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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.)

Round trip to Valldal adventure valley

Ålesund – Valldal – Ålesund

This day trip from Ålesund to Valldal gives you the opportunity to explore the various offerings in beautiful Valldal.

Valldal is famous for their strawberries, and if you visit during the strawberry season, it is a must to taste these delicious berries.

However, Valldal has a lot more on the agenda! Valldal Naturopplevingar offers activities such as rafting, canyoning, kayaking and climbing. At Valldal Aktivitetspark you find a climbing park, zip-lines and Trolltunet activity area for children.

Valldal center is beautifully situated by the fjord and offer a selection of shops and other service facilities.

Departure from: Ålesund bus terminal (Rutebilstasjonen), track 4

There is a free Voice of Norway guide available for this trip

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 FRAM, and download the guide for this trip: **Ålesund - Valldal (round trip)**.

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

This itinerary is not valid as a ticket.



Itinerary and transport information

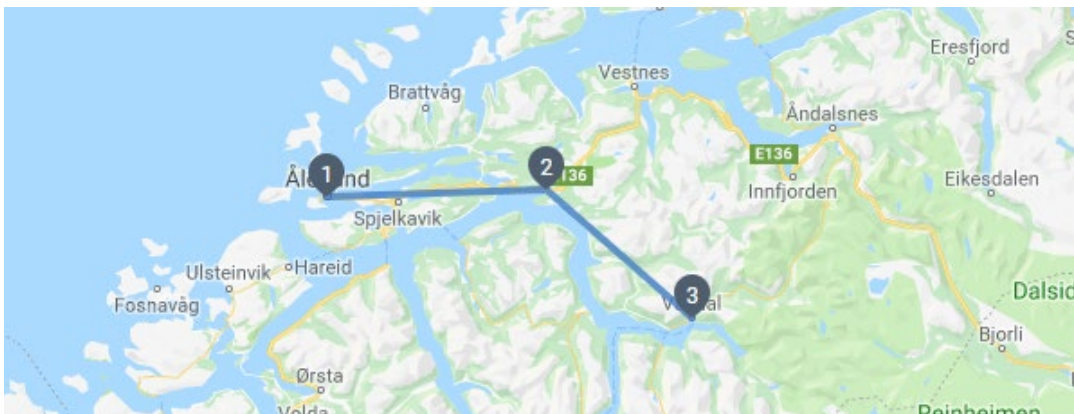
Ålesund - Valldal - Ålesund		
	Monday - Friday	
From Ålesund bus terminal (Rutebilstasjonen)	07:55 Bus 905	11:55 Bus 100
To Sjøholt	08:52	12:52
From Sjøholt	09:00 Bus 210	13:00 Bus 210
To Valldal	09:58	13:58
From Valldal	14:45 Bus 210	16:40 Bus 210
To Sjøholt	15:48	17:41
From Sjøholt	15:50 Bus 100	17:50 Bus 100
To Ålesund town centre (Rådhuset i Ålesund)	16:45	18:45

Ålesund-Sjøholt: Take bus no. 905 or 100 towards Kristiansund to Sjøholt (depending on departure). The bus departs from track 4 at Ålesund bus terminal (Rutebilstasjonen) and stops at Sjøholt bus terminal track 2.

Sjøholt-Valldal: At Sjøholt switch to bus 210 towards Valldal. This bus departs from track 3 at Sjøholt bus terminal. In Valldal, the bus stops next to Valldal Bilsenter, near the Spar grocery store. The bus stop is called "Valldal sentrum".

Return trip: The return trip follows the same route back to Ålesund as when you arrived. The bus departs from the same place as it stopped when you arrived. In Ålesund, you can leave the bus at the town hall (Rådhuset) or at Skateflukaia.

Travel route



1. Ålesund, 2. Sjøholt, 3. Valldal
Map: Google

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