

Sognefjord in a nutshell – Autumn/Winter

1st October 2022 – 31th March 2023 (updated 04.10.2022)

Round trip from Bergen

Bergen-Myrdal-Flåm-Sogndal-Bergen	01.10-31.10.22 Daily		01.11.22-31.03.23 Daily	
Day 1				
Train from Bergen	08:29	10:36	08:15	10:36
To Myrdal	10:44	12:56	10:03	12:56
Train from Myrdal	11:28	13:58	10:15	13:22
To Flåm	12:26	15:01	11:05	14:05
Optional activities i Flåm Optional stay in Flåm				
Bus from Flåm	14:25*	19:15	14:25*	19:15
To Sogndal	16:15*	20:55	16:15*	20:55
Overnight stay in Sogndal				
Day 2				
	Mon-Sat	Sun	Mon-Sat	Sun
Express boat from Sogndal	07:05	15:40	07:05	15:40
To Bergen	11:50	20:15	11:50	20:15

*Change bus in Lærdal, arr. 15:15, dep. 15:25

One-way trip from Oslo to Bergen

Oslo-Myrdal-Flåm-Sogndal-Bergen	01.10-31.10.22 Daily		01.11.22-31.03.23 Daily	
Day 1				
Train from Oslo	08:25R		08:25R	
To Myrdal	13:05		13:05	
Train from Myrdal	13:58		13:22	
To Flåm	15:01		14:05	
Optional activities i Flåm Optional stay in Flåm				
Bus from Flåm	19:15		14:25*/19:15	
To Sogndal	20:55		16:15*/20:55	
Overnight stay in Sogndal				
Day 2				
	Mon-Sat	Sun	Mon-Sat	Sun
Express boat from Sogndal	07:05	15:40	07:05	15:40
To Bergen	11:50	20:15	11:50	20:15

*Change bus in Lærdal, arr. 15:15, dep. 15:25

Round trip from Oslo via Bergen

Oslo-Myrdal-Flåm-Sogndal-Bergen	01.10-31.10.22 Daily		01.11.22-31.03.23 Daily	
Day 1				
Train from Oslo	08:25R		08:25R	
To Myrdal	13:05		13:05	
Train from Myrdal	13:58		13:22	
To Flåm	15:01		14:05	
Optional activities i Flåm Optional stay in Flåm				
Bus from Flåm	19:15		14:25*/19:15	
To Sogndal	20:55		16:15*/20:55	
Overnight stay in Sogndal				
Day 2				
	Mon-Sat	Sun	Mon-Sat	Sun
Express boat from Sogndal	07:05	15:40	07:05	15:40
To Bergen	11:50	20:15	11:50	20:15
Train from Bergen	15:44	23:18	15:44	23:00**
To Oslo	22:27	06:25	22:27	06:27**

*Change bus in Lærdal, arr. 15:15, dep. 15:25

**Train dep. 23:18 from 1.11 to 10.12.2022

