

PRE-/POST- TOURS

NORWAY
POWERED BY NATURE



Norwegian Travel Workshop 2019

View of Ålesund from Aksla. Photo: Arnfinn Tønnesen / VisitÅlesund

VISITNORWAY.COM

PRICES PRE AND POST TOURS 2019

NOTE!

Participation on pre- and post-tours for NTW 2019 is free of charge apart from costs for domestic flights as specified under each tour. **Cancellation of tour after 1st March 2019 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	
Pre-tour A	Southern comfort - nature and culture in southernmost Norway (Sørlandet & Telemark - Munch & Ibsen)	1.850,-
Pre-tour B	In Ibsen's footsteps (Oslo-Gudbrandsdalen-Geiranger)	0,-
Pre-tour C	The railway route - a journey through Norwegian culture (Gudbrandsdalen-Dovre-Romsdalen & Munch)	0,-
Pre-tour D	Fjord Norway - off the beaten track (Bergen-Fjordkysten-Loen)	0,-
Pre-tour E	Local food tour with World Champions (Molde-Torjulvågen-Averøy-Ålesund)	0,-
Pre-tour F	Winter adventures for soft explorers (northern Trøndelag)	1.000,-
Pre-tour G	Culinary Tour of the North (Vesterålen and Harstad)	1.400,-
Post-tour H	Discover Fjord Norway's cultural & culinary gems (Bergen-Hardangerfjord-Rosendal-Sunnhordland)	1.400,-
Post-tour I	Culinary and cultural heritage tour of mid-Norway (Atlantic road-Molde-Kristiansund-Oppdal-Røros)	0,-

NOTE!

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



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Pre-tour A

Southern Comfort - Nature and culture in southernmost Norway (Sørlandet & Telemark - Munch & Ibsen)

DESCRIPTION

The trip is organized as a game show where the visitors are set up in two teams and will compete against each other. It will be challenging both intellectual and physical. Join us for a world premiere at Under, the world's largest underwater restaurant. Experience raw nature and innovative museums. Win great prizes together with your team.

FACTS

Duration: 28th of March – 1st of April 2019

Organisers:

Visit Sørlandet, www.visitsouthernnorway.com

Visit Telemark, www.visittelemark.com

Tour conductor:

Mr. Kjetil Østlie, kjetil@visittelemark.no

Tel.: +47 907 54 292

Clothing:

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

Target groups:

- FITs and groups
- Foodies
- Culture and nature based activity operators

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

Programme may be subject to change



Escape Room Telemark. Photo: Visit Telemark

In the footsteps of Munch in Kragerø. Photo: Visit Telemark

HIGHLIGHTS ON THIS TOUR

- **Underwater restaurant "Under"**

Located in Lindesnes this will be Europe's first and the world's largest underwater restaurant when it opens in April 2019. After the architect company Snøhetta's illustrations of "Under" were made public, the interest has been rather intense from the media all over the world. The restaurant does not open until the week after our visit, but we will be able to see the restaurant and its surroundings and get a taste of the menu at Lindesnes Havnhotell's restaurant.

www.visitnorway.com/places-to-go/southern-norway/taste/worlds-largest-underwater-restaurant

- **The Telemark Canal - one of the most beautiful waterways in the world**

Visit the canal boat MS Victoria. The Telemark Canal was carved into the rock over 100 years ago. When the canal was completed in 1892, with the interior through eight locks at a distance of 105 km from Skien to Dalen, it was called the world's "eighth wonder". We will board the queen of the canal, MS Victoria.

<https://channels.visittelemark.com/telemarkskanalen>

- **Lindesnes Lighthouse**

Visit Norway's southernmost point. The lighthouse has 350 years of history and the hosts will tell you about the maritime culture and invite you to taste local food and drinks.

www.visitnorway.com/places-to-go/southern-norway/lindesnes/what-to-do/lindesnes-lighthouse

- **Escape Room Telemark Museum**

This is a new attraction in councillor Niels Aall's 200 years old residence.

Backdrop: The Napoleonic Wars had ravaged Europe for years. Denmark/Norway were drawn into the war on Napoleon and France with catastrophic consequences for Norway.

www.telemarkmuseum.no/en/telemark-escape/



Underwater restaurant Under. Photo: Mir/Snøhetta

HIGHLIGHTS ON THIS TOUR

- Small town of Lillesand**

Lunch and activities at the cosy, family owned, historic hotel Lillesand Hotel Norge.
www.visitnorway.com/places-to-go/southern-norway/lillesand

- Boat trip at the Telemark coast**

Sailing through the archipelago of Kragerø, Jomfruland and Langesund with landscape created during the ice age.
www.visittelemark.com/things-to-do/island-hopping-in-grenland

- In the footsteps of Norway's most famous painter Edvard Munch**

We take a walk in Munch's footsteps through the streets of picturesque Kragerø and visit the places where he found inspiration for his art.
www.visittelemark.com/things-to-do/in-the-footsteps-of-edvard-munch

- Visit Henrik Ibsens childhood home**

In Henrik Ibsen's museum, telling the story of the world famous author / playwright's childhood, visitors from all over the world can see for themselves how he got inspired to write his plays. Henrik Ibsen is one of the world's greatest writers and, 190 years after his birth, still the most performed dramatists across the world.
www.visittelemark.com/things-to-do/henrik-ibsen-museum

- Porcelain Museum – the story about the "white gold"**

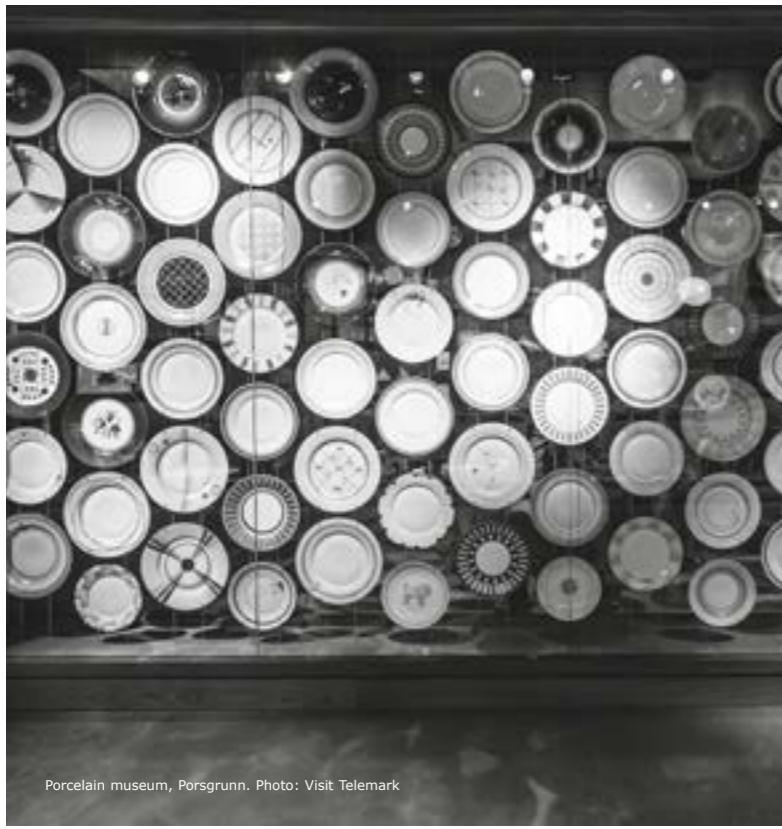
See the world's largest porcelain coffee cup. Learn the fascinating history of PP (Porsgrund Porcelain). Visit the factory shop with great gifts. www.visittelemark.com/things-to-do/porcelain-museum

- Sea rafting race, dinner and accommodation at Lindesnes Havhotel**

The hotel is located next to the underwater restaurant. Close by you will find the Spangereid canal, that is great for kayaking. www.havhotellet.no

- Additional hotel inspections**

- Kragerø Sportell - www.kragero-sportell.no/english/index.html
- Hotel Fritidsparken Skien - www.skienfritidspark.no/eng/accomodation
- Thon Hotel Høyers - www.thonhotels.com/our-hotels/norway/skien/thon-hotel-hoyers/
- Clarion Collection Bryggeparken - www.nordicchoicehotels.com/hotels/norway/skien/clarion-collection-hotel-bryggeparken/



Porcelain museum, Porsgrunn. Photo: Visit Telemark

ACCOMMODATION

KRISTIANSAND

Radisson Blu Caledonien Hotel
Vestre Strandgt. 7
NO-4610 Kristiansand
Tel.: +47 38 11 21 00
reservations.kristiansand@radissonblu.com
www.radissonblu.com/en/hotel-kristiansand

LINDESNES

Lindesnes Havhotell
Bålyveien 50
NO-4521 Lindesnes
Tel.: +47 38 60 08 00
post@havhotellet.no
www.havhotellet.no

LANGESUND

Quality Hotel Skjærgården
Stathelleveien 35
NO-3970 Langesund
Tel.: +47 35 97 81 00
q.badeparken@choice.no
www.nordicchoicehotels.no

PORSGRUNN

Comfort Hotel Porsgrunn
Opening March 2019 as part of Nordic
Choice Hotels
www.nordicchoicehotels.no

INFORMATION

FLIGHTS

THURSDAY 28th of MARCH

Latest arrival at Kristiansand Airport Kjevik: 19:00.

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

Flight to Kristiansand must be booked by each participant

MONDAY 1st of APRIL

12:40 Dep. Sandefjord Airport Torp with WF414
13:40 Arr. Bergen Airport Flesland
14:04 Dep. Bergen Airport Flesland with WF458
14:50 Arr. Ålesund Aiport Vigra

This flight will be booked by Innovation Norway.

See additional information on page 2.



Lindesnes lighthouse. Photo: Anders Martinsen (c) Visit Sørlandet

The Telemark Canal. Photo: Visit Telemark

Pre-tour B

In Ibsen's footsteps (Oslo-Gudbrandsdalen-Geiranger)

DESCRIPTION

Travel in Ibsen's footsteps and experience the same small villages, the local food and drinks, and the majestic nature that inspired Ibsen's writing.

FACTS

Duration: 28th of March-1st of April 2019

Organisers:

Visit Lillehammer, www.lillehammer.com

Visit Oslo Region, www.visitoslo.com

Nasjonalparkriket, www.nasjonalparkriket.no

Destination Geirangerfjord,

www.fjordnorway.com/geiranger

Tour conductor:

TBA

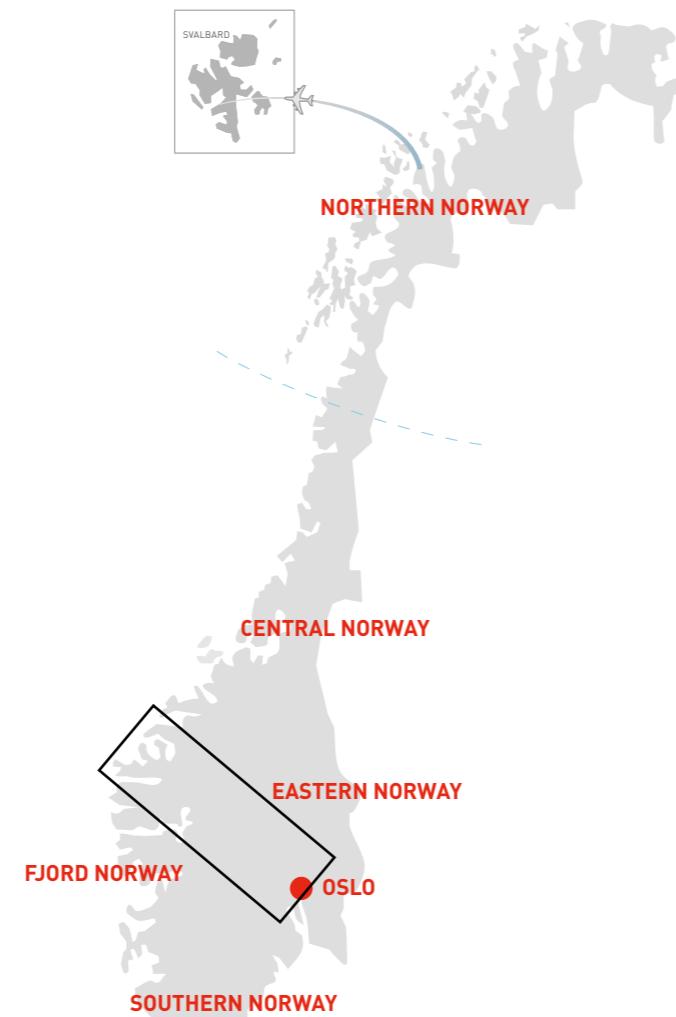
Clothing: Warm and leisurely clothing. Wind- and water-proof jacket/rain coat and solid shoes.

Target groups:

- Groups, FITs and culture tourists

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

Programme may be subject to change



Henrik Ibsen. Photo: VisitOSLO/Didrick Stenersen

Oslo Opera House. Photo: VisitOSLO/Didrick Stenersen

HIGHLIGHTS ON THIS TOUR

- The capital of Norway – Oslo, the home of Henrik Ibsen.**
Where did Henrik Ibsen himself go every day? Yes - To Grand Hotel of Oslo. This Luxury five-star hotel is one of Oslo's finest. City central, high-end and popular both for locals as well for travellers. This will be the perfect starting point to show Ibsen's every day walk. At the famous Grand Café Ibsen had his brunch every day and this is where he wrote his famous plays. The hotel has all facilities needed, with newly renovated fitness room as well a spa area with a warm pool and relax beds. The rooftop bar "Eight" at the 8th floor is also an experience in itself. In Oslo you will also see where Edvard Munch used to go and where Henrik Ibsen sat down to admire Munch's works. www.visitoslo.com
- Dinner in Henrik Ibsen's spirit** - and of course have a taste of Henrik Ibsen's favourite drink: Taffel Aquavit
- Night Cap in One of the world's top 20 best bars**, where they make all of the vodka etc. in-house. Henrik Ibsen would have loved this place.
- Ibsen Tour in Oslo**
Among other, we will discover the many quotes of Ibsen as we walk up Karl Johan, the main street of Oslo, having the Castle right in front. We will walk past his home, and we will view the University Clock to which he adjusted his own watch to every morning.
- Lillehammer.** One of Ibsen's favourite places on his inspirational journey. Henrik Ibsen enjoyed the peaceful surroundings of Lillehammer. Lillehammer town has much to offer for those interested in culture and history.
<https://en.lillehammer.com/intonorway/information/product-catch-all/lillehammer-my-kind-of-town>
- Hunderfossen Fairy tale park**
Henrik Ibsen was inspired by Norwegian folktales and fairy tales on his inspirational journey. Experience the same fairy tales in the Fairy tale castle at Hunderfossen. You will also get at guided tour inside the Hunderfossen troll and experience the Asbjørnsen and Moe's Fairy tale world.
<https://hunderfossen.no/en/attractions/eventyrslottet>
<https://hunderfossen.no/en/attractions/hunderfossentroll>
- Telemarkstunet – a taste of Norway**
Experience some of the Norwegian food Ibsen enjoyed on his tour. Dinner at Telemarkstunet with local Norwegian homemade food. Some of the buildings at Telemarkstunet are replicas from the 1700s and beautifully decorated with artefacts with all the charm of days gone by.
<https://en.lillehammer.com/intonorway/information/product-catch-all/telemarkstunet>
- Maihaugen outdoor museum**
Guided tour at Maihaugen, Norway's largest open-air museum outside of Oslo. The museum offers more than 200 buildings from different eras and you may experience life the way it was 200 years ago.
<https://eng.maihaugen.no>



Sygard Gryting farm hotel. Photo: Ian Brodie

HIGHLIGHTS ON THIS TOUR

- **Lillehammer Art Museum**

Get to know the Norwegian artists. Guided tour at Lillehammer Art Museum, one of the nation's leading art museums, with 1400 works by Norwegian artists dating from the 1800s and until today.

<https://lillehammerartmuseum.com>

- **Sygard Grytting farm – a taste of Ibsen's Peer Gynt**

Lunch at the medieval farm Sygard Grytting, one of Norway's most beautiful and best-kept farm hotels with an atmosphere as taken from a Norwegian folk adventure. Includes a guided tour and a Ibsen's Peer Gynt experience. It was in this area that Ibsen heard about the local Per Gynt, which inspired him to write the dramatic play that is well known all over the world. www.grytting.com/english

- **Ringebu Stave church**

Henrik Ibsen visited several churches on his way from Oslo to the fjords. Get a guided tour at Ringebu Stave church, a church that dates back to the year 1220. When Ibsen travelled through Ringebu, he stayed at a house not far from the Ringebu Stave church. <http://stavechurch.no/en>

- **Billingen Seterpensjonat**

Billingen is a beautiful mountain farm in Skjåk. The farm was originally a cheese factory, but now they have a restaurant and 8 rooms where you can wake up to the beautiful river «Tora». The hosts Marianne and Arnstein will tell the story about the place and there will be dinner with local ingredients. <http://billingen.no>

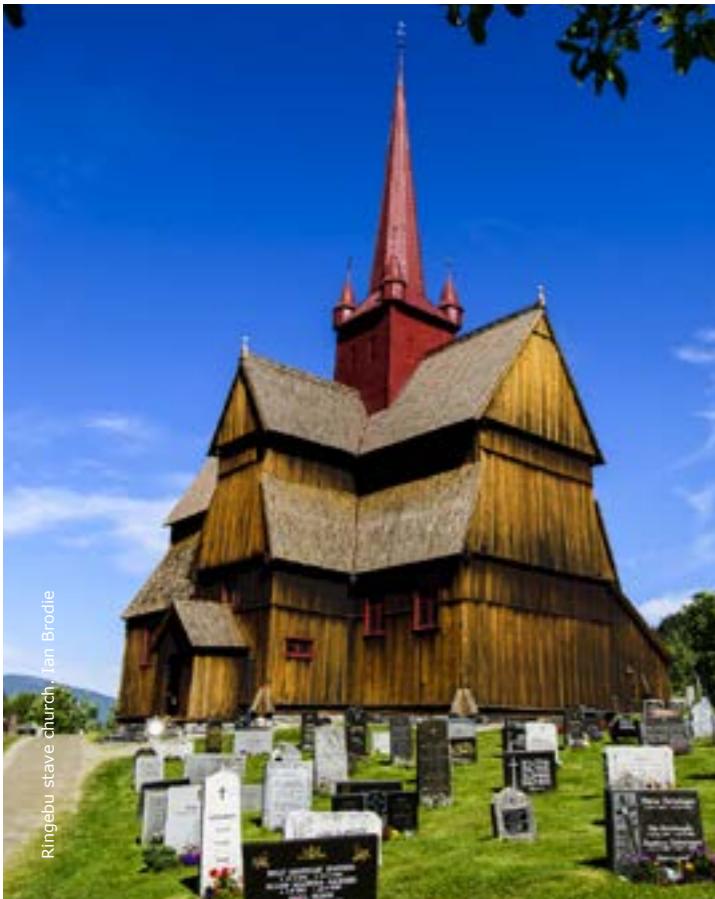
- **The Peer Gynt Gallery at Hellesylt**

Peer Gynt by Henrik Ibsen is dramatized by the artist Oddvin Parr (1933-2010) in 11 magnificent, large pictures carved in wood, illustrating the main stages of this masterful drama. With music from Edvard Grieg, the Peer Gynt Gallery offers you a wonderful experience. Henrik Ibsen stayed a period at Hellesylt when he was writing on another great drama - "Brand". www.peergyntgalleriet.no

- **The Geirangerfjord – UNESCO World Heritage Site**

Geirangerfjord is the jewel in the crown of the Norwegian fjords. It is a fairy tale landscape considered to be among the most scenically outstanding fjord areas on the planet and has been included on UNESCO's World Heritage List since 2005. The nature has been an inspiration for writers and artist for centuries.

www.geiranger.no



Ringebu stave church. / Ian Brodie

Billingen Seterpensjonat. Photo: Mari Valen Høihelle / Nasjonalparkriket

ACCOMMODATION

OSLO

Grand Hotel Oslo by Scandic
Karl Johans gate 31
NO-0159 Oslo
Tel.: +47 23 21 20 00
concierge@grand.no
www.grand.no/en/default.html

LILLEHAMMER

Hunderfossen Hotel and Resort
Fossekloveien 71
NO-2625 Lillehammer
Tel.: +47 61 27 40 00
hotell@hunderfossen.no
<https://hunderfossenhotell.no>

GROTLI

Grotli Høyfjellshotell
Skjåkvegen 5383
NO-695 Grotli
Tel.: +47 61 21 74 74
post@grotli.no
www.grotli.no/hotell

GEIRANGER

Hotel Union Geiranger
NO-6216 Geiranger
Tel.: + 47 70 26 83 00
geiranger@hotelunion.no
www.hotelunion.no

INFORMATION

FLIGHTS

THURSDAY 28th of MARCH

Latest arrival at Oslo Airport OSL: 16:00.

Flight to Oslo must be booked by each participant

See additional information on page 2.



Flydalsjuvet, Geiranger. Photo: Ove Skjelstad

Pre-tour C

The railway route - a journey through Norwegian culture

(Gudbrandsdalen-Dovre-Romsdalen & Munch)

DESCRIPTION

Travel comfortably with the railway and discover Norway from roaring mountains to the deep blue fjords. This train ride will introduce you to landscapes, culture and off-the-beaten-track adventures. Visit museums and cultural sights, immerse in local traditions and cuisine. Watch the changing countryside roll by as you ride peacefully through the landscape to your next adventure. This is a tour for the cultural lovers wanting to get a taste of the Norwegian mountain and fjord regions, all packed into one transforming journey.

FACTS

Duration: 28th of March-1st of April 2019

Organiser:

Mountains of Norway, www.mountainsofnorway.com
on behalf of Visit Hamarregionen,
www.visit-hedmark.no/en/hamar-region

Nasjonalkriket Reiseliv,
www.nasjonalkriket.no/en

Gudbrandsdalsmusea,
<https://gudbrandsdalsmusea.no/en/avdelinger/>

Visit Lesja/Levande Lesja,
www.visitlesja.no/opplev-lesja/

Romsdal Reiseliv/Visit Northwest,
www.visitnorway.com/places-to-go/fjord-norway/northwest

and in collaboration with NSB, www.nsb.no

Tour conductor:
Ms. Annette Neshagen, annette@mountainsofnorway.com
Tel: +47 911 03 336

Clothing: Warm winter clothes and shoes, and leisure clothing

Target groups:

- Small groups and FITs seeking cultural immersion

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

Programme may be subject to change



HIGHLIGHTS ON THIS TOUR

- **Dovre Line**
The Dovrebanen railway takes you through beautiful countryside with valleys and mountains. On this tour it will take you from Oslo through the Gudbrandsdalen valley and to Dombås.
www.nsb.no/reisemål/regionstrekninger/dovrebanen
- **Edvard Munch**
Explore the beautiful and authentic countryside where the famous Norwegian painter Edvard Munch was born. Visit the Munch centre to learn more about the childhood of this world-class artist. The Munch centre is situated at Klevfos Industrial Museum, just a stone's throw away from where Edvard Munch was born.
<https://klevfos.no/munchsenteret>
- **Jutulskinn**
Meet Sofie Kleppe, she started Jutulskinn in 2015 with the vision to manage, convey and develop traditional leather craft. From her shop in Vågå you will learn about tannery, and how she makes leather products from traditional methods. www.jutulskinn.no
- **The Munch walk**
Take a walk in the footsteps of Edvard Munch and his father's family in the cosy town of Vågå. Learn about where the famous painter travelled to seek out his roots, visit several historic buildings and discover the source of inspiration he found in this area. www.munchivaga.no/english/
- **Joragjelet**
Let Dovrefjell Adventures take you on a guided snowshoeing tour to Joragjelet. Experience the Jora bridge, a stone bridge on the Rauma Line, going over the river Jora. We will snowshoe to a viewpoint, make a bonfire and enjoy some local produce. www.dovrefjelladventures.no/en/home/
- **Lesja open air museum**
Visit the traditional Lesja open air museum and get a tour of the exhibition "The reindeer hunters arrive". Learn about the wild reindeer and their importance. Enjoy the atmosphere and explore your taste buds with some local specialties from Lesja. <https://gudbrandsdalsmusea.no/en/avdelinger/lesja-bygdemuseum>
- **Basecamp Bjorli**
Explore some of what the winter paradise Bjorli has to offer. Visit the Høyt & Lavt climbing park at Bjorli and explore the adventurous side of you. Choose between climbing trails of different levels and challenge yourself, while you enjoy the beautiful surroundings. At night you can rewind at the cosy Bjorlivollen barn with some local tastes from the area. www.hoytlavt.no



HIGHLIGHTS ON THIS TOUR

• Rauma Line

Raumabanen is Norway's wildest and most beautiful railway line. The railway starts in Dombås and ends 114 kilometres to the west in Åndalsnes, by the Romsdalsfjord. The train will take you through the scenic Romsdalen with famous nature attractions like Kylling Bridge and the iconic Troll Wall, Romsdalshorn and the Rauma River.

www.nsb.no/reisemål/regionstrekninger/raumabanen

• Friluftslek

The activity provider Friluftslek will take you for some soft winter adventures. Try snowshoeing and airboarding in the beautiful Skorgedalen valley. Remember to bring outdoor clothing such as a wool layer, rain/windproof clothing, winter shoes, hat and gloves.

www.visitnorway.com/places-to-go/fjord-norway/northwest/listings-northwest

• Woldstad Farm

A local farm in Isfjorden dating back to 1654. The farm is run by Ms Gudrun Woldstad and Mr Guttorm Furmyr, and they welcome smaller groups to their farm for lunch, dinner and events. They will tell you about typical Norwegian food culture, you will get insight into how they make a selection of Norwegian products, and you will get to taste some as well.

www.woldstadgard.no

• Norwegian Mountaineering Centre

Explore the brand new visitor centre in Åndalsnes, focusing on Norwegian mountaineering history and mountain adventure sport. Enjoy a guided tour of the museum and get insight into local, national and international events through the history of mountaineering. The museum displays historical objects as well as interactive installations, inviting you to explore and play - regardless of age. The centre also includes a big indoor climbing wall, and they offer guided climbing courses, guided hikes and Via Ferrata tours.

<http://tindesenteret.no>



Tindesenteret Åndalsnes. Photo: Matti Bernitz

ACCOMMODATION

HAMAR

First Hotel Victoria
Strandgaten 21
NO-2317 Hamar
Tel.: +47 62 02 55 00
victoria@firsthotels.no
www.firsthotels.com

VÅGÅ

Lemonsjøen Fjellstue & hyttegrend
Fjellvegen 1570
NO-2680 Vågå
Tel.: +47 61 23 87 22
post@lemonsjoe.no
www.lemonsjoe.no

BJORLI

Bjorli cabins
Gardsvegen 22
NO-2669 Bjorli
Tel.: +47 984 06 262
bjorli@hoytlavt.no
<https://hoytlavt.no/bjorli>

ÅNDALSNES

Hotel Aak
NO-6300 Åndalsnes
Tel.: +47 71 22 17 00
booking@hotelaak.no
www.hotelaak.no

INFORMATION

FLIGHTS

THURSDAY 28th of MARCH

Latest arrival at Oslo Airport OSL: 14:30.

Flight to Oslo must be booked by each participant

See additional information on page 2.



The Rauma Line. Photo: Rolf M. Sørensen

Pre-tour D

Fjord Norway - off the beaten track (Bergen-Fjordkysten-Loen-Ålesund)

DESCRIPTION

Explore Fjord Norway off the beaten track, travelling from Bergen along the rough coast line of Western Norway to the sheltered waters in the archipelago of Fjordkysten, continuing to the fjord village of Loen, before heading back to the fjord city of Ålesund.

"To Go Viking" was originally a verb used by Scandinavians to describe travelling overseas. Go Viking in the fjords between October and April and experience a time of year that truly brings forward the authentic toughness of what Fjord Life is all about. Now you can explore the awe-inspiring nature and landscape that our Viking ancestors enjoyed.

FACTS

Duration: 28th of March-1st of April 2019

Organisers:
Fjord Norway, www.fjordnorway.com

Tour conductor:
Mr. Asgeir Blindheim, asgeir@fjordnorway.com
Tel.: +47 926 49 794

Clothing:
Warm and leisurely clothing. Wind and waterproof jacket/rain coat and solid shoes for outdoor activities.

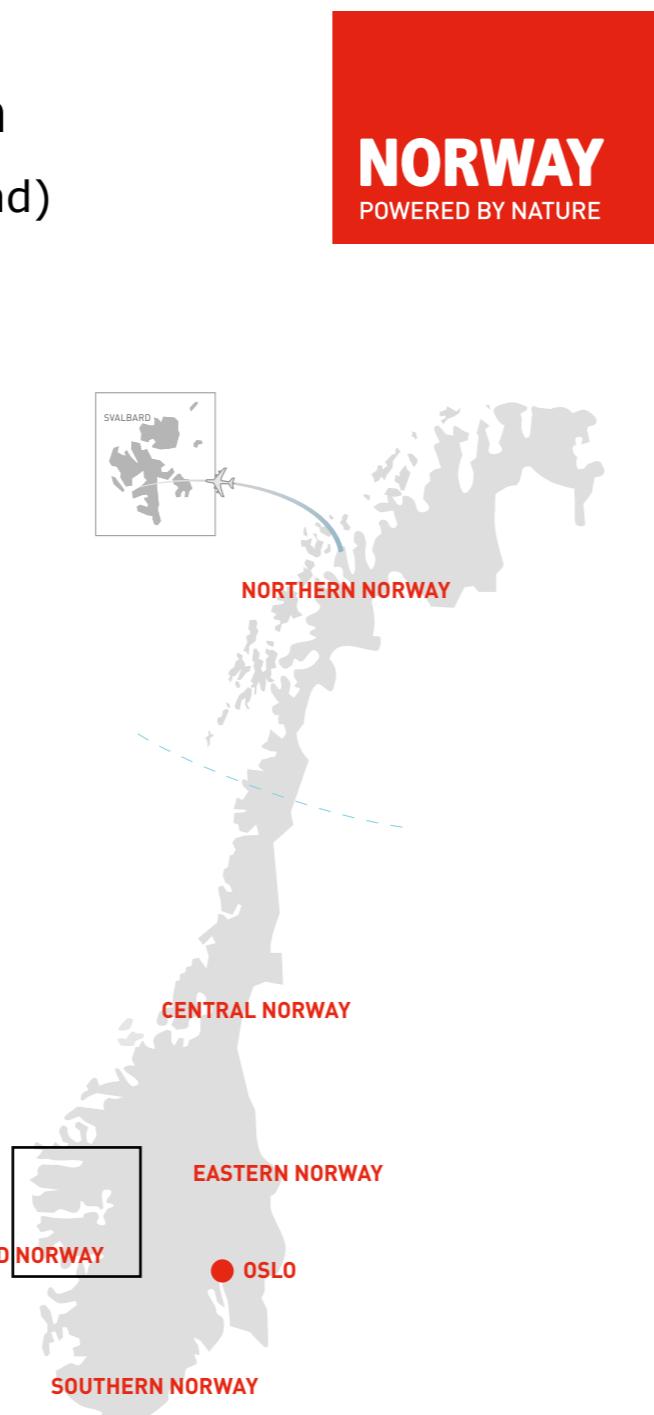
Target groups:

- FIT outdoor and adventure-travel operators

This tour will imply soft adventure such as hiking, biking and kayaking in combination with cultural hikes and island hopping.

Max. participants: **14** Min. participants: **10**

Programme may be subject to change



HIGHLIGHTS ON THIS TOUR

- **Bergen – The gateway to the Fjords of Norway.**
Bergen is an international city packed with small-town charm and atmosphere. Two of the big landmarks are the UNESCO World Heritage listed Hanseatic Wharf Bryggen and Mt. Fløyen. On arrival in Bergen we will take you on a guided bike tour of the city followed by a journey on Fløibanen Funicular to Mt. Fløyen and an easy hike in the mountains.
www.visitbergen.com
<http://floyen.no/en/>
<https://en.visitbergen.com/things-to-do/guided-bike-ride-in-bergen>
- **Fjord Kysten (Coast of Fjords)**
Just north of Bergen, between the mighty North Sea and the deep fjords, lies Fjord Kysten/Coast of Fjords. Here you will find the very best of the authentic and pure Norwegian experiences. You will explore the diversity of nature, with high mountains, magnificent fjords, white beaches and a myriad of islands in the ocean. People have lived along the Norwegian coast for thousands of years, and you can still see traces of ancient coastal living here. The area of Solund, Balandet and Værlandet – often called "Venice of the north" is known for its diverse nature, unique coastal culture and rich history, and is perfect outdoor activities. With its myriad of small and large islands, islets and skerries sheltering from the wind and waves you will experience sea kayaking in the paddle paradise Solund, cycling from Balandet to Værlandet crossing 6 beautiful bridges, a cultural hike in the footsteps of the painter Anders Askvold, island hopping by postal boat from Solund to Balandet and island hopping by Norled. Furthermore, you will meet the locals and the local food traditions at the small village of Knutholmen.
<https://en.fjordkysten.no/things-to-do/island-hopping-solund-balandet-værlandet>
www.kulturvandring.no/
<https://en.fjordkysten.no/things-to-do/island-hopping-by-bike>
www.solundactive.com/kayak.html
www.knutholmen.no
- **Loen – Nordfjord**
From the stormy and rough coastline we head deep into the fjord region, to Nordfjord, situated between Jostedalsbreen, 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. Nordfjord is Norway at its highest, wildest, deepest and most enjoyable. All in one fjord. Loen is a dynamic fjord village famous for Loen Skylift. Loen Skylift is a spectacular new attraction and adventure arena that takes you from fjord to mountain in 5 minutes. At Mt Hoven you will try out snowshoe hiking as the mountains are still covered in snow, while Spring has arrived by the fjord. Norway Adventures will take you out kayaking in the fjord area. You 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. In the neighbouring village Olden, you will find Briksdalsbreen Glacier set attractively between roaring waterfalls and high peaks. Briksdalsbreen Glacier is an arm of the great Jostedalsbreen Glacier.
www.loenskylift.com
www.loenactive.no/en/
<https://norway-adventures.com/english/home/>
www.en.briksdalsbre.no



HIGHLIGHTS ON THIS TOUR

• Scenic drive from Loen to Ålesund

On the last day you leave behind the high mountains and deep fjords, and head back to the coast and the fjord city of Ålesund. Ålesund is an Art Nouveau city with many interesting outdoor activities. Traveling from Loen to Ålesund is a scenic drive in the fjord landscape passing by small villages such as Volda and Ørsta. You will have hotel inspection at Hotel Raftevold and Hotel Ivar Aasen and lunch at the Ivar Aasen Centre. Ivar Aasen was a philologist and poet, and is best known for having assembled from dialects one of the two official written versions of the Norwegian language. He shaped the Nynorsk written language on the basis of spoken variants from across Norway.

www.firsthotels.com/hotels/norway/hornindal/first-hotel-raftevold

www.aasentunet.no/

www.hotellivaraasen.no/

www.visitalesund.com

• Norled

Norled is one of the major ferry operators in Norway and work constantly to provide good and efficient travel solutions. They have focus on environmental friendly ferries and to reduce emissions. On this pre tour we will do island hopping from Bergen to Smørhamn at Fjord Kysten. www.norled.no/en/



Kayaking in Solund. Photo: Magnus R. Furset

ACCOMMODATION

BERGEN

Clarion Collection Hotel Havnekontoret

Slottsgaten 1

NO-5003 Bergen

Tel.: +47 55 60 11 00

cc.havnekontoret@choice.no

www.nordicchoicehotels.com/conferences-meetings/norway/bergen/clarion-collection-hotel-havnekontoret/

VÆRLANDET

Værlandet Havhotell

NO-6986 Værlandet

Tel.: +47 993 21 740

post@vaerlandethavhotell.com

www.værlandethavhotell.no/eng/

Please **note** that 2 persons will be sharing room at Værlandet Havhotell. Each of the rooms has two bedrooms, which means one person will be sleeping in the bedroom and the other person in the combined livingroom/bedroom with a fantastic view of the open sea. The two bedrooms will share a bathroom.
www.værlandethavhotell.no/eng/rooms/

KALVÅG

Knutholmen

NO-6729 Kalvåg

Tel.: +47 57 79 69 00

post@knutholmen.no

www.knutholmen.no

LOEN

Hotel Alexandra

NO-6789 Loen

Tel.: +47 57 87 50 00

alex@alexandra.no

www.alexandra.no/en/

INFORMATION

FLIGHTS

THURSDAY 28th of MARCH

Latest arrival at Bergen airport Flesland: 13:00.

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

Flight to Bergen must be booked by each participant

See additional information on page 2.



Loen Skylift. Photo: Lars Korvald / Loen Skylift

Pre-tour E

Local food-tour with World Champions (Molde-Torjulvågen-Averøy-Ålesund)

DESCRIPTION

We invite you on a food tour with beautiful scenery "off the beaten track" in Nordmøre. We will visit world class cheesemakers, hear their story and see where they make their cheese. Driving through contrasted landscapes, you will taste local quality food from the area presented to you by the Norwegian Farmers' Union Chef. We will eat lunch out on the fjord while hearing the story of the cod traders and how they became richer than the king.

FACTS

Duration: 30th of March-1st of April 2019

Organiser:
HANEN, www.hanen.no

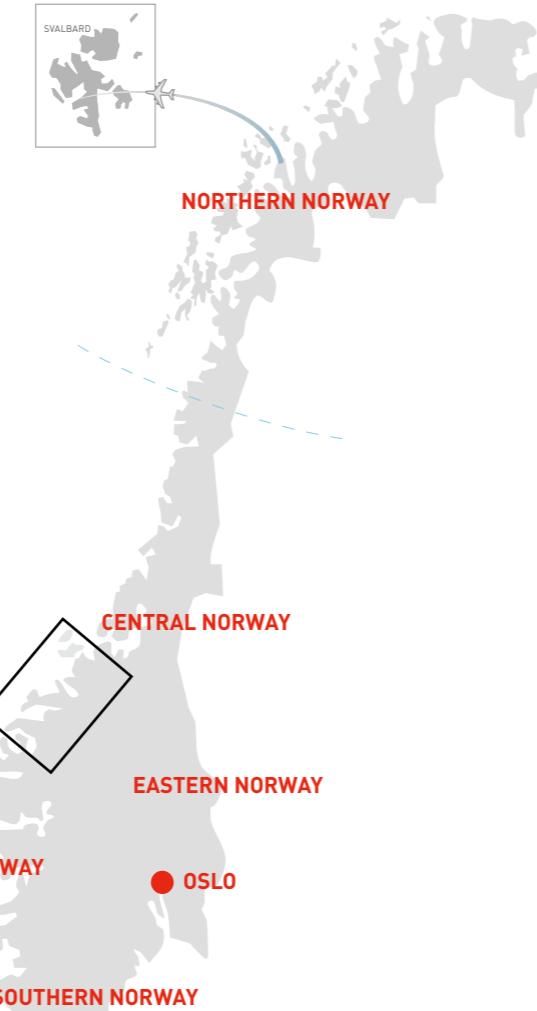
Tour Conductor:
Ms. Quirien van Oirschot, post@favorittkro.no
Tel.: +47 916 18 346

Clothing: Warm and leisure clothing.

Target groups:
• Small groups seeking soft adventures

Max. participants: **10** Min. participants: **5**

Programme may be subject to change



Woldstad Gard. Photo: Gudrun Enga Woldstad

HIGHLIGHTS ON THIS TOUR

- **Storfjord Hotel**
Storfjord Hotel is a secluded luxury boutique hotel situated on the west coast of Norway, on a hillside overlooking the fjord and Sunnmøre Alps. Ever since this hotel opened in 2006 they have been rated as one of the best places to stay in Norway. www.hanen.no/bedrift/617
- **Derinngarden**
A small cheese producer with great skills. All cheese is produced ecologically. www.hanen.no/bedrift/169
- **Bjartmars Favorittkro**
High quality food from local producers. Beautifully situated at the Atlanterhavsvegen with a great view of the sea and islets. Well known for their award winning Bacalao. www.hanen.no/bedrift/108
- **Tingvollost**
Producer of Kraftkar. Winner of World Cheese Awards 2016. <https://www.hanen.no/bedrift/166>
- **Eventyrlige Skaret**
Is located in a popular recreational area which is used for both hiking and skiing. Cabins with hotel facilities and huts built on old Norwegian building traditions in small yards with all facilities. The café offers local food on the menu. www.hanen.no/en/bedrift/109
- **Atlanterhavsvegen**
The road is preserved as a cultural heritage site and is classified as a National Tourist Route. It is a popular site to film automotive commercials, has been declared the world's best road trip, and been awarded the title as "Norwegian Construction of the Century". www.nasjonaleturistveger.no/en/routes/atlanterhavsvegen



Homemade bread and local butter
Photo Susanne Swegen_storfjordhotel.com



Eventyrlige Skaret. Photo: Kristin Støylen

HIGHLIGHTS ON THIS TOUR

• Woldstad Gard

Woldstad Gard is beautifully situated by the Isfjorden, about 7 km from Åndalsnes, with a beautiful view of the fjord and mountains. The farm dates back to 1654, and has been in the Woldstad family since then. Woldstad Gard has various banqueting rooms for purposes such as weddings and anniversaries, seating from 10 to 80 guests. The farm serves food and drink for all occasions. www.hanen.no/bedrift/674

• Clipfish cruise

On board at the M/S Bruvik you will get the story of the clipfish told by Norwegian Farmers' Union Chef, while enjoying the beautiful scenery of the Sunnmøre Alps and the fjord. You will also be served a lovely lunch and taste some clipfish. It's a spacious boat, suited for a fabulous experience.

• Stolt mat

In this store all products are from small scale manufacturers from the region of Møre og Romsdal, some of which we have tasted during our tour. This local food store is run by the Norwegian Farmers' Union Chef. Here we will get some information about traditional food from the area while having a break and some coffee.

www.hanen.no/bedrift/634



Storfjord Hotel. Photo: Kristin Støylen_storfjordhotel.com

ACCOMMODATION

MOLDE

Eventyrlike Skaret
Skaret
NO-6422 Molde
Tel.: +47 71 26 80 90
post@skarstua.no

www.hanen.no/bedrift/109
skarstua.no/

SKODJE

Storfjord Hotel
Øvre Glomset
NO-6260 Skodje
Tel.: +47 70 27 49 22
info@storfjordhotel.com

www.hanen.no/bedrift/617
www.storfjordhotel.com/

INFORMATION

FLIGHTS

SATURDAY 30th of MARCH

Latest arrival Molde Airport Årø: 16:30

Suggested flight:

15:20 Dep. Oslo Airport OSL with
16:15 Arr. Molde Airport Årø
or

13:25 Dep. Copenhagen Airport Kastrup with
16:15 Arr. Molde Airport Årø

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

**This flight must be booked by each
participant**

See additional information on page 2.



Eventyrlike Skaret. Photo: Kristin Støylen

Bjartmars Favorittkro. Photo: Kristin Støylen

Pre-tour F

Winter adventures for soft explorers (northern Trøndelag)

DESCRIPTION

Trøndelag, also known as central Norway, offers a great variety of nature, wildlife and adventures. This pre-tour is for customers who are interested in meeting the locals, learning about local traditions and participating in real winter experiences.

FACTS

Duration: 28th of March-1st of April 2019

Organiser:
Trøndelag Reiseliv, www.trondelag.com

Tour conductor:
Ms. Petra Sestak, petra@trondelag.com
Tel: +47 905 52 422

Clothing: Warm and leisure clothing.

Target groups:

- Customers who like to challenge themselves in the nature

Max. participants: **8** Min. participants: **4**

Programme may be subject to change



Skreifestivalen, Vadsøya. Photo: Steinar Johansen



HIGHLIGHTS ON THIS TOUR

- **Skreifestivalen (The Atlantic Cod Festival)**

The Skrei (Atlantic cod) festival is an annual food and culture festival where the spawning cod – skrei or North Atlantic Cod – comes from the Barents Sea to the islands of Vikna. The festival is specially dedicated to those who like to enjoy themselves in a maritime environment, learn about the cultural history of the coast through the participation in various cultural happenings and last, but not least – enjoy the traditional plate of skrei with liver and roe, as well as the delicious creamed fish soup from Vikna, served by locals.

Cod has an important place in Norwegian culture. It provided the very first Norwegians with the nutrition they needed to survive the harshest of winters, and today we're delighted to share its success story with the world.

Visit a fishing station far out at sea, where the local fishermen deliver their catches to local buyers, a traditional local food and handicraft market, and other cultural experiences based on the skrei history. There will also be possibilities to try your luck at deep sea fishing. www.skreifestivalen.no

- **Beer tasting at Skjenkestova in Skorovas**

Skjenkestova, a beer paradise in the middle of the forest, ranks as one of Norway's most distinctive pubs. In the tiny village of Skorovas, beer enthusiast Inge Staldvik has created a pub serving more than 500 varieties of beer, 160 aquavits and 70 types of whisky. This popular pub attracts drinkers from all over the world. www.visitnorway.com/listings/skjenkestova/



Northern lights over Lierne. Photo: Credit Bernartwood-trondelag.com

HIGHLIGHTS ON THIS TOUR

• Soft winter adventures with Tundra Tours

Have you ever dreamt of polar exploration? This is a unique, once in a lifetime experience. Imagine: Mountain snow, tundra landscapes, Scandinavian woodlands, northern lights, reindeer and an opportunity to push yourself under guidance by our experienced guide, Bernie. He always goes the extra mile to make your trip fun and exciting, and he has over 20 years of experience and many thousands of hours exploring the outdoors. You may also be lucky to learn a camera trick or two from Bernie as he is a professional photographer. Overnight stay in a lavvo, light your own wood fire, try cross country skiing, and other winter activities.

<http://tundratours.no>

• Skallstuggu

Skallstuggu Mountain Lodge is situated in scenic surroundings and is an excellent base for outdoor activities in the area such as hiking, skiing and fishing. Enjoy a delicious dinner, the menu varies from season to season and is based on Norwegian traditional fare. <https://en.visitinnherred.com/produkt/>



Skreifestivalen. Photo: Anne Grete Walaunet

ACCOMMODATION

RØRVIK

Kysthotellet Rørvik
Storgata 20
NO-7900 Rørvik
Tel.: +47 74 36 66 00
post@kysthotellet.no
<https://kysthotellet.no>

LIMINGEN

Tundra Tours
Røyrvikveien 103
NO-7898 Limingen
Tel.: +47 971 01 130
booking@tundratours.no
<http://tundratours.no>

LEVANGER

Skallstuggu
Vulusjøen
NO-7600 Levanger
Tel.: +47 906 88 873
post@skallstuggu.no
<https://en.visitinnherred.com/produkt/>

INFORMATION

FLIGHTS

THURSDAY 28th of MARCH

Latest arrival Rørvik Airport Ryum: 18:10

Suggested flight:

15:40 Dep. Oslo Airport OSL with DY758
16:35 Arr. Trondheim Airport Værnes
17:35 Dep. Trondheim Airport Værnes with WF796
18:10 Arr. Rørvik Airport Ryum

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

Flight to Trondheim must be booked by each participant

MONDAY 1st of APRIL

14:45 Dep. Trondheim Airport Værnes with WF555
15:40 Arr. Ålesund Airport Vigra

This flight will be booked by Innovation Norway

See additional information on page 2.



Tundra-Tours-Camp. Photo:Bernard O'Sullivan

Pre-tour G

Culinary Tour of the North (Vesterålen and Harstad)

DESCRIPTION

Dried cod, reindeer meat, salmon, berries, herbs – it sounds like Northern Norway, doesn't it? In Northern Norway, top-quality ingredients from land and sea are available on our doorstep, so why not sample our local food? People here have been harvesting the rich natural larder for thousands of years. Learn more about our old food traditions and how do we preserve them in modern time. Vikings, Sami people, fishermen, Hurtigruten, awarded chefs – they all have their own story to tell you. Come and listen these stories, get know our history through our culinary.

FACTS

Duration: 28th of March-1st of April 2019

Organisers:
Northern Norway Tourist Board,
www.northernnorway.com

Tour conductor: TBA

Clothing: Warm and leisure clothing.

Target groups:

- Travellers, interested in local culture, food traditions, history and locals
- Travellers, who want to experience Northern Norway off the beaten path
- Small groups, FITs

Max. participants: **15** Min. participants: **10**

Programme may be subject to change



HIGHLIGHTS ON THIS TOUR

We invite you to Vesterålen and Harstad

Vesterålen is a region of large islands connected with elegant bridge spans, stunning coast landscapes and towering peaks. Here the coastal culture stands strong! Old fishing villages, the Hurtigruten shipping line, the numerous contemporary art projects ... This region of Northern Norway offers some of best food ingredients and has rich culinary traditions that are a big part of coastal culture. Situated on Norway's biggest Island, Hinnøya, you find Harstad – a region with unforgettable nature experiences, medieval history, local food with excellent chefs, genuine shops and music festivals. With access to Norway's best and freshest produce within sight, Harstad can tempt you with its three gourmet restaurants. <https://visitvesteralen.com/no> and <https://en.visitharstad.com/>

• Reindeer – the most important element in Sami culture - and cuisine.

Experience the exotic native Sami culture at Inga Sami Siida: From exciting storytelling to meet and hand feed the reindeer. Taste traditional Sami food and let yourself be fascinated by the Joik, the traditional song of the Sami people, while seated around the warm, cosy fireplace inside the Lavvu.

www.inga-sami-siida.no/English/

• Salmon – treasure of Norway

World leading and high tech aquaculture: Akvakultur i Vesterålen is an adventure centre for Norwegian aquaculture, where you can get a unique insight into the production of salmon in one of Norway's most beautiful regions. Join a guided boat trip to the fish farm to learn about feeding and technology, and a tour in the exhibition to learn about Norway's aquaculture industry from the pioneer era to today's high tech production. Last but not least, a delicious taste of smoked salmon and trout from their own production. www.akvakulturivesterålen.no/en

• Fish oil – from trade to culture

Unique concert in an old fish oil tank: The National Museum of the Norwegian fishing industry explores history, tradition, meaning and possibilities. The museum is located in a former herring factory. One of the disused fish-oil tanks has been named "Royal Neptune Hall" as it is used for concerts and other exciting public events due to its exceptional acoustics: listening to music inside the huge tank is a fantastic audio experience, with a resonance up to 23 seconds. www.museumnord.no/en/norwegian-fishing-industry-museum/

• Hurtigruten – history and values of Coastal Norway

The Hurtigruten Museum tells the story of the legendary shipping line going 2600 miles from Bergen to Kirkenes and the importance of this for the coastal culture. Created in 1893 in Vesterålen, the line has a proud and dramatic history, closely intertwined with Northern Norway's history as a whole. The classic Hurtigruten ship "Finnmarken" from 1956 is part of the museum. Nowadays Hurtigruten represents many of Norwegian values and food, based on local ingredients and traditions is one of them.

www.museumnord.no/en/hurtigruten-museum/



HIGHLIGHTS ON THIS TOUR

- Fine dining on the beach**

Beautiful view as you drive across Aunfjellet and down the steep road to Elgsnes. Elgsnes manor is found in a delightful countryside, with a rich bird and animal life. Unique atmosphere in the boathouse at the beautiful beach. A three-course dinner served by one of our excellent chefs. <http://elgsnes.com/>

- 1200-century dining - City sightseeing**

A visit to the church of Trondenes, built between year 900 and 1250. Tour of Trondenes Historical Centre which tells the story of the peninsula where it is situated, and which has had an important place in Norwegian history. Visit to Almenningr. This historical farm is opening for the public in June 2019. At our visit the main farm house will be 90% ready, and the church which will also be a part of this area will be coming along. With time this will be a complete reconstruction of a traditional Northern Norwegian farm, with all the life this included. At our visit we will meet some of the family who will be re-enacting this life for the guests. The house wife will serve a lunch true to the spirit of the 1200-century in this area.

<http://stmu.no/TrondenesHistoriskeSenter>

- B&B touring – RIB-safari**

Tour of the archipelago outside Harstad with our dedicated supplier. Visit to Grøtavær Brygge, an idyllic resort perfect for kayaking, hiking and fishing. www.bbtouring.no/
Grøtavær Brygge, only Facebook page, no website.

- Cook & Eat**

One of the best restaurants in Harstad is the scene for this happening. The chefs at Umami take their pride in giving their guests the ultimate food experience combined with the well-known Northern Norwegian hospitality. Together you will prepare the meal for the night, and we can guarantee a meal of the highest quality.

www.umamiharstad.no/



Umami. Photo: Visit Harstad

ACCOMMODATION

STOKMARKNES

Vesterålen Kysthotell
 NO-8455 Stokmarknes
 Tel.: +47 76 15 29 99
 resepsjon@kystlandsbyen.no
<http://vesteralenkysthotell.no/>

STRAUMSJØEN

Ringstad Sjøhus, Huset på Yttersiden
 Ringstadveien 27, Ringstad
 NO-8475 Straumsjøen
 Tel.: +47 906 40 591
 karina@yttersiden.no
www.yttersiden.no/velkommen

HARSTAD

Scandic Hotell Harstad
 Strandgata 9
 NO-9485 Harstad
 Tel.: +47 77 00 30 00
 harstad@scandichotels.com
www.scandichotels.no/hotell/norge/harstad/scandic-harstad

INFORMATION

FLIGHTS

Latest arrival at Stokmarknes, Thursday 28th of March: 15:30.

THURSDAY 28th of MARCH

Suggested flight:
 12:50 Dep. Oslo Airport OSL with SK 4112
 14:20 Arr. Bodø Airport BOO
 14:55 Dep. Bodø Airport BOO, with WF854
 15:30 Arr. Stokmarknes Airport SKN

Flight to Stokmarknes must be booked by each participant.

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

MONDAY 1st of APRIL

11:05 Dep. Harstad/Narvik Airport EVE with DY 365
 12:50 Arr. Oslo Airport OSL
 15:05 Dep. Oslo Airport OSL with DY410
 16:05 Arr. Ålesund Airport Vigra

This flight will be booked by Innovation Norway.

See additional information on page 2.



Viking chieftain Tore Hund's empire. Photo: B&B Touring

Post-tour H

Discover Fjord Norway's cultural & culinary gems (Bergen-Hardangerfjord-Rosendal-Sunnhordland)

DESCRIPTION

Bergen builds on a millennium of history as a meeting place and trading centre for cultural and culinary traditions, so for many reasons Bergen has been designated European City of Culture and UNESCO City of Gastronomy. You will experience the small villages of Rosendal and Bekkjarvik, rich in history, culture and culinary food experiences. The region of Sunnhordland is off-the beaten-track with many hidden gems. We will introduce you to historic hotels, local produce, cultural activities and passionate hosts.

FACTS

Duration: 4th-7th of April 2019

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 waterproof jacket/rain coat and solid shoes.

Target groups:

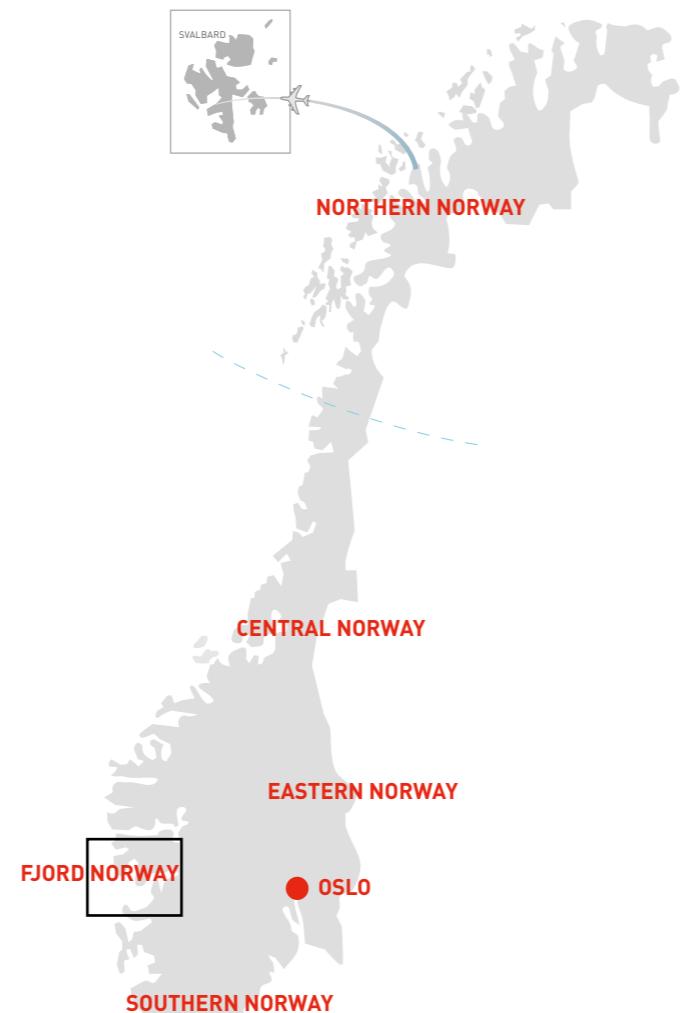
- Tour operators who work with FITs and small groups within the middle/high-end segment. The itinerary will focus on food, culture and historic hotels.

Max. participants: **15** Min. participants: **10**

Programme may be subject to change



Kode Museum, Photo: Dag Fosse / KODE



HIGHLIGHTS ON THIS TOUR

- **De Historiske - historic hotels & restaurants** is a unique membership organisation containing many of Norway's most charming hotels and restaurants. The group consists of 57 hotels, 22 restaurants, among them Solstrand Hotel & Bad, Bekkjarvik Gjestgiveri, Hotel Bergen Børs and Haaheim Gård. Each member of De Historiske has their own distinctive character, but you will find common features such as a warm welcome, good service, a friendly atmosphere and high quality in every respect. Delicious meals, beautiful art and culture, design and decor based on deeply-rooted tradition and history. www.dehistoriske.no
- **Solstrand Hotel & Bad**
Solstrand was a cotter's farm under Hauge farm and owned by the monastery Lyse from the 1100s and until 1873. In 1895 Christian Michelsen, Norway's first Prime Minister, purchased the property and opened the grand Swiss style Solstrand Hotel & Bad. Everything at Solstrand, from the architecture to the choice of stone in the stairs is based on Norwegian nature and culture. <http://solstrand.com/en>
- **Bekkjarvik Gjestgiveri**
Bekkjarvik Gjestgiveri is a family run hotel dating back to the 1600's. Bekkjarvik Gjestgiveri is well known for its delicious food and the scenic beauty of Norway's western coast. Second generation are famous chefs, Ørjan Johannessen won the gold medal in Bocuse d'Or 2015, and in 2014, his twin brother Arnt received the award for "Kitchen Manager of the Year" in Norway. You will stay overnight at Bekkjarvik Gjestgiveri and experience local flavours and produce from the surrounding area Austevoll. www.bekkjarvikgjestgiveri.no/en/
- **Hotel Bergen Børs**
Bergen Børs is located in the old stock exchange dating back to 1862, and is set to become Bergen's most fashionable hotel with one of the city's very best restaurants. A stay in one of the suites is a unique experience, and particularly the one in the former stock exchange manager's office. www.bergenbors.no/en/
- **Rosendal village**
Short guided walk in Rosendal to learn more about the activities in the village and a visit to the Folgefond Centre. <https://folgefondnsenteret.no/en/> Lunch at Rosendal Turisthotell www.rosendalturisthotell.no/en/home. You will be served Norwegian tapas from "Elins Matgleder". Mrs Elin Enes is passionate about cooking and local produce, she will do a small presentation before lunch. <http://elinsmatgleder.no/> After lunch you will experience a cultural surprise.
- **Haaheim Gaard**
Haaheim Gaard is a historical inn. It features individually decorated rooms, a garden café and restaurant serving local produce. Experience the flavours of bygone days. The owner is passionate about local food and its history. Vegetables, fruits and herbs harvested on site by Haaheim's own gardener are served in the cuisine. Storytelling about Haaheim Gaard and samples of local produce. www.haaheimgaard.no/



Lunch concert at Troldhaugen. Photo: Bergen Tourist Board / Dag Fosse / visitBergen.com

HIGHLIGHTS ON THIS TOUR

• KODE Art Museum

KODE Art Museums is one of the largest museums for art, craft, design and music in the Nordic countries. The Museum stewards almost 50,000 objects ranging from paintings, works on paper, sculptures, installations, videos, musical instruments, furniture and works of fine craft and design.

<http://kodebergen.no/en>

• Edvard Grieg Museum Troldhaugen

Troldhaugen was the home of the famous Norwegian composer Edvard Grieg and his wife Nina. The villa was built in 1885, and the couple lived there the last 22 summers of Edvard Grieg's life. Troldhaugen became a museum in 1928 and includes Grieg's Villa, the composer's hut, the Grieg couple's gravesite and the concert hall Troldsalen, a chamber music hall seating 200 people. You will have a guided tour of the villa followed by a concert with Edvard Grieg's music while enjoying the scenery that once inspired him in his work. <http://griegmuseum.no/en>

• Opus XVI - Edvard Grieg Heritage Hotel

Lunch and hotel inspection at Opus XVI - Edvard Grieg Heritage Hotel, a classic yet modern take on the luxury hotel experience, located in the heart of Bergen. The hotel is owned by relatives of the famous composer Edvard Grieg, and their desire is to create a one of a kind hotel experience that offers the guests a taste of the composer's remarkable life, his relationships and his unique life story, told in our inhouse exhibition based upon his A-minor concert, opus 16. Opus XVI has 65 unique and luxurious rooms & suites, each room individually designed. <https://opusxvi.no/>

• Fløibanen Funicular

The Fløibanen Funicular in Bergen is one of Norway's best-known attractions and the only railway of its kind in the country. From the magnificent viewing platform on the top of Fløyen (320 m above sea level), you can enjoy stunning views of Bergen and the surrounding fjord and mountain landscape. <http://floyen.no/en/>

• Cornelius Seafood Restaurant

Just outside the city of Bergen you will find Cornelius, one of Norway's best seafood restaurants. It is situated right by the sea on a small island with spectacular views of the fjord and mountains. We will enjoy the last evening together at the post-tour with a magnificent dinner in beautiful surroundings.

<http://corneliusrestaurant.no/english/>



Haaheim Gaard. Photo: Thor Brødreskift

ACCOMMODATION

BERGEN (4th of April)

Solstrand Hotel & Bad
Solstrandvegen 200
NO-5200 Bergen
Tel.: +47 56 57 11 00
hotel@solstrand.com
<http://solstrand.com/en>

BEKKJARVIK

Bekkjarvik Gjestgiveri
NO-5397 Bekkjarvik nr 61
Tel.: +47 55 08 42 40
salg@bekkjarvikgjestgiveri.no
www.bekkjarvikgjestgiveri.no/en/

Please note that there will be single rooms and suites for two persons available at Bekkjarvik Gjestgiveri. Those who share a suite will have a private bedroom but share the lounge and bathroom.

BERGEN (6th of April)

Hotel Bergen Børs
Vågsallmenningen 1
NO-5014 Bergen
Tel.: +47 55 33 64 00
booking@bergenbors.no
www.bergenbors.no/en/

INFORMATION

FLIGHTS

THURSDAY 4th of APRIL

20:20 Dep. Ålesund Airport Vigra with SK4193
21:00 Arr. Bergen Airport Flesland

This flight will be booked by Innovation Norway

SUNDAY 7th of APRIL

Earliest departure from Bergen: 09:20.

Suggested flights:

09:20 Dep. Bergen Airport Flesland with SK252
10:10 Arr. Oslo Airport OSL

09:55 Dep. Bergen Airport Flesland with SK2865
11:15 Arr. Copenhagen Airport Kastrup

11:45 Dep. Bergen Airport Flesland with KL1186
12:30 Arr. Amsterdam Airport Schiphol 12:30

Return flight from Bergen must be booked by each participant

See additional information on page 2



Hotel Solstrand Båd. Photo: Hotel Solstrand Band



Photo: Tina Stafrén / Visitnorway.com

Post-tour I

Culinary and cultural heritage tour of mid-Norway (Atlantic road-Molde-Kristiansund-Oppdal-Røros)

DESCRIPTION

We would like to invite you on a trip that takes you through beautiful scenery along the Atlantic Road, via the Trollheimen mountain area onwards to the UNESCO World Heritage Site Røros. On this post tour you will find yourself close to local traditions, cultural heritage whilst enjoying local food at its best. Engage all your senses, and find yourself impressed by what you see, taste, feel and learn.

FACTS

Duration: 5th-7th of April 2019

Organisers:

Visit NorthWest, www.visitnorthwest.no
Trøndelag Reiseliv, www.trondelag.com

Tour conductors:

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Tel.: +47 936 79 991

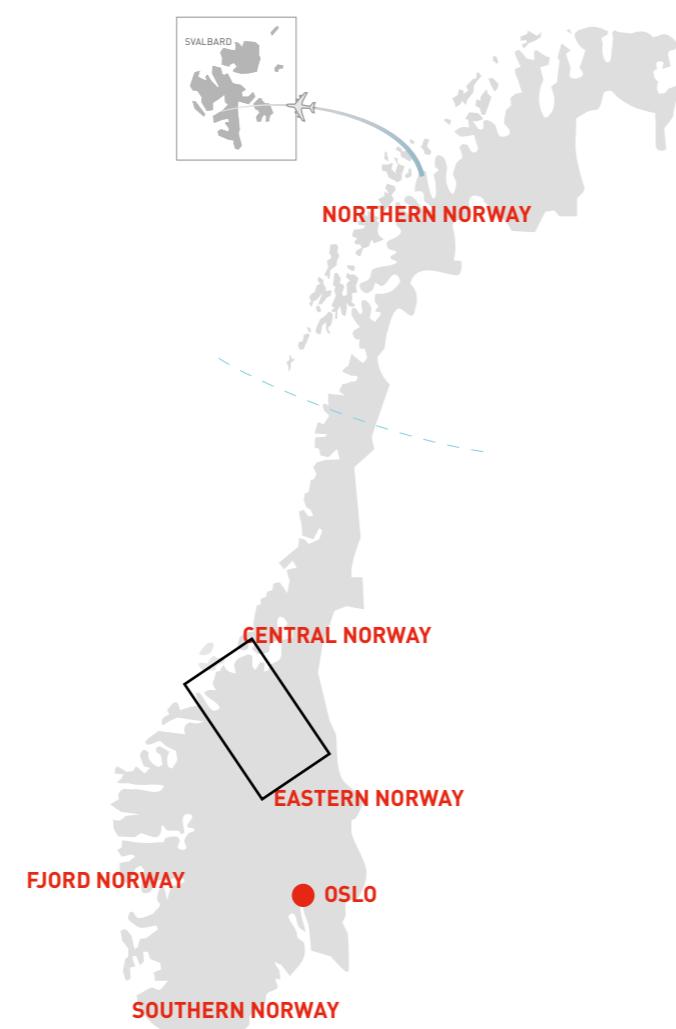
Clothing: Warm and leisurely clothing.

Target groups:

- Groups seeking to broaden their cultural horizon

Max. participants: **15** Min. participants: **10**

Programme may be subject to change



HIGHLIGHTS ON THIS TOUR

Mid Norway offers a great variety of nature, culture and culinary experiences. This post tour is suitable for customers who are interested in meeting the locals, participating in cultural activities and enjoying local food in beautiful authentic surroundings.

- **The Atlantic road**

This National Tourist Route has been called the world's most beautiful drive and has been voted the "Norwegian construction of the century". The Atlantic Road is a continuous experience packed with coastal scenery, culture and history. www.visitnorway.com/places-to-go/fjord-norway/northwest/activities-and-attractions/atlanticroad/

- **Visit the Bergtatt marble caves**

These caves are a result of mining operations since 1938. In other parts of the mountain, the mining operation is still ongoing. Today, the area where the caves are located functions as a concert venue, as well as a tourist attraction. The boat ride into the caves is a unique and stunning experience. www.visitnorway.com/places-to-go/fjord-norway/northwest/listings-northwest/visit-the-marble-mines-of-bergtatt/

- **Håholmen island**

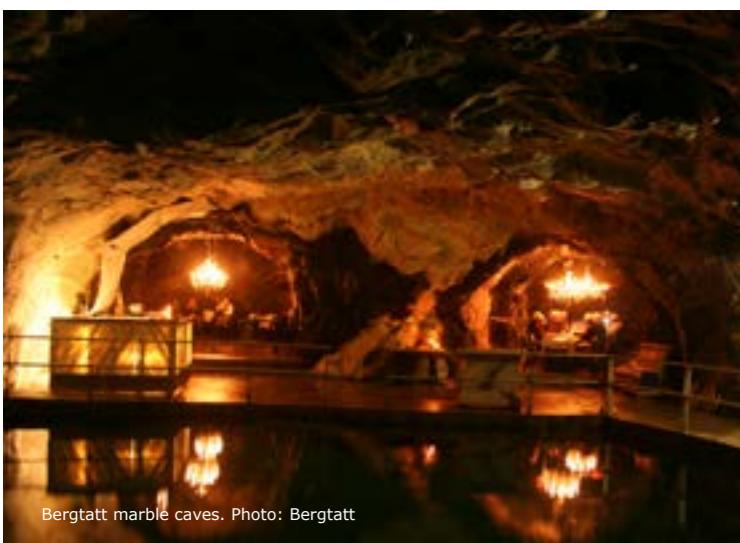
This is Ragnar Thorseth's 18th century fishing village with its original wharves, traditional fishermen's shacks and a bakery. The seaward side of this 10-acre island faces directly onto the ocean and the shipping channels. On the landward side there is a sheltered natural harbour with thirty or so buildings, several dating from the 17th and 18th centuries. Reached by boat from the Atlantic Road. www.haholmen.no

- **Kristiansund**

A city on four islands, and a stunning location, reaching out into the sea. The city has been built up only over the last 50 years, due to a devastating bombing during the Second World War when almost 900 houses burned down. The new city has developed its own style with bright, colourful houses. Kristiansund is also Norway's clipfish capital. Any menu in the city's restaurants and cafes reveal that this tradition is still very much alive today. www.visitnorway.com/places-to-go/fjord-norway/northwest/kristiansund

- **Cheese tasting at Tingvollost**

Farm visit at a local cheese producer called "Tingvollost", supplier of cheese to some of the finest restaurants in Norway, and even to the Royal Castle. They were awarded gold medal at the World Championship Cheese Awards in 2016. www.visitnorway.com/places-to-go/fjord-norway/northwest/listings-northwest/explore-tingvollost



Bergtatt marble caves. Photo: Bergtatt



Bortstu Gjestegard. Photo: Bortstu Gjestegard.

HIGHLIGHTS ON THIS TOUR

- **Jenstad Gård**
Visit this original farm in Sunndal valley surrounded by the waterfalls in the Åmotan-Grøvudalen Landscape Protection Area and Dovrefjell-Sunndalsfjella National Park. Local food and local history. www.visitwaterfalls.no
- **Bortistu**
Welcome to Storlidalen and Oppdal, famous for its excellent winter sports facilities and fantastic mountain landscape. Bortistu is a mountain farm at the very far end of Storlidalen in Oppdal - at the heart of Trollheimen mountain area. Here guests have found their way since the 1880's, living close to nature and history. Enjoy an exquisite lunch, based on local produce. www.bortistu.no/english/
- **UNESCO World Heritage Site Røros**
The mining town of Røros is one of the oldest wooden towns in Europe and has been listed as a UNESCO World Heritage Site since 1980. Røros is one of the most authentic destinations, with a rich history, fascinating architecture and excellent local food and drinks. www.roros.no/en/
- **Visit the Olavsmine**
Experience a trip through 300 years of mining history – down in the Olavsmine. The guided tour takes you through the Nyberget mine dating from the 17th century and the Olav's Mine from the 20th century, before reaching the massive Miner's Hall. Sound effects and lighting combined with an authentic atmosphere makes this experience unique. www.roros.no/en/atTRACTIONS/
- **Røros local food safari**
The taste of food from the Røros region is truly something unique and exclusive. Participate in their local food safari and eat your way through the history of the 'local food capital' of Norway.
www.roros.no/en/local-food-safari/



ACCOMMODATION

KRISTIANSUND

Thon Hotel Kristiansund
Fiskergata 12
NO-6507 Kristiansund
Tel.: +47 71 57 30 00
kristiansund@olavthon.no
www.thonhotels.no/hoteller/norge/kristiansund/

RØROS

Røros Hotell
An-magritt-veien 48
NO-7374 Røros
Tel.: +47 72 40 80 00
post@roroshotell.no
www.roroshotell.no/en/

INFORMATION

FLIGHTS

SUNDAY 7th of APRIL

Departure from Røros at earliest: 15:40

Suggested flight:

15:40 Dep. Røros Airport with WF55

16:30 Arr. Oslo Airport OSL

This flight must be booked by each participant

See additional information on page 2.





View of Hjørundfjord. Photo: Mathias Fredriksson / VisitÅlesund



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