

**NORWAY**  
POWERED BY NATURE

# NORWAY

Get the full story

# NORWAY ALL YEAR

## The 4 seasons

Despite its northerly location, the climate in Norway is temperate, thanks to the warming effects of the Gulf Stream flowing along its coast. Coastal regions have a climate with relatively mild winters and cooler summer months. Inland areas have a continental climate with colder winters, but warmer summers.

### SPRING

Something happens to Norwegians when winter turns into spring. Something is let loose, like a mountain stream or a flock of birds. We polish our summer shoes and prepare our national costumes for Constitution Day on 17 May, in one of the world's most patriotic countries. Watch the greylag geese approaching in a v-formation over the spring horizon. Smell the scent of apple blossom in Hardanger. That is spring in Norway!



SPRING IN HARDANGER  
© CH - VISITNORWAY.COM

### SUMMER

Crashing waves in the south signal the arrival of summer in Norway and the southerly wind blows across the worldfamous fjords of Western Norway. The Midnight Sun that never sets in the north allows herds of reindeer to graze in broad daylight in the middle of the night. Of



SOMMER IN ARENDAL  
© TORAND/FOAP

course this affects the people who live here - and the people who visit. It makes Norway ideal for outdoor activities – the country is made for expeditions on foot, by bicycle and for fishing. Not to mention, for the most amazing summer holiday in the world.

### AUTUMN

The sharp, clear air cools the golden-red landscape. Autumn has arrived in Norway. The country is tailor-made for finding chanterelles in the forest or plump cloudberryes near a secluded mountain lake - all under a sun of the purest gold shimmering over the rooftops. This is when you can catch the largest fish. This is when a venison roast tastes the best, in a Norwegian manor house with a glass of red wine.



AUTUMN IN RONDANE  
© ASGEIR HELGESTAD

### WINTER

Norway was born with skis on its feet. However, the country is equally well suited to walks on hard, beautiful winter roads between old timber houses in the knowledge of a blazing fire in the grate on your return. At Easter, the country offers fairytale conditions time and time again, with powdery snow and the promise of a welldeserved treat on the highest peaks. Make angels in the snow, try dog-sledding or ice-fishing, or listen to old legends around the fireplace in a traditional Sami tent or „lavvu“ on the plains of Finnmark. Norway and winter go together.



WINTER IN OSLO  
© SVEIN PETTER AAGÅRD



 Hardangerfjord

[www.hardangerfjord.com](http://www.hardangerfjord.com)



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STAY BETTER  
IN NORWAY

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\*Winner of Twinings Best Breakfast 2017, and 12 (of 19) county winners.

[scandichotels.no](http://scandichotels.no)

**Scandic**



## Explore hidden treasures in nature, activities and history

- Walk in the footsteps of Edvard Munch in Norway's most charming coastal town.
- Flow through deep valleys, rivers, lakes and fjords on-board a historic Telemark Canal boat.
- Hike up to mount Gausta and see 1/6 of Norway.
- Go biking alongside the ocean, the canal and mountains.
- Taste local food and visit breweries in the fruit district.
- Visit first-class museums and learn about local culture, stave churches and Henrik Ibsen, in his home town.
- Explore Rjukan-Notodden Industrial World Heritage site.

Real Norwegian adventures – Look no further than Telemark!

Get more inspiration on

[f](#) [i](#) [t](#) [w](#) [visittelemark.com](http://visittelemark.com)

**TELEMARK**

# WELCOME TO NORWAY

Far north, there is a place trolls and mountain kings call home. It is the home of Ibsen, Nansen and Grieg, and also the home of the famous fjords and the northern lights.



© 1XPERT - FOTOLIA.COM

Get the full story [visitnorway.com](http://visitnorway.com)

# CONTENT

## 03 Welcome

- 06 Sustainability
- 07 Norway on the web
- 08 Travel to Norway
- 18 where to stay
- 21 Travel Around

## 32 Destinations

- 34 Fjord Norway south
- 78 Fjord Norway north
- 98 Southern Norway
- 110 The Oslofjord Region
- 136 Eastern Norway
- 156 Trøndelag
- 172 Northern Norway

## 194 What to do

- 196 Safety in the mountains
- 198 Hiking
- 200 Cyckling
- 202 Fishing
- 204 Adrenaline Kicks
- 206 Rafting
- 207 Canoeing and kayaing
- 208 Wildlife safaris
- 211 Farm holiday
- 212 Winter holidays

## 216 What to see

- 217 The Midnight Sun
- 218 Glaciers
- 219 National Parks
- 220 The Northern Lights
- 222 The Sami
- 223 The Fjords
- 224 Winter Lights
- 225 North Cape

## 226 Travel facts

- 226 Norway A-Z
- 235 Norway on social media
- 236 Get to know Norway
- 238 Beautiful train journeys
- 240 National Tourist Routes
- 242 Local food
- 244 Shopping

## 246 Stories

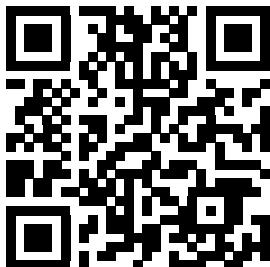
- 246 Design and architecture
- 248 Viking Culture
- 214 Wake up in Norway by Scandic

# The best Norway has to offer - all in one place!

On the award-winning website Visitnorway.com, you will find inspiration and information about Norway. It is easy to explore Norway, search for products and destinations and book trips and accommodation.



Use a QR reader on your smartphone and get direct access to the website.



[www.visitnorway.com](http://www.visitnorway.com)

You can download a QR reader for free from:



## Let's Go Norway

- we are guides
- we are professional
- we speak chinese

Wechat:NORWAY-OSLO - Email:[post@nkgf.no](mailto:post@nkgf.no)



## GREENING YOUR TRAVEL - YOUR CHOICE



IN 2013 RØROS RECEIVED THE PRESTIGIOUS CERTIFICATE "SUSTAINABLE DESTINATIONS" © THOMAS RASMUS SKAUG – VISITNORWAY.COM

### Sustainable Destinations and Environmental labels in Norway.

Destinations and businesses in Norway put an effort in ensuring that you have the best opportunities to experience clean nature, local culture, traditions and prospering local communities.

Norway developed in 2013, as the first nation in the world, a certification for Norwegian destinations working towards sustainability. Several destinations are now a part of the program working hard to ensure that you are offered sustainable experiences whilst working on energy savings, ecofriendly transport and not at least a broad offer of sustainable, local food and exciting activities year round.

Destinations within the certification "Sustainable Destination" ensures that your visit hold as little negative impact on the environments as possible. In addition to "Sustainable Destination" an increasing number of hotels and tourism facilities are certified in one of the environmental schemes used in tourism: Ecotourism Norway, the Nordic Swan, Environmental Lighthouse, Green Key, ISO 14001 and Blue Flag. Debio is the official brand for certified ecological food. It is many ways of travel. Choose destinations and operators that help you to reduce your environmental impact.





# TRAVEL TO NORWAY

## Find the best ways

© CH-VISITNORWAY.COM

There is a wide selection of international flight, train and ferry connections to Norway, and there are several ways of getting around when you arrive. Please see Visitnorway's local pages for more details.

### Fly to Norway

All the large cities and towns have airports catering for both international and domestic flights. In fact, there are more than 50 airports in Norway serviced through regular routes, making even remote places such as the Lofoten Islands, the North Cape and Spitsbergen (Svalbard) easily accessible by plane. However, you must be prepared to maybe change planes once in order to reach your final destination.

### Main airport

Norway's main airport is Oslo Airport (OSL) where most of the international traffic arrives. Oslo Airport (OSL) has excellent ground transport connections to and from the airport. You may choose between trains, buses or taxi.

Or you may rent a car at one of the many car rental companies in the arrival hall.  
[www.avinor.no/en/](http://www.avinor.no/en/)



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# SAS

## AIRPORT TRAINS FROM OSL/ GARDERMOEN

The train takes about 20 minutes from the city centre to the airport.

### Flytoget The Airport Express Train

Norway's first and only high-speed train provides fast and comfortable transportation between Oslo Airport at Gardermoen and several stops in the Oslo region.

Flytoget Airport Express Train departs every 10 minutes (every 20 minutes on Saturdays and early morning/late night) between Oslo Airport and Oslo Central Station (Oslo S). The journey takes 19-22 minutes.

The train departs every 20 minutes between Oslo Airport and Drammen, Asker, Sandvika and Lillestrøm, four times per hour between Oslo Airport and Lysaker, Skøyen

and Nationaltheatret, and every 60 minutes between Oslo Airport and Stabekk.  
[www.flytoget.no](http://www.flytoget.no)

### NSB – Norwegian State Railways

All NSB Regional Trains that run between Skien, Oslo, Lillehammer and Trondheim stop at Oslo Airport. NSB Local Trains on the Kongsberg–Eidsvoll line also stop at the Airport.

[www.nsb.no](http://www.nsb.no)

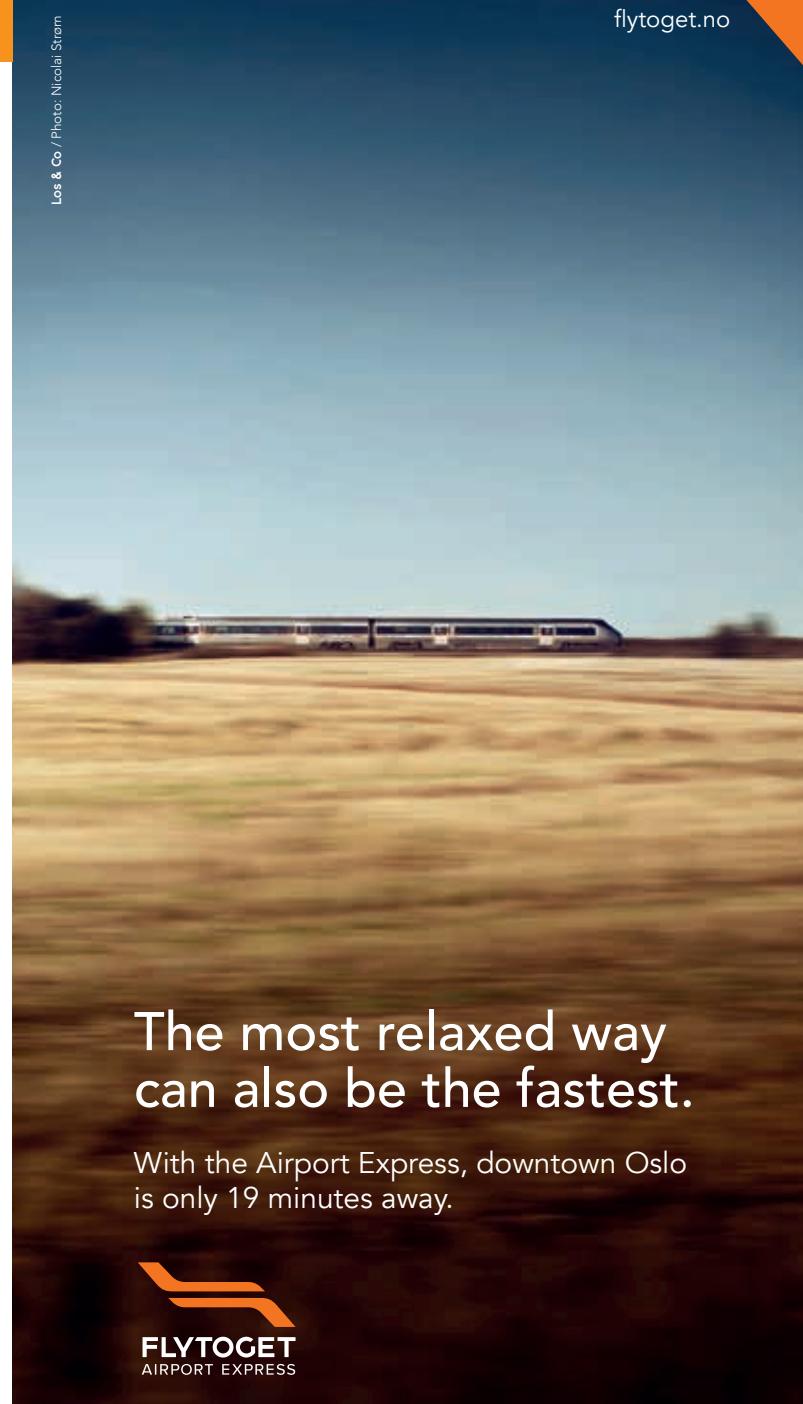
### Other international airports in Norway:

- Bergen Airport Flesland
- Kristiansand Airport Kjevik
- Torp Sandefjord Airport
- Stavanger Airport Sola
- Tromsø Airport Langnes
- Trondheim Airport Værnes

[www.avinor.no/en](http://www.avinor.no/en)



Los & Co / Photo: Nicolai Størm



**The most relaxed way can also be the fastest.**

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# UP TO THE FJORDS!



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**Fair winds to Telemark**

**BERGEN | STAVANGER | HIRTSIALS**  
MS Bergensfjord and MS Stavangerfjord  
**Up to the fjords**

**SANDEFJORD | STRÖMSTAD**  
MS Oslofjord  
**Across the border**

**KRISTIANSAND | HIRTSIALS**  
HSC Fjord Cat  
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State-of-the-art interiors, environmentally friendly technology, top-class entertainment, fine food and plenty of time to relax await you as you travel to or from Norway on one of our Fjord Line ferries.

Come aboard and experience a unique and unforgettable crossing on one of our journey-of-a-lifetime ferries, which set sail every day to take you safely and relaxedly to your destination – along the spectacular coastline of Fjord Norway, for example.

A journey with one of our ships is either the promising start or the crowning glory of your adventure in the Land of Trolls. We transform every crossing into a mini cruise that whets your appetite for sea travel and more. Discover just how sophisticated and exciting a ferry crossing can be – and benefit from the excellent value for money it offers.

Welcome aboard!



## BY CAR

You are most likely to arrive by car from Sweden, but Norway also borders to Russia and Finland.

Whether you enter Norway by road from Sweden, Finland or Russia, customs checks are in place. Full passport control checks are found in the lone Norwegian-Russian land border crossing between Borisoglebsky and Storskog.

Major roads to Norway include European route E6 which runs through Malmö, Helsingborg, and Gothenburg in Sweden, before crossing the border at Svinesund in the south-east of Norway, and E8 which runs through Turku, Vaasa and Oulu in Finland before crossing the border at Kilpisjärvi.

You can also bring your car from all cities and towns in Norway providing ferry services to international destinations.

## BY BOAT

Ferry connections are possible between Denmark, Germany and Sweden. Most ferry operators offer package deals that include taking a car and passengers, and most lines offer substantial discounts for seniors, students and children. Norwegian ports offering marina facilities include Oslo, Bergen, Kristiansand and Stavanger.

[www.colorline.no](http://www.colorline.no)  
[www.stenaline.no](http://www.stenaline.no)  
[www.fjordline.com](http://www.fjordline.com)  
[www.dfdsseaways.com](http://www.dfdsseaways.com)

## BY CRUISE

Norway is a popular cruise destination, and several cruise lines call at Norwegian ports. Most cruises are heading to the fjords and the pretty seaside cities, such as Bergen. The Svalbard Islands, Honningsvåg, Tromsø, Hammerfest, Trondheim and Ålesund are all regular features on Norwegian cruise itineraries.



CRUISE SHIP IN FLAM © M. DICKSON-VISITNORWAY.COM



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**VIP Transport AS, Postbox 559, N-2052 Jessheim**  
 Tel: +47 988 70 000 E-mail: mail@viptransport.no  
 (located near by Oslo airport and Oslo city)



## BY TRAIN

An extensive rail network links Norway to the other Scandinavian countries and the rest of Europe, whereas the national trains are served by the Norwegian State Railways (NSB). Most rail journeys from the continent are overnight, and you will find sleeping compartments on all of them. A variety of discount passes are available for train travel in Europe and Norway. Not all trains offer first-class service, but second-class is of a high standard. [www.nsb.no](http://www.nsb.no)

## BY BUS

You can reach Norway by bus from Sweden, Denmark, Finland, and Russia. Service from Gothenburg in Sweden and Copenhagen in Denmark is almost hourly. The service to Stockholm is also far more frequent than the train. Different operators offer cheap bus tickets between the large cities in Norway, Denmark and Sweden.



THE RAUMA RAILWAY © ROLF SØRENSEN



## Europe's most spectacular Train Journeys

Discover Norway by train for an unforgettable holiday experience.

Norway has many scenic railways, of which the four most spectacular are the Rauma, Bergen, Nordland and Dovre Railways. From your window you will see mighty mountain ranges, river valleys, waterfalls, lakes, glaciers and fjords. You will travel through authentic and charming rural communities. From the variation in altitude, in a single trip you might experience both snow and glaciers and the green fields of summer.

The trains in Norway are comfortable as well as environmentally friendly. Just take your seat, relax and enjoy the scenery.

The [www.nsb.no/travel\\_inspiration](http://www.nsb.no/travel_inspiration) site contains infomercials presenting the routes and the unique travel experiences that await you.

Welcome on board!

For more information  
and bookings:  
[www.nsb.no](http://www.nsb.no)



- The Nordland Railway - *The train to the midnight sun*
- The Dovre Railway - *The trail of the trolls*
- The Rauma Railway - *The most beautiful train journey*
- The Bergen railway - *The mountain track to the fjords*



Europe's most  
spectacular train  
journeys



# WHERE TO STAY

PICNIC IN BALESTRAND © CH-VISITNORWAY.COM

## HOTELS

Hotels in Norway come in all shapes and sizes - with something for most budgets. Choose a cosy wooden hotel in the mountains, a spa hotel by the coast, or a modern design hotel in Oslo, Bergen or Stavanger. You can find a list of the largest hotel chains on [www.visitnorway.com](http://www.visitnorway.com)

## De Historiske - historic hotels & restaurants

A unique membership organisation containing many of Norway's most charming hotels and restaurants. The hotels are not "ordinary" hotels. They are landed estates, country houses, manors, large and small timber-built hotels in pseudo-Swiss and Jugend style and many more historic buildings . [www.dehistoriske.com](http://www.dehistoriske.com)

## HOTEL PASSES

In Norway you will find several passes, discount schemes and cheque systems in operation which are valid at hotels and offer reduced prices. For further information on discount schemes and cheque systems, check with the hotels directly or contact your local travel agency.

## RORBU HOLIDAYS

In the Lofoten islands in Northern Norway, you can rent a traditional fisherman's cabin, called a «rorbu». Fishermen used to come to Lofoten from other parts of the coast for the winter cod fishing season, and would make these cabins their temporary homes. Most have now been modernized. Although most Rorbus are in the Lofoten islands, you can rent these cabins all along the coast from north to south.

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TRONDHEIM  
TRYSIL  
ÅLESUND

HOTELS DESIGNED TO SAY YES!  
[radissonblu.com](http://radissonblu.com)

## LIGHTHOUSE HOLIDAYS

Several lighthouses along the Norwegian coast offer accommodation at various standards. Search for "lighthouse" on [www.visitnorway.com](http://www.visitnorway.com) or contact the local tourist offices.

## YOUTH AND FAMILY HOSTELS

Hostelling International Norway has around 80 youth hostels in Norway. Each hostel is unique but all offer the usual informal, welcoming homey atmosphere. The majority of rooms contain 2-4 beds, but many hostels now offer single rooms and family rooms (2 adults and 2 kids). Breakfast is often included but not all hostels serve food. All hostels have a kitchen that guests can share.

Bedding linen may be hired.  
Hostelling Norway  
[www.hihostels.no](http://www.hihostels.no)

## PRIVATE ACCOMMODATION

Bed & breakfast is developing in Norway – all of a high standard. Rooms are generally booked through the local tourist office on the day. You may find accommodation signs displayed along roads or directly outside houses (Rom or Husrom). In larger towns, private rooms are priced from approximately NOK 350-500 for a single to NOK 450- 800 for a double, breakfast incl.

## AIR BNB

Whether you need an apartment for a night, a castle for a week, or a villa for a month, Airbnb connects people to unique travel experiences, at any price point. So also in Norway.  
[www.airbnb.com](http://www.airbnb.com)

## COUNTRY OR FARM HOLIDAYS

Farm holidays in Norway are many and varied and farms all over the country offer accommodation. Guests usually stay in their own comfortable cabin or guesthouse, complete with kitchen facilities, in or near the farmyard. Some farms also provide bed & breakfast. Many offer the opportunity to participate in various activities and aspects of daily life on a farm.

Farm holidays provide an excellent base for activities, experiences, tasteful food and great stories.

More information on

[www.visitnorway.com](http://www.visitnorway.com)

(Where to stay / Farm Holiday) or from HANEN - Rural tourism and traditional food in Norway. They will guide you to the rural pearls of Norway.  
[www.hanen.no](http://www.hanen.no)

Look for this sign along the road.



## CAMPING

Once in a while, don't we all need to get away to breathe fresh air, count the stars and stuff ourselves with grilled marshmallows.

In Norway, there are around 800 campsites to choose from. Most sites can offer both a pitch for your tent or caravan and cabins of varying standard, so you can choose freely according to your wishes and budget.

### Cabin standards

Many campsites have small cabins that can be booked in advance. Standards vary from small and simple to larger, well-equipped ones with a common room, separate bedrooms, kitchen, shower and toilet. Bedding is usually available for a small fee, and you can either clean up before you leave or pay an extra fee to have the staff do it. The more expensive cabins often have Norwegian style bathrooms, bedrooms, living

rooms and well-equipped kitchens. Price per cabin per day starts at NOK 300.

### Go wild

For total freedom, nothing beats camping in the wild. If you are brave enough to face the wilderness, you could get away with free accommodation in what is often described as the most expensive country in the world. Wilderness camping is allowed in Norway as long as you follow the simple rules set out in the right of access ("allemannsretten" in Norwegian).

More details about campsites and useful information about camping are available on:  
[www.nafcamp.com](http://www.nafcamp.com)  
[www.camping.no](http://www.camping.no)

## Camping in Norway 2018

Nationwide guide of campsites

Order it online  
[www.nafcamp.no](http://www.nafcamp.no)



# TRAVEL AROUND ANY WAY YOU LIKE

A long and craggy country, Norway has not always been as easy to get around as we'd like it to be. But modern conveniences have made it much easier than it once was.

## DOMESTIC FLIGHTS

Considering its size, Norway is exceptionally well served by its domestic airlines. There are about fifty airports and airfields, making even the far north seem a quick jaunt away. The domestic airlines are SAS, Norwegian and Widerøe.

### SAS

[www.flysas.com](http://www.flysas.com)

### Norwegian

[www.norwegian.com](http://www.norwegian.com)

### Widerøe

[www.wideroe.no](http://www.wideroe.no)

## BUSES AND COACHES

Every city and town in Norway has a local bus service and there is an extensive network of express

coaches throughout the country. Express coaches in general are an underrated way of travelling in Norway, which is a pity because they offer a very extensive network of routes, for example in Fjord Norway and to rural areas. Many of the coaches connect with each other and with local services. Express coaches link all the major towns, airports and ferry terminals. All of them with wireless Internet and air conditioning.

Most companies offer student, child, senior, and family discounts. Most companies encourage online booking in advance, and offer both discounts and guaranteed seating for those who do.

Various bus companies operate express routes all over the country. See their coach route map on their websites.

[www.nettbuss.no](http://www.nettbuss.no)

[www.nor-way.no](http://www.nor-way.no)

# ORGANISED ROUND TRIPS

Norway is a country of great variations and vast distances. If you want to have it all, you will need time – or simply take the easy way out and do a round trip.

Norway is a long country with large differences in culture and scenery, so where to start and when to go are both important choices that you should probably make in advance.

Western Norway is famous for the scenic fjords included on UNESCO's World Heritage List, the mountains and the many breathtaking waterfalls.

Northern Norway has a unique coastline with archipelagos like Lofoten, in addition to nature attractions such as the northern lights in winter and the midnight sun during summer.

Below you can find some company web-sites selling package tours in different parts of Norway in a limited amount of time.

[www.authentic-scandinavia.com](http://www.authentic-scandinavia.com)

[www.fjordtravel.no](http://www.fjordtravel.no)

[www.fjordtours.com](http://www.fjordtours.com)

[www.hurtigruten.com](http://www.hurtigruten.com)

[www.elannorway.com](http://www.elannorway.com)

## PLANNING A JOURNEY TO NORWAY?

You are dreaming of discovering the dramatic Fjords, the incredible Midnight Sun, the paradise of Lofoten Islands, the magic of the Northern Lights and even more.

Choose your dates and contact us, we'll help you plan everything to make your travel a dream come true.



Your personal  
travel planner

MOSKENES © TERJE RAKKE

ELAN  
NORWAY

[www.elannorway.com](http://www.elannorway.com)

# EXPLORE NORWAY BY TRAIN



TROMSØ © BÅRD LØKEN-VISITNORWAY.COM



GEIRANGERFJORD © PER EIDE-VISITNORWAY.COM

Many people associate public transport with their daily commute and not a memorable experience. Travelling by train, boat and bus is however a great way to explore Norway.

Experience breathtaking fjords, impressive mountain passes and charming cities. You can sit back, relax and enjoy the spectacular scenery.

Here are two recommendations for popular tours by public transport:

## Norwegian Fjords & Northern Lights

Travel from Bergen via the Norwegian Fjords to Oslo during the winter; discover beautiful landscapes covered with pure white snow and ice and experience the peace and quiet. Continue by flight to the Northern Lights city of Tromsø, the perfect starting

point for exotic winter activities and Northern Lights excursions.

**6-day winter tour.**

## Fjords & Hurtigruten

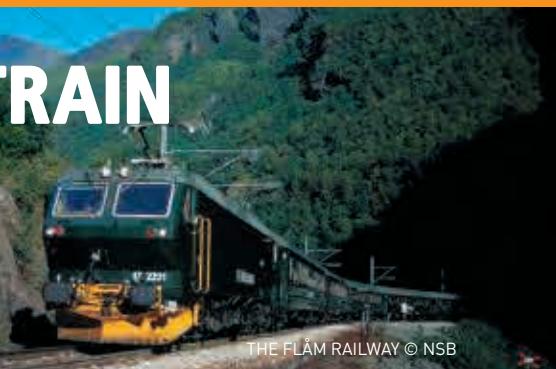
Travel from Oslo on the Bergen-, Flåm- and Dovre Railway, enjoy a fjord cruise on the spectacular Nærøyfjord and explore the Hanseatic city of Bergen before embarking on a 2-night cruise with Hurtigruten, including the Geirangerfjord (in summer) and Trondheim.

**10-day all-year tour.**

Both tours are organized by Authentic Scandinavia, a dedicated online tour operator. Authentic Scandinavia is creating and selling independent package tours and escorted coach tours throughout Scandinavia and the other Nordic countries.

[www.authentic-scandinavia.com](http://www.authentic-scandinavia.com)

# BY TRAIN



THE FLÅM RAILWAY © NSB

## ONE OF THE MOST RELAXING WAYS OF SEEING THE WILD NORWEGIAN COUNTRYSIDE

Norwegian State Railways (NSB) covers the entire country as far north as Bodø. The Bergen Railway is an experience in a class of its own, crossing "the roof of Norway" between Oslo and Bergen in a rail link between east and west through beautiful and varied landscape.

Most of the long distance train lines are scenic, including the Rauma Line between Dombås and Åndalsnes, which presents the tallest rock face in Europe, Trollvegen.

The Nordland Railway between Trondheim and Bodø is one of the few railways in the world that crosses the Arctic Circle. You can also pre book your meal if you have specific requirements. This can be done for both individuals and groups.

You can book a sleeping cabin, or maybe take your family and children in the playarea. If you prefer a more quiet environment for work, the Comfort class may be the best solution.

For more information please see [www.nsb.no/en/on-board](http://www.nsb.no/en/on-board). If you have a lot of luggage and would like to have this transported directly to your hotel, our partner Porterservice will take care of it for a reasonable price. On [www.porterservice.no](http://www.porterservice.no) you will find more information here.

For lowcost travel, book Minipris (miniprice) at [www.nsb.no](http://www.nsb.no)

Minipris costs from NOK 249 to 499 for one way – unlimited distance.

**For more information visit:**  
[www.nsb.no](http://www.nsb.no)  
[www.interrail.eu](http://www.interrail.eu)  
[www.eurail.com](http://www.eurail.com)

**NSB customer hotline:**  
 Tel.: +47 815 00 888



## The Rauma Railway -The most beautiful train journey Dombås - Åndalsnes

A trip on the Rauma Railway is a unique opportunity to experience one of the most spectacular scenic areas in Norway.

Once on board the train, just sit back and gaze out of the train's large windows and enjoy the journey through contrasting, wild and magnificent scenery.

From June to late August the train has an electronic guiding system that provides information on the scenic sights along the route.

The [www.nsb.no](http://www.nsb.no) site contains infomercial presenting the routes and the unique travel experience.

For more information and to book tickets, see [nsb.no/raumarailway](http://nsb.no/raumarailway), call +47 815 00 888 or contact a specialist on Scandinavia.

Europe's most  
spectacular  
train journeys

**NSB**

# BY CAR



TROMS © CH-VISITNORWAY.COM

## MOTORING HOLIDAYS

Norway is a great place to spend a motoring holiday and is easily accessible from most European countries. Regular car ferry services run from Denmark, Sweden and Germany. The bridge over Öresund between Sweden and Denmark enables you to drive from the Continent to Norway without taking any ferries.

[www.oresundsbron.com](http://www.oresundsbron.com)  
[www.colorline.com](http://www.colorline.com)  
[www.fdsseaways.com](http://www.fdsseaways.com)  
[www.fjordline.com](http://www.fjordline.com)  
[www.stenaline.com](http://www.stenaline.com)

## Hit the road

Being the longest country in Europe, it is easy to underestimate distances and driving time in Norway. For

instance, from Kristiansand in the south, it will take about 30 hours to reach the town of Hammerfest in the north. However, motorways and roads in Norway are relatively free of traffic by international standards, and well maintained. Norway has more than 70 years experience in using road toll payment to finance costs of bridges, tunnels and roads. The main roads are the European highways (indicated with an "E" in front of the number), which connects several cities, regions and countries.

## Mountain passes

Note that weather conditions can cause mountain passes to close - especially during heavy

snow and strong wind.

Remember that some of the higher mountain passes can get snow fall and frost when there are summer conditions in the lowlands, particularly in April/early May and in late September-October.

## Roads

The Road Information Centre provides information about road-, driving- and traffic conditions throughout Norway, including information about distances and ferries.

Open 24 hours all year.

Tel.: 175 (from abroad +47 815 48 991) [www.vegvesen.no](http://www.vegvesen.no)

## Tips

National Tourist Routes consists of eighteen highways in Norway chosen for their picturesque scenery, award-winning architecture and tourist-friendly infrastructure, such as rest stops and viewpoints. See page 240-241 for more details.



THE ATLANTIC ROAD © ROGER ELLINGSEN / STATENS VEGVESEN

# FERRIES AND EXPRESS BOATS

SKIBLADNER © COLIN DOBSON

Express boats and car ferries sail up and down the coast, in sheltered waters and across open seas, to towns and villages, and islands large and small. They provide perfect logistics for a holiday of island hopping, or an itinerary entirely of your own choosing. Especially in Western Norway, where all the world-famous fjords are, the road suddenly ends and the journey continues by ferry. Be warned, there may be queues in the summer months. For more information about ferry and boat timetables, please contact the operating companies, you will find a complete list on [www.visitnorway.com](http://www.visitnorway.com)

## HURTIGRUTEN

The long-established Hurtigruten sails from Bergen to Kirkenes in Finnmark. The journey Bergen - Kirkenes - Bergen takes 11 days. This voyage is an exquisite way to

experience the natural beauty of the coast. It is indeed "the world's most beautiful sea voyage". What fascinates tourists most are all the tiny and not-so-tiny communities they stop by at along the way. Departures are daily and there are frequent stops along the coast. The ships can accommodate cars, making it easy to combine the cruise with a holiday in different places ashore.

[www.hurtigruten.com](http://www.hurtigruten.com)

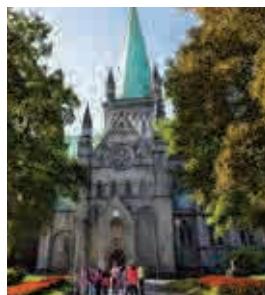
## BOAT TRIPS ON INLAND LAKES

It is not only coastal Norway that offers boat trips. For example you can take a trip on Norway's largest lake, Lake Mjøsa, with the world's oldest paddle steamer Skibladner. You may also take the Fæmund II into the wilderness of Femundsmarka, or travel in the Jotunheimen Mountains with the Gjende Boats.

*Explore the*  
**NORWEGIAN COAST  
WITH THE EXPERTS**



HURTIGRUTEN.no



**NORWAY IN OUR DNA**  
With daily departures, our ships are a genuine part of the life of the coast, sailing into small ports in places most vessels are unable to reach. At 15 of our ports of call, we take on local food. Our chefs work in harmony with the seasons to feature local delicacies. Perhaps that's why so many guests from home and abroad sail with us. They want to sail with the crew that has Norway in their DNA.

125 YEARS  
SINCE 1893

WORLD LEADER  
IN EXPLORATION  
TRAVEL

© SIGVE ASPELUND

© AGURTXANE CONCELLON

# Find your destination



Find your destination in Norway along the coast, by the fjords, in a city or in the mountains. Experience the biggest attractions as Geirangerfjord, Nordkapp, Nidaros Cathedral and Flåmsbana, go on wildlife safaris or plan a hiking or fishing trip. Norwegian culture is inextricably linked to the beautiful scenery and large parts of the country as a living national museum.

## Free App for your holiday

Find accommodation, events, activities and restaurants where you are or where you are going.



## SOUTHERN NORWAY

Mild, gentle, sunny and friendly. That is what Southern Norway is like – both its nature and culture. The area is a very popular summer holiday destination for Norwegians.



## FJORD NORWAY

Fjord Norway with its world famous fjords and mountains offers more than beautiful spectacular scenery. Here is easy access to activities as glacier walking, fishing and cultural experiences.

## OSLOFJORD REGION

You'll be surprised and charmed by idyllic spots, lovely beaches and the harbour villages along the coast. Discover also the charm of Oslo, the capital of Norway.

## EASTERN NORWAY

Eastern Norway is recreation. Here is everything from high mountains in Jotunheimen and beautiful cultural inland to urban café life in the many pleasant towns.

## TRØNDELAG

Trøndelag or Middle Norway, is an area rich in heritage, salmon rivers and friendly "trondere". Norway's historical capital, Trondheim is located in this central region.

## NORTHERN NORWAY

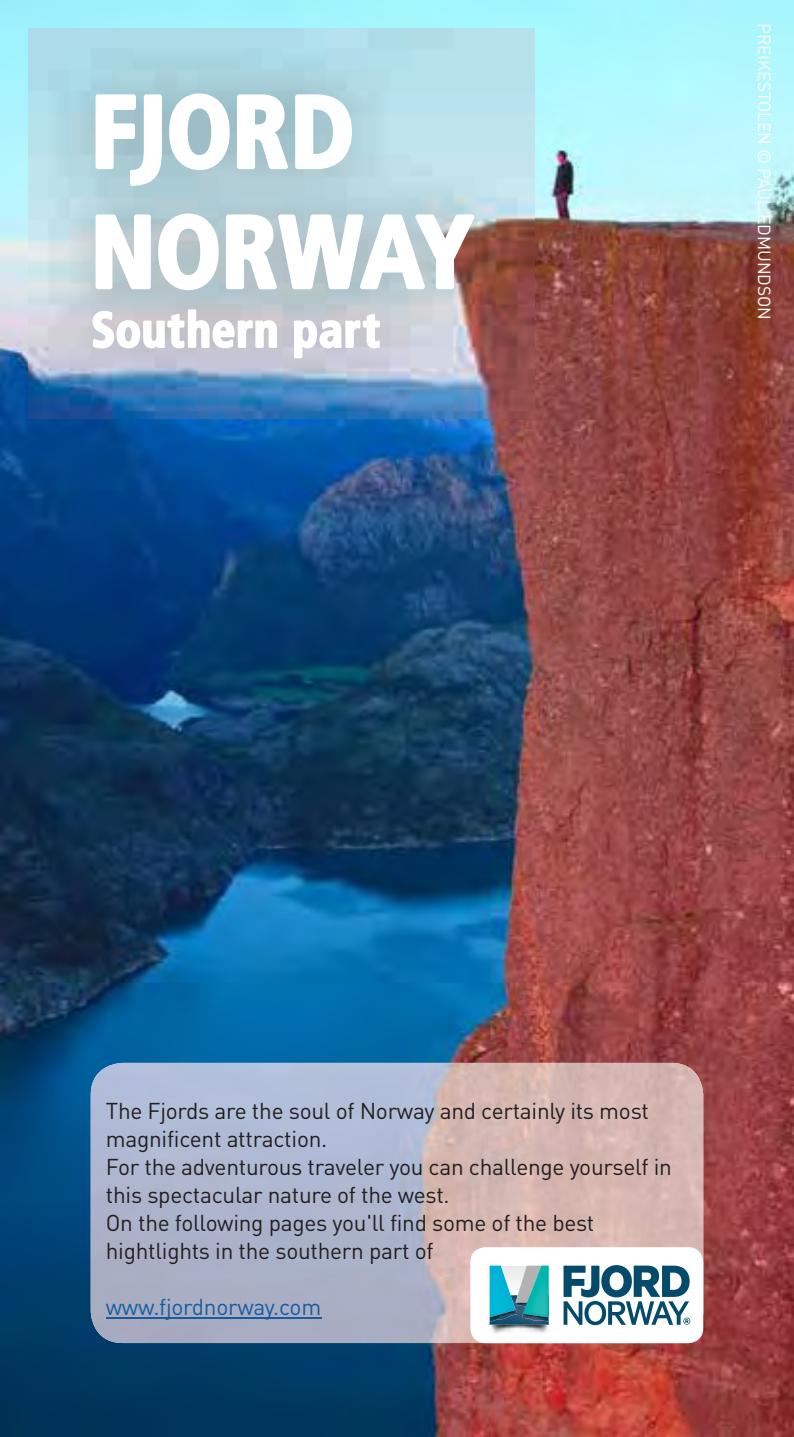
Northern Norway offers Sami culture, wildlife safaris, midnight sun and northern lights. Experience mountains, plains and coast from Helgeland via Lofoten - Racks to Stockfish / CHIMAY



# FJORD NORWAY

## Southern part

PREIKESTOLEN © PAUL EDWARD MUNDSON



The Fjords are the soul of Norway and certainly its most magnificent attraction.

For the adventurous traveler you can challenge yourself in this spectacular nature of the west.

On the following pages you'll find some of the best highlights in the southern part of

[www.fjordnorway.com](http://www.fjordnorway.com)



# FAMOUS HIKING TOUR



## AURLANDDALEN

The Aurlandsdalen valley will take your breath away, with the wild river gouging its way through the landscape and the fantastic views. The valley is wild and beautiful, and it is rich in history and culture.



HIKING IN AURLANDDALEN  
© SVERRE HJØRNEMIK

## VIA FERRATA

Odda has two Via Ferrata routes. One route goes up along the power station pipes and ends at approx. 400 moh. The other via ferrata route, Himmelstigen, starts in Skjeggedal, and goes up to Trolltunga and the Preikestolen at approx. 1150 moh. The tour takes 8-10 hours.

# FAMOUS BIKING TOUR

## THE NORTH SEA TRAIL



The cycle route all the way from Kristiansand to Stavanger gives you the opportunity to visit skerries and fjords, villages and large urban centres, all in scenic surroundings. This is a brilliant way of experiencing western Norway on a bicycle. The journey is an experience in its own right, and provides both mental and physical exercise.

## NATURAL WONDERS AND ROUGH HIKES

## PREIKESTOLEN

Preikestolen (The Pulpit Rock) is one of Norway's biggest tourist attractions. You can combine a hike to the Pulpit Rock with a boat trip on the Lysefjord to make it an extra special experience. The hike is about six km and takes around four hours there and back. Season: May to October.



## TROLLTUNGA

Trolltunga, one of Norway's most spectacular hikes, is located in Hardanger. The return hike is around 20 km and takes ten to twelve hours there and back. The difference in altitude is around 900 metres. It is possible to walk out on the Trolltunga ledge, but be careful!

## VIEWS YOU DON'T WANT TO MISS

## THE AURLANDS- VEGEN ROAD

The road winds its way up the mountains. At the Stegastein viewpoint, you can enjoy staggering views from a viewing platform that is an architectural gem.

## HARDANGERVIDDA

Your heart may well skip a beat when, as you suddenly find yourself winding down through the steep Måbødal valley, the magical Vøringsfossen waterfall and the blue-green hues of the Hardangerfjord come into view. This is contrast of the most spectacular kind!



VØRINGSFOSSEN ©  
GABY BOHLE

# CITIES AND CITY LIFE



SUNSET AT ULRIKEN  
© ESPEN HAAGESEN

## BERGEN – THE GATEWAY TO THE FJORDS

The city has a rich cultural scene with both classical and contemporary music and art. The world's third largest Munch collection is to be found at KODE Art Museums. Bergen is a Creative City of Gastronomy and many of the city's excellent restaurants pride themselves in making food based on local traditions. You can easily get to the top of two of the seven mountains that surround the city centre by cable car or funicular.

## STAVANGER – THE CULINARY CITY

Stavanger is surrounded by a green, fertile coastal landscape, and is only a short distance from the dramatic scenery of the Lysefjord. Old wooden houses and charming shopping streets form the heart of this modern, cosmopolitan city. Stavanger is a great starting point for day trips to the Lysefjord and spectacular hikes to viewpoints such as Preikestolen (Pulpit Rock) and Mount Kjerag.



## HAUGESUND – HOMELAND OF THE VIKING KINGS

Haugesund is a charming coastal town. This is the area where the Viking Kings had their Royal seat. Visit Avaldsnes and the Nordvegen history centre to learn about the history of the Viking Kings and how they lived. In summer, Haugesund hosts a herring festival, a jazz festival and the Norwegian International Film Festival.

**FLEISCHERS HOTEL**  
ANNO 1864

YOU HAVEN'T EXPERIENCED VOSS UNTIL YOU'VE STAYED AT **FLEISCHER'S**

- 110 ROOMS
- 30 APARTMENTS
- CONFERENCE FACILITIES
- 2 RESTAURANTS
- SUMMER TERRACE
- PIANO BAR
- SWIMMING POOL
- JACUZZI & SAUNA
- GYM & OUTDOOR TENNIS COURT

Fleischer's offers accommodation in the heart of Voss with easy access to all the local experiences. With a great view of the "Vangsvatnet" water, you can choose between apartments in the motel, standard rooms at the station or upgraded rooms in the hotel. As a guest at Fleischer's you're always welcome in our bathing area equipped with pool, jacuzzi and saunas.

#TrainInTrainOut

Easy access with the Bergen - Oslo railway

tel: +47 56 02 05 00 [HOTEL@FLEISCHERS.NO](mailto:HOTEL@FLEISCHERS.NO) [FLEISCHERS.NO](http://FLEISCHERS.NO)

DE HISTORISKE

## FJORD CRUISE

Explore the magnificent Lysefjord and Preikestolen on a 2,5 hr cruise

Daily departures May-September

[norled.no](http://norled.no)

**NORLED**   
Great travel experiences

Best price!

Adults	nok	460
Children (4-16)	nok	280
Family (2ad+4ch)	nok	1200

Foto: Terje Rakke-Nordic Life AS, Region Stavanger

*Kviknes Hotel in Balestrand is one of the most special hotels in all of Norway. An atmosphere of cultural heritage, an international cuisine and a well stocked wine cellar will give your senses memories for life.*

*Kviknes Hotel is the perfect starting point to explore the popular attractions and activities in the Sognefjord area.*

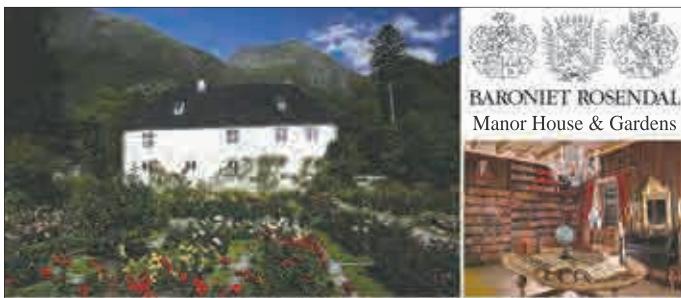
*The hotel offers a variety of room categories in both the historic building and the new wing.*

since 1877 a tradition in the fjords

**KVIKNES HOTEL**

For more information: Tel. +47 57 69 42 00 or [www.kviknes.no](http://www.kviknes.no)

gasta.no



**10 May - 2 Sept. 2018**

Guided tours, concerts, exhibitions, theatre and lectures at the Manor House from 1665. Renaissance garden with roses in abundance, romantic landscape garden from 1850-70. Lunch café in the Kitchen & Herb garden. Bed & breakfast and 3-course dinner at the Home Farm.

Info / tickets:  
[www.baroniet.no](http://www.baroniet.no) - tel. +47 53 48 29 99



## SKUDENESHAVN

Skudeneshavn is a white haven situated at the southern tip of Karmøy. Its narrow streets, the idyllic harbour and the old white wooden houses may charm you to stay for longer than you planned to.



## UNESCO SITES

### BRYGGEN, THE WHARF IN BERGEN

In the city centre of Bergen, along the wharf, these beautiful buildings are facing the ocean. The buildings are standing very close together and are decorated with intricate wooden ornaments giving witness to an architectural style that goes back to the time of the Hanseatic League, almost 900 years ago.

### URNES STAVE CHURCH

Urnes Stave Church dates back to the second half of the 12th century and is one of the few wooden churches on the heritage list.

### GEIRANGER AND THE NÆRØYFJORD

The fjords of Norway are the

main attraction for visitors. These two fjords are the first natural sites in Norway included on the heritage list. The fjords were formed during several ice ages, and the largest glacier on mainland Europe, the Jostedalsbreen, is situated between these two fjords.

## NATIONAL PARKS

Folgefonna National Park  
Folgefonna, the third largest glacier on mainland Norway, is the heart of the national park. Exotic and dramatic, this magnificent glacier has drawn tourists since 1833. Here are glacier tongues and icefalls, wild valleys, and raging rivers of rushing meltwater and scenic summer pastures.



# BERGEN

## - The Gateway to the Fjords of Norway



Come and experience what Bergen has to offer!

As a European City of Culture, World Heritage City and UNESCO City of Gastronomy, Bergen offers world-class experiences and culture. Being the Gateway to the Fjords of Norway, the Bergen region has the ideal combination of nature, culture and interesting urban attractions – all year round. Bergen is an international city packed with history and tradition, a big city with small-town charm and atmosphere.

Bergen likes visitors.  
And Bergen is worth a visit.  
Welcome!

# BERGEN

## - The Gateway to the Fjords of Norway

© PAAL AUDESTAD-WWW.FJORDTOURS.COM

In the heart of the Fjord Norway region, between the Hardangerfjord and the Sognefjord, Bergen is the perfect starting point for day trips to one of the world's biggest scenic attractions – **the fjords**.

From Bergen you are real close to the spectacular fjord experiences, either you want to go on a **fjord cruise** or dive into the experience with mountain and **glacier hiking** in the majestic mountain landscape, **skiing** in some of Norway's best terrains, **biking** along the beautiful fjord arms or explore the wet element with **white water rafting** or **fishing** in the ocean along the beautiful coast line.

The Norwegian fjords was formed through several ice ages as the sea carved itself through and across the coastline, leaving a beautiful landscape with snow-clad mountains, blue glaciers, deep gorges, cascading waterfalls and tiny fertile villages strung like glowing green pearls along the fjord line. This extraordinary landscape is today inscribed on **UNESCO's World Heritage List**, and professional activity organizers are ready to take you into the fjord region all year around – as close to the nature as you can get!

### IT'S SIMPLE: BUY YOUR FJORD TOUR TICKETS AT THE TOURIST INFORMATION

The fjords are the biggest attraction in Scandinavia. From Bergen you can take day trips or round trips to the **Sognefjord**, for example – Norway's longest and deepest fjord, which also includes the **Nærøyfjord**, featured on the **World Heritage list**. Or the **Hardangerfjord**, also known as the Queen of the Norwegian fjords. We also recommend a round trip along the coast to explore the coastal culture. Some tours combine travel by boat, train and bus. They all start in and return to Bergen and last from half a day to a day. Some of them can be extended to include one or more overnight stays en route.

Period	Day	Departure time	Duration	Name of the tour
All year	Daily	06.52, 08.43, 09.59 and 12.56	9-12 h	<b>Norway in a nutshell®</b>
All year	Mon-Fri	08.50	7,5 h	<b>Rosendal (Hardangerfjordekspresen)</b>
01.05-30.09	Sat-Sun	11.00	7,5 h	<b>Rosendal (Hardangerfjordekspresen)</b>
10.05-02.09	Daily (May: Tue-Sun)	08.50	7,5 h	<b>Fjord cruise to the Baroniet in Rosendal</b>
01.01-28.02	Daily Sat-Sun	10.00 10.00 and 14.00	3 h	<b>Fjord cruise Bergen - Mostraumen</b>
01.03-31.12	Daily	10.00 and 14.00	3 h	<b>Fjord cruise Bergen - Mostraumen</b>
01.07-31.08	Thu-Sat	18.00	3 h	<b>Fjord cruise Bergen-Mostraumen</b>
16.04-14.10	Daily	08.00 boat or 06.52, 08.43 and 09.59 train	10-14 h	<b>Sognefjord in a Nutshell</b>
01.05-30.09	Daily	07.25 bus, connecting with boat in Norheimsund	11,5 h	<b>Fjord cruise on the Hardangerfjord</b>
01.05-30.09	Daily	07.25 bus or 08.43 train	11 h	<b>Hardanger in a Nutshell</b>
02.05-30.09	Mon-Sat	08.00 and 16.30	4-5 h	<b>Through the Magic Streams to Skjerjehamn</b>
June-Aug.	Daily	08.00	12,5 h	<b>Glacier tour to Skjerjehamn</b>
July-Aug.	Daily	07.25	12 h	<b>Summer skiing on Folgefonna glacier</b>
July-Aug.	Daily	07.25	12 h	<b>Guided glacier hiking on Folgefonna</b>
02.05-31.08	Daily	07.25	12 h	<b>Cycle along the Hardangerfjord</b>
June-Aug.	Mon-Fri	08.00	12,5 h	<b>Island hopping to Solund, Bulandet and Værlandet</b>
03.04-24.09	Daily	06.51	9-14 h	<b>Norway Active - Roundtrips for Active People</b>
All year	Daily	12.00	2 h	<b>Experience Bergen from the fjord</b>

All fjord tours can be booked online on [visitBergen.com](http://visitBergen.com)

# BERGEN

## - A World Heritage City



### BRYGGEN

#### - A WORLD HERITAGE SITE

The very first buildings in Bergen were situated at Bryggen, which has been a vibrant and important area of the city for many centuries.

Bryggen has been ravaged by many fires, the great fire of 1702 in particular. It reduced the whole of the city to ashes. Bryggen was rebuilt on the foundations that had been there since the 12th century, which means that Bryggen is basically unchanged despite the passing centuries.

Bryggen is now part of our common heritage and has a place on **UNESCO's World Heritage List**, and the city of Bergen is a designated **World Heritage City**.

The world heritage site consists of the **old Hanseatic wharf and buildings**, and one

of the best known urban areas from the Middle Ages in all of Norway. In 1360, the German Hanseatic League set up one of its import and export offices at Bryggen, dominating trade for almost 400 years.

To stroll through Bryggen's narrow alleyways and overhanging galleries is to step back into the mists of time and a bygone era. Bryggen is very much a living part of the cultural heritage that is still in active use in this historical area of the city.

Today, there are more than **20 attractions in the Bryggen area**, from the Fish Market to Bergenhus Fortress. There are many cafés, restaurants and shops to choose from. Many of the shops sell traditional and unique crafts.



# BERGEN

## - A European City of Culture



EDVARD GRIEG MUSEUM, TROLDAUGEN  
© ROBIN STRAND-VISITBERGEN.COM

Bergen is a proud **European City of Culture**, and the city has had a strong cultural identity ever since the merchants brought life to the harbour around Bryggen at the 1300s. Today Bergen is a cultural melting pot, with a wide range of concerts, international festivals and museums of all kinds. Culture plays an important role of everyday life in Bergen – an important expression of Bergen's variety of life.

Bergen has fostered several world famous artist who have achieved worldwide fame, such as the **composer Edvard Grieg and violinist Ole Bull**. Grieg's home at Troldhaugen and Ole Bulls summer paradise at Lysøen are both popular attractions today, where you can experience their homes preserved just as they were built, and concerts to the scenery that once inspired the two world famous composers.

### BERGEN - A PARTY IN ITSELF

Bergen was European City of Culture in 2000. Today, the Bergen region has a unique breadth of culture and experiences to offer. Every day, it is possible to choose between revues and theatre, dance performances, shows and international concerts featuring top-class

international performers. Several bands have emerged on Bergen's music scene throughout the last decades, like Kygo, Ylvis, Kings of Convenience, Sissel Kyrkjebø, Kurt Nilsen and Sondre Lerche – to mention a few of them.

During the past years, Bergen have been host to a number of major international artists, such as Bruce Springsteen, The Rolling Stones, Sting, Coldplay, The Eagles, Iron Maiden, Joe Cocker, Paul McCartney, Metallica, Robbie Williams and Iron Maiden, just to mention a few.

Bergen is a city for parties, festivals and international events, such as Bergenfest music festival, Bergen International Festival, Tall Ships Races, The World's Biggest Ginger Bread City (Pepperkakebyen), and much more. But for many, just being in Bergen brings a sense of celebration.

A city buzzing with life – all year round!



# BERGEN

## - A UNESCO City of Gastronomy



CORNELIUS SEAFOOD RESTAURANT © HANNE CATHRIN OLSEN

# BERGEN

## - A city between seven mountains and the city that buzzes all year round



BERGEN FROM MT. FLØYEN © SKIFORMARMATIE.NL

In 2015, Bergen became a member of the Unesco Creative Cities Network in the area of gastronomy.

**Bergen City of Gastronomy** builds on a millennium of history as a meeting place and trading centre for cultural and culinary traditions. Surrounded by the sea, deep fjords and high mountains, nature has created a magnificent and pure environment for food production.

The region's majestic countryside produces the very best ingredients, and the fish in the sea are the basis for culinary experiences that are the envy of chefs worldwide. You can enjoy fantastic fresh fruit grown in orchards and on lush slopes beside our deep fjords. The access to top class

ingredients and the emergence of food enthusiasts and world renowned chefs has made Bergen is an official Unesco City of Gastronomy.  
[bergengastronomy.com](http://bergengastronomy.com)

RESTAURANT 1877  
© ØYSTEIN HAARA-VISITBERGEN.COM

**Surrounded by seven Mountains**, Bergen is ideal for enjoying the beauties of nature. A few minutes' ride on the Fløibanen funicular will take you from the city centre to the top of **Mt. Fløyen**, while a cable car takes you to the summit of our highest mountain, **Mt. Ulriken**. Enjoy the views and the peace and quiet while gazing down at the city. Sample the delicacies on offer at the **Fish Market**, or spend hours among the fish, penguins and seals at **Bergen Aquarium**. The whole family can explore the world of science and technology at the **VilVite Science Centre**.

If you are coming as a family with children, we have gathered all the relevant attractions, including the Aquarium, the Funicular,

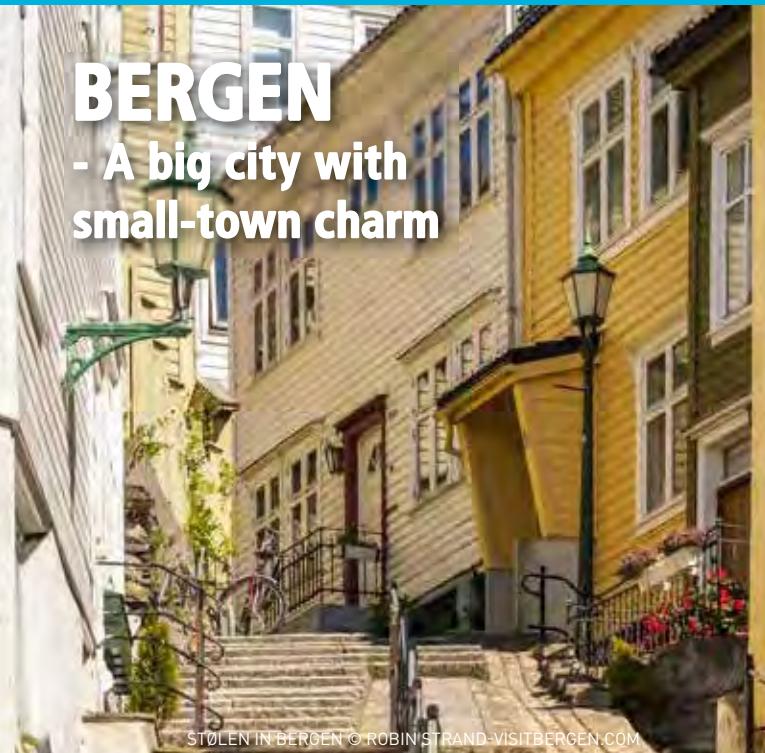
Vannkanten Waterworld and VilVite Science Centre on [BarnasBergen.no](http://BarnasBergen.no)

The fact that Bergen is located in one of the world's most scenic areas means that there are lots of opportunities for active experiences for adults and children alike. Bergen will enchant you regardless of the season. Spring and autumn each have their beautiful palette, summer is teeming with joyous activities, and in winter you can combine your stay with snow-filled adventure at a nearby ski resort.

Nature is close at hand no matter where in the Bergen region you are. And if you prefer the indoor life, there is plenty to do indoors as well.

# BERGEN

## - A big city with small-town charm



STØLEN IN BERGEN © ROBIN STRAND-VISITBERGEN.COM



LILLE LUNGEÅRDSVANN © VISITBERGEN.COM

Bergen has the facilities and opportunities of a large city. But **narrow cobblestone streets** and **wooden houses** brings a small-town charm to Norway's second largest city. Bergen's small wooden houses add to the city's charm and uniqueness. Many of these old wooden buildings date back to the 18th and 19th centuries and have been respectfully restored and refurbished in recent years. Fine examples of this can be seen in central areas such as

**Nordnes, Nøstet and Fjellsiden**, where narrow alleyways and cobbled streets dominate. People have lived in these areas for centuries, and they are well worth exploring for their charm.

Join one of our guided tours, by bus, on foot or by boat. To tempt you to prolong your stay and improve your experience of the city, we highly recommend the BergenCard for culture and experiences (see page 63).

### BERGEN'S ART STREET

Bergen has an impressive collection of unique Norwegian and international art treasures ranging from the classical to the contemporary. The collections are housed in a row of galleries lining the picturesque Lille Lungegårdsvann lake in the heart of the city. Permanent and changing exhibitions throughout the year. Major collections of Munch, Tidemand and Gude, Picasso, Miró and Astrup as well as

contemporary art, and KunstLab, a children's art museum, can be found at the **KODE art museums**. In this area you'll also find Bergen Kunsthall (Bergen Contemporary Art Centre), where you can experience contemporary art and performances.

Call in at the Tourist Information for information about what's on offer and to buy trips and tours.

# BERGEN REGION WEST

## - The coast as your playground



The coast of Bergen, including Sotra, Fjell and Øygarden, is the place for active, brisk and exciting experiences. Just a stone's throw from the city, you can take part in spectacular coastal activities, incredible culinary seafood experiences

and learn about one of the most exciting episodes in Norway's war history. You can enjoy accommodation with panoramic views of the sea, in small traditional rorbu or in a first-class hotel.





© GAUTE HATLEM.NO



SUP-BOARD © HENRIETTE KALGRAFF

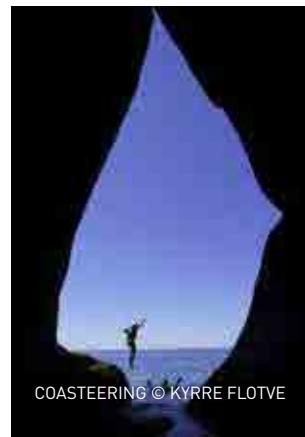
The region west of Bergen offers a multitude of activities that make the most of the fascinating coastal landscape. You can become one with the sea and archipelago in a sea kayak, go diving or take a yoga lesson on a SUP board. The region is also ideal for deep sea fishing.

#### GETTING AROUND THE REGION

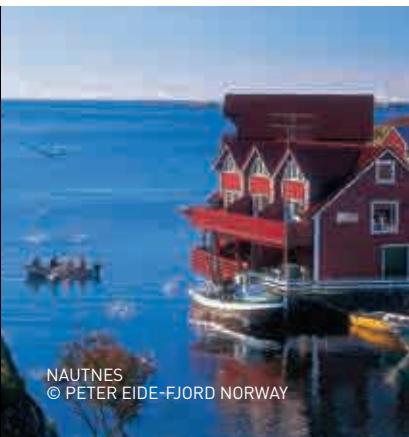
**Car:** Road 555 west from Bergen direction Sotra. Car rental available.

**Bus:** Local bus service – see [www.skyss.no/en](http://www.skyss.no/en). Free with Bergen Card

[visitBergen.com](http://visitBergen.com)

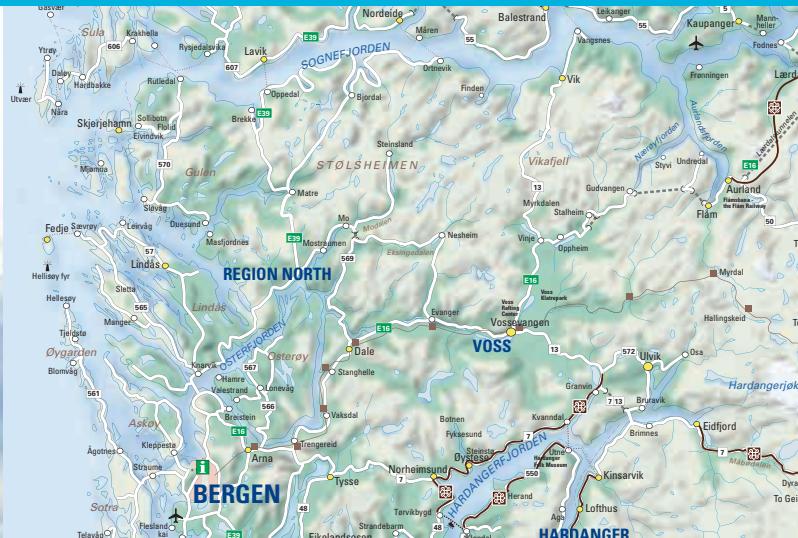


COASTEERING © KYRRE FLOTVE

NAUTNES  
© PETER EIDE-FJORD NORWAY

# BERGEN REGION NORTH

## - A natural history gem



Across beautiful heathland with charming old drystone walls, through narrow sounds and currents from ocean's edge to fjords and high mountains. Nordhordland, the region north of Bergen is a gem for nature experiences, exciting emigration history and activities that are guaranteed to bring your cheeks, the wind in your hair and laughter and joy.



© KILSTRAUMEN BRYGGE



© HELGE DYRKOLBOTN



NORTHERN EXPOSURE © KYRRE FLOTVE



HIKING IN STØLSHEIMEN CC STORDALEN OPPLEVING AS ©

Nordhordland is a sustainable destination for outdoor adventures and to explore our culture heritage. The region is Norway's first candidate to become a UNESCO Biosphere Area – an area for sustainable development. Nordhordland is also excellent for hiking and biking, especially in the beautiful Stølsheimen mountains.

#### GETTING AROUND THE REGION

**Car:** Road E39 north from Bergen direction Ålesund. Car rental available.

**Bus:** Local bus service – see [www.skyss.no/en](http://www.skyss.no/en). Free with the Bergen Card.

**More info:**

[visitBergen.com](http://visitBergen.com)

BIKING TOURS  
© STORDALEN OPPLEVING ASKAYAK COURSES  
© EIVIND SENNESET

# BERGEN

Tourist Information



FLØIBANEN AND VIEW OF BERGEN FROM MT. FLØYEN  
© SVERRE HJØRNVIK

## LONG OPENING HOURS ALL YEAR

June, July and August	Daily	08.30-22.00
May and September	Daily	09.00-20.00
Rest of the year	Mon-Sat	09.00-16.00
Open during easter		
Closed 24, 25, 26 and 31 December and 1 January.		

### Tourist Information Bergen

Strandkaien 3, NO-5013 Bergen, Norway  
Tel: (+47) 55 55 20 00 - [info@visitBergen.com](mailto:info@visitBergen.com)  
[visitBergen.com](http://visitBergen.com)

## Save money with the Bergen Card!

The **Bergen Card** gives you free or discounted admission to museums, attractions, sightseeing and cultural events in Bergen and the whole region, free bus and Bergen Light Rail travel and discounts on meals, parking and airport coach express. You can also travel for free from Bergen Airport Flesland to Bergen city centre with Bergen Light Rail. The card can be purchased at the Bergen Tourist Information, onboard Fjord Line's two ships MS Bergensfjord and MS Stavangerfjord and online at [www.visitBergen.com/BergenCard](http://www.visitBergen.com/BergenCard).



## TRAVEL FACTS

### Getting there:

Bergen – easy to get to, no matter what means of transport you choose.

The Bergen Railway between Oslo and Bergen has been ranked as one of the world's greatest train journeys. Getting to Bergen by train, book at [www.fjordtours.com](http://www.fjordtours.com) [www.nsb.no](http://www.nsb.no)

Several departures daily to/ from the fjord region, and Oslo.

Direct ferry routes from Denmark and Stavanger by Fjord Line. Bergen is also a turnaround port for the world-famous Hurtigruten coastal express.

Bergen Airport Flesland has excellent domestic and international connections. You can fly to Bergen direct from more than 30 destinations in Europe.

### Some important distances:

Oslo – 515 km (approx. 7h)  
Stavanger – 210 km  
Ålesund – 385 km

### Contact us:

#### Bergen Tourist Board

Turistinformation  
Strandkaien 3  
+47 55 55 20 00  
[info@visitBergen.com](mailto:info@visitBergen.com)  
[visitBergen.com](http://visitBergen.com)

## What's on – PLAN & BOOK – [visitBergen.com](http://visitBergen.com)

Book accommodation, activities, fjord tours, sightseeing, transport and the Bergen Card – and find the event of your choice with the what's on calendar.

### Follow visitBergen at



[visitBergen.com](http://visitBergen.com)



# Uptown Bergen

Welcome to the highest part of Bergen city!  
Highland nature, mountain hikes, local food and lots of family fun.

Enjoy a spectacular ride with our cable cars in breathtaking scenery, try our many activities and treat yourself to a unique dining experience in our panorama restaurant.



**Opening hours**  
09:00 - 21:00



**13,0 km**  
Mountain trails



**Express bus**  
09:00 - 18:00



**Sky:skraperen**  
Snacks and dinner



**Bus and cable car return:**  
Adults: 270,-  
Children: 160,-  
Families (2+2): 700,-



**Activities**  
Activities for both kids and grown ups



EXPLORE THE MAGNIFICENT REGION OF HAUGESUND



ESTEN MILLS

SCOTT SPORLEIER





## RYFYLKE AND THE STAVANGER REGION WHERE YOUR FJORD ADVENTURE STARTS

PREIKESTOLEN © OUTDOORLIFE NORWAY

Beautiful scenery including Preikestolen, Mount Kjerag and the beaches of Jæren. A lively cultural scene and great culinary experiences. Combine the National Tourist Routes through the lovely Ryfylke area and Jæren with buzzing city life.

### RYFYLKE

Impressive fjord experience await you in Ryfylke. Go for a walk in the mountain or sightseeing on the fjord. Make frequent stops! You will find peace of mind in Ryfylke.

#### Destination Ryfylke AS

NO-4130 Hjelmeland  
info@ryfylke.com  
[www.ryfylke.com](http://www.ryfylke.com)

Follow Destination Ryfylke at:



KJERAG © JOHANNES C, APON-OUTDOORLIFE NORWAY



NESVÅG © EDUARDO GRUND



CITY BREAK-STAVANGER © VISIT STAVANGER

### STAVANGER

All about contrasts – from long sandy beaches to fjord and mountain landscapes and lively islands. Adventures such as kayaking, cycling, surfing and kiting, hiking, fishing and climbing. We offer urban city life with gourmet restaurants, shopping, charming cafés, fun museums and activities.

#### Region Stavanger

NO-4306, Sandnes  
info@regionstavanger.com  
[www.regionstavanger.com](http://www.regionstavanger.com)

Follow Region Stavanger at:



### Travel facts

- bus Several daily departures from/to Oslo, Bergen and Kristiansand.
- bus Several daily departures from/to Kristiansand and Oslo.
- boat Car ferry from

Hirtshals, Denmark with Fjord Line.

car RV13, E39 and RV45.  
air Stavanger Airport, Sola. Direct flights to e.g. Oslo, Aberdeen, Amsterdam, Berlin, Copenhagen, London, Newcastle.



SONDALSTRAND  
© KNUT BRY-TINAGENT



SOLA BEACH © CH-VISITNORWAY.COM

The longest fjord, the biggest glacier and the highest mountains – the world's most beautiful fjord experiences!

# Sognefjorden



Nærøyfjorden (UNESCO)  
Photo: Vegard Aasen



Nigardsbreen, Jostedalen  
Photo: Vegard Aasen



Urnes stave church, Luster  
Photo: Espen Mills



Norsk Bremuseum, Fjærland  
Photo: Norsk Bremuseum



Old Lærdalsøyri, Lærdal  
Photo: Magnhild Aspevik



Stegastein, Aurland  
Photo: Sverre Hjørnevik



The Flåm railway, Aurland  
Photo: Sverre Hjørnevik

**1 Fjord:** UNESCO Nærøyfjord (1A), Fjærlandsfjord (1B).

**2 Glacier:** Jostedalsbreen (2), Nigardsbreen (2A), Bayabreen (2B), Supphellebreen (2C), Bergsetbreen (2D), Austerdalsbreen (2E).

**3 Waterfalls:** Vettifossen (3A), Feigumfossen (3B), Kjosfossen (3C), Kjelfossen (3D), Kvinnafossen (3E), Drivadefossen (3F).

**4 Churches:** UNESCO Urnes Stave Church (4A), Borgund Stave Church (4B), Hopperstad Stave Church (4C), Kaupanger Stave Church (4D), Undredal Stave Church (4E), Hove Stone Church (4F), St. Olafs Church (4G), Dale Stone Church (4H), Gaupne old church (4I).

**5 Hiking:** Aurlandsdalen (5A), The Utladalen Valley (5B), Jotunheimen/Hurrungane (5C), The old King's Road (5D), Stolsheimen (5E), Rallarvegen (5F), Saurdal (5G), Molden (5H), Keipen (5J).

**6 Attractions:** Flåmsbana – The Flåm Railway (6A), The Aurland shoe (6B), The Norwegian Book Town (6C), Cider Cellar (6D), Ægir Bryggeri & Pub (6E), Gamle Lærdalsøyri – old village centre (6F), Utsikten (6G), Sogn Tours (6H), Galleri Walaker 300 (6I), The Magic White Caves (Gudvangen 6J), Otternes (6K), The "Stairs" in Høyanger (6L), Open-air swimming pool (6M), Fridtjov den Frøkne Statue (6N), Stegastein view

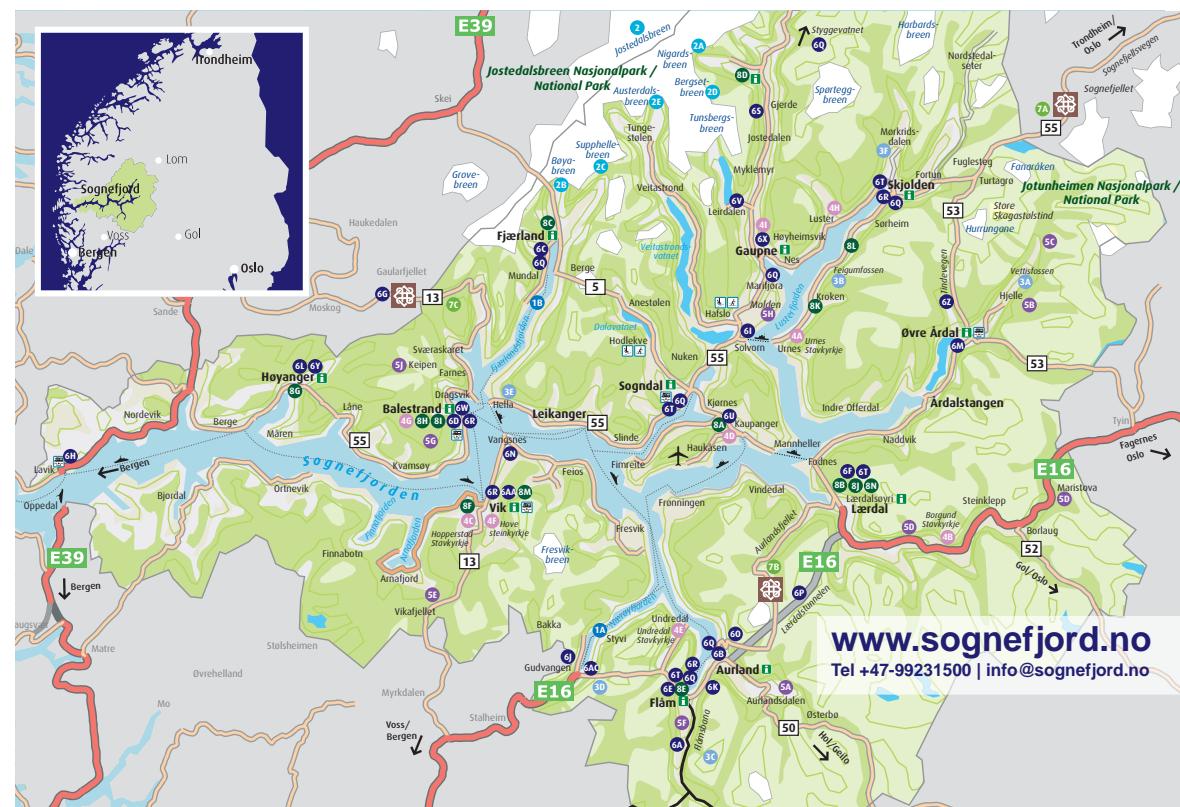
point (6O), Lærdalstunnelen – world's longest tunnel (6P), Kayak (6Q), RIB (6R), Rafting (6S), SUP (6T), Vesterland Indoor Playpark (6U), Juving (6V), Fjord Angling (6W), Lustrabadet indoor waterworld (6X), Høyangerbadet indoor waterworld (6Y), Tindevægen – tourist route (6Z), Vikøyri - historical shore dweller site (6AA), Njardarheimr (6AC).

## 7 National Tourist Routes:

Sognefjellet (7A), Aurlandsfjellet (7B), Gaulafljellet (7C).

**8 Museums and centers:** De Heiberske Samlinger – Norwegian folk Museum (8A), Norwegian Wild Salmon Centre (8B), Norsk Bremuseum – glacier museum (8C), Breheimssenteret – glacier museum (8D), Flåm

Railway Museum (8E), Kristianhus Boat- and Motormuseum (8F), Høyanger Industrial Museum (8G), Sognefjord Aquarium (8H), Norwegian Tourism museum (8I), Post- and tele museum (8J), Munthehuset (8K), Saftuset – "The Juice House" (8L), Refsdal Powerstation 1913 (8M), Sogn Art Centre (8N).



## Travel facts

From Bergen/Oslo: [www.vegvesen.no](http://www.vegvesen.no) and [www.maps.google.no](http://www.maps.google.no)

[www.nasjonaleturistveger.no/en](http://www.nasjonaleturistveger.no/en)

From Bergen: [www.norled.no](http://www.norled.no)

From Bergen/Oslo: [www.nor-way.no](http://www.nor-way.no)

From Bergen/Oslo: [www.wideroe.no](http://www.wideroe.no)

From Bergen/Oslo: [www.nsb.no](http://www.nsb.no) and [www.visitflam.com](http://www.visitflam.com)

**Roundtrips** "Norway in a Nutshell"® and "Sognefjord in a Nutshell"®:  
[www.fjordtours.no](http://www.fjordtours.no)

[www.sognefjord.no](http://www.sognefjord.no)  
Tel +47-99231500 | info@sognefjord.no

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best destination



85/85 points National Geographic

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historical fjord  
journey back  
from 1875

# KAUPANGER - GUDVANGEN

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Daily service from 15 May to 14 Sept. 2017



MF Skånevik and  
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protected fjord

Book your  
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[www.fjord2.com](http://www.fjord2.com)

**FJORD 2**  
FJORD CRUISES

# EXPLORE FLÅM

THE FLÅM RAILWAY © SVERRE HJØRNEMIK.COM/FLÅM AS

Welcome to Flåm in the heart of fjord Norway. Visit Flåm offers a palette of great experiences year round.

The fjords of Western Norway have been voted the world's best fjord destination by National Geographic Traveler magazine. Flåm is located innermost in the world's longest fjord, the Sognefjord.

The contrasts between snow-capped mountain peaks, cascading waterfalls and a beautiful flowering landscape offer magical moments that make a trip to Flåm well worthwhile.



## THE FLÅM RAILWAY

The Flåm Railway has been voted one of World's most beautiful train journeys by the National Geographic Traveler magazine. The Flåm Railway runs year round and connects with most of the trains on the Bergen Railway between Bergen and Oslo. The railway is 20 km long, and has an height difference of 865 metres. The Flåm Railway has been voted one of Europe's most beautiful train journeys by the National Geographic Traveler magazine.

## FJORD CRUISE NÆRØYFJORD

Explore the wildest and most beautiful branch of the Sognefjord, the UNESCO World Heritage area, Nærøyfjord. The Nærøyfjord is 17 km long and 250 metres wide at the narrowest point. The Fjords offers daily roundtrips by bus and boat between Flåm and Gudvangen.

Join a fantastic cruise on the UNESCO listed Nærøyfjord with "Vision of The Fjords". With its world premiere innovation, Norwegian design and world-leading environmental technology.



FJORD CRUISE NÆRØYFJORD © SVERRE HJØRNEMIK.COM/FLÅM AS

## TRAVEL FACTS

The Flåm Railway connects with most of the trains between Bergen and Oslo.

Several daily departures between Flåm and Gudvangen during summer. Two daily departures in winter. Express boat between Flåm and Bergen from May to September.

Bergen Airport Flesland, Oslo Airport and Sogndal Airport.

Daily express bus departures to Voss, Bergen,

Sogndal, Lillehammer and Oslo.

Oslo-Flåm 310 km, 4hrs 30 min. - Bergen-Flåm 165 km, 2hrs 30min. - Voss-Flåm 65 km, 50 min. - Hemsedal-Flåm 111 km, 1h 30 min. - Geilo-Flåm 115 km, 1h 45 min. - Stavanger-Flåm 350 km, 6 h 30 min.

### Contact us:

[www.visitflam.com](http://www.visitflam.com)  
info@visitflam.com  
+47 57 63 14 00

# FLÅM



## HISTORICAL FRETHEIM HOTEL

Fretheim Hotel is located in the heart of Flåm with the Flåm Railway as its closest neighbor. The hotel has 121 rooms and the food is inspired by local flavours. Fretheim Hotel is a proud member of The Historic Hotels & Restaurants in Norway.



## STEGASTEIN VIEWPOINT

The National Tourist Route across the Aurlandsfjellet mountains between Aurland and Lærdal is one of the most beautiful mountain roads in Norway. Stegastein is a breathtaking viewpoint beside the road where you can enjoy fantastic panoramic views of the Aurlandsfjord.

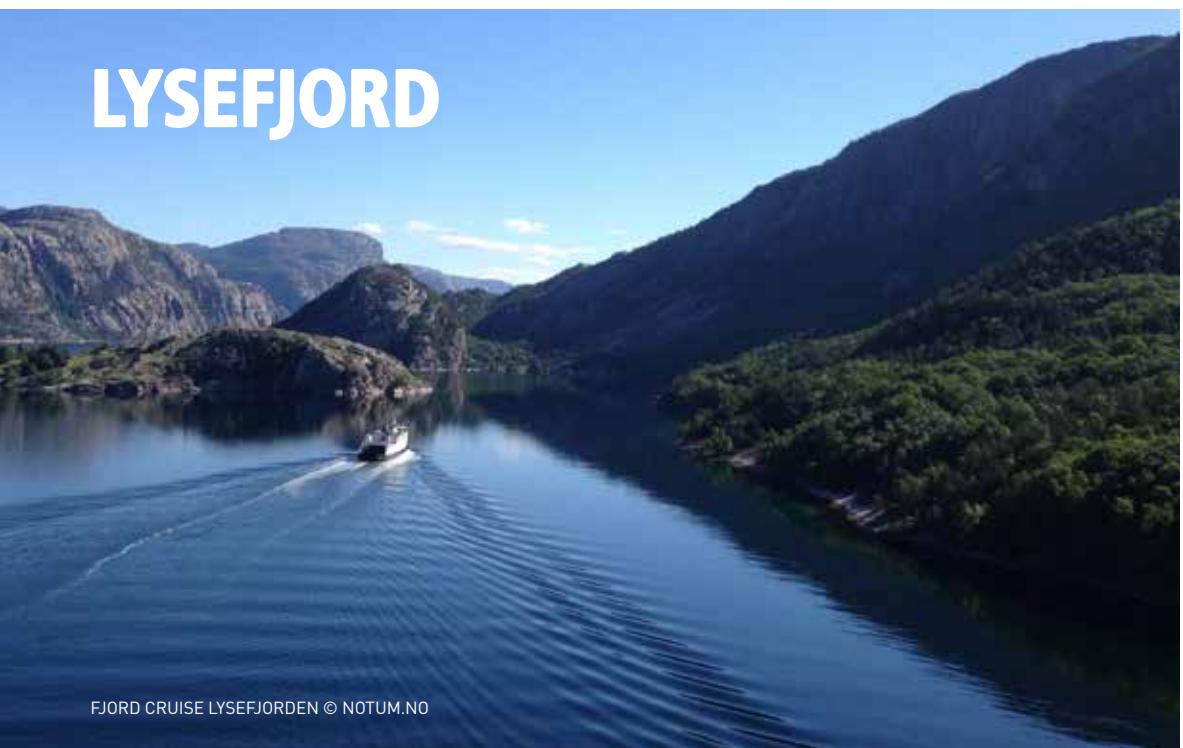
**FLÅM**  
[www.visitflam.com](http://www.visitflam.com)

# GEIRANGER



FJORD CRUISE GEIRANGERFJORDEN ©  
PER OTTAR WALDERHAUG WWW.FJORDNORWAY.COM

# LYSEFJORD



FJORD CRUISE LYSEFJORDEN © NOTUM.NO

## FJORD CRUISE GEIRANGERFJORD

The Geirangerfjord is a 15-kilometre-long branch of Storfjord, and is inscribed on UNESCO's World Heritage List jointly with Nærøyfjord. The fjord is one of Norway's most popular visitor attractions and offers a spectacular introduction to this iconic Norwegian geographical feature. The trip between Geiranger and Hellesylt takes in the Knivsflå waterfalls, known as the Seven Sisters and Friaren (the Suitor). You will also sail close to the Brudesløret (Bridal Veil) falls.

## FJORD CRUISE LYSEFJORD

A fjord cruise by tourist ferry on Lysefjord highlights spectacular natural phenomena, such as the Pulpit Rock, the Kjerag mountain, rugged scenery and dramatic rock formations. The 42-kilometre-long trip along the fjord reveals its incredible geology and glacial landscape. Cars and coaches can travel on the tourist car ferries.



# FJORD NORWAY

## Northern part



The Fjords are the soul of Norway and certainly its most magnificent attraction.  
For the adventurous traveler you can challenge yourself in this spectacular nature of the west.  
On the following pages you'll find some of the best highlights in the northern part of

[www.fjordnorway.com](http://www.fjordnorway.com)



# FAMOUS HIKING TOURS



## MOUNT SKÅLA, 1,848 METRES

Mount Skåla, 1,848 metres, is located in Loen, Nordfjord. Kloumannstårnet (tower) on the top of Mount Skåla is without question Norway's, if not the world's, most unusual cabin. The top is located in the Jostedalsbreen National Park, and the view across glaciers, fjords and mountains is fantastic. Mount Skåla is considered to be the highest mountain in Norway with its 'foot in the fjord'. It is a 16 km hike up and down and takes approx. five hours up and two to three hours down.

**Season:** June to September.



HIKING SKÅLA © SVERRE HJØRNVIK

## ROMSDALSEGGEN RIDGE

The hike across Romsdalseggen ridge is in the heart of the most beautiful mountains in Norway – with views that will take the most seasoned mountain hiker's breath away, and with fjords and mountains, peaks and waterfalls everywhere you look. From the Romsdalseggen ridge, there are spectacular views of Åndalsnes the capital of Norway's mountain peaks, to the Rauma river on the floor of the Romsdalen valley, to the Trollvegen cliff and the Trolltinder peaks – and all the way to Molde and the ocean to the west.

## VIA FERRATA ROMSDALSSTIGEN- ÅNDALSNES

The entrance wall is a trail that requires little knowledge of climbing and that will suit most people. Via ferrata guides from Norsk Tindesenter, lead small groups up one at a time, both to safeguard the safety and ensure a good and safe experience along the way. The west wall will be another and more demanding route, both based on Nesaksla.

## BIKING IN FJORDNORWAY



It's not the distance that's important, it's what you experience en route. Scenery, people, the weather, the smells and sounds. If you want to experience the mountain scenery at its very best, you can cycle on gravel roads in the mountains. On the Aursjøvegen road between Eikesdal and Sunndal you will get a real sense of wilderness, the likes of which you normally only get on foot. Or you can try terrain cycling on one of the prepared terrain tracks that have been built at the ski centres in the region.

Whatever you decide, a cycling trip in Fjord Norway offers great experiences, challenges and pleasant meetings with the friendly locals. And blueberries grow by the roadside.

## ROUGH HIKE MOUNT HORNELEN

At 860 metres, the precipitous Mount Hornelen in Bremanger is the tallest sea cliff in Europe. From the top, you can enjoy spectacular views of the fjord, mountains and the ocean. If you dare, you can lie down at the edge and look almost vertically down at the passing boats 860 metres below. The walk to Mount Hornelen is 13 km long, and it takes about eight hours to get to the top and back. Guided walks available.



HORNELEN © SVERRE HJØRNVIK

# DON'T MISS THE VIEWS

## LOEN SKYLIFT

A new attraction and adventure arena, at the inner part of the Nordfjord. A cable car will lift you from the fjord to 1011 m. Enjoy the views of the fjord landscape and Jostedalsbreen National Park - from the restaurant table, or while hiking in the mountains.

## GEIRANGER SKY-WALK - DALSNIBBA

Europe's highest fjordview from a road, new spectacular platform, Geiranger Skywalk, from 2016 - a guaranteed airy experience. Quite possibly the world's finest view – 1500 m above sea level. The toll road, Nibbevegen, takes you from Djupvasshytta at 1038 m above sea level to the viewpoint at Dalsnibba.



TROLLSTIGENO ØYVIND HEEN

## THE ATLANTIC ROAD

The most beautiful journey in the world. The Atlantic Road takes you from lush coastal landscapes and heaths to bare rocks along the exposed Hustadvika, where you can see the sun sink into the horizon.



## TROLLSTIGEN

The "Troll Ladder" is a dramatic and exciting experience and one of Norway's National Tourist Roads. The road twists through 11 hairpin bends as it climbs up to Stigrøra (858 metres above sea level). The Trollstigen Plateau and the two spectacular viewpoints provide full overview of the countryside.



BRIKSDALSBUEN © BJARTE HAUGEN

## The Briksdal Glacier

Guests from all over the world come to visit this famous glacier arm set attractively between roaring waterfalls and high peaks. Briksdalsbreen is an arm of the great Jostedalsbreen Glacier, and located inside the Jostedalsbreen National Park.

From 1200 meters the glacier plunges down into the beautiful Briksdalen Valley. See the Briksdalen valley by foot or catch a ride with one of the "Trollcars" up to the glacier. In Briksdal you will find a restaurant, a large shop and an booking office for "Troll car" trips.

**BRIKSDAL**

DISCOVER THE UNIQUE NATURE OF BRIKSDAL

briksdalsbre.no / oldedalen-skysslag.com

## CITIES AND CITY LIFE



ÅLESUND © TERJE RAKKE

### ÅLESUND - THE ART NOUVEAU TOWN

Destroyed by fire in 1904, the charming coastal town of Ålesund rose from the ashes and built to a singular Art Nouveau vision by a string of ambitious Norwegian designers and architects. A century later, it remains picturepostcard perfect, with one of the world's finest concentrations of Art Nouveau architecture. Walk up the 418 steps to the top of Mount Aksla and you will be rewarded with unforgettable panoramic views!.

### MOLDE - LOTS OF CHARM AND ATMOSPHERE

Molde faces south onto the Romsdalsfjord and is known for its beautiful surroundings and fantastic views. From Varden viewpoint (407 metres) you can enjoy the breathtaking Molde panorama with its 222 partially snow-clad peaks. On a clear day, you can see all the way out to the fishing village of Ona and the notorious waters of Hustadvika.



### KRISTIANSUND - A CITY ON FOUR ISLANDS

Kristiansund is a beautiful, clean and open city that spreads out around the harbour and the four islands. The city has been built up only over the last 50 years, due to a devastating bombing during the Second World War when almost 900 houses burned down. and the Norwegian International Film Festival.

## CHARMING VILLAGE

### THE FISHING VILLAGE OF BUD

In the 16th and 17th century Bud was the biggest trading post between Bergen and Trondheim. The last meeting of the national council in Norway was held here in 1533 under the leadership of Archbishop Olav Engelbrektsson. Today, Bud is still an active and charming fishing village with several good fish restaurants.



BUD FISHING VILLAGE  
© TERJE RAKKE

## UNESCO SITES

### GEIRANGER AND THE NÆRØYFJORD

The fjords of Norway are the main attraction for visitors. These two fjords are the first natural sites in Norway included on the heritage list. The fjords were formed during several ice ages, and the largest glacier on mainland Europe, the Jostedalsbreen, is situated between these two fjords.

## NATIONAL PARKS

### JOSTEDALSBREEN NATIONAL PARK

Almost half of the Jostedalsbreen National Park is covered by the Jostedalsbreen glacier, which is the largest glacier in mainland Europe. The national park is famous for its wide variety of natural environments all within a short distance of each other, ranging from valleys with lush vegetation to bare mountain and glacier landscapes.

# NORDFJORD



LOEN SKYLIFT © LARS KORVALD

Nordfjord is situated between the largest mainland glacier in Europe and Norway's wildest coast at the western cape, with spectacular mountains and valleys, rolling farmland and a dramatic coast line. Here, you are never far away from great, accessible travel experiences. Nordfjord is Norway at its highest, wildest, deepest and most enjoyable.

All in one fjord.

## Highlights

- Briksdalsbreen glacier – Jostedalsbreen National Park.
- Loen Skylift and Via Ferrata Loen
- The Lodalen valley and Kjenndalsbreen glacier
- National Scenic Route, Gamle Strynefjellsvegen
- Selja Monastery – unique cultural heritage from the Viking Age
- Hoddevika bay and surfing at Stad
- Vestkapp – the western most mountain plateau on the mainland
- Hornindalsvatnet lake – the deepest lake in Europe
- Riding fjord horses – Norway's oldest breed of horses

## Walking

Here, you will find more than 230 marked paths in varied terrain and of all degrees of difficulty: Mount Skåla, the network of paths and trails around Loen Skylift, Jostedalsbreen National Park, Gjegnen and the Fjord Pilgrim Route, to mention just a few. Nowhere else will you find fjords, the ocean, mountains and glaciers so close together. And the mild coastal climate means that you can enjoy walks all year round.

## Cycling

Cycle on roads that wind their way up through valleys or beside the fjord and the sea bathed in the red evening sun. The roads that pass through these contrasting landscapes are suitable for both families and experienced cyclists, although more and more off-road cyclists are now also exploring the region.

## Culture & local food

Take part in the local culture and taste locally produced food and drink of gourmet standard. Learn about our history – from the Viking Age to the present day. Nordfjord was a centre of power in the Viking Age, and we are now reconstructing Norway's biggest Viking ship. Selja Monastery still stands as a monument to that era, taking you on a journey through Norway's long and eventful history. Or why not attend a festival?

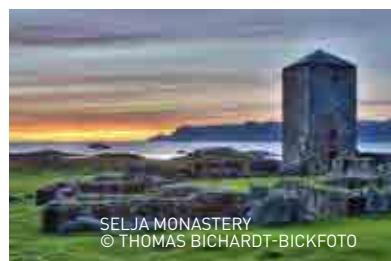
## Skiing & winter

Once the mountains in Nordfjord are covered in snow, we like to get out our skis and snowshoes, surf on big waves and relax indoors afterwards. Experienced guides show enthusiasts the best downhill runs from mountain summits or, if you prefer traditional ski slopes, we can tempt you with an Alpepass ski pass. The area is also famous for its excellent conditions for cross-country skiing.

## Accommodation

Historic hotels, spa hotels such as Hotel Alexandra, charming guest houses, cabins beside the fjord, apartments or campsites. You can even stay overnight in a lighthouse – right out at the ocean's edge.

[www.nordfjord.no](http://www.nordfjord.no)

SELJA MONASTERY  
© THOMAS BICHARDT-BICKFOTOBRIKSDALSBUER GLACIER  
© MATTIAS FREDRIKSSON

# GEIRANGER



UNION HOTEL, GEIRANGER

© TERJE RAKKE/NORDIC LIFE-VISITNORWAY.COM

The deep blue UNESCO-protected Geirangerfjord is surrounded by majestic, snow-covered mountain peaks, wild waterfalls and lush, green vegetation.

For nature lovers, the Geirangerfjord has plenty to offer. Experience the fjord and the waterfalls from one of the many available sightseeing trips, go hiking in stunning surroundings or experience the fjord from a new perspective in a kayak. Other popular activities in the area include fishing, rafting and cycling.

## Fjord Sightseeing

Enjoy breathtaking cruises either on the sightseeing boat M/S Geirangerfjord, or on the ferries between Geiranger-Hellesylt or on fast going RIB-boats and discover the UNESCO World Heritage Fjord. You will come close to the famous waterfalls "Seven Sisters" and the guiding will

FJORD SIGHTSEEING IN GEIRANGERFJORD ©  
TERJE RAKKE/NORDIC LIFE-VISITNORWAY.COM

## TRAVEL FACTS

✈ Many daily flights from the largest towns and cities in Norway to Ålesund Airport Vigra, which is the nearest airport

🚌 Daily express bus departs to the area from Oslo, Trondheim and Bergen.

🚁 Daily train departures from Oslo (approximate travel time 5,5 hours) and

Trondheim (approximate travel time 4 - 5 hours) to Åndalsnes, which is the closest railway station.

🛳 During the summer you can take the north-bound Hurtigruten from Bergen to Geiranger. .

### Destination Geirangerfjord

[info@visitgeirangerfjord.com](mailto:info@visitgeirangerfjord.com)  
[www.visitgeirangerfjord.com](http://www.visitgeirangerfjord.com)

tell you the history of the fjord farms. You may even combined a sightseeing tour with exiting hikes to the farms.

## Knowlegde and wellness

Norsk Fjordsenter, an authorized visitors' centre of the West Norwegian Fjords World Heritage Site gives an exciting and instructive introduction to the genesis of the fjord landscape. Opposite Hotel Union Bath & Spa welcome you to a heaven of calm and transform water to the most valuable element of your wellbeing.

## Dalsnibba - Europe's highest fjordview from a road

The new spectacular platform, Geiranger Skywalk, is a guaranteed airy experience.

Quite possibly the world's finest view – 1500 m above sea level. The toll road, Nibbevegen, takes to the viewpoint at Dalsnibba which is at approx 1500 m a.s.l. You will have an unforgettable experience of fjord culture, views towards the snow-covered mountains, pure air and the World Heritage Area - all at the same time.

DALSNIBBA/SKYWALK ©  
ARILD SOLBERG

# DALSNIBBA

DALSNIBBA-SKYWALK ©

## Geiranger Skywalk-Dalsnibba 1500 meter Europe's highest fjordview from a road

Mt. Dalsnibba's new viewing platform was officially opened in August 2016. Thanks to its ingenious floor surface and glass guard rail offering unimpeded views, Geiranger Skywalk gives you a sensation of floating – though of course you are perfectly safe! With a clear drop of approx. 500 m beneath your feet, you can enjoy magnificent views of Geiranger and the fjord below, as well as across to the mountains and Blåbreen

glacier. Walking out on to the platform and looking through the ingenious floor surface and glass guard rail is a truly magical experience! The sensation of the wind coming up through the floor surface almost makes you feel you're walking on the clouds. Quite simply, you'll experience the spectacular vistas of Geiranger, the fjord and the surrounding mountains in a completely new way! But Geiranger Skywalk isn't the

only newcomer. While work was under way on the platform, new parking areas were built and the old path restored. Why not park your car in the bottom parking area and follow the 300–400 m path up to Geiranger Skywalk? The path is an experience in itself – don't miss the opportunity to admire the sterling work of the Nepalese Sherpa who restored it. Perhaps you'll spot a few surprises along the way too!

Book your ticket on:  
[www.dalsnibba.no/booking](http://www.dalsnibba.no/booking)

**Season:** June to October, follow us on Facebook and homepage for opening date.  
[www.dalsnibba.no](http://www.dalsnibba.no)

**Facebook:** @Geiranger SkywalkDalsnibba



DALSNIBBA-SKYWALK ©

# GEIRANGERFJORD



GEIRANGERFJORDEN © PER EIDE

Visit the charming village of Geiranger with surroundings.



*"The Geirangerfjord area is considered among the most scenically out-standing fjord areas on the planet".*

UNESCO World Heritage Committee, 2005

## NORSK FJORDSENTER

- Explore our World Heritage Visitor Centre



NORSK FJORDSENTER © JAKOB TORP

New interactive Exhibitions and panoramic cinema



Souvenir shop and café with focus on local handicraft and food.

Open year round. Welcome!

Contact us:

[www.fjordsenter.com](http://www.fjordsenter.com)  
booking@fjordsenter.com  
+47 70 26 38 10

# NORTHWEST - TROLLSTIGEN - ATLANTIC ROAD

ATLANTIC ROAD © ODDGEIR VISNES

Experience the world's most beautiful car journey: The Atlantic Road and the Trollstigen.

## OUR NATIONAL TOURIST ROUTES, THE ATLANTIC ROAD AND THE TROLLSTIGEN ROAD

The Atlantic Road, which runs between Molde and Kristiansund, winds its way over bridges and causeways from islet to islet right out at the ocean's edge. The Atlantic Road topped The Guardian's list of the world's most beautiful road trips. You can fish from fishing bridges or a boat and are almost guaranteed to catch something. Norway's most visited National Tourist Route, Trollstigen, winds its way from the floor of Isterdalen valley up to Stigøra (858 metres). You cross Stigfossen waterfall on an impressive stone bridge. It is also possible to walk up Trollstigen on the old Kløvstien bridle path.

## THE COASTAL TOWNS OF MOLDE AND KRISTIANSUND

The opera and klipfish town of Kristiansund is located in a beautiful setting on four islands connected by bridges at the ocean's edge. Take a trip on the Sundbåten boat, the world's oldest mode of public transport still in operation. Molde is known for its jazz, roses and panoramic view. Take the trip up to the Varden viewpoint (407 metres) and admire the magical Molde panorama with its 222 summits.

## AN ACTION-PACKED ROUND TRIP

Take a boat trip from Kristiansund to the little island of Grip, continue in the direction of the Atlantic Road and visit Kvernes stave

church. Try kayaking or a cycling trip, learn about the history of the Viking longships at the fishing village of Håholmen and about local coastal and maritime history at the new Ergan visitor centre in Bud. There are spectacular walks in the area, such as the Fjord Route near Kristiansund, Innerdalen valley and the Trollheimen National Park and the

Romsdalseggen ridge near Åndalsnes. Visit the brand new Norsk Tindesenter which is a new experience centre of the Norwegian climbing and mountaineering history. Here you will find a modern and interactive exhibit, a spectacular movie theatre, an indoor climbing hall, a café, restaurant and bar as well as an exciting museumshop.

## TRAVEL FACTS

### Transport

- ➡ By car from Oslo Molde 500 km Kristiansund 570 km
- ➡ The Hurtigruten coastal express calls twice daily at Molde and Kristiansund.
- ➡ Express boat to/from Trondheim and Kristiansund.
- ➡ To/from Åndalsnes and Oppdal, with bus connections to Molde and Kristiansund.
- ➡ Several express

## VISIT NORTHWEST

buses daily to/from Oslo, Bergen and Trondheim. The Timekspressen bus service between Kristiansund-Molde-Ålesund-Ørsta.

✈ Kristiansund Airport Kvernberget and Molde Airport Årø have daily domestic flights to/from Oslo, Bergen, and Trondheim.

### Visit Nordmøre & Romsdal

Tel: +47 70 23 88 00  
[www.visitnorthwest.no](http://www.visitnorthwest.no)



TROLLSTIGEN ROAD © ØYVIND HEEN

# ÅLESUND & SUNNMØRE

ÅLESUND © ARNFINN TØNNESSEN

The world famous fjord landscape and the unique Art Nouveau town – an almost unbeatable combination of nature and culture.

## Ålesund - The Art Nouveau town

Ålesund has been voted Norway's most beautiful town, and it has many experiences to offer! Lift your gaze as you wander around the Art Nouveau town and you will discover myriad spires, towers and beautiful ornamentation adorning the facades of buildings. Walk up the 418 steps to the top of mount Aksla and you will be rewarded with a panoramic view of the coast, fjords and mountains.

## Adventure Capital

Experience teeming bird life on the bird island of Runde and be captivated by picturesque Alnes lighthouse. Sail up the

magnificent Hjørundfjord, or experience the seasons at first hand on a walk in the Tafjordfjellene mountains, the Sunnmøre Alps and the mountains in the Geirangerfjord area. In winter, even the biggest skiing enthusiasts will find a favourite spot here, maybe at Stranda Ski Resort, which has been voted Norway's best ski centre for powder skiing. Recharge your batteries on a cycling or kayaking trip, and try your luck fishing in waters that abound in fish. Get your adrenaline going on a whitewater rafting trip or a sea safari, or explore the Trollstigen National Tourist Route, perhaps Norway's most breathtaking road.



## Two unique Fjords

The Geirangerfjord is so unique that it has been included on UNESCO's World Heritage List and has been a visitor attraction ever since the middle of the 19th century. See 'the Seven Sisters' waterfall as it cascades down towards the fjord, surrounded by the many

mountain farms that cling to the steep mountainsides. Explore the less famous but stunningly beautiful Hjørundfjord. A magnet for those who want to enjoy really wild nature, here numerous alpine peaks rise directly from the deep fjord up to 1500MASL..

## TRAVEL FACTS

### Transport

By car from Oslo  
Ålesund 547 km

The Hurtigruten coastal express Calls twice a day all year at Torvik and Ålesund, and once a day Geiranger between June and August and Hjørundfjord (Øye) Sept.-Oct.

To Åndalsnes, then by bus to Geiranger and Ålesund, and other places in the region.

Several daily arrivals from Oslo, Bergen and Trondheim.

Ålesund Airport Vigra has good domestic connections and direct services to Amsterdam, Kaunas, Gdansk, Las Palmas, Alicante. Ørsta/Volda Hovden Airport to - from Oslo Gardermoen.

**Destination Ålesund & Sunnmøre**  
[www.visitalesund.com](http://www.visitalesund.com)



HJØRUNDFJORDEN © HÅVARD MYKLEBUST



RUNDE © IDA KAROLINE SÆVIK



# SOUTHERN NORWAY



This is the realm of the Nordic summer. The region's picturesque idyll can evoke strong emotions. Imagine the whitest, greenest and bluest colours in the colour scale and the sun shining on old wooden wharves. Welcome to a coastline with idyllic small islands and a bustling boating scene. The inner part of the region is also known for its historic canals that run through a veritable cultural treasure trove.

On the following pages you'll find some of the best highlights in Southern Norway.

# FAMOUS HIKING TOUR



## SETESDAL

Throughout the valley there are excellent opportunities for walking and hiking. From Evje in the south to Hovden in the north, amazing viewpoints await you. In addition to the short round trips, there are several hiking routes connecting the various cabins of the Norwegian Trekking Association (DNT).



## VIA FERRATA AT STRAUMSFJELLET

Located in Valle municipality. The route is 1500 meters long and has a height difference of 550 meters, and is thereby the longest of its kind north of the Alps. Starting at the base of the valley, after 100 altitude metres you reach the instep. Climbing the entire route takes about 7 hours.

# FAMOUS BIKING TOUR

## NATIONAL CYCLE ROUTE 3



National Cycle route 3 runs from Kristiansand to Haukeligrend. This route mainly follows by-roads and paths. Some stretches, however, follow Highway 9. Parts of the cycle route can easily be enjoyed by "normal" tourists and are suitable for day trips and evening walks. The route is clearly marked with cycle signposts and route numbers.



## THE COAST ROAD FROM MANDAL TO HAFRSFJORD

With its beautiful and varied coastal cultural landscape, this 250-km-long stretch of road is the 'prime cut' of the North Sea Cycle Route, the world's longest waymarked cycling route at more than 6,000 km.



CABLE RAILWAY © IAN BRODIE-VISITRJKAN

# NATURAL WONDERS

## THE ARCHIPELAGO FROM RYVINGEN LIGHTHOUSE TO JOMFRULAND

One of the loveliest archipelagos in the world, with thousands of small and large islands and skerries, and smooth, bare rock lining the shore wherever you look. A paradise for sun worshippers, sea kayaking and canoeing enthusiasts.



GRIMSTAD © ADAM READ-VISIT SØRLANDET

## GAUSTATOPPEN AND THE CABLE RAILWAY

Gaustatoppen, which many claim to be the most beautiful mountain in Norway, towers majestically above the town of Rjukan at an altitude of 1,883 metres. On a clear day, you can see all the way south to the coast and east to Sweden. You can see one sixth of Norway from here. A cable railway has been built inside Mount Gausta. Gaustabanan consists of a battery-powered carriage on rails which transports passengers approx. 860 metres horizontally into the mountain.

# ROUND TRIP BY CAR OR MOTORBIKE

## A MILD, GENTLE AND SUNNY TOUR

This tour can be embarked on in Oslo, Larvik or Kristiansand. It follows the curving coastline, past little towns redolent with the atmosphere of the windjammer age, bathing beaches and camp sites. The length of your stopovers will determine the number of days this tour lasts, which should be anything from four days to four weeks. Even before you leave the Oslo Fjord area many interesting detours suggest themselves – to Horten, Tønsberg and Sandefjord, and further on picturesque Kragerø, Risør, Tvedstrand and Arendal. A whole series of delightful little towns are strung out along the E18 – Grimstad, Lillesand, Mandal, Flekkefjord and Egersund, Norway's southernmost point at Lindesnes and the charming town of Farsund, however reached by a side-road. Other attractions along your

route are the Kristiansand Zoo, the oil town of Stavanger, picturesque Skudeneshavn and the North Sea port of Haugesund. Last but not least; the Åkra Fjord with the Langfoss Fall, the mountain pass across Haukeli as well as colorful Rauland and the rugged Vestfjorddalen in Telemark.



### CHARMING SMALL TOWNS LINE THE COAST LIKE A STRING OF PEARLS

Most of the towns along the coast of Southern Norway have old town centres that are very charming, particularly in summer, when streets and market squares fill up with smiling holiday-makers. There are great fishing opportunities all along the coast. And if you prefer freshwater fishing, it is never far to the nearest lake.

### WHAT TO EAT

Visit the local fishmonger to buy fresh prawns and other delicacies from the sea. Follow the example of the locals and enjoy fresh prawns straight out of the bag on the quay.



### Sondre Norheim

In the 1860s in Morgedal, Sondre Norheim revolutionised skiing equipment and laid the foundations of skiing as a sport around the world. Sondre's rigid 'birch' bindings and his side cut skis took skis from being a means of transport to a piece of equipment designed for recreation and fun. Today, you can experience this cultural heritage in Morgedal, the cradle of modern skiing. Morgedal has many skilled instructors who are ready to teach you the sport. [www.morgedal.com](http://www.morgedal.com)



# SOUTHERN NORWAY



LINDESNES LIGHTHOUSE © ANDERS MARTINSEN

BJELLANDSTRAND BEACH IN RAET NATIONAL PARK  
© HILDEGUNN SKAGE TEINUM

## Raet National Park

Raet National Park was created in 2016 to protect the unique natural area that extends from Grimstad along the entire Arendal coast to

Lyngør in Tvedstrand. Here you can visit beaches, go on boat trips, camp in unique natural settings and visit idyllic small islands.

[www.visitsouthernnorway.com](http://www.visitsouthernnorway.com)

The southernmost part of Norway is known for its amazing coastline and the many opportunities it offers for boating and bathing. You can go walking or fishing, visit museums and attend cultural events all year round.

In Southern Norway, you can ride on a vintage steam train, see Norwegian wildlife and see the world's second largest, land-based cannon. Southern Norway offers a wide range of family and child-friendly activities and attractions. The area abounds in white painted wooden houses in picturesque towns

Lindesnes Lighthouse, Norway's southernmost point, was lit for the first time in 1656. The lighthouse is now a modern museum, open all year, and you can spend the night in the lighthouse keeper's apartment.

and villages by the sea, many of which available for rent. The white painted wooden houses in picturesque towns and villages are located near the coastline and many are available for hire.



KAYAKING IN THE SKERRIES OF RISØR © TERJE RAKKE-NORDICLIFE



## Mineralparken

The Mineral park is an adventure park for the whole family located in scenic surroundings. Here you can try many exciting activities like learning about rocks and minerals, playing bubble football, lazertag or canoeing or SUP at the river Otra. There are several options for accommodations in the park.

**Mineralparken is located at Evje in southern Norway.**

**MINERAL  
PARKEN**  
Rock on!

[www.mineralparken.no](http://www.mineralparken.no)



## High Wire Adventure

Klatreskogen is located next to the Mineral park and is an exciting activity for both children and adults. Here you can climb high up in the trees, glide over the water and jump down from a climbing wall of 12 meters with a free fall unit. Come and test your nerves high above the ground.

**Klatreskogen is only 45 min from Kristiansand!**

**KLATRE  
SKOGEN**  
Hang on!

[www.klatreskogen.no](http://www.klatreskogen.no)

# WELCOME TO SETESDAL



© STINE PRØITZ JØRGENSEN



SUSTAINABLE  
DESTINATION  
LOCAL ENGAGEMENT  
IN A LONG PERSPECTIVE

The Setesdal valley has traditions in music and the craft of silversmithing dating back hundreds of years. The beautiful minerals you will see in exhibitions and in nature date much further back. At the museums in the valley, you can learn how iron was produced during the Viking Age, about local building styles, art, traditional costumes and handicraft traditions.

The landscape varies from flat countryside to wild and beautiful mountains, and the road through the valley passes through villages and small towns. New impressions await you around every bend that will tempt you to stop and admire the scenery and the

peaceful ambience. You can alternate between relaxing days swimming and sunbathing and more active days spent whitewater rafting in roaring rapids. Go for walks in excellent terrain or visit the many attractions the valley has to offer. The landscape of the valley is fantastic and we must look after it for future generations. So please show consideration when you explore it. And enjoy your visit to Setesdal.



'Norway up close®'

# TELEMARK

## - Living history and magic scenery

THE TELEMARK CANAL © KÅRE S. PEDERSEN

Go on a road trip in Telemark and you will discover many exiting adventures in the countryside, activities, culture and history. Travel from the beautiful coastline in the south, through deep valleys, rivers and lakes to the mountain plateau in the north.

Along the way you will meet first class museums, silver mines, fruit farms, stave churches, The Telemark Canal, World Heritage sites and mount Gausta.

### Hiking in Telemark - astonishing - safe - accessible

Telemark offers waymarked hiking trails at different levels, from the coast to the mountains. Some of the most popular are: Gaustatoppen mountain, Falkerset in Rauland, Venelijfell in Vrådal, the coastal path from Langesund to Kragerø and Lårdalsstigen in Dalen. For more information and maps check out [hikingtelemark.com](http://hikingtelemark.com)

### Cycling in Telemark - coast - the Canal - mountains

Are you a cycling enthusiast? Choose between a huge variety of cycle paths. Some of the most popular tracks are: National Cycle route 1, along the coast, National cycle route 2, along the Telemark Canal and cycling on Hardangervidda. For more information check out [visittelemark.com/cycling](http://visittelemark.com/cycling)

See [visittelemark.com](http://visittelemark.com) for more information about the region.

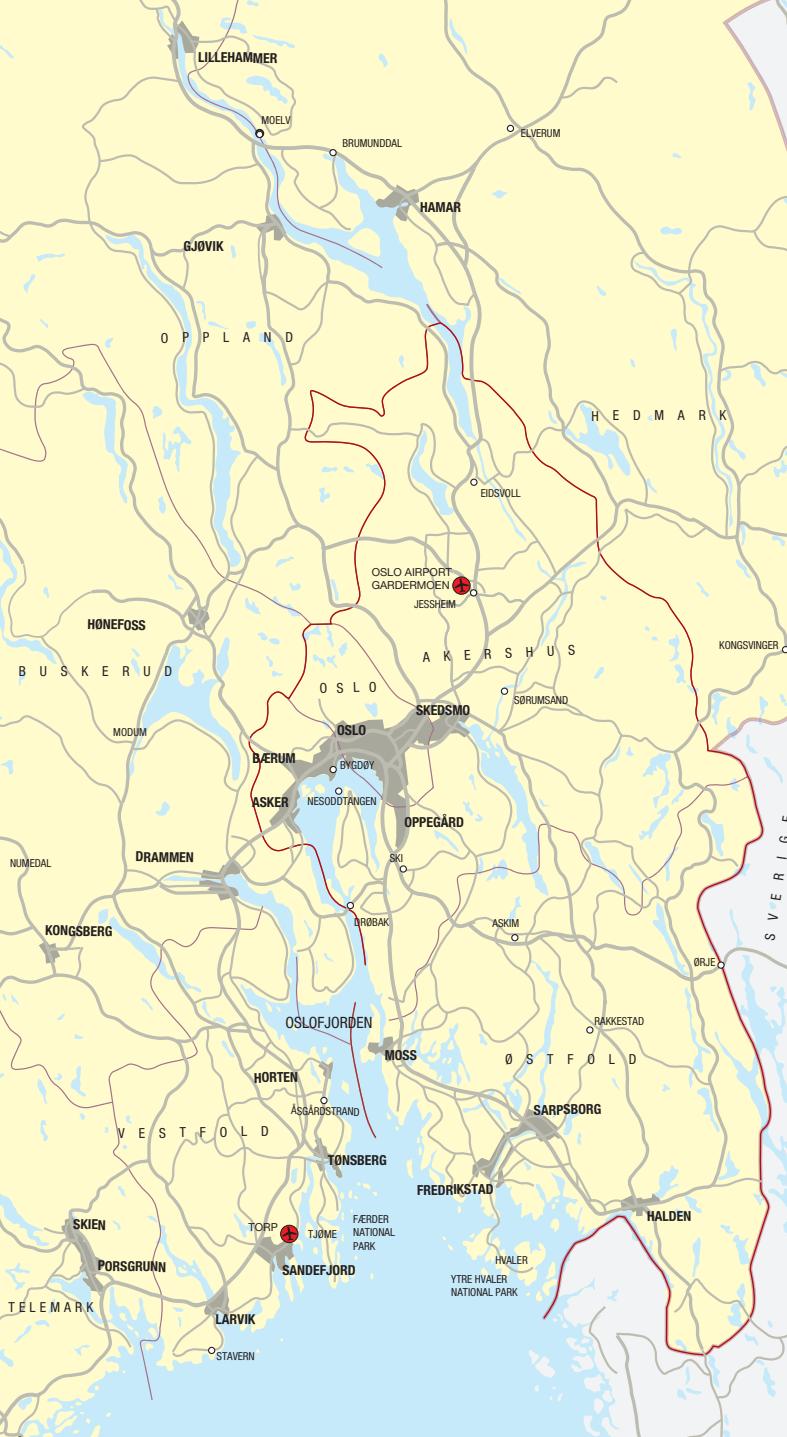


## TOP 10 ATTRACTIONS

- Jomfruland National Park** – the island in Kragerø archipelago has a unique scenery, a exciting history and is part of UNESCO Gea Norwegica Geopark.
- Kragerø and Edvard Munch** – follow in the footsteps of Munch and see copies of his paintings around one of Norway's most popular summer towns.
- Porsgrunds Porselænsfabrik** – Norway's first porcelain factory and still operating. It includes a porcelain outlet and an interactive museum.
- Henrik Ibsen Museum** – visit the childhood home of one of the most played dramatist in the world.
- The Telemark Canal and Dalen Hotel** – take a unique journey from Skien to Dalen 105 km through locks, narrow canals and lakes. Trips take between two and 11 hours.
- Heddal Stave church** – Norway's largest and best preserved stave church built in the 1200s and is still in use.
- Notodden Bluseum** – the only Blues Museum in Europe.
- Norwegian Ski Museum at Morgedal** – learn more about ski history in the birth place of Sondre Norheim, the father of modern skiing.
- Rjukan-Notodden Unesco World heritage site** – learn about the fascinating industrial history that revolutionized the world's food production. The Vemork factory is famous for the WW2 sabotage actions.
- Gaustatoppen** – the most beautiful mountain in Norway and the highest in Southern Norway with its 1883 mtrs. The view at the top is fantastic; on a clear day, you can see 1/6th of Norway.



VIEW TOWARDS MOUNT GAUSTA ©



# THE OSLOFJORD REGION



Scandinavian summer resides here. Imagine the whitest, greenest and bluest colours, where the sun warms the old wooden docks and where you fetch your newspaper by boat. The coast around Oslo is famous for its beautiful archipelago with charming villages. On the following pages you'll find some of the best highlights in the Oslofjord region.

## FAMOUS HIKING TOUR



### HIKING IN VESTFOLD

Between April and the end of September, Vestfold is the perfect setting for cycling holiday. The landscape is easy to cycle in, and you can choose what you want to see. Walking on the skerries is a great feeling, among the rushes and along the beaches of Vestfold's wonderful archipelago. The coastal paths in Vestfold are a fantastic experience. The coastal path from Stavern has 35 kilometres signposted trails.

### VIA FERRATA TJØME

Only 30 minutes from Tønsberg and 2 hours from Oslo, you will find Vestfolds and Oslofjord's only Via Ferrata in beautiful surroundings on Tjøme overlooking the archipelago of Færder National Park. A fantastic 3-4 hour Via Ferrata route with airy rappelling and zipline at the end.

NB! Tickets must be booked in advance on the website [a-fritid.no/home-english](http://a-fritid.no/home-english)

## FAMOUS BIKING TOUR

### CYCLING THE OSLOFJORD



A bicycle tour around the Oslo fjord will take you around the fjord leading up to Oslo, the capital of Norway. Discover the hidden charm of the harbour villages along the fjord, while bicycling on small, low traffic roads. Itinerant circuit with overnight stays in centrally located hotels. And yes, you should bring your swimming gear.



TJØME © GURI ANNE



BIKING IN NUMEDAL © VEGARD BREIE

### VISIT THE NUMEDAL VALLEY

The valley of Numedal is known for its collection of building from the middle ages, and especially for its four stave churches. You can also experience a lot on the bike in the valley. Numedalsruta goes straight through and is a 280 km long cycle route from Geilo via Kongsberg to Larvik, mainly along not so busy roads in a beautifully varied landscape.



YTRE HVALER © STEN HELBERG

### NATIONAL PARKS FÆRDER NATIONAL PARK

Færder National Park is one of Norway's most important areas for coastal outdoor recreation, and large areas are secured as publicly owned recreation areas. Boating, canoeing, water sports, hiking, fishing and swimming are popular activities here.

### YTRE HVALER NATIONAL PARK

Ytre Hvaler National Park consists of muddy seabeds and rocky seabottoms with its rich underwater ecosystem containing corals and kelp forest. Land areas have a varied plant and animal life with many Red Listed species, coastal woodland shaped by the wind, and rocks worn smooth by waves and ice.

## HISTORICAL TRAIN RIDES

### TERTITTEN

You can enjoy a nostalgic train journey with the Urskog-Høland line's "Tertitten" (in use 1896-1960), drawn by the original steam locomotive. Nice picnic area by Bingsfoss Station. Guided tours available by appointment.



OSCARSBORG © VISITDRØBAK



TERTITTEN © ANDERS BEER WILSE

## NATIONAL FORTRESSES

Once a last line of defense

### AKERSHUS FORTRESS IN OSLO

Akershus Fortress is a great place to discover Oslo's history and enjoy a summer day. Guided tours are available to the public in summer.

### OSCARSBORG FORTRESS

Oscarsborg Fortress is a jewel in the Drøbak narrow. In summer, Oscarsborg is perfect for families and for those interested in nature, culture and history. Oscarsborg Fortress Museum presents the history of the place and organises guided tours.



FREDRIKSTAD'S HISTORIC OLD TOWN © THOMAS ANDERSEN

### KARLJOHANSVERN

On the outskirts of Horten you come to Karljohansvern, a national fortification which is surrounded by protected nature and the Oslofjord. A great museums and recreation area, well worth one or more visits. It is furthermore a quiet place in an urban environment.

### KONGSVINGER FORTRESS

Kongsvinger Fortress is one of the most important sites of cultural heritage in Norway and Hedmark Fylke. It is regarded as on the region's main attractions. The Fortress was built from 1673 an onwards and it served as an efficient protection foreign soldiers – especially from Sweden. Open all year.

### FREDRIKSTAD'S HISTORIC OLD TOWN

The best preserved fortress town in the Nordic countries consists of buildings from the 18th century and a fortification with walls and moats from the 17th century. Fredrikstad City Museum with its historic city exhibition is also located here.

### FREDRIKSTEN FORTRESS

Fredriksten is Norway's largest, most important and most venerable border fortress. Many also find it one of the most magnificent in Europe, majestically located above Halden. It offers a fantastic view of the town and the fjord, and far into what once was enemy territory.

## CITY LIFE



VIGELANDSPARKEN  
© NANCY BUNDT-VISITOSLO

### FROGNERPARKEN AND THE VIGELAND SCULPTURE PARK

This famous sculpture park in the Frogner Park has more than 200 sculptures by Gustav Vigeland (1869–1943) in bronze, granite and cast iron. Vigeland was also responsible for the design and architectural outline of the park, which is one of Norway's top tourist attractions, with more than one million annual visitors.

### ISLAND HOPPING IN INNER OSLOFJORD

If you're enticed by a summer excursion in the fjord, the islands just outside of Oslo might just be the destination you need. The Oslo ferries have frequent departures each day in the summer. Out there, you can have a picnic on a nice grassy spot, go swimming at a sandy beach or just soak up the warm sun on some smooth rocky slope at water's edge. The Oslo ferries depart from Aker Brygge (wharf) and service a number of islands.



### HOLMENKOLLEN

#### Need an adrenaline kick?

Zip down the world-famous Holmenkollen Ski Jump, all the way to the bottom of the hill! Kollensvevet zipline is 361 metres of pure adrenaline, and you will get an unforgettable view of Oslo as you sail down from the city's famous landmark. The elevation drop is 107,5 metres.



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Tel: +47 32 77 88 00 • [www.blaa.no](http://www.blaa.no)

Only  
75 km  
from Oslo!

# BYGDØY

THE BOAT FOR THE BYGDØY MUSEUMS © VISITOSLO

Bygdøy is a peninsula on the west side of the city centre. Here you find several of Oslo's most popular museums.

The peninsula is mainly a residential area, but in addition to the museums, Bygdøy is also a popular recreational area during summer offering beaches, a beach volleyball court and a beach restaurant at Huk. There are also several beautiful trails both for cycling and walking.

## How to get there

The best way to get to Bygdøy in the summer is to take the boat leaving from Pier 3 behind the City Hall. It takes 10-15 minutes, and the

service runs from early April to early October. Bus number 30 takes you to Bygdøy all year round.

## A bicycle tour around Bygdøy

This is one of most delightful, romantic two-wheel rides in Oslo: Lush woods, park-like countryside, view of the sea, beaches, historic buildings and the royal cows are some of the sights along the way.

Distance: 7 km

Incline: insignificant

Road surface: primarily fine gravel.



Foto: Morten Brun



NORSK FOLKEMUSEUM

## NORWEGIAN CULTURE BYGDØY - OSLO

Medieval stave church. Open-air museum and indoor exhibits. Life, traditions, homes and history. Regional costumes, folk dance, music & handicraft.

[www.norskfolkemuseum.no](http://www.norskfolkemuseum.no)

## DISCOVER VIKING HISTORY AND THE GREAT EXPLORERS



© THE OSEBERG SHIP

Oslo, Norway's ultramodern and hip capital city, is one of the best places to learn about the Viking age. You may also learn about why Norway is the home to some of the World's Greatest Explorers.

The impressive Viking Ship Museum houses the world's best preserved Viking ship and unique burial artefacts from boat graves around the Oslo Fjord: Oseberg, Gokstad, Tune and Borre. Come and be blown away by exceptional wood carvings, preserved textiles,

and mysterious skeletal remains. Read more about the Vikings on page 248-249. Two Museums in the price of one. With a ticket to the Viking Ship Museum you also get a free pass to the Historical Museum within 48 hours.  
[www.khm.uio.no](http://www.khm.uio.no)

### Explore the famous Kon-Tiki raft

Visit the Kon-Tiki Museum and see the famous vessels used by Norwegian explorer Thor Heyerdahl in some of the great sea voyages in modern history. The Kon-Tiki balsa-wood raft sailed 4,300 miles of open ocean from Peru to Polynesia in 1947. Also exhibited is Ra II, a papyrus ship which he sailed from Africa to the Caribbean in 1970. The museum also houses the Thor Heyerdahl Library and Archives, and features the Oscar-winning documentary film on the voyage every day at noon.

[www.kon-tiki.no/en](http://www.kon-tiki.no/en)

**At The Fram Museum,** you follow in the footsteps of polar explorers Fridtjof Nansen, whose ship sailed across the Arctic from 1893 to 1896, and Roald Amundsen, who raced to Antarctica and the South Pole in 1911. Fram is the strongest wooden ship ever built and still holds the records for sailing farthest north and farthest south. At the museum you can come on board the ship and see how the crew and their dogs managed to survive in the coldest and most dangerous places on earth - the Arctic and the Antarctic.

[www.frammuseum.no](http://www.frammuseum.no)

(Source: Visitnorway and National Geographic)



© KON-TIKI MUSEUM

Visit these 3 museums on the Bygdøy peninsula in Oslo

FRAM MUSEUM AT BYGDOY  
© VISITOSLO-GUNNAR STRØM

## CITIES AND CITY LIFE



### THE WORLD'S OLDEST PADDLE STEAMER AND THE OLYMPIC TOWN OF LILLEHAMMER

You head north from Oslo, first to Lake Mjøsa, where you can take a trip on the world's oldest paddle steamer still in operation, Skibladner. At the northern end of the lake lies Lillehammer, which hosted the 1994 Winter Olympics. There, you can visit Maihaugen Open-Air Museum and the Olympic Museum.



### SIGRID UNSET

Sigrid Undset (1882 – 1949) was a Norwegian novelist who was awarded the Nobel Prize for Literature in 1928. You may visit her home Bjerkebæk in Lillehammer, which now is a museum.



### DOMKIRKEODDEN HAMAR

One of Norway's largest medieval museums providing an insight into our history from the Viking era, through the Middle Ages and up until today. The glass structure covering the cathedral ruins is the main attraction.



## Welcome to the Norwegian Railway Museum – worth a stop!

The Norwegian Railway Museum enjoys a beautiful location by lake Mjøsa. In addition to modern, indoor exhibitions, the museum has a spacious and beautiful museum park featuring old railway tracks, signals, engine sheds, railway stations and other buildings.

A variety of locomotives and carriages are shown in the engine sheds. The park is open to the public all year round, whereas the buildings and sheds are open during June to August.

A small narrow gauged steam train and a passenger-carrying electric garden train will run during the summer season.



### Norsk jernbanemuseum

Strandvegen 161, N-2316 Hamar. Tel: (+47) 40 44 88 80  
[www.norsk-jernbanemuseum.no](http://www.norsk-jernbanemuseum.no)



# SUMMER AT MAIHAUGEN

Maihaugen offers activities and experiences for the whole family. The open-air museum has more than 200 historic houses from the 12'th until the 20'th Centuries. Enjoy the idyllic surroundings and experience life like in the old days. Great exhibitions, shop and café.

[maihaugen.no](http://maihaugen.no)

TRADISJON OG  
LEVEMÅTE

Maihaugen

## Lillehammer and the beautiful Gudbrandsdalen valley

Home of culture - welcome to a meeting with authentic Norway! Experience and learn more about Norwegian culture, history and food traditions on your journey.



[intonorway.com](http://intonorway.com)

INTO  
NORWAY

# ØSTFOLD

MOSS • ASKIM • MYSEN • FREDRIKSTAD • HVALER • SARPSBORG • HALDEN



## ØSTFOLD

Thanks to short distances between the attractions and the cities in Østfold, it is easy to combine urban life with magnificent nature. The whole family will find their own sanctuaries and hidden gems; indoor and outdoor golf- courses, a variety of fantastic fishing spots on the soft rocks, out on the sea, in rivers or in lakes.

There are beaches, indoor waterparks and activity centers.

Lively shopping malls and lovely small boutiques. The summer season is known for the breathtaking archipelago as well as music, art and culture festivals.

Østfold is easily accessible by car or public transport, just one hour south east of Oslo.

## GET TO KNOW THE HISTORY OF ØSTFOLD

The region is rich in history. You will find traces of Vikings in the city of Sarpsborg, as well as beautiful manors from past centuries. The fortresses of Halden and the fortress town of Fredrikstad bursts with 1700th century stories, yet the scenic islands of Hvaler and the beautiful Halden Canal in inner Østfold is just some minutes away. In the beautiful landscape, you will find our museums telling the history of the region. Several exhibitions also emphasize relevant topics of today's modern society.

Welcome to Østfold!

[WWW.VISITOESTFOLD.COM](http://WWW.VISITOESTFOLD.COM)





Private  
pictures from  
the Oslofjord  
region

© MERETHE/FOAP/VISITNORWAY.COM



CYLING IN ØSTFOLD  
© TERJE RAKKE NORDIC LIFE



© MERETHE/FOAP/VISITNORWAY.COM



AUTUMN IN ØSTFOLD © TERJE RAKKE NORDIC LIFE



© ANNEGRETHERS/FOAP/VISITNORWAY.COM



# WELCOME TO VESTFOLD



VERDENS ENDE AT FÆRDER NATIONAL PARK © TSCH

**The county of Vestfold is located by the Oslofjord in the southeastern part of Norway.**

The towns of Larvik, Tønsberg, Sandefjord and Horten are located like beads on a string along the coast. Larvik is famous for the explorer Thor Heyerdahl, the poetry park and contemporary architecture. In Åsgårdstrand in Horten you can visit Edvard Munch's house. Munch spent many summers here, and the house is now a small museum. Sandefjord has a cozy town center with art nouveau architecture, small boutiques and many recreational parks. Tønsberg, Norway's oldest town has a famous landmark, Slottsfjellet, and a strong

Viking heritage. They are all surrounded by beautiful nature along the coastline as well as woodland with different signposted tracks.

The small village of Stavern in Larvik is a real treat which under-standably attracts a wide variety of artists. Plenty of galleries, restaurants and café's colors the village, along with Frederiksværk Wharf with it's interesting history and buildings.

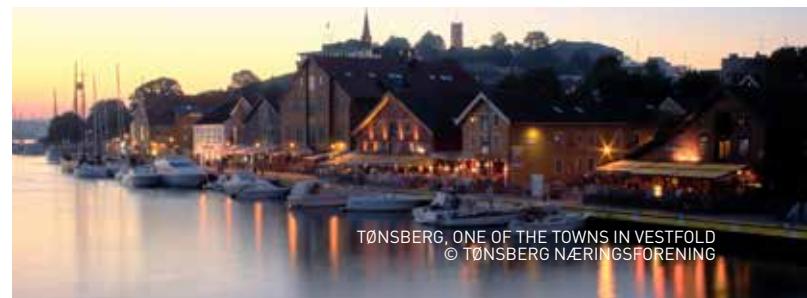
One of Norway's few marine national parks are also to be found here in Vestfold. At the very tip of a peninsula you'll find the village Tjøme and the beautiful coastal landscape at the Verdens Ende which literally translates to "the end of the world". The view is breathtaking, the coastal paths offer many options for hikers

and the flora and fauna is very interesting.

## Hiking along the coast

Trails are in abundance here in Vestfold be it inland or along the coast. Leave all stress behind when enjoying a lazy or quick hike in the beautiful archipelago. Experience polished skerries, sandy beaches, a varied birdlife and feel the salty spray from the ocean. Vestfold has a total coastline of 980 km and 1,407 islets and skerries. The mild landscape in Vestfold is

paradise for the active family. There are plenty of beaches to explore, rocks to climb, museums to discover and parks to experience. The parks offer experiences such as climbing in the treetops, getting in close contact with various animals, ride horses, trampolines and much more. But, remember that the nature on offer in the area is a stunning activity park in itself.

TØNSBERG, ONE OF THE TOWNS IN VESTFOLD  
© TØNSBERG NÆRINGSFORENING

# GETTING AROUND IN VESTFOLD



# VESTFOLD ON TWO WHEELS



SANDEFJORD © VISITVESTFOLD.COM



VIKING AT MIDGARD HISTORISK SENTER © DIDRICK STENERSEN

To Vestfold the coast is the heart and soul of the changing seasons. The music of nature is excellent relaxation.

Take a break in one of the towns that line the Vestfold coast for a piping hot espresso at a café on a lively street, or a

memorable meal in beautiful surroundings, prepared by an internationally renowned chef.  
[www.visitvestfold.com](http://www.visitvestfold.com)



© FOLDFIK FAMILIEPARK,  
AKTIV FRITID, BUGGEÅRDEN -  
HØYT OG LAVT

## Easily Reached

Vestfold is easily reached by air, ferry and train. Flights to Oslo (Sandefjord Torp) take you to our regional Airport in Sandefjord. Color Line and Fjord Line run ferry lines between Hirtshals (DK) and Larvik as well as Strømstad (SE) and Sandefjord. There is also a ferry between Horten and Moss



© HOTEL WASSILIOFF

## Accommodation

Vestfold offers a wide range of accommodation. Hotel, bed and breakfast, private accommodation and Youth Hostel.

The many campsites along the coast are mainly open during summer season. The campsites are located next to beaches and the beautiful archipelago.



# EASTERN NORWAY



So high up that you can almost touch the transparent blue sky with your fingertips, while thousands of meters below your feet dim grottos and the halls of the powerful mountain king are buried deep beneath the roots of the majestic mountain.

On the following pages you'll find some of the best highlights in Eastern Norway.

# ROUGH HIKES

## JOTUNHEIMEN

Enjoy the view from the top of Norway's highest mountain Galdhøpiggen, walk along the narrow, but popular Besseggen ridge, and try some of the traditional food from the area.



## BESSEGGEN

One of Norway's most famous mountain hikes. Each year around 30,000 tourists enjoy the breathtaking views from the top of the ridge. The hike takes six to eight hours, including breaks, and is recommended for experienced hikers. Remember proper hiking equipment and some warm, suitable clothing. Use hiking boots and leave your trainers at your home base.

## GALDHØPIGGEN

Norway's highest peak at 2469 meters above sea level. Guided tours every day from the Juvasshytta across Styggebreen glacier to the top of Galdhøpiggen. You should bring good mountain shoes and windproof mountain clothes. Dress according to the weather, but always have some warm clothes with you in case of sudden temperature changes. 6 hours

## VIA FERRATAS IN THE REGION

### Beitostølen / Bygdin

Via ferrata Synshorn goes on the east wall of Synshorn by Bygdin, 12 kilometers from Beitostølen.

### Hemsedal

The route starts down in the valley at Skarsnuten and rises to the top of Røggjin, at a height of 1260 meters. The trip takes 3-4 hours.

### Lom

The route starts at 380 meters at Nissegarden, just outside Lom, and ends up at Eggjapiken at Lomseggi 1524 m above sea level. This is the route in Norway that has the greatest height difference and has the highest peak.



RALLARVEGEN © SVERRE HJØRNEMIK/VISITNORWAY.COM

## FAMOUS BIKING TOUR

TRY THE NAVVYROAD (RALLAR-VEGEN)

The road was built as a construction road for the Bergen Railway Line, and was completed in 1902. It was named by the Cyclists Association to Norway's best bicycle route. The Navy Road is 80 km long and goes from Haugastøl to Finse, Hallingskeid, Myrdal and Flåm. There are daily bicycle-train departures during the summer season if you would like to bring your own bike with you; or you can rent a bike at Haugastøl, Finse, or Geilo.



## CYCLING IN GEILO

Try out downhill cycling or take a calm family trip. Geilo offers so many bicycle possibilities. In Geilo Summer Park, you take the chairlift and belt lift up and bike on adapted trails of varying difficulty at the ski facility. This includes 4 trails adapted for children and beginners with its own lift.



CYCLING IN GEILO  
© PAUL ARTHUR LOCKHART

# ROUND TRIP BY CAR OR MOTORBIKE

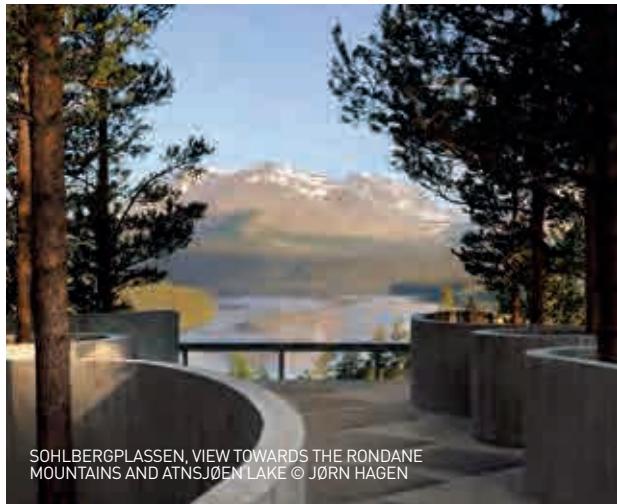
## THE MOUNTAIN TOUR

Take into account a week for this tour. Attractions en route include: Kongsberg with its old silver mines; Numedal with its stave churches and romantic farmsteads; the Hardanger plateau and Hallingdal; picturesque scenery in Øystre Slidre; the panoramic view from Valdresflya, where you reach the highest point of the journey (1420 m), of the peaks and glaciers of the Jotunheimen; Gjende mountain lake; charming little shielings round Sjoa; Vågå with its carefully preserved clusters of farm buildings; Dovrefjell, "Norway's roof", with sweeping views; the enchanted mountain realm of the Rondane range; Glomma, Norway's longest river; the ancient copper-mining town of Røros; Lake Femunden set between mountains and pine-clad heath; the vast forests of

Trysil; Lake Mjøsa with the world's oldest paddle-wheeler "Skibladner" still in operation; Oslo and the Oslo Fjord. Get to know the mountains; go walking on the Hardanger plateau, in the Jotunheimen, Rondane or Femundsmarka. Tourist chalets and well-marked paths make it easy to find your way.



# SCENIC ROADS IN THE REGION



SOHLBERGPlassen, VIEW TOWARDS THE RONDANE MOUNTAINS AND ATNSJØEN LAKE © JØRN HAGEN

## RONDANE

Together with Valdresflye, Rondane is the most accessible of the National Tourist Routes from Eastern Norway. Situated between the Gudbrandsdalen and Østerdalen valleys, National Tourist Route Rondane is an alternative to the main E6 and RV 3 roads between the north and south of Eastern Norway. Rondane is the second most famous and popular mountain area in Norway. Rondane is associated with a mountain massif with untouched and beautiful scenery.

## VALDRESFLYE

The drive across Valdresflye offers panoramic views of the peaks and mountain expanses of Jotunheimen National Park. The drive takes you through an old cultural landscape of mountain pasture farms and across a high mountain pass where many traditional enterprises cater for tourists. The highest point on the route is 1,389 metres. Several of the most popular walks in the Norwegian mountains start at Valdresflye.



## ENJOY HALLINGDAL

### ÅL

Situated in the middle of Southern Norway midway between Oslo and Bergen, the small cultural village of Ål is big on mountains, forests and lakes – and an ideal base for an active break. Choose from more than 50 well marked hikes with detailed descriptions and maps.

### GEILO

Under the powerful and majestic Hallingskarvet, with the sweeping Hardangervidda plains in the west, you will find the national park village, Geilo. Geilo is the perfect destination both summer and winter and offers a wide range of activities.

### GOL

If you have come to enjoy wild and varied nature, your first encounter with Gol will not let you down. Here you are greeted by forest clad valleys and splendid high mountain areas with a beautiful view to Jotunheimen, Hallingskarvet and Hemsedal.



## NATIONAL PARKS

### FEMUNDSMARKA

An exciting wilderness area near the border with Sweden. An alternative to Alaska and Yukon. Together, Femundsmarka and Gutulia national parks on the Norwegian side of the border and Töfsingdalen on the Swedish side, and adjoining areas, form one of the most distinctive high mountain biotopes in Scandinavia. The great botanist Carl von Linné explored the area in 1734, encountering falconers, among others, on his travels.



The National Park has many magnificent lakes.

### Rondane

Rondane was the first National Park in Norway, listed in 1962. Today, it covers an area of almost 1,000 square kilometres in the counties of Oppland and Hedmark.

### Forollhogna

Forollhogna offers a continuous high mountain region and gentle valley sides, which are often referred to as 'The kind mountains'.



### OTHER NATIONAL PARKS

#### Dovre

Dovre-Sunndalsfjella National Park is located in the high mountain area of Dovre and Sunndalsfjella, where Sør-Trøndelag, Møre og Romsdal and Oppland counties meet.

#### Jutunheimen

This is where you will find the two highest peaks in Northern Europe: Galdhøpiggen at 2469 m.a.s.l and Glittertind, with its ice cap, at 2464 m.a.s.l.



## Welcome to unique experiences in Uvdal

Rooted in Norwegian traditions between Oslo and Geilo, Uvdal is the perfect base for experiencing nature, local food and exciting history. The local wildlife park "Langedrag" attracts visitors with exciting experiences for children and adults alike. The wild and varied nature in Uvdal invites to outdoor activities all year round. Enjoy spectacular hikes in unspoiled environment, take in the breathtaking scenery in Hardangervidda Nationalpark or enjoy the vast cross-country tracks in the wintertime.



[www.uvdal.no](http://www.uvdal.no)



## FEMUND ENGERDAL

FEMUND © TORE STENGRUNDET

Come to Femund Engerdal and get a real wilderness vacation. Fishing, hiking, biking or skiing and so much more. Femund Engerdal offers true wilderness and magnificent scenery.

Here you can enjoy the peace and tranquility, relax and recharge.

But there are also opportunities for speed and fun for those who like it, we can offer a variety of events and activities, with something to suit all tastes!

### We can offer you:

- 900 fishing waters with only 1 fishing license.
- 50 peaks over 1000 meters
- 2 National Parks - Femundsmarka and Gutulia

### Travel facts

**Femund** Engerdal located midway between Oslo and Trondheim.

Distance by car

**Oslo** 280 Km.

**Trondheim** 270 Km.

### Destinasjon

#### Femund Engerdal

2440 Engerdal

[info@femundengerdal.no](mailto:info@femundengerdal.no)

[www.femundengerdal.no](http://www.femundengerdal.no)

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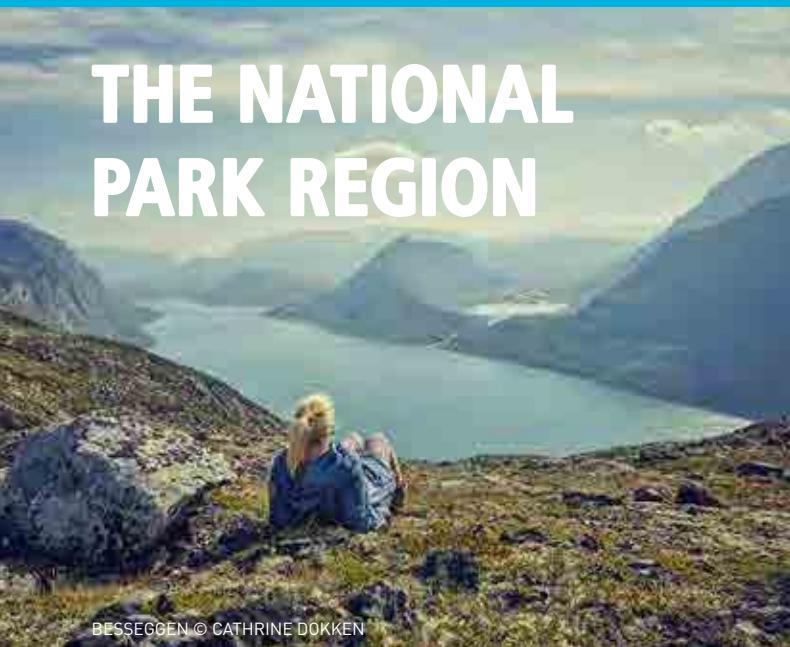


FÆMUND II © JAN NORDVÅLEN



REINDEER © JAN NORDVÅLEN

# THE NATIONAL PARK REGION



BESSEGGEN © CATHRINE DOKKEN

## Breheimen, Dovre, Dovrefjell -Sunndalsfjella, Jotunheimen, Rondane and Reinheimen

In the heart of southern Norway, far north in Gudbrandsdalen, you will find Norway's highest mountains, genuine village life and six national parks.

You can choose from the best natural experiences Norway has to offer. Join organized musk ox safari at Dovrefjell, hike the Besseggen ridge, try whitewater rafting or go horseback riding – in The National Park Region you'll

find experiences suitable for all, old and young.

## Four wonderful seasons

The region offers the longest spring ski season, magical summer adventures, a firework of autumn colours and a good, old-fashioned winter.

## Hints and tips for activities:

### Hiking

In The National Park Region you'll find the most iconic peaks in Northern Europe. Most of Norway's mountain peaks higher than 2,000

meters are found here – including Galdhøpiggen and Glittertind. Here you can also hike the Besseggen ridge. Besseggen is fantastic, with its breathtaking nature and beautiful countryside.

Besseggen is ranked as one of the world's 20th most beautiful hikes by National Geographic.

### Biking

The National Park Region is a paradise for those who like action. On your bike you'll get twice as far and experience twice as much. Check out our website for a list of bicycle rental, great cycling and guided bike tours.

### Rafting

There are so many ways to make a splash in the National

Park Region. Rafting in Heidal and Skjåk explores a fantastic variety of rivers! From whitewater rapids to calm water and to surfing the Ofossen wave.

### The taste of mountain

Local food producers in the region are among the country's finest. They offer delicious food from the storehouse, cheese counter and beer cellar.

### Accommodation

In The National Park Region accommodation offers are just as unique as the food. Travel a little off the beaten track and you'll be richly rewarded!

NASJONALPARKRIKET  
© CATHRINE DOKKENHEIDAL YSTERI  
© CATHRINE DOKKEN



NASJONALPARKRIKET © KRISTOFFER M. THUESTAD



RONDANE © KRISTOFFER MÆLE THUESTAD

## Four large predators

In the National Park Region you may in a long weekend get an audience with the king of the forest, the moose, the alpine queen, the reindeer and also the famous musk ox. In

the last years the arctic foxes also have made a comeback!

### The musk ox

50,000 years ago huge herds of musk ox roamed across the whole of Europe. Today you



MOSKUS © F. ROGER BRENDHAGEN

have to visit Dovrefjell to get close to the beast. Your best chance of experiencing this animal in its natural surroundings is to go on a guided safari. You are much more likely to see a musk ox when going on a safari with an experienced local guide.

Breheimen, Dovre, Dovrefjell-Sunndalsfjella, Jotunheimen, Reinheimen og Rondane

 Nasjonalparkriket

[www.nasjonalparkriket.no/en/](http://www.nasjonalparkriket.no/en/)



VIEWPOINT SNØHETTA © KRISTOFFER M. THUESTAD

# Welcome to Geilo National Park Village

SUSTAINABLE  
DESTINATION

**A**lways    **D**reams    **V**illage  
**E**xplore    **N**ature  
**T**racks    **U**nique    **R**elax  
**E**xperiences    **S**ilent



Geilo  
National  
Park Village



Geilo is surrounded by national parks; and with its location, it is the perfect place to spend days in fresh air, and be active at the same time.

Hotels, campsites, restaurants, and stores. Trails, ski tracks, and viewpoints. Locally produced food and exciting and interesting round-trip tours, attractions, and stopping places. Geilo is easy to get to by car, train, and bus.

Geilo is located right in the middle between Norway's 2 largest cities: Oslo and Bergen. Geilo has everything you could imagine of facilities.

Geilo is steeped in history, and has welcomed guests for hundreds of years. Make sure to set aside enough time when you come to Geilo.

Welcome to the mountains.

[www.geilo.no](http://www.geilo.no)

# ÅL IN HALLINGDAL

ÅL I HALLINGDAL © VEGARD BREIE

Welcome to the friendly village Ål in Hallingdal. Located close to Highway 7 and the railway between the cities Oslo and Bergen.

In Ål you find wild and varied nature – inviting you to outdoor leisure all the year around. You also find the cultural attractions like Torpo stave church from 1192 and the famous Rolf Nesch-museum. Ål also hosts several exciting events and festivals throughout the year.

For accommodation you can choose between family run mountain lodges and hotels with enthusiastic and presentable hosts. Or stay at one of the many cabins, apartments or camping sites in Ål. Visit Hallingdal Holiday Park, a first class five star experience camping and holiday park, open all the year.

## Summer in Ål – perfect for hiking

There are a lot of great and well marked hiking trails all over Ål, close to the centre or on the mountains. Every summer there are a guest book at 10 of them. You find tour descriptions and detailed map at [www.aal52.no/en/](http://www.aal52.no/en/)

If you prefer to enjoy the nature on two wheels Ål can offer you many beautiful cycling areas, especially on the many mountain roads in the Bergsjø area. Experience something genuine by visiting one of the mountain farms, where you can see the animals and get a taste of fresh dairy products. Try fishing, the trout is waiting for you!



ÅL I HALLINGDAL © ÅL UTVIKLING AS

## Winter in Ål

Ål is a versatile ski destination with 430 km of GPS-groomed and signposted cross country tracks and 2 ski centres. Liatoppen Ski centre is a internationally approved biathlon- and cross country stadium.

Ål Ski centre has 16 slopes and a great area for families. Skarslia Ski- and toboggan centre has both alpine slopes and two of Norway's longest toboggan runs. You can also try dog sledding and sleigh rides.

### Travel facts

**Ål Tourist Information**

**Opening hrs:** 08.30-16.00.  
Extended opening hours  
during summer holiday

**Location:** Ål Cultural  
Centre in Ål centre

[www.al.no](http://www.al.no)

post@alturistinfo.no

Tel: +47 32 08 10 60

P.O. Box 35, NO-3571 Ål



ÅL I HALLINGDAL  
© VEGARD BREIE

# GOLSFJELLET



© BIRGIT HAUGEN

Enjoy your holidays on Golsfjellet - the family friendly mountain!

**Looking for an active holiday in beautiful and easy accessible high mountain scenery?  
Then Golsfjellet is your place!**

The location on the high mountain plateau between Hallingdal, Hemsedal and Valdres in the middle of south Norway, offers plenty of activities for both couples and seniors in scenic and family friendly mountains.

Enjoy summer days with hiking and biking for both beginners and intermediate

levels, fishing and horse back riding.

In the winter time Golsfjellet offers a great number of cross country tracks, 2 ski centers, sledding and more.

Stay and relax at one of the traditional and family run hotels with local and traditional food food.

You can also enjoy spa and swimming facilities at some hotels.

Golsfjellets location is the perfect base for exploring other areas of Norway. The famous Sognefjord, the national parks Jotunheimen and Hardangervidda and the towns of Hallingdal and Valdres are all wonderful day trips to experience during your stay at Golsfjellet



© GUDMUND BREKKO



© CATHRINE DOKKE

## Travel facts

Golsfjellet is centrally located. Distances by car to the Fjords 125 km/ Bergen 294 km/ Oslo 190 km. Easy by train to Oslo-Gol/Bergen-Gol. Ask for transport service to the hotels. Booking: [www.golsfjellet.com](http://www.golsfjellet.com)



# TRØNDALAG



This is the real Scandinavia with rushing rivers and leaping salmon. The rugged archipelago off the coast and the broad expanses of forest make Trøndelag a Norway in miniature. The unspoiled environment and the freshness can be experienced in the many national parks in the area. On the following pages you'll find some of the best highlights in Trøndelag.

# FAMOUS HIKING TOUR



## THE PATH TO TRONDHEIM

The sainted King Olav Haraldsson was buried in Trondheim in 1030. Nidaros Cathedral was erected over his grave, and for four centuries this city was a pilgrimage site for pilgrims seeking consolation, help and healing. It is now possible to make a pilgrimage along signposted trails from Oslo to Nidaros. The old Pilgrims' Route was reopened the summer of 1997. Since then many pilgrims have wandered to this ancient pilgrimage site.

For further information, visit Pilgrims' ways to Nidaros on [pilegrimsleden.no/en/](http://pilegrimsleden.no/en/) or The confraternity of St. James in Norway on [www.pilegrim.no](http://www.pilegrim.no)



NIDAROSDROMEN © CH-VISITNORWAY.COM

# TIPS FOR A BIKING TOUR

## ISLAND HOPPING

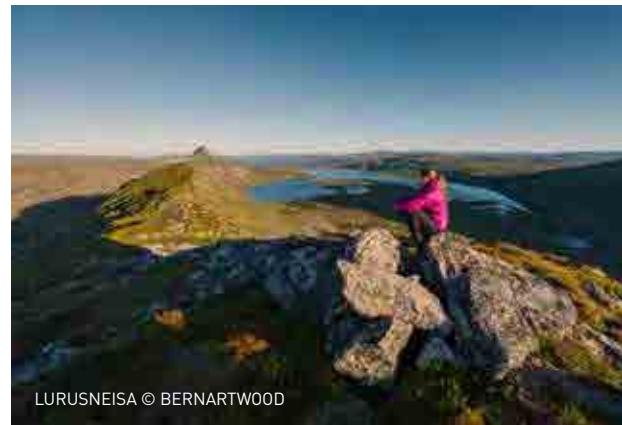


Island hopping by bike and ferry or express boat takes you close to nature and the experiences. Bicycles can be rented in many places, and using the bike and ferries, you can see large parts of the Trøndelag coastline, from Hitra and Frøya in the south, via the Fosen Peninsula to the Namdal Coast in the north.

## NATURAL WONDERS

## THE MOUNTAINS

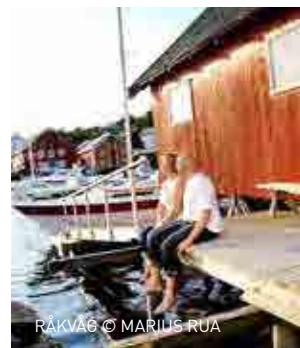
The Trøndelag mountains are well prepared for hikers, with marked paths and cabins. The national parks are popular with hikers, but you will find mountainous terrain, walking trails and beautiful countryside all over Trøndelag. The mountains have a rich flora and fauna, with good opportunities for hunting and fishing. Dovrefjell, Trollheimen and Sylane are among Norway's most beautiful mountains.



LURUSNEISA © BERNARTWOOD

## THE COASTLINE

The Trøndelag coastline is dotted with idyllic fishing villages, lighthouses and small marinas from the islands of Hitra and Frøya in the south, along the Fosen peninsula and north along the Namdal coast. You can hire boats and fishing equipment at most places along the coast.



RÅKVÅG © MARIUS RUA

## CATCH A REAL WHOPPER

The coast of Trøndelag is ideal for deep-sea fishing. Its many islands provide shelter from the rough waters further out and excellent fishing conditions in calm waters. Deep-sea fishing is an experience you will not forget in a hurry.



MÅLUNDVÆR © MARIUS RUA

## TOP ACTIVITIES IN TRØNDELAG

- Island hopping with overnight in a lighthouse
- Cycling on the island Leka
- Local food safari in Røros and along The Golden Road
- Wildlife- and animal safari (Musk-ox, moose, bear, sea-eagle, seal)
- Walking the Pilgrim's Route
- Citywalk in Trondheim with Nidaros Cathedral
- Fishing on the island Hitra, Frøya and in Namdalen
- Cod-("Skrei") festival in Rørvik
- Husky-Dogsledding
- Explore Viking history at Stiklestad National Culture Centre

## TRAVEL FACTS

### Location:

Trøndelag is situated in the centre of Norway. It borders on Fjord Norway and Northern Norway. The E6 and E39 are the main roads to the region.

- Oslo - Røros 380 km
- Oslo - Trondheim 550 km
- Oslo - Rørvik 770 km

### Transport:

Good train and bus connections to the north, south and east.

 Trondheim Airport Værnes has daily connections to other Norwegian airports. There are direct flights from/to Amsterdam, Copenhagen, Stockholm,

London, Riga, Tallinn, Gdańsk, Krakow and Reykjavik, among other places. Røros, Namsos and Rørvik also have small airports.

 The Hurtigruten coastal express calls at Trondheim twice a day – one ship on the way north and the other on the way south. The express ferry service Kystekspressen connects Trondheim with Fosen, Hitra/Frøya and Kristiansund.

### Trøndelag Reiseliv AS

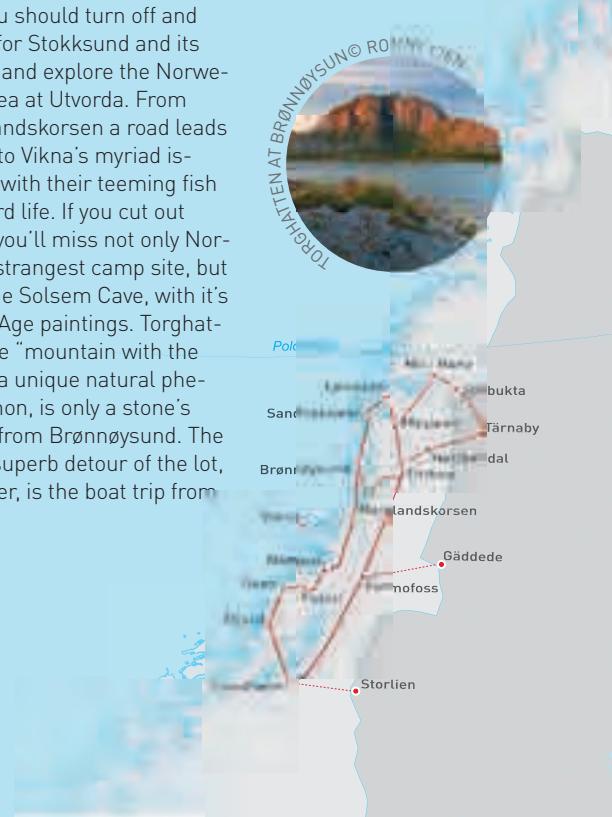
Nordre Gate 11  
NO-7011 Trondheim  
Tel.: +47 73 84 24 40  
[touristinfo@trondelag.com](mailto:touristinfo@trondelag.com)  
[www.trondelag.com](http://www.trondelag.com)

## ROUND TRIPS BY CAR OR MOTORBIKE

### TRØNDELAG AND HELGELAND

An adventure tour off the beaten track. If you complete the actual drive in four days, you'll be missing a lot. Make it fourteen days, and you'll have time to explore this fascinating area. There are detours galore available, to make your holiday truly memorable. Between Trondheim and Namsos you should turn off and make for Stokksund and its caves, and explore the Norwegian Sea at Utvorda. From Nordlandskorsen a road leads direct to Vikna's myriad islands, with their teeming fish and bird life. If you cut out Leka, you'll miss not only Norway's strangest camp site, but also the Solsem Cave, with its Stone Age paintings. Torghatten, the "mountain with the hole", a unique natural phenomenon, is only a stone's throw from Brønnøysund. The most superb detour of the lot, however, is the boat trip from

Sandnessjøen to the birdrock island of Lovunden and bewitching Træna, and finally Vefsndalen with the Laksfoss Falls, detour to Hattfjelldal and the Svenningdal Grottoes, Namdalen and the Trondheim Fjord, all of them superb attractions in their own right.



## CITIES AND CITY LIFE



TRONDHEIMS CITY  
© STEEN SØDERHOLM

### TRONDHEIM – AN INTIMATE BIG CITY

Getting here is easy and it's a perfect base for exploring the region. Regardless of whether you prefer shopping, shows, exhibitions or outdoor activities, you will find many exciting things to do in Trondheim. Trondheim's intimate city centre is perfect for cyclists. Excellent cycling paths lead to and around the city centre, while the world's first bike lift, located in the idyllic old town Baklandet, is popular among residents and tourists alike. A short bike ride from the city centre is the outdoor recreation area Bymarka, which is wonderful for fishing and hiking.

## MEET THE VIKINGS

Trondheim, founded by the Viking king Olav Tryggvason in 997 AD, is one of the oldest cities in Scandinavia. The golden age of the Vikings was in the 9th and 10th centuries. Norwegian Vikings left their mark on large areas of Europe, both as traders and as conquerors, and they formed well-organised kingdoms in Normandy, England, Sicily and in Southern Italy. Norwegian Vikings sailed all the way to North America and they were the first Europeans to establish settlements there.



The Vikings' success was primarily due to their advanced ships. They were fast and they could sail far. Their ships were not dependent on harbours. They could land on the shore or navigate far upriver and attack before the local inhabitants had time to organise a defence.

## NIDAROS CATHEDRAL

Like Santiago de Compostela, one of the world's most important pilgrimage destinations in the Middle Ages. The building itself occupies a special place among the ranks of Europe's cathedrals.



© TERJE RAKKE-  
VISTNORWAY.COM

## UNESCO SITE

### RØROS AND THE SUR-ROUNDINGS

The location of one of Europe's biggest copper deposits, which created great wealth – in Copenhagen in particular (where most of the copper ended up, as roofing for monumental buildings, including the Stock Exchange with its famous dragon spire). Røros itself is probably the only mining town in the world almost exclusively built of wood.



RØROS © RUNA EGGEN

## NATIONAL PARKS

### BLÅFJELLA- SKJÆKERFJELLA

The Blåfjella-Skjærkjell National park is one of the largest national parks in Norway. Here you can experience humid and majestic "fairytale" woods and high alpine mountains. The area is known for its many vulnerable species. The possibilities for hunting and fishing are endless! To enter the national park, drive east, towards Lierne on RV 74, turn right at Trongen, or continue to Gosen at Lifjell.

### Other National Parks

Forollhogna, Femundsmarka, Lierne, Skarvan og Roltdalen, Dovrefjell-Sunndalsfjella og Børgefjell. The parks all have a rich wildlife, and if you are lucky you may see lynx, wolverine, bear, wolf or musk ox and reindeer.

# TRØNDALAG

## - in the heart of norway's history

VIEW OVER TRONDHEIM © BERNARTWOOD

Rooted in Norwegian traditions in the middle of Norway, Trøndelag is a perfect base for experiencing nature, local food and Norway's exciting history.

### Culinary adventures

Trøndelag is Norway's local food region number 1 with award-winning products from

NIDAROSDOMEN  
© TOM GUSTAVSEN

both coastal and inland areas. There has been an explosion of small-scale food producers, there are also more than 30 local breweries each of whom lovingly produce specialist crafted beer. The cozy city Trondheim invites to St. Olav's Festival and the Trøndersk Food and Brewery Festival in the Summer.

The UNESCO town Røros, the coastal area and the Golden Road at Innherred are also a culinary paradise. And if you are curious you even go on local food safaris to the various producers.

The nine protected nature areas include lots of "untouched" nature. Guided wildlife bring you close to the exclusive musk ox, moose, beaver, bears and the white-tailed eagle. At Namsskogan Wildlife Park you can meet Scandinavia's Top 5 animals.



MUSK OX SAFARI ON OPPDAL  
© SIGBJØRN FRENGEN

Cycling is another popular way to experience the Trøndelag nature. Innherred, Røros and the island Leka have excellent biking trails and Trondheim is a great city for cyclists. Anglers come to the islands of Hitra and Frøya from all over Europe to catch the "big one".

### Take a pilgrimage along St. Olav Ways

Due to many of the most important historical happenings took place in Trøndelag, you can experience

many historical sites and cultural events when visiting us. The Nidaros Cathedral attracts pilgrims from all over the world and the Pilgrim Paths to Trondheim now have the same European Cultural Route status as those leading to Rome and Santiago de Compostela.

[www.trondelag.com](http://www.trondelag.com)

TRØNDALAG  
HISTORICAL  
NORWAY



SUNSET IN MERÅKER © BERNARTWOOD



## HISTORICAL INNHERRED



INNHERRED © ESPEN STORHAUG

### The Golden Road and the historical Stiklestad

#### Just an hour north of Trondheim.

Stiklestad in Verdal plays a key role in Norwegian history. The Viking King Olav was killed in the Battle of Stiklestad in 1030, as part of the Christianisation of Norway. The history can be experienced at Stiklestad throughout the summer.

The scenery in Innherred is lush and welcoming with rolling countryside and gentle hills surrounded by rugged wilderness. Walk along the St. Olavsleden path to Trondheim. "The Golden Road" winds along RV761 in Inderøy, where you can visit the local farmers and buy fresh food and handicrafts, walk along the shoreline, visit the museum of one of Norway's most famous

sculptors, go fishing or just enjoy the picturesque surroundings.

Both city and fjord areas and the great wilderness areas in Blåfjella- Skjærkjella National Park provide excellent opportunities for hiking and cycling. There are many exciting routes to choose from, both for the experienced and less seasoned explorer. An electric bike makes the bike ride effortless and a memory for life. In the wilderness village Ongdal you may join a guided tour into the mountain caves, or are you perhaps more tempted by a canoe trip? Experience the samie culture at Saemien Sijte and don't forget to ask for local produced food while you visit us.

[www.visitinnherred.com](http://www.visitinnherred.com)



VISIT INNHERRED  
WWW.VISITINNHERRED.COM

## NAMDALEN - fishing and nature experiences

NAMSSKOGAN FAMILIEPARK-NAMSSKOGAN WILDLIFE PARK  
© KRISTIN SMESTAD

There are few places in Norway where the distance between the Norwegian coastline and the National parks is as short as in Namdalen.

#### Fishing in Namdalen

River, lake, or sea? Try them all. Fish the wild nordic salmon in the majestic River Namsen, known as the best salmon river in Norway, manders through the mighty forests and mountains of Namdalen. Tip:

As the only place in the world: Stay the nights in a train on a bridge overlooking the River Namsen.

Tip: Visit the idyllic fishing village Sør-Gjæslingen, where

you can spend the night in a charming "fisherman's" cabin.

#### The great outdoors

The 3 National Parks Lierne, Blåfjella-Sjærkjella and Børgefjell offers fantastic nature experiences. Wonderful adventures by bike, canoe, kayak or on foot awaits you in Namdalen. Hiking trips along tagged forest paths.

Take a trip to the island Leka for a nature experience you won't forget. Leka is Norway's national geological monument. Namsskogan Wildlife Park where you can sleep inside the park close to the Norwegian brown bear and wolf in a turf hut.

[www.visitnamdalen.com](http://www.visitnamdalen.com)



NAMSEN SALMON AND TRAIN EXPERIENCE © ELISABETH HAMSUND

# OPPDAL

## - surrounded by 3 national parks



MUSK OX SAFARI ©

### Among mountains and musk ox

Oppdal -located inbetween Dovrefjell National Park and the Trollheimen Mountains - more than 55 percent of the area is declared national park or protected landscape.

Oppdal is a small village of 7000 inhabitants with a modern center In the surrounding valleys you find pittoresque farms made into guesthouses offering comfortable lodging with bed and breakfast like

Bjerkeløkkja.

[www.bjerkelokkja.no](http://www.bjerkelokkja.no)

Active holliday with guided safaris is offered summer and winter. Muskox safari , moose safari, photo safaries like capercaillie, grouse and other birds are targets for photo safaris led by professional guides in Oppdal Safari.

[www.oppdalsafari.no](http://www.oppdalsafari.no)



BIRD SAFARI ©



BJERKELØKKJA ©



SNØHETTA AT DOVREFJELL © KETIL JACOBSEN

### Summer outdoor adventures

In summer Oppdal turns into a lush and green mountain hub ideal for outdoor activities such as hiking, biking and climbing. Oppdal is one of the four major areas in Norway for river rafting, and guided tours are available. For those seeking both adventure and a challenge - join a canyoning tour. There are numerous possibilities for exciting mountain biking.

The mountains surrounding Oppdal range from friendly peaks to high mountains. It enables hikers of virtually every level to experience the magnificent and varied nature. For all animal lovers we recommend a guided musk ox or moose safari.

### Go skiing

Oppdal Ski Resort offers slopes of all variations, green, red and black. Jump-lines,

jibs and rails and more than 100 kilometres of groomed cross-country tracks , as well as good opportunities for off-piste and randonnee skiing.

### Taste sensation

Local food offers the taste of the mountain. Visit Smak & Behag Food Market or the artisan bakery - Bakeriet SPRØ with freshly baked treats and the famous cinnamon rolls.

You can reach Oppdal easily by car/bus or train from Oslo (5h) or Trondheim (1 h 40).

[www.visitoppdal.no](http://www.visitoppdal.no)



SKIING AT OPPDAL © MARTIN I.

## COASTAL NORWAY - wild and charming



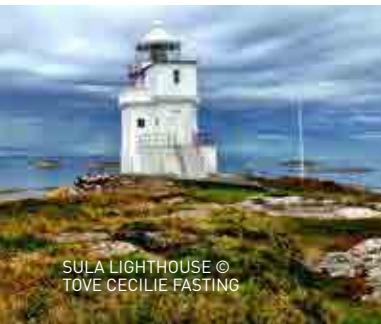
BESSAKER © GABRIEL BERG

Romantic fishing villages, fresh seafood and varies excursions invite you for an active holiday adventure along the wild coast in Trøndelag.

Coastal Norway offers a wealth of animal and birdlife, magical light conditions and distinctive countryside perfect for adventure, learning and outdoor life. The short distance between mountains and seaside provides for a wide variety of adventures and experiences.

Enjoy fishing trips in one of the best fishing areas in the world and stay in charming fisherman's cabins located close to the sea. On safari in Froan, Norway's biggest marine nature reserve you are guaranteed to see, white-tailed eagles, cormorants and seals, among many other birds and animals. Our larder is right outside the door, and we are proud of our local food. Here you can experience the taste of cavage cheese, wild mutton, venison, scallops, salmon and crab, and a large variety of fish dishes.

[www.visitcoastalnorway.com](http://www.visitcoastalnorway.com)



SULA LIGHTHOUSE © TOVE CECILIE FASTING



SEAEAGLE © SVEIN WIK

## THE RØROS REGION



RØROS CHURCH © MORTEN BRUN

### UNESCO World Heritage Site

Røros, a mining town founded in 1644 and today a UNESCO listed world heritage site is a must see! The town centre with its authentic wooden structures and a cultural heritage that is very much alive, enable you to step back into history, yet enjoying all the facets of modern life.

### Activities and local food

Mountains, rivers, great lakes and vast forests offer great outdoor experiences first hand. We are one of few places that still have genuine white winters. While you are here,

The Forollhogna and Femundsmarka National Parks form the backdrop for one of Norway's most exciting areas of natural and cultural history. The Røros region consists of a vast number of attractions with impressive nature, unique atmosphere, and all year-round activities.

make sure to taste our award winning local cuisine, that exclusively uses local produce and is made with tradition. And even better; you can reach us by plane, train or car.

[www.roros.no](http://www.roros.no)

UTISTUVOLLEN VINGELEN  
© CH-VISITNORWAYLOCAL FOODSAFARI  
© MARIUS RUA



# NORTHERN NORWAY



This far north everything is different. In the summer, the Midnight Sun makes the nights as dazzlingly bright as the golden days. And in the winter, the flickering Northern Lights dance across the night sky. This country is like no other.

On the following pages you'll find some of the best highlights in Northern Norway.

## FAMOUS HIKING TOURS



Mountain hikes in Northern Norway vary from easy rambles to endurance tests, with amazing views even on short hikes. These are some of our favourites, but you are guaranteed great views and memorable hikes wherever you go.

### The Queen's Route

**Vesterålen.** High above the sea, this 15-km (9-mile) trail goes from historic Nyksund to the bustling fishing village of Stø and back along deserted beaches. Total ascent 900 m (3000 ft), mildly scary in places.

**Rallarveien in Narvik** is the easiest as it's all downhill, following the trail left by the builders of the Ofotbanen in 1900. Take the train up, walk back 7 km (4.5 miles) in beautiful natural scenery and be collected by RIB boat. Regular departures in summer.



VIEW FROM THE QUEEN'S ROUTE  
© ØRULF BERTHINUSSEN

## FAMOUS BIKING TOUR

### Tips for a week's tour of Helgeland



Not just cycling, but also boat trips and hiking in Helgeland's exciting mountains; if you can spare a week in Helgeland, you can cycle in fantastic coastal landscapes among old stone churches, farms, fishing villages and delightful coastal towns.



LEIRFJORD © HALVOR HILMERSEN



LYNGEN ALPS © CH-VISITNORWAY.COM

## NATURAL WONDERS you don't want to miss

In Northern Norway there is something new around every bend. Here are some of the most famous landmarks in the country.

### SALTSTRAUMEN

Saltstraumen outside Bodø is the strongest tidal current in the world, with four shows daily of foaming water and whirlpools, when 400 million cubic metres of water are

forced through a 150-m (500-ft) strait. Check the tide table, find a spot on the rocks and watch for yourself.

### TORGHATTEN

Torggattan by Brønnøysund is a mountain pierced by a hole. A relatively short and easy hike takes you up to the hole, and you can look out over the archipelago south to Trøndelag or north to the fairytale coast of Helgeland.

### TRÆNA AND MYKEN

Island kingdoms far out to sea first settled more than 6,000 years ago. Cultural heritage, lighthouse accommodation, salmon farming and a festival with international cult status. One of the finest panoramic views in Norway from the top of Trænstaven mountain.

### Lyngen - "The Alps in the ocean"

A paradise for traditional and more modern ways of enjoying the wilds of nature – from fishing, hunting and classic mountaineering to extreme skiing, diving and hang-gliding.

## ROUND TRIP BY CAR OR MOTORBIKE

### TROMSØ AND THE NORTH CAPE

Tromsø has a rich and exciting history and is where your Arctic adventure begins. Cross through the Lyngen Alps, ferry across the Lyngen Fjord and pass the Reisa Valley, where a detour can be made by river boat into the National Park. Later enjoy the marvelous view from Mount Kvænangen og the Øksfjord Glacier and continue to Alta with its great rock carvings and famous salmon river. Along the mighty Porsanger Fjord follow the road to North Cape and the Arctic Ocean panorama.

Across the Finnmarksvidda plateau to the Sami (lapp) village of Karasjok where the Sami collections present Sami culture, and Kautokeino with Juhls Silver Gallery which also contains a small museum, and along glittering rivers back to Alta.

On the return journey follow the east side of the Lyngenfjord and the west side of the Balsfjord beneath towering peaks back to Tromsø.



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## CITIES AND CITY LIFE



WINTER IN TROMSØ  
© YNGVE OLSEN

### TROMSØ, THE BIGGEST TOWN IN NORTHERN NORWAY

Tromsø is a lively town with a vibrant town centre and lively nightlife. It has some of Norway's best seafood restaurants, and the town is also home to the world's northernmost university, brewery, glassworks and cathedral. Tromsø's famous "Arctic Cathedral," Tromsdalen church, has a dramatic design that is intended to express polar nights and northern lights.



ARCTIC CATHEDRAL  
© ARTHUR ARNESEN

### VARDØ

Vardø is Norway's easternmost town and lies further east than Istanbul, and to get there you must pass through Norway's first undersea tunnel, the 9,500 feet long Vardø tunnel.

### BODØ

Dazzling midnight sun, the world's strongest maelstrom, incredible fishing, exciting cave adventures, pristine national parks, island hopping by bike, unique isles and skerries!

What more can you expect?



### WELL, WE HAVE ...

The National Norwegian Aviation Museum which tells the story of Norwegian aviation history.

The museum conveys an intimate experience of aviation and its fascinating history, with the help of impressive exhibitions spread across an area of approximately 10,000 m<sup>2</sup>.

## KEEP A SECRET ?

### THE VISTENFJORD

"The unknown fjord" on the coast of Helgeland between the island of Vega and the Seven Sisters mountains. One of Northern Europe's most varied natural biotopes, with 9000-year-old traces of hunting and fishing activities. At the head of the fjord, at Bøna, a local sheep farmer come fisherman and his family run a wilderness center offering a variety of outdoor pursuits.



VISTENFJORD © BONAA.NO

### UNESCO SITES THE ROCK ART OF ALTA

Far north of the Arctic Circle, in Alta, we find one of northernmost sites on the UNESCO World Heritage List. It is the richest concentration of prehistoric rock art made by hunter-gatherers in Northern Europe. More than 6,000 carvings and paintings have so far been discovered at the head of the Alta Fjord, indicating that this area held an important role as a ritual meeting place for

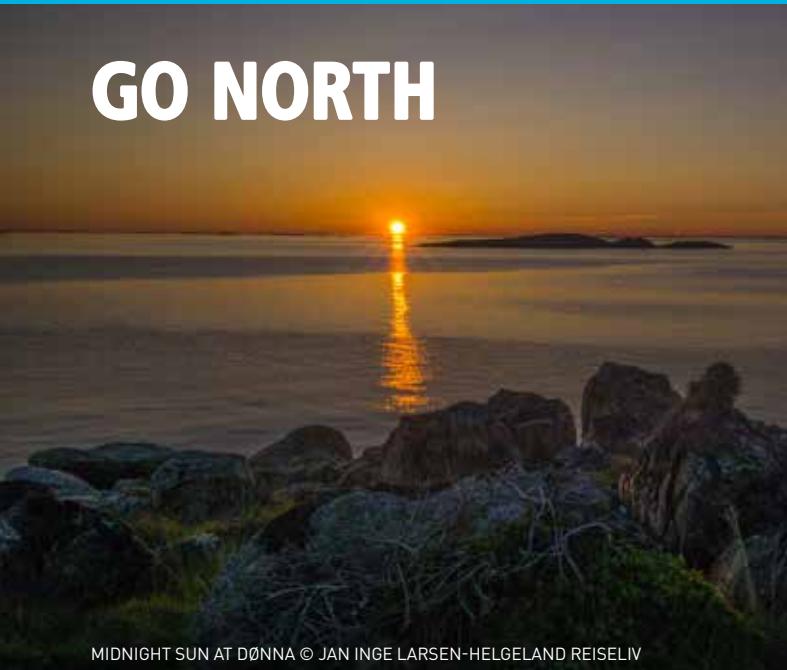


several thousand years, from 7000 – 2,000 years ago. The World Heritage Rock Art Centre - Alta Museum offers guidebooks and audio guides for the area.



ALTA MUSEUM  
© SVETLANA FUNTUSOVA

# GO NORTH



MIDNIGHT SUN AT DØNNÅ © JAN INGE LARSEN-HELGELAND REISELIV

Winter darkness is enlightened by the illusive rays of the Northern Lights as well dramatically coloured skies. In summer, the sun shines 24 hours a day in Northern Norway, colouring landscapes in gold and envigorating locals and guests alike.

Most of Northern Norway is within the Arctic Circle. Mountains rising right out of the sea, thousands of islands, towering mountains and mountain plateaus meeting

the horizon, the breathtaking scenery is endlessly varied. The colourful fishing villages, fish racks, wooden trading posts and along the coast testify to the rich heritage of fishing culture. The Sami culture boasts an enigmatic language, artistic handicraft, the particular harmonies of joik, the traditional chant and a lifestyle close to nature. Cities, such as Bodø, Tromsø and Alta, are buzzing with trendy restaurants, lively festivals, an art and culture scene and interesting attractions.

## EXPLORING NORTHERN NORWAY

The beautiful and varied landscapes, the towns, villages and small settlements and the numerous attractions are all easily explored. There are dozens of flights a day from Oslo to the major airports in the North, and from there buses, modern catamaran boats, propeller planes and the legendary shipping line Hurtigruten fan out to the outer coast, the fjords and the inland valleys. Look for boats and buses to the remotest settlements, it is usually rewarding!

## YOU MIGHT FORGET TO GO TO BED

Crossing the Arctic Circle, you enter the realm of the Midnight Sun. Brightly golden-yellow over the ocean at the North Cape or red-golden between the mountain tops further south, the Midnight Sun is a different experience every night. Invigorated, you feel like going fishing, climbing the next mountain or playing golf. Arctic summers invite to all kinds of outdoor activities, from kayaking in sheltered waters, island-hopping by bike or going whale watching on the open sea.

## THE DANCE OF THE AURORA

The Arctic winters come in two versions, the dark one around December-January, and the bright one from February to April. The winter nights are a lot brighter and colourful than you'd think with lovely sunset colours at mid day. When the sun returns, one enjoys long days and loads of snow, perfect for husky sledding, skiing and snow-mobiling. The night, however is reserved for the soundless, lightfooted dance of the Northern Lights. Northern Norway is among the very best places to observe this phenomenon on the planet.



TANA © ØRJAN BERTELSEN



# THE ARCTIC

RØDØY © TERJE RAKKE-VISITNORWAY.COM

## A TASTE OF THE ARCTIC

The sea off Northern Norway is among the richest in the world. A new restaurant scene preparing fish with innovative and international influences competes with traditional rustic fish fare. Reindeer served in a Sami lavvu (tent) is a recommended culinary experience.



## SALTEN AND BODØ

Nestled between the needle-like Børvasstindan peaks and the coastal archipelago, Bodø is a vibrant, modern coastal city with a strong culture scene, good restaurants and the National Aviation Museum. Nearby, the Saltstraumen, the world's strongest maelstrom, flows at more than 20 knots a second. The 19th c. trading post of

Kjerringøy is a well-preserved historic gem. Numerous historic and architectural sites, ranging from iron age mounds and medieval churches to award winning Stormen concert hall, as well as the uncompromisingly modern Hamsun centre dot a landscape of lush greenery, towering mountains and the glacier Svartisen.

## HELGELAND

The southernmost region of Helgeland has some 20 000 islands, small and flat or sculptural rocks on which myths and fairytales are made, notably the Seven Sisters and Torghatten, the mountain with the hole. The islets off Vega island are on the UNESCO list because of the harmonious coexistence of people and eider ducks. A rich heritage of old churches, manors and traditional villages adorns the landscape like gems. Kayak or bikes are both easy ways of exploring this unique landscape. The 1900 metres high Okstindan peaks inland form a unique hiking terrain among peaks and glaciers.



TORGHATTEN © RONNY LIEN

# LOFOTEN



ANDØY © MARTEN BRIL-WWW.VISITVESTERALEN.COM

## LOFOTEN AND VESTERÅLEN

Like an Alpine range at sea, the Lofoten islands rise dramatically out of the Gulf Stream, forming a landscape of jagged peaks and rocky coastlines. In winter, the world's biggest cod fishery takes place here, to which colourful fishing villages with extensive fish racks testify. The Viking longhouse at Borg, the art galleries in the picturesque fishing village of Henningsvær, the giant bird

cliffs at Røst island and the stockfish museum at Å are among the many treasures in Lofoten. The green, mountainous archipelago of Vesterålen to the north is where male sperm whales feed on squid. They can be observed on whale safaris close to the coast. Follow the Queen's Trail to the abandoned fishing village of Nyksund for a glimpse into coastal history. The Space Ship Aurora gives insight into the Northern Lights.

## NARVIK

Narvik, where the highly scenic Ofoten Railway meets the fjord, is surrounded by water and impressive mountains. Take the railway up and walk down the Navy Trail (Rallarveien) through the wilderness. One of the WWII's first great battles was fought in Narvik in 1940, excellently explained in the new Red Cross War Memorial museum. The ski slope in Narvik, going 1000 metres down to the fjord, is the most challenging in the north. The golf course is equally beautiful. The prehistoric rock carvings in Narvik town centre are 6,000 years old.

## HARSTAD

Harstad, an atmospheric city with a surprising number of quality restaurants and an ambitious cultural calendar, boasts the lovely 13th c. church of Trondenes and the giant WWII Adolf Gun. The background is explained in the Trondenes historic centre. The hinterland, notably the Bjarkøy islands, are best explored by bike or local boat. The Oceanside of the island of Senja is steep and dramatic with some lovely fishing villages in the coves. The sheltered inside is green and lush. The remote mountains bordering Sweden and Finland are crisscrossed by almost invisible trails, accessible for



SENJA © JARLE WÆHLER-STATENS VEGVESEN-TUNGENESSET



## TROMSØ

Tromsø, the gateway to the Arctic, is a lively city with a history of exploring the Arctic, a lively café and bar scene and an atmospheric city centre of traditional wooden and modern architecture.

Make sure you hear the organ in the Arctic Cathedral, see the seals in Polaria Explanation centre and admire the views from the Cable Car.

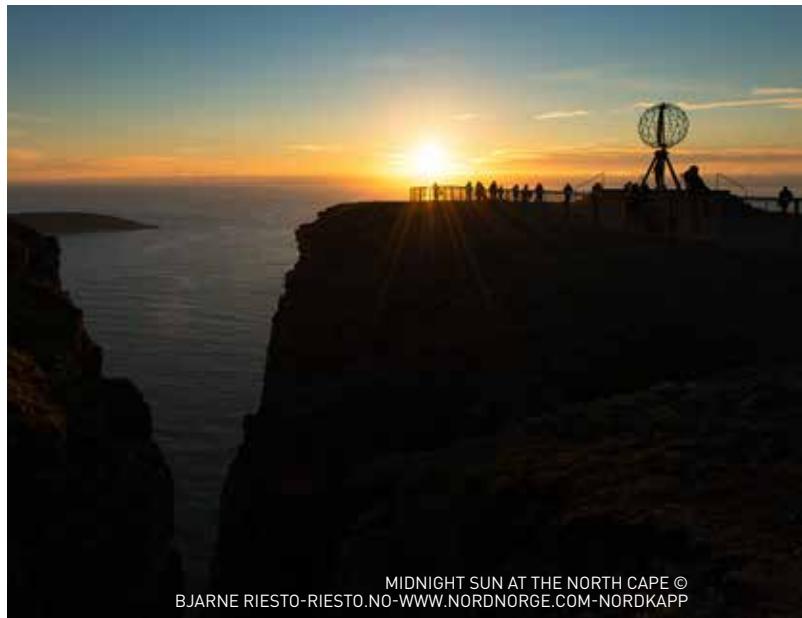


the experience hiker only. The impressive Lyngen Alps rise 1800 metres from the fjord, and are the preferred alpine ski touring area of the north. The area east of the Lyngen Fjord is among the driest in Scandinavia, excellent for hiking in summer and Northern lights viewing in winter.



## FINNMARK AND THE NORTH CAPE

North, rises 307 metres above the Arctic Ocean, and is on the bucket list of every true world traveller. The inland is the heartland of the Sami culture, and reindeer sledding, eating



Finnmark is a land of rolling plains, untouched wilderness and wide-open horizons, meeting the coast of the Arctic Sea in a rough, steep coastline. Here three languages are spoken, Norwegian, Sami and Kven (close to Finnish). The North Cape, the northern most point of Europe at 71 °

reindeer in a lavvu, snowmobiling, trying your hand at duodji (handicraft) and visiting fascinating museum collections are all ways of exploring this unique culture. In the Northern Lights City of Alta, the UNESCO world heritage listed rock carvings and the Northern Lights cathedral fascinate visitors.

## SAMI LIFE



LUNCH IN A LAVVU © CH-VISITNORWAY.COM

Hammerfest is the world's northernmost city, with a wonderful coastal location.

The east of Finnmark is one of the world's major bird watching areas. The historic fortress city of Vardø, Norway's easternmost point, is as far east as Alexandria in Egypt.

The national tourist route along the Varanger fjord displays ancient archaeology and exciting bird watching sites.

Kirkennes on the Russian border has an exciting cross-border feel.

The Snow Hotel, dog sledding in the forests king crab fishing are among the winter activities.

Just 1100 km from the North Pole, Svalbard is the northernmost accessible tourist destination in the world.

A settlement of some 2000 people is surrounded by a vast high Arctic wilderness of pyramidal mountains. Come here in the depth of the Polar Night to experience 24 hours darkness, Northern Lights and short trips by snowmobile. In the sunny bright winter from March to April you may go snowmobiling and dogsledding. In the 24 hour daylight summer from May to September hiking, boat rides and kayaking are the most popular activities.

## SVALBARD



LONGYEARBYEN © MARCELA CARDENAS-WWW.NORDNORGE.COM



## TRAVEL FACTS

- Area: 112,946 square kilometres, 34% of Norway's land mass – almost as big as the Netherlands, Belgium and Switzerland put together.
- Counties: Finnmark (48,637 square kilometres), Troms (25,848 square kilometres), the Svalbard islands (62,700 square kilometres) and Nordland (38,327 square kilometres)
- Northernmost point: North Cape, latitude 71° 10' 21" (the same as the northern coast of Alaska)
- Most of Northern Norway is above the Arctic Circle
- Bodø enjoys the Midnight Sun from 3 June to 7 July
- The Midnight Sun shines at the North Cape from 11 May to 31 July
- Northern Norway is situated in the middle of the planet's Northern lights belt, which means you have the best chance of seeing it here.

### Population:

- Population: Around 470,000 (74,000 in Finnmark county, 159,000 in Troms county and 240,000 in Nordland county)
- Cities and towns: Tromsø (66,000), Bodø (46,000), Mo i Rana (25,000), Harstad (23,000), Alta (18,500)
- Languages: Norwegian. Sami is an official language in six municipalities, while the Kven language is an official language in one municipality.

### Travel information:

Airports from south to north  
(flight time from Oslo in brackets):

- Bodø (1 hour 25 min.)
- Harstad / Narvik (1 hour 35 min.)
- Bardufoss (1 hour 35 min.)
- Tromsø (1 hour 40 min.)
- Alta (1 hour 55 min.)
- Kirkenes (2 hours 5 min.)

Train: Trondheim - Mo i Rana - Bodø.

Train connections from Narvik to Sweden

The Hurtigruten coastal express from

Bergen to Kirkenes calls at 25 ports

in Northern Norway. [www.nordnorge.com](http://www.nordnorge.com)



# KIRKENES



RIVERBOAT SAFARI IN PASVIK © PASVIKTURIST AS

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firmapost@pasvikturist.no

### Daily departures

- Kirkenes sightseeing
- Pasvik sightseeing
- King Crab Safari
- Husky Tours (Dec-April)
- Snowmobile (Dec-April)
- Snowhotel (Dec-April)
- Northern lights (Okt-March)



KING CRAB ADVENTURE © PASVIKTURIST AS

## FACTS ABOUT ALTA

Alta is the largest town in Norway's northernmost county, and an area with a relatively mild climate in the otherwise cold north. Here you can experience Sami culture up close and UNESCO-protected rock carvings.

The location of Alta, in the inner reaches of the Alta Fjord, means that municipality is able to offer forests, mountain plateaux and coastal and mountain landscapes. This provides numerous opportunities for

anyone interested in the outdoor life and activities such as hiking, biking and fishing. The world's first Northern Light observatory was built here at the end of the 19th century and has earned Alta the name The Town of the Northern Lights.



THE CATHEDRAL OF THE NORTHERN LIGHTS © CH.VISITNORMAY.COM

## WORLD HERITAGE ROCK ART CENTRE **ALTA MUSEUM**



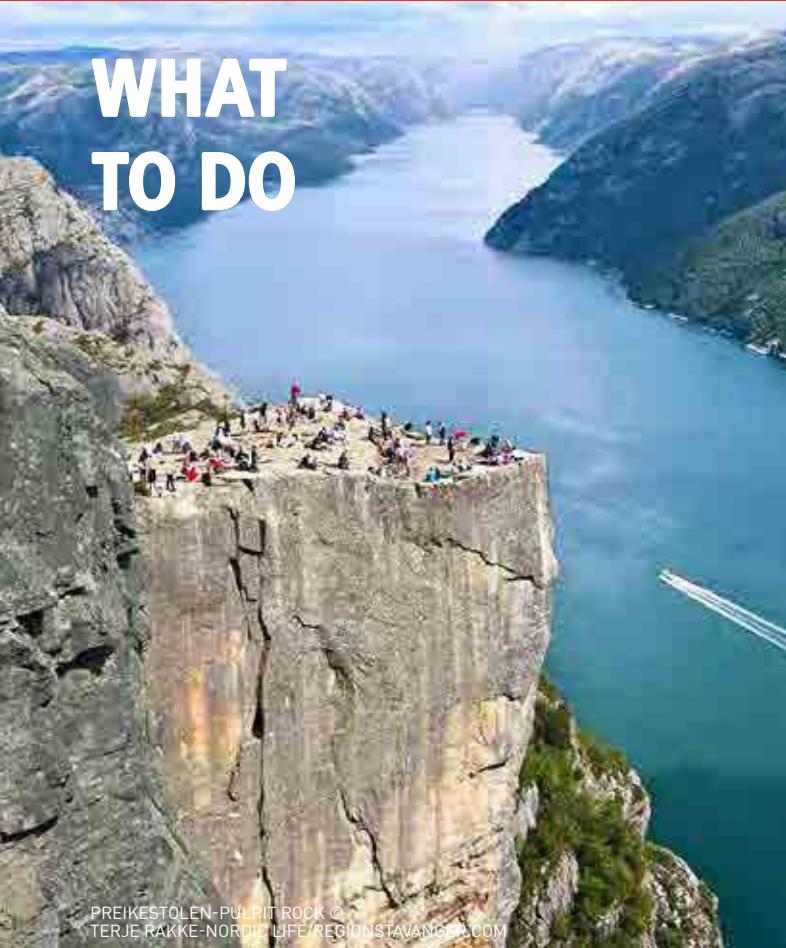
EXPERIENCE THE ROCK ART OF ALTA!



[www.altamuseum.no](http://www.altamuseum.no)



# WHAT TO DO



PREIKESTOLEN – PULPIT ROCK © TERJE RAKKE – NORDIC LIFE/REGIONSTAVANGERA.COM

Norway is blessed with an abundance of natural wonders like fjords, mountains and waterfalls, including a number of formidable rock formations like Preikestolen (the Pulpit Rock), Trolltunga (the Troll's Tongue) and Torghatten. Thanks to the long, light evenings in the summer, with the midnight sun visible for months in the northern parts of the country, you will get more hiking for your money. The remarkably pristine environment with clean, refreshing air allows you to relax completely and return home fully recharged.



HIKING AT FLØYA, SVOLVÆRSGEITA IN THE BACKGROUND, LOFOTEN ISLANDS, NORDLAND © CH-VISITNORWAY.COM

Walking from cabin to cabin in the mountains or going on a glacier walk is perhaps the best way to explore Norway. If you like cycling, there are lots of great routes to choose from, whether you prefer flat terrain or more challenging routes. There are lots of package trips including food and accommodation to choose from.

There are also plenty of options for people who enjoy fishing. Try your hand at deepsea fishing, salmon fishing or freshwater fishing and you will have a good chance of landing a big fish. On a safari, you can see wild animals and birds at close range, including musk oxen, moose, eagles, whales and

king crabs. Or how about a challenge like rafting down rapids, climbing or snow-kiting?

There are many customised trips to choose from in Norway – on foot, by bike, boat or car. They enable you to get the most out of your holiday.

In winter, Norway has a wide range of alpine ski centres, both for beginners and more experienced skiers. Naturally, there are also opportunities for cross-country skiing trips on prepared, marked tracks. Winter is also the season for killer whale safaris, ice-climbing, dog sledding and reindeer sledding.

## SAFETY IN THE MOUNTAINS

There is much to enjoy among the peaks, valleys and plateaus, but the beauty and serenity can quickly turn dangerous. Make sure your training, your knowledge of the area, and your equipment, are all equally well suited for the trip.

For instance, before you set out you should let people know where you are going, and when you expect to be there. Consider the weather reports - not only where you are going, but nearby as well - and keep in mind that conditions might deteriorate.

Any time you're in an unfamiliar area, you should bring a map, compass and a mobile phone. There are many places in the mountains without mobile coverage, but you might get lucky, so don't leave it behind.

## IN THE DEAD OF WINTER

Many of the precautions you should take in the summer are also valid for the winter, but to an even greater extent: When it's cold, it's even more important to dress in layers of wool, not to get wet, and to wear windproof outer garments.

Stay warm, dry and hydrated. Hypothermia is what you want to avoid in the wintertime. Staying dry helps, as does having enough warm clothing. If you have an accident and have to spend the night, make sure you conserve enough energy to dig a cave in the snow, or set up a snow shelter against the wind.

### Protect your eyes

Even though it's winter, you should take care to bring sunglasses, as the glare from the snow can be quite intense and cause snow-blindness in extreme cases.

### Signal for help

If you get lost, stay where you are and wait for help. Sticking your skis in the snow will make it easier for others to spot where you are.

### Avoid avalanches

Avoid walking on and below overhangs and other avalanche-prone places, particularly if you spot traces of avalanches elsewhere around you. You can't outrun or outski an avalanche, so the best thing to do is avoiding them altogether.

## IN THE HEIGHT OF SUMMER

Even in the summer, when the sun is out and warming nicely, you should pay attention to

what clothes you wear and bring along. Make sure to shield yourself from the sun, and to be prepared if the weather should turn bad.

### Dress for warmth

A windproof jacket is a must, as is woollen underwear, even on warm summer days. The mountain winds can get quite cold, and wool will still insulate you from the cold even when it's wet - a property it does not share with cotton or nylon fabrics, for instance. Dress in layers so you can easily regulate your temperature.

### Drink frequently

If you get lost, conserve your strength, but remember to eat and drink frequently. Sun, wind, and strenuous physical activity may conspire to make you dehydrated, even if you do not feel thirsty. Most running water in the mountains of Norway is clean enough to drink, but avoid water running through pastures or runoff from glaciers, as this may contain harmful microorganisms.

### The mountain code:

- 1 Plan your trip and inform others about the route you have selected.
- 2 Adapt the planned routes according to ability and conditions.
- 3 Pay attention to the weather and the avalanche warnings.
- 4 Be prepared for bad weather and frost, even on short trips.
- 5 Bring the necessary equipment so you can help yourself and others.
- 6 Choose safe routes. Recognize avalanche terrain and unsafe ice.
- 7 Use a map and a compass. Always know where you are.
- 8 Don't be ashamed to turn around.
- 9 Conserve your energy and seek shelter if necessary.

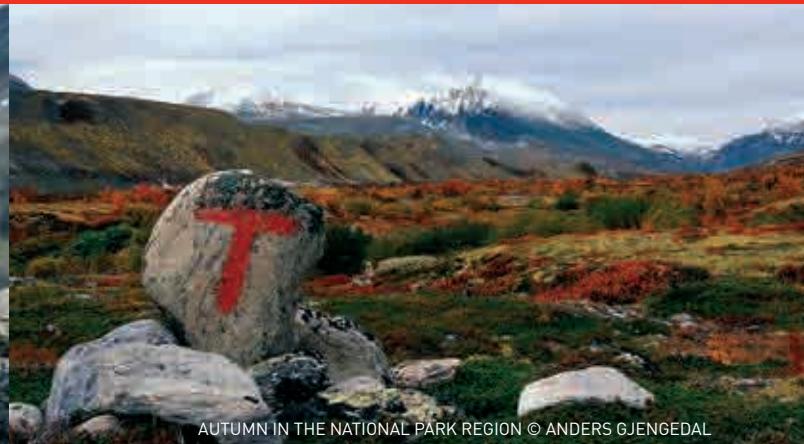
## Emergency telephone numbers

110	Fire
112	Police
113	Ambulance
120	Emergency at sea
22 59 13 00	Poisons Information Centre
1412 TDD	(textphone for the deaf or hearing impaired)

# HIKING



HIKING IN BESSEGGEN © TERJE RAKKE-NORDIC LIFE



AUTUMN IN THE NATIONAL PARK REGION © ANDERS GJENGEDAL

A varied landscape with deep fjords, high mountain peaks and rugged wilderness makes Norway an exciting hiking destination well worth exploring. Norway is only a couple of hours from most European capitals, and once you arrive you will find that the natural highlights are within easy reach, often practically on your doorstep.

Many hiking trails start within walking distance of the towns and villages, which in turn also means that you are rarely far from local amenities like shops and local health care.

## Tips

You can choose to carry your own tent, stay in hotels or family hostels, or ramble from cabin to cabin.



HØVRINGEN © CH-VISITNORWAY.COM

## Accessible nature

The unique Nordic concept "the right of access" (allemandsretten) means that the general public have the right to spend time in the countryside, provided that they show respect for the environment and other people.

## Good standard

Additionally, Norwegian hiking trails are well marked in accordance with an international grading system. Accommodation is usually of a good standard, with an extensive network of affordable hiking cabins run by the Norwegian Trekking Association (DNT).

[www.turistforeningen.no](http://www.turistforeningen.no)

## Season

The hiking season stretches from the middle of June to October, with the high season in July and August. Along the coast, however, it is usually possible to walk all year, whereas in higher altitudes, the best time is from July to September.



LOFOTEN © KRISTIN FOLSTAD OLSEN

# CYCLING



HAMNØYA, LOFOTEN © CH-VISITNORWAY.COM

Cycle on a remote island in the midnight sun, try a path beneath a mountain plunging into a fjord, or get your adrenalin pumping going downhill.

Cycling tourism is expanding rapidly in Norway. There are numerous well-marked cycle routes along the coast, in the mountains and around the fjords. These routes can also be combined. With few cars and hardly any noise, it is easy to find scenic routes for safe, enjoyable cycling holidays along Norwegian roads.

If you don't want to spend too much time planning, Norway has ten national cycling routes that connect all mainland parts of the country. The routes are designed to take you between cities and towns while avoiding most roads with heavy traffic.

Fully organized cycling-holidays, maps and guide books relating to the various routes are available via [www.cyclingnorway.no/en](http://www.cyclingnorway.no/en)

## Best season

June, July and August are the best months for cycling. May and September can also be fairly warm, but generally these months have more unstable weather. Having said that, the spring in Norway is

beautiful when nature comes back to life, whilst in the autumn the colours are spectacular.

### Tips

You will appreciate the long, light summer days. In June and July, there are 17-20 hours of daylight in the southern parts of Norway, and 20-24 hours in the northern parts. This allows for more riding – or just more time outdoors.



© TERJE RAKKE-NORDIC LIFE AS-VISITNORWAY.COM

# FISHING



SPIN FISHING IN HALLINGDAL © ANDERS GJENGEDAL – VISITNORWAY.COM

Big fish, magnificent scenery and superb facilities. Outstanding freshwater and deep sea fishing makes Norway a special destination for anglers.

Here, you will find everything needed for a great fishing holiday: a wide range of well stocked waters, a pristine environment offering plenty of opportunities to escape from the crowd, somewhere comfortable to relax at the end of the day and a ready supply of good guides. But if one thing makes Norway exceptional it is a reputation for producing big fish.

Everyone over the age of 18 who wishes to fish for salmon, sea trout and sea char in watercourses must buy a fishing licence. The licence is valid for one year and is available online, at local banks or post offices in Norway. For 2018, the licence fee was NOK 260 for one person and NOK 415 for a family. In addition you must buy a local fishing permit. Local permits are sold

at sports shops, newsagents, tourist offices or campsites. For most rivers, the fishing season starts in June and runs until the end of August. Sports fishing in the sea is free of charge. A maximum of 15 kg of saltwater fish per person can be taken out of Norway. For more information about sports fishing and fishing regulations, please see information on [www.visitnorway.com/fishing](http://www.visitnorway.com/fishing) [www.dirnat.no](http://www.dirnat.no)

[Outdoor recreation] or contact the local tourist office in the area you wish to fish.



FISHING OUTSIDE TROMSØ  
© W. KRAUSEMEDIA-ARMY.DE –  
VISITNORWAY.COM

If you have already used fishing equipment, boats or other equipment in watercourses abroad or in watercourses where there are suspected or proven cases of infectious diseases, you must clean and disinfect the equipment before using it in Norwegian rivers. In many watercourses there are disinfection stations, see [www.mattilsynet.no](http://www.mattilsynet.no) [search for Disinfecting your fishing equipment].

# ADRENALINE KICKS

ICE CLIMBING AT JOSTEDALSBUA © ANDERS GJENGEDAL-VN

Norway has much to tempt adrenaline junkies. Surfing, ice climbing and snowkiting are just a few of the activities on offer.

## Snowkiting

Reach speeds of up to 100 kilometres per hour on Hardangervidda. Snowkiting, or skikiting as it is also known, is the latest craze in adrenaline soaked sports in Norway. A pair of skis or a snowboard, a helmet, harness, kite, some windproof clothes and some practice are what you need to reach speeds of

up to 100 kilometres per hour. Instead of riding a chairlift to the top, snowkiters can use the wind to power them up a mountain and deep in to the untouched powder. And there is no better place for fun activity than Norway's breathtaking mountain plateaus. You can try snowkiting in many different places in Norway.



## Surfing

From Jæren in the south to the Lofoten Islands in the north, Norway is an exciting, relatively undiscovered surf destination. Not for long. Norway is an increasingly popular "cold water" surf destination. Consistent swell, fantastic scenery and pristine waters mean Norway is attracting more and more surfers, many of whom coming here in the hope of finding undiscovered waves and breaks along Norway's notoriously long coastline. Advances in wetsuit technology mean that it is now possible to surf in Norway year round, although the lack of light in winter, especially in the northern regions, cuts surfing down to a few hours a day – attracting only the most hardened surfers. For the rest, the season lasts from February to November: summer is most welcoming for beginners, while the late autumn and winter have more exciting conditions.

## Ice climbing

Climbing up a frozen waterfall is an exceptional experience. There is climbable ice in the Rjukan area in Telemark from the end of October through to early April. However, the best and most reliable time to visit is mid-January to mid-March. At this time, there are more daylight hours and ice will be in abundance. Other good places for ice climbing are the Hydnefossen Waterfall in Hemsedal and the waterfalls around Lærdal at the head of the Sognefjord. The Norwegian Climbing Federation can give you more information about ice climbing in Norway. You can contact The Norwegian Climbing Federation by e-mail: [klatring@klatring.no](mailto:klatring@klatring.no)

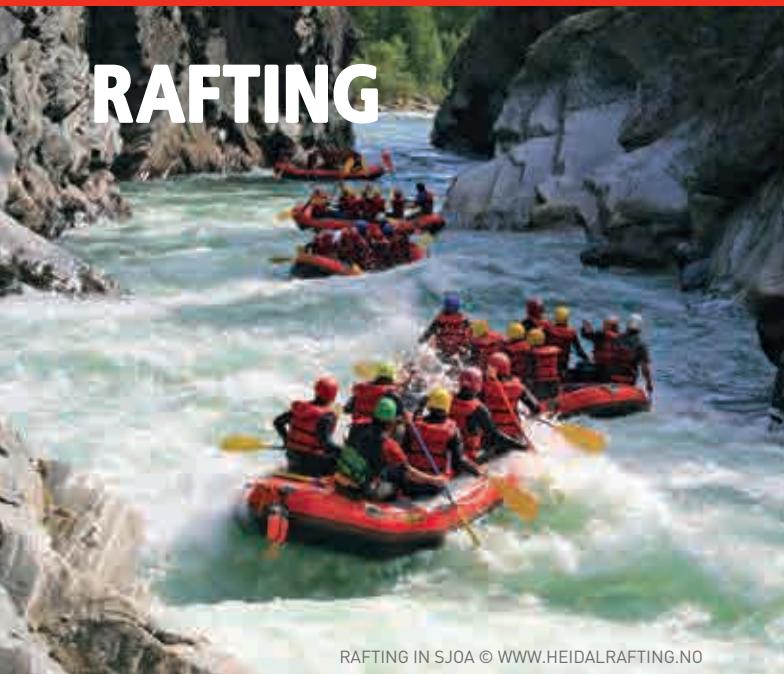
## Tips

Norway's best surf is found along the beaches of Jæren.



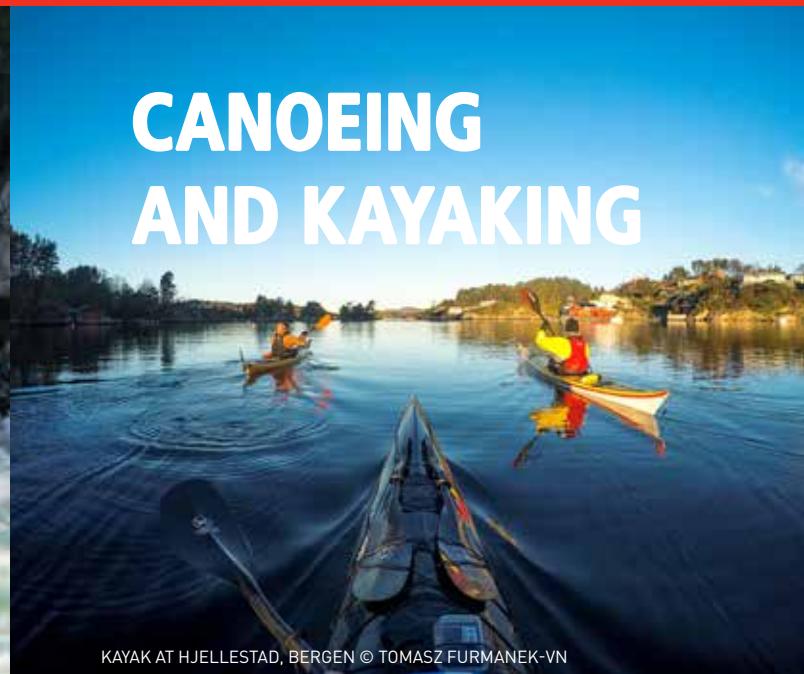
SURFING AT UNSTAD, LOFOTEN  
© ALEX CONU-VN

# RAFTING



RAFTING IN SJØA © WWW.HEIDALRAFTING.NO

# CANOEING AND KAYAKING



KAYAK AT HJELLESTAD, BERGEN © TOMASZ FURMANEK-VN

Rafting is exciting and fun both for the most adventurous among us and for the more cautious. From family rafting on the river Otta to Norway's most challenging trip on the river Sjøa.

You can choose between family rafting down calm rivers and trips that will really make your blood rush. Several rafting companies offer trips. The trips are of varying degrees of difficulty and make different requirements of the participants' age and fitness level. Safety is paramount for these organizers, and they therefore offer the necessary

equipment such as helmets, wet suits and life jackets. Participants have to bring warm woollen underwear, a woollen jumper and woollen socks.

## Popular rafting rivers

- Driva in Sør-Trøndelag county
- Sjøa in Oppland county
- Trysilelva in Hedmark county
- Jølstra in Sogn og Fjordane county
- The rivers in Setesdalen
- Voss: Raundalselva, Strandaelva and Vosso
- Jostedalselva in the Sognefjord area

You will find many opportunities for paddling along the Norwegian coastline, in the rivers or on one of the many lakes. Sea paddling, river paddling and paddling on a lake are three different experiences, but each one offers a special closeness to nature and the chance to observe birds and wildlife that the noise of an engine would render impossible.

**Tips:** Paddling on Lake Femunden in the wilderness of Hedmark is especially popular. Lake Gjende is a great starting point for hiking

and kayaking in the Jotunheimen Mountain Area. If you are thinking of camping, why not try a trip to encompass some of the most idyllic of Norway's coastline? Load up the kayak with tent and supplies, and take two to three days paddling the Namdalen coastline in Trøndelag.



# WILDLIFE SAFARIS

MUSK OX AT DOVRE © ASGEIR HELGESTAD – ARCTIC LIGHT

## Whale Safari

Whale safaris by boat are organized in northern Norway. In Vesterålen you can see sperm whales, killer whales and other species the whole year. In Tysfjorden, you can join a nature safari/killer whale safari from the end of October until January. For more information about these exciting adventures, see:

[www.whalesafari.com](http://www.whalesafari.com)  
[www.arcticwhaletours.com](http://www.arcticwhaletours.com)  
[www.tysfjord-turistcenter.no](http://www.tysfjord-turistcenter.no)

## Birdlife and Birdwatching

Norway's birdlife is rich and varied. Here you can go birdwatching in virtually untouched nature. The company Din Tur offers accommodation and guiding on the best birdwatching

destinations and birding sites in Norway.

As their guest you gain access to their self-guided birding system which consists of detailed maps and a pre-programmed GPS to guide you to the best birdwatching sites in the country.

[www.bird.dintur.no](http://www.bird.dintur.no)

### Tips

The musk ox may seem big and clumsy, weighing between 225 and 400 kilos, but they move fast with a top speed of 60 kilometres per hour.

## Arctic creatures

Dovrefjell National Park is the only place in Norway, and one of the few places on earth,

where you can see the mighty musk oxen. Guided summer walking safaris are organized from June to September to see these unkempt, half-ton beasts. The safaris last approximately six hours.

### Musk ox safaris

Guests are virtually guaranteed an encounter with the shaggy arctic creatures. It is also a fair chance that you will see reindeer and grouse. The experienced guides will also tell you about the plants and wildlife in the Dovrefjell National Park. The musk oxen, who are survivors from the last glacier epoch, are not about the plants and wildlife in the Dovrefjell National Park. The musk oxen, who are survivors from

the last glacier epoch, are not aggressive, as long as you do not get too close.

[www.moskussafari.no](http://www.moskussafari.no)

### Other nature safaris

From November until March, you can join a nature safari in Lofoten and learn about marine life in the areas surrounding Svolvær. There is a good chance you will see sea-eagles and perhaps even seals and killer whales as well.

[www.lofoten.info/en](http://www.lofoten.info/en)

### Tips

The Lofoten Islands in Northern Norway have the largest population of sea eagles in the world.

**ADVENTURES IN NORWAY**

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ONLINE BOOKING: [WWW.DINTUR.NO](http://WWW.DINTUR.NO) - OFFICE@DINTUR.NO - TEL. (+47) 74 07 30 00



## King crab

King crab safaris in Finnmark Come face to face with the red king crab in the Barents Sea outside the coast of Finnmark. Afterwards you are offered a taste of the succulent meat. Needless to say, the meal that follows the safari is an absolute feast. Ordinary crab will never be the same after you have tried red king crab, or Kamchatka crab as it is also known. You too can join the professional divers under water if you have a diver's licence. But most guests are content with seeing the big

monster from ashore or from a boat as it is brought to the surface and put into the boiling pot.

Surprising really, as the red king crab can measure up to two metres from claw to claw and weigh up to 15 kilograms. A snap of its claw can be enough to remove a man's finger.

**Tips** Bring warm clothes and footwear and book in advance. Cancellations may occur depending on the weather.  
[www.nordnorge.com](http://www.nordnorge.com)



## WELCOME TO RURAL PEARLS ALL OVER THE COUNTRY.

Enjoy genuine experiences, tasteful food and great stories. In Norway you can stay at a medieval farm in the valleys or you can bring your children to a farm with animals along the coast.

### Farms for children

There are many activities on a farm, besides taking care of the animals. Horse riding, fishing, biking, hiking and boat trips are often offered. Find a list of farms offering accommodation and farm activities on [www.visitnorway.com](http://www.visitnorway.com) or [www.hanen.no/en](http://www.hanen.no/en).

Many of the farms are offering different kinds of farms houses and rooms for rent, ranging from 16th century buildings, to modern ones. All with furniture, kitchen facilities, televisions and bathrooms with showers. Most farms have many kinds of animals and there are plenty of hiking, biking and swimming possibilities outside your room. Usually the farms have sheep, cows, pigs, chickens and horses in the summer season. Menus are based on local traditions. The produce is either from the farm or sourced by local suppliers. The fish which is served is often from the mountain lakes, game is hunted locally or supplied by local breeders and herbs are grown in the farm's own gardens.

# WINTER HOLIDAYS



RONDANE © TERJE RAKKE  
NORDIC LIFE -VISITNORWAY.COM

Norway offers ideal skiing conditions, sun and adventure in the winter. Never before have there been so many options for you to get the most out of your holiday – in a country that offers everything from ice climbing to snow-boarding, if you dare.

Get the family all fired up, find a cottage or a beautiful hotel with a view and book an adventure holiday. Try kite surfing on a mountain lake or race down the uncrowded alpine slopes. We are a nation of passionate skiers and would love visitors to enjoy our superb facilities as much as we do. Stay in one of the many alpine-style resorts with their state-of-the-art lift systems and high quality restaurant and accommodation facilities, or base yourself in a smaller village and take advantage of the plethora of cross-country trails which scatter the entire country – the choice is yours!

## Great facilities

In Norway, it is said that Norwegians are born with skis on their feet and it is easy to see why. Norwegian children start skiing from the age of three and it really is a family activity. This is reflected in the country's ski resorts which all boast fantastic family ski facilities including dedicated children's ski areas, ski schools and crèches. Both

Alpine skiers and snowboarders are well catered for, in fact, some of the best terrain parks in Europe can be found here. The Norwegian ski resorts also boast uncrowded slopes, lack of lift queues and affordable lift passes and ski schools.

## Easily accessible

The majority of ski resorts are located in the south of the country, so the average midwinter temperature is around -6°C and there is daylight from 9am to 4pm. By March, the number of daylight hours increase to 10. In addition, the season is long, with snow virtually guaranteed from November to May and conditions that are second to none.



DANCE AT NORSK FOLKEMUSEUM  
© CH-VISITNORWAY.COM

## A break from skiing

There are a range of other activities to enjoy whilst on a winter break in Norway. Try your hand at husky dog sledding, horse drawn sleigh rides, ice fishing, snowshoeing, ice skating and tobogganing which are only some of the activities available. Up north King Crab fishing, a stay in the magical Igloo Hotel, reindeer sledding and snowmobiling are just some of the things to whet your appetite this winter.

### Did you know that...

Every time you say ski or slalom, you are speaking Norwegian?

Northern Norway is on the same latitude as Siberia, Greenland and Alaska?

The northern coast of Norway is surprisingly mild thanks to the Gulf Stream, with temperatures around 0 degrees not unusual in winter?

### Some useful web-sites:

- [www.nasjonalparkriket.no](http://www.nasjonalparkriket.no)
- [www.geilo.no](http://www.geilo.no)
- [www.femundengerdal.no](http://www.femundengerdal.no)
- [www.uvdal.no](http://www.uvdal.no)
- [www.al.no](http://www.al.no)
- [www.skiinfo.no](http://www.skiinfo.no)
- [www.visitnorway.com](http://www.visitnorway.com)
- [www.golsfjellet.com](http://www.golsfjellet.com)



# NATURE ATTRACTIONS

## - What to see



Relax one day, go crazy in the fjords the next. Climb or hike, bike or drive. Explore history or live in the now. Come see Norway from top to bottom. Experience northern lights or midnight sun above the Arctic Circle, or visit the world famous Norwegian fjords with tall mountains and glaciers.

REINDEER IN THE MOUNTAIN ©  
ASGEIR HELGESTAD - ARTIC LIGHT AS - VISITNORWAY.COM

## THE MIDNIGHT SUN



© BJARNE RIESTO - VISITNORWAY.COM

### What is the midnight sun ?

During the Norwegian summer season, the sun never sets north of the Arctic Circle and for a couple of months the sun is visible 24 hours a day.

The phenomenon is caused by the tilt in the Earth's axis – an imaginary line through the planet between the north and south poles around which it rotates. As the Earth orbits the Sun, the tilt makes the North Pole face towards the Sun in summer (keeping it in sunlight even as the Earth spins) and away from it in winter (keeping it dark). Hence the continuous sunlight during the summer. 24 hours of daylight gives the flora and fauna along the coast an energy boost. This is likely to rub off on visitors as well, so

why not use the extra energy to experience some of the many midnight sun activities available throughout Northern Norway?



BODØ © RUNE NILSEN

## GLACIERS



SKÅLABREEN IN NORDEFJORD © SVERRE HJØRNEMIK-VN

## NATIONAL PARKS



JOTUNHEIMEN © CH-VISITNORWAY.COM

Norway still shows traces of the Ice Age, when the entire country was covered by ice. Jostedalsbreen is the largest glacier in Norway.

More than 2,600 square kilometres of Norway's land area is covered by glaciers. 60 per cent of Svalbard is covered by glaciers.

### Guided glacier walking

Glacier walking is an incredible experience, but it also demands alertness, knowledge and equipment. The ice mass is in constant movement and can present

unexpected dangers from deep crevasses, avalanches or from large blocks of ice breaking off (calving). There is always danger of ice collapsing even in front of the glacier.

Guarantee your safety by using authorised guides, and never venture out onto or near a glacier on your own. During the summer period there are guided tours on most glaciers.

The national parks safeguard the rich diversity of Norway's natural heritage, for nature's sake, for our own and for future generations.

Norway has 44 national parks, 37 on the mainland and seven on Svalbard. From underwater wonders to high mountainous areas, these parks offer a variety of landscapes and a wide range of exciting outdoors experiences.

Several national parks have arrangements for outdoor activities with a network

of marked paths and trails and overnight accommodation in either staffed lodges or self-service cabins.

National parks are particularly important for species that need relatively large and undisturbed areas to survive, such as wild reindeer, predators and birds of prey. [www.miljodirektoratet.no/en](http://www.miljodirektoratet.no/en)

## THE NORTHERN LIGHTS



FROM HAMSUNS RIKE, HAMARØY © KETIL KAASLI

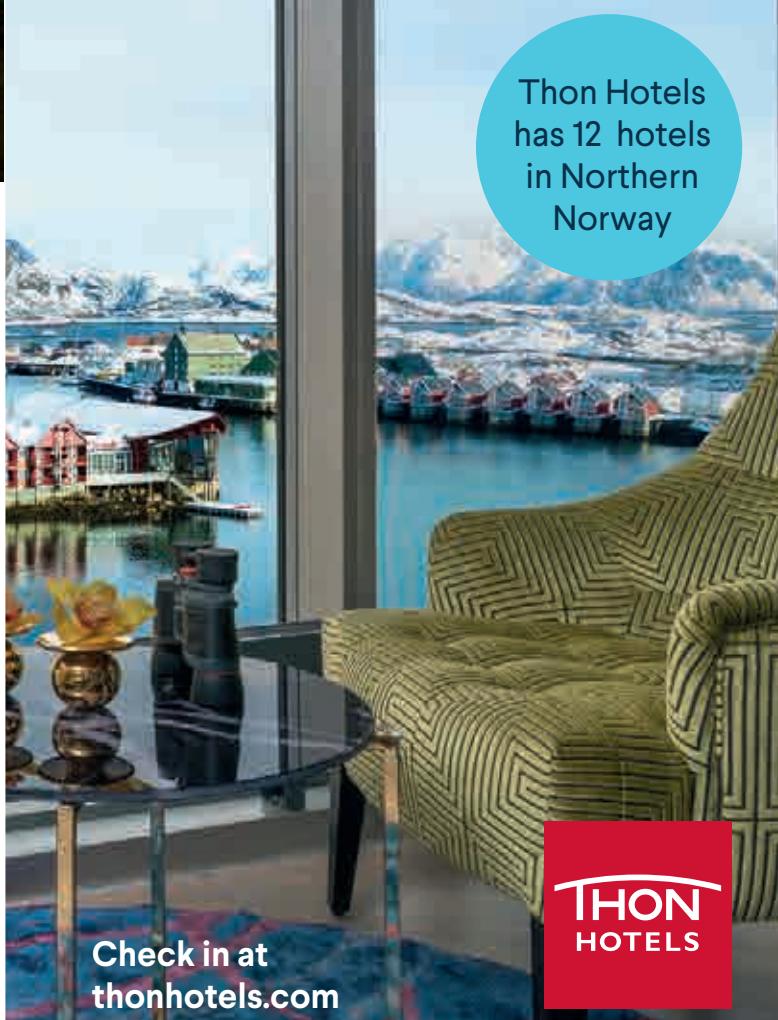
Watch nature's own theatre unfold above you as the most spectacular light show takes centre stage: The northern lights with you in the front row.

Each appearance of the northern lights is unique. Often you see three green bands across the night sky. Or the lights come as flickering curtains or rollingsmoke. The colour is a luminous green, often with a hint of pink along the edge, and occasionally with a deep violet centre. The colour palette seems to come from the 1980s. If there is a lot of activity up there, the northern lights explode for a minute or two in a corona. The next minute it is all over, and you ask yourself whether this was real or just an Arctic fata morgana.

But what exactly are the northern lights? It is the sun that lies behind the formation of the auroras. During large solar explosions and flares, huge quantities of particles are thrown out of the sun and into deep space. When the particles meet the Earth's magnetic shield, they are led towards a circle around the magnetic North Pole, where they interact with the upper layers of the atmosphere. The energy which is then released is the northern lights. All this happens approximately 100 kilometres above our heads.

# EXPERIENCE NORTHERN NORWAY

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**THON**  
HOTELS



## THE SAMI

SAMI © CAMILLE SEAMAN TOPAZ

The Sami are Norway's indigenous people. Travel to Northern Norway to experience their culture. Learn to throw a lasso, or try reindeer sledding

The Sami people are sometimes referred to as Lapps, but prefer to be called Samis. Their culture has been developing in Northern Scandinavia since the arrival of the first people 11,000 years ago. The Sami were at one with nature, and lived in tents (lavvo) and turf huts whilst they followed the reindeer.



© BAARD LOEKEN

Reindeer herding is still central to Sami culture, even to this day, and crucial to the subsistence of the Sami, providing meat, fur and transportation. Reindeer sledding is popular in Finnmark in winter.

The first encounter with Sami culture for most travellers, however, often takes place by the roadside. Sami selling souvenirs, including colourful local costumes, shoes and hats, reindeer skins, wooden and leather handicrafts and the likes, are not an unusual sight in Northern Norway.



## THE FJORDS

SKAGEFLÅ, GEIRANGERFJORDEN © PER EIDE – VISITNORWAY.COM

The fjords of Norway were dug out by ice, stone and rock during successive ice ages.

Norway has the highest concentration of fjords in the world, and nowhere on earth are there more fjords than Fjord Norway. For this reason, the region is commonly referred to as Fjord Norway. The fjords are nature's own work of art, formed when the glaciers retreated, and sea water flooded the U-shaped valleys.

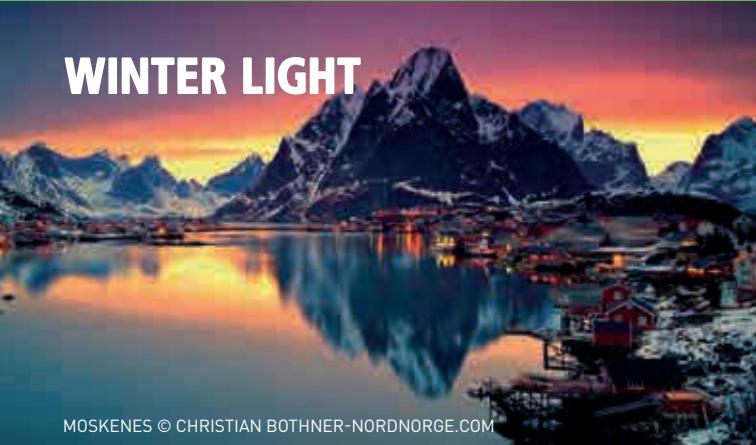
**“The best unspoiled travel destinations in the world.”**

National Geographic Magazine

### Mild climate

Thanks to the warming Gulf Stream and air currents caused by the coriolis effect, the Norwegian fjords enjoy a mild climate and remain virtually ice-free. Seals, porpoises and an abundance of different fish swim in the fjords, while eagles and other birds soar in the skies above. The fjords, which consist of saltwater, are often very deep in their upper and middle reaches. Take the Sognefjord as an example – it drops 1,308 metres below sea level, making it Norway's deepest fjord. Because fjords are so deep, they permit navigation by large ships, allowing you to experience their beauty at close range.

## WINTER LIGHT



MOSKENES © CHRISTIAN BOTHNER-NORDNORGE.COM

The far north of Norway is located above the Arctic Circle. Unlike other places in the world at the same latitude, however, the whole of this area is populated, thanks to the Gulf Stream.

In winter, the sun goes down and does not reappear above the horizon for many weeks. This time of the year is also referred to as the 'season of colour'. The few hours of daylight in the middle of the day gradually give way to a fantastic array of beautiful blue tones as the light fades. Towards the end of this period the hours of dusk often have a pink hue. This is also when you can discover another spectacular phenomenon – the Northern Lights, or Aurora Borealis in Latin, which means 'the red of morning in the north'. During their most spectacular performances,

the Northern Lights dance across the sky in different colours, flitting to and fro at great speed.

The best thing about winter in Northern Norway is perhaps the feeling of coming indoors after spending hours out in the clear, fresh winter air, sitting down to a piping hot meal made from local ingredients, chatting about the weather or the activities you have lined up for tomorrow with the people at the next table, and just soaking up how good it is to experience Northern Norway.

## NORTH CAPE EUROPE'S NORTHERN END



THE NORTH CAPE © FRITJOF FURE

Far inside the Arctic Circle, the North Cape offers arctic adventures like dog-sledding in winter and months of never-ending sunlight in the summer.

Imagine a place in the far north, where the Atlantic Ocean meets the Arctic Ocean and their frigid waters mix. That place is the North Cape in Western Finnmark in Northern Norway. Here, there is no dry land between you and the North Pole except for the Svalbard Archipelago, and the summer sun never sets for two and a half months, between the middle of May and the end of July.

### North Cape Hall

The North Cape visitor centre is called North Cape Hall and holds various exhibitions throughout the year. A panoramic film is shown in

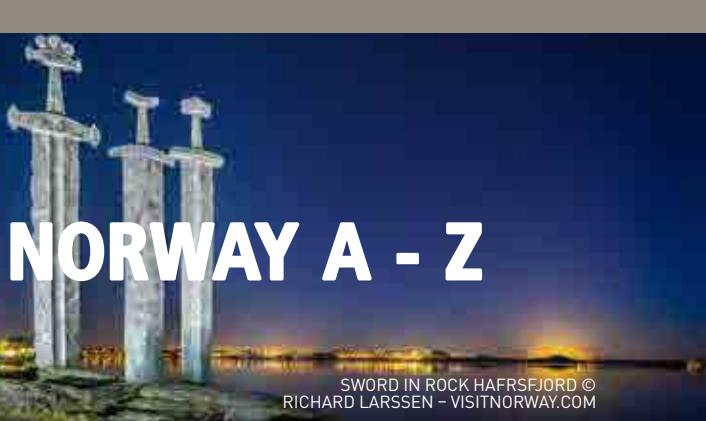
the centre's cinema at regular intervals. Also, it contains a café, restaurant, post office and a souvenir shop, in addition to the cinema.

You can travel here by car, bus, boat or bike. Common for all travelers are the strong experiences that await them.

#### **Opening hours:**

- 18/5-18 - 17/8-18:  
**11am** - 01am
- 18/8-18 - 31/8-18:  
**11am** - 22pm
- 1/9-18 - 17/5-18:  
**11am** - 15pm

[www.nordkapp.no/en](http://www.nordkapp.no/en)



# A

## Alcohol

You cannot obtain wine or spirits from any local supermarket. This is possible only in shops specially set up by the state for this purpose (Vinmonopolet). Such shops are usually to be found in the larger towns. However, beer can generally be bought in the supermarket. The age limit for buying wine and beer is 18 years, and 20 years to buy spirits. You will find that nearly all restaurants are licensed.

# B

## Banks

24-hour cash dispensers are found in strategic locations throughout Norway. Bank opening hours are approximately:  
Monday - Friday: 09.00 - 15.30

# C

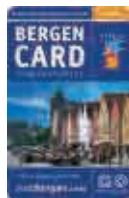
## Cell Phones and Internet

The mobile phone systems and the Internet network is very well developed in Norway and most hotels offer a free Internet connection.

## City Cards

### The Oslo Pass and the Bergen Card

These cards entitle the user to free or discounted admission to museums, attractions, cultural events and sight-seeing.



Also, free bus travel and discounts on meals and parking. The passes are sold at tourist offices in Oslo and Bergen. You can also buy the Bergen Card onboard Fjord Line's two ships; MS

Bergensfjord and MS S tavangerfjord.  
[www.visitoslo.com](http://www.visitoslo.com)  
[www.visitBergen.com](http://www.visitBergen.com)

## Climate and Clothing

Norwegian summer weather is unpredictable. Some days it is cloudy and raining, on others the sun blazes down at near Mediterranean temperatures even in Northern Norway thanks to the Gulf Stream! Be prepared for all eventualities and bring raingear, a warm sweater and good walking shoes in addition to your summer wardrobe. You are not usually required to dress formally for dinner at Norwegian resort hotels. For weather reports:

[www.yr.no](http://www.yr.no)

## Credit Cards

MasterCard, American Express, Diners Club, Eurocard and Visa are all accepted at hotels, major restaurants and large shops, even for small amounts. Be aware that some petrol stations do not accept all these cards. You can also withdraw money with your VISA card and Mastercard (limited) from cash points throughout the country.

## Currency

Norwegian currency consists of kroner (NOK or Kr) and øre.  
100 øre = NOK 1  
Exchange rate December 2017:

1 Euro = 9,71 NOK /  
1 Dollar = 8,30 NOK  
1 GBP = 10,94  
Visitors can bring in currency (Norwegian and foreign) worth NOK 25 000. Currency over this amount must be declared at customs.

## Customs and regulations

Here are the most important regulations you need to know before entering Norway with goods or currencies.

Within the limit of NOK 6,000 you are allowed to bring with you the following articles free of customs and excise duty:

### Alcoholic beverages

1 litre of distilled spirit containing between 22% and 60% alcohol by volume, if you are 20 years of age or older. Instead of this, you may choose to bring either:  
1,5 litres (equal to two standard bottles) of wine or other alcoholic drink containing between 4,7% and 22% alcohol by volume or 1,5 litres of beer or other alcoholic drink containing between 2,5% and 22% alcohol by volume.

**Plus:** 1,5 litres (equal to two standard bottles) of wine or other alcoholic drink containing between 4,7% and 22% alcohol by volume, if you are 18 years of age or older.

Instead of this, you may choose to bring 1,5 litres of beer or other alcoholic drink containing between 2,5% and 22% alcohol by volume.

**Plus:** 2 litres of beer or other alcoholic drink containing between 2,5% and 4,7% alcohol by volume, if you are 18 years of age or older.

Provided you do not bring any tobacco, you may bring an additional:

1,5 litres (equal to two standard bottles) of wine or other alcoholic drink containing between 4,7% and 22% alcohol by volume or 1,5 litres of beer or other alcoholic drink containing between 2,5% and 22% alcohol by volume.

Hence, you may for instance bring up to 6,5 litres of beer, if you bring no other alcohol and no tobacco.

#### Tobacco

Minimum age: 18

200 cigarettes or 250 grams of other tobacco products and 200 leaves of cigarette paper.

#### Meat, meat products, milk and milk products

Meat, meat products, cheese and foodstuffs except dog and cat food, totalling 10 kilos altogether from EEA countries. From countries outside the EEA, it is prohibited to bring meat, meat products, milk and milk products in one's luggage. Such products must be imported

through a veterinary border control station, and the goods must be accompanied by a health certificate.

#### Animals

Special provisions govern the importation of animals. Dogs, cats and ferrets from all EU countries must have pet passports, ID marking, valid rabies vaccination, and valid blood-test documentation (does not apply to ferrets). Dogs must also be given approved tapeworm treatment minimum 24 and maximum 120 hours before arrival. Small rodents, cage birds and rabbits must have valid import permits issued by the Norwegian Food Safety Authority. Please note that some types of dogs are prohibited in Norway.

There may be exemptions to the information above, and additional rules apply for non-EU countries. Make sure that you consult the full instructions available at the Norwegian Food Safety Authority's website in good time before you travel. You can also contact the Norwegian Embassy or Consulate in your country for advice.

## D

#### Dining

Norwegian cities offer a good selection of restaurants in all categories and price ranges. The main course at an average restaurant costs between NOK

150 - 300. Lunch is often less costly. A glass of wine costs from NOK 80 and a pint of beer from NOK 75. Cafés and cafeterias also serve dinner, often at very reasonable prices. A coffee in a coffee shop costs from NOK 30 and a soft drink from NOK 35.

#### Disabilities

Over the last couple of years, the travel industry has put more emphasis on adapting their facilities for people with disabilities. However, there are still many locations with limited accessibility and we recommend that you check this before traveling. For information on rental cabins, contact Norges Handikap-forbund (NHF): Phone: +47 24 10 24 00 [www.nhf.no](http://www.nhf.no)

## E

#### Easily accessible

All resorts are easily accessible by public transport. The majority of ski resorts are located in the south of the country, so the average midwinter temperature is around -6°C and there is daylight from 9am to 4pm. By March, the number of daylight hours increase to 10. In addition, the season is long, with snow virtually guaranteed from November to May and conditions that are second to none.

#### Electricity

The Norwegian grid is set to 220 volts AC and you might need an adapter with two round-ended prongs.

#### Emergency Numbers

In the event of an emergency:  
110 Fire Service  
112 Police Service  
113 Ambulance Service  
120 Emergency at sea  
22 59 13 00 Poisons Information Centre  
1412 TDD (textphone for the deaf or hearing impaired)

## F

#### Foodimport Limitations

Import of agricultural products is subject to special import restrictions to avoid, among other dangers, the spread of plant and animal diseases. However you may import, for private use, up to 10 kg fruits, berries and vegetables but not potatoes. From EU/EEA countries you can also bring a maximum of 10 kg of meat, meat products, fish, eggs, cheese and foodstuffs except dog and cat food, as long as the product is stamped with the country of origin (that country being an EU member). Permission to import listed products can be revoked at any time if the necessity arises (in case of an outbreak of plant and animal diseases for example). From countries outside the EU/EEA, it is

prohibited to bring meat, meat products, milk and milk products in your luggage. Dried and tinned foodstuffs are permissible. More information about import limitations on [www.toll.no](http://www.toll.no)

## H

### **Holidays**

It can be both pleasant and economical to travel in Norway outside the school and industrial holiday season. Prices tend to be lower, and there is less hustle and bustle. The school holidays vary somewhat but are approximately from June 20th to August 20th. The industrial holidays are the three last weeks in July. In addition to autumn and winter breaks, schools are closed for two weeks over Christmas and one week during Easter.

### **Hurtigruten**

For those who want something a bit different, why not join the popular voyage "In Search of the Northern Lights" from Bergen to Tromsø. The Northern Lights are a natural phenomenon, caused by electrically charged solar particles entering the earth's atmosphere which light up the sky at an incredible speed. It is impossible to predict when they might appear and now guests can take advantage of a unique

"wake up call" which means customers can request to be called whatever time, should the Northern Lights appear. The Hurtigruten ships are perfectly placed viewing platforms as the Northern Lights, which can be seen from November to March, are set against a dark sky free from artificial light.

[www.hurtigruten.com](http://www.hurtigruten.com)

## K

### **King Crab Fishing**

Unique to Finnmark in Northern Norway is the gigantic King Crab offering a truly amazing experience. Travel by snowmobile or inflatable dinghy to fish for the crab through the ice. The King Crab can be as large as two meters and weigh up to 15 kilos. Afterwards you can enjoy your morning's work with a lunch of delicious fresh crab meat. A true gastronomic experience in unforgettable surroundings.

## L

### **Language**

The official language of Norway is Norwegian. The Sámi population has their own official language called Sámi, and in Finnmark you will find signs marked in both

languages. Most Norwegians have a good working knowledge of English and some also speak German, Spanish and French.

## M

### **Medical Attention**

Pharmacies are called "Apotek" and are open during normal business hours. In some larger cities, one or two of them will be open 24 hours and on weekends. Should you fall ill while on vacation in Norway, the hotel reception should be able to put you in touch with a local doctor. Outside normal consultation hours you should go to the local emergency clinic (Legevakten). If you take medication on a regular basis, make sure you take sufficient supplies for your stay in Norway. Norwegian pharmacies are not permitted to issue medicine on foreign prescriptions. If you run out, you will have to visit a Norwegian doctor to get a new prescription. You are recommended to take out holiday insurance before leaving your home country.

### **Meetings, events and conventions**

Norway is an exotic destination with a lot to offer the well travelled client.

With its high tech industry and breathtaking scenery, it is the perfect destination for companies that want to take advantage of the pristine natural environment while still profiting from all the comforts of a modern destination. For more information about possibilities of organizing meetings, events or conventions in Norway, please contact the local Innovation Norway Office in your country or contact Norway Convention Bureau, see [www.visitnorway.com/meetings/](http://www.visitnorway.com/meetings/)

## P

### **Passport and Visa Regimes**

Norway is not a member state of the European Union (EU), but is part of the Schengen area. To visit Norway, all foreign nationals (except citizens from the other Nordic countries) must have a valid passport and/or other identification papers approved as travel documents. Certain foreign citizens must also carry a visa. Contact the Norwegian Embassy or consulate closest to you for more information, see [www.norway.info](http://www.norway.info)

## Pets

Norway is one of the few countries in Europe where rabies does not exist, and the Norwegian authorities aim to keep it that way through strict animal control measures. If you wish to take a pet to Norway, the animal must have a valid certificate from an authorized veterinarian proving that the animal has all necessary injections. Please note the new rule about mandatory treatment for echinococcosis for cats and dogs that have been in Sweden before entering Norway. For updated information and application forms, please consult [www.mattilsynet.no](http://www.mattilsynet.no) (see section Traveling with pets)

## R

## Religion

The Church of Norway, which is Lutheran, oversees about 1 600 churches and chapels around the nation. For more information: [www.kirken.no](http://www.kirken.no) In addition, there are houses of worship for most denominations and religions in major cities. For info on Stave Churches, see [www.stavkirke.info](http://www.stavkirke.info)

## Right of Access

The law of access to the natural environment, known as «Everyman's Right» allows you to walk wherever you want in the wilderness areas such as the seashore, forests, mountains and in other areas which are not cultivated. This should be done with consideration, so that neither the countryside nor the property is damaged. Be considerate to wildlife and towards other people who are in the area. Note that stricter access regulations can be enforced in protected areas. Use paths and roads when you go for walks in agricultural and populated areas. It is preferable to make use of campsites if you are staying overnight outdoors. If you pitch a tent in the wilderness, it should be situated at least 150 meters from the nearest house or cottage. The lighting of fires is prohibited during the period from 15 April to 15 September.

## S

## Shopping

Normal opening hours are:  
Mon.-Fri. 10am – 5pm  
Thursday 10am – 6pm/8pm  
Saturday 10am – 1pm/3pm  
Supermarkets and shopping centres are generally open 9am – 10pm on weekdays and

10am – 6pm on Saturdays.  
Sundays closed.

Kiosks tend not to close until 10pm or even 11pm, and are usually open on weekends too. Petrol stations often sell groceries and are often open until 11pm. Most shops accept major credit cards.

## Skiing facilities

In Norway, it is said that Norwegians are born with skis on their feet and it is easy to see why. Norwegian children start skiing from the age of three and it really is a family activity. This is reflected in the country's ski resorts which all boast fantastic family ski facilities including dedicated children's ski areas, ski schools and crèches. Both Alpine skiers and snowboarders are well catered for; in fact, some of the best terrain parks in Europe can be found here. The Norwegian ski resorts also boast uncrowded slopes, lack of lift queues and affordable lift passes and ski schools.

Norwegians speak excellent English and the vast majority of ski resorts have English speaking crèches with qualified nannies and ski schools which are all extremely reasonably priced. Children that are too young to ski will love simply spending time outside playing in the snow. Those old enough to don their own skis can take advantage of the dedicated children's ski areas. These

typically include dedicated runs, lifts and even terrain parks with jumps and rails! Many resorts also offer free ski helmet hire and free ski passes for children.

## Smoking Restrictions

Smoking is not permitted on board air crafts or on other means of public transport. Nor is smoking permitted in public buildings and other places open to the public, offices and other places of work. This includes hotels, bars and restaurants. You must be 18 years or over to purchase tobacco in Norway.

## Summer Time

Norway has Central European Time, i.e. GMT+1 hour. In 2018 Norwegian summertime begins March 25st at 02.00 (clock set forward one hour) and ends October 28th at 03.00 (clock set back one hour).

## Stay in the Igloo Hotel

Alta boasts the world's northernmost ice hotel. Chill out with a drink in the ice bar before heading off to your icy chamber for a night you will never forget sleeping on ice-beds covered with reindeer skins!

## Sami Experience

For a really authentic Northern Norway experience, pay a visit to the Sámpí Park in Karasjok where you can try

driving a reindeer sleigh, learn more about the way of life and enjoy an authentic meal seated on reindeer skins around an open fire in the laavu (Sami tent).

## T

### **Tax Free Shopping and Souvenirs**

Norway can offer more than beautiful scenery. Popular products to buy in Norway include knitted jumpers, cardigans, gloves and mittens, pewter ware, silver jewelry and cutlery, hand painted wooden objects, bowls with rose designs, trolls and fjord horses carved out of wood, reindeer skin, enamel jewelry, watches, high end fashion, woven wallcoverings, furs, handicrafts, glass and pottery.

Best of all, you can get VAT refund on everything you buy. Throughout the country, shops displaying the Tax Free logo

offer visitors quality goods at highly competitive prices tax free. If your purchase at any of the 5 000 stores affiliated to the Tax Free system, lives outside Sweden, Finland and Denmark AND spend more than NOK315 in one store, ask the store for a Tax Free form.

On departure from Norway, a refund of 12-19% of the sales price, will be given to you on presentation of goods, Tax Free form and passport. There are approximately 50 Refund offices at various exits from Norway. At airports, road borders, on ferries and cruise ships. Custom officials cannot validate Tax Free forms. As a part of Global Blue's network of Refund offices, Norwegian Tax Free Forms may also be refunded at most of the large airports in Europe as well as in Asia.

#### **Global Blue**

[www.globalblue.com](http://www.globalblue.com)

info.no@globalblue.com



WINTER SHOPPING © CH-VN

Please note that it is possible to buy Duty Free goods upon arrival in Norway at the following airports: Oslo/Gardermoen, Bergen/Flesland, Trondheim/Værnes, Stavanger/Sola and Kristiansand/Kjevik.

#### **Telephones**

For directory enquiries, dial 1881 for Norway, Sweden and Denmark, 1882 for all other countries.

To call Norway from abroad dial +47 in front of the eight digit number. When calling

other countries from Norway you must first press 00.



## **Follow Norway on social media**

**Follow our journey on social media and discover new destinations, attractions, outdoor adventures, and learn more about Norwegian food and culture.**



[facebook.com/visitnorway](https://facebook.com/visitnorway)



[twitter.com/visitnorway](https://twitter.com/visitnorway)



[instagram.com/visitnorway](https://instagram.com/visitnorway)



[youtube.com/visitnorway](https://youtube.com/visitnorway)

# GET TO KNOW NORWAY



## Life in Norway

Norway is a modern country that takes pride in its history, and in rural areas traditions are still very much alive. Life in the capital of Oslo, in the Hanseatic city of Bergen or in a small, northern coastal town can seem like completely separate worlds. You can visit them all in a matter of days – a good way to gain a deeper understanding of Norway and the Norwegians. History, culture and lifestyle, design and culinary traditions make life more interesting and complement the spectacular scenery around the country. Charge your batteries at a relaxed pace with friendly people. If you have the opportunity, don't miss Norway's National Day, May 17. It is an impressive and colorful display of joy and solidarity, with flags furling and Norwegians of all ages parading in their national costumes. A great many Norwegians still prefer to live in and in tune with nature. Better watch out; it could happen to you.

## Food – a fresh taste of Norway

Awe-inspiring, unspoilt nature forms the perfect basis for natural animal husbandry, and Norwegians know how to exploit these resources. Enjoy freshly caught cod from

Lofoten, tender reindeer meat from Finnmark or juicy, sweet cherries from Hardanger – all with the fresh and slightly different taste of Norway. Norwegian cuisine has also become well known internationally. The success is based on products that thrive in pure waters and fresh, clean air: fish, shellfish and game, fruit, fungi and numerous tasty dairy products. Even traditional specialities such as cured meats, sour cream porridge and waffles with goat cheese tantalise the palate. Treat yourself to a taste of Norway!

## A world of colour and music

Easily accessible fjords and mountains are a natural source of inspiration for music, art and the theatre. Ibsen, Hamsun and Munch are amongst those who have enthralled the world with their depictions of people and nature in this long country, and who hasn't envisaged the mountains in Grieg's music? Cultural life is still thriving, and a number of new talents have succeeded internationally. Visit one of the numerous music festivals, outdoor performances with the beautiful scenery as a backdrop. Or experience Norwegian and international art in famous museums and small galleries.

# NORWAY'S MOST BEAUTIFUL TRAIN JOURNEYS!

FLÅMSBANA © MORTEN RAKKE

A train journey in Norway is a fantastic experience. Not surprisingly, some of the railway lines have been ranked as the most spectacular in Europe and the world. Breathtaking scenery and beautiful cultural landscapes form the backdrop to the railway lines in all directions.

From the window of your train, you can see some of Norway's most beautiful mountain formations, rivers, lakes, glaciers, valleys and fjords. You also pass through charming small towns and villages and will see the

Norwegian countryside close up. The altitude difference on some of the lines is so great that you can experience snow, glaciers and green summer meadows on one and the same journey.



## Bergen Railway – an unforgettable nature experience!

A train ride on Bergen Railway is a journey that will give you what is perhaps the most spectacular nature experience in Europe. A mountain paradise with polar foxes, snow owls and many other species of Arctic animals and plants in a fantastic mountain landscape.

## Dovre Railway – an adventure of a journey!

The Dovre Railway takes you through a fairy-tale kingdom. It is not just beautiful scenery dominated by mountains and valleys. The landscape along the line is very varied in terms of both its topography and vegetation. The altitude difference is all of 960 metres, and the highest point on the line is 1,025 metres above sea level.

## Flåm Railway – simply magical!

A ride on the Flåm Railway is like experiencing the whole of Norway in a little less than an hour. During the journey, you will see some of the most magnificent scenery and cultural landscapes Norway has to offer. The line runs from the high-mountain station at Myrdal, 865 metres above sea level, where the Flåm Railway and the Bergen Railway meet, down to Flåm beside the beautiful Aurlandsfjord.

One of the most spectacular things about this train journey is the constantly shifting scenery – steep mountainsides, snow-capped peaks, rivers, waterfalls and the lush and fertile fjord landscape.

The Raumabanen Railway – the most beautiful line in Europe! The Raumabanen Railway tops Lonely Planet's ranking of the most beautiful train journeys in Europe. From Dombås, the line descends 650 metres from the mountains down to the Romsdalsfjord. The train takes you onto the famous Kylling Bridge, probably one of the most photographed structures in Norway. The train also passes Europe's tallest vertical rock face – the Trollveggen wall, with a perpendicular drop of 1,000 metres.

## A night on the Nordland Railway!

Lonely Planet has voted this line one of the world's most beautiful journeys by night train. At Saltfjellet, you cross the Arctic Circle, which marks the boundary of the Arctic region. In winter, you can marvel at the fantastic Northern Lights, while in summer, you can admire the brilliant Midnight Sun. At 729 km, the line is Norway's longest. The journey offers great variation in terms of scenery, culture and climate.

## Welcome aboard!

[www.nsb.no](http://www.nsb.no)

# NORWAY'S NATIONAL TOURIST ROUTES



## 18 SELECTED DRIVES THROUGH THE MOST SCENIC AREAS IN NORWAY.

The National Tourist Routes offer motoring experiences through varied and beautiful Norwegian scenery. Each of the 18 routes on the following pages is distinctive and has its own stories to tell. If you choose one of the routes, you will see Norwegian scenery and architecture at its breathtaking best. The views from your car window and specially designed picnic areas, which feature exciting architecture and art, make for fantastic nature experiences and will tempt motorists to stay longer and visit again. The routes are detours that offer a stress-free alternative to the main roads. They have

been carefully selected by the Norwegian Public Roads Administration on the basis of strict quality criteria. Special picnic areas and viewpoints have been built that further enhance the experience. The routes therefore have wide-ranging and unique qualities and offer a variety of high-standard services. On most of the routes, activities, experiences, and food and accommodation are available to tourists on a scale that is sure to meet people's expectations of Norway as a destination.



The routes are signposted by the National Tourist Route Symbol.

### Architecture and art

The architecture along the routes has a clear profile – whether in the form of large, monumental platforms and viewpoints or in simpler, more modest forms such as a concrete bench or a path up to the nearest mountain. Everything is in harmony with or in contrast to the landscape. More than 50 artists and architects are engaged in designing these exciting and functional picnic areas and viewpoints. They are innovative but robust solutions that will age with dignity.

[www.nasjonaleturistveger.no](http://www.nasjonaleturistveger.no)





# LOCAL FOOD THE NORWEGIAN WAY

DINNER AT LANGEDRAG, UVDAL © CH/VISITNORWAY.COM

The rise in use of organic food has been an important political target in Norway, and in the last few years sustainable food consumption has gotten a big breakthrough.

In addition, the word "kortreist" (literally "short-travelled") has found its way into Norwegian cooking dictionaries. The word implies producing and consuming more local foods that don't rely heavily on emission-inducing transport. Many of the local producers combine ancient Norwegian food traditions with new scientific methods for developing the products in a safe environment.

The products can be bought locally, or through the large supermarket chains that are focusing more and more on higher quality products from local producers.

Many Norwegians also take pride in cooking from what they harvest themselves. During summer and autumn, the forests are brimming with fresh, wild berries and tasty mushrooms, and harvesting them is seen as a recreational activity.



A TASTE OF NORWEGIAN GROUSE © TINA STAFREN/ VISITNORWAY.COM



TRADITIONAL NORWEGIAN FOOD © TINA STAFREN/ VISITNORWAY.COM

## AUTUMN SPECIALTIES

Four meats you should try

Autumn is hunting season in Norway, and game is often served both in restaurants and Norwegian homes. Here are four Norwegian specialities you should try.

### 1. Moose

Moose meat is a delicacy when prepared correctly, and the taste is often compared to venison or elk.

### 2. Reindeer

Located in the far north are more than 250,000 reindeer.

The indigenous Sami people are especially known for reindeer herding. The meat is lean and delicious.

### 3. Deer

The deer population has outgrown the moose in Norwegian forests. Deer is often served as steak, but can also be smoked, dried or cured.

### 4. Grouse

The grouse is the most sought-after bird for hunters in Norway. The breast of young grouse is tender, with a mild gamey taste. The legs and the rest of the bird have a more intense flavour.



The new wave of Scandinavian fashion and design has made Norway an attractive destination for fastidious shoppers. Knitted sweaters, watches, jewellery and local food are things you should consider buying when you travel in Norway.

### Norwegian sweaters

Knitting has a long tradition in Norway. The oldest piece of preserved knitted material dates back to sometime between 1476 and 1525.

### Watches

Certain brands of expensive Swiss watches are favourably priced in Norway, and are guaranteed to be genuine. Many tourists discover that it is very profitable to purchase watches in Norway.

## Shop Tax Free in Norway

Ask the store for a Tax Free Form, and **save up to 19%** of the purchase amount.

For easier Tax Free shopping, sign up with Global Blue by scanning the QR code.

Question about Tax Free shopping in Norway, contact Global Blue at: [info.no@globalblue.com](mailto:info.no@globalblue.com) or [globalblue.com](http://globalblue.com)



Global Blue



### Jewellery

Goldsmith traditions go back more than 2,000 years. Today, as in the past, jewellers set high standards and undertake stringent quality controls with regards to the products being made.

Other popular things to buy whilst on holiday include trolls, pewter, silverware, porcelain, hand-painted wooden articles, goat and reindeer skins, furs, glassware and ceramics.

More than 4,000 shops across Norway offer foreign tourists the opportunity to shop and

receive a refund on VAT (Value Added Tax) when leaving the country. There are several refund points where you can receive your tax refund, such as airports, road borders, on board ferries and cruise ships.



# NORWEGIAN ARCHITECTURE



OPERA HOUSE OSLO © CH - VISITNORWAY.COM



VIEWPOINT SNOHETTA HJERKINN AT DOVRE © CH - VN

Oslo is rapidly growing into an exciting, international metropolis, while in the countryside, prestigious projects seem to grow out of nature itself. There has never been a more exciting time for Norwegian architecture.

Think about Norway, and you'll probably imagine mountains, forests and fjords, long summer days and longer, cold winters. And yes, medieval stave churches, mountain hamlets and 1,000 year-old cities are testament to Norway's agricultural, industrial and historical past.

Yet right now a number of modern architectural gems and urban developments are

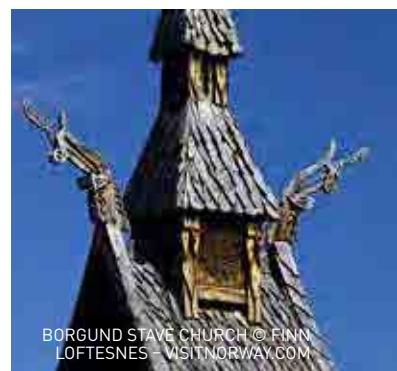
giving the country a flying start going into the 21st century.

Many of the projects reflect the powerful, often violent, contrasts of nature - with wood and other plain, sustainable materials being used in new and innovative ways. The classy Snøhetta Viewpoint at Tverrfjellet or even their glacier-like Oslo Opera House bring to mind the landscapes by which they were inspired, while Juvet Landscape Hotel

and the nearby installations along the Geiranger - Trollstigen National Tourist Route blend magnificently in with the surrounding landscapes. Building in wood is on the return in a big way, like the striking Community Church in Knarvik or "The Tree" in Bergen – at 51 meters, the tallest wooden house in the world.

As the architecture magazine Dwell puts it, when summarizing our position between the ancient traditions and the new architectural surge: Norway is pointing the way fjordwards.

**Let's go to church!**  
What may come to mind if



BORGUND STAVE CHURCH © FINN LOFTESNES - VISITNORWAY.COM

asked to visualize Norwegian architecture are the old stave churches, named after the wooden posts (Norwegian: stav) that bear them.

About 30 of these remain – like the magnificently preserved 12th century Borgund Stave Church, or the slightly older Urnes Stave Church.



### Tips

**The 5 best places to experience old Viking culture in Norway:**

**Lofoten:** Lofotr Viking Museum with the Largest Viking Longhouse.

**Vestfold:** Midgard Historic Center in Borre conveys local Viking knowledge.

**Oslo:** The Viking Ship Museum on the Bygdøy peninsula

**Karmøy** by Haugesund: Nordvegen Historical Center and the Viking Settlement at Avaldsnes.

**Trøndelag:** The Stiklestad National Culture Centre

# VIKING CULTURE, PEOPLE AND HISTORY

Think of the Vikings and it's not poetry, woodcarving and storytelling that spring to mind, but colourful images of horned helmets, berserkers, longships, Valhalla, the one-eyed god Odin and men dying sword in hand or drinking out of skulls.

### The Vikings were fierce warriors and skilled poets

And it's true, the Vikings were pirates who came to plunder and kill, and they spread terror along Europe's coasts. But their reputation is not entirely fair: They were not just ruthless warriors, but also skilled traders, administrators and craftsmen in metal and wood, producing beautiful jewellery and artefacts that survive to this day. They were also some of Europe's best storytellers and the Norse sagas continue to fascinate modern audiences.

### Expert sailors and navigators

Vikings were experts in water transportation as their native fjords stretched for great distances into Norway's heartland. Their longships were narrow, light, wooden boats with a shallow-draft hull designed for speed and easy navigation in shallow waters. Light enough to be carried, the longship was also double-ended, allowing it to reverse direction without needing to turn around. This was a major advantage in a sea filled with concealed icebergs and sea ice.



# WAKE UP IN NORWAY

BREAKFAST BUFFET © SCANDIC

Eat and explore your way through the fascinating Norwegian landscape at its finest with Norway's best breakfast buffet and intriguing accommodations.

With its impressive fjords and quaint seaside towns as well as culture infused big-city life, there is no doubt that travelling through Norway bodes well for a bucket-list full of memorable check marks. Making it all the more important to get your day started just right. With the eco-friendly and deliciously wholesome breakfast buffet served at Scandic Hotels' more than 80

accommodations throughout the country, you are all set.

## AWARD-WINNING BREAKFAST

You will find that organic and local milk from the town of Røros, cured ham — known as spekemat — from Oppdal and salmon from the island of Hitra are just some of the mouthwatering items you will feast on at Scandic Nidelven located in Trondheim. After

winning the Twinings Best Breakfast award 11 years between 2005–2017, last time in 2017, you can be sure they take your morning appetite very seriously. While a dedicated Omelet Chef prepares your favourite eggs — always from free range chickens of course — let Scandic Nidelven's Smoothie & Juice Chef provide you with a healthy and well hydrated day. The bread is always freshly baked and straight out of the oven with a rich multitude of options including gluten and lactose free.

## HAND MADE BREW

As a traveller there are few things as important as a great cup of coffee. With an array of Norwegian impressions waiting for you both inside and outside of the hotel doors, make sure you fuel up on the rich, organic and hand brewed coffee served at Scandic Hotels — which always carries either a Fairtrade or UTZ certified mark.

## 1600 MILES OF NORWAY

Your Scandic Hotel's breakfast will always leave you satisfied; no matter which hotel you stay at. But since Norway is such a vast country — with over 1600 miles from Kristiansand in the south to the North Cape in the

north — you will also have unique experiences at each individual hotel. At Scandic Svolvær you will feel like you are living on the water, thanks to hotel rooms with balconies literally hanging right above the coast of Lofoten. You can even try fishing through a whole in the floor in one of the rooms! And at Scandic Karasjok you can enjoy a real Sami meal in their native wooden tipi known as Gamme.

## "STAYING IN"

While your trip to Norway may include hiking up the hillsides of the fjords, whale watching from an ancient boat, skiing downhill or crosscountry — or simply walking around and taking it all in, be assured that Scandic Hotels provide the utmost comfortable stay when you simply need to rest. With hotel rooms you can feel at home in, free WiFi, and access to gym and a 24/7 shop as well as excellent in-house restaurants; no one would ever blame you for simply «staying in».

And remember — you will always find the best prices directly through [scandichotels.no](http://scandichotels.no), guaranteed.

**See you soon!**  
[scandichotels.no](http://scandichotels.no)

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A BETTER  
DEAL ✓

at scandichotels.no



## STAY BETTER IN NORWAY

Scandic is the largest hotel chain in the Nordic region, with more than 80 hotels in Norway – from Kristiansand in the south to the North Cape in the north.

Welcome to a comfortable stay, free WiFi, gym, a 24/7 shop and our large and award-winning\* breakfast buffet.

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\*Winner of Twinings Best Breakfast 2017, and 12 (of 19) county winners.

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SEA RAFTING IN THE HARBOUR OF BERGEN © TERJE RAKKE - NORDICLIFE/VISITNORWAY.COM

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SINCE 1946

# OSLO FJORD

## Sightseeing



### City Cruise HOP ON - HOP OFF!

Opera	DFDS	City Hall	Color Line
09.45	10.00	10.15	10.30
11.15	11.30	11.45	12.00
12.45	13.00	13.15	13.30
14.15	14.30	14.45	-
15.45	16.00	16.10	

**NOK 225**

Museums  
10.45  
12.15  
13.45  
15.15

**From 09.45**

May 18 - Sept 9  
Ticket on board  
Valid 24 hours  
Ending 16.10 at the City Hall

### Fjord Sightseeing

**NOK 315**

2 hours. This is the classic Oslo fjord sightseeing, passing the fortress, the Opera House and idyllic islands with small summer houses. **Winter:** 10.30 and 13.00, October 16 - March 12, Saturday, Sunday and Monday. Not December 24/25.

**New year:** All days December 26 - January 7.

**10.30 13.00 15.30**

March 16 - Oct 14

**High season:**

**10.30 11.30 13.00**  
**14.00 15.30 16.30**

June 23 - Aug 26

### Oslo Selected Highlights

**NOK 430**

3 3/4 hour sightseeing by bus visiting the city centre, the Sculpture Park, Holmenkollen Ski Jump and the polarship Fram or Kon-Tiki. Attention: This tour leaves from the City Hall, west.

**10.30**

**ALL YEAR**

Except Dec 24/25, May 17 and Sept 15

### Oslo Grand Tour

**NOK 680**

7 hour tour by coach and boat. By coach to the most interesting sights and museums in Oslo. Fjord sightseeing passing the Opera House. Attention: This tour leaves from the City Hall, west.

**10.30**

March 16 - Oct 14

Except May 17 and Sept 15

### Norwegian Evening on the Fjord

**NOK 445**

3 hour evening cruise on board a sailing ship. Traditional Norwegian prawn buffet is included in the price. **Additional** departures in **May:** 15, 16, 17, 18, 19, 20, 21, 27, 28 and **June:** 3, 4, 10, 11, 17, 18

**19.00**

June 22 - Sept 2

### Jazz and Blues Cruise

**NOK 495**

3 hour evening cruise with live music on board a sailing ship. Traditional Norwegian prawn buffet is included in the price. Tuesdays: Jazz! Saturdays: Blues!

**19.00**

June 2 - Aug 28

Tue. and Sat.

Except June 5, 12 and 19

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