- Breakdown / recovery back to the UK
- Driving licence / V5C / UK sticker
- Spare Keys
- Tools / Pressure gauge / puncture repair / pump / chain lube if applicable
- Sat Nav / Paper map
- Heated grips (not a nice to have!)



Ferries

 FERRYPAY



<https://ferrypay.no/>

Harwich → Hoek van Holland*

Emden → Kristiansand*

7 x Fjord Ferries = £38 per bike

Bognes → Lodingen (Lofoten Islands)*

Kristiansand → Emden

Hoek v. Holland → Harwich*

*Included

What to Take & Wear - 22 Days!

- Riding
 - 4 Season Riding Gear
 - Comfortable Helmet
 - Extra External Waterproof Layer
 - Gloves for every weather (scorchio - monsoon)
 - Thermal layer / base layer / t shirts / warm layer / warm & cool socks
 - Earplugs / Spare glasses / Intercom
- Clothes
 - Evening - Smart casual 2 - 3 mix and match outfits / coat/fleece.
 - 10 sets underwear/socks
 - Trainers or Boots
- Laundry
 - Minimise clothes, wash and dry on heated floors/bathrooms
 - Microfibre towel /washing line / laundry detergent
- Other
 - Water Bottle
 - Sun Screen / Insect repellent
 - First Aid / Medications (incl. over the counter, expensive and may not be accessible available)
Immodium was a popular team medication.
 - Cameras / Electronics / Leads / Converters / Chargers
 - Storm bag / bungee cords (e.g. 30L)



Our Bikes



BMW R1200GS TE

+ It's a GS!

- None 😊



KTM 890 Adventure

(Tech Pack - Cruise, Quick Shift, Rally Pack and MSR, Enduro seat, Puig touring screen)

+ Acceleration
+ Agile / Responsive
+ Fun

- Not comfortable
- Wind Buffeting (ride height)
- No Hazard Warning lights

Group Bikes & Capers!

BMW R1250GS	8	1 x Dropped 1 x Tires replacement
BMW R1200GS	2	1 x Dropped
BMW R1200RT	2	
BMW S1000XR	1	Engine Warning Light / Mis-fuelling
Honda Goldwing	2	1 x Alternator Fail - Trip Ended
Honda NT1100	1	
Honda Cross Runner	1	
KTM Super Adventure 1290 S	2	Side Sensor Stand Fail
KTM 890 Adventure	1	
Ducati Multistrada - Pikes Peak	1	
Triumph Trophy SE	1	Coolant Leak
Suzuki VStrom 1000 (Hire)	1	
Kawasaki Versys 1000 (Hire)	1	Tire worn to cord 2 nd Day

Manufacturers Ranking

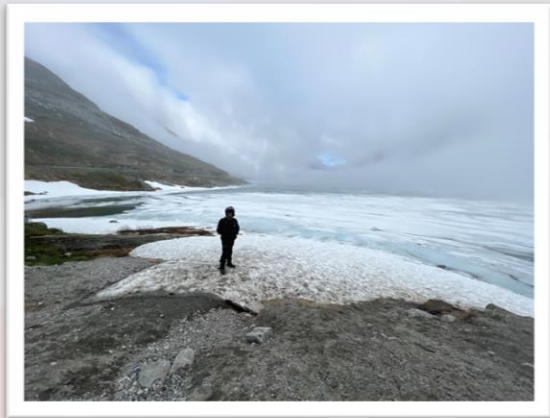
1st BMW - 13 Bikes

2nd Honda 4 Bikes

3rd KTM - 3 Bikes

Weather

Rain (2.5 days) Strong Wind, Cold Wind, Blazing Sun
Fog (Cloud), Big variation with altitude



30°C Netherlands down to 4°C Noordkapp (+wind chill),
Mid/Low Mid 20's at lower altitudes

Hotels & Food

- Hotels

- 3-4 Star
- Scandic & Thon Chains, Independents
- Modern and Traditional to a sleep over at your Nan's!
- Heated bathrooms
- All super clean with toiletries & hairdryers
- Soft beds and pillows

- Hotel Food

- Fish (incl Fermented!) Meat
- Generally good quality buffets & set meals
- Limited Vegetarian options
- Vegan would be a challenge
- Catered Well for gluten free

- Lunch

- Café's & Service Stations
- Sandwiches, hot dogs, Panini
- Limited GF
- Extended breakfast... Worst group ever!!



A Years Riding in 3 weeks

- Checks and preparation reduces risk especially in isolated areas
- Check / grease chain regularly
- Check tyre pressures daily if no sensors - big temperature variations
- Check tread, roads are excellent but a course/grippy surface
- You build up a lot of insect residue! Take a cleaner/cloth
- Keep your phone charged

Roads & Riding



- Law

- Ride on the right
- Give way to the right
- Speed Limits

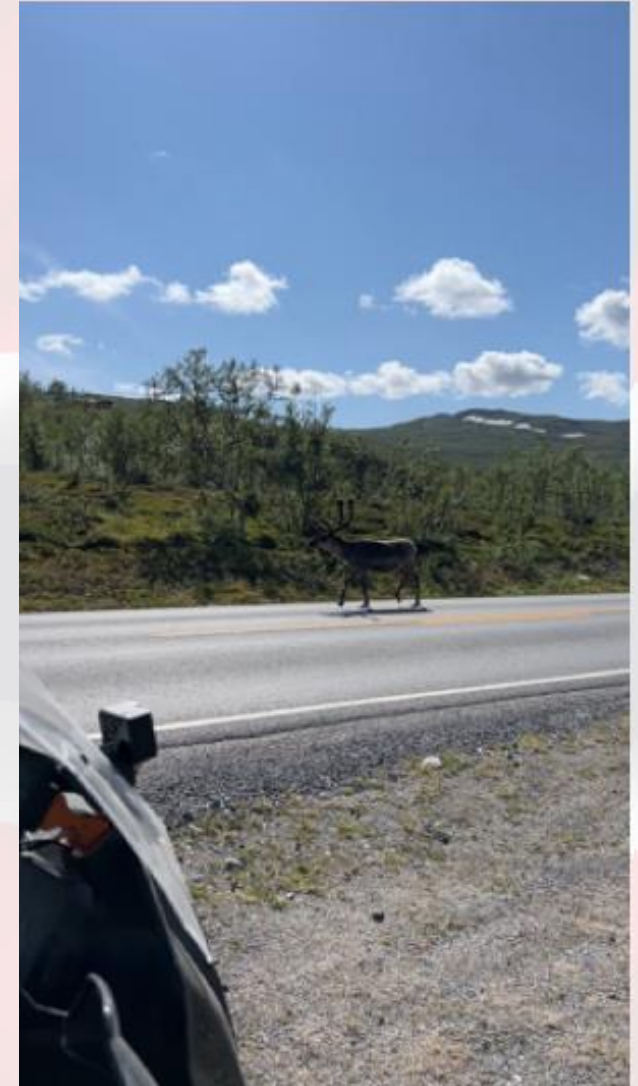
Built up areas 25-31mph | Main roads 50mph | Motorways 56 mph

- Speed Cameras forward facing (Blue signs)
- Rural police presence is very low
- Alcohol - 0.02% BAC (UK is 0.08%) - Minimum €5,783 fine

- Roads

- High quality road surface, course with lots of grip
- Lots of bends so pretty even tire wear
- Much more respect for motorcycles
- Gzillions of campers and motorhomes - overtaking all day!
- Low traffic volumes
- Sweeping bends with lots of visibility
- Long exposed sections very windy
- Lots of tunnels (some warm some cold) and bridges

- In the North, the Reindeer own the road!



Tour Group Profile

(incl. tour operators)

Rider Ages	30's	40's	50's	60's - 70's
	1	1	4	21
Bikes/Passengers	Pillion Bikes		Solo Riders	
	3		21	
Ladies	Pillion		Riders	
6	3		3	
Rooms (People)	Couples	Sharing Knew	Sharing	Singles
	4 (8)	2(4)	3 (6)	9
Countries	England	Ireland	Scotland	USA
	16	2	7	2



Riding Groups

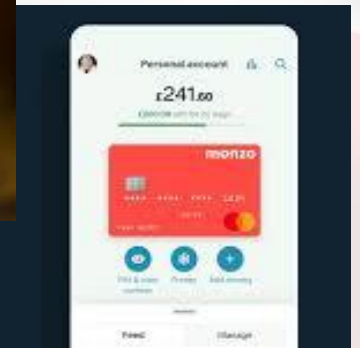
- Tour Led (steady pace, frequent stops/fuel opps)
- Self-contained groups, did not want to be guided
- People want to ride a different pace, slower or faster
- Solo or couple/family

Only rules

- If travelling with the Tour Guide, gloves on ready to go at 9am (time changes WhatsApp notification/dinner update)
- Dinner at 7:30pm (group updates at dinner)

Money

- Norwegian Krone ~13 = £1
- Cash is not widely used
- Biggest expense is fuel, pay at pump
- Hotel bars did not always handle cash
- Bank acct (e.g. Monzo) / Travel card with no transaction charges








Overall Cost Per Person

- Based on two people sharing
 - Trip £4399
 - Fuel £780 (R1200GS) / £650 (KTM 890)
 - Food & Drink £950
 - Overnight Ferry Meals £90
 - Ferries £37
 - Tyres & Servicing £550
 - Travel Insurance (half policy) £130

Total £6956 (GS)

- Single Occupancy Supplement £1200

	£ 1.60-1.70 / L
	£3-4
	£4-5
	£3-4
	£9-11

Kristiansand to Ulvik



KRISTIANSAND to ULVIK

Monday 26th June, 2023

Approximate distance 251 miles



Ferry arrival time now 10:45am

Pretty roads, some great views, a massive suspension bridge, and a roundabout in a tunnel!

Miles	Directions:	Follow signs:
0	Leave ferry port and after half mile join Rv9	Evje
60	Fuel stop in Bygland at shell garage	
115	Stop to have a stretch and grab a drink, fuel if necessary	
147	Stop in Edlind for lunch, then turn left on E134 towards Haugesund	
147	Turn left onto E134	Roldal
185	Coffee stop in Horda	
195	Turn right onto Rv13	Odda
206	Fuel stop at shell garage in Odda – fill up here	
206	Continue on Rv13 towards Ulvik	Ulvik

You will travel over the **Hardanger suspension bridge** that replaced the ferry in 2013. This is the **longest suspension bridge in Norway** with a 7.5km tunnel at the other end and underground roundabouts at both ends!

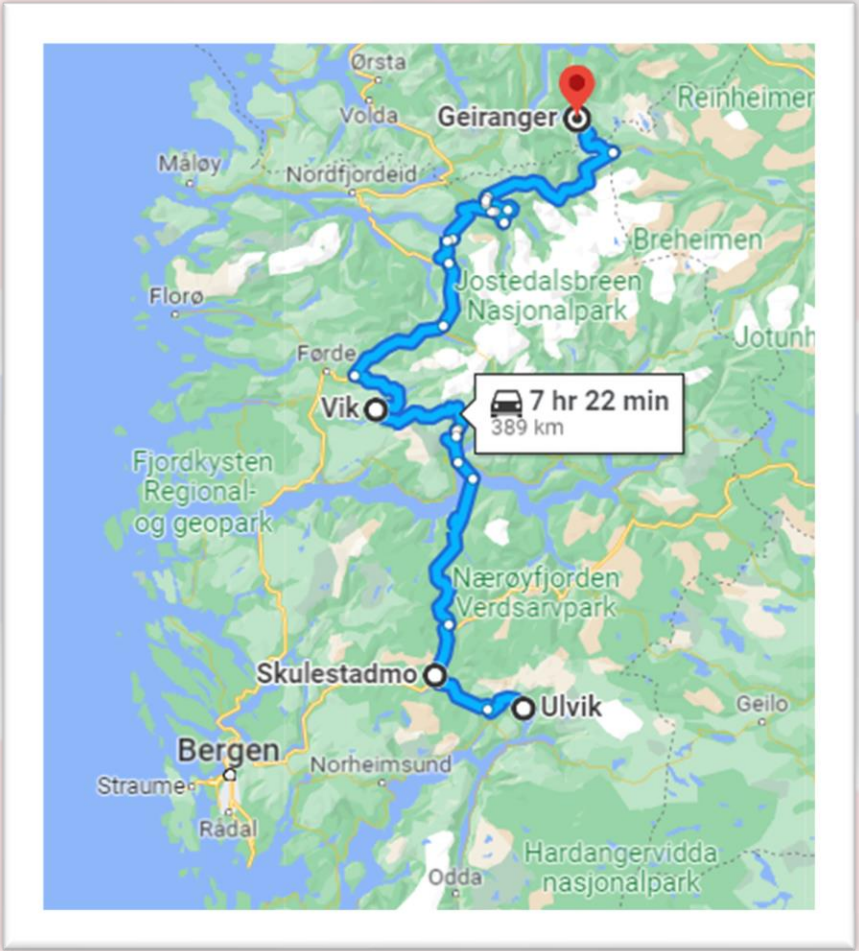
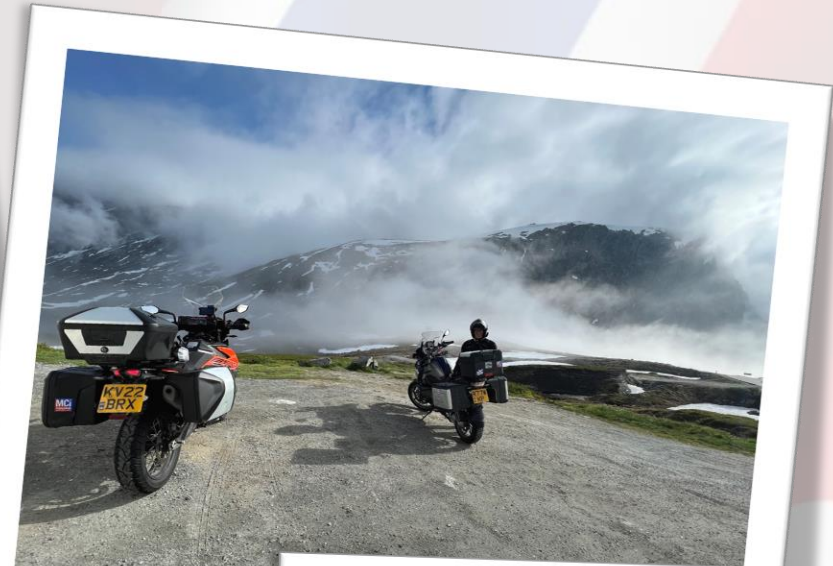
Note: Motorcycles are exempt from toll fees for this bridge.

242	At underground roundabout take 1 st exit	Ulvik
251	Arrive Ulvik . Located right at the head of the fjord, we really like this place – a real feel of history from a bygone era, and fabulously scenic.	

Arrive and check in at the **Hotel Brakanes**, Promenaden 3, 5730 Ulvik, Norway. **GPS Ref: N60 34.014 E06 54.763**
Park for free in car park – two/three to a space please.

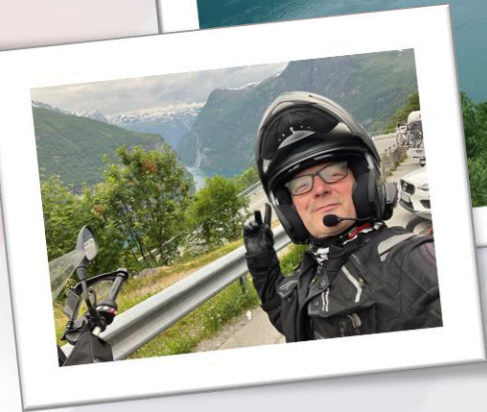
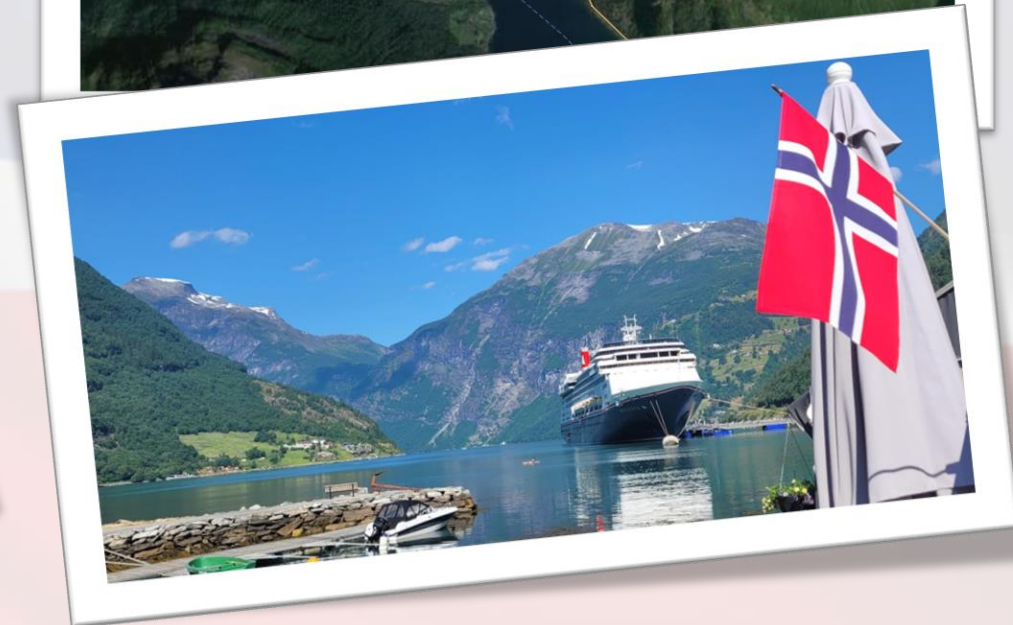
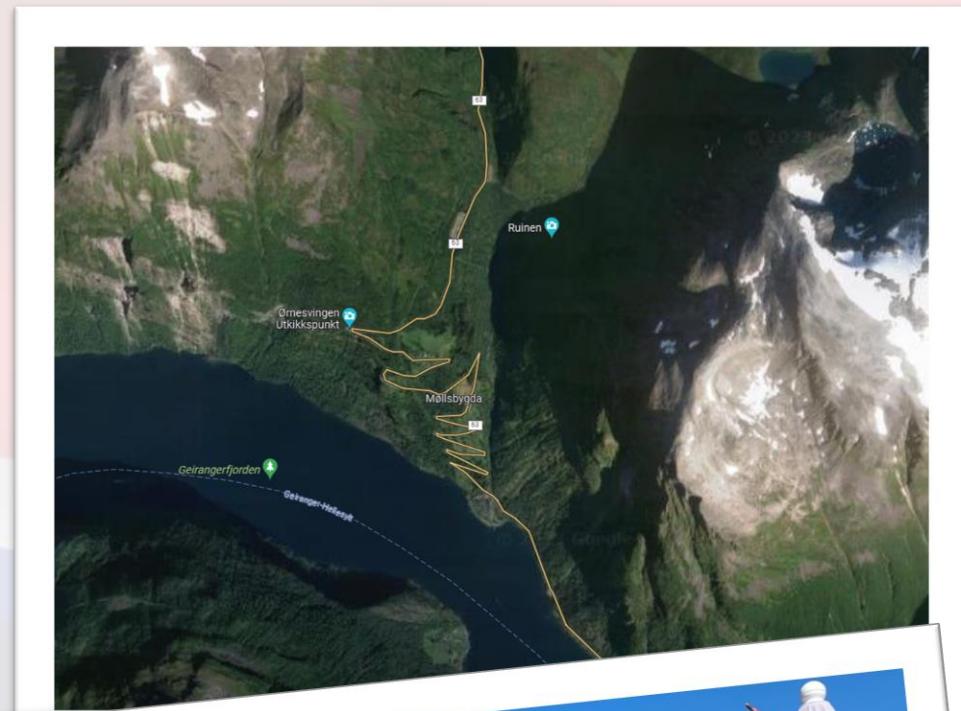
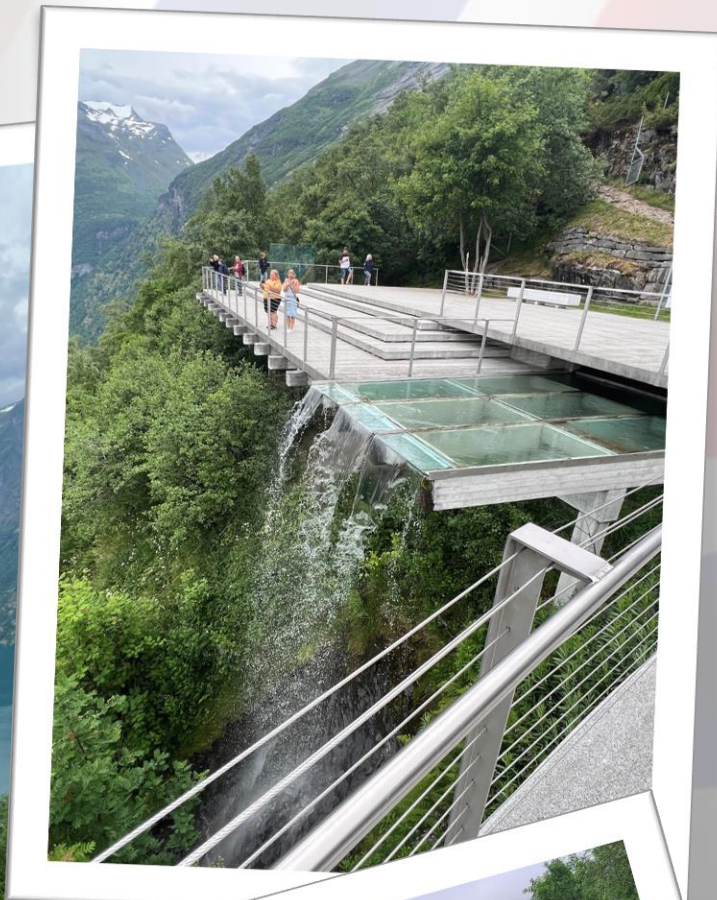
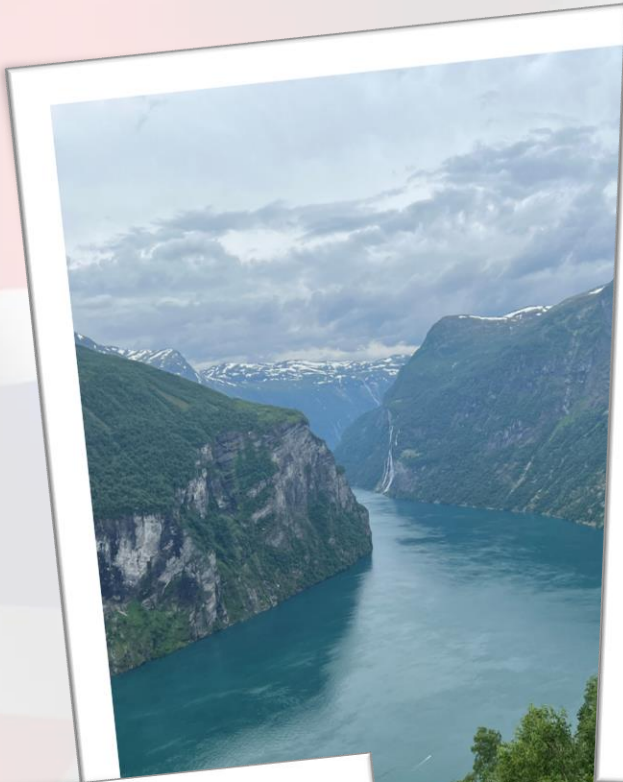


Ulvik to Geiranger



Fjords, Waterfalls, Glaciers, Stave Church, Mountain Roads, FOG!

Geiranger



Hotel Union Buffet! Geiranger to Eidsdal-Linge Ferry Raod, WW2 Museum at Bud.

Atlantic Road



As Seen in No Time to Die

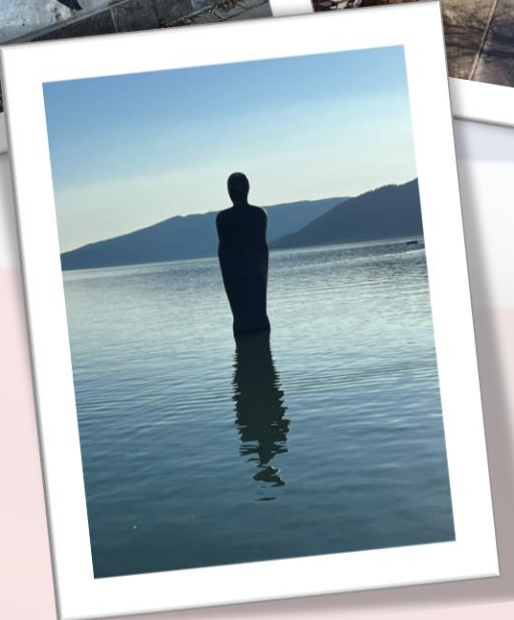
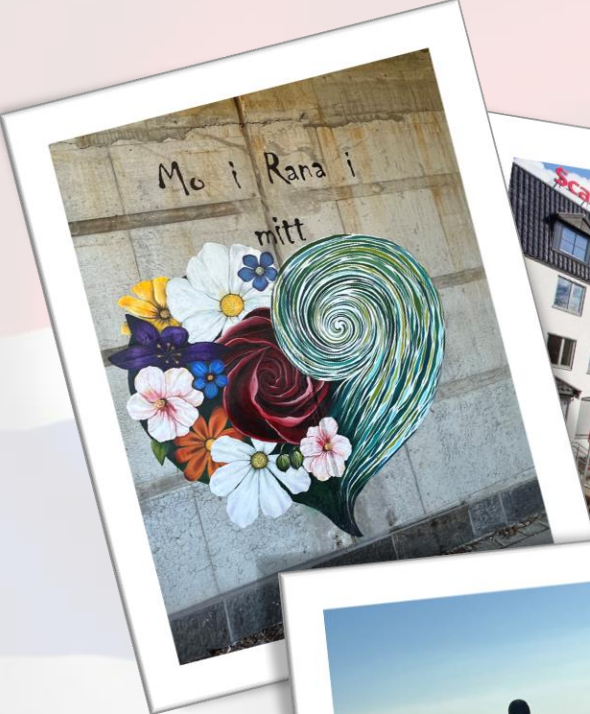
Trollstigen



The roads 20 miles either side of this pass
Were spectacular. The next day this was
completely foggy.

Trondheim

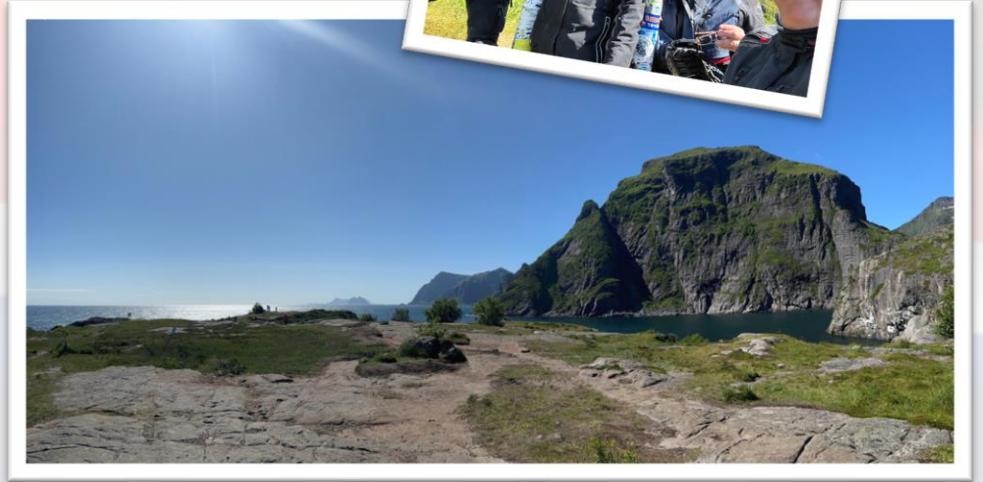
Mo-i-rana



Transit
Locations

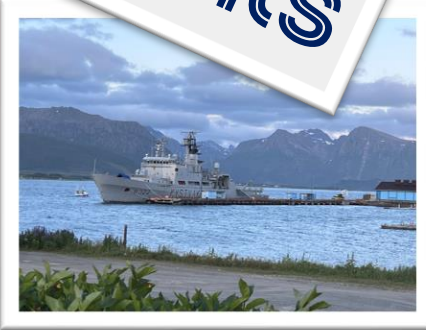
Lofoten Islands

Incredible Scenery
Weather Luck!

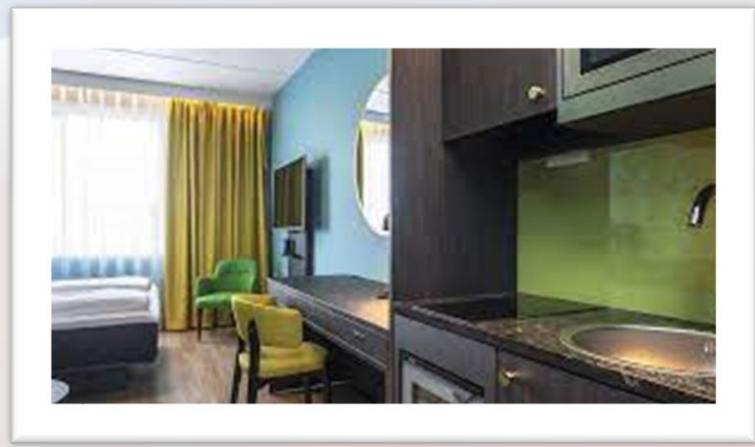


Sortland (Lofoten Islands)

3 Nights



Tromsø

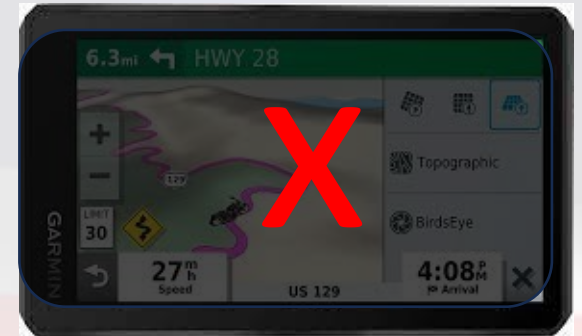


Narvik



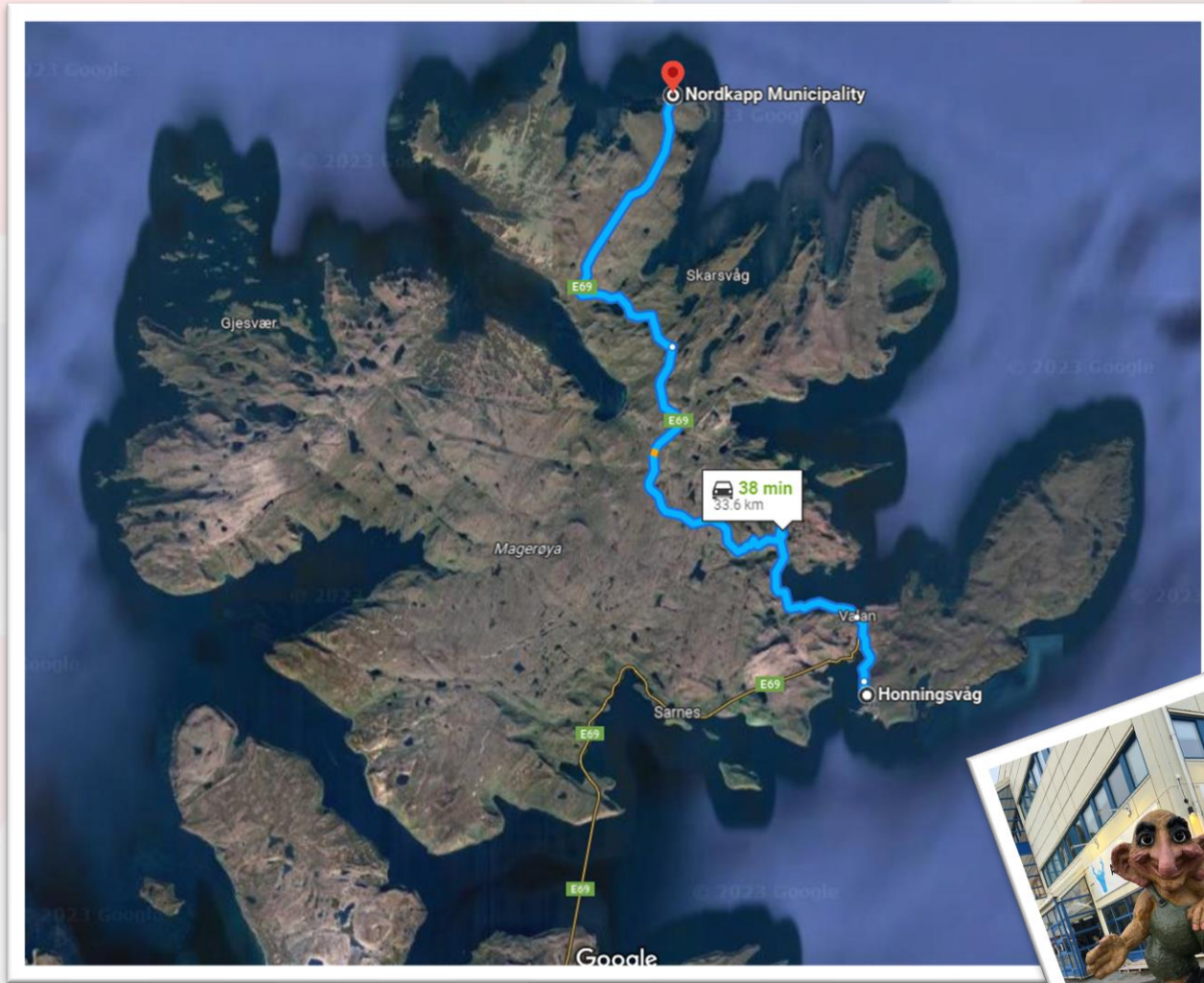
Alta

Arctic Circle

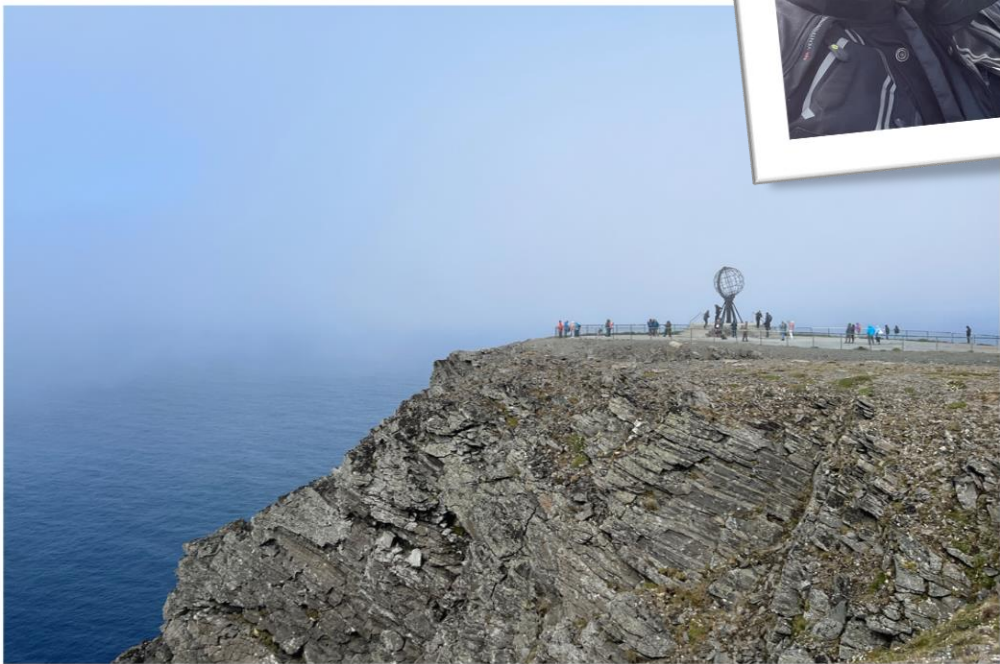


Sat Nav Black Out

Honningsvåg



Nordkapp 71°N



All the way from Sicily = 5200 km



Venabygd, Morgedal, Kristiansand & Hoel v. Holland



At Last We Found One!



~ 4600 Miles in!



Messing About





[Norway - The Long Way Up - A trip of a life time - YouTube](#)



Thanks For Listening About Our Amazing Adventure