

Pre and post tours

Norwegian Travel Workshop 2023

Oslo Public Library: Photo: Einar Aslaksen / Pudder Agency



Important information

Participation on pre- and post – tours for NTW 2023 is free of charge apart from costs for domestic flights as specified under each tour and prices in the list below. Prices are listed in NOK.

Pre-tours:

Participants **need to make the necessary travel arrangements** to meet up on time at the location and time specified under each tour.

Domestic flights: some tours require domestic flights in order to reach Oslo on the 24th of April. Prices for these flights are mentioned in this tour catalogue. Innovation Norway have made allotments on these flights through its travel agency Berg Hansen. **Participants must book the flights via Berg Hansen** once they have been confirmed on the tour. More information will be given at that stage.

Post-tours:

Participants **need to make the necessary travel arrangements home** after the post-tour is ended. Time and place where the post-tour ends are specified under each tour description.

Cancellation:

Cancellation of tours without domestic flights after 16th of March 2023 will be charged with a cancellation fee will be NOK 1.000,-. Regarding tours with domestic flights, Berg-Hansen's cancellation rules will apply.

Please allow approx. 1,5 hours for check – in/transfer in Oslo.

NOTE! Tour participation is not confirmed upon registration of interest. Confirmation will follow in the beginning of February. All participants are themselves responsible for having a valid travel insurance when they go on a pre – or post – tour.

Programs may be subject to change.

Overview pre and post tours 2023

Tour	Name	Dates	Destination /Organiser	Price in NOK	Page number
Pre-tour A	Spring Adventure in Fjord Norway	20 th -24 th April	Fjord Norway	0,-	4-6
Pre-tour B	Discover the coast of Fjord Norway	20 th -24 th April	Fjord Norway	1509,76	7-9
Pre-tour C	Narvik and Tromsø – Welcome to the arctic	20 th -24 th April	Northern Norway	1169,28	10-12
Pre-tour D	Active holiday and outdoor experiences in Southern Norway	20 th -24 th April	Southern Norway	0,-	13-15
Pre-tour E	Explore the cultural, historical, and culinary highlights of the Trøndelag region – in the heart of Norway	20 th -24 th April	Trøndelag region	1006,88	16-18
Pre-tour F	Skiing experiences in beautiful nature	20 th -24 th April	Norway Home of Skiing	0,-	19-20
Pre-tour G	Local farms, food, and art in the Oslo region	21 st -24 th April	Visit Oslo region	0,-	21-23
Post-tour H	Explore the beautiful Beitostølen	28 th -30 th April	Norway Home of skiing	0,-	24-25
Post-tour I	Local food and rural HANEN gems in the inland region	28 th -29 th April	Hanen	0,-	26-27
Post-tour J	A tasty tour in the south of Oslo region	27 th -29 th April	Visit Oslo region	0,-	28-30

Pre-tour A: 20th – 24th of April

Spring adventures in Fjord Norway

Fjord Norway is an all-year-round destination, famous for its beautiful summer season when the fjords are full of colours and the days never seem to end. The autumn with splendid colours, and wintertime when the fjords turn more dramatic.

There are few seasons so vibrant and colourful as April and May in the fjords. From the snow-covered mountains to the green hillsides to the blue water in the fjords. We invite you to explore Fjord Norway during the spring season as we are travelling to **Ålesund, Sunnmøre and the Northwest region.**

Come and experience your best spring adventures with us!

Goal with the tour

Target group: we are looking for incoming tour operators / tour operators selling roundtrips by car, public transport, focusing on local food, culture, architecture, and activities in the nature (both soft adventure and more active/hard adventure)

What do we want to achieve:

We want to boost sales for the winter, spring and autumn in our region.

Markets we actively work with:

Europe and USA.



Photo: Samuel Taipale/visitnorway.com



Photo: Oddgeir Visnes

Highlights

There are few seasons so vibrant and colorful as April and May in Fjord Norway. From the snow-covered mountains to the green hillsides to the blue water in the fjords. We will invite you to visit the **Art Nouveau town of Ålesund**, learn about the marine and birdlife in the bird sanctuary at **Runde**, drive **the Atlantic Road**, **join the locals** on spring adventures including a lunch around the bonfire in addition to seeing many of our accommodations.

On our way towards the Atlantic Road, we'll visit **the fishing village of Bud** and experience **outdoor yoga** on the beach before commencing in **Åndalsnes** with **the Romsdalen gondola**. We are ending the tour in Åndalsnes before leaving with the stunning **Rauma Railway** and Dovre Railway to Oslo and the Norwegian Travel Workshop 2023.

Welcome to Fjord Norway!

- www.fjordnorway.com
- www.visitalesund.com
- www.visitnorthwest.no

Pre-tour A: Spring Adventure in Fjord Norway

Art Nouveau town of Ålesund

The Art Nouveau town of Ålesund sits out at the ocean's edge. This architectural gem, known as Norway's Venice, is situated out at the ocean's edge with easy access to fjords, mountains and urban experiences.

Wildlife Sea Safari Runde

The bird island Runde and this wildlife sea safari is among the most popular adventure provided by 62Nord as it is the perfect combination of adrenaline, sightseeing and storytelling in the fjords.

Join the locals with Offbeat Adventures

Our belief is that everyone has a responsibility to preserve our beautiful nature and country, both locals and travellers. This is why we want to invite you to enjoy the outdoors, and create an unforgettable moment together with us the Norwegian way. Our desire is to show you the real soul of the locals. We will give you a moment to enjoy "Friluftsliv" like Norwegians do in a responsible way for our nature.



Photo: Eline Karlsdatter Fladseth



Photo: Haraldr Bjellvåg

Bud Fishing village

Bud is an active and charming fishing village that is beautifully situated out to sea and offers magnificent coastal nature. The fishing village has a rich history, and in the 16th century Bud was one of the largest trading venues between Bergen and Trondheim.

OmYoga

Practice yoga outdoors, on the beach by the Atlantic coast, with sand between your toes (or with your shoes on!), stretching towards the endless horizon. Listen to the silence and feel the power of raw nature. Welcome to mindfulness and some time to log off from the busy schedule.

Hike with huskies

Experience the spectacular Romsdalen nature together with your own husky! Surrounded by magical nature, snow-covered mountains and adventurous silence. All you hear is the sound of dogs working enthusiastically forward in the snow. Join us for a completely new experience in Romsdalen.



Photo: Øyvind Kåre Sunde



Photo: Oddgeir Visnes

Pre-tour A: Spring Adventure in Fjord Norway

Romsdalen Gondola

Enjoy the breathtaking views of Åndalsnes in Norway's newest, state of the art panoramic gondola offers 360-degree panoramic views of the valley during the ride. The restaurant Eggen at the top of Nesaksla mountain 708 m.a.s.l. offers a very dinner the last evening of the pre-tour before going to Oslo the next day.

The Rauma Railway

The Rauma Railway, - the gateway by train to and from the county of Møre og Romsdal. Lonely Planet has named this section of railway the most beautiful train journey in Europe several times, and it has been used as a backdrop in blockbusters like Harry Potter and Mission: Impossible. We will join you from Åndalsnes with the train to Oslo.

Accommodation

Grand Hotel by Classic Norway

booking@grandhotel.no
www.classicnorway.com

Hustadvika Havhotell

post@hustadvika.no
www.classicnorway.com

Quality Hotel Ulstein

q.ulstein@choice.no
www.nordicchoicehotels.com

Thon Hotel Ålesund

alesund@olavthon.no
www.thonhotels.no



Photo: FotoKnoff



Photo: Romsdalen AS



Photo: Leif J. Olestad

Practical information

Duration: 20th – 24th of April 2023

Organisers:

Fjord Norway

www.fjordnorway.com

Visit Northwest

www.visitnorthwest.no

Destination Ålesund & Sunnmøre

www.visitaalesund.com

Level required: Easy/access for all

Max. participants: 10 pax

Min. participants: 7 pax

Flights/Transport

20th of April:

Latest arrival in Ålesund on the 20th of April at 17.00.

Flight to Ålesund Airport must be booked by each participant.

24th of April:

The train leaves Åndalsnes at 09:25 and arrives in Oslo Central Station at 15:08.

The train ticket will be booked by Fjord Norway.

Pre-tour B: 20th-24th of April

Discover the coast of Fjord Norway

The fjord begins by the coast, and it contains lots of small islands, skerries and small fishing communities. Come to discover adventures and historic sites – a place for adventurers to discover new places and experiences off the beaten track.

Come and experience the cultural and culinary heritage at the **Fjord Coast and Nordfjord** with us!

Goal with the tour

Target group: We are looking for incoming tour operators and tour operators selling or willing to sell cultural, culinary and activity products at the coast of Fjord Norway.

What do we want to achieve:
We want to boost sales for the spring, summer and autumn period in the fjord and coastal regions north in Fjord Norway.

Markets we actively work with:
Norway and Scandinavia, Northern Europe, Southern Europe and USA.



Photo: Visit FjordKysten & Sunnfjord



Photo: Thomas Bickhardt/Nordfjord

Highlights

The ocean has a magical way of capturing our attention and Fjord Norway's coast is no exception. Share our passion for the ocean with us!

The Fjord Coast and Sunnfjord extend from the glacier in the east to the fjord and island communities in the west. It's never far between great experiences. You can find untouched nature, lots of space, thousands of islands, narrow fjords, glaciers, waterfalls and magnificent mountains rising straight up from the sea.

Nordfjord lies between the largest mainland glacier in Europe and Norway's westernmost Atlantic cliff, beckoning you with spectacular mountains and valleys, rolling farmlands and a dramatic coastline. Here you are never far from wonderful – and easily accessible - travel experiences. Nordfjord is Norway at its highest, wildest, deepest, and most enjoyable. All in one fjord.

www.fjordnorway.com

www.nordfjord.no

www.fjordkysten.no

Pre-tour B: Discover the coast of Fjord Norway

Skjerjehamn & Blue Garden

Skjerjehamn has been providing the perfect getaway since 1941. In the old Swiss ville, time has almost stood still, and even though the villa has been modernized to today's standard, the old style has been taken care of. Explore Skjerjehamn's outdoor exhibition, Blue Garden, all about aquaculture

Florø

Florø is Norway's westernmost town situated out at the ocean's edge. Enjoy the idyllic small town, with exciting activities and scenic experiences in easy reach.

Saga Island of Kinn

Be captivated by the stunning scenery, a fascination history and the beautiful medieval church at the Saga Island of Kinn.

Crab fishing - catch our own lunch

Just off the waters from Knutholmen you will find the crab fishing grounds and the crab pots. We sail past islets and reefs hunting this large and very tasteful delicacy and hopefully we will catch our own lunch that we will enjoy at Verøya Island.



Photo: Visit FjordKysten & Sunnfjord



Photo: Visit FjordKysten & Sunnfjord

Beer tasting at Vesle Kinn

Kinn Brewery is a microbrewery and has a beer café and test brewery at the heart of Strandgata in Florø. The Vesle Kinn microbrewery offers a wide selection of beers both draft and bottled, as well as cocktails, cider, wine, alcohol-free alternatives, and snacks.

Sea Kayaking with Norway Adventures

Explore the coast from a kayak; enjoy the crystal clear water below you and the rush of mastering your kayak. The tour starts in the charming fisherman village Kalvåg. You will paddle between colorful houses, and out into the archipelago.

Kok & Bad - floating sauna

Nothing is more relaxing than the warmth of a wood-fired sauna followed by a refreshing dip in the sea. From the floating sauna in the small fisherman village Kalvåg you can experience the weather, passing boats and a bustling birdlife.

Knutholmen Restaurant

In the small fisherman village Kalvåg you will find world-class ingredients right on its doorstep. The restaurant at Knutholmen serve excellent seafood. They take pride in maintaining the highest possible quality, using local produce, wild fish, game meat, and locally grown vegetables. Seafood is naturally a speciality.



Photo: Norway Adventures/Nordfjord



Photo: Knutholmen/Nordfjord

Accommodation

Knutholmen

post@knutholmen.no

www.knutholmen.no



Photo: Visit FjordKysten & Sunnfjord



Photo: Knutholmen/Nordfjord

Comfort Hotel Victoria

[Gro.leni.hansen@](mailto:Gro.leni.hansen@choice.no)

choice.no

www.nordicchoice

hotels.no



Photo: Visit FjordKysten & Sunnfjord



Photo: Knutholmen/ Nordfjord

Practical information

Duration: 20 - 24 April 2023

Organisers:

Fjord Norway – www.fjordnorway.com

Visit Fjord Coast and Sunnfjord -
www.fjordkysten.no

Visit Nordfjord - www.nordfjord.no

Level required: (easy/access for all activities)

Max participants: 10 pax

Min participants: 7 pax

Flights/Transport

20th of April

Latest arrival in Bergen on the 20th April at 15.00

Flight to Bergen Flesland must be booked by each participant.

24th of April:

Flight DX573 Florø-Oslo 12:30-13:35.

Innovation Norway has an allotment on this flight.

Price: NOK 1509,76

Narvik and Tromsø – welcome to the arctic

We will visit two of the larger cities in Northern Norway and explore unique possibilities the cities can offer.

Goal with the tour

Target group:

We are looking for incoming tour operators and tour operators who wants to brighten the knowledge about Narvik and Tromsø. Focusing on FIT, small groups (15 pax), friends and family.

What do we want to achieve:

We want to encourage the operators get to know the destinations focusing on outdoor activities, nature, culture, architecture and local food.

Markets we actively work with:

Northern Europe, Europe, USA

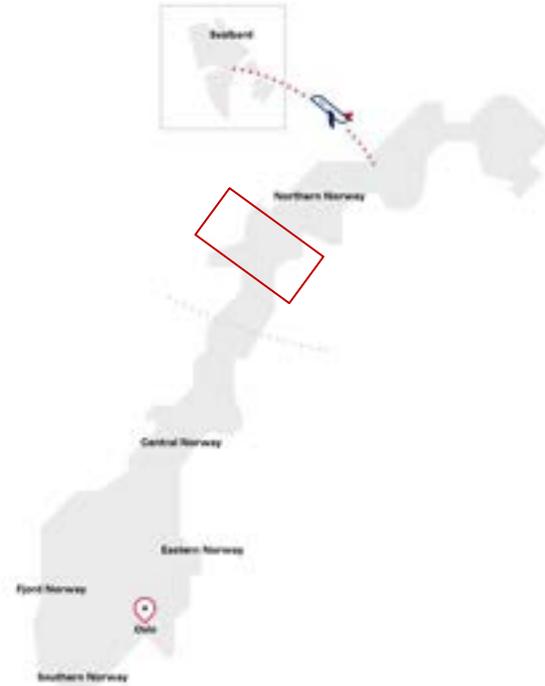


Photo: Kjetil Janson

Highlights

Narvikfjellet Cable Car and the Mountain restaurant

The cable car takes you up to the Narvikfjellet Restaurant 656 msl, which is the perfect starting point for skiing, ski touring, northern lights hunting, snowshoeing and tobogganing in the winter. In the summer you can choose between hiking, cycling, midnight sun experiences, or maybe you prefer a good meal at the Restaurant. From the upper cable car station, you get a panoramic view of deep fjords, high mountains, the historic ore harbor and Narvik city, which makes the cable car ride an experience in itself. Remember to bring your camera!

Arctic Train

The Arctic Train transports you 43 kilometers through a desolate, wild and beautiful landscape along the Ofot line. With towering mountains, dramatic waterfalls and fantastic views of the fjord, this journey goes through a beautiful and wild arctic landscape. The train makes several stops along the way to ensure you get the most out of the trip.

Narvik War museum

In April 1940, all eyes are on Narvik – why? What happens during the battle of Narvik, and the following Nazi-occupation? How is the picture of “us” and “the others” today? You will find answers to this and much more during your visit to Narvik War Museum.

Pre-tour C: Narvik and Tromsø – Welcome to the arctic

Polar Park

Polar Park is the world's northernmost animal park, and home to Norway's large predators such as bears, wolves, and lynx as well as deer, moose, reindeer and muskox. Opened in 1994, the park is based on exhibiting animals in their natural surroundings.

Husky Isogaisa

Husky Isogaisa is located at Kvernmo in Gratangen. We combine Sami experiences with nature experiences from the dog sled. According to old Sami tradition, all family members participate in the business. Young and old each have their own tasks which are solved to the best of their ability.

Cable Cars

Scenic cable car ride up to mount Storsteinen with beautiful panoramic views over Tromsø, Kvaløya, and towards Malangen and Lyngen.



Photo: Broadstone

Brewery Tour

Visit the historic Mack brewery and learn the history of its location for the past 135 years.

Fjord Cruise

Board the historic vessel Hermes II and learn about its history while you enjoy the view of Tromsø from the seaside.

Aurora Husky

Learn how to drive your own dog-team with 4-6 energetic huskies. Experience the friendship and cooperation with the dogs and learn to steer them smooth and silently through a beautiful winter wonderland. You can also go on a fun, fast-faced snowmobile tour!



Photo: Tommy Simonsen



Photo: Vegasti



Photo: Marius Fiskum

Accommodation

Scandic Narvik

narvik@scandichotels.com

<https://www.visitnarvik.com/scandic-hotel-narvik>

Quality Hotel Grand Royal

q.royal@choice.no

<https://www.visitnarvik.com/quality-hoteltm-grand-royal>

Scandic Ishavshotel

ishavshotel@scandichotels.no

[Scandic Ishavshotel | Visit Tromsø](#)

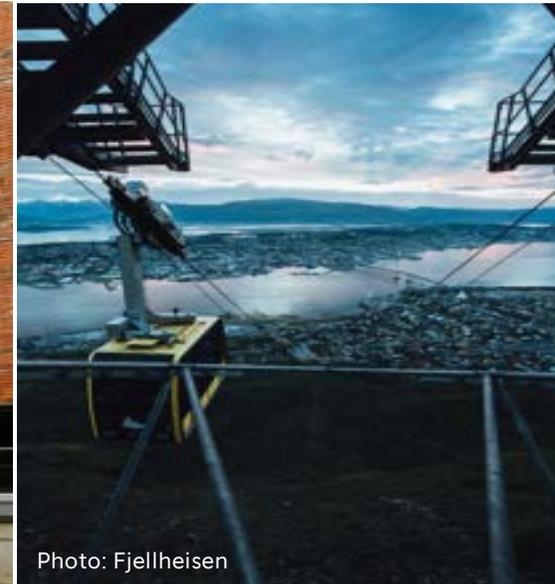


Photo: Fjellheisen



Photo: Gabriel Hofstra

Practical information

Duration: 20th -24th of April

Organisers:

Northern Norway Tourist Board

www.nordnorge.com

[Visit Narvik](#)

<https://www.visitnarvik.com/>

[Visit Tromsø](#)

[Visit Tromsø | Visit Tromsø](#)

Level required: Easy

Max participants: 10

Min participants: 8

Flights/Transport

20th of April:

Latest arrival to Evenes on the 20th of April at 15:00

Flight to Evenes Airport must be booked by each participant.

24th of April:

Flight SK 4417 Tromsø – Oslo: 13:50 – 15:40.

Innovation Norway has an allotment on this flight.

Price: NOK 1169,28

Active holiday and outdoor experiences in Southern Norway

Southern Norway offers a wide range of activities from river rafting, climbing, and skiing in the Setesdal mountains, experiences in Raet national park, fishing, diving and surfing at Lista.

Goal with the tour

Target group:

We are looking for incoming tour operators / tour operators selling tours to families, FIT's and small groups interested in active holiday experiences.

What do we want to achieve:

We want to boost sales for the shoulder season: from April - June and August - September.

Markets we actively work with:

Northern Europe (UK, Scandinavia, DACH-markets, NL/BE)



Photo: Kote Null



Photo: Kote Null

Highlights

Seal safari

We paddle slowly and explore the beautiful archipelago at Lyngør and observe the seals from the kayak. Outdoor lunch will be served at one of the many islands.

Raet National Park

Raet National Park was established in 2016 to protect the special natural area which extends from the Valøyene islands off Grimstad along the entire Arendal coastal strip to Lyngør in Tvedestrand. The park covers a total of 607 square kilometres of coastal nature and sea.

Raet National Park is one of Southern Norway's most popular outdoor recreation areas, and many people visit the seaway, particularly during the summer months. Many of the islands are protected as outdoor recreation areas and as an archipelago park. The national park is ideal for kayaking, windsurfing, boat trips and walks, recreational fishing and swimming.

Pre-tour D: Active holiday and outdoor experiences in Southern Norway

Bicycle route Vita Velo at Lista

The Vita Velo route runs through a selected cultural landscape, from the flat landscape of Lista to the raw and hilly mountain landscape in the far west. The route is rich in lighthouse history, war history and cultural monuments. El bikes and lunch at Nordberg Fort.

The Birds at Lista - an introduction to birds and birdwatching

Lista is a major stopover for migrating birds, with the highest diversity of species in Norway. Our local bird guide will show how to use a telescope and binoculars during the experience.

Lista Lighthouse

Was once the largest lighthouse station in the world. Deep dive into the history of the lighthouse and the biodiversity in the area.



Photo: Erik Engenes ©Visit Sørlandet



Photo: Camilla Høy



Photo: Lista Fyr



Photo: Elisabeth Høibo©Visit Sørlandet

White water rafting

Join a spectacular and action-packed experience on the mighty Otra river, one of summer Norway's warmest rivers. TrollAktiv is one of the largest activity provider in the region and offers an exciting range of outdoor sports in the lower Setesdal valley. Located north of Evje, one hour from Kristiansand they have activities for all ages. Accommodation is available in teepees, cabins and a youth hostel.

Site inspection at Adventure Norway

Adventure Norway offers great activities in a beautiful and tranquil environment in Southern Norway. The adventure company offers river rafting, via ferrata climbing, rappelling, canoeing, paintball, elk safari and much more. Also offers a variety of accommodation by the riverbanks of the beautiful Mandal River in huts and "Tree Lavvu". Join in for a site inspection and a snack.

Pre-tour D: Active holiday and outdoor experiences in Southern Norway

Kvåsfossen salmon centre

Watch wriggling salmon up close. Nasjonalt Villakssenter - Kvåsfossen salmon centre in Lyngdal is home to Norway's largest salmon staircase inside a tunnel. Deep inside the mountain, you can watch the salmon 'live' behind huge glass windows.

Glass elevator in Arendal

Take the new glass elevator to the top of Fløyheia and enjoy the breathtaking view over Arendal, the islands Hisøy and Tromøy and Galtesund fjord. This new tourist attraction opened on August 6th 2021 in Arendal. The traditions of the past meet the modern trends of today in Arendal, located an hour east of Kristiansand. The charming old town Tyholmen and the buzzing inner harbour Pollen make Arendal a varied and exciting seaside town with adventures for both old and young.

Accommodation

Place: Kristiansand
Thon Hotel Norge
firmapost@hotel-norge.no

Place: Farsund
Farsund Resort
info@farsundresort.no

Place: Fevik
Strand Hotel Fevik
booking@strandhotelfevik.no

Place: Gjeving
Hotel Lyngørporten
resepsjon@lyngorporten.no



Photo: H.Sørvig/ Visit Sørlandet



Photo: Gjermund Glesnes

Practical information

Duration: April 20-24

Organisers:
Visit Southern Norway
www.visitorslandet.com

Level required: Access for all.

Max participants: 12

Min participants: 7

Flights/Transport

20th of April:
Latest arrival in Kristiansand on the 20th of April at 18:00

Flight to Kristiansand must be booked by each participant.

24th of April:
Train from Gjerstad 11:27 – arrival in Oslo 14:25.
Train will be booked by the organisers.

Pre-tour E: 20th -24th of April 2023

Explore the cultural, historical, and culinary highlights of the Trøndelag region – in the heart of Norway.

Welcome to the Trøndelag region, also known as Central Norway. We would like to invite you to an adventurous journey through two exciting destinations, Trondheim and Innherred. Here you will experience culture, beautiful nature, local food and exciting Viking history. Trøndelag and its biggest city Trondheim was given The European Region of Gastronomy title for year 2022 because of its many local food producers and long-standing traditions.

You will learn more about the food culture and taste some of the best food products in the region. As a guest in Trøndelag, you have the chance of being more than just an observer by taking part yourself and enjoy your stay using all your senses.

Goal with the tour

Target group: we are looking for incoming tour operators / tour operators selling products within these categories; nature, culture, history and food – all year around.

What do we want to achieve:

We want to boost sales for products in Trøndelag with letting you know more about what we can offer in our region.

Markets we actively work with:

Sweden, Denmark, Norway, UK, Germany, Netherlands, Italy, Spain



Photo: Wil Lee – Wright



Photo: Trondheim by boat

Highlights

Stay at Britannia Hotel

This five-star hotel established in 1870 and is in the heart of Trondheim. Britannia Hotel offers six exciting food and beverage concepts for you to explore: from exciting, informal restaurants and bars to the highest level of cuisine and the Michelin starred restaurant “Speilsalen”.

Trondheim by boat

Go on a journey along the river Nidelven flowing through the heart of the city eventually venturing into the adjoining Trondheim fjord. Sights along the way include the channel area and old harbour, the colourful wharfs of Bryggerekka and the old city bridge with its red portals of happiness. The captain of the boat shares old and new tales of the town introducing you to its history, culture and intriguing characters.

Guided tour of Nidarosdomen Cathedral

Norway's national sanctuary is the biggest mediaeval church in the Nordic countries. Nidaros Cathedral was built over St. Olav's grave in 1070 and is a popular destination for pilgrims all over Europe. At this tour you will get to explore the hidden rooms and secret chambers deep inside the cathedral.

Pre-tour E: cultural, historical, and culinary highlights of the Trøndelag region

Foodie tour of Trondheim

The city has developed into a top destination for foodies. Creative and ambitious chefs are constantly pushing the boundaries using locally produced, high-quality ingredients from sea and land. On this foodie tour you will get to visit some of the best restaurants and cafes in the city.

Trondheim art museum

This museum show both exhibitions from extensive collection of Norwegian and international art and contemporary art exhibitions.

Ringve Music Museum

This is Norway's national music museum with a collection of over 2000 instruments. The museum is seated on an old country estate just outside Trondheim's city Centre and is surrounded by the beautiful Ringve botanical garden.

Guided tour of Trondheim

Learn more about Trondheim, a city that holds a special place in Norwegian history and culture. Situated by the Trondheim fjord, the city is surrounded by lovely forested hills, with the Nidelva river winding through the charming town. Trondheim was founded by the Viking King Olav Tryggvason in 997 and the capital of Norway until 1217.



Photo: Frontal Marius Rua



Photo: Söderholm Steen

Stay at Øyna Cultural landscape hotel

This is Norway's first cultural landscape hotel, located just an hour drive from Trondheim. The hotel offers accommodation in beautiful surroundings in modern rooms integrated into the landscape.

Pilgrim experience

Visit Munkeby Inn, a farm is located at the pilgrimage route, between the ruins of Munkeby monastery and the new Munkeby Maria Monastery. People have left their mark on this fascinating cultural landscape for thousands of years, and traces from both bronze- and Viking ages are evident wherever you turn.

The Golden Road

This scenic road is a golden opportunity to practice your love for nature and local food in easy-going surroundings. Along the road there are several local farm shops, museums and unique accommodations waiting to be explored.

Aquavit tasting at Berg Farm

This farm is situated along The Golden Road, in scenic surroundings. Inderøy caraway has inspired the farmer Svein Berfjord at Berg Farm to resume an old tradition; aquavit distilling. 116 years after the last bottle was bottled at Sundnes Distillery in Inderøy, the tradition has resurfaced at Berg Farm.



Photo: Marius Rua Buckethaus



Photo: Interiørfoto – Øyna Kulturlandskaphotell

Pre-tour E: cultural, historical, and culinary highlights of the Trøndelag region

Experience Viking history at Stiklestad National Culture Centre

Experience the cultural history of Stiklestad in Verdal with a guided tour of Stiklestad National Cultural Centre This is the place where the Viking King Olav Haraldsson (St. Olav) fell in the battle of Stiklestad in the year 1030. This battle represents the introduction of Christianity to Norway.

Nils Aas art workshop

Experience Nils Aas (1933 - 2004), one of Norway's most significant sculpture artists. The Art Workshop is in the town centre of idyllic Straumen in Inderøy, just an hour north of Trondheim and is a part of The Golden Road.

Beer tasting and dinner at Fæby Farm Brewery

Welcome to this cosy micro brewery located in a cultural landscape and farm environment in Verdal.

Accommodation

Britannia Hotel, Trondheim

contact@britannia.no
<https://britannia.no/en>

Øyna Cultural Landscape Hotel

post@oyna.no
<https://www.oyna.no/english>

Scandic Stiklestad

hotell@snk.no
<https://stiklestad.no/scandic-stiklestad-hotell/>



Photo: Mykola Ksenfontov



Photo: Marius Rua - Buckethaus



Photo: Søderholm - Steen

Practical information

Duration: April 20th-24th 2023

Organisers: Trøndelag Tourist Board, Visit Trondheim, Visit Innherred

Level required: Easy/ soft adventures

Max participants: 11

Min participants: 8

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Flights/Transport

20th of April:

Latest arrival to Trondheim on the 20th of April at 16:00
Flight to Trondheim Airport (Værnes) must be booked by each participant.

24th of April:

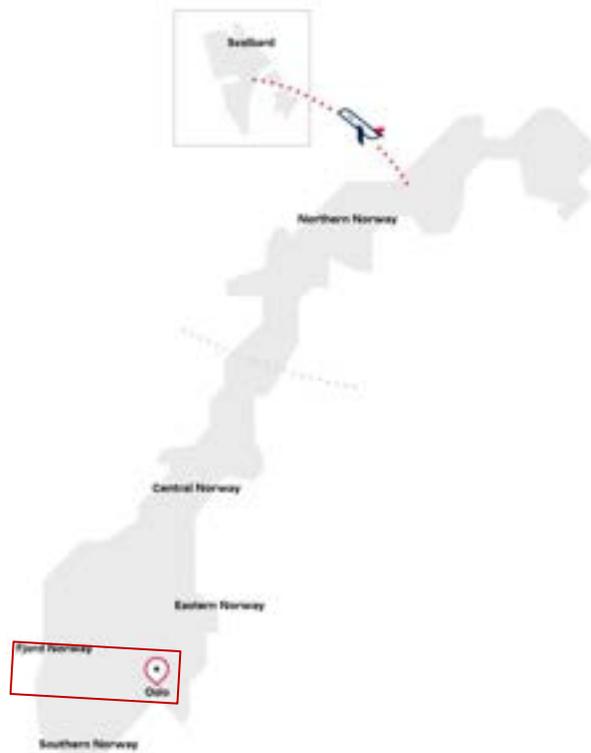
Flight DY0761 from Trondheim to Oslo 15:00 – 15:55.

Innovation Norway has an allotment on this flight.

Price: NOK 1006,88

Skiing experiences in beautiful nature

Explore four of the best skiing resorts in Norway in one tour. You will travel sustainably, experience a boat ride through Norwegian fjords, enjoy various activities, and experience some of the most famous train rides in the world.



Goals with the tour

Target group

We are looking for tour operators interested ski-trips or already selling trips to skiing resorts. Tour operators focusing on great train journeys and outdoor experiences are also of interest.

What do we want to achieve?

We aim to show Norway as an adventurous and beautiful skiing destination, by provide great varieties in skiing, and to highlight a sustainable way to travel by train. In addition to that, we want to show alternative activities to do during a ski holiday in Norway.

Markets we actively work with:

Europe/Northern Europe/USA



Highlights

Ski Voss

Explore a variation of ski adventures on Voss Resort with the new gondola. If there is anything that describes Voss, it is the words “strong and real experiences”.

World famous Wine cellar

In the centre off Voss you find their world famous wine cellar.

Ski Myrkdalen

Myrkdalen is known by always being on the list for the resorts in the world with the most snow. Explore the easy access powder with us.

Electric cruise on the UNESCO fjord

Experience the fantastic narrow UNESCO fjord, Nærøyfjorden. A perfect combination with skiing on the west coast.

The famous Flåm Railway

Board the train and relax! Let the views glide past outside as the train moves through spectacular landscapes.

Pre-tour F: Skiing experiences in beautiful nature

Oslo Bergen Railway over Hardangervidda and through Hallingdal

A trip on the Bergen Line offers one of the most spectacular scenic experiences in Europe. It crosses the Hardangervidda National Park, onto the Hardangervidda plateau, Europe's largest high mountain plateau

Visit Norefjell

A visit to Norefjell a ski resort closest to Oslo and the highest vertical drop in Northern Europe.

Krøderbanen

Norway's longest heritage railway Krøderbanen, which opened in 1872, is one of Norway's oldest railways. Experience the uniqueness traveling with the steam train.



Photo: Norefjell skisenter



Photo: Krøderbanen



Photo: Norefjell Ski & Spa



Practical information

Duration: April 20 – 24

Organisers:
Norway Home Of Skiing.com

Norway Home of skiing

Level required: Some skiing experience is required

Max participants: 25

Min participants: 3

Flights/Transport

20th of April:

Latest arrival to Bergen Flesland on the 20th of April 15.00

Flight to Bergen Flesland Airport must be booked by each participant.

24th of April:

Arrival in Oslo on the 24th of April at 15.00

Accommodation

Fretheim Hotel

Place: Flåm
<https://www.norwaysbest.com/fretheim-hotel/>
info@norwaysbest.com

Norefjell Ski & Spa

Place: Norefjell
<https://norefjellskiogspa.no/en/booking@norefjellskiogspa.no>

Scandic Voss

Place: Voss
<https://www.scandichotels.com/hotels/norway/voss/scandic-voss>
voss@scandichotels.com

Pre-tour G: 21st to 24th of April

Local farms, food, and art in the Oslo Region

World class art galleries, manor farms, beautiful gardens and cultural landscape by Norway's largest lake, Mjøsa are some of the highlights on this famtrip, north in the Oslo region. The tour will tell you a lot about our history as well as our present life and food traditions.

At first glance, it may seem that most of the artists in Norway are men. But is that really the case? On this pre-tour you will hear more about the women in art and the strong women who works in the travel industry today.

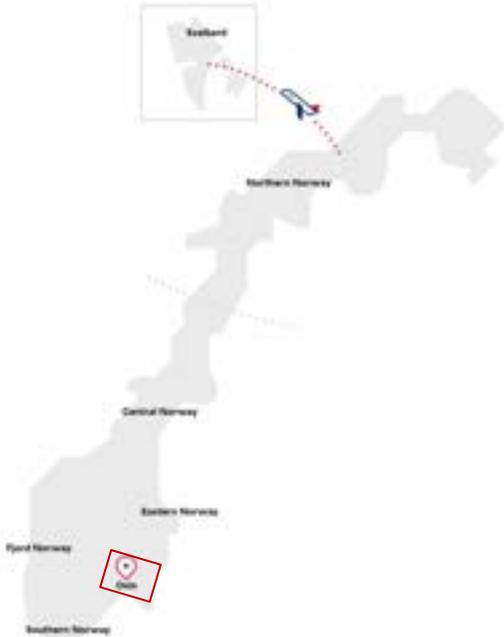


Photo: Benjamin Ward



Photo: Visit Oslo, Didrick Stenersen

Highlights

Kistefos

is one of Europe’s most important sculpture parks for contemporary art. Built on the grounds of a historical pulp mill, Kistefos today comprises an industrial museum, two art galleries and an impressive sculpture park in scenic surroundings. On the “Must see” list for art and architecture lovers everywhere is The Twist, it is a gallery, a bridge, and a sculpture, all in one. The 1000 square meter building twists into a sculptural form and spans 60 meters across the Randselva river.

Henie Onstad Art Center

One of Norway’s leading venues for modern and contemporary art with changing exhibitions as well as an extensive private collection. In 2022 they will open an exhibition specialized on women’s role in art. Explore leading outdoor art in beautiful surroundings by the coastal path and enjoy lunch in the gallery’s restaurant.

Munch Museum

This extraordinary museum opened on Oslo’s waterfront in 2021, tailor-made for the world’s largest collection of art by Edvard Munch. The new MUNCH will be the number one destination for experiencing Edvard Munch’s life and art. His most famous works was inspired by women, like his mentor and aunt Karen, his sister and his lovers.

Goal with the tour

Target group

We are looking for incoming tour operators / tour operators selling Oslo Region to FIT’s, family and both small and large groups.

What do we want to achieve?

We want to showcase the Oslo region as an art, culture and food region, with products and thematic tours linked to this.

Markets we actively work with

Nearby markets in Europe.



Pre-tour G: Local farms, food, and art in the Oslo region

Hovelsrud Historic Garden

The garden at Hovelsrud farm at Helgøya has been restored to its former 1840s glory. Meet its owner Marianne, fourth generation farmer, and lawyer. Among the farm's accolades are the National Cultural Landscape Award for 2012 and the Europa Nostra Award for 2014. A tour of this beautiful and spectacular garden complex is highly recommended. Stroll along gravel paths, between berry shrubs and fruit trees, and among pavilions and water features – with the glimmering Mjøsa as backdrop.

Peder Balke-Gallery

In a listed building from the 18th century, gorgeously situated on a hillside facing the lake Mjøsa, you will find Peder Balke-gallery. Inside is the ballroom which Peder Balke decorated with 12 wall paintings in 1834. In addition to the wall paintings, in summer the gallery host temporary exhibitions featuring the work of contemporary artists. Peder Balke's wife, Karen was the painter's rock in all years and had a great influence on Balke. The same was true of his daughter, Karoline. She became a skilled artist, and the art center has now gained access to original drawings from her.



Photo: Ian Brodie



Photo: Visit East-Norway, Hans Haug

Hoel Gård

Hoel Gård - Manorial and down to earth is idyllically situated, right by the lake Mjøsa. The historical framework makes a stay at the farm a unique experience – with a story manor dating back to medieval times. The main building's oldest section dates to 1719. The beautiful Lindealléen and park were planted around 1900. The formal and terraced gardens bordered by the tree avenue in the south constitutes the core of a baroque construction assumed from the end of the 1700s.

Glasslåven Art Center

Glasslåven is a gallery located in historic surroundings close to the medieval Sister Churches in Hadeland. The preservation of the historical barn from the 1880's has been renovated and rebuilt with ecological principals. It has become a pilot project in which the sustainability of the area through generations, has inspired forward thinking and co-friendly building techniques. At Glasslåven you can experience current contemporary art and traditional handicrafts. The gallery house exhibitions, work spaces and a glass workshop.



Photo: Visit East-Norway, Heidi Gran



Photo: Visit East-Norway, Hans Haug

Pre-tour G: Local farms, food, and art in the Oslo region

Wood Hotel

The world's tallest timber building stretches an impressive 86 meters above ground level and has 18 floors and 72 hotel rooms. The hotel enjoys a perfect location by the edge of Mjøsa in Brumunddal, and this high above ground the views are bound to be amazing.

Bondeheimen

Ever since Bondeheimen was established in 1913, it has been a home away from home for people from the countryside and visitors from abroad. The in-house café, Kaffistova, serves traditional Norwegian dishes. On the ground floor you also find the handicraft store Heimen Husfliden. Here you will hear the story of Hulda Garborg, often called “the mother of the bunad”. Hulda was a writer, novelist, playwright, poet and dancer who spent many years travelling the country participating in debates and promoting Norwegian culture. This was a tough job, as it was during the time when many families were leaving Norway in search of a better life in America or elsewhere.

Accommodation

Place:

Wood Hotel by Frichs

Web: <https://en.visit-innlandet.no/plan-your-stay/wood-hotel-frichs-hotel-og-spiseri-brumunddal-as-p4693843>

Mail: woodhotel@frich.no

Place:

Helgaker Gård

Web: <https://helgaker-gard.no/>

Mail: post@helgaker-gard.no



Practical information

Duration: 3 nights. Friday April 21. – Monday April 24.

Organisers:

VisitOSLOregion

<https://www.visitoslo.com/en/osloregion/>

Level required: Easy

Max participants: 15

Min participants: 10

Flights/Transport

21st of April:

Latest arrival on the 21st of April at 15:00

Pick up at OSLO Airport Gardermoen: 16:00

Flight to Oslo Gardermoen Airport must be booked by each participant.

23rd of April:

Arrival in Oslo on 23th of April with overnight at Hotel Bondeheimen to 24th of April.

Explore the beautiful Beitostølen

Explore Beitostølen. A mountain village located in Valdres, between the cities of Oslo and Bergen. Join this tour and get the chance to experience the great Beitostølen resort at the edge of incredible mountains. Enjoy local food, genuine culture, and be inspired by activities for the whole year. Welcome to Beitostølen.

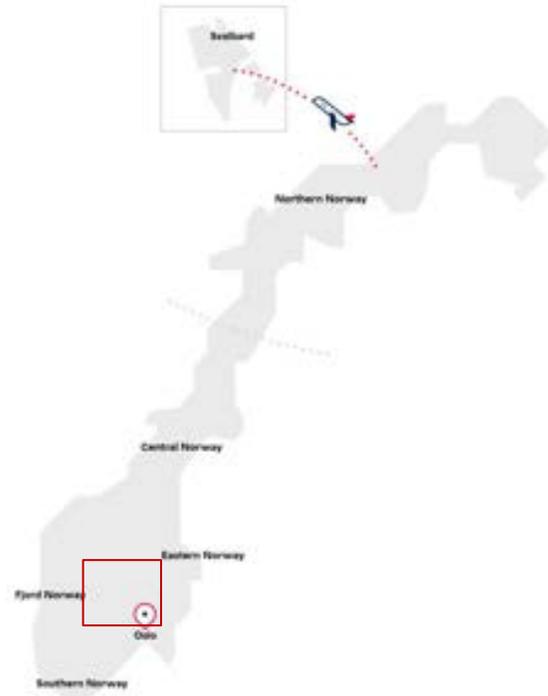


Photo: Nicolay Flaaten

Highlights

Noraker Gård and Små Vesen Brewery

Get the taste of traditional food and beer from the region of Valdres in Norway.

Activity at Beitostølen Resort

An overview over a variety and challenging activities, suitable for almost everyone. How fun isn't airboarding or snow rafting? We will check it out.

Vårsprett

A ski race down the slopes that ends in a water pool you'll ski over. We will watch and cheer for the participants and everyone are welcome to participate. A recap just for fun, where everyone are winners. Check it out [HERE](#).

Cross country or ski touring at Valdresflye

We'll go out in the nature and enjoy it on Cross country ski or hike up to one of the nearby peaks on ski touring equipment. Routes will be decided on the snow and weather condition. Different routes for different levels.

Goal with the tour

Target group:

We are looking for tour operators that sell or wants to sell Norway and all the activities and experiences Beitostølen has to offer both winter and summer. Hiking, Alpine skiing, Cross country skiing, and other activities

What do we want to achieve?

We want to show Beitostølen and the area in all its beauty. A great destination for all active people, with also a rich food and beer tradition. In this little taste of Beitostølen you'll get to explore some of it.

Markets we actively work with:

Europe/Northern Europe/USA

Post-tour H: Explore the beautiful Beitostølen

Beer tasting at Bryggerihuset

The old petrol station in Beitostølen are now one of the best Beer bars in Norway. It has a huge tap line and we'll get to taste some of the local drafts. A bar you will expect to find in a city, not far up in the Norwegian mountains.



Photo: Visit Beitostølen



Photo: Beitostølen Resort



Photo: Beitostølen Aktiv & Skiskole



Photo: Beitostølen Resort

Practical information

Duration: April 28th – 29th

Organisers:

Norway Home Of Skiing and Beitostølen resort www.Norwayhomeofskiing.com

Level required:

Medium access, some ski and winter skills are needed

Max participants: 30

Min participants: 3

Flights/Transport

28th of April:

Departure by bus from Oslo at 08:00.

30th of April:

Arrival to Oslo Gardermoen Airport at 14:00.

Accommodation

Radisson Blu Mountain Resort

Place: Beitostølen

info@beitostolen.com

<https://www.radissonhotels.com/en-us/hotels/radisson-blu-mountain-resort-beitostolen>

Local Food and rural HANEN gems in the Innland region

In this eventful convention tour, you will visit local producers and stunning old farms, providing overnight accommodation and excellent local food. Join in for organized cultural and nature – based experiences. Visit “Norway’s Best Farm Shop 2022” and taste cheese in the resurrected cheese factory from the beginning of 20th century. By Norway's largest lake, Mjøsa, we will enjoy biking with electric bikes.



Goal with the tour

Target group:

We are looking for incoming tour operators and tour operators selling tours for small groups, and FIT. Due to individual room capacity groups should be max 10 persons, or 20 persons with shared accommodation. Travellers should be interested in learning and taking part of rural experiences, local Norwegian food and drink traditions. Our providers offer authentic products and host, but not luxury.

What do we want to achieve?

Introduce tour operators to providers of rural experiences focused around local food and drink traditions. Get to know the gems and smaller hotels, and farm hotels.

Markets we actively work with:

Our providers can accommodate individual or smaller parties of travellers from all countries.



Photo: Granum Gård

Highlights

Accommodation in historical buildings

We will visit and spend the night at historic farms rich in hospitality and charm, dating back to the years when the Innland region was the most important food chamber of Norway, with prosperous land and farms. Experience great hospitality and food, set in exquisite surroundings.

Local food

Throughout the whole tour you will always be served locally produced food. This is high quality, organic or small-scale produce, from the hosts we visit, or producers nearby.

Aquavit tasting

Atlungstad Distillery is a unique institution where you can experience Norwegian industrial architecture, distillery history and Norwegian aquavit production over the past 150 years. They offer guided tasting tours, and culinary events around locally sourced ingredients and traditions. We will taste and hear their story.

Post-tour I: Local food and rural HANEN gems in the inland region

Practical information

Duration: 28th - 29th of April

Organizers:
HANEN
<https://www.hanen.no/en>

Level required: Easy access for all

Max participants: 9

Min participants: 6

Flights/Transport

Friday 28th of April: Departure from Oslo at 09:00.

Arrival at Oslo Gardermoen airport on the 29th of April is at 13.00

Return flights must be booked and paid for by each participant.

Accommodation

Place: Brynivegen 23 Stange
Name of hotel: Bryhni Søndre
Email eva@bryhni-sondre.no



Photo: Visit Snertingdal Cheese



Photo: Bryhni



Photo: Bryhni



Photo: Kvarstad Farm



Photo: Granum Guesthouse

Post-tour J: 28th to 30th of April

A tasty tour in the south of Oslo region

The Oslo region's booming food scene is born from a rare closeness between urban life and nature. The energy and diversity of the region's cities inspire excellence and innovation in cooking. With farmlands, forests, and the fjord nearby, even the most urban of restaurants have access to fresh ingredients that have travelled a few hours – at most. The result is modern food with a quality and distinctive touch that attracts foodies from all over the world. Please enjoy!



Goal with the tour

Target group: we are looking for incoming tour operators / tour operators selling tours with focus on local food and cultural activities.

What do we want to achieve? We want to show that the Oslo Region is a region of local produce – with a large selection of products and thematical tours.

Markets we actively work with:
Scandinavia / Northern Europe



Photo: Mohri Films

Highlights

Wettre Microbrewery

This local brewery is located at Wettre Farm and has about twenty own labels in the portfolio and produce specialty beers with their own label. They do beer tastings and guided tours at the brewery, with beer tasting and cured meats from Tind. In the old manure cellar under the barn, they host concerts or other events.

Eplegården/”The Apple Farm”

Eplegården, meaning “The Apple Farm” is a family run farm with a 5-hectare apple orchard. The farm has been in the family for five generations, and fruit has always been the major income source. The main activity on the farm is the production of apple juice from own apples.

Hjortegården – “Deer Farm”

The farm offers sausages and salami from deer meat and homemade flatbread. The farm is in a rural setting on a small hill with a view of forests, fields and meadows. Season open farm & garden.

Post-tour J: A tasty tour in the south of Oslo region

Verdens Ende Spiseriet – “The World’s end”

Dinner at The World's End at the far end of Tjøme in Færder National Park. The restaurant probably has the best view in Norway straight into the sea gap! The restaurant focuses on seafood.

Engø Farm

It was the romantic Frithjof Pihl and his sister Daisy who opened the boarding house on Engø in 1924, which is the predecessor of Engø Farm Hotel & Restaurant. Frithjof's English wife Babs infused the place with British charm and elegance that remains to this day. Here, famous, and prominent personalities from abroad and from Norwegian society could holiday peacefully and undisturbed, protected from the public by a civilized form of discretion.



Photo: Michaela Kloudal Photography



Photo: Visit Greater Oslo

Photo: Visit Greater Oslo

St. Peters Restaurant

After a small private mini-cruise, between islets and reefs in the beautiful archipelago, we are ready for a 3-course culinary journey at St Peter's restaurant. Michal and Tatiana established St. Peter's Restaurant in 2019 with passion and love for gastronomy, because St Peter is protected by all people connected to food production. Michal and Tatiana's food philosophy is simple and clear-short trips in season.

RAMME

Ramme is a spectacular destination, with culture-based experiences and attractions. Ramme Farm is an all-round working farm with livestock and fowl, vegetable, gardening, and a shop selling fresh and conserved farm produce, flowers, and plants. You can stay overnight in the uniquely designed rooms at Ramme Fjordhotell and take advantage of the many offers such as guided tours, exhibitions, concerts, and theatrical performances.

Post-tour J: A tasty tour in the south of Oslo region

Accommodation

Scandic Havna Tjøme

Ideally located at the waterfront and is surrounded by beautiful scenery with opportunities for recreation and outdoor activities. The hotel is perfect when travelling on business or holiday and offers rooms in the hotel or apartments on the premises, all beautifully decorated. If you are arriving by boat, you can dock alongside the guest quay. The spectacular surroundings and the archipelago offer many opportunities for activities all year round. The hotel consist of 73 rooms, 38 apartments, 35 cabins and camping. Restaurant and bar with a beautiful view over the quay. Gym and pool in a relaxing environment.

Place: Tjøme

havnatiome@scandichotels.com

www.scandichotels.com/hotels/norway/tjome/scandic-havna-tjome

RAMME Fjordhotel

Welcome to Ramme fjord hotel – with 42 rooms tastefully decorated to a high standard. The view from the hotel rooms is overlooking the courtyard and the picturesque landscape towards the fjord. The hotel have single and double rooms in addition to special offers in pavilions, luxury suites and Edvard Munch's house.

Place: Ramme (Hvitsten)

post@rammefjordhotell.no

<https://www.ramme.no/en>



Photo: Scandic Havna Tjøme



Photo: Classic hotels, Ramme Fjordhotel



Photo: Classic hotels, Ramme Fjordhotel

Practical information

Duration: 2 nights

Organisers:

VisitOSLOregion

<https://www.visitoslo.com/en/osloregion/>

Level required: Easy

Max participants: 15

Min participants: 10

Flights/Transport

28th of April: Departure by bus from Oslo at 09:00

Meeting point – Oslo Central Station

30th of April: Departure Ramme FjordHotel at 08.30 and arrival Oslo Airport Gardermoen approximately 10.00 / 10.15