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*This is a “Travel like the locals” tour. The tours use public transport, i.e. regular buses, ferries and boats, but we have done the planning for you so that you can concentrate on enjoying your trip. You travel on your own - there is no guide or tour leader. On most of our tours you must change several times between different buses/ferries/boats, and it is up to you to make sure you catch your connections – truly travelling like a local! (The tours are set up so that the buses, ferries and boats connect.)*

## Explore Land of the Waves (one way)

Ålesund – Hareid - Fosnavåg

This tour by express boat and bus takes you from Ålesund via Hareid to Fosnavåg – the community center of Land of the Waves. Fosnavåg is the entry point for many great activities.

The most spectacular spot in Land of the Waves is the bird island Runde. The island is a popular destination all year round but is spectacular in the summer due to its teeming birdlife. In the season there are between 500,000 and 700,000 seabirds on the island, most of them live on the bird mountain.

The bird mountain is the southernmost in Norway and is the most species-rich seabird area in the country. There is an active birdlife all year on the island, and in the winter you can study the toughest species, which thrive in the harsh and wild climate. It is also possible to see the colonies by hiking up the mountain along marked paths. It is important to note that conservation rules apply due to the vulnerable nature.

There is a Travel like the locals trip available to Runde from Fosnavåg.

Land of the Waves offer numerous other exciting activities! You can explore the area by bicycle, kayak, rental boat, rib or sightseeing boat, visit Herøy coastal museum or Sunnmørsbadet (with as many as 5 different pools). You can do a guided hike, go on a seaweed safari, watch the Runde treasure and have fantastic culinary experiences at Skotholmen. And not to forget – Fosnavåg will soon have a spectacular zipline which will be available from the summer of 2021. Check out [www.visithavlandet.no](http://www.visithavlandet.no) for more information.

Departure from: Ålesund express boat terminal, Skateflukaia (near the Tourist Information)

**This itinerary is not valid as a ticket.**



## Itinerary and transport information

Ålesund - Hareid - Fosnavåg								
	Monday - Friday			Saturday		Sunday		Bus/express boat line
From Ålesund express boat terminal (Skateflukaia)	08:50	09:50	18:30	09:50	15:50	11:50	17:25	5 (Express boat)
To Hareid express boat quay	09:20	10:20	18:59	10:20	16:20	12:20	17:55	
From Hareid bus terminal	09:25	10:25	19:00	10:25	16:25	12:25	17:55	330 (Bus)
To Fosnavåg terminal	10:20	11:20	19:55	11:15	17:16	13:16	18:56	

**Ålesund-Hareid:** Take express boat line 5 towards Hareid from Ålesund express boat terminal at Skateflukaia, which is next to the Tourist Information. The boat stops at Valderøya before Hareid. Please stay on board the boat during the stop at Valderøya.

**Hareid-Fosnavåg:** From Hareid you take bus 330 towards Fosnavåg. The bus departs from Hareid bus terminal, next to the express boat quay. The bus goes via Ulsteinvik, Garnes and Myrvåg to Fosnavåg. Take the bus to the bus stop "Fosnavåg terminal".

### There are free Voice of Norway guides available for Land of the Waves (Havlandet)

Voice of Norway uses the GPS technology in your phone to give location-based information for your trip. The information is presented through sound, pictures, text and links.

Download the Voice of Norway app from App Store or Google Play. Open the app, select Providers and HAVLANDET to see and download the guides available.

Voice of Norway is a third party product. Any inquiries regarding the guide must be directed to the provider ([support@voiceofnorway.no](mailto:support@voiceofnorway.no)).

**This itinerary is not valid as a ticket.**