

Discover Norway June 10-22, 2026

Join talented guide and birder John Sternersen & professor Dr. Lynn Moseley for a natural and cultural heritage expedition in the Land of the Midnight Sun!



baby northern hawk owls



puffin



rock ptarmigan



bluethroat



ruff



Bird Photos © John Stenersen, others © Visit Norway see last page for details.

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THE BEST OF MAN AND NATURE WORLDWIDE_{SM}

Betchart Expeditions and Professor Lynn Moseley invite you to Discover Norway, the Land of the Midnight Sun, June 10 - 22, 2026!



Norway's people, natural history and birdlife are rich and varied. We will be visiting three distinct regions including: **Oslo** and the nearby Nordre Øyeren nature reserve; the dramatic **Lofoten Islands** famous for Vikings and fisheries that formed modern settlements along the coast of Northern Norway; and the **Varanger Peninsula**, the Arctic birdwatching paradise at the end of the world!

Highlights include an introduction to modern culture and art on a tour of Norway's capital city **Oslo**, and a visit to the nearby wetlands delta where we can get close to a variety of bird species. Enjoy a unique chance to see eagles close up on a scenic **Sea-Eagle Safari** in the **Lofoten Islands** and an informative visit to the **Lofotr Viking Museum**. A **boat trip at Hornoya**, the unique bird-cliff offering seabirds at very close range including Puffins, Razorbill, Common Thick-billed Murre, Kittiwakes and European Shag on the **famed Varanger Peninsula**.

Leading the expedition will be talented Norwegian guide and birder, **John Sternersen**. Born and bred in Oslo and now residing in the Lofoten islands, John has been birding for over 50 years and has wide experience from the whole of Norway. He is recently retired from a teaching post at Lofoten Folkehøgskole where he taught classes in nature photography. He has written several books, including "Birding the Islands – a birdwatchers guide to Lofoten and Vesterålen", and the recently published "The White-tailed Eagle". John is also involved with the more serious side of ornithology, contributing extensive fieldwork for the Norwegian Institute for Nature Research (NINA) and BirdLife Norway, in addition to serving on Nordland county's rarities committee for two decades. Visit his blog: <https://tringabirding.no/tringa-birding/blog>



Join us as we explore the cultural history and natural wonders of Norway under the Midnight Sun! Please make your reservation right away as space is limited. For information, please telephone Taunya at (800) 252-4910 or email: betcharttaunya@gmail.com.

ITINERARY

DAY 1 (*Wed Jun 10*) Depart on overnight flights from the US, arriving Norway on **DAY 2**, (*Thur June 11*). Depending on flight arrival time you may enjoy independent activities around Oslo, such as a walk through Vigeland Park with over 200 sculptures made of granite, bronze, and wrought iron, or visit the Munch Museum or National Gallery. Afternoon hotel check-in. Tonight, meet your leader for introductions and trip orientation. *Hotel near Oslo airport (3 nights).*

DAY 3 (*Fri June 12*) **OSLO**

Enjoy a guided introduction to the unique history & culture in Norway's capital city, Oslo, today. The medieval Akershus Castle & fortress dominate Oslo's harbour where, in 1299, after the coronation of King Hakon V Magnusson, Oslo was named the capital of Norway. The twin-towered red brick Town Hall, completed in 1950 to commemorate the city's 900th anniversary, is the location for the Nobel Peace Prize annual ceremony. There are 16 impressive wooden reliefs depicting Norse mythology in its courtyard. The Karl Johans Gate, Oslo's main street known for its historical buildings, shops and restaurants, leads to the Royal Palace. The Palace is surrounded by gardens featuring majestic trees, well-kept lawns and beautiful ponds. Walk up the rooftop of the stunning angular architecture of the modern Opera & Ballet House for views of the city over Oslo Fjord.

DAY 4 (*Sat June 13*) **OSTENSJOVANN LAKE & NORDRE ØYERN NATURE RESERVE**

Spend today discovering the outdoors north of Oslo at Ostensjovann Lake and Nordre Øyeren nature reserve. Ostensjovann is a small lake in the suburbs of Oslo, a short hour's drive from our hotel. The lake is famous for its diversity of **ducks, coots, moorhens, crested grebes** and **black-headed gulls**. This is a location where we get really close to birds, as they are used to people in the park surrounding the lake. We spend 1-2 hours here. Then take another short hour's drive to Lake Oyern, an excellent spot for raptors like **Osprey** and **Marsh Harriers**, and a variety of songbirds along the trail. On the way back to our hotel we make some short stops depending on weather and bird reports.

DAY 5 (*Sun June 14*) **OSLO - LOFOTEN ISLANDS**

Morning flight to the world famous Lofoten Islands, followed by a drive from the Harstad/Narvik airport to Svolvær (appx. 3 hrs). We will have planned and spontaneous stops for scenery and birdwatching. We are now in the ***Land of the Midnight Sun***, and our excursions can be adjusted to nearly any time of the day.

The Lofoten Islands, above the Arctic Circle along the Norwegian Sea, are made of up majestic mountains, deep fjords, long windswept beaches, and quaint fishing villages and has a strong connection to the Viking Age. Excellent fishing is a key reason why people have lived here for millennia. The warm waters of the Gulf Stream result in a milder climate than other areas at the same latitude. Weather in Lofoten in June can be somewhat unpredictable and rather cool with temperatures ranging from 8-13°C (46-55 F). The itinerary may be adjusted for local conditions. John will give a talk about birdlife in the Lofoten Islands this evening. *Hotel in Svolvær (4 nights).*

DAY 6 (*Mon June 15*) **SEA-EAGLE SAFARI & HENNINGSVÅR FISHING VILLAGE**

Today we will take a scenic **Sea-Eagle Safari** by boat out of Svolvær – duration 3-4 hours. This is a unique chance to see **White-tailed Eagles** close up!

Afternoon trip to **John's home town**, the picturesque fishing village of **Henningsvår**, where he will take you on a guided village walk to learn about the history of the region and how the influence of traditional fisheries formed society in this part of Norway.

DAY 7 (Tue June 16) MOUNTAIN HIKE & GIMSOY SHORELINE

We will take a morning mountain hike, (3-4 hours), at Klepstadheia for a chance to see some of the more alpine species like **rock ptarmigan**, **snow bunting** and **golden plover**, and of course scenic views! Enjoy afternoon birdwatching around Gimsoy's protected shorelines and marshlands with rare fauna and exciting birdlife. Target species: **Black-throated and Red-throated Loons, Red-breasted Mergansers, Common Eider, Teal, Redshank, Ringed Plover, Golden Plover, Whimbrel, Willow Grouse**, and the gem among songbirds: the **Bluethroat**. Return to Svolvær.

DAY 8 (Wed June 17) LEKNES & EGGUM

Early morning drive for wetland birding in the lakes around Leknes. Target species are a variety of ducks (**European Wigeon, Shoveller, Teal and Tufted Duck**), **Horned Grebe, Red-throated Diver, Lapwing, Curlew** and **Pink-footed Goose**.

Visit the **Lofotr Viking Museum** to experience the Viking Age in an active and vibrant environment including the reconstructed longhouse where you can smell the tar and fire, hear the local Norse stories, learn about crafts and experience how people lived in the Viking Age. Walk in the footsteps of the Vikings along old paths down to the harbor where the Vikings sailed with their ships. See axe throwing, bows and arrows or drink a good cup of coffee in Skjeltersjåen.

Late afternoon seaside birding at Eggum, a North-west-fronted point with more than **180° view over the sea**. Good chance to see **Gannets** flying by, and with some luck **Parasitic Jaeger** and **Great Skua**. Return to Svolvær. John will give a talk about birds of Varanger tonight.

DAY 9 (Thur June 18) SVOLVÆR - KIRKENES - VARANGER PENINSULA

Today we will fly from Svolvær (via Bodo & Tromsø) to Kirkenes. The Varanger peninsula is located in the Arctic, as far northeast as you can get in Northern Norway. This area has a spectacular landscape with wide horizons, a rocky coastline of cliffs by the Barents Sea, and is the only place in mainland Norway with real tundra. Although the nature here is reason enough to visit, the main attraction is definitely its rich birdlife. Thanks to the warm current of the Gulf Stream, nesting birds have excellent feeding areas all year round, giving you the opportunity to experience a number of different species within a relatively small area.

The wide open wilderness of this area is a paradise for anyone interested in nature and birdwatching. Take a scenic drive (2 ½ hrs) to Vadso with stops at Neiden, Varangerbotn and Nesseby. Neiden is famous for the rare **Arctic Warbler**, singing in the old woods around Neiden Chapel. It is also a good spot for **Northern Hawk Owl**. Varangerbotn has mudflats in the very bottom of the Varangerfjord that can produce a good number of ducks and vaders. Nesseby offers good shorelines for a variety of vaders, especially **Dunlins** and **Bar-tailed Godwits**. Enjoy an evening birding walk to Vadsoya, well known for species like **Red-necked Phalarope** and **Red-throated Pipit**. *Hotel in Vadso (2 nights)*.

DAY 10 (Fri June 19) HORNØYA BIRD CLIFF & HAMNINGBERG

Today we will take a boat trip to the uninhabited island of Hornøya to view the unique bird-cliff offering seabirds at very close range such as: **Puffins, Razorbill, Common** and **Thick-billed Murre, Kittiwakes** and **European Shag**. Hornøya Bird Cliff is a must-visit for anyone interested in arctic birdlife!

In the afternoon we will drive to the picturesque old fishing village of Hamningberg, one of the few places that was not burned down by the retreating Germans at the end of the Second World War – stopping along the way to appreciate the spectacular arctic landscape at the end of the world.

DAY 11 (Sat June 20) EKKEROY BIRD CLIFFS, SKALLELV & SOPPAVANN

Morning check out and drive to Ekkeroy, Skallelv and Soppavann, all within an hour's drive from Vadso. Ekkeroy -- Varanger's "Arctic Riviera" with long sandy beaches along pristine Arctic water -- has an impressive cliff of **Kittiwakes**, though struck by bird flu in 2023, it is still impressive. Skallelv is a river outlet, often good for shorebirds and ducks. Soppavann is a bit into the interior of the Varanger Peninsula,

with birds like **Ruff, Long-tailed Jaeger** and **Lapland Longspur**. Continue to Svanvik (3-4 hours) with planned and spontaneous stops.

Svanhovd, in the Pasvik Valley, is a combined research center, museum and hotel (simple but good standard), with great birding in the close surroundings. The Visitor Centre has an exhibition about the unique environment, culture and history of the Pasvik Valley and one can learn more about the virgin forest in the National Park and the distinctive bird and animal species that live here. *Svanhovd (2 nights)*. John will give a short presentation on typical birds of the Pasvik Valley tonight.

DAY 12 (Sun June 21) PASVIK VALLEY & SUMMER SOLSTICE

Early morning start for the Pasvik Valley (opportunity for an afternoon siesta). The Pasvik Valley is one of the last wilderness areas in Europe. Close to the borders of Norway, Russia and Finland, the Pasvik Valley (Pasvikdalen) stretches south of Kirkenes. The 100 km-long valley has large areas of pine and birch forest, as well as several protected primeval forest and wetland areas. Pasvik has a rich and diverse flora and fauna, and is known as the meeting place for species from east and west. Norway's densest brown bear population lives in the valley.

This scenic valley is known for boreal woodland birds like **Pine Grosbeak, Little Bunting, Siberian Tit, Bohemian Waxwing, Siberian Jay, Northern Hawk Owl, Black Grouse** and **Capercaillie**, and the Pasvik River supports **Little Gull, Smew** and **Whooper Swan**.

DAY 13 (Mon June 22) KIRKENES TO OSLO & HOME (or add time in Oslo or travel to Bergen)

This morning we will drive to the Kirkenes airport for a flight to Oslo, arriving approximately 1:40 pm. Take evening flights (after 5:40 pm) home or add time in Oslo. Or take another flight (*or train the next day*) to Bergen for independent pursuits.

Please Note: Flights & schedule are subject to changes. This itinerary is a guideline and is subject to change due to local circumstances and flight schedule changes. Your guide will keep you informed.

COSTS & CONDITIONS

Expedition Fee: \$6,995 per person, twin share, plus in tour flights (currently \$995 per person), plus air fare from home to Oslo, round trip. (*Minimum 12 participants to operate*).

What to Expect: This expedition is for travelers who would like to learn about the unique history of Norway and explore its great outdoors including the best birding areas of Norway, led by an excellent Norwegian guide specializing in birds. This is a rich natural history experience with great opportunities for history culture, and wildlife and scenic photography in the spectacular landscapes of Norway. The group will travel from 2 to 6 hours by bus or van on several days, and take several flights due to the size of Norway. There will be two bird watching boat trips. Walks will be at a leisurely pace suitable for discovery (good quality hiking boots are recommended). It will be early summer with midday temperatures in the 50's to 60's in Oslo, cooling as you head north to the 40's to 50's on the Lofoten Islands and the windy Varanger Peninsula. There is a chance of some rain. The expedition will be a tremendous experience for travelers with an appetite for adventure who would enjoy exploring Norway! We'll have a grand adventure of discovery. (No smoking in vehicles, during lectures, or meals please.)

Accommodations: hotels in Oslo and Solver (Lofoten) are good standard, Vadso is medium standard, and the last stop is a quaint guest house with a location perfect for birding. **Singles** If you do not have a roommate or we cannot assign one, you must pay the extra cost for single accommodations (\$tba).

Expedition Fee Includes: Land transport; group airport transfers; twin share accommodations in comfortable country-style lodges and hotels; sea-eagle and Hornøya bird cliff excursions; leadership, administration.

Expedition Fee Does Not Include: Air fare (quoted separately); independent transfers: lunches and dinners; gratuities to expedition leader, drivers, or local guides; personal items such as alcoholic beverages, laundry, phone calls, bottled water, snacks, personal insurance; or pre/post night accommodations.

Air Fare & Airline Ticketing: In-tour flight group quote currently \$995 per person (*Oslo/Hartstad – Svolvær/Bodo/Tromsø/Kirkenes/Oslo*). Minimum 10 required for group air fare. AIR FARES & SCHEDULES ARE SUBJECT TO CHANGE.

Reservations, Deposits, Payments: Please mail a deposit of \$1,000 per person with the completed reservation form. The balance is due 120 days before departure.

Cancellations & Refunds: The initial deposit for the expedition is refundable up to 120 days before departure less a handling fee of \$500 per person. There will be no refund for any cancellation after the 120-day period. All airfare payments are non-refundable.

Please complete and mail this page with your check in deposit to Betchart Expeditions Inc.

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RESERVATIONS

#1774 Moseley Norway

YES! I/We want to join the **June 10 - 22, 2026 Norway Birding Expedition** with Dr. Lynn Moseley offered by Betchart Expeditions Inc. Please reserve _____ space(s). As a deposit, I/we have enclosed a check for \$_____ (\$1,000 per person), payable to Betchart Expeditions Inc. Trust Account.

Name _____ Age _____

Name _____ Age _____

Street Address _____

City _____ State _____ Zip _____

Email _____ Phone: _____

I/we prefer _____ 1 double or _____ 2 twin beds

Please mail to: **Norway June 2026**
Betchart Expeditions Inc.
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