

 **Norway**

Powered by nature

Pre- and post-tours

Norwegian Travel Workshop 2022



Posebyen, the old town in Kristiansand © Adam Read

www.visitnorway.com

 Innovation
Norway

Prices pre and post tours 2022

Note!

Participation on pre- and post-tours for NTW 2022 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 and VAT of 25 % will be added to the price.

Cancellation of tour after 1st of March 2022 will be charged with a fee equal to these costs.

If there is no flight cost, the cancellation fee will be NOK 1.000,-.

Some domestic flights will be booked by Innovation Norway and invoice sent to the participant

after the workshop. **See information under each tour re. which flights will be booked by us and which must be arranged by each participant.**

Participants who wish to use alternative flights must book and pay them on their own. They must also ensure that departure and arrival times fit with the tour programme. In addition they must inform us, so that we may cancel flights/legs accordingly.

Please allow approx. 1,5 hrs for check-in/transfer in Oslo.

Tour	Name/destination	Price
Pre-tour A	Women in art (Oslo Region - north)	955,-
Pre-tour B	UNESCO, culture and heritage in Southern Norway (Telemark/Southern Norway)	0,-
Pre-tour C	Cultural and culinary spring awakening in Fjord Norway (Fjord Norway)	0,-
Pre-tour D	Winter adventures in Fjord Norway (Fjord Norway)	3.470,-
Pre-tour E	Explore cultural, historical and culinary adventures in Trondheim and the UNESCO World Heritage Site Røros (Trøndelag)	1.430,-
Pre-tour F	Bodø, a journey from the stone age to European capital of Culture 2024! (Northern Norway)	1.530,-
Pre-tour G	Welcome to the edge of Lofoten (Northern Norway)	3.070,-
Pre-tour H	Inner Finnmark, the indigenous heart of Northern Norway, a hidden Arctic gem (Northern Norway)	1.976,-
Post-tour I	Women in art (Oslo Region - south)	0,-
Post-tour J	Nature based activities, local food, and cultural experiences in historical and authentic surroundings (HANEN/Southern Norway)	0,-
Post-tour K	The National Scenic route from Flekkefjord to Bore (Southern Norway/Fjord Norway)	0,-

Note! Tour participation is **not confirmed** upon registration. Confirmation will follow in the beginning of February. More information about the tours will follow in a detailed tour programme, which will be sent out to the participants in February.

All participants are themselves responsible for having a **valid travel insurance** when they go on a pre- or post-tour. **Programmes may be subject to change.**

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Boat sightseeing in the Kristiansand archipelago © René Bjerregaard



Pre-tour A

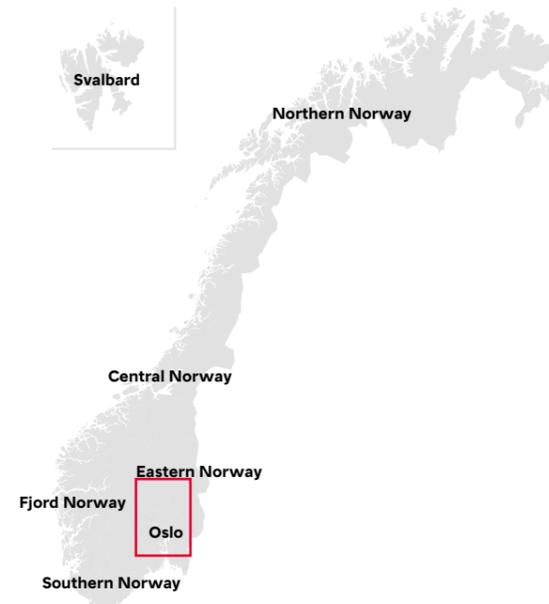
Women in Art Oslo and the northern Oslo Region

(Oslo Region - north)

Description

Art, music, literature, and film say a lot about our history and present. Some of Norway's greatest artists and performers have lived and worked in the Oslo region. At first glance, it may seem that most of them are men. But is that really the case?

Meet Peer Gynt's women, visit an art centre created by a famous ice skater, hear the fascinating story of the greatest voice of the last century - and meet some of the strong women who works in the travel business today.



MUNCH! © Didrick_Stenersen



Facts

- **Duration:** 31st of March-4th of April
- **Organisers:**
Visit Oslo Region,
www.visitosloregion.com
- **Tour conductor:** Ms. Heidi Gran,
hg@visit-innlandet.no
Tel.: +47 478 34 945
- **Clothing:** Warm and leisurely clothing.
Wind- and waterproof jacket/raincoat,
solid shoes for outdoor activities.
- **Target groups:** Tour operators selling art
and culture, nature, winter activities and
soft adventure.
- **Max. participants:** 15
- **Min. participants:** 10

Programme may be subject to change

Highlights on pre-tour A

Innlandet and Kirsten Flagstad

We visit the museum dedicated to Kirsten Flagstad (1895-1962). She was called “the voice of the century” as well as “the world’s greatest Wagnerian soprano”. She had an exceptional stage career in the USA as well as in Norway. The birthplace of Kirsten Flagstad was in Hamar and the Kirsten Flagstad Museum is established in the house where she was born, July 12, 1895, just off from the church where she was baptized.

The Museum encompasses family mementoes, a photo collection, original costumes from The Metropolitan Opera House in New York and a music room. The Kirsten Flagstad Museum is in “Strandstuen”, the oldest building in Hamar. As an international opera star, Kirsten Flagstad spent much of her life travelling, with hotel rooms as her home. The greater the need to know where she had her roots.

<https://en.visit-innlandet.no/mjostrakk/see-and-do/kirsten-flagstad-museum>



Kirsten Flagstad Museum © Frederik Garshol

Dinner at Matkvartalet

This is the region's new food destination. The food quarter Matkvartalet consists of a butcher, a country store, a coffee distillery, delicacies, and street food.

<https://en.visit-innlandet.no/mjostrakk/see-and-do/matkvartalet>

Domkirkeodden

Domkirkeodden is 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, and this is where visitors are told the dramatic story of how the church was destroyed. They also get to experience the fantastic acoustics as the guides show off their singing skills.

www.visit-hedmark.no/en/hamar-region/see-and-do/attractions/Domkirkeodden

The nearby open-air museum by the Lake Mjøsa, comprises over 60 antique buildings from the Hedmark villages, including a cookbook museum with recipes from 1782.

Edel Design

On our way north to Lillehammer we make a stop at Edel Design at Nes, a gallery at the farm Alhaug, in the heart of the Mjøsa district. The gallery designs and manufactures their clothes in Norway, combining the feminine with the powerful.

www.visit-innlandet.no/opplevelser/edel-design-designgalleri-og-skreddersom



Domkirkeodden © Frederik Garshol

Peder Balke Centre

There is a lot to talk about at the Peder Balke Centre when it comes to women in art and culture. 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 centre has now gained access to original drawings from her.

<https://en.visit-innlandet.no/what-to-do/peder-balke-senteret>

Highlights on pre-tour A

Kistefos and The Twist

This 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. Every year, Kistefos presents new art exhibitions by highly recognized national and international artists in the two galleries, The Twist and Nybruket Gallery. <https://en.visit-innlandet.no/what-to-do/kistefos-museet-history-art-playfulness-and-picturesque>

Lillehammer Art Museum

Lillehammer Art Museum is a leading art museum in Norway. It houses a collection consisting of approx. 1500 works by Norwegian artists dating from the 1800s and until today. The main building designed by Snøhetta is today an architectural icon. The museum organises several separate exhibitions a year, featuring both historical art and modern art. The museum offers a wide range of educational programmes, including guided tours, lectures, and other art events. <https://eng.lillehammerkunstmuseum.no>

Lillehammer

Guided tour in the beautiful city of Lillehammer, before we head north. We make a stop for a guided tour in Ringebru Stave Church. It dates to around 1220 and is one of the country's 28 remaining buildings of its kind. In the church we will get to know the story of Peer Gynt. <https://en.lillehammer.com>
<https://en.lillehammer.com/things-to-do/ringebu-stave-church>



Maihaugen museum - interior © Esben Haakenstad

Lillehammer open air Museum - Maihaugen

This is the largest open air museum in Norway with more than 200 historic houses from the 13th century until today. It is possibly best known for the houses in the rural area. The many sunburned buildings were the homes of farmers, craftsmen, and local officials. In the residential area you may also see the 1930s house which was Queen Sonja's childhood home. The house was built for the Haraldsen family, and Sonja lived there most of the time until she married Crown Prince Harald in 1968. There are also several open exhibitions in the open air museum. <https://en.lillehammer.com/things-to-do/maihaugen-museum>



HOK Yayoi Kusama Pumpkin © Christian Tunge

Henie Onstad Art Centre

This is 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 specialised 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. www.hok.no/en

The new museum MUNCH!

On October 22nd, 2021, the brand-new museum opened on Oslo's waterfront, 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. www.munchmuseet.no/en/exhibitions

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. www.visitoslo.com/en/product/Heimen-Husfliden-Rosenkrantz-gate

Accommodation on pre-tour A

Hamar

Scandic Hamar
Vangsveien 121
NO-2318 Hamar
Tel.: +47 21 61 40 00
hamar@scandichotels.com
www.scandichotels.com/hotels/norway/hamar/scandic-hamar

Lillehammer and Gudbrandsdalen

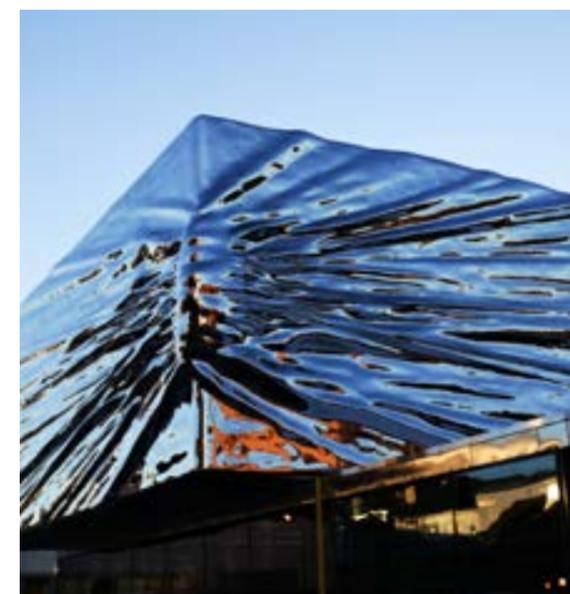
Dale-Gudbrands Gard
Hundorpgjeilen 12
NO-2642 Sør-Fron
Tel.: +47 911 58 938
post@dale-gudbrandsgard.no
www.dale-gudbrandsgard.no
<https://en.lillehammer.com/accommodation/dale-gudbrands-farm>

Gran

Granavolden Guesthouse
Granavollen 16
NO-2750 Gran
Tel.: +47 61 33 77 00
post@granavolden.no
www.granavolden.no/eng/About-Granavolden-Guesthouse

Oslo

Hotel Bondeheimen
Kristian IVs gate 2
NO-0159 Oslo
Tel.: +47 23 21 41 00
bookingoffice@bondeheimen.com
www.bondeheimen.com



Lillehammer Art Museum © Hilde Fauskerud



The Twist © laurianghinitoiu_kistefosmuseum

Flights

Thursday 31st of March:

Latest arrival at Oslo Airport OSL at 15:10

Bus will depart at 16:00

Flight to Oslo must be booked and paid for by each participant.

Monday 4th of April:

09:30 Departure Oslo Airport OSL with SK 211

10:15 Arrival Kristiansand Airport Kjevik

This flight will be booked by Innovation Norway and will be invoiced with a cost of NOK 955,- plus 25 % VAT.

See additional information on page 2.

Pre-tour B

UNESCO, culture, and heritage in Southern Norway

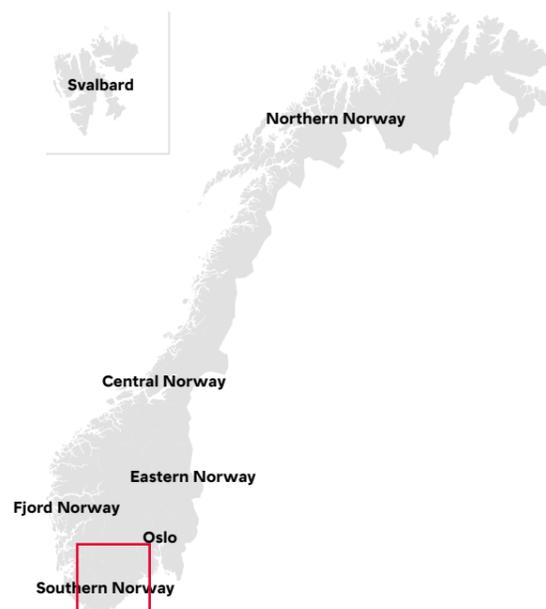
(Telemark / Southern Norway)

Description

Visiting Southern Norway (Telemark and Sørlandet) is beautiful nature, cosy villages, local culture, and history.

This trip will give your clients the best of two worlds; two fascinating UNESCO sites combined with local culture and traditions, comfortable accommodation, and culinary experiences.

Easy to reach for our European guests; southern-most Norway has it all.



Gaustatoppen © Gausta

Facts

- **Duration:** 1st-4th of April
- **Organisers:**
Visit Southern Norway, <https://en.visitorslandet.com>
and
Visit Telemark, www.visittelemark.com
- **Tour conductors:**
Mr. Kjetil Østlie
kjetil@visittelemark.no
Tel.: +47 907 54 292
- **Clothing:** Warm clothing and winter boots for spending time outdoors. Hat, scarf, and gloves.
- **Target groups:** Tour operators serving cultural tourists, tourists traveling by car, FITs and groups.
- **Max. participants:** 15
- **Min. participants:** 8

Programme may be subject to change

Highlights on pre-tour B

The Telemark Canal

Welcome to the world's most beautiful canal, The Telemark canal! 8 spectacular locking facilities with a total of 18 lock chambers lift the boat and passengers 72 meters from the start in Skien to the end of the canal, Dalen. The Telemark Canal is an adventurous waterway with narrow rivers, large lakes, ancient cultural history, and slugging. Day trip on the canal or boat trips with accommodation available.

www.telemarkcanal.com/visitor-information/history-of-the-telemark-canal



The canal boat Henrik Ibsen © Visit Telemark

Canal Boats of Telemark

Join a trip on the Telemark Canal with fully electric luxury cabin cruisers. The brand-new product was launched summer 2020, including the world's first electric supercharger network for boats. Sustainable innovation meets old history at the Telemark Canal.

www.visittelemark.com/things-to-do/canal-boats-telemark

Jacob & Gabriel

Taste great, local food in one of Telemark's finest restaurants.

www.visittelemark.com/food-and-drinks/jacob-and-gabriel-restaurant

The UNESCO Heritage city and region Rjukan

Situated by the southern gateway to Hardangervidda, and by the foot of the majestic mountain Gaustatoppen, lies Rjukan. Rjukan offers a variety of activities such as hiking, biking, bungee jumping, guided tours and is also world famous for its ice climbing conditions. www.visitrjukan.com

Norwegian Industrial Heritage Museum (UNESCO site) at Vemork

This museum presents the development of the industrial adventure on Rjukan with the world's largest hydropower plant, the invention of fertilizer, production of heavy water, the world-famous heavy water operation from World War II and more.

www.visittelemark.com/things-to-do/norwegian-industrial-workers-museum-vemork

Gaustatoppen

1883 meters above sea level, this is perhaps the most beautiful mountain in Norway. On a clear day you may be able to see 1/6 of Norway from this peak. Inside the mountain there is a lift, Gaustabanen, which was built in order to transport people and equipment up to a height of 1800 meters, and as a military transport system which is unique in global terms.

www.visittelemark.com/things-to-do/gaustatoppen



Bath at floating sauna Gaustablikk © Visit Telemark

Floating Saunas

In Lake Kvitåvatn at Gausta, there is a new floating sauna this season. During winter the ice is cut open for all brave bathers to experience the contrast of burning heat and the ice-cold water. Maybe you are a future ice bather?

www.visittelemark.com/things-to-do/floating-saunas-at-gausta

Highlights on pre-tour B

Hardangervidda Nationalpark Centre

Welcome to our award-winning interactive exhibition about nature and the wild reindeer that inhabits on Hardangervidda. Hardangervidda is one of Europe's largest high-mountain plateaus and Scandinavia's largest national park.
<https://hardangerviddanasjonalparksenter.no/en>

The Setesdalen valley

This valley is often called the Silversmith Valley, and Rysstad is central for the region's production of silver jewellery. The first silversmith came to the area more than a hundred years ago. Visit silversmith Rysstad and Hasla, the open workshops to see how the jewellery is made.
<https://en.visitorslandet.com/setesdal/attractions/art-and-culture>



Hasla silversmith © Dag_Magne_Søyland

UNESCO listed folk music

There is an unbroken tradition of folk tunes played on Hardanger fiddle and Jew's harp in the Setesdalen valley. The same applies to the staves (folk singing/tune) and folk dances. Folk music is one of the Setesdal «brands»; something people expect to meet on their journey through the valley – and which they often get a chance to do, as a number of such cultural events are being held. This cultural heritage is listed on the UNESCO Intangible Cultural Heritage List, and we will experience the folk music during our stay in Setesdal.

The Setesdal Museum

This museum is a journey through the culture, history, and traditions of Setesdal. Themes include the local way of life in the decades leading up to and after the year 1900.
<https://en.visitorslandet.com/setesdal/listings-setesdal/setesdalsmuseet-at-rystad>

Sølv garden Hotel

The architecture of this hotel resembles a small fairy-tale castle and is an adventure in combination with Setesdal's culture and traditions. Enjoy a dinner based on local produce and Setesdal cooking traditions.
<https://solvgarden.no/>

The Mineral Park

The Evje area has become internationally known for its large deposits of rare minerals. Most of the minerals are found in connection with quartz and feldspar veins. Years of mining resulted in hundreds of local mines and quarries. There are a number of outdoor activities related to stones, activities which are unique to the Mineral Park. The park area is easy to get around and suitable for all ages.
<https://en.visitorslandet.com/setesdal/listings-setesdal/mineralparken-evje>

Dølen Hotel

Lunch and site inspection at Dølen Hotel, situated by the river of Otra. This charming hotel has a long history and offers guests local dishes and overnight in beautiful surroundings. Suitable for small groups and individuals.
<https://en.visitorslandet.com/setesdal/listings-%b8len-hotel>



Traditional delicacies from Setesdal @ Anders Martinsen

Accommodation on pre-tour B

Skien

Clarion Collection Hotel Bryggeparken
Langbryggene 7
NO-3724 Skien
Tel.: +47 35 91 21 00
cc.bryggeparken@choice.no
www.nordicchoicehotels.no/hotell

Gausta

Gaustablikk Høyfjellshotell
Kvitåvatnvegen 372
NO-3660 Rjukan
Tel.: +47 35 09 14 22
gaustablikk@gaustablikk.no
www.gaustablikk.no

Rysstad

Sølv garden Hotel
Setesdalsvegen 3214
NO-4748 Rysstad
Tel.: +47 37 93 61 30
post@solvgarden.no
www.solvgarden.no



Setesdal food traditions! © Jacob Johannes Buchard NewsLab_Visit Sørlandet



Floating saunas in cold winter weather © Visit Telemark

Flights

Thursday 31st of March:

Latest arrival at Oslo Airport OSL at 14:00
or
Latest arrival at Sandefjord Airport Torp at 16:00

Flight to Oslo or Sandefjord must be booked and paid for by each participant.

See additional information on page 2.

Pre-tour C

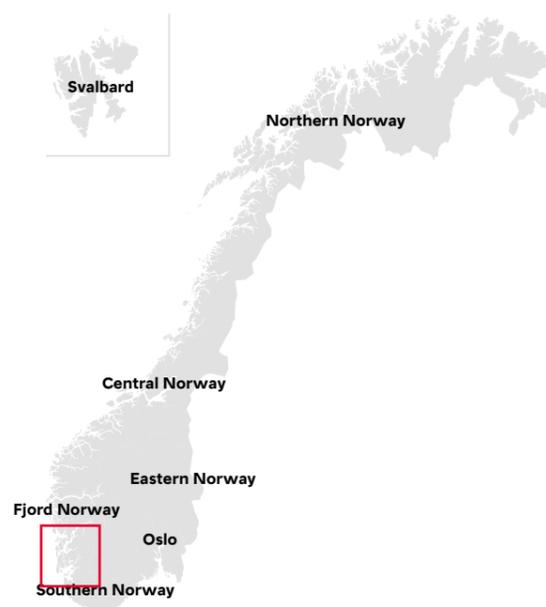
Cultural & culinary spring awakening in Fjord Norway

(Fjord Norway)

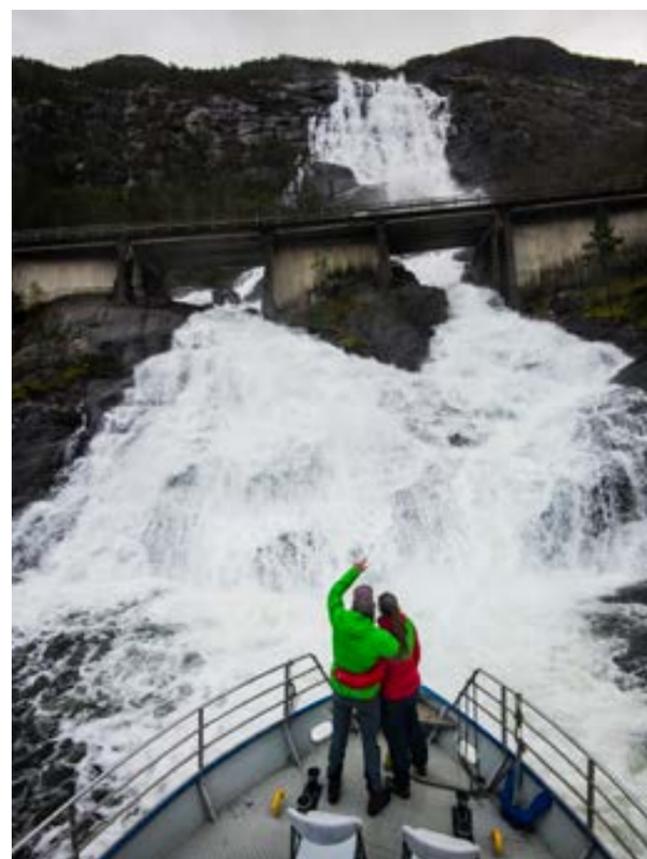
Description

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.

We invite you to explore Fjord Norway during the spring season as we are travelling from the destination Ryfylke to the coastal city Haugesund and till we finish in Stavanger.



Langfoss waterfall © Mattias Fredriksson



Facts

- **Duration:** 31st of March–4th of April
- **Organiser:** Fjord Norway, www.fjordnorway.com
- **Tour conductor:** Ms. Britt Dalland, britt@fjordnorway.com
Tel.: +47 915 32 365
- **Clothing:** Warm and leisurely clothing. Wind- and waterproof jacket/raincoat and solid shoes for outdoor activities.
- **Target groups:** This post-tour is based on cultural and culinary experiences suitable for operators working with groups and FIT
- **Max. participants:** 20
- **Min participants:** 10

Programme may be subject to change

Highlights on pre-tour C

Ryfylke

Ryfylke is a region full of contrasts. Here you can experience majestic mountains, deep fjords, industrial history, modern and historic architecture and local culinary traditions. This fjord region is close to the cities of Stavanger and Haugesund which will also be part of this trip. www.ryfylke.com

The Lysefjord and Preikestolen

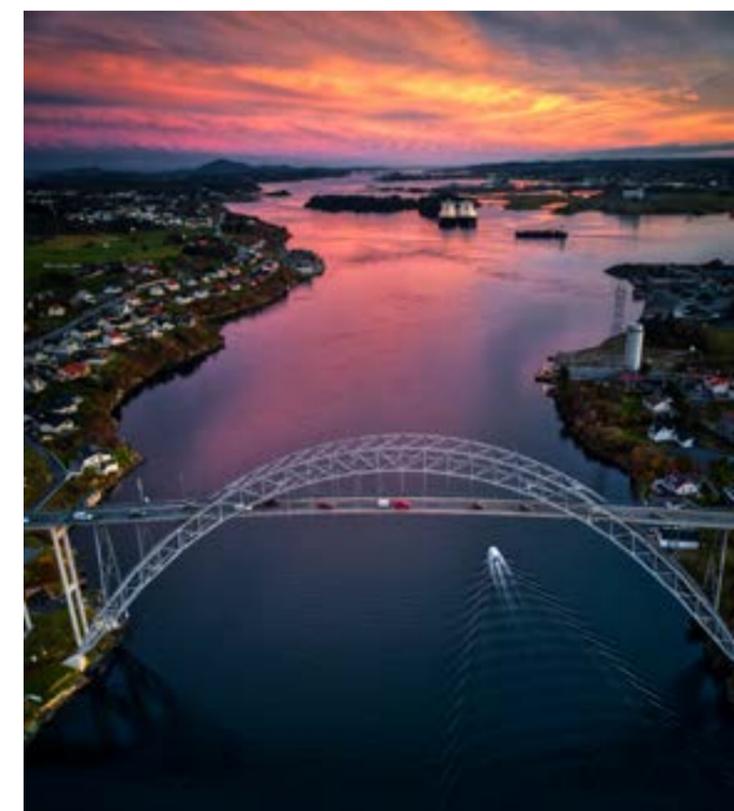
During a Fjord Cruise on the Lysefjord you can feast your eyes on majestic Preikestolen seeming to reach into the sky above the incredible Lysefjord. We also take you to Vagabond's Cave and tell you the legend of this mysterious opening in the mountain. Enjoy the striking scenery from the comfort of our boat's sheltered cabin, with panoramic windows all around, or venture out on the spacious sundeck. Afterwards there will be some Outdoor Cooking in the wild nature. www.rodne.no/en



Preikestolen © Mattias Fredriksson Photography

Norwegian Scenic Route Ryfylke

The drive along the Norwegian Scenic Route Ryfylke is a trip full of contrasts. Here you will encounter high barren mountains, lush hillsides, sheer mountainsides and deep fjords. www.nasjonaleturistveger.no/en/routes/ryfylke



Haugesund © nordicdrone

Høsebrua

Suldalslågen, one of the longest rivers of Rogaland county, comes to an impressive conclusion at Sandsfossen falls. This waterfall at Sand in Ryfylke is not particularly high, but it is broad – and the roar of the force of nature here is almost deafening.

Haugesund

This is the area where Vikings used to live and where they had their Royal seat. In Haugesund and its surroundings you will experience the best of what Norway has to offer. Fjord, waterfall, coast and city culture, the unique Viking history and idyllic islands are among the attractions you will find in this region. You will learn more about local farm life and enjoy a fjord cruise in the Åkrafjord. en.visithaugesund.no/

Culinary workshop

You will also learn about local food traditions at a culinary workshop at Brovingen Mat & Vin.

Highlights on pre-tour C

The Stavanger Region

Stavanger offers urban city life with festivals, museums, restaurants and activities. Impressive fjord experiences await you in the region. It offers gorgeous long stretched beaches, vibrant urban and cultural life, fjord and mountain scenery and magnificent islands. A region of contrasts where you can enjoy an active holiday of hiking to world famous destinations like Preikestolen, Kjerag and Trollpikken, kayaking, cycling, surfing and kiting along the beaches of Jæren. Norway's food destination with world-class culinary delights of lamb, seafood, vegetables and fruit from local producers. A rich cultural life and a lot for families. www.regionstavanger.com

Old Stavanger

Enjoy some city sightseeing including a walk through Old Stavanger which consist of 173 wooden houses. The area is characterised by residents who are proud of their homes and gardens.

The Viking house

In the Viking house, a new Virtual Reality-based attraction, we will hear and experience the great sagas about "Harald Fairhair", Norway's first king who gathered Norway to one kingdom in 872. The last battle took place near Stavanger. We will also visit the memorial "Three swords in stone" at Hafrsfjord.



Norwegian Petroleum Museum ©Espen Grønli

The Norwegian Petroleum Museum

Norway's oil history began in the mid 1960s. The museum shows how offshore operations have become Norway's most important industry, and gives you experiences of this activity. How oil and gas are formed, how resources beneath the seabed are found, and how drilling and production are conducted. Experience the excitement and drama of the oil adventure, life on board the oil rigs and oil as a financial resource. Learn more about Stavanger's history as the "oil capital" by a guided tour at the Norwegian Petroleum Museum. www.norskolje.museum.no/en



The outdoor area at IDDIS © Sander Eriksen Vinterfilm MUST

IDDIS

is a colocation of The Norwegian Printing Museum and The Norwegian Canning Museum. In IDDIS you will find new exhibitions about Stavanger's important industry and the people who "put Stavanger on the map". On the new building's ground floor, you will find exhibitions about the printing industry in Stavanger and the significance of written language and the art of printing for society. The print shop on the upper floor will have the actual machines used in printing. Here you can discover how pre-digital printed matter came into being in the typesetting room and print shop, and how it was finished in the book bindery. iddismuseum.no/en

Social cooking class

In the evening you'll join a social cooking class for some cooking fun and to prepare some delicious recipes.

Accommodation on pre-tour C

Ryfylke

Ryfylke Fjordhotel & Basecamp
Verven 9a
NO-4230 Sand
Tel.: + 47 52 79 27 00
booking@ryfylkebasecamp.no
<https://ryfylkebasecamp.no>
and
Preikestolen Basecamp
Preikestolveien 521
NO-4100 Jørpeland
Tel.: +47 51 74 20 74
booking@preikestolenbasecamp.no
<https://preikestolenbasecamp.com/?lang=en>

Haugesund

Scandic Maritim
Åsbygata 3
NO-5528 Haugesund
Tel.: +47 52 86 30 00
post@hotelmaritim.no
<https://hotelmaritim.no/?lang=en>

Stavanger

Scandic Stavanger City
Reidar Bergesgt. 9
NO-4013 Stavanger
Tel.: +47 21 61 52 00
stavangercity@scandichotels.com
<https://www.scandichotels.com/hotels/norway/stavanger/scandic-stavanger-city>



Seafood at Brovingen restaurant ©Brovingen



Brovingen restaurant ©Brovingen

Flights

Thursday 31st of March:

Latest arrival Stavanger Airport Sola at 13:00

Flight to Stavanger must be booked and paid for by each participant.

Monday 4th of April:

Train to Kristiansand
10:16 Departure Stavanger Railway Station
13:31 Arrival Kristiansand Railway Station

Train tickets are included.

See additional information on page 2.

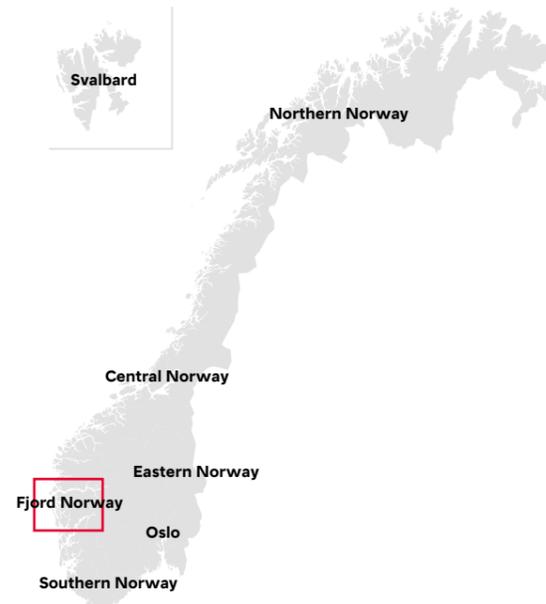
Pre-tour D

Winter adventures in Fjord Norway

(Fjord Norway)

Description

Winter in Fjord Norway has a lot to offer both to skiing enthusiasts and to people seeking more relaxing activities in the area. Voss Resort and Myrkdalen Mountain Resort have a snow guarantee until the end of April and offer unique winter adventures for everyone. The Sognefjord is the longest and deepest fjord in Europe and during wintertime, with its vibrant winter light, is one for the bucket list.



Winter activities with Wild Voss © Jon Hunnålvatn Tøn - Hunnålvatn Media



Facts

- **Duration:** 31st of March-4th of April
- **Organiser:** Fjord Norway, www.fjordnorway.com
- **Tour conductor:** Ms Marianne Johnsen, marianne@fjordnorway.com
Tel.: +47 416 63 120
- **Clothing:** Warm and leisurely clothing. Ski clothing, wool underwear, hat, scarf, and gloves. Wind and waterproof jacket/ raincoat and solid shoes for outdoor activities.
- **Target groups:** Outdoor and adventure travel operators who also like to focus on winter activities. This tour implies easy winter activities like snowshoe hikes, sledging, some easy ski activities.
- **Max. participants:** 15
- **Min participants:** 10

Programme may be subject to change

Highlights on pre-tour D

The Bergen Railway

Get on the Bergen Railway to travel sustainably from Bergen to Voss with Vy. The strategy and vision of Vy (earlier NSB) is simply: «The best journey». This expression captures how we are shaping our business around our customers' needs in order to deliver the best journey for all customers. www.vy.no/en

Voss

Voss, situated in the heart of Fjord Norway, is an all year round destination with snow-capped mountains, lush valleys and wild rivers and waterfalls. When visiting Voss, prepare to be amazed by the contrasts. One moment it is all about the adrenaline and amazing activities, the next about relaxing in the finest of natural landscapes. Throughout the whole year Voss offers an impressive assortment of activities that you can choose from. www.visitvoss.no/en

Voss Gondol

In Voss you will take a ride on the Voss Gondol. It takes you from 56 to 820 meters above sea level in 8,5 minutes and once on top you will have breath-taking views over Voss and the snowy mountains. www.vossresort.no/en/winter
www.vossgondol.no/en



Voss Gondol ©Voss Resort



Delicious dinner at Store Ringheim Hotell © Gunn K. Monsen

Wild Voss

Explore the wonderful winter landscape on a snowshoe hike with Wild Voss and enjoy some lunch prepared on a self-built bonfire. en.wildvoss.no/

Voss Vind

Visit Norway's first indoor wind tunnel. Presentation of the products, while watching actual flying in the tunnel. <https://vossvind.no/?lang=en>

Store Ringheim Hotell

Learn more about the history of this hotel, which is built on a weathered grey farmhouse. Enjoy a dinner prepared with locally sourced ingredients. storingheim.no/en/restaurant

Myrkdalen Mountain Resort

Visit the largest ski resort in Fjord Norway. It offers a modern and family-friendly ski area, slopes with different kinds of difficulties, terrain parks as well as off-piste terrain. Enjoy some soft winter activities and a hot cocoa by the fire. www.myrkdalen.no/en/ski-resort

Highlights on pre-tour D

Sognefjord

Sognefjord is filled with natural beauty, unique geological landscapes, and rich cultural history. On this trip, we propose a countryside getaway perfect for those who want cosy stays in the fjords, those who are looking for some adrenalin in ski resorts and those who prefer soft adventures for big and small.

en.sognefjord.no

Winter kayaking in Årdal

Get ready for some magnificent scenic fjord views along the longest and deepest fjord in Europe – the Sognefjord. In Årdal you will meet the owners of Bulder og Brak, an activity company that offers a variety of adventures in the Sognefjord region throughout the year. You will enjoy the quiet nature of the winter fjord during a winter kayak tour surrounded by breath-taking mountain tops.

en.bulderogbrak.no



Winter kayaking in Årdal © Torunn Todal Laberg



Bestebakken © Bestebakken

Local flavours at Klingenberg Hotel

After a day full of activities, you will taste local flavours at Klingenberg Hotel.

<https://en.klingenberghotel.no>

Special accommodation and soft adventures in Hafslø

The picturesque fjord village of Hafslø is perfect for digital detox all year round. You'll visit Bestebakken and meet Lindis Aannø Alme. She will give a presentation of this special accommodation. Karlis Bremers will also give a presentation of the soft adventures that Adventure Tours Norway offers in Lustrafjord all year round.

Before departing to Sogndal, you'll visit briefly one of the biggest ski resorts in Sognefjord, Sogn Skisenter.

www.bestebakken.no/en/
www.adventuretours.no/
www.sognskisenter.no/

Skiing in Sogndal

We invite you to Sogndal Hodlekve ski centre, a perfect location for all types of skiers. You will enjoy half-day skiing. You can choose between slalom and Nordic skiing. If you have no experience skiing, an instructor will teach you the basics. www.sogndalskisenter.no

Accommodation on pre-tour D

Voss

Scandic Voss
Evangervegen 1A
NO-5704 Voss
Tel.: +47 56 52 82 00
voss@scandichotels.com
www.scandichotels.com/voss

Myrkdalen

Myrkdalen Hotel
Klypeteigane
NO-5713 Vossestrand
Tel.: +47 47 47 16 00
post@myrkdalenhotel.no
www.myrkdalen.no/en/myrkdalen-hotel

Sogndal

Quality Hotel Sogndal
Gravensteinsgata 5
NO-6856 Sogndal
Tel.: +47 57 62 77 00
q.sogndal@choice.no
www.qualityhotelsogndal.no



Bergen Railway ©Vy



Cross-country skiing at Sogndal Skisenter © Fjord Norway

Flights

Thursday 31st of March:

Latest arrival at Bergen Airport Flesland at 14:00

NOTE: The train from Bergen to Voss leaves at 15:57

Please allow approx. 1,5 hrs for check-in/transfer in Oslo.

Flight to Bergen must be booked and paid for by each participant.

Monday 4th of April:

09:50 Departure Sogndal Airport with WF 143

11:50 Arrival Oslo Airport OSL

14:25 Departure Oslo Airport OSL with SK 215

15:10 Arrival Kristiansand Airport Kjevik

This flight will be booked by Innovation Norway and will be invoiced with a cost of NOK 3.470,- plus 25 % VAT.

See additional information on page 2.

Pre-tour E

Explore cultural, historical and culinary adventures in Trondheim and the UNESCO World Heritage Site Røros

(Trøndelag)

Description

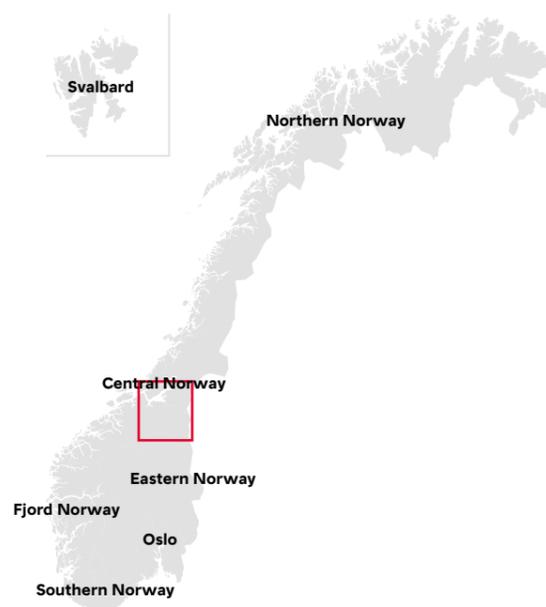
We invite you on a beautiful journey through some of the most iconic places in the Trøndelag region, also known as Central Norway. Experience culture, beautiful nature, local food and Norway's exciting history in the vibrant city Trondheim and the unique mining town Røros.

We wish you many wonderful experiences on this journey through a region filled with varied adventures and beautiful sights. As a guest in Trøndelag, you have the chance of being more than just an observer. You can take part yourself and enjoy your stay using all your senses.

Facts

- **Duration:** 31st of March-4th of April
- **Organiser:** Trøndelag Tourist Board, www.trondelag.com
- **Tour conductor:** Ms. Stine Teigen, stine@trondelag.com
Tel.: +47 984 19 378
- **Clothing:** Warm and leisurely clothing
- **Target groups:** FITs and smaller groups interested in culture, history, world heritage, food, and soft adventures.
- **Max. participants:** 14
- **Min. participants:** 10

Programme may be subject to change



Røros © Grim Berge



Highlights on pre-tour E

Røros – in the heart of Norwegian history

The unique Røros region is known for its status as a world heritage site and the beautiful nature surrounding it. It is one of the oldest wooden towns in Europe and has been listed as UNESCO World Heritage since 1980. Røros is one of the most authentic destinations in Norway, with a rich history, fascinating architecture and excellent local food and drinks. The town is famous for its great number of artists and craftsmen, and it can also boast of an impressive list of award-winning designer products. www.roros.no/en

Guided tour of the Olav's mine

Join an hour's walk through 300 years of mining history down in the Olavs mine. This guided tour takes you through the Nyberget mine dating from the 17th century and the Olav's Mine from the 20th century, descending 50 meters below ground and 500 m into the mountain before reaching the massive Miners' Hall. Sound effects and lighting combined with an authentic atmosphere make this experience unique.

<http://rorosmuseet.no/en/olavs-mine>

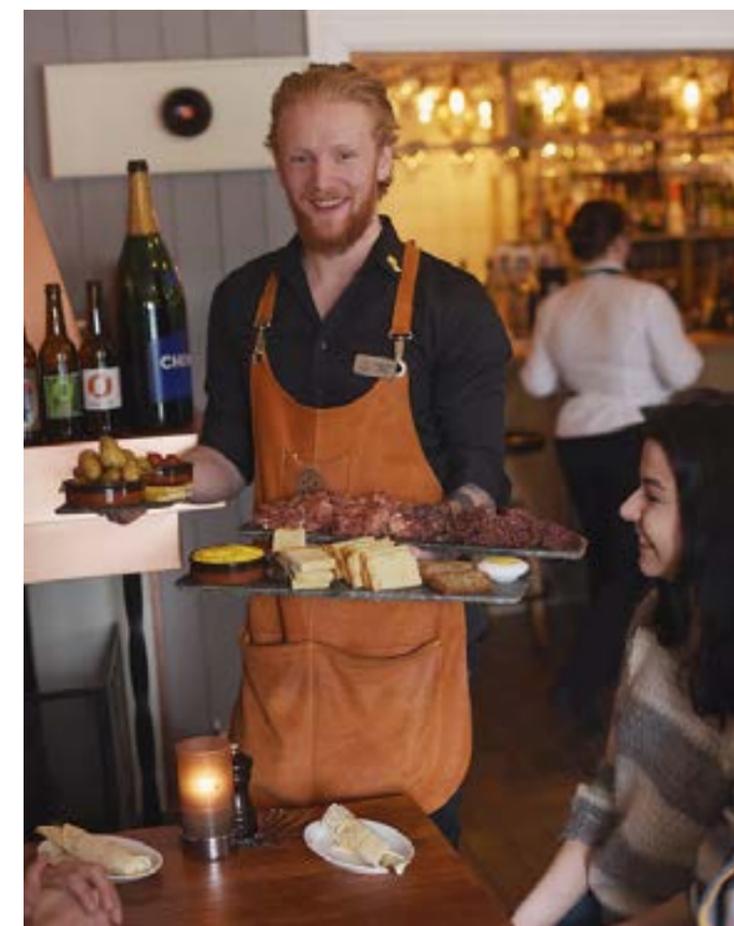


Roros - The Olavs Mine © CH-visitnorway.com

A taste of the foodie town Røros!

Røros is a sustainable destination and one of Norway's leading regions for locally produced food. The products of the region are grown locally and slowly in a cool climate with long, bright summer nights. This creates flavours that are unique and a diversity that is truly impressive. You will get to learn more about the food culture and taste some of the best food products in the region.

www.roros.no/en/local-food-in-destination-roros



The foodie town Røros © Marius Rua

Experience Røros mining town on a guided tour

Included on UNESCO's list of World Heritage Sites, the town centre boasts a rare collection of large and well-preserved wooden buildings, made all the more real and authentic by the fact that the people of today still live and work in them. Be captured by the colourful, vibrant streets of the mountain settlement on a guided walking tour of Røros. The guided walk provides you with a basic introduction into how the old mining community has developed. You will also get to see the beautiful Røros Church, iconic for Røros.

<https://rorosmuseet.no/en/guided-tour-of-roros>

Trondheim – a city filled with historical and culinary adventures

Trondheim is known as the Home of Nordic flavours. The city offers fantastic food experiences from Michelin-starred restaurants to small cosy cafes. When it comes to food there is a strong culture for mixing locally sourced ingredients with modern, new ideas.

Highlights on pre-tour E

In Trondheim you can discover attractions and museums that convey Norway's history and cultural heritage, like the impressive Nidaros Cathedral. Trondheim holds a special place in Norwegian history and culture. The city was founded by the Viking King Olav Trygvason in 997 and the capital of Norway until 1217. www.visittrondheim.no/welcome

Guided tour of the Nidaros Cathedral

Norway's national sanctuary is the biggest medieval church in the Nordic countries. Nidaros Cathedral was built over St. Olav's grave in 1070 and is a popular destination for pilgrims from all over Europe. At this tour you will get to explore the hidden rooms and secret chambers deep inside the cathedral. www.nidarosdomen.no/en

Aquavit tasting and dinner at Baklandet Skydsstation

This is located in one of the best-preserved buildings in the iconic area Baklandet in Trondheim. The restaurant has a long and exciting history that dates back to the 1700's. Baklandet Skydsstation serves over 300 different types of Aquavits, and you will get to learn more about why Aquavit is Norwegian culture at its best. www.skydsstation.no/en/about-us



Baklandet Skydsstation © Marius Rua

A guided city walk through Trondheim

This tour will reveal impressive architecture, historic sites, and beautiful spots. On this guided tour, you will get to see the area around the Nidaros Cathedral, the market square and pass the Royal Residence and the old wharves. On the east bank of the river is the Baklandet neighbourhood with small and colourful wooden buildings, formerly worker's dwellings. Baklandet is called Trondheim's old city. www.visitnorway.com/places-to-go/trondelag/trondheim/



Nidarosdomen © Söderholm-Steen

Ung Kunst (K-U-K)

Guided tour and dinner at the brand-new art centre in Trondheim Kjøpmannsgata Ung Kunst Here you will be served a tasteful dinner at their restaurant Gubalri. www.k-u-k.no

Canal sightseeing

On this canal sightseeing Trondheim by Boat takes you on a journey along the river Nidelven, flowing through the heart of the city and eventually venturing into the adjoining Trondheim fjord. www.trondheimbyboat.com/english

Ringve Music Museum

Guided tour, lunch and a mini concert at the impressive Ringve Music Museum. This is Norway's national music museum, and it has a collection of 2000 music instruments from all over the world. <https://ringve.no/en>

Accommodation on pre-tour E

Røros

Røros Hotel
An-Magrittveien 48
NO-7374 Røros
Tel.: +47 72 40 80 00
post@roroshotell.no
www.roroshotell.no/en/
or
Bergstaden Hotel
Osloveien 2
NO-7374 Røros
Tel.: +47 72 40 60 80
post@bergstaden.no
<https://bergstadenshotel.no/?lang=en>

Trondheim

Scandic Solsiden
Beddingen 1
NO-7042 Trondheim
Tel.: +47 21 61 46 00
solsiden@scandichotels.com
www.scandichotels.com/hotels/norway/trondheim/scandic-solsiden



Trondheim © Christian_Houge



Bryggerekkja Trondheim © Bernart Wood

Flights

Thursday 31st of March:

Latest arrival at Trondheim Airport Værnes at 15:35
(Go on a set up bus that leaves at 16.00 to Røros where the tour starts – 2,5 hr drive)

Suggested flights:

13:20 Departure Oslo Airport OSL with SK 344
14:15 Arrival Trondheim Airport Værnes
or
14:40 Departure Oslo Airport OSL with SK 453
15:35 Arrival Trondheim Airport Værnes

Or latest arrival at Røros Airport by train or flight at 18:00

Please allow approx. 1,5 hrs for check-in/transfer in Oslo.

Flight /train to Røros must be booked and paid for by each participant.

Monday 4th of April:

10:30 Departure Trondheim Airport Værnes with SK 351
11:25 Arrival Oslo Airport OSL
14:25 Departure Oslo Airport OSL with SK 215
15:10 Arrival Kristiansand Airport Kjevik

This flight will be booked by Innovation Norway and will be invoiced with a cost of NOK 1.430,- plus 25 % VAT.

See additional information on page 2.

Pre-tour F

Bodø, a journey from the stone age to European Capital of Culture 2024

(Northern Norway)

Description

In 2024, Bodø will become the first European Capital of Culture north of the Arctic Circle!

On this trip, we will show you how it all began, how our famous fjords and mountains were made. You will experience and learn how Norwegians have lived above the Arctic Circle for thousands of years and you will get to see a fast growing, smart and sustainable city. You will experience the history in our spectacular nature combined with an urban city with great architecture, modern hotels, and high-class restaurants.

This trip will suit tour operators working with groups between 10 to 40 pax. It fits well for the cultural, history and nature lover interested in learning more about this European Capital of Culture above the Arctic Circle.

www.visitnorway.com/places-to-go/northern-norway/bodo/

Facts

- **Duration:** 1st-4th of April
- **Organiser:** Visit Bodø, <https://visitbodo.com/home>
- **Tour conductor:** Ms. Carina Dreyer Salater, carina@visitbodo.com Tel.: +47 934 30 090
- **Clothing:** Warm and leisurely clothing. Warm, windproof jacket, solid shoes. Flotation suit, life jacket, goggles, gloves, and hat will be provided for the RIB tour.
- **Target groups:** Operators that focus on culture, nature and food.
- **Max. participants:** 20
- **Min. participants:** 10

Programme may be subject to change



Saltstraumen -the world's strongest tidal current © Tommy Andreassen



Highlights on pre-tour F

Saltstraumen

Saltstraumen is one of the strongest tidal currents in the world, and may reach a speed of 20 knots! The narrow strait creates the distinctive vortices, which can reach a diameter of 8 meters! The area has a diverse wildlife, and is a very popular destination for anglers across the world. Whenever you visit Saltstraumen you will be intrigued by this natural phenomenon, this is a mind moving experience!

<https://visitbodo.com/en/saltstraumen>

You will visit Saltstraumen by RIB boat – taking you up close to this amazing natural phenomenon. On this tour through fjords, you will also learn about and see how our fjords and mountains were made!

Bodø also holds the largest population of sea eagles in the world, and you are very likely to encounter one of these majestic birds on your journey!

Stone age experience

We will take you on a stone age experience, a meal cooked “the stone age way” in a cooking-pit! The host family offers unique adventures based on the countryside and the Stone Age culture at Saltstraumen. Apartments, boats, fishing tackle and wharf for hire. Tuvvsjyen serves unique local fare. Experience life in the Stone Age in a turf hut, and prepare your catch in a cooking pit

<http://tuvvsjyen.com>



Bodø Skyline © HTS Media Tom Antonisen

Bodø - the European Capital of Culture 2024

We will take you on a city walk around our compact city that will be European Capital of Culture in 2024. <https://bodo2024.no/en/>

We will tell the story about development that is going on in this city; the process leading to the



Cooking pit from the stone age at Tuvvsjyen © Tuvvsjyen

centennial project of a new airport and a new area for smart city planning in the centre of the city. www.lifeinnorway.net/bodo-new-city-new-airport/

ARCTICulation is the headline for the European capital of culture in 2024. It is divided into three themes:

THE ART OF NATURE is about exploring art in – or from – an arctic perspective. Building on the idea of being one with nature and the environment, as opposed to hiding from it. We want to articulate our responsibility of the nature we are part of. FISH AND SHIPS is about our history, and through the programme we are taking aim at communicating both the story of living in Nordland, and how our story is still living all around us today – our living (hi)story. TRANSITION is highlighting connections with city development and capacity building projects.

Stormen concert hall

We will visit the award-winning architectural building Stormen concert hall and also see other architectural highlights in the city. <https://konserthus.stormen.no/whats-on>

Highlights on pre-tour F

Kjerringøy old trading post

We will visit Kjerringøy old trading post, the best kept trading post in the region. It is like travelling back in time in a postcard! A historical venue in stunning surroundings that shows the importance of the ocean and the cod fisheries. When you go ashore on Kjerringøy, you are immediately struck by the picturesque landscape. Here you get a unique encounter with the northern Norwegian coastal culture, both from a historical point of view and as we know it today. <https://kjerringoyhandelssted.no>

The Norwegian Aviation Museum

We will also visit the city's biggest museum; The national Norwegian aviation museum, that tells the story about how Bodø became a hot spot during the cold war and it also give you an insight to Norwegian civil and military aviation history. You can experience the exciting history of aviation at close quarters. You can see famous and illustrious military aircraft such as the Spitfire, CF-104 Starfighter, Ju 88 and the famous U-2 spy plane as well as workhorses and passenger aircraft like the Ju 52, Twin Otter and Fokker F.28 Fellowship. www.norwegianaviationmuseum.com/

Beer tasting, and other delicacies

We will include beer tasting at the local beer brewery and try some delicacies at the local Pâtisserie & Champagneria.



Spitfire at the aviation museum © FUTURASEC

Craig Alibone

In the heart of central Bodø lays this artisan pâtisserie and champagne bar. This exciting venue offers award-winning chocolate, pastries, cakes, macaroons and more. Featured on the Star Wine List they offer an exciting selection of high quality champagne and wine. The passion for high

standards make for a unique experience for both casual hang out or formal gatherings. <https://craigalibone.com/>

Bådin

This is the story about a group of friends who, in the pursuit of good taste, took the brewing journey from a small apartment out to play with the big boys. Their beer may now be purchased in all grocery stores and pubs in Bodø and they have a great variety of tastes and types. Let's go taste some! www.baadin.com/en/home

Good food and local specialties

We will give you a taste of the booming food scene in Bodø. Local specialties will be on the menu, and this is really something to look forward to. <https://visitbodo.com/en/restaurants>



Northern Lights over Bodø © Gøran Kristensen_Visit Bodø_Bodø

Lyst På

This is Bodø's fine wine and food institution with laid-back atmosphere. Focusing on traditions and produce from Northern Norway combined with modern techniques, and served in a fun and relaxed surroundings. www.lystpa.no

Ohma

This is an Urban and stylish restaurant with an exciting menu where every dish has its "touch" of Asia. The premises are stylish and elegant, yet informal in character. www.ohma-asian.no

Bryggerikaia

This is a unique restaurant concept with a wide range of offerings. Here you will find a widely acknowledged restaurant with cuisine of the highest standard, and where the best ingredients form the basis of culinary experiences with local as well as international profile. www.bryggerikaia.no

Accommodation on pre-tour F

Bodø

Quality hotel Ramsalt
Sjøgata 37/39
NO-8006 Bodø
Tel.: +47 75 99 05 50
q.ramsalt@choice.no
www.nordicchoicehotels.com/hotels/norway/bodo/quality-hotel-ramsalt/



Kjerringøy old trading post © Terje Rakke - Nordic Life_www.nordnorge.com_Bodø



Delicious dinner at Lyst på © Karoline_O.A._Pettersen



Craig Alibone Pâtisserie & Cham pagnieria © Karoline_O.A._Pettersen

Flights

Friday 1st of April:

Latest arrival at Bodø Airport at 19:00

Suggested flight:

SK 4122 from Oslo at 17.35, arrival Bodø 19:00

Please allow approx. 1,5 hrs for check-in/transfer in Oslo.

Flight to Bodø must be booked and paid for by each participant.

Monday 4th of April:

07:05 Departure from Bodø Airport with SK 4105

08:35 Arrival Oslo Airport OSL

09:30 Departure from Oslo Airport OSL with SK 211

10:15 Arrival Kristiansand Airport Kjevik

This flight will be booked by Innovation Norway and will be invoiced with a cost of NOK 1.530,- plus 25 % VAT.

See additional information on page 2.

Pre-tour G

Welcome to the edge of Lofoten

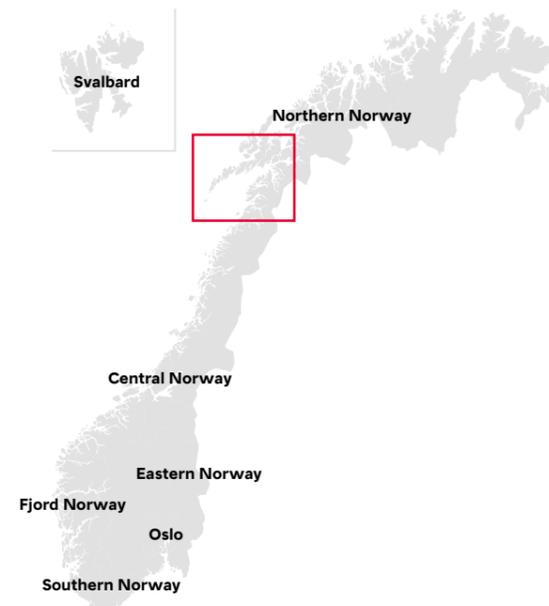
(Northern Norway)

Description

Welcome to the world's most beautiful islands – Lofoten!

The history, culture, and nature of Lofoten is truly majestic and breath-taking. The region is a paradise for those seeking outdoor activities and life-changing lights in unreal landscapes.

The perfect place to find peace and creativity. The Arctic light is truly spectacular with the Northern Lights visible from September to March, the crossover seasons, and the Midnight sun from May to August.



Holmen Lofoten © Holmen Lofoten



Facts

- **Duration:** 1st-4th of April
- **Organiser:** Destination Lofoten, www.lofoten.info
- **Tour conductor:** Mr. Vegeir Selboe vegeir@visitlofoten.no
Tel.: +47 958 00 718
- **Clothing:** Warm and leisurely clothing. Wind and waterproof jacket/raincoat and solid watertight shoes for outdoor activities.
- **Target groups:** Tour operators that tailor experiences for small groups and FITs, focusing on slow travel, meeting the locals and culinary adventures.
- **Max. participants:** 12
- **Min participants:** 6

Programme may be subject to change

Highlights on pre-tour G

Population 415, 19 and 11

The number of inhabitants in the tiny villages we will stay in, reveal the magic of our archipelago. Small communities below the mountains, in a fjord, by the sea. Shaped by nature's offerings, Lofoten has welcomed guests for hundreds of years. The Fishermens' cabins of Lofoten are a millennial long tradition. Now it's your turn to meet the families and people that are the travel industry of Lofoten. On this tour we will experience the unique and personal luxury Lofoten has to offer, all while visiting the highlights the region of Lofoten has to offer.

www.lofoten.info

Holmen Lofoten – food experiences and accommodation

Our Lofoten adventure begins in the small village of Sørvågen with a population of 415 people, and with the tranquillity of Holmen Lofoten. The event “Kitchen on the edge of the world” is held at Holmen Lofoten 5 times a year. As a result, the family-run business has become world known for its focus on reconnecting with nature and being a culinary adventure. The first night in Lofoten will be all about taste, logging off and connecting with nature. www.holmenlofoten.no

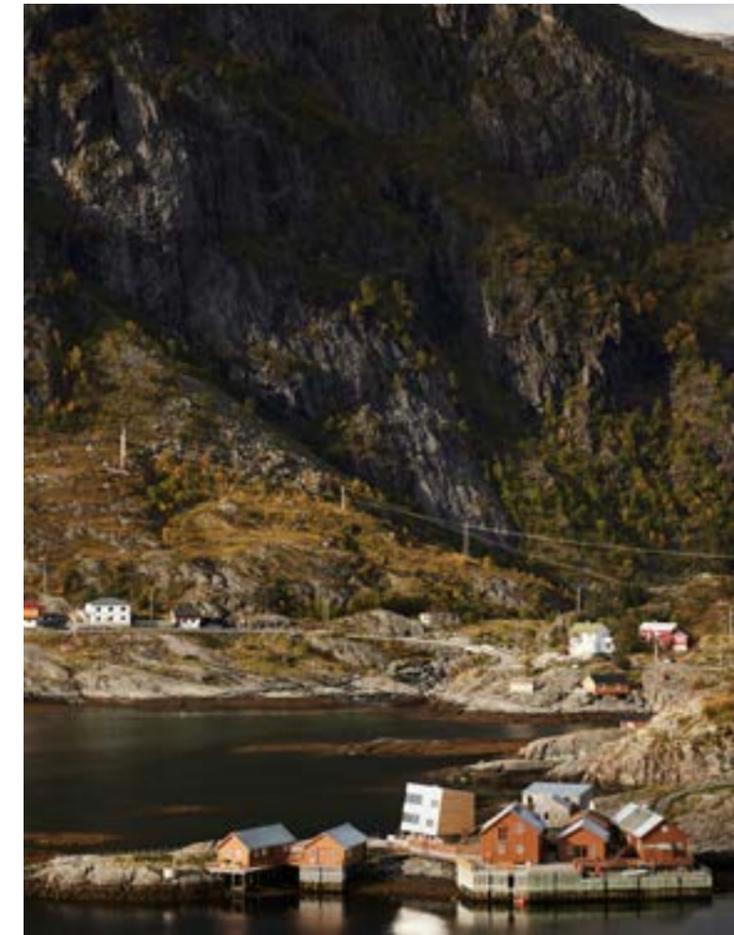


Reine rorbuer © Reine rorbuer

Seafari – get in touch with the sea

The ocean outside the southern peak of Lofoten has inspired people for centuries and is famously depicted in “Twenty Thousand Leagues Under the Sea” by Jules Verne. Although the journey for “Nautilus” ended in the world's biggest Maelstrom – Moskenstraumen, this will be the beginning for us.

www.lofotenrorbuhotell.com/en/activities



Holmen Lofoten © Holmen Lofoten

Reine – a Lofoten classic

Reine is one of the highlights of Lofoten. Beautifully located at the mouth of Reinefjord, the village is among the most photographed places in Norway. The perfect place to enjoy a lunch at the old general store – Gammelbua. www.classicnorway.com/hotels/reine-rorbuer

Nusfjord Arctic Resort – arctic spa and accommodation

Nusfjord Arctic Resort is a unique destination located in the enchanting and tranquil fishing village of Nusfjord with a population of only 19 persons. The resort is open all year round – for you to experience the soothing Midnight Sun in summer and the spectacular Northern Lights in winter. The second night will include an arctic spa experience with the stars shining above.

<https://nusfjordarcticresort.com>

Highlights on pre-tour G

Lofoten Sea Food Centre - knowledge on sustainable food

Experience how salmon farming and conventional fisheries provide the basis for a fantastic lunch experience. We will visit the high-tech aquaculture industry and smell Lofoten oldest surviving food tradition – The Stockfish.
www.lofotenseafoodcenter.com

Lofotr Viking museum – a Viking feast

The largest Viking longhouse ever found and excavated is found in Lofoten. This powerhouse is now an incredible experience, with a true to size replica of the longhouse. Meet the Vikings. Smell the tar, taste the food, feel the history. The Vikings have been awaiting you for more than 1000 years. Welcome to the Viking age. The Viking Chieftain and the Lady of the House will welcome you to a delicious meal in the impressive Feast Hall. Get to know the people of Lofotr - join us on a journey more than 1000 years back in time! <https://lofotr.no/nb>



Nusfjord rorbuer © Kolltveit



Unstad beach © Kolltveit

Unstad Arctic Surf – surfing and accommodation

One of the world's most famous surfing spots is situated in the Lofoten islands. The little village of Unstad, with only 11 inhabitants, is uniquely placed in the outer part of Lofoten facing the big sea. Unstad Arctic Surf is a family run business that focuses on quality, personal service and to facilitate the best possible experience for. Enjoy the warm, friendly atmosphere of the surfing culture and become an arctic surfer.

www.unstadarcticsurf.com



Lofotr Vikingmuseum © Foto Kjell Ove Storvik

Accommodation on pre-tour G

Sørvågen

Holmen Lofoten
Holmen, Flathaugen 36
NO-8392 Sørvågen
Tel.: +47 934 42 301
reception@holmenlofoten.no
www.holmenlofoten.no

Nusfjord

Nusfjord Arctic Resort
Nusfjord
NO-8380 Ramberg
Tel.: +47 760 93 020
booking@nusfjord.no
<https://nusfjordarcticresort.com>

Unstad

Unstad Arctic Surf
Unstadveien 105
NO-8363 Bøstad
Tel.: +47 970 61 201
hello@unstadsurf.com
www.unstadarcticsurf.com



Stockfish from Lofoten © Lofoten Seafood Centre

Flights

Friday 1st of April:

Latest arrival at Leknes Airport at 17:55

Suggested flights:

15:40 Departure Oslo Airport OSL
with SK 4116
17:05 Arrival Bodø Airport
17:30 Departure Bodø Airport with
WF 816
17:55 Arrival Leknes Airport

*Please allow approx. 1,5 hrs for check-in/
transfer in Oslo.*

**Flight to Leknes must be booked and paid
for by each participant.**

Monday 4th of April:

07:20 Departure Leknes Airport with
WF 807
07:45 Arrival Bodø Airport
08:15 Departure Bodø Airport with
WF 611
09:50 Arrival Bergen Airport Flesland
11:30 Departure Bergen Airport with
WF 587
12:30 Arrival Kristiansand Airport Kjevik

**This flight will be booked by Innovation
Norway and will be invoiced with a cost of
NOK 3.070,- plus 25 % VAT.**

See additional information on page 2.



Lofoten Seafood Centre © Lofoten Seafood Centre

Pre-tour H

Inner Finnmark, the indigenous heart of Northern Norway, a hidden Arctic gem

(Northern Norway)

Description

Join us for a tour into the pastures of Norway’s indigenous inhabitants in the far North.

Walk in the footsteps of a Sámi reindeer herder and meet his domestic sledge reindeers, listen to his narration of centuries-old traditions which form the base of the Sámi people’s lifestyle. Get an insight to how their traditional way of life has been transferred to today’s modern life. Continue the journey of the reindeer and see how the Sámi use the natural resources, especially from the reindeer to create their traditional garments, jewellery and other handicraft of the skin, bones, or horn.

Dive into the world of the Sámi and other artists that the Inner Finnmark region is home and inspiration to.

Experience beautiful hidden gems both in terms of nature, cultural diversity, and local cuisine.

Facts

- **Duration:** 31st of March-4th of April
- **Organisers:** Northern Norway Tourist Board, www.nordnorge.com
- **Tour conductor:** Ms. Gøril Ovesen, goril@nordnorge.com
Tel.: +47 971 52 259
- **Clothing:** Warm and leisurely clothing
- **Target groups:** Operators selling nature, food, and cultural experiences
- **Max. participants:** 15
- **Min participants:** 8

Programme may be subject to change



Sami reindeer © Katja-Rykova_www.nordnorge.com



Highlights on pre-tour H

The Finnmark Plateau – Finnmarksvidda

The endless plains that cover all of Kautokeino and Karasjok are called The Finnmark Plateau, or Finnmarksvidda. This area is flatter than most of Norway. But it’s not flat like a prairie, instead it consists of rolling hills, of low ridges created by the ice age glaciers, of marshland and countless lakes. Placid streams and rivers flow between the lakes and drain into the Alta-Kautokeino river in the west, and the Deatnu/Tana river in the east. Along the lower reaches of the Alta/Kautokeino river, there is birch forest, whereas around Kárášjohka/Karasjok there are deep pine forests.



In the Sami tent © Roger-Johansen_www.nordnorge.com

Sokki Adventure

Meet the reindeer herder Aslak Sokki and his tame sledge reindeer, listen to his stories in the traditional Sámi tent called Lavvo while tasting some of the local Sámi cuisine. Join him for a ride with his reindeers on a sledge. www.sokkiadventure.no/

Juhls Silver gallery

Delve into an oasis of inspiration and contrasts, containing fantastic handmade jewellery designed in the heart of the inner Finnmark and inspired by the Sámi culture and nature of the Finnmark plateau. The Gallery includes a lovely chosen selection of handicraft from all Scandinavia and has an architecture that has its very own history. www.juhls.no/

Sami storytelling

Silje Halonen, the owner of Karasjok Camping, invites us on a storytelling evening tour giving a glimpse of the Sámi mythology around a cosy bonfire. And who knows, maybe even the Northern Lights will care to join and listen. www.karacamp.no

The Northern Lights Cathedral in Alta

This is a striking element on the city skyline, a modern church built in elegant lines, inspired by the spirals of the Northern Lights. <https://nordnorge.com/en/artikkel/the-cathedral-of-the-northern-lights-is-inspired-by-the-night-sky/>

Alta Museum World Heritage Rock Art Museum

The 7000-year-old rock carvings of Alta Fjord. Around depictions that are up to 7,000 years old are to be found all around Alta Fjord. The carvings show fishing scenes, bear hunts, animals, geometric figures, and figures of people. The rock carvings in Alta are part of the world heritage and provide us with access to the imaginative world of the Stone Age. www.altamuseum.no/en



Juhls Silver Gallery © Joern-Tomter_www.nordnorge.com

Highlights on pre-tour H

The Sami Centre for Contemporary Art – Sámi Dáiddaguovddáš

The art centre looks modest from the outside, but inside there are large, modern Sami works of art from Norway, Sweden, and Finland, but also works from international artists. The centre is one of the largest centres in northern Norway of contemporary art.

<https://samidaiddaguovddas.no/en/>

Sorrisniva Ice Hotel & Arctic Wilderness Lodge

Sorrisniva offers guests a true Arctic experience with accommodation in the premium Arctic Wilderness Lodge or Igloo Hotel, renowned local cuisine, and a wide range of experiences throughout the dramatically different Arctic seasons. The Arctic Wilderness Lodge is built on the banks of the internationally renowned Alta river and was opened in October 2021. The Lodge enables Sorrisniva to supplement their traditional ice hotel and wilderness experiences with year-round premium accommodation together with new panoramic lounge and riverside restaurant areas. www.sorrisniva.no/hotels/arctic-wilderness-lodge



Sami art © Ellen Kachel

Engholm Husky Design Lodge

Mr. Sven Engholm in Karasjok has a closer relationship to his cabins than most hosts — he actually built them himself. You can't stay in many places that are as original as Engholm Husky Design Lodge. Pine heartwood log walls, turf roofs, chunky timber tables, decorations of bone, horn and pelts — you can't get more natural than Engholm Design Lodge in Karasjok. The word "design" might make us think of rigid white minimalism, but here it means rustic and solid, with materials from the mountains and forests, and a warm, inviting atmosphere. www.engholm.no



Engholm Husky Design Lodge © Roger-Johansen_www.nordnorge.com

Accommodation on pre-tour H

Alta

Sorrisniva Ice Hotel
Sorrisniva 20
NO-9518 Alta
Tel.: +47 00 00 00 00
info@SORRISNIVA.NO
www.sorrisniva.no

Kautokeino

Thon Hotel Kautokeino
Biedjovággeuodda 2
NO-9520 Kautokeino
Tel.: +47 78 48 70 00
Kautokeino@thonhotels.no
www.thonhotels.no/hoteller/norge/kautokeino/thon-hotel-kautokeino

Karasjok

Scandic Hotel Karasjok
Leavnnjageidnu 49
NO-9730 Karasjok
Tel.: +47 78 46 89 00
karasjok@scandichotels.com
www.scandichotels.com/hotels/norway/karasjok/scandic-karasjok

Alta

Bjørnfjell Mountain Lodge
Nordelvdalen 200
NO-9517 Alta
Tel.: +47 78 10 20 30
post@bjornfjell.com
<https://bjornfjell.com>



The Northern Lights Cathedral © Anne-Olsen-Ryum_www.nordnorge.com



Sami local food © Maria-Louise-Somby_nordnorge.com



Sorrisniva Igloo Hotel © Baard-Loeken_Sorrisniva-Igloo-Hotel

Flights

Thursday 31st of March:

Latest arrival at Alta Airport at 13:55

Suggested flights:

12:00 Departure Oslo Airport OSL with SK 4546
13:55 Arrival Alta Airport

Flight to Alta must be booked and paid for by each participant.

Monday 4th of April:

14:25 Departure Alta Airport with SK 4545
16:20 Arrival Oslo Airport OSL
17:00 Departure Oslo Airport OSL with SK 221
17:45 Arrival Kristiansand Airport Kjevik

This flight will be booked by Innovation Norway and will be invoiced with a cost of NOK 1.976,- plus 25 % VAT.

See additional information on page 2.

Post-tour I

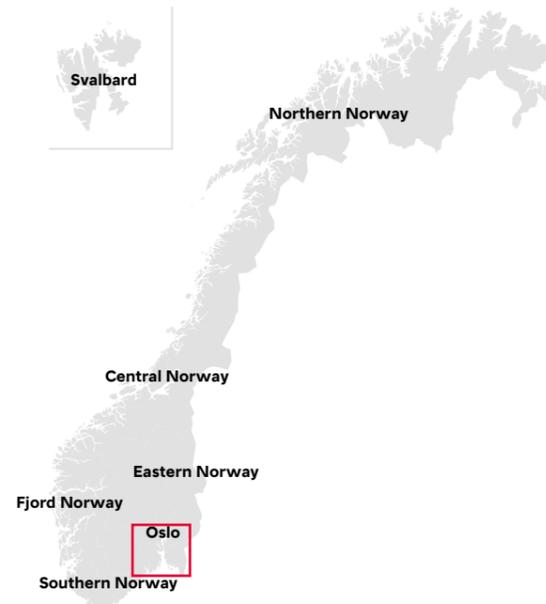
Women in Art Oslo and the southern Oslo Region

(Oslo Region - south)

Description

Art, music, literature, and film say a lot about our history and present. Some of Norway's greatest artists and performers have lived and worked in the Oslo region. At first glance, it may seem that most of them are men. But is that really the case?

Get to know the most powerful woman in Norway from the 17th century, the women who inspired Edvard Munch and some of the strong women who works in the travel business today.



Henie Onstad Art Centre © Henie Onstad Kunstsenter



Facts

- **Duration:** 8–10th of April
- **Organiser:** Visit Oslo Region. www.visitosloregion.com
- **Tour conductor:** Ms. Maya Nielsen maya@visitfredrikstadhvaler.com
Tel.: +47 958 32 233
- **Clothing:** Warm and leisurely clothing. Wind and waterproof jacket/raincoat and solid shoes for outdoor activities
- **Target groups:** Tour operators selling art and culture, soft adventure
- **Max. participants:** 15
- **Min. participants:** 10

Programme may be subject to change

Highlights on post-tour I

Brygga 11

Enjoy lunch at this seafood restaurant, serving local delicacies by the waterfront. The restaurant is run by the Winner of Bocuse d'OR 2009, Geir Skeie. Brygga 11 offers an informal atmosphere to taste the treasures of the ocean, at a good price. Try the Chef's fish soup - you'll surely enjoy it. www.visitvestfold.com/en/restaurants-and-pubs/restaurants/Brygga-11-Geir-Skeie

Munch and Åsgårdstrand

Meet Edvard Munch's women in Åsgårdstrand and visit Munch's House. Edvard Munch painted many of his masterpieces in Åsgårdstrand, such as The Bridge, Four girls in Åsgårdstrand and The Dance of Life. The paintings are on display in may- or international art galleries. www.visitvestfold.com/en/see-and-do/attractions/museum/Munchs-hus

The girls on the bridge © Sven Erik Knoff - visitvestfold.com



Hafslund Manor in Sarpsborg

Beautiful Hafslund Manor in Sarpsborg was once a crown manor. It dates to the 14th century. On the estate there are 3000-year-old rock carvings. The large English park is alone worth a visit. Get to know Maren Juel (1749–1815) who owned and ran the Hafslund Manor for 30 years. She was regarded as the wealthiest and one of the most powerful women in Norway at her time. www.visitnorway.com/listings/hafslund-manor

Munch's Mothers

Meet Munch's Mothers – his mother Laura and his aunt Karen. Edvard's mother died young, and her sister Karen took the responsibility for her five children. Edvard once said of her: 'Karen could have been a great painter if she had been given the opportunity to travel and see the world. My aunt engrossed herself in our attempts at drawing and no one contributed more – at least in my early years – to my becoming an artist.'



Munch's Mothers Fredrikstad © Maya Nielsen

Welcome to a guided tour in Edvard, Laura, and Karen's footsteps. www.visitoslo.com/en/osloregion/munch/fredrikstad

Ramme Fjord Hotel - farm, garden and art exhibition

Enjoy dinner and a stay the night in beautiful Ramme Fjord Hotel. Suite and rooms have a high standard with great emphasis on details and design of the interior. The rooms are historically decorated with antiques. Discover the park and the ecological farm and visit the unique gallery with several of Edvard Munch's paintings as well as works of other famous artists. Edvard Munch lived and painted at Ramme for several years, and his studio is soon to open for the public. www.classicnorway.com/hotels/ramme-fjordhotell
<https://visitgreateroslo.com/en/follo/product/Ramme-gallery>
<https://visitgreateroslo.com/en/follo/product/he-culture-destination-Ramme>

Highlights on post-tour I

Henie Onstad Art Centre

This is 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.

www.visitgreateroslo.com/en/see-and-do/attractions/Henie-Onstad-Kunstsenter

Galleri Würth

Galleri Würth was opened in 2003 as a non-profit art gallery exhibiting one of the largest privately owned art collections in Europe; the German based Würth Collection. The collection focuses on European and American art, primarily paintings, print and sculpture, from the 20th and 21st centuries. Some of the artists present in the collection are Pablo Picasso, Joan Miró, Roy Lichtenstein, Anselm Kiefer, and Edvard Munch, to name a few. The exhibition programme changes approximately twice a year and rotates the 15 associated galleries in Europe within the Würth Group – when you visit the gallery, the exhibition will show Dieter Roths universe.

www.visitgreateroslo.com/en/romerike/see-and-do/attractions/Galleri-Wurth



Ekeberg Sculpture Park © Tord_Baklund

Ekeberg Sculpture Park

A walk in this park combines beautiful landscape, high-quality sculptures, and history. The Park is ranked one of the top 5 sculpture parks in the world. The combination of Ekeberg's long history, the beautiful nature, magnificent views, and the huge art collection offers visitors a triple experience.

www.visitoslo.com/en/product/Ekebergparken-skulpturpark

MUNCH!

Visit the new museum MUNCH! October 22nd, 2021, the brand-new museum opened on Oslo's waterfront, 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.

www.munchmuseet.no/en/exhibitions



MUNCH! © Didrick_Stenersen

The Norwegian National Opera & Ballet

A guided tour including the story of the famous singer Kirsten Flagstad.

www.visitoslo.com/en/product/The-Norwegian-National-Opera-Ballet



Bjørvika with the Opera House and MUNCH! © Didrick Stenersen

The Norwegian National Theatre and the Ibsen Museum

Learn the story about Henrik Ibsen's wife Suzannah Ibsen. As her son describes his famous parents; "He was a genius. She was the character."

www.visitoslo.com/en/product/National-Theatre
<https://ibsenmuseet.no/en>

Accommodation on post-tour I

Hvitsten

Ramme Fjord Hotel by Classic Norway
Classic Norway
Rammeveien 90
NO-1545 Hvitsten
Tel.: +47 64 98 32 00
post@rammefjordhotell.no
www.classicnorway.com/hotels/rammefjordhotell

Oslo

Thon Hotel Cecil
Stortingsgata 8
NO-0161 Oslo
Tel.: +47 23 31 48 00
cecil@thonhotels.no
www.thonhotels.com/our-hotels/norway/oslo/thon-hotel-cecil



Galleri Würth © Andi Schmid, München

Flights

Sunday 10th of April:

Earliest departure from Oslo Airport OSL at 15:30

Suggested flights:

- 15:55 Departure from Oslo Airport OSL to Copenhagen with D8 3226.
Arrival at 17:05
- 16:35 Departure Oslo Airport OSL to Amsterdam with SK 827.
Arrival at 18:25
- 16:40 Departure Oslo Airport OSL to Paris with SK 839.
Arrival at 18:55
- 17:10 Departure Oslo Airport OSL to London with SK 811.
Arrival at 18:30

Alternatively, departure from the Color Line terminal in Oslo, with departure at 14:00

Return flight/ferry must be booked and paid for by each participant.

See additional information on page 2.



Gourmet food at Ramme Fjord Hotel © Ramme Fjord Hotel

Post-tour J

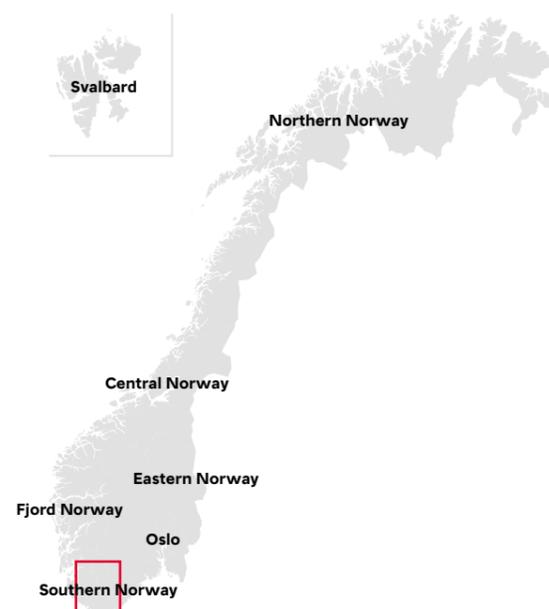
Nature based activities, local food, and cultural experiences in historical and authentic surroundings

(Southern Norway)

Description

Explore the rural gems of the Agder region. We will visit award-winning producers of local food, attend one of Norway's old traditions of baking "lefse" and we will take a look at one of the few remaining wood-fired steamboats in Norway. We will also get to see where they make jewellery to the traditional folk costume "bunad".

This tour offers local food and a historic cultural journey, in a beautiful part of Norway.



Traditional costume from Setesdal © Setesdalsmuseet



Facts

- **Duration:** 8th-10th of April
- **Organisers:** HANEN, www.hanen.no
- **Tour conductors:** Ms. Ellen Rebekka Knabenes, post@heddan-gard.no
Tel.: +47 975 39 839
- **Clothing:** Warm and leisurely clothing
- **Target groups:** Small groups seeking soft adventures.
- **Max. participants:** 12
- **Min participants:** 7

Programme may be subject to change

Highlights on post-tour J

Sølvgården Hotell & Feriesenter

Sølvgården is a family business with several family members working both at the hotel and at the silver workshop. When you first see Sølvgården Hotell, it may remind you of a small fairy-tale castle. It's a small adventure in combination with Setesdal's culture and traditions and gives an exciting interior and resilient decoration combined with modern facilities that we know you will appreciate. The hotel has 23 rooms; single rooms, double rooms, family rooms and a beautiful tower suite spread over three floors. We will get a tour in the silver workshop where they make the silver for use on all bunads in Telemark, Agder and Setesdal. At Sølvgården we will also eat a lovely dinner based on local produce, and stay the night. www.hanen.no/en/bedrift/637

Røyland Gård - local delicacies and farm shop

The farm Røyland Gård produces lovely jam and other products based on fruits from their own garden or berries from the forest. They have been awarded with several prizes for their products. You can visit their farm shop. We will attend a tasting of their different types of lovely home-made jam. www.hanen.no/bedrift/855



D/S Bjoren © Setesdalsmuseet

Bjoren verksted

D/S Bjoren is one of a few wood-burning passenger steamboats the country. The steamer was built in 1867, and is a floating, cultural monument. Bjoren was in regular service between 1867 and 1957, and now sails on the lake of Byglandsfjorden in June, July, and August. Normally two and a half hour trips. The steamer may be chartered for groups up to 55 persons and is licensed for beer and wine. The boat season is not on yet, but we will visit the repair-shop where the boat is and see the lake it usually sails. www.hanen.no/en/bedrift/660



Getting ready for the sleigh ride © Eikerapen Gjestegard

Eikerapen Gjestegard

Eikerapen hotel is set in a fantastic mountain landscape on the shores of lake Ørevatn in Åseral in Vest-Agder. They are Norway's southernmost winter destination. Here you can ski at their alpine ski centre just metres from the hotel, enjoy wonderful attractions and activities nearby and make use of miles of marked hiking and cross-country skiing trails right on our doorstep. We will attend sleigh rides, get a tour of the facilities, and listen to some story telling and have lunch. www.hanen.no/en/bedrift/1042

Highlights on post-tour J

Heddan Guesthouse

Heddan Guesthouse, a “Norwegian Heritage” resort, is situated 40 km inland from Norway’s southern coast. With its secluded location, nature with moose, beavers and the golden eagle are its closest neighbours. Rooms with bed & breakfast or half board as well as self-catering cabins are available at Heddan Gard, both for individual travellers as well as for groups. Heddan Gard is a good starting point for daily excursions in southern Norway. Highlights such as Lindesnes, Lysefjord, Kjerrag and Setesdal are only a few hours away. With the emphasis on Norwegian culture and history, both in landscape, buildings and meals, adventurous memories are always close at hand. 25 Km of hiking paths take you through the changing landscape. A meal in the restaurant is based on regional traditions with focus on local products and natural taste. Charming old buildings in an exciting environment are equipped with modern comfort. At Heddan Gard, easily accessible nature is open all year, both by foot, biking or skiing.

The Norwegian speciality “lefse”

At Heddan Guesthouse we will learn to make «lefse», one of Norway’s oldest food traditions. The “lefse” can be used as an appetizer, with dinner or with brown cheese or butter and suger with your coffee. There are different varieties of lefse in different regions of Norway.



Making lefse with Heddan Guesthouse © Heddan Gard

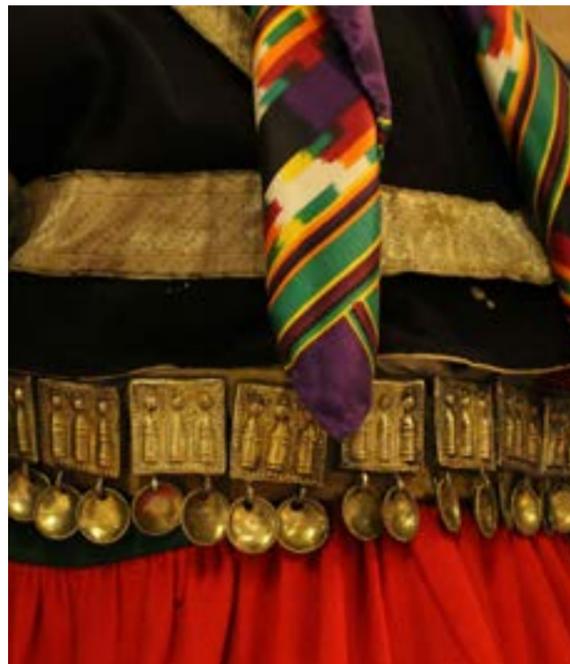
Beaver safari with Heddan Guesthouse

At Heddan we will also attend a «beaver safari» where we go out and see where the beaver lives. We will also be served local food dinner here and stay here for the night.

www.hanen.no/en/bedrift/381

The Museum of Setesdal

The Museum of Setesdal offers several museum experiences, from Hovden in the north to Iveland in the south of the valley. One of these museums is Setesdalsmuseet. Traditional peasant culture, archeology, geology, defense history and a rose-painted church are part of what the museum can offer. www.setesdalsmuseet.no



Traditional costume from Setesdal © Setesdalsmuseet

Accommodation on post-tour J

Rysstad

Sølvgården Hotel
Setesdalsvegen 3214
NO-4748 Rysstad
Tel.: +47 37936130
post@solvgarden.no
<https://solvgarden.no>

Tingvatn

Heddan Guesthouse
Laukrokveien 772
NO-4595 Tingvatn
Tel.: +47 975 398 39
post@heddan-gard.no
www.heddan-gard.no/english



Local specialties from Røyland Farm © Røyland Farm

Flights

Sunday 10th of April:

Earliest departure from Kristiansand at 17:00

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

See additional information on page 2.



The Setesdal Museum © Setesdalsmuseet

Post-tour K

The National Scenic route from Flekkefjord to Bore

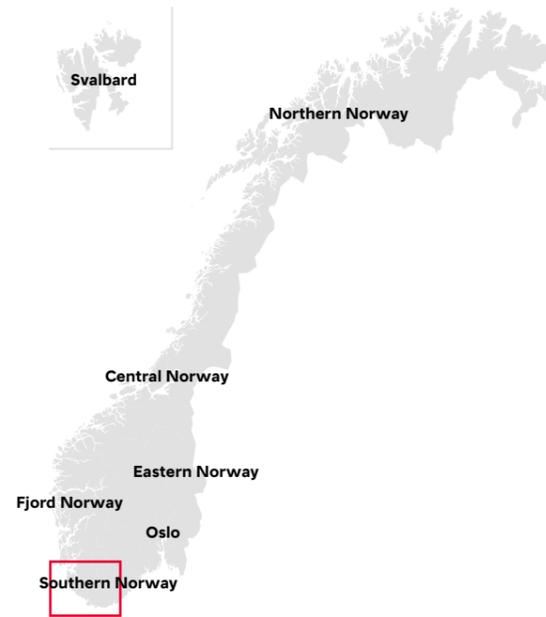
(Southern Norway / Fjord Norway)

Description

The National scenic route Jæren will be prolonged to Flekkefjord from 1st of January 2022.

The goal of The Norwegian Scenic Routes is to make Norway a more attractive tourist destination and to strengthen the industry and population in the districts. Norwegian Scenic Route Jæren is one 18 routes that are labelled a Norwegian Scenic Route.

The route will take you through landscape with steep mountains, fjords, iconic potholes, and picturesque islands. Historical old towns with good shopping possibilities and villages along the coast. When we reach Jæren experience wide horizons and endless ocean. Constantly changing weather and light. We will take you to many exciting experiences along the route!



Hollenderbyen Flekkefjord © Gjermund Glesnes / Visit Sørlandet



Facts

- **Duration:** 8th-10th of April
- **Organisers:** Visit Southern Norway, <https://en.visitorslandet.com> and Region Stavanger, www.regionstavanger.com
- **Tour conductor:** Ms. Ellen Frisvold, ellen.frisvold@regionstavanger.com Tel.: +47 900 43 290
- **Clothing:** Warm and good clothing for outdoor activities. Good shoes for hiking.
- **Target groups:** FITs and smaller groups, interested in local culture and food, world heritage and nature-based soft activities – live like a local.
- **Max. participants:** 15
- **Min participants:** 8

Programme may be subject to change

Highlights on post-tour K

Guided tour of Flekkefjord

The old town in Flekkefjord, called “Hollenderbyen”, which means the Dutch town, is made up of old white wooden houses in small lanes around the city. Explore this charming town and its unique street art.

<https://en.visitorslandet.com/flekkefjord/>

Excursion to the island of Hidra

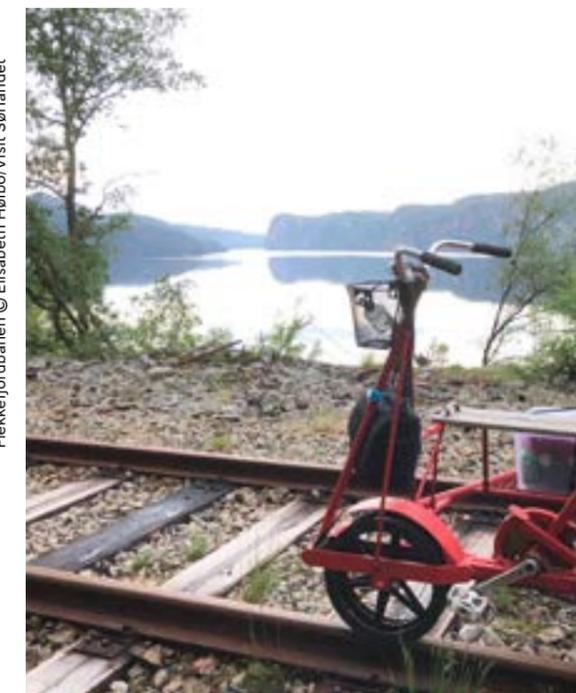
This island is located outside Flekkefjord and connected by a short ferry crossing. The islands have a long history including Vikings and World War II. Visit the island for amazing seafood, outdoor activities, cultural trails, and a great view of the North Sea.

<https://en.visitorslandet.com/flekkefjord/things-to-do/hidra-island/>

Rail biking

Welcome to Flekkefjordbanen and our railway biking trips. A perfect activity whether you're a family or a group of friends. The bicycles are custom made and specially designed for comfortable and safe cycling on railway tracks. They are tandem bikes, and there's room for two people cycling, and one passenger as well. This day you will give you a small taste of this beautiful trip.

<https://flekkefjordbanen.com/en/>



Flekkefjordbanen © Elisabeth Hjelbo/Visit Sørlandet



Helleren © Brian Tallman Photography

Helleren in Jøssingfjord

This rock forms a natural roof and shelter that have been taken advantage of by people for thousands of years. The two houses placed under Helleren do not have roof thatching - simply because they are protected by it - and this is also the reason why these two houses and this landscape provide a unique and special experience.

www.regionstavanger-ryfylke.com/see-and-do/helleren-and-jossingfjord

Sogndalstrand

This is the only village in Norway where both the wooden buildings from the 1700's and 1800's and the surrounding cultural landscape are listed as protected.

www.regionstavanger-ryfylke.com/see-and-do/sogndalstrand

Highlights on post-tour K

Trollpikken in Magma UNESCO Global Geopark

This is a phenomenon created by the ice during the last ice age that ended about 10,000 years ago. An adventurous trip of 2.3 kilometres each way is suitable for happy walkers along the asphalt, gravel road and path.
www.regionstavanger-ryfylke.com/see-and-do/hiking/find-your-hike/trollpikken

Berentsen Brygghus

In Egersund we will join a Beer and gin tasting experience with the brewery.

Egersund

This is a cosy town with historic wooden houses, a beautiful town centre with many niche shops, tasty restaurants and cafes, and a rich cultural life. You can experience the varied and diverse nature by trips in forests, fields, and mountains. The beautiful coast is a wonderful experience both by boat and on foot.
www.regionstavanger-ryfylke.com/information/product-catch-all/egersund-town-centre



Trollpikken © Kjetil Bentsen

Geobike Egersund – Hellvik

We go by el-bikes on the old, discontinued railway section between Hellvik and Egersund.
www.regionstavanger-ryfylke.com/see-and-do/jaerruta

Jæren - The beaches of Jæren

The beaches of Jæren stretch from Brusand to Sola. The sandy beaches and beach areas are superb for walks in all seasons. In total there are approx. 70 km of beaches. Most of them are sandy beaches but there are also pebbled beaches.
www.regionstavanger-ryfylke.com/see-and-do/the-jaeren-beaches-protected-landscape-area-and-hope-spot



Electric bikes © Jærruta

Accommodation on post-tour K

Flekkefjord

Maritim Fjordhotel
Sundegaten 9
NO-4400 Flekkefjord
Tel.: +47 38 32 58 00
maritim@fjordhotellene.no
www.maritimfjordhotel.no/hotell-i-flekkefjord-

Egersund

Grand Hotell
Johan Feyers gt. 3
NO-4370 Egersund
Tel.: +47 51 49 60 60
booking@grand-egersund.no
www.grand-egersund.no/home



Orre beach © Anita-Hamremoen



Sogndalstrand © Knut Bry

Flights

Sunday 10th of April:

Earliest departure from Stavanger Airport Sola at 14:10

Return flight from Stavanger must be booked and paid for by each participant.

See additional information on page 2.

 **Norway**

Powered by nature



Fiskebrygga - The fish wharf in Kristiansand © Hildegunn Skage Teinum