

PRE/POST TOURS

NORWAY
POWERED BY NATURE

Norwegian Travel Workshop 2018


VISITNORWAY.COM

Hiking to Preikestolen, Stavanger Region. Photo: Terje Rakke/Nordic Life

PRICES PRE AND POST TOURS 2018

NOTE!

Participation on pre and post tours for NTW 2018 is free of charge apart from costs for domestic flights as specified under each tour. **Cancellation of tour after 1st March 2018 will be charged with a fee equal to these costs.** If there is no flight cost, the cancellation fee will be NOK 1.000,-.

Domestic flights will mainly be booked by Innovation Norway. **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.

Cost for legs cancelled will only be reimbursed if cancellation involves all flights connected with the tour.

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

TOUR	NAME/DESTINATION	NOK
Pre tour A	Geilo/Valdres/Nasjonalparkriket: Norwegian winter adventures	0,-
Pre tour B	Setesdal/Ryfylke: Sustainable destinations – nature, culture and local food	0,-
Pre tour C	Rogaland/HANEN: Nature based activities and local food in historical and authentic surroundings	0,-
Pre tour D	Fjord Norway: Fjord life and fjord villages	0,-
Pre tour E	Trøndelag: Walk in the footsteps of the pilgrims, explore Viking adventures and taste local food	1.650,-
Pre tour F	Northern Norway: Narvik and the inland valleys	2.065,-
Post tour G	Oslo and the southern region: Norwegian explorers and artists	1.200,-
Post tour H	Fjord Norway: Hidden pearls in the Stavanger region	0,-
Post tour I	Fjord Norway: Discover Fjord Norway and the Norwegian Scenic Routes	0,-
Post tour J	Northern Norway: An introduction to the north - the city of Tromsø and the islands of Lofoten	1.880,-

NOTE!

Tour participation is not confirmed when signing up for NTW. Confirmation will follow in 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. **Programmes may be subject to change.**



Preikestolen – The Pulpit rock. Photo: Terje Rakke/Nordic Life/Region Stavanger

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Surfing in the Stavanger region. Photo: Sune Eriksen

Pre tour A

Geilo/Valdres/Nasjonalparkriket: Norwegian winter adventures

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DESCRIPTION

Get a taste of what the Norwegian mountain region has to offer during the winter season. This tour will showcase a variety of soft adventures such as cross country, snowshoeing and dog sledding – all with local guides in breath-taking scenery, surrounded by some of Norway's major national parks. You'll stay at traditional mountain hotels and lodges which are all acknowledged for their takes on local cuisine. Learn why the winter season can be the perfect opportunity for families, couples and small groups to explore the Norwegian mountains.

FACTS

Duration: 12th–15th of April 2018

Organisers:

Visit Geilo, www.geilo.com

Visit Valdres, www.valdres.no

Nasjonalparkriket, www.nasjonalparkriket.no

Tour conductor:

Ms Annette Neshagen, annette@mountainsofnorway.com

Tel.: +47 911 03 336

Clothing:

Warm, waterproof and comfortable clothes and warm winter/hiking shoes.

Max. participants: **16** Min. participants: **8**

Programme may be subject to change



HIGHLIGHTS ON THIS TOUR

THE NATIONAL PARK REGION. With giants like Dovre, Rondane and Jotunheimen within its borders, the region of northern Gudbrandsdalen seems like it's purpose-built for wintery adventures. No matter whether you prefer skiing, mountaineering or snowshoeing, this region has something to offer. We'll introduce you to some of the best adventure providers, and let you try some of them for yourself. www.nasjonalparkriket.no

VALDRES. From wide and family-friendly plateaus on one hand, to steep mountains and hillsides on the other, the Valdres region can offer something for both the thrill-seekers and the soft adventurers alike. We'll visit the buzzing resort town of Beitostølen and its mythical little brother to the west, Vaset, to try out some of the winter activities that can be found here – including tobogganing and cross country skiing. www.valdres.no

GEILO. With its long-standing tradition as a mountain resort, the Geilo region has been a hot-spot for winter adventures for more than a century. Even though this town is most famous for its alpine skiing, we'll check out some of the other options that are available – including fat biking, dog-sledding and ice-fishing. You'll also meet several other activity providers that operate in one of Norway's major sustainable destinations. www.geilo.no

- **SNOWSHOEING** at night. A magical snowshoe experience, exploring the winter night with headlights. This guided snowshoeing tour will take you through nature reserves and striking Norwegian Scenery. Snowshoeing is the perfect way to get around in the snow, and with headlights guiding the way this activity will be a whole new experience. www.hindseter.no
- **TOBOGGANING/AIR BOARDING.** Great fun for thrill-seekers of all ages at Beitostølen. Choose between air boarding - an inflatable sled, or a more traditional sled. Find the inner child in you, as you slide down the wintery slopes of Beitostølen. This activity is sure to bring back some childhood memories. www.beitostolen.com



Dog sledding at Geilo. Photo: Geilo Husky



Tobogganing. Photo: Beito Aktiv



Fatbiking at Geilo. Photo: Andreas Hällgren

HIGHLIGHTS ON THIS TOUR

- **FAIRY TALES of the mountains.** Sit back and relax after an adventurous day outside. Enjoy a heartwarming meal by the campfire in the unique Eldstogo building - a cosy wooden lavvu. Get a true Norwegian Experience as you immerse in old fairy tales from past times. With its dimmed lighting and evocative feel, this is the perfect venue for storytelling. www.brennabu.no
- **WINTER ACTIVITIES:** Geilo offers a great variety of activities for all ages. Get a taste of the thrill and choose between activities like dog-sledding, ice-fishing and fat biking from local providers. This is definitely an exciting way to experience the surroundings. www.geilo365.no
- **ENERGIHOTELLET** is a small intimate design hotel located between the famous tourist attractions Preikestolen and Trolltunga. The family-driven hotel is known for its architecture, culture and local cuisine, with the view of the surrounding mountains as a backdrop. www.energihotellet.no
- **THE NORWEGIAN CROSS COUNTRY EXPERIENCE.** Learn to master the skis like a true Norwegian at Vaset. Often referred to as nordic due to its Scandinavian roots, cross-country skiing has a special place in Norwegian culture and history. Feel the joy as your skis slide rhythmically through the snow in tranquil winter landscape. We provide the equipment so you can focus on mastering the art of skiing. www.gomobu.no



Cross-country skiing at Gomobu in Valdres. Photo: Gomobu Fjellstue

ACCOMMODATION

TESSANDEN

Hindsæter
Sjodalsveien 1549
NO-2683 Tessanden
Tel.: +47 61 23 89 16
post@hindseter.no
www.hindseter.no

RØN

Gomobu Fjellstue
Valtjedenvegen
NO-2960, Røn
Tel.: +47 61 35 77 10
post@gomobu.no
www.gomobu.no

GEILO

Dr. Holms Hotel
NO-3580 Geilo
Tel.: +47 32 09 57 00
post@drholms.com
www.drholms.com

INFORMATION

MEETING POINT/TRANSPORT

THURSDAY 12th of APRIL

Pick-up at Oslo Airport OSL at 14:00.
Latest arrival at 13:00.



Snow shoeing at Hindsæter. Photo: Hindsæter

Pre tour B

Setesdal/Ryfylke: Sustainable destinations – nature, culture and local food

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DESCRIPTION

Setesdal, Lysefjorden and Ryfylke are included in Innovation Norway's Sustainable Destination programme.

This pre tour will focus on how to include nature, culture and local food in a sustainable way.

FACTS

Duration: 12th-15th of April 2018

Organisers:

Visit Setesdal, www.setesdal.com and
Visit Lysefjorden, www.visitlysefjorden.no

Tour conductor:
TBA

Clothing: Warm and leisurely clothing. Wind- and water-
proof jacket/rain coat and solid shoes.

Max. participants: **15** Min. participants: **6**

Programme may be subject to change



The Setesdalen valley. Photo: Noreg tett på / Anders Martinsen Fotografer

HIGHLIGHTS ON THIS TOUR

- **TROLL AKTIV** rafting and activity centre in Evje. Troll Aktiv are located one hour from Kristiansand and offer over twenty different outdoor sport activities such as rafting, climbing, bicycling. <http://trollaktiv.no/en/>
- **ELKTUN ELK PARK.** Here you have the opportunity not only to see, but also to meet the king of the forest up close. www.elgtun.no/front-page
- **SETESDALSMUSEET** has 100 year's of history as a museum. Setesdalmuseet will present local costumes, local architectural style as well as live local folk music. www.setesdalmuseet.no/ (**website only in Norwegian**)
- **SARVFOSEN** - Green power. Large reservoirs are required for operating the power stations along the river Otra in a carefully planned and efficient manner. The Sarvsfossen Dam is the most recent development project in the Otra waterway system. It is located just outside the centre of Bykle. www.visitnorway.com/listings/the-sarvsfossen-dam-in-bykle/186255/
- **SØLVGARDEN HOTEL** with focus on local food and local craftsmanship. Surrounded by waterfalls and mountains, Sølv garden is located in the idyllic Setesdal Valley, where you can unwind in serene surroundings, enjoy the magnificent scenery and experience Norwegian culture and traditions. Sølv garden is in the centre of the village of Rysstad, close to the River Otra, where you can go fishing, swimming and canoeing. Sølv garden is rated by the Norwegian Hospitality Association as a 4-star hotel with a 5-star campsite. www.solvgarden.no



Setesdalen museum. Photo: Noreg tett på / Anders Martinsen Fotografer

HIGHLIGHTS ON THIS TOUR

- **NORWEGIAN SCENIC ROUTE SULDAL to LYSEFJORDEN.** This route is part of the Norwegian scenic route which offer exceptional scenic experiences, passing through some of the country's most magnificent landscapes. www.regionstavanger-ryfylke.com/see-and-do/norwegian-scenic-route-ryfylke-p1799873RV
- **FLØRLI 4444.** Flørli is a roadless hamlet deep into the spectacular Lysefjord. Flørli is popular for its 4444 steps right up the mountain – the longest wooden stairway in the world. It is also known for its hydropower history – in the power hall you can visit the exposition and enjoy local food in the Power Café. In Flørli we will join a guided hike included the 4444 steps to the mountain. There is also an easier hike alternative available. www.florli.no
- **LYSEFJORDEN** is a 40 km long fjord with fascinating mountains on both sides, home of the iconic sites such as Preikestolen, Kjerag and Flørli. On a Lysefjord cruise you will experience the famous Pulpit Rock from the fjord. A cruise on Lysefjorden offers waterfalls, idyllic islands, and stunning nature. www.regionstavanger-ryfylke.com/top-attractions/the-lysefjord-and-florli
- **ENERGIHOTELLET.** Local food, industrial history, architecture and culture are key points to the hotel with the lake and the surrounding mountains as backdrop. www.energihotellet.no/eng/home



Preikestolen / The Pulpit Rock. Photo: Flørli4444

ACCOMMODATION

KRISTIANSAND

Scandic Hotel Bystranda Kristiansand
Østre Strandgate 74
NO-4608 Kristiansand
Tel.: +47 21 615 000
KristiansandBystranda@scandichotels.com
www.scandichotels.com/hotels/norway/kristiansand/scandic-kristiansand-bystranda

RYSSTAD

Sølvarden Hotel
NO-4748 Rysstad Setesdal
Tel.: +47 37 93 61 30
post@solvarden.no
www.solvarden.no

SULDAL

Energihotellet
Øvre Kilen 1
NO-4244 Nesflaten i Suldal
Tel.: +47 51 20 05 55
post@energihotellet.no
www.energihotellet.no/eng/home

INFORMATION

FLIGHTS

Please schedule arrival in Kristiansand no later than 17:00/5 pm.

THURSDAY 12th of APRIL

Suggested flights:

14:30 Dep. Oslo Airport OSL with SK215
15:15 Arr. Kristiansand Airport Kjevik KRS

Alternative by boat from Denmark

12:15 Dep. from Hirtshals, DK
15:30 Arr. Kristiansand

This flight/boat must be booked by each participant

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

See additional information on page 2.



View from Flørli towards the fjord. Photo: Flørli4444

Pre tour C

Explore Rogaland with HANEN: Nature based activities and local food in cultural, historical and authentic surroundings

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DESCRIPTION

Join us for an exclusive tour and explore great nature, local food, and adventurous activities! We'll drive along National Tourist Route Jæren, before stopping at Smiegarden Kultur- og gjestegård. We'll visit Sirdal Huskyfarm, and Byrkjedalstunet for dinner and sleep in quiet surroundings. We'll cross islands and fjords, and taste delicious handmade chocolate at Lysefjorden Sjokolade, while enjoying the spectacular view of Preikestolen. You don't want to miss out on salmon safari at Mo Laksegard or a guided walk at Allmannajuvet. We'll also make a stop at Norway's best preserved medieval monastery, Utstein kloster. Join us for this and more, and we'll promise you a unique experience!

FACTS

Duration: 13th-15th of April 2018

Organiser:
HANEN (Norwegian rural tourism and food),
www.hanen.com

Tour conductor:
Ms Eli Undheim, eli.undheim@gmail.com
Tel.: +47 915 21 576
Clothing: Warm and leisurely clothing.

Max. participants: **10** Min. participants: **8**

Programme may be subject to change



Lysefjorden chocolate. Photo: Lysefjorden chocolate



Byrkjedalstunet. Photo: Byrkjedalstunet

HIGHLIGHTS ON THIS TOUR

- **NATIONAL TOURIST ROUTE JÆREN.** At first glance the road is uneventful, but then you experience the subtle shifting patterns of light, the undulating landscape and the horizon far out over the ocean. It is the ocean and not the road that dominates here. www.nasjonale turistveger.no/en/routes/jaeren
- **SMIEGARDEN KULTUR- og GJESTEHUS:** Smiegarden Culture and Guest house offers an environment made for recreation, local food from the area (e.g. award winning cheese from Voll Ysteri, www.hanen.no/bedrift/212 and the award winning rhubarb lemonade from Köhler-Paviljongen, www.hanen.no/bedrift/792) - all in historical and cultural surroundings. The old smithy is over 100 years old, and is kept like the blacksmith left it over 40 years ago. www.hanen.no/bedrift/601
- **SIRDAL HUSKYFARM.** Enjoy dogsled, cultural history and the landscape of Sirdalsheiene; the perfect place for outdoor activities. www.hanen.no/bedrift/321 and <https://sirdalhuskyfarm.no/en/>
- **BYRKJEDALSTUNET.** Top modern comfort in peaceful surroundings. They serve food made with pride, and have their own lighting fixture with handmade candles. www.hanen.no/bedrift/806 and www.byrkjedalstunet.no/en/welcome/
- **LYSEFJORDEN SJOKOLADE.** We'll enjoy lovely, handmade chocolate, combined with the beautiful scenery of Lysefjorden and Preikestolen. www.hanen.no/bedrift/804 and www.facebook.com/Lysefjorden-Sjokolade-230295267131714/
- **GRØNVIK GARD.** The apple farm Grønvik is placed in the most luxuriant area of Ryfylke. The climate and the soil are perfect for growing apples, and the first apple trees were planted in the 19th century. Here we'll enjoy lunch and the beautiful fruit gardens. www.hanen.no/en/bedrift/439 and <http://gronvikgard.no/>



Lavvo at Mo Laksegard. Photo: Lise Bjelland

HIGHLIGHTS ON THIS TOUR

- **MO LAKSEGARD.** Get ready for outdoor activities, such as salmon safari in the river Suldalslågen. Later, we'll enjoy the quiet atmosphere, food served in the lavvo, and we'll visit their home brewery. All in traditional cultural surroundings. www.hanen.no/en/bedrift/226 and www.molaks.no
- **NATIONAL TOURIST ROUTE RYFYLKE/ALLMANNAJUVET.** This drive is a trip full of contrasts and natural characteristics; high barren mountains, hillsides and the deep fjords. Allmannajuvet offers an interesting cultural history of the mines. www.nasjonaleturistveger.no/en/routes/ryfylke
- **NESHEIMSTUNET.** This place has been in the Nesheim family since the 15th century. Enjoy the beautiful view, quiet atmosphere and local homemade food, served by hostess Elisabeth Nesheim. www.hanen.no/en/bedrift/236
- **KLOSTERGARDEN and UTSTEIN MONASTERY.** Here we will visit Klostergarden Farm Shop and Norway's best preserved medieval monastery, located in beautiful, historical surroundings. www.hanen.no/bedrift/721 and <http://klostergarden.no/english/> and <http://utsteinkloster.no/en/>



Sirdal Huskyfarm. Photo: Sirdal Huskyfarm

ACCOMMODATION

DIRDAL

Byrkjedalstunet
Hunnedalsvegen 3231
NO-4335 Dirdal
Tel.: +47 51 61 29 00
post@byrkjedalstunet.no
www.byrkjedalstunet.no/en/welcome

SAND

Mo Laksegard
Sandsbygda 56
NO-4230 Sand
Tel.: +47 970 42 825
post@molaks.no
www.molaks.no

INFORMATION

FLIGHTS

Pick-up at Stavanger Airport Sola SVG for departure at approximately 11:30.

FRIDAY 13th of APRIL

Suggested flights:

09:55 Dep. Oslo Airport OSL, SK4017
10:45 Arr. Stavanger Airport Sola SVG

08:55 Dep. Oslo Airport OSL, DY526
09:45 Arr. Stavanger Airport Sola SVG

08:05 Dep. Copenhagen Airport Kastrup CPH, SK1870

09:15 Arr. Stavanger Airport Sola SVG

These flights must be booked by each participant

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

See additional information on page 2.



Room at Byrkjedalstunet. Photo: Byrkjedalstunet



Making coffee over open fire, Mo laksegard. Photo: Ester Borgos

Pre tour D

Fjord Norway: Fjord life and fjord villages

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DESCRIPTION

The villages in Fjord Norway reflect the personality of the people who live there. They are shaped by the landscape, the ocean, the cultural landscape and the mountains. We invite you to be here to believe it! to experience that past and modern fjord life go hand in hand.

From Bergen, the gateway to the fjords, the journey takes you through the spectacular mountain landscape, exploring fjord life, traditional Norwegian culture, history and locally produced food.

FACTS

Duration: 12th-15th of April 2018

Organisers:
Fjord Norway, www.fjordnorway.com

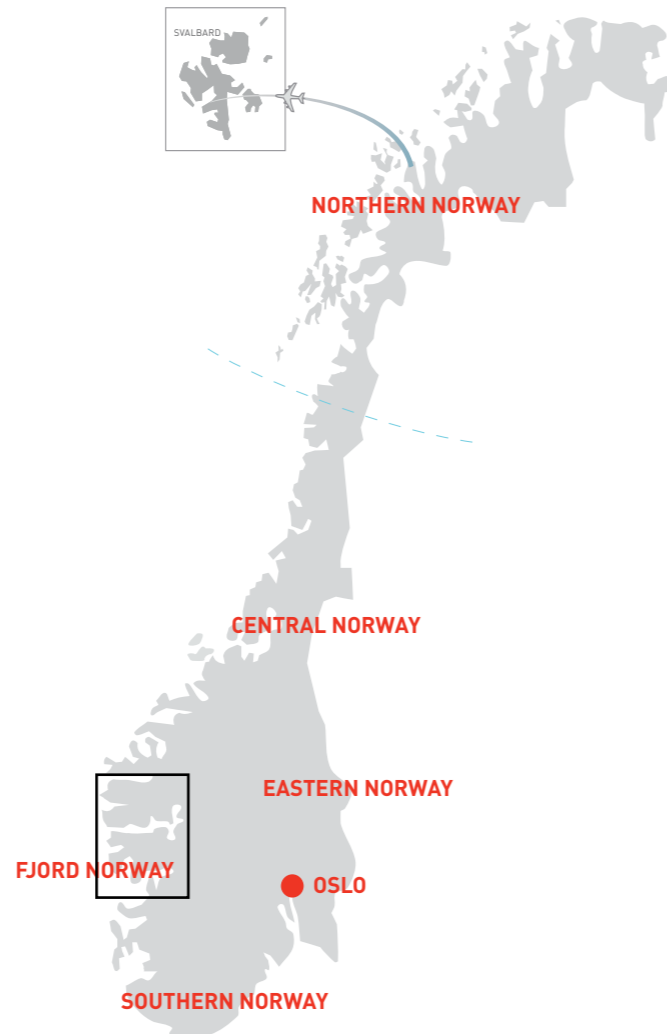
Tour conductor:
Ms Betina Hansen, betina@fjordnorway.com
Tel.: +47 954 64 643

Clothing: Warm and leisurely clothing. Wind and water-proof jacket/rain coat and solid shoes.

Tour information:
This tour is based on sightseeing and soft adventure, and will fit for tour operators selling both group tours and to FITs.

Max. participants: **20** Min. participants: **10**

Programme may be subject to change



Sunnfjord Museum . Photo: Espen Mills

HIGHLIGHTS ON THIS TOUR

- BERGEN** – The gateway to the Fjords of Norway. Meet and greet in Bergen Airport. Bergen is an international city packed with small-town charm and atmosphere. Some of the big landmarks are the UNESCO World Heritage listed Hanseatic Wharf at Bryggen, Fløien and Ulriken that takes you to the top of two of seven mountains surrounding the city. Bergen is also a proud Creative City of Gastronomy. www.visitbergen.com
- SUNNFJORD.** Leaving the city of Bergen behind, the journey takes you directly through the beautiful fjord landscape into Sunnfjord, and your first experience with fjord life and local food at the Jølstra Museum and Sunnfjord Museum. The Jølstra Museum is a farm village dating back to the 17th Century. Sunnfjord Museum is an open-air museum with 25 antiquarian buildings in authentic cultural landscape. It provides an insight into how life and farming was in Sunnfjord in the mid-1800's. We stay overnight at Scandic Sunnfjord Hotel & Spa in Førde. Before continuing to Loen, we stop at Thon Hotel Jølster for hotel inspection
<https://en.sognefjord.no/sunnfjord/things-to-do/jolstra-museum-p1435413>
<https://en.sognefjord.no/sunnfjord/things-to-do/sunnfjord-museum-p1568253>
www.thonhotels.no/hoteller/norge/jolster/thon-hotel-jolster/?utm_source=google&utm_medium=infoboks&utm_campaign=GMB
- LOEN – NORDFJORD.** Nordfjord is situated between Jostedalbreen, the largest mainland glacier in Europe, and Norway's wildest coast at the western cape, with spectacular mountains and valleys, rolling farmland and a dramatic coast line. Here, you are never far away from great, accessible travel experiences. Nordfjord is Norway at its highest, wildest, deepest and most enjoyable. All in one fjord. Loen is a dynamic fjord village famous for Briksdalsbreen Glacier and Loen Skylift. Briksdalsbreen Glacier is an arm of the mighty Jostedalbreen Glacier and located within the Jostedalbreen National Park. To reach the Briksdalsbreen Glacier we will catch a ride with a 'Trollcar'. Loen Skylift is a spectacular new attraction and adventure arena that takes you from fjord to mountain in 5 minutes. We will stay overnight at Hotel Alexandra, a family-run hotel where centuries-old traditions go hand in hand with modern comfort such as a SPA department with an indoor and outdoor swimming pool and water slide.
www.fjordnorway.com/top-attractions/briksdalsbreen
www.fjordnorway.com/things-to-do/loen-skylift-p2330753
- FJÆRLAND.** The journey continues from Loen through the lush mountain landscape where you get a glimpse of Bøyabreen Glacier, an arm of the mighty Jostedalbreen Glacier, before arriving in the fjord village of Fjærland. Fjærland is a typical fjord village with 300 inhabitants and known for glaciers, the Fjærlandsfjord, the Norwegian Booktown and The Norwegian Glacier Museum. We will experience the interactive Norwegian Glacier Museum that gives you knowledge about glaciers and climate in new and innovative ways. www.english.bre.museum.no/



Fjærland. Photo: Frithjof Fure/www.fjordnorway.com

HIGHLIGHTS ON THIS TOUR

- **BALESTRAND.** Experience the landscape and architecture that inspired the Walt Disney success movie "Frozen". Balestrand is nestled peacefully in the inner part of the world's longest fjord, the Sognefjord, and is known for wonderful lights and breath-taking nature. Artists from all over the world have travelled here for inspiration, and traces of both English and German architecture can be seen in the many villas. English lords and the German Emperor Wilhelm II also spent time in Balestrand. These visitors left their mark on the architecture of villas in Balestrand www.sognefjord.no
- **KVIKNES HOTEL** is a beautiful example of "Swiss" style architecture and a proud member of the Historical Hotels & Restaurants in Norway. The Kvikne family has hosted the hotel since 1877, and neatly expanded and renovated it to a modern hotel with old charm and atmosphere. We will visit for hotel inspection. www.kviknes.no
- **CIDERHUSET.** Growing fruits and making cider is closely linked in the Western part of Norway. In 2017, Ciderhuset became a proud member of the Économusée where the business takes care of and interpret traditional knowledge and craftsman's techniques for future generations. Today, Ciderhuset is run by 3rd generation of fruit farmer Eitungjerde. We are invited to experience the cider production and learn more about the traditional craft. www.ciderhuset.no/home
- **RIB BOAT** from Balestrand to Vik – transfer in a fun way. www.sognefjord.no/sjaa-og-gjere/balestrand-fjord-adventures-p965763
- **SYLVRINGEN IN VIK.** Guided afternoon tour in Vik. Discover the cultural heritage in Vik such as Hopperstad Stave Church, Hove Stone church and "Gamalost" cheese. <https://en.sognefjord.no/things-to-do/sylvringen-a-guided-cultural-experience-in-vik-p1726933>
- **VIKAFJELLET.** Important mountain road connecting Norway from east to west. We will drive part of the beautiful mountain road between Vik and Vinje and experience two seasons in one day. <https://en.sognefjord.no/things-to-do/vikafjellsvegen-rv-13-p1312313>
- **FJORD LINE.** Beautiful fjord cruise between Bergen and Stavanger. www.fjordline.com/en/



Ciderhuset. Photo: R. Westwig/sognefjord.no

Briksdalsbreen glacier. Photo: Berge Myrene

ACCOMMODATION

FØRDE

Scandic Sunnfjord Hotel & Spa
Storehagen 2
NO-6800 Førde
Tel.: +47 57 83 40 00
sunnfjord@scandichotels.com
www.scandichotels.no/hotell/norge/forde/scandic-sunnfjord-hotel-og-spa

LOEN

Hotel Alexandra
NO-6789 Loen
Tel.: +47 57 87 50 00
alex@alexandra.no
www.alexandra.no/en/frontpage.aspx

VIK

Blix Hotell
NO- 6893 Vikøyri
Tel.: +47 57 69 65 50
booking@blixhotell.no
www.blixhotell.no/#

INFORMATION

FLIGHTS

THURSDAY 12th of APRIL

Suggested flights:

12:50 Dep. Oslo Airport OSL, SK263
13:40 Arr. Bergen Airport Flesland, BGO

11:10 Dep. Copenhagen Airport Kastrup CPH, SK2864
12:30 Arr. Bergen Airport Flesland, BGO

12:00 Dep. Amsterdam Airport Schiphol AMS, KL1187
13:40 Arr. Bergen Airport Flesland, BGO

These flights must be booked by each participant

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

See additional information on page 2.



Loen Skylift. Foto: Sølvi Dybevoll

Pre tour E

Trøndelag: Walk in the footsteps of the pilgrims, explore Viking adventures and taste local food.

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DESCRIPTION

We invite you on a beautiful and historical journey through Trøndelag, also known as Central Norway. In this region, many exciting adventures are closely linked to historical events and places.

Experience European tradition and Norwegian culture by walking in the footsteps of the pilgrims - a walk with a meaning and a purpose. Get a taste of the Viking age at Stiklestad, where the famous Battle of Stiklestad took place in 1030.

Experience culture, nature, local food and Norway's exciting history in the vibrant city Trondheim.

FACTS

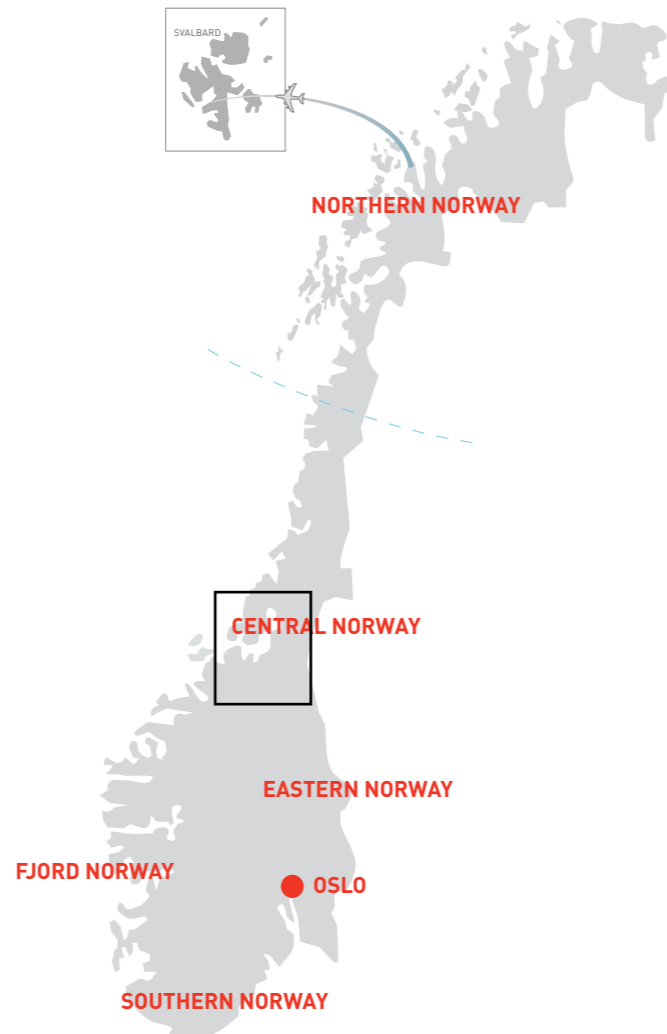
Duration: 12th-15th of April 2018

Organiser:
Trøndelag Reiseliv AS, www.trondelag.com

Tour Conductor:
Ms Karin Fuglem, karin@trondelag.com
Tel.: +47 959 07 383

Clothing: Warm and leisure clothing.
Max. participants: **13** Min. participants: **8**

Programme may be subject to change



HIGHLIGHTS ON THIS TOUR

INNHERRED was an important area in Norway during the middle ages, and the locals are proud of their heritage, the tasty locally produced food, and the varied nature. This is the part of Central Norway who is best known for its many historical sites, especially Stiklestad, the place where Olav the Holy fell in the year 1030 A.D. Because of the historical importance of this destination, Innherred consists of several pilgrim paths waiting for you to discover.

<http://en.visitinnherred.com/>

- VIKING HISTORY at STIKLESTAD NATIONAL CULTURE CENTRE.** Stiklestad in Verdal is the cradle of Norway where the Viking king Olav Haraldsson in 1030 fell in the battle of Stiklestad during the Christianization of Norway. The battle represents the introduction of Christianity in Norway. Stiklestad National Culture Centre is open all year with exhibitions, museum shop, restaurant, café, meetings and conference facilities. www.visitnorway.com/places-to-go/trondelag/innherred/
<http://stiklestad.no/english/>
- VIKING DINNER.** At the medieval guest loft at Stiklestad you will find an elegant, unique place based on the architectural traditions of the High Middle Ages. You will be served middle age inspired food and get the feeling of going back in time – living like a real Viking. You will also get to visit the Viking longhouse, Stiklastadir. An impressive house - 36 meters long, 8 meters wide, 7 meters high and with beautiful carving. <https://stiklestad.no/english/the-medieval-farm-stiklastadir/>
- MUNKEBY HOSTEL.** Feel the touch at this pilgrim hostel and farm, located at between the ruins of Munkeby Abbey from 12th century and the new Munkeby Abbey from 2009. The surrounding area has a fascinating cultural landscape shaped by thousands of years of farming. You can find traces from both Bronze Age and Viking age everywhere. Accommodation in traditional storehouses, farm-shop and café. Munkeby is one of the stops along the pilgrim trail St. Olav's Path. www.munkeby-herberge.no/english
- THE GOLDEN ROAD.** The Golden Road is a fascinating journey, full of providers offering high quality self-made products in the fields of art, handicrafts and local fare. You will get to enjoy traditional food made from old recipes and take in the relaxing surroundings along the road. The Golden Road continuously works to improve their business practices and relations with the local community, following principles of sustainability. <http://dgo.no/?lang=en>



Inderøy. Photo: Steinar Johansen



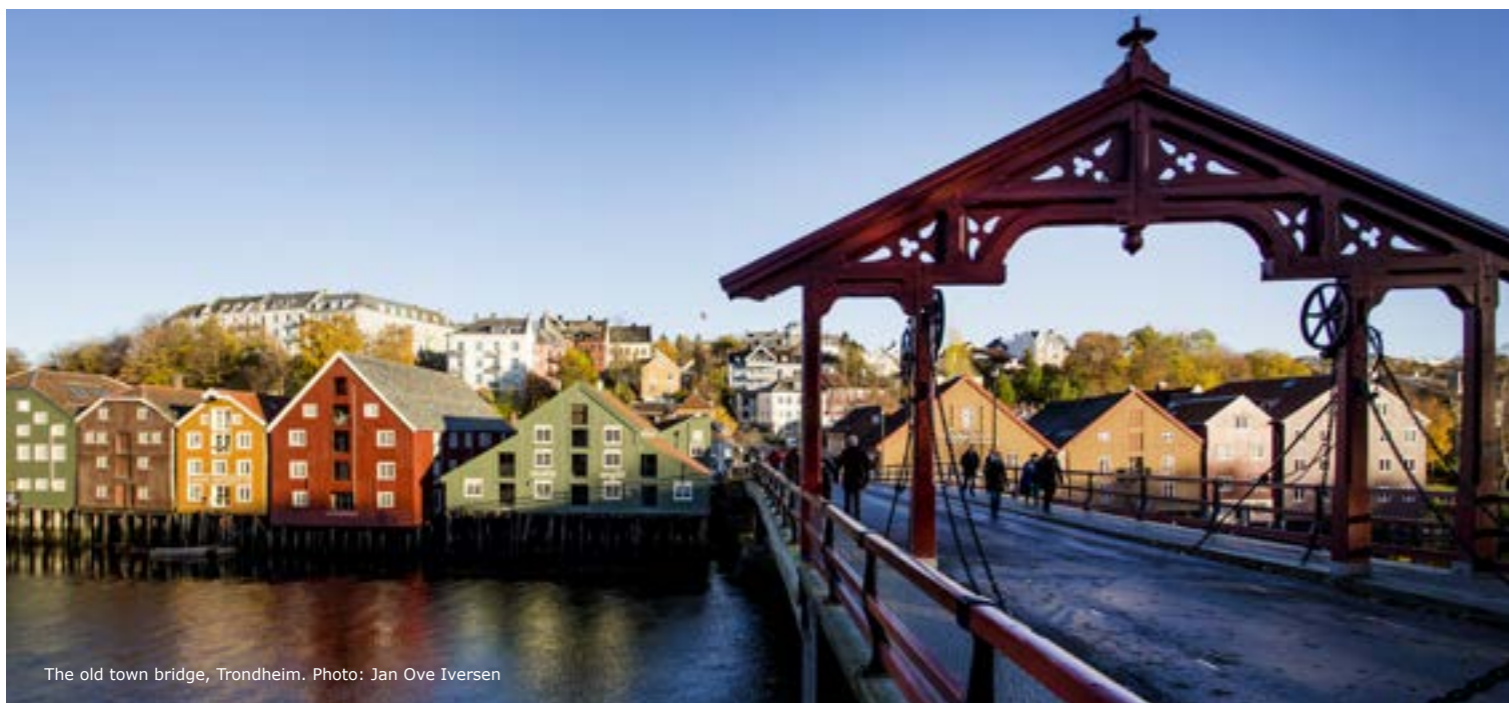
Viking. Photo: Terje Rakke/Nordic Life/Visitnorway.com

Local food, Innherred Photo: Marius Rua

HIGHLIGHTS ON THIS TOUR

TRONDHEIM. As Norway's historical capital Trondheim has played a central role in the nation's history and many of the city's popular attractions bear witness to its importance. Trondheim is a fascinating city with excellent food, amazing sights and recreational countryside. Ever since the death of King Olav II in the battle at Stiklestad in 1030, The Nidaros Cathedral in Trondheim, built over his burial site has been Northern Europe's most important pilgrimage site. <http://visittrondheim.no/>

- **THE ST. OLAV WAYS.** Walk in the footsteps of the pilgrims along The St. Olav Ways. These pilgrim paths to Trondheim, are a network of authentic routes leading through beautiful nature and historical places. Pilgrims and other travellers have used the trails since 1032. The path is coming from all cardinal directions to St. Olav's shrine, the Nidaros Cathedral in Trondheim. On this short tour, you will get to walk on the last leg of the pilgrim route to the goal, Nidaros Cathedral. A representative from the National Pilgrim Center in Trondheim will be your guide on this tour. <http://pilegrimsleden.no/en/about/om-pilegrimsleden>
- **GUIDED PILGRIM TOUR of the NIDAROS CATHEDRAL.** Norway's national sanctuary is the biggest medieval church in the Nordic countries. The cathedral is one of the country's most impressive buildings, filled with elaborate artworks and ornamented stone sculptures. Nidaros Cathedral was built over St. Olav's grave in 1070, and is a popular destination for pilgrims all over Europe. The guided tour will end up in the visitor centre next to the cathedral where you will be served a lunch – a delicious Pilgrim Soup. www.nidarosdomen.no/en-GB/
- **"FOOD WALK".** Trøndelag can rightly be called Norway's leading food region and Trondheim the Food City. This is an exclusive culinary experience for all foodies who appreciate local produce, quality, exciting tastes and food knowledge. You will get to visit some of the best restaurants in the city on this food walk together one of Trondheim's city guides. <http://visittrondheim.no/en/see-do>
- **GO VIKING in TRONDHEIM!** Get a taste of what it was like living in the Viking age. "Hands on History" offers Viking hikes in the Norwegian mountains and will tell you about their exciting, historical products. For some hours you will go back in time learning about – and living like a real Viking. <http://tempusfugittravel.com/>
- **A GUIDED CITY WALK** through the city will reveal impressive architecture, historic sites and beautiful spots that are iconic for Trondheim. On this guided tour, you will get to see the area around the Nidaros Cathedral and the market square, pass the Royal Residence and the old wharves. On the east bank of the river is the Bakklandet neighbourhood with small and colourful wooden buildings, formerly worker's dwellings. Bakklandet is called Trondheim's old city. www.visitnorway.com/places-to-go/trondelag/trondheim/
- **HOTEL INSPECTION BRITANNIA HOTEL.** The hotel reopens in February as an international 5 star hotel with 259 brand new rooms & suites, conference facilities for 300 persons, 13 meeting rooms, ballroom, Palm Court, unique food and drink concepts and a beautiful spa & gym. The ambition is to become Norway's best hotel. www.visitnorway.com/listings/britannia-hotel/199087/



The old town bridge, Trondheim. Photo: Jan Ove Iversen

ACCOMMODATION

VERDAL

Stiklestad Hotell
Leksdalsvegen 1
NO-7656 Verdal
Tel.: +47 74 04 42 00
hotell@snk.no
<https://stiklestad.no/hotell/>

INDERØY

Jægtvolden Fjordhotel
Leksdalsvegen 1
NO-7656 Verdal
Tel.: +47 74 12 47 00
mail@jegtvolden.no
<http://jegtvolden.no/>

TRONDHEIM

Thon Hotel Nidaros
Søndre gate 22B
NO-7010 Trondheim
Tel.: +47 73 87 01 30
nidaros@olavthon.no
www.thonhotels.no/hoteller/norge/trondheim/thon-hotel-nidaros/

INFORMATION

FLIGHTS

THURSDAY 12th of APRIL

17:00 Dep. Oslo Airport OSL, SK364
17:55 Arr. Trondheim Airport Værnes TRD
or
17:40 Dep. Oslo Airport OSL, DY764
18:35 Arr. Trondheim Airport Værnes TRD
These flights must be booked by each participant

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

SUNDAY 15th of APRIL

19:15 Dep. Trondheim Airport Værnes TRD, SK4487
20:25 Arr. Stavanger Airport Sola, SVG
This flight will be booked by Innovation Norway

See additional information on page 2.



Nidaros Cathedral. Photo: Jan Ove Iversen

Pre tour F

Northern Norway: Narvik and the inland valleys - from the giant fjord to the inland wilderness

DESCRIPTION

Lively, active Narvik boasts the highest vertical ski slope in Scandinavia, and is surrounded by 1500 metres high mountains and deep fjords.

The battle of Narvik in spring 1940 was among the first big battles in WWII.

The inland valleys in the north sport a multi-cultural heritage and a safari park with the great, northern predators, surrounded by a vast wilderness of pine forests and impressive mountains

FACTS

Duration: 12th-15th of April 2018

Organiser:
Northern Norway Tourist Board,
www.nordnorge.com/en

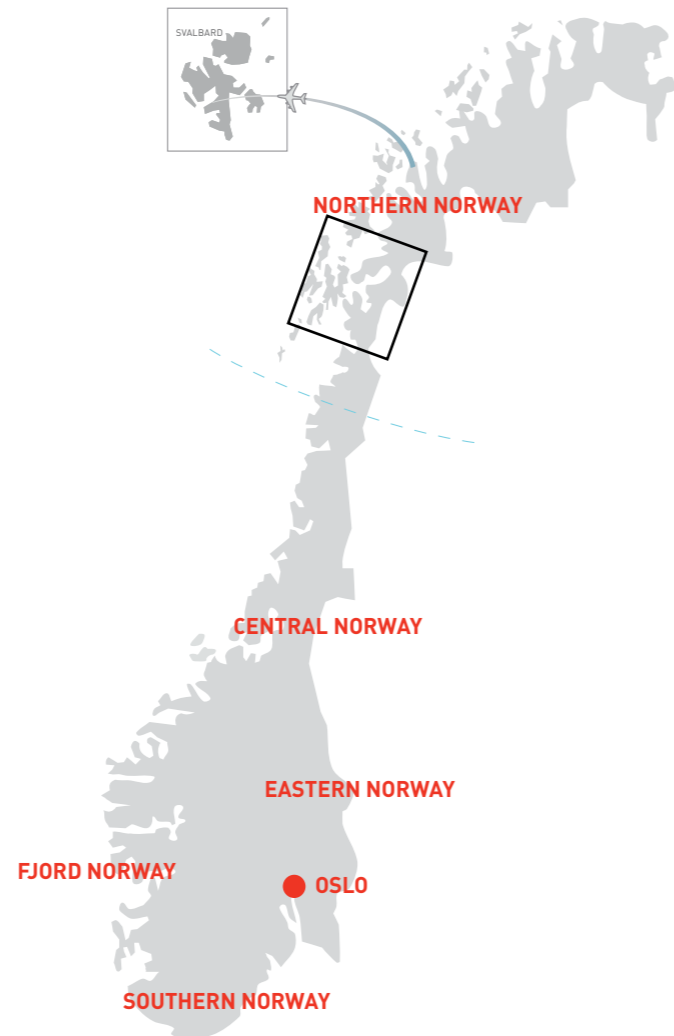
Tour conductors:
A representative from Northern Norway Tourist Board
(TBA)

Clothing:
Warm and leisure clothing.

Max. participants: **15** Min. participants: **8**

Programme may be subject to change

NORWAY
POWERED BY NATURE



HIGHLIGHTS ON THIS TOUR

NARVIK

The port city of Narvik is situated on the dramatic Ofotfjord, with 1500-metres-high mountains around Narvik is Northern Norway's leading ski resort, and the slope with the Scandinavia's biggest drop ends in Narvik's city centre. Owing its existence to the export of Swedish iron ore along the legendary Ofoten Railway, Narvik was the scene of the first great battle of WWII in 1940. Narvik is an up and coming destination focusing on all genres of skiing and Northern Lights in winter, and cycling, hiking and the great outdoors in summer. www.visitnarvik.com

- **NARVIKFJELLET.** The view from the 656 metre high viewpoint over the city, the toy-like iron ore ships way down there, the various interconnected fjords and the impressive alpine peaks is commanding. The cable car, taking us up in 8 minutes, is part of Northern Norway's best-known ski resort, offering both downhill and off-piste up to 900 metres down. www.narvikfjellet.no
- **THE WAR MUSEUM.** In 1940, Norwegian, British, French and Polish forces fought with the German invaders for two months to control the important iron ore port in Narvik. This first big battle of WWII is well-presented in the new war museum of 2016. www.warmuseum.no
- **NJALASUOKA** is a Sami camp and experience centre, run by the local reindeer herders of the area. Lars Eirik Niia, whose family has been herding for generations, will introduce us to Sami lifestyle and reindeer herding. www.njalasoukaadventures.no
- **OWL SAFARI AT FJELLKYSTEN.** This design hotel with turf roofs blends into the forests and mountains at Lavangen, north of Narvik. At this excellent starting point for nature exploration, we venture into the forest on the lookout for nesting owls. www.fjellkysten.no



Northern lights over Njalasouka. Photo: Rune Dahl



Mountain restaurant Narvik. Photo: Narvik@narvikfjellet.no



Winter view from Narvikfjellet. Photo: Narvikfjellet

HIGHLIGHTS ON THIS TOUR

INLAND VALLEYS: BARDU AND MÅLSELV

Away from the well-known coastline and fjords of the north, there is a less known land of deep pine forests, meandering rivers and monumental mountain ranges, including two national parks. The inland municipalities of Bardu and Målselv were settled 200 years ago by people from the Southern Norwegian valleys, and even today the link with the south is easily detected in language, culture and architecture. Sami culture is much older in the area, though, and still very much alive. The normally dry and cold climate is ideal for ice and snow activities

- **POLAR PARK.** In the world's northernmost wildlife park, we get to see all the animals of Arctic Scandinavia, including the "big four", lynx, wolverine, bear and wolves. At Polar Park visitors also have the opportunity to meet the wolves inside their enclosure during one of their Wolf Visits. www.polarpark.no
- **SNOWMAN AND MÅLSELV FJELLANDBY/MOUNTAIN VILLAGE.** This ski resort offers good skiing, high-quality accommodation and a wide array of activities, including visits to the camp of the local reindeer herders - the Oskal family, snow sledding and making your own snowman.
- **RUNDHAUG GJESTEGÅRD.** Get to know the history of the Rundhaug Gjestegård, a historic wooden hotel from 1905, geared at the British salmon fishing aristocracy. The hotel is complete with a dining hall of the period and also offers outdoor activities summer and winter. <http://rundhauggjestegard.no/>
- **VISIT TO A HUSKY FARM** incl. a short dog sledding tour in the snowy landscapes of the Målselv Valley, in the light birch forests and along the meandering Målselv River. <https://rundhauggjestegard.lpages.co/snowman-husky-safari/>



Meeting the wolves at Polar Park. Photo: Lise Hansen

ACCOMMODATION

NARVIK

Scandic Narvik
Kongens gate 33
NO-8501 Narvik
Tel.: +47 76 96 14 11
narvik@scandichotels.com
www.scandichotels.no

TENNEVOLL

Fjellkysten Gjestegård
Åbrekka
NO-9357 Tennevoll
Tel.: +47 479 24 792
post@fjellkysten.no
www.fjellkysten.no

RUNDHAUG

Rundhaug Gjestegård
NO-9336 Rundhaug
Tel.: +47 77 83 05 70
post@rundhauggjestegard.no
<http://rundhauggjestegard.no/>

INFORMATION

FLIGHTS

THURSDAY 12th of April

15:55 Dep. Oslo Airport OSL with SK4094
17:30 Arr. Harstad /Narvik Airport EVE
This flight must be booked by each participant

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

SUNDAY 15th of APRIL

16:00 Dep. Bardufoss Airport BDU with DY335
(transfer in Oslo, 1h25min)
19:15 Dep. Oslo Airport OSL with DY546
20:05 Arr. Stavanger Airport Sola SVG
These flights will be booked by Innovation Norway

See additional information on page 2.



Dog sledding in Troms. Photo: Monica Olaisen

Post tour G

Oslo and the southern region: Norwegian explorers and artists

NORWAY
POWERED BY NATURE

DESCRIPTION

Fringed by forests, ringed by hills, surrounded by lakes, Norway's capital Oslo is something of an undiscovered gem. Its main drawcard is its proximity to nature, with the city's many parks and surrounding countryside, several world-class art museums, and an increasingly impressive architectural landscape.

The county that encircles the capital city offers fjord and forests, land and sea, small and medium-sized towns and many exciting attractions and activities.

This tour takes a deep dive into some of Norway's most famous explorers and artists; Roald Amundsen, Thor Heyerdahl, Olav the Saint and Edvard Munch.

FACTS

Duration: 19th-22nd of April 2018

Organisers:

Visit Oslo Region, www.visitosloregion.com

Tour conductor:

Ms Tove Bergseng, Visit Fredrikstad og Hvaler
tove@visitfredrikstadhvaler.com, Tel.: +47 952 76 969

Clothing: Warm and leisure clothing.

Max. participants: **15** Min. participants: **8**

Programme may be subject to change



View from Midtåsen in Sandefjord. Photo: Terje Svendsen



Borgarsyssel. Photo: Walther Schaffthaler

HIGHLIGHTS ON THIS TOUR

VESTFOLD is located west of the Oslofjord, as the name of the county indicates. The coastline of Vestfold may not be long, but it has an extensive cultural history. It has played a central role in Norwegian history as a centre for whaling, shipbuilding and marine activities. You can experience this at close quarters. The four main towns in Vestfold; Larvik, Sandefjord, Tønsberg and Horten are all pretty close to each other and offer a varied selection of shopping, activities, attractions and coastal experiences. Vestfold was a centre of power in the Scandinavian Viking Age. Several of the world's most important archaeological finds from the Viking Age were discovered in Vestfold, including monumental royal burial mounds. Norway's first urban settlement from the Viking Age, at Kaupang, is outside Larvik. Viking history is visible, like a row of pearls, in the landscape of Vestfold. www.visitvestfold.com

- **SLOTTSFJELL MUSEUM in Tønsberg** - The Slottsfjell Museum offers an exhibition on the Middle Ages, "The history of Tønsberg city" both in the museum and in the Slottsfjell Tower on top of the hill, "Svend Foyn and Tønsberg", the Whale Hall and its whale skeletons as well as the Viking Hall with Norway's four preserved Viking ships and the history of the Oseberg find. From the Vestfold courtyard at Tallak you will see old buildings of Vestfold. www.visitvestfold.com/en/product/?TLp=1117109
- **MIDGARD – the World of the Vikings!** Midgard Historical Centre in Borre is a branch of the Vestfold Museums, and is located next to Northern Europe's largest assembly of monumental grave mounds from the Germanic Iron Age and the Viking Age. The Centre opened in 2000 with the primary task of creating and spreading knowledge about Viking Age in the Vestfold County. The burial mounds in Borre constitute one of Norway's most important national heritage sites, and it was a place of power and influence in Europe during the Viking Age. www.visitvestfold.com/en/product/?TLp=1117107&Midgard-Historical-Center

ØSTFOLD. The county of Østfold lies right where the strait of Skagerak turns into the Oslo fjord, and is often referred to as «the gateway to Norway». Island hopping is a great way to experience the Oslo fjord and the famous archipelago of Hvaler. Distances between the islands are short, but with an abundance of scenic paths, sandy beaches, happy people and charming eateries, chances are you'll end up wanting to stay for a few days. www.visitoestfold.com

- **BORGARSYSSEL MUSEUM** in Sarpsborg is an open-air museum with buildings from all over Østfold County. There is a medieval park with ruins from St. Nicolas church from the 1100s, as well as a herbal garden. The city Borg was founded in the Viking Age and emerged in the Middle Ages. From 2016, there will be a new exhibition building and visitors can look forward to seeing new exhibitions for Sarpsborgs 1000 years' anniversary. www.visitoestfold.com/en/sarpsborg/Activities-and-attractions/attractions1/?TLp=378667&Borgarsyssel-Museum



View from Slottsfjellet, Tønsberg. Photo: Vestfoldmuseene

HIGHLIGHTS ON THIS TOUR

- THE FORTIFIED TOWN** of Fredrikstad was founded in 1567 by King Frederik II, and is today considered the best preserved fortified town in Nordic Region. Fredrikstad's history starts, oddly enough, with the fall of the neighbouring town of Borg. This historic town was razed to the ground by the Swedish army, during The Great Nordic War, and soon afterwards, King Frederik II decided to build a completely new city, by the Glomma estuary. On a well-protected riverbank where one could easily keep an eye on suspicious movements on the horizon, as well as improving the citi-zens' living conditions. In the 16th century, it was decided to reinforce the ramparts of the Old Town, under strict guidance of the Dutch Quartermaster General, Willem Coucheron. During the same time, the new fortress in Halden was being built. In 1814, the Old Town was attacked by the Swedish Crown Prince Carl Bernadotte, at a very vulnerable time. It took the Swedes only a few hours to take full control, and the town surrendered. www.visitoestfold.com/en/fredrikstad-and-hvaler/The-Fortified-Town/

AKERSHUS county that surrounds Norway's capital boasts several great cultural heritage sites, ranging from displays of old crafts to the home of the Norwegian Constitution. It is also ready to charm you with seaside towns, friendly beaches, and other attractions along the Oslo fjord. Some of Akershus' main attractions bring together great tales of old crafts and beautiful scenery, making for truly memorable outings. At Fet-sund Lenser, Norway's only preserved timber floating facility, you can borrow a life jacket and explore the art of timber floating. www.akershus.com

- ROALD AMUNDSEN'S HOME URANIENBERG.** Don't miss the unique opportunity to take a tour of the Norwegian polar explorer Roald Amundsen's House! Set within the stunning location of Svartskog by the Bunnefjord, the swiss-style villa remains much the same today as it did on the fateful day he disappeared on an arctic rescue mission in 1928. A last written calendar entry, his desk, the old piano taken on board Maud, and many other objects, souvenirs and gifts that he brought back from expeditions and various lecture tours provide a glimpse into his private life. Experience the setting in which Amundsen planned and prepared for some of his biggest polar feats, including the conquest of the South Pole (1911), sailing through the Northeast Passage (1918-1925) and the first flight over the North Pole (1926). Wander around the garden to see where the polar station Framheim was set up and tested and stroll along the beach to see where the polar ship Fram was prepared before departure to the South Pole. All-in-all, an intimate and deeply personal way to discover more about Amundsen and the history of polar exploration. www.akershus.com/en/Follo/product/?Tlp=180565&-Roald-Amundsens-hjem-Uranienborg-

OSLO, the capital of Norway is the biggest city in Norway, and has been the country's capital since 1814. The Government and the Parliament are located here, and at the end of Oslo's main street, Karl Johans gate, you find the Royal Palace. Even in the city centre, the nearest park is never more than a few blocks away. A ten-minute boat ride from the centre takes you to lovely beaches on the Oslofjord islands. In the winter, Oslo has hundreds of kilometres of cross-country trails within the city boundaries, in addition to eight ski centres. At the same time, Oslo has everything you would expect from a capital. The city offers an abundance of attractions, shopping possibilities and a flourishing cultural life, and a choice of restaurants which is almost unparalleled in Scandinavia. www.visitoslo.com

- THE FRAM MUSEUM.** Fram is the strongest wooden ship ever built and still holds the records for sailing farthest north and farthest south. At the Fram Museum you can come on board the ship and see how the crew and their dogs managed to survive in the coldest and most dangerous places on earth - the Arctic and the Antarctic. The Fram Museum also has a polar simulator where you can experience both the cold and the dangers of polar expeditions over a hundred years ago. The museum's Gjøa building has exhibitions on the Arctic and the Northwest Passage. www.visitoslo.com/en/product/?Tlp=181473



The Fram Museum. Photo: The Fram Museum



Roald Amundsens Home Uranienborg . Photo: Akershus Reiselivsråd

ACCOMMODATION

TØNSBERG

Quality Hotel Tønsberg
Ollebukta 3
NO-3126 Tønsberg
Tel.: +47 33 00 43 00
q.tonsberg@choice.no
www.nordicchoicehotels.no/hotell/norge/tonsberg/quality-hotel-tonsberg/

FREDRIKSTAD

Quality Hotel Fredrikstad
Nygata 2-6
NO-1607 Fredrikstad
Tel.: +47 69 39 30 00
q.fredrikstad@choice.no
www.nordicchoicehotels.no/Quality/Quality-Hotel-Fredrikstad/

SKÅRER I LØRENSKOG

Losby Gods
Losbyveien 279
NO-1475 Finstadjordet
Tel.: +47 67 92 33 00
reservations@losbygods.no
www.losbygods.no

INFORMATION

FLIGHTS

THURSDAY 19th of APRIL

09:15 Dep. Stavanger Airport Sola SVG, WF435
10:00 Arr. Oslo Airport Torp TRF
This flight will be booked by Innovation Norway.

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

SUNDAY 22nd of APRIL

Departure from Oslo at earliest 10:00.

Return flight must be booked by each participant

See additional information on page 2.



Gildehallen, Midgard Historic Center, Horten. Photo: Vestfoldmuseene

Post tour H

Fjord Norway: Hidden pearls in the Stavanger region

NORWAY
POWERED BY NATURE

DESCRIPTION

The trip starts with island hopping by bike from Stavanger to the green islands of Finnøy. We will also visit Mosterøy, for a guided tour of the abbey Utstein Monastery and a tasty lunch at the Utstein Kloster Hotell. We will have dinner at the Tungenes lighthouse, and stay the night in tents in the lighthouse gardens! Further on the tour you'll see the long stretched, white sandy beaches on our way south in the region, along the Norwegian Scenic Route Jæren, an area admired by painters for centuries. Finally, we visit several interesting sites in Magma UNESCO Geopark.

FACTS

Duration: 19th-21st of April 2018

Organiser: Fjord Norway, www.fjordnorway.com and Region Stavanger, www.regionstavanger.com

Tour conductor:
Ms Ellen Frisvold, ellen.frisvold@regionstavanger.com
Tel.: +47 900 43 290

Clothing:
Warm and leisurely clothing. Wind- and waterproof jacket/rain coat and solid shoes.

Max. participants: **12** Min. participants: **5**

Programme may be subject to change



HIGHLIGHTS ON THIS TOUR

- **UTSTEIN MONASTERY**

Utstein Monastery is mentioned in historical records dating back to the 9th century, when it was cited as King Harald Fair-hair's garrison after the battle of Hafrsfjord, where Norway was unified under one monarch. Construction of the Monastery started in about 1260, although some parts may be older and may date from an earlier royal farm on the site. The church is unique in Norway with its tower situated centrally between chancel and nave. The Augustinian monks lived a pious life here. Discipline was strict, with regular prayers, scripture readings, and services. The monastery is believed to have housed 12 monks, but with a significant number of servants who looked after the farm, did the building work, and prepared the food. The Monastery owned considerable land and was wealthy enough to support 250 people year-round. Today the Monastery is run as a museum and course and conference centre, and is offered for private functions and as a cultural venue. Much of the Monastery is open to the public during museum hours. <http://utsteinkloster.no/en/>

- **TUNGENES LIGHTHOUSE**

A picturesque lighthouse from 1828, situated at the north end of Jæren, and at the start of the seaward entrance to Stavanger. The lighthouse has been restored and listed and today it serves as an art and cultural centre, as well as a maritime and lighthouse museum, run by Jærmuseet. Located in a rugged, weathered landscape with the North Sea as its backdrop. In the lighthouse building you can find out how the lighthouse keeper and his family used to live in the 1930s. There are four other buildings where you can see exhibitions, and where different activities take place. The lighthouse has a coffee shop, and is a popular area for family hikes. www.regionstavanger-ryfylke.com/see-and-do/tungenes-lighthouse-p907883
www.jaermuseet.no/en/

- **NORWEGIAN SCENIC ROUTE JÆREN**

This is one of the 18 Norwegian Scenic Routes in Norway. The routes take you through some of the most stunning Norwegian nature, amazing viewing points and adapted resting areas with exciting architectural features. Norwegian Scenic Route Jæren – is often described with words such as high sky, wide horizons and endless sea. Its characteristics are ever-changing weather and light, miles of sandy beaches and sand dunes that are replaced by pebbles and salmon rivers at the other end. The area is Norway's pantry, with an intensive agricultural activity in a flat, wide stretched and well-kept cultural landscape in an area with mild climate all year round. Norwegian Scenic Route Jæren runs from Ognå to Bore, and is 41 km in distance. The coast along Jæren is open towards the sea and has from ancient times been known to be one of the most dangerous coastlines along the Norwegian coast. The building of the large Jæren lighthouses started in the early 1800s. The task at hand was to safely lead the ships travelling the North Sea through the luring Jæren coast in windy weather, darkness and fog. During history, a number of lighthouses were built. Kvasheim lighthouse was the last to be built, in 1912. www.regionstavanger-ryfylke.com/top-attractions/norwegian-scenic-route-jaeren



The beaches of Jæren. Photo: © Terje Rakke / Nordic Life AS / www.fjordnorway.com



Utstein Monastery. Photo: Monica Larsen/Region Stavanger

HIGHLIGHTS ON THIS TOUR

● MAGMA UNESCO GEOPARK

In Magma UNESCO Global Geopark, you will experience geology, cultural history and extraordinary nature. The geology in Sokndal, Eigersund, Bjerkreim and Lund is special, and has a characteristic landscape. Geological processes taking place 935-920 million of years ago have left behind an astonishing geological heritage not to be found elsewhere. The Geopark is member of the European network; European Geoparks Network and is the second geopark in Scandinavia. In Magma UNESCO Geopark, you can experience activities related to recreation, geology, cultural history and family activities. The history of the park started some 1,5 billion years ago, when red, hot magma and sky-high mountains characterised the area. Through millions of years, the glaciers shaped the characteristic landscape that you see here today. In other words, Magma UNESCO Geopark is a window into the core of the earth. The geopark is especially known for its moonlike surface; who needs a visit to the moon, when you can see the same landscape here? You'll experience the southernmost fjord in Fjord Norway; Jøssingfjord, where you will find some of Norway's most photographed houses, the houses below Hellenen. The heritage listed town of Sogndalstrand is further a hidden gem with houses from the 1700s-1800s and the charming Sogndalstrand Kulturhotell.

www.regionstavanger-ryfylke.com/top-attractions/magma-unesco-geopark

www.regionstavanger-ryfylke.com/see-and-do/hellenen-and-jossingfjord-p1032673

www.regionstavanger-ryfylke.com/top-attractions/sogndalstrand

www.regionstavanger-ryfylke.com/plan-your-stay/accommodation/sogndalstrand-kulturhotell-p1030123

● EGRSUND

The quaint town of Egersund has one of the best preserved wooden house settlements in Norway. Large parts of the town are now designated an area of special historic interest. The old part of the town features shops, cafes and art galleries. Egersund is further known for a chocolate factory, the faience museum, and the historic hotel Grand Hotel Egersund.

www.regionstavanger-ryfylke.com/information/product-catch-all/egersund-town-centre-p1086743

www.regionstavanger-ryfylke.com/plan-your-stay/accommodation/grand-hotel-egersund-p1302233

- **HIKE TO TROLLPIKKEN.** Trollpikken is a phenomenon created by the ice during the last ice age that ended some 10,000 years ago. This phallus shaped rock formation is located in a beautiful cultural landscape, and the stone in the area is called anorthosite. Anorthosite is a rock species formed by magma (melted stone) approximately 1 billion years ago. Long before we knew that anorthosite is the same rock species as the one on the surface of the moon, the area here was called lunar landscape because it had sparse vegetation and was little fertile. Some distinctive marks are rock blocks that have been moved around by ice and are now located all over the landscape. Trollpikken is also one of these moved anorthosite blocks, but it has been moved very little and never came out of place; instead, it got stuck and was left in its position once the ice melted. The hike is 1,9 km and takes around 50 minutes. Difficulty: moderate. Route: 900 m on gravel road and 1 km on path.

www.regionstavanger-ryfylke.com/see-and-do/hike-to-trollpikken-p3486143



Trollpikken rock formation. Photo: Kjetil Bentsen

ACCOMMODATION

RANDABERG

Accommodation in tents supplied by:

Outdoorlife Norway AS

Tel.: +47 97 65 87 04

booking@outdoorlifenorway.com

<https://outdoorlifenorway.com/>

Sanitary facilities available at Tungenes lighthouse (see below). This will also be alternative accommodation if weather should be too rough to stay in tents.

Tungenes lighthouse

Tungenesveien 217

NO-4070 Randaberg

Tel.: + 47 47 77 60 20

tungenesfyr@jaermuseet.no

www.jaermuseet.no/tungenesfyr/en

EGRSUND

Grand Hotel Egersund

Johan Feyers gate 3

NO-4370 Egersund

Tel.: +47 51 49 60 60

booking@grand-egersund.no

www.grand-egersund.no/hjem

INFORMATION

FLIGHTS

SATURDAY 21st of APRIL

Departure from Stavanger at earliest at 15:30

Suggested flights:

15:30 Dep. Stavanger Airport Sola SVG, SK4032

16:20 Arr. Oslo Airport OSL

15:50 Dep. Stavanger Airport Sola SVG, SK1877

17:00 Arr. Copenhagen Airport Kastrup, CPH

18:05 Dep. Stavanger Airport Sola SVG, KL1204

19:45 Arr. Amsterdam Airport Schiphol, AMS

These flights must be booked by each participant

See additional information on page 2



Sogndalstrand. Photo: Knut Bry

Post tour I

Fjord Norway: Discover Fjord Norway & the beautiful Norwegian Scenic Routes

NORWAY
POWERED BY NATURE

DESCRIPTION

Along selected roads in Norway, natural wonders are amplified by art, design and architecture, taking you closer to nature in new and surprising ways. We invite YOU to explore three of these award-winning Norwegian Scenic Routes on this scenic tour through the beautiful fjord region of Ryfylke, Hardangerfjord and Nærøfjord. Leaving the fjord city of Stavanger behind, the journey takes you through the spectacular mountain landscape exploring fjord life, traditional Norwegian culture, architecture, history and locally produced food.

FACTS

Duration: 19th April-22nd of April 2018

Organiser:

Fjord Norway, www.fjordnorway.com

Tour conductor:

Ms Betina Hansen, betina@fjordnorway.com

Tel.: +47 954 64 643

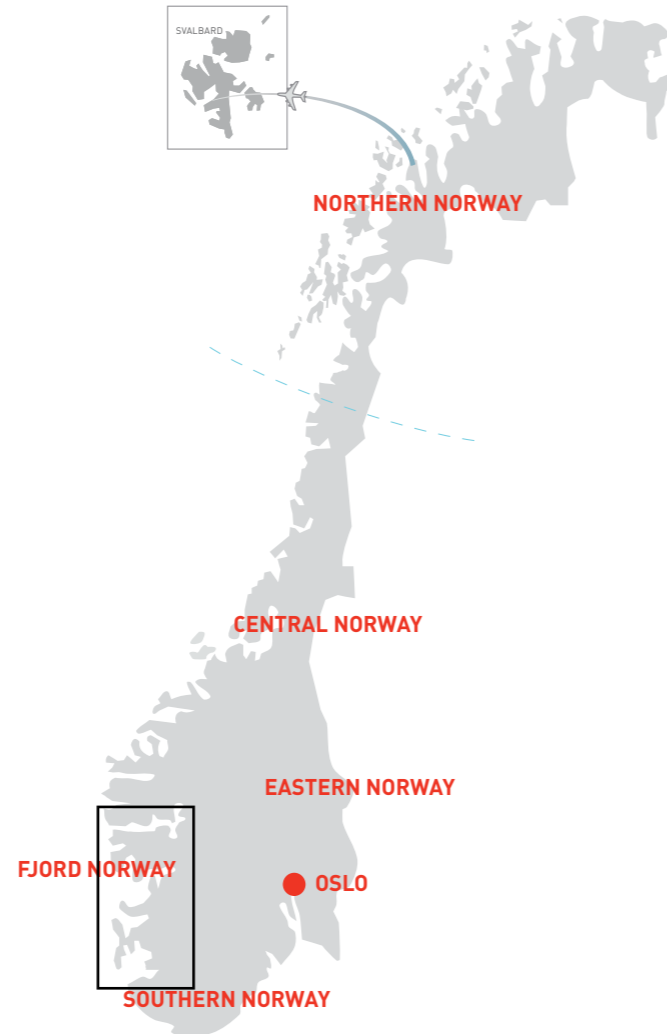
Clothing: Warm and leisurely clothing. Wind and water-proof jacket/rain coat and solid shoes.

Tour information:

This tour is based on sightseeing and soft adventure, and will fit for tour operators selling both group tours and to FITs.

Max. participants: **20** Min. participants: **10**

Programme may be subject to change



HIGHLIGHTS ON THIS TOUR

- **NORWEGIAN SCENIC ROUTES Ryfylke, Hardangerfjord and Aurlandsfjellet:**

In Norway, 18 road sections have been selected as Norwegian Scenic Routes, 10 of these are located in the Fjord Norway region. These roads run through landscapes with unique natural scenery, along the coast and fjords and over mountains and plains. Little architectural gems at the edge of the ocean, dramatic viewpoints and functional rest areas provide enjoyable nature experiences for road travellers who want more than just finding the fastest way from A to B. The Norwegian Scenic Routes are not only about the road as a transport artery, but also a gateway to a better understanding of culture, nature and history. We will explore three of the routes on this journey: **AURLANDSFJELLET** – The snow road between the fjords and the spectacular Stegastein Viewpoint, **HARDANGER** – Mountains, fjords, waterfalls and glaciers, **RYFYLKE** – Along verdant fjords and stark mountains. www.fjordnorway.com/planning-your-trip/tour-suggestions/national-tourist-routes

- **RYFYLKE** is your first meeting with the fjords of Western Norway. Travelling along this scenic path gives you an ideal opportunity to experience the southernmost fjords. The scenic route invites you into Fjord Norway showing you a landscape of varied, striking and lush scenery, with green, tranquil archipelagos and well maintained cultural landscapes. On our journey through Ryfylke we will experience historical and modern world class architectural sites with the oldest, the **Røldal Stave Church** dating back to the 1200s. The area has long farming traditions and there are several examples of farm buildings such as **Kolbeinstveit** from 1850. Industrial architecture includes **Allmannajuvet** zinc mines that were in operation from 1881 to 1899 and brought life to the village for 168 employees. Today it is an exhibition gallery designed by Peter Zumthor. **Høsebrua** bridge is an award-winning bridge across a salmon river. We will join a fjord cruise from Stavanger to Jørpeland, visit **Jørpelandsholmen**, **Solspeilet** – the Norwegian Stonehenge, hotel inspection at **Spa Hotel Velvære** and visit **Mo Salmon farm**.

- **ENERGIHOTELLET.** We stay overnight at this family run design hotel. The hotel was designed in the 1960s by the renowned architect Geir Grung, and was built in connection to Norsk Hydro's power station.

www.regionstavanger-ryfylke.com/top-attractions/norwegian-scenic-route-ryfylke/the-architectural-route
www.regionstavanger-ryfylke.com/see-and-do

- **HARDANGERFJORD.** Having explored Norwegian culture, history and architecture in Ryfylke, the journey continues to the beautiful and romantic Hardangerfjord. The Hardangerfjord region has been an important European tourist destination since the 19th Century. The area offers spectacular nature and a living cultural heritage. **Folgefonna Breførarlag** is a supplier of activities around the Folgefonna glacier, the third largest glacier in Norway. We will visit them and learn more about their activities such as kayaking, skiing, snow shoeing, hiking and bicycling. We will also visit the **Hardanger Maritime Museum**. A family friendly maritime museum emphasizing activities and open workshops. You will experience rope making, forging and wooden boat building.



Allmannajuvet. Photo: Andrew Meredith

Solspeilet. Photo: Stian H. Skjæveland



Egir BrewPub, Viking plank. Photo: Thore Brødreskift

HIGHLIGHTS ON THIS TOUR

The Hardanger fiddle, the traditional Hardanger folk costume and embroidery are all well known in Norway and regarded as national symbols. During the 13th Century growing apples was introduced in Hardanger by monks from England. Today 40% of all Norwegian fruit is grown in the Hardangerfjord region including apples, sweet cherries, pears and plums. We will have a guided tour at **Steinstø Fruit farm**, followed by coffee and their famous home-made apple cake. Steinstø Fruit farm is family run and has been so for eight generations. In addition to harvest approx. 60 tons of fruits and berries every year, they have guided farm tours, a restaurant and a farm shop. Before continuing to Voss and our hotel, we make a stop at **Thon Hotel Sandven** for hotel inspection. We stay overnight at the historic hotel **Fleischer's Hotel** in Voss.

<https://en.hardangerfjord.com/information/product-catch-all/steinsto-frukt-og-kakebu-p970063>

<https://en.hardangerfjord.com/attractions/hardanger-maritime-museum-p969523>

www.folgefonna-breforlag.no/en_GB

www.hardangerfjord.com/overnatting/thon-hotel-sandven-p970113

- FLÅM** is a typical West Norwegian village with a population of 350 inhabitants. The small picturesque village is situated innermost in the Aurlandsfjord, an arm of the 204-km long and up to 1308-metre-deep Sognefjord, and is home of the **Flåm Railway**. The origins of the flourishing tourism trade in Flåm, dates back to the late 19th Century, when large numbers of English lords came to fish salmon in the Flåm river. After the **Bergen Railway** was opened in 1909, Flåm became a crossroad for passengers, post and freight travelling on the train between Oslo and Bergen and on the steamships on the fjord. Today the Flåm Railway and the Bergen Railway are voted some of the world's most scenic train rides. Lunch will be served in Viking inspired surroundings at **Ægir BrewPub** as southern Norway is known as the homeland of the Viking King. After lunch, we will join a fjord cruise from Flåm to Gudvangen and explore the **UNESCO World Heritage protected Nærøfjord**, one of the most popular fjord areas in Norway. The narrow and spectacular Nærøfjord is surrounded by steep valley sides and snow-covered peaks that rise 1,800 metres above sea level, with thundering waterfalls and picturesque villages along the fjord. We will board "**Vision of the Fjords**", a new hybrid vessel with innovative Norwegian design and world-leading eco-technology. We stay overnight in Bergen.

www.nsb.no/en/our-destinations/our-regional-railway-lines/bergenrailway
www.visitflam.com/en/se-og-gjore1/aktiviteter/flamsbana/
www.visitflam.com/en/se-og-gjore1/aktiviteter/fjordcruise-pa-naroyfjorden-2016/
<http://flamsbrygga.no/en/aegir-brewpub/>
- BERGEN** – The gateway to the Fjords of Norway. Individual departures from Bergen. Bergen is an international city packed with small-town charm and atmosphere. Some of the big landmarks are the UNESCO World Heritage listed Hanseatic Wharf at Bryggen, Fløien and Ulriken that takes you to the top of two of seven mountains surrounding the city. Bergen is also a proud Creative City of Gastronomy. www.visitbergen.com



Fjord cruise on the Nærøfjord. Photo: Sverre Hjørnevik/Flåm AS

ACCOMMODATION

SULDAL

Energihotellet
 Øvre Kilen 1,
 NO-4244 Nesflaten i Suldal
 Tel.: +47 51 20 05 55
 post@energihotellet.no
www.energihotellet.no

VOSS

Fleischer's Hotel
 Evangervegen 13
 NO-5704 Voss
 Tel.: +47 56 52 05 00
 hotel@fleischers.no
www.fleischers.no

BERGEN

TBA

INFORMATION

FLIGHTS

SUNDAY 22nd of APRIL

Departure from Bergen to home destinations.

Suggested flights:

09:20 Dep. Bergen Airport Flesland BGO, SK252

10:10 Arr. Oslo Airport OSL

08:30 Dep. Bergen Airport Flesland BGO, DY609

09:25 Arr. Oslo Airport OSL

09:55 Dep. Bergen Airport Flesland BGO, SK2865

11:15 Arr. Copenhagen Airport Kastrup CPH

10:45 Dep. Bergen Airport Flesland BGO, KL1186

12:30 Arr. Amsterdam Airport Schiphol AMS

These flights must be booked by each participant

See additional information on page 2.



Hardanger. Photo: Fjord Norway/Robin Strand

Post tour J

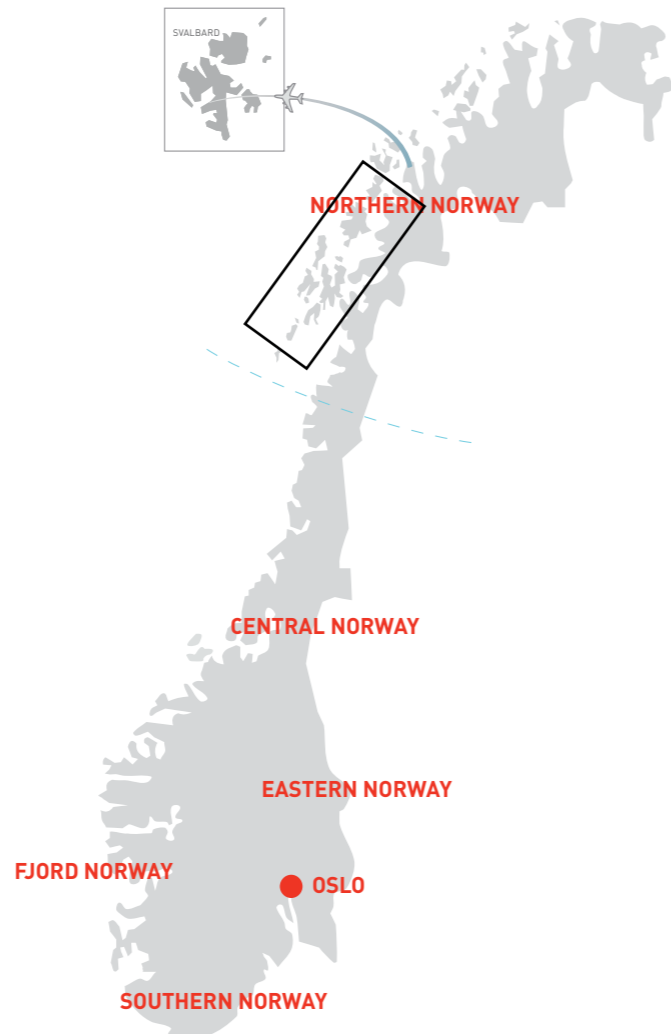
Northern Norway: An introduction to the North - the city of Tromsø and the islands of Lofoten

NORWAY
POWERED BY NATURE

DESCRIPTION

Tromsø is Northern Norway's largest city, with a reputation for lively festivals, good food, a merry nightlife and numerous attractions.

The travel industry is skilful particularly on the Northern Lights. Lofoten is a scenic archipelago of dramatic mountains and colourful fishing villages, but also a meeting point for surfers, hikers and kayakers and with a remarkable art scene.



FACTS:

Duration: 19th-22nd of April 2018

Organiser:
Northern Norway Tourist Board,
www.nordnorge.com/en

Tour conductors:
A representative from Northern Norway Tourist Board
(TBA)

Clothing:
Warm and leisure clothing.

Max. participants: **15** Min. participants: **8**

Programme may be subject to change



Tromsø skyline. Photo: Geir-Inge Buschmann, Gila foto

HIGHLIGHTS ON THIS TOUR

TROMSØ – Gateway to the Arctic

Tromsø was a starting point for expeditions to the Arctic, and early visitors were so stunned by the sophistication of the citizenry that they dubbed Tromsø the Paris of the North. Today Tromsø is a centre of learning and technology on arctic and marine matters, and equally well known for the savoir vivre of the locals. A well preserved historic centre of 19th century wooden houses harbours numerous attractions, a varied, year-round cultural calendar, good restaurants and a renowned nightlife scene. Few destinations in Norway can match the selection of activities on offer, with Northern Lights viewing in winter as the absolute bestseller. www.visit tromsø.no

- **TROMSØ WILDERNESS CENTRE.** The 300 huskies of Tromsø Wilderness Centre welcome you to this beautiful location less than half an hour outside Tromsø. Here they offer dog sledding and Northern Lights experiences in winter, kayaking and mountain hikes in the summer. www.villmarkssenter.no
- **POLARIA** is an arctic experience centre and aquarium with bearded seals, fish from our seas, king crabs and other sea creatures. The 5-screen panorama cinema shows films about the Northern Lights and life on Svalbard, and the exhibits inform on arctic themes such as wildlife, preservation and climate change. www.polaria.no
- **SAILBOAT JOHANNA.** A Dinner cruise on the 93-foot sailboat Johanna, that is more than 100 years old, allows us to taste local specialities of the season. www.wildseas.no
- **THE CABLE CAR** offers a stunning view of the island of Tromsø, the waterways and the surrounding mountains and islands from its 421m high platform. This is also a favourite observation point of the Midnight Sun and the Northern Lights. <https://fjellheisen.no/en>
- **THE ARCTIC CATHEDRAL** is Tromsø's landmark, a modern structure from 1965 inspired by ice and snow, housing a giant stained-glass window. This church offers tourist concerts of high quality all year. www.ishavskatedralen.no/en



The Arctic Cathedral. Photo: Marius Fiskum

HIGHLIGHTS ON THIS TOUR

LOFOTEN

The Lofoten islands are an archipelago of dramatic, pointed mountains, calm coves, wind-swept skerries and sandy beaches in the middle of the Gulf Stream. In winter, the biggest cod fisheries in the world take place here, causing bustling activity in the colourful fishing villages found in every inlet. Traces of 1000 years of fish exports can be found in the red-painted fishermen's shelters, the rorbu, in the stately homes of the rich merchants, in the sculptural fish racks and in the wooden churches. Today Lofoten also attracts artists from around the world, joining forces with surfers, off-piste skiers and kayakers seeking the ultimate thrill. Lofoten has a mature tourist industry, operating year-round, with water-based activities and local fishing culture as the main focus. www.lofoten.info

- **TROLLFJORD SEA EAGLE SAFARI.** The Sea Eagle Safari to Trollfjord allows you close contact with this majestic bird of prey, and also takes you to the stunning landscapes around the Trollfjord, where 1000 metres high mountains rise directly from the fjord. www.lofoten-explorer.no
- **HENNINGSVÆR** is one of Lofoten's most iconic villages, situated on a cluster of islets under the majestic Mount Vågakallen. Today, the local fishermen have been joined by artists and craftsmen from around the world. Try your luck at candle making, glass blowing and fish handling before lunch at Restaurant Fiskekrogen smack in the middle of the port. www.xxlofoten.no
- **LOFOTEN BY HORSE** is an option at Hov. You get to try riding along the beach with fantastic views under the dramatic Lofoten mountains, with views to distant Vesterålen. Absolute beginners get an easy introduction to horse-riding, while experienced riders can speed it up a bit. 800 meters from Hov Horse farm you find Lofoten Links, an 18-hole golf course in spectacular setting beside the sea. <http://hovhestegard.no>
- **LOFOTR VIKING MUSEUM** at Borg is a reconstructed Viking dwelling, a replica of an 80 metre longhouse built by a Viking chieftain. Remade to the last detail, this is more than a museum; here you can participate in Viking banquets and midwinter sacrifices. www.lofotr.no



Horse riding in Lofoten. Photo: Hov hestegård

ACCOMMODATION

TROMSØ

Scandic Ishavshotel
Fredrik Langesgate 2
NO-9008 Tromsø
Tel.: +47 77 66 64 00
post@ishavshotel@scandichotels.com
www.scandichotels.no

SVINØYA

Svinøya Rorbuer
Gunnar Bergs vei 2
NO-8300 Svolvær
Tel.: +47 76 06 99 30
post@svinoya.no
www.svinoya.no

GIMSØYSAND

Lofoten Links Lodges
Hov
NO-8314 Gimsøysand
Tel.: +47 76 07 20 02
info@lofotenlinks.no
www.lofotenlinks.no/accommodation/?lang=en

INFORMATION

FLIGHTS

THURSDAY 19th of APRIL

09:30 Dep. Stavanger Airport Sola SVG, SK4014
(transfer in Oslo, 55 min.)
11:15 Dep. Oslo Airport OSL with SK4416
13:05 Arr. Tromsø Airport Langnes TOS
This flight will be booked by Innovation Norway

FRIDAY 20th of APRIL

17:00 Dep. Tromsø Airport Langnes TOS, WF867
18:15 Arr. Svolvær Airport SVJ
This flight will be booked by Northern Norway Tourist Board

SUNDAY 22nd of APRIL

14:05 Dep. Leknes Airport LKN, WF 811
14:30 Arr. Bodø Airport
15:20 Dep. Bodø Airport, SK4115
16:50 Arr. Oslo Airport OSL
This flight must be booked by each participant

See additional information on page 2.



Lofotr Viking Museum. Photo: Kjell Ove Storvik



Shopping in Stavanger. Photo: Liv Kristina Jehl/Region Stavanger