

NORWAY

AUGUST 28 - SEPTEMBER 4, 2027



CASA ERICA
travel + retreats



OSLO • HARDANGERFJORD • BERGEN • TRONDHEIM

Welcome to Norway, a place I fell in love with years ago and still think about all the time.

I travel for a living, and even so, this country did something to me that few places have. It felt almost like a fairy tale, peaceful and beautiful in a way that's hard to put into words. I've wanted to bring a Casa Erica group here ever since, and I'm so glad I finally get to do so.

During our five-night, six-day journey, we'll begin in charming Oslo, then take a private transfer across southern Norway into Hardangerfjord, through Norway's orchard country, with apple trees lining the road as the fjord comes into view. We'll spend two nights on the water in Rosendal, with time to settle into the rhythm of this small fjord village. One evening, we'll visit Baroniet Rosendal, Norway's only baronial estate, for a private tour and dinner in its 17th-century manor house.

We'll end in one of my favorite cities in the world. Bergen is a harbor city ringed by mountains, with colorful wooden houses climbing the hillsides above the water. We'll ride the funicular up Mt. Fløyen for sweeping views of the city and fjord below.

It's a small, intentional group with plenty of time to slow down and take it all in. For anyone who wants to extend the journey, I'm also offering an optional two-night add-on to Trondheim, Norway's historic third city, full of charm along the Trondheimsfjord.

Casa Erica has always been known for all-inclusive pricing, while keeping every trip thoughtfully considered: nothing added simply because it can be. Norway is a genuinely expensive country, so I've made a handful of experiences optional: a floating sauna cruise, a Michelin star dinner, spa treatments, and more. You won't miss a thing by skipping them, but they're there for anyone who wants a little more.

I can't wait to share it all with you.

Heather Deyo

OWNER • CASA ERICA TRAVEL



OSLO

Settle in for our first night in Norway's capital, with an optional half-day guide to explore the city's history and highlights, including the Nobel Peace Center.



HARDANGERFJORD SCENIC DRIVE

We'll cross Europe's largest mountain plateau, drop through a waterfall valley, and drive straight into Norway's orchard country. We'll end along the fjord, in one of the country's most idyllic spots.



ROSENDAL & BARONIET

Two nights right on the fjord in Rosendal, a small village in Norway's orchard country. One evening, we'll visit Baroniet Rosendal, Norway's only baronial estate, for a private tour and dinner.



HARDANGERFJORD CROSSING

Two hours across the open Hardangerfjord by boat, mountains on both sides, straight into Bergen's harbor. It's the best way to leave one part of Norway and arrive in the next.



BERGEN

Two nights in Bergen, a harbor city ringed by mountains, wooden houses climbing the hillsides above the water. Take the funicular up Mt. Fløyen for a view over the whole city and fjord.



TRONDHEIM ADD-ON

Two more nights north in Trondheim, exploring the wooden streets of the old Bakklandet quarter, quiet and slow. An evening fjord boat tour, and if the sky cooperates, an early shot at the northern lights.

A BOUTIQUE, TAILORED EXPERIENCE



LODGING

We'll be staying in a curated selection of three- and four-star hotels. Norway holds its hotels to a different standard than most of the world; at every tier, you'll find the kind of clean, cozy, elegant, thoughtfully designed rooms that many countries reserve for their finest properties.

In Rosendal, the middle two nights of our trip, we are staying in the lovely four-star Rosendal Fjordhotel.

We're still finalizing exact hotels in Oslo and Bergen, and will share names as soon as they're confirmed.

Both single and double rooms are available, and all rooms will have private en-suite bathrooms.



MEALS

As with all Casa Erica trips, meals are included whenever we're naturally together as a group - all breakfasts, and most lunches and dinners. Norwegian breakfasts are amazing, the best I've ever had!



TRANSPORTATION

All transportation while with the group is included. Airport transfers outside the group itinerary are not included, but they are all quick, inexpensive Uber or train rides.



EVENTS & ADMISSIONS

Admission to all events and activities on the itinerary is included.

Please see page 8 for optional add-on activities.

\$4,100 DOUBLE / \$4,900 SINGLE

A non-refundable deposit is due upon registration.
The balance will be due in equal payments —
installment dates to follow in your welcome packet.

WHAT'S NOT INCLUDED

International airfare and trip insurance

Alcohol - including wine, beer, and cocktails

The Trondheim and optional activity add-ons (see separate pages)

Itinerary

DAY ONE – SATURDAY AUGUST 28

Arrive in Oslo and check into our hotel. For those who land early, Oslo is a small, easy, and enjoyable city to wander on your own. We'll gather at check-in time for a walk around the city. We'll visit the Nobel Peace Center together, then head to Oslo's famous wharf for a welcome dinner by the water.

Oslo is compact enough to see comfortably in a single day, so there's no need to arrive early on our account - but it's a genuinely pleasant city, and if you'd like an extra day beforehand to rest and get over jet lag before the trip begins, we're happy to help arrange it.



DAY TWO – SUNDAY AUGUST 29

We'll leave Oslo shortly after breakfast for a private transfer across southern Norway. It's one of the most beautiful regions in the country, and the drive itself is part of the experience - open plateau, forest, and fjord as the landscape shifts along the way. We'll stop for a quick lunch en route before arriving in the storybook town of Rosendal, right on the water, ready for two nights to slow down.

We'll kick off our time here with a cider tasting, sampling the fruits of Norway's own orchard country right where they're grown.

We'll have dinner in our hotel's excellent restaurant that evening.



DAY THREE – MONDAY AUGUST 30

A full day in Rosendal. Spend the morning at your own pace, wandering the town's quiet streets and the small shops along Skilagato, or join me for a medium-grade hike up Malmangernuten, into the hills above the fjord, where the trail opens up into sweeping views back down over the village, the water, and the mountains beyond. And if neither calls to you, that's perfectly fine too - grab a coffee, find a spot by the fjord, and let the morning be exactly as quiet as you want it. In the afternoon, we'll gather as a group for the highlight of our time in Rosendal: a private tour of Baroniet Rosendal, Norway's only baronial estate, for a private tour and dinner.

Itinerary cont'd

DAY FOUR - MONDAY AUGUST 31

An early start today: breakfast at sunrise, then down to the quay for the morning boat to Bergen. It's a stunning way to travel, the fjord catching the first light of the morning as we go, arriving into Bergen's harbor by 9 am. We'll meet our guide right at the hotel for a two-hour walking tour through the heart of Bergen, taking in the wooden alleyways of Bryggen and the stories behind them, before finishing up at the city's famous Fish Market for lunch. From there, it's a short walk back to check in and settle into our rooms. In the afternoon, you're free to rest, wander on your own, or join an optional outing to Fantoft Stave Church - one of Norway's iconic wooden churches, tucked into a quiet forest just outside the city. More on that later in this guide.



DAY FIVE - TUESDAY SEPTEMBER 1

Our one full day in Bergen begins with the funicular up to Mt. Fløyen, though we won't stop there - from the top, we'll set out on a long walk through the hills above the city, weaving through forest trails with the fjord and islands spread out below us the whole way. We'll make our way to Flørestauren, the historic restaurant perched at the summit since 1925, for a long, late unhurried lunch with the best view in Bergen. This will be our farewell meal for those not joining the Trondheim add-on.

The later afternoon is yours - rest, wander the city on your own, or join our optional floating sauna cruise on the harbor, a proper Norwegian ritual of heat, cold water, and a very good excuse to do nothing for a few hours.

In the evening, for those interested, we'll gather for something a little different. Norway has one of the richest textile traditions in Europe, and we happen to be in town for one of Bergen's "Stikk- og fiks" evenings - a beloved local repair café where skilled textile artists offer guidance on everything from basic mending to beautiful visible-mending techniques like Sashiko. No tools or supplies needed, everything is provided; just bring along anything you've been meaning to sew or mend, or come just to learn over a light supper of cheese and small bites. Entirely optional, of course.



DAY SIX - WEDNESDAY SEPTEMBER 2

For those wrapping up the trip here, our plan is to head toward the airport around midday. We'll finalize today's timing and itinerary once we know the full group, including who's continuing on to Trondheim.

TRONDHEIM

optional add-on

September 2-4

Extend the journey north to Trondheim, Norway's historic third city, for two more nights along the water. We'll trade Bergen's harbor for the Trondheimsfjord and the wooden streets of the old Bakklandet quarter – a quieter, slower coda to the retreat, with an evening on the fjord and an early look at the region's long, dark nights.

\$1,650 / PP

TWO NIGHTS SINGLE OCCUPANCY

- One-way flight and airport transfers: Bergen to Trondheim
Two nights at Scandic Bakklandet, in the historic wooden old town
- A private evening fjord boat tour
- Breakfast, lunch and one group dinner in Trondheim are included.

Early September sits right at the edge of aurora season in Trondheim - it's not guaranteed, and we won't oversell it, but it's our best shot on this itinerary. We'll keep an eye on the forecast and make time for an evening watch if conditions look promising.

There are international flights out of Oslo, Bergen, and Trondheim - feel free to fly out of whichever airport works best for you.

Note: This add-on will run only if enough guests register. If it doesn't, I'm happy to help you plan the trip on your own so you don't miss out.

Optional Add-on Activities

A quick note before you dive in. I've priced this trip to keep the base cost as low as I reasonably can, which means a handful of experiences are offered here as add-ons rather than built into everyone's cost.

This trip stands completely on its own without a single one of these.

Nothing below is filling a gap. They're simply here for anyone who'd like a little more.

HALF-DAY HISTORICAL TOUR OF OSLO, ~\$50/pp

On our first afternoon, join a group tour exploring Oslo's history and highlights. A good way to get a little more Oslo history before the trip heads west.

**Note: this is different from our group walk which will be at the same time, but more relaxed in nature.*

THE SALMON EYE, ROSENDAL, 349 NOK (~\$33/pp)

A short electric boat ride out onto the fjord to Salmon Eye, a striking floating art installation and sustainable aquaculture center. A two-hour guided experience exploring the intersection of art, science, and the fjord itself, unlike anything else on this trip. This looks very James Bond and has amazing reviews!

FLOATING SAUNA SIGHTSEEING CRUISE, BERGEN

Price ranges from ~\$80-\$175/pp depending on group size.

This is a private group activity lasting 2 hours.

A wood-fired sauna that actually cruises Bergen's harbor while you sit inside it, watching the city and mountains drift by through the windows before stepping straight out for a cold-water plunge. A properly Norwegian activity, equal parts heat, cold, and view. Great reviews!

FANTOFT STAVE CHURCH WALK, BERGEN, no charge

An optional walk to Fantoft Stave Church, one of Norway's iconic wooden churches, tucked into a quiet forest just outside the city. This is offered in addition to our group schedule, not in place of it, so it's entirely up to you whether to join.

SPA TREATMENTS, pricing upon request

Available at all of our locations throughout the trip. Let us know if you're interested and we'll share options and pricing closer to the trip.

LYSVERKET, MICHELIN-STAR DINNER IN BERGEN, 2,199 NOK/pp (~\$205, before wine) For anyone who'd like a true splurge, Lysverket holds a Michelin star and sits inside Bergen's KODE 4 Art Museum, overlooking the lake. A 10-course tasting menu built around Norwegian coast and fjord ingredients, with chef-owner Christopher Haatuft personally serving and telling the story behind each dish. Reservations are limited, so this one needs to be arranged well ahead of the trip.

Next Steps

1

REGISTER

Click the link below to register for the retreat.

2

DEPOSIT AND WAIVER

Shortly after you register, you'll receive an invoice for your deposit, along with an attached waiver to sign and return.

3

WELCOME PACKET

Once we receive your deposit and waiver, we'll send along our welcome packet - complete with important dates, a packing list, and travel tips.

4

BOOK YOUR FLIGHT

Let us know if you need us to put you in touch with our travel agent!

[CLICK HERE TO REGISTER](#)

TRAVEL & TRANSFERS

Our time together will begin in Oslo and end in either Bergen or Trondheim. All transfers within the retreat and all other listed transportation are included in your retreat cost and will be arranged by us. Airport transfers are not included, but are easy and inexpensive Uber rides. Please let me know if you'd like any help organizing these.

Flights for the retreat dates are not yet for sale. We'll share fare guidance as it becomes available - in the meantime, feel free to reach out with any questions about routing.

Gallery

