

An aerial photograph of a Norwegian fjord. The water is a deep, vibrant blue, winding through a valley between steep, rocky mountains. The mountains are covered in patches of green forest and snow. The sky is a clear, bright blue with a few wispy white clouds. In the foreground, a small settlement with red-roofed houses is visible on a green slope.

**NORWAY**  
POWERED BY NATURE

# NORWAY

Get the full story

*Experiene the unbelievable colours  
moving across the Arctic sky*



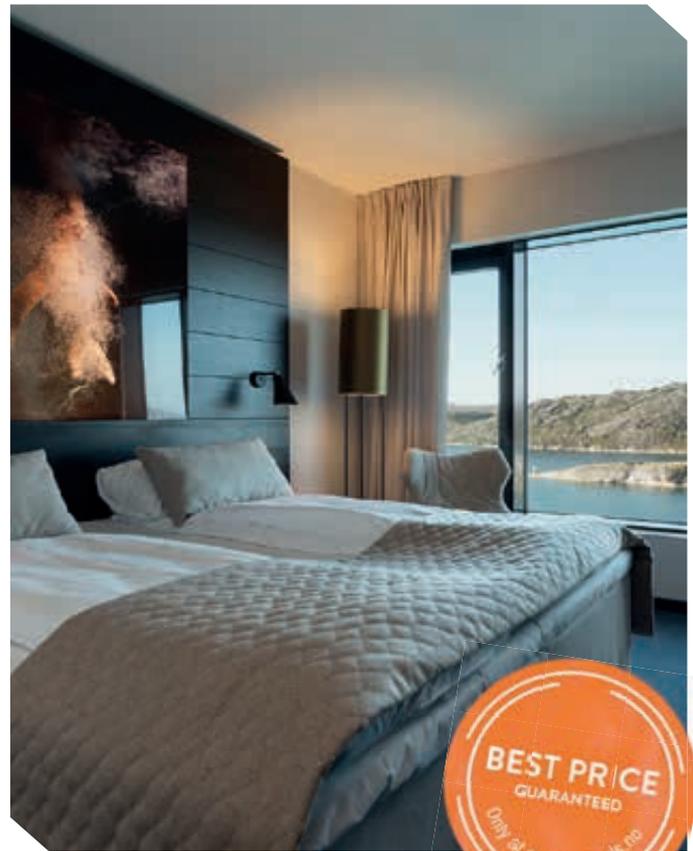
TROLLTUNGA © SCOTT SPORLEDER/FJORD NORWAY

The Hardangerfjord region, close to Bergen, is a perfect base to explore Fjord Norway.

Two National Parks, two National Tourist Routes, the fjords, waterfalls and glaciers awaits you.

A wide range of outdoor adventure and accommodation for all budgets.

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



## EXPLORE NORWAY WITH SCANDIC.

With a network of 230 hotels in 7 countries, Scandic is the largest hotel chain in the Nordic region.

You can choose among more than 80 hotels in Norway, from Kristiansand in the south to the North Cape in the north.

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

**Scandic**



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In addition, we offer VIP Events, personal security services, personal shopper services, driver guide, guided sightseeing, meet & greet and a delicious on-tour catering service.

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

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Tel: +47 988 70 000 E-mail: [mail@viptransport.no](mailto:mail@viptransport.no)  
(located near by Oslo airport and Oslo city)

# WELCOME TO NORWAY

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



© 1XPRT - FOTOLIA.COM

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

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# TRAVEL TO NORWAY

Find the best ways

© CH - VISITNORWAY.COM

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

## Fly to Norway

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

## Main airport

Norway's main airport is Oslo Airport (OSL) where most of the international traffic arrives.

Oslo Airport (OSL) has excellent ground transport connections to and from the airport. You may choose between trains, buses or taxi.

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

# WE ARE TRAVELERS

FLY THE SCANDINAVIAN WAY

BOOK NOW AT [FLYSAS.COM](http://FLYSAS.COM)



# SAS

## Airport trains from OSL/Gardermoen

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

## Flytoget The Airport Express Train

Norway's first and only high-speed train provides fast and comfortable transportation between Oslo Airport at Gardermoen and several stops in the Oslo region. Flytoget Airport Express Train departs every 10 minutes (every 20 minutes on Saturdays and early morning/late night) between Oslo Airport and Oslo Central Station (Oslo S). The journey takes 19-22 minutes. The train departs every 20 minutes between Oslo Airport and Drammen, Asker, Sandvika and Lillestrøm, four times per hour between Oslo

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

## NSB – Norwegian State Railways

All NSB Regional Trains that run between Skien, Oslo, Lillehammer and Trondheim stop at Oslo Airport. NSB Local Trains on the Kongsberg–Eidsvoll line also stop at the Airport. [www.nsb.no](http://www.nsb.no)

## Other international airports in Norway:

- Bergen Airport Flesland
  - Kristiansand Airport Kjevik
  - Torp Sandefjord Airport
  - Stavanger Airport Sola
  - Tromsø Airport Langnes
  - Trondheim Airport Værnes
- [www.avinor.no/en](http://www.avinor.no/en)



© FLYTOGET

Los & Co / Photo: Nicolai Strøm

# The most relaxed way can also be the fastest.

With the Airport Express, downtown Oslo is only 19 minutes away.

**FLYTOGET**  
AIRPORT EXPRESS

## By car

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

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

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

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

## By boat

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

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

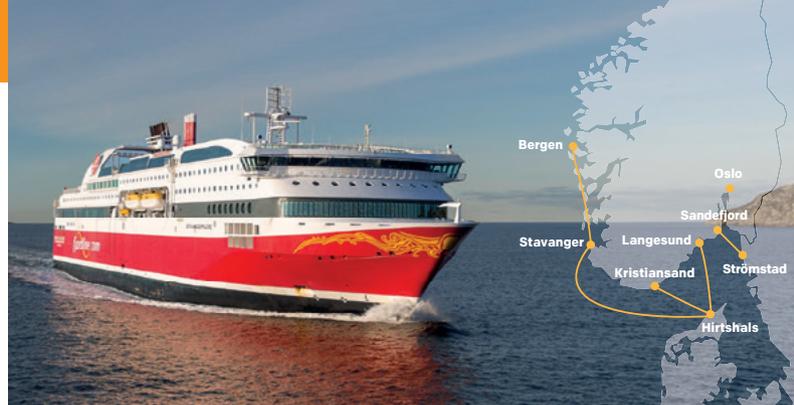
[www.steneline.no](http://www.steneline.no)

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

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

## By Cruise

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



## Direct, fast, affordable – Fjord Lines ferry connections to and within Norway!

**Direct** – Fjord Line brings you from Hirtshals in Denmark directly to the Norwegian west coast. Visit the wonderful cities Stavanger and Bergen and enter with our daily connections beautiful Fjord Norway.

**Fast** – The fastest ferry connection to Norway brings you in only 2 hours and 15 minutes from Hirtshals in Denmark to Kristiansand in Norway. Enjoy the ride on our HSC Fjord Cat. The route is served by our catamaran ferry from April until September every year.

**Affordable** – With our affordable tickets from Hirtshals to Langesund, Fjord Line brings you to wonderful Telemark. Langesund is only a 2,5-hour drive away from Oslo. With our cruise ferries MS Bergensfjord and MS Stavangerfjord you enjoy the 4,5-hour trip in one of our restaurants or the tax-free-shop on board.

**New** – Enjoy the most scenic and impressive route between Stavanger and Bergen vv. Since 2016 Fjord Line offers the route through the wonderful fjord region with the spectacular view of the Norwegian archipelago. Enjoy the 5,5-hour ferry trip on board of our cruise ferries and make the transport part of your unique Norway experience.

With the ferry MS Oslofjord, Fjord Line offers two departures every day between Strömstad in Sweden and Sandefjord in Norway. Enjoy a delicious meal and our 1.200 m<sup>2</sup> tax-free-shop while crossing open water.



CRUISE SHIP IN FLAM © M.DICKSON/FOAP/VISITNORWAY.COM

✉ [Buchung@fjordline.de](mailto:Buchung@fjordline.de) ☎ +49 3821 709 72 10

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



## By train

An extensive rail network links Norway to the other Scandinavian countries and the rest of Europe, whereas the national trains are served by the Norwegian State Railways (NSB). There are express trains from Copenhagen to Oslo several times a week. Most rail journeys from the continent are overnight, and you will find sleeping compartments on all of them. A variety of discount passes are available for train travel in Europe and Norway. Not all trains offer first-class

service, but second-class is of a high standard. [www.nsb.no](http://www.nsb.no)

## By bus

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



THE RAUMA RAILWAY © ROLF SØRENSEN



## Europe's most spectacular Train Journeys

Discover Norway by train for an unforgettable holiday experience.

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

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

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

Welcome on board!

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



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

Europe's most  
spectacular train  
journeys





## WHERE TO STAY

PICNIC IN BALESTRAND © CH - NORDICLIFE/VISITNORWAY.COM

### HOTELS

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

### De Historiske - historic hotels & restaurants

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

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

### HOTEL PASSES

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

### RORBU HOLIDAYS

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

Radisson BLU

## ENJOY BEAUTIFUL ADVENTURES

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

## LIGHTHOUSE HOLIDAYS

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

## YOUTH AND FAMILY HOSTELS

Hostelling International Norway has around 80 youth hostels in Norway. Each hostel is unique but all offer the usual informal, welcoming homey atmosphere. The majority of rooms contain 2-4 beds, but many hostels now offer single rooms and family rooms (2 adults and 2 kids). Breakfast is often included but not all hostels serve food. All hostels have a kitchen that guests can share. Bedding linen may be hired. Hostelling Norway [www.hihostels.no](http://www.hihostels.no)

## PRIVATE ACCOMMODATION

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

## AIRBNB

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

## COUNTRY OR FARM HOLIDAYS

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

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

Look for this sign along the road.



## Planning a journey to Norway?

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

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



**ELAN  
NORWAY**

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



## Storefjell Resort Hotel

Golsfjellet in Hallingdal, standing 1001 m above sea level, is situated between Oslo and Bergen in the mountain between Rd7 and E16, on Rd51. The hotel features a mini water park, wellness center, restaurant, horse riding center, play

area for children, walking paths and cycling trails. NO-3550 GOL  
GPS Position: N60 48 227 E 8 57 267  
Tel.: +47 32 07 80 00  
[booking@storefjell.com](mailto:booking@storefjell.com)  
[www.storefjell.com](http://www.storefjell.com)

# CAMPING

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

Today, camping attracts travelers from all walks of life, even if everyone has a different idea of the perfect escape. Some see it as an opportunity to switch off completely and find a quiet spot in nature. For others the most important thing is to enjoy quality time with family and friends. It can be a fun way to keep accommodation costs to a minimum or a reason to splash out on the latest glamping experience.

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

## CABIN STANDARDS

Many campsites have small cabins that can be booked in advance. Standards vary from small and simple to larger, well-equipped ones with a common room, separate bedrooms, kitchen, shower and toilet.

Bedding is usually available for a small fee, and you can either clean up before you leave or pay an extra fee to have the staff do it. The more expensive cabins often have Norwegian style bathrooms, bedrooms, living rooms and well-equipped kitchens. Price per cabin per day starts at NOK 250.

## GO WILD

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

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



CAMPING IN LÖFOTEN © JMELAU/FOAP/VISITNORWAY.COM

## Camping in Norway 2017

Nationwide guide of campsites  
Order it online  
[www.nafcamp.no](http://www.nafcamp.no)





## THE EXPLORE NORWAY TICKET

Using Widerøe's Explore Norway Ticket, you can choose between 43 destinations, and visit as many exciting places as you like. You have unlimited flights for two weeks within the zones you select, and you can set up whatever itinerary you prefer. The Explore Norway Ticket is valid for travel from 1 July - 31 August 2017.

Read more about it and book tickets at: [wideroe.no/explorenorway](http://wideroe.no/explorenorway)

# TRAVEL AROUND ANY WAY YOU LIKE

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

## DOMESTIC FLIGHTS

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

### SAS

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

### Norwegian

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

### Widerøe

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

## BUSES AND COACHES

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

coaches throughout the country. Express coaches in general are an underrated way of travelling in Norway, which is a pity because they offer a very extensive network of routes, for example in Fjord Norway and to rural areas. Many of the coaches connect with each other and with local services. Express coaches link all the major towns, airports and ferry terminals. All of them with wireless Internet and air conditioning. Most companies offer student, child, senior, and family discounts. Most companies encourage online booking in advance, and offer both discounts and guaranteed seating for those who do.

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

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

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

# ORGANISED ROUND TRIPS



HURTIGRUTEN IN BODØ © ANDRES GIUBELLI - VISITNORWAY.COM

## Essential Norway, in one package

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

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

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

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

So is it possible to experience it all?

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

[www.authentic-scandinavia.com](http://www.authentic-scandinavia.com)  
[www.fjordtravel.no](http://www.fjordtravel.no)  
[www.fjordtours.com](http://www.fjordtours.com)  
[www.hurtigruten.com](http://www.hurtigruten.com)  
[www.elannorway.com](http://www.elannorway.com)



*Specialist in package  
tours to Norway*



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

# BY TRAIN



One of the most relaxing ways of seeing the wild Norwegian countryside is by train.

Norwegian State Railways (NSB) covers the entire country as far north as Bodø.

The Bergen Railway is an experience in a class of its own, crossing "the roof of Norway" between Oslo and Bergen in a rail link between east and west through beautiful and varied landscape.

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

The Nordland Railway between Trondheim and Bodø is one of the few railways in the world that crosses the Arctic Circle. You can also pre book your meal if you have specific requirements. This can be done for both individuals and groups. You can book a sleeping cabin, or maybe take your family and children in the playarea. If you

prefer a more quiet environment for work, the Comfort class may be the best solution.

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

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

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

**NSB customer hotline:**  
Tel.: +47 815 00 888  
(dial 4 for an English speaking operator).



## The Rauma Railway -The most beautiful train journey

### Dombås - Åndalsnes

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

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

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

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

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

Europe's most  
spectacular  
train journeys



# BY CAR

TROMS © CH - VISITNORWAY.COM

## Motoring holidays

Norway is a great place to spend a motoring holiday and is easily accessible from most European countries. Regular car ferry services run from Denmark, Sweden and Germany. The bridge over Öresund between Sweden and Denmark enables you to drive from the Continent to Norway without taking any ferries. [www.oresundsbron.com](http://www.oresundsbron.com) [www.colorline.com](http://www.colorline.com) [www.dfdsseaways.com](http://www.dfdsseaways.com) [www.fjordline.com](http://www.fjordline.com) [www.stenaline.com](http://www.stenaline.com)

## Hit the road

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

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

## Mountain passes

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

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

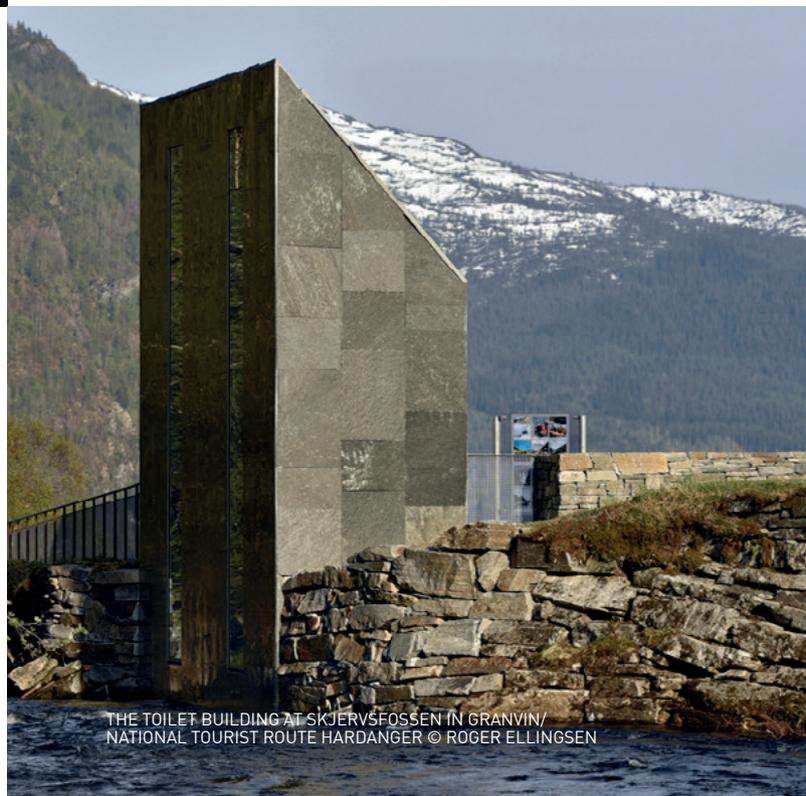
## Roads

The Road Information Centre provides information about road-, driving- and traffic conditions throughout Norway, including information about distances and ferries. Open 24 hours all year.

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

### Tips

National Tourist Routes consists of eighteen high-ways in Norway chosen for their picturesque scenery, award-winning architecture and tourist-friendly infrastructure, such as rest stops and viewpoints. See page 174-183 for more details.



THE TOILET BUILDING AT SKJERVSFOSSEN IN GRANVIN/  
NATIONAL TOURIST ROUTE HARDANGER © ROGER ELLINGSEN

# FERRIES AND EXPRESS BOATS



SKIBLADNER © COLIN DOBSON

Express boats and car ferries sail up and down the coast, in sheltered waters and across open seas, to towns and villages, and islands large and small. They provide perfect logistics for a holiday of island hopping, or an itinerary entirely of your own choosing.

Especially in Western Norway, where all the world-famous fjords are, the road suddenly ends and the journey continues by ferry.

Be warned, there may be queues in the summer months.

For more information about ferry and boat timetables, please contact the operating companies, you will find a complete list on [www.visitnorway.com](http://www.visitnorway.com)

## Hurtigruten

The long-established Hurtigruten sails from Bergen to Kirkenes in Finnmark. The journey Bergen - Kirkenes -

Bergen takes 11 days. This voyage is an exquisite way to experience the natural beauty of the coast. It is indeed "the world's most beautiful sea voyage".

What fascinates tourists most are all the tiny and not-so-tiny communities they stop by at along the way.

Departures are daily and there are frequent stops along the coast. The ships can accommodate cars, making it easy to combine the cruise with a holiday in different places ashore. [www.hurtigruten.com](http://www.hurtigruten.com)

## Boat trips on inland lakes

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

# GET PULLED INTO NATURE

67°N, Saltstraumen, Norway

Date: 26.06.2016

RTB speed: way too fast

Chills down your spine: way too many

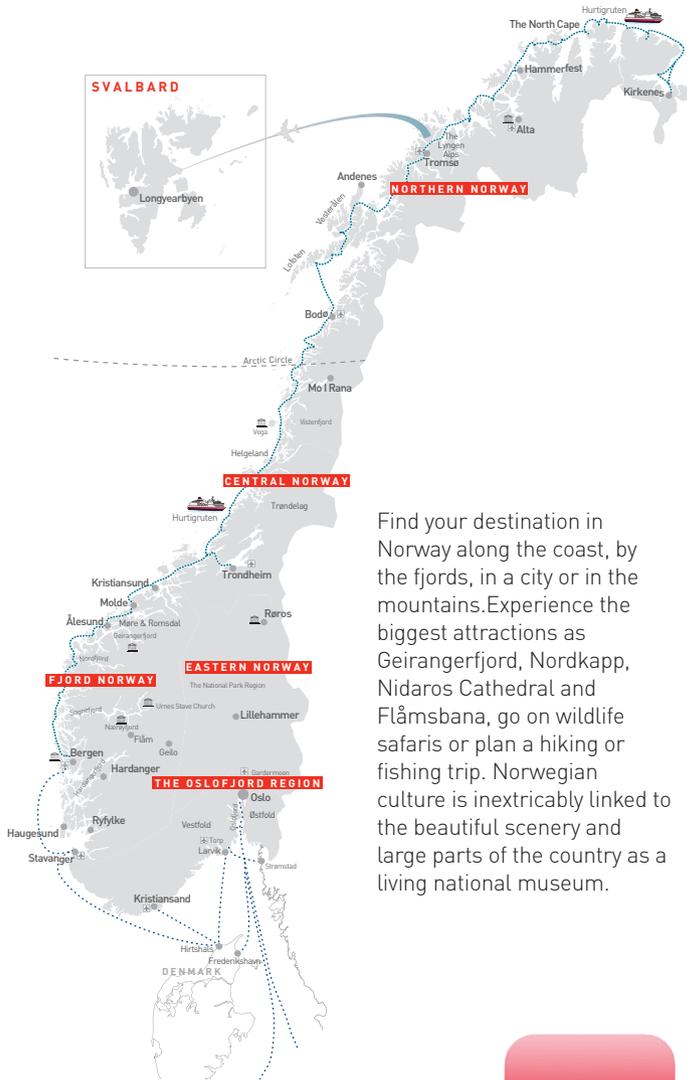
Meters to strongest whirlpool on earth: way too few

## PLAN YOUR ADVENTURE

on [hurtigruten.com](http://hurtigruten.com)  
or with your travel agency.

**BOOK NOW**

# FIND YOUR DESTINATION



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

## Free App for your holiday

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

VISIT  
NORWAY  
.COM



## FJORD NORWAY

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



## NORTHERN NORWAY

Northern Norway offers Sami culture, wildlife safaris, midnight sun and northern lights. Experience mountains, plains and coast from Helgeland via Lofoten to Nordkapp.



## TRØNDELAG

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



## EASTERN NORWAY

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



## OSLOFJORD REGION

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

# FJORD NORWAY

You have to be  
here to believe it !

HJELLE IN STRYN © MACIEJ DUCZYNSKI – FJORDNORWAY

The Fjords are the soul of Norway and certainly its most magnificent attraction. For the adventurous traveler you can challenge yourself in this spectacular nature of the west.



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



# BERGEN

## The Gateway to the Fjords of Norway



BRYGGEN © SCOTT SPORLEDER - MATADOR NETWORK - FJORD NORGE AS



Year after year, we hear visitors from all over the world comment as they're leaving "the City of the Seven Mountains": I wish I could have stayed longer.

Our city may be modest in size, but it is packed with attractions that fascinate visitors. Lively traditions live side by side with a vibrant cultural scene. Our Hanseatic heritage is one of many

reasons for Bergen's status as a European City of Culture.

Bergen is titled UNESCO City of Gastronomy, offering world class tastes with a large variety of fresh local ingredients.



PANORAMA HOTELL & RESORT - MARSTEIN LIGHTHOUSE  
© PANORAMA HOTELL & RESORT

# BERGEN

Bergen will enchant you regardless of the season. Spring and autumn each have their beautiful palette, summer is teeming with joyous activities, and in winter you can combine your stay with snow-filled adventure at a nearby ski resort. Year round you can experience the Norway in a nutshell® excursion.

Set aside three days to explore the World Heritage City Bergen, and we guarantee you unforgettable memories and experiences.

**Day I** Start your day with a stroll through the Fish Market and along the mediaeval Hanseatic wharf, Bryggen. Visit some of the city's many museums and art galleries, before exploring Bergen's charming shops.

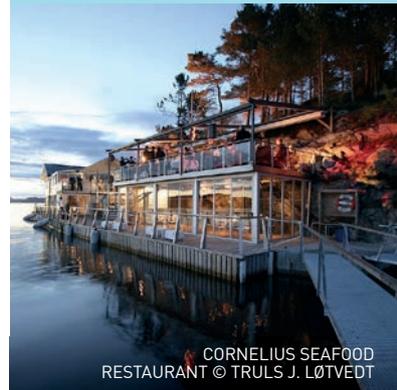


BRYGGEN IN BERGEN © BERGEN TOURIST BOARD / ROBIN STRAND - VISITBERGEN.COM



EDVARD GRIEG MUSEUM  
© VISITBERGEN.COM

**Day II** Head out to Edvard Grieg's home, Trolldaugen, for a lunch concert in idyllic surroundings. Visit the recreated Old Bergen, before taking the Fløibanen funicular or the Ulriken cable car up to the top for a magnificent panorama of the city and surrounding coast and fjords. The trails may well lure you to a mountain hike.



CORNELIUS SEAFOOD  
RESTAURANT © TRULS J. LØTVEDT



CORNELIUS SEAFOOD  
RESTAURANT ©  
HANNE CATHRIN OLSEN

**Day III** Spend the morning at the Aquarium or the science exploratorium VilVite. Go on a fjord or coast sightseeing trip in the afternoon. Have dinner at one of the city's seafood restaurants – and round off your evening with a concert at one of Bergen's many cultural venues.

# BERGEN



FLOYENBANEN AND VIEW OF BERGEN FROM MT. FLOYEN  
© SVERRE HJØRNEVIK

**The Bergen Card** gives you free or discounted admission to museums, attractions, sightseeing and cultural events, free bus and Bergen Light Rail travel and discounts on meals, parking and airport coach express. From August 2017 you can travel for free from Bergen Airport Flesland to Bergen city centre with Bergen Light Rail.

The card can be purchased at the Bergen Tourist Information, onboard Fjord Line's two ships MS Bergensfjord and MS Stavangerfjord and online at [www.visitBergen.com/BergenCard](http://www.visitBergen.com/BergenCard).



## TRAVEL FACTS

### Getting there:

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

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

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

 Direct ferry routes from Denmark by Fjord Line.

Bergen is also a turnaround port for the world-famous Hurtigruten coastal express.

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

### Some important distances:

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

### Contact us:

**Bergen Tourist Board**  
Turistinformasjon  
Strandkaian 3  
+47 55 55 20 00  
[info@visitBergen.com](mailto:info@visitBergen.com)  
[visitBergen.com](http://visitBergen.com)

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

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

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



The Gateway  
to the Fjords  
of Norway



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



# Uptown Bergen

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

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



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



**13,0 km**  
Mountain trails



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



**Sky:skraperen**  
Snacks and dinner



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



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

**BARONIET ROSENDAL**  
Manor House & Gardens

**13 May - 2 Sept. 2017**

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

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

**You deserve it!**

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

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

since 1871 a tradition in the fjords

**KVIKNES HOTEL**

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

gasta.no



# SUNNFJORD

© TORJE BJELLI AAS

Welcome to unique experiences in the heart of Fjord Norway. Sunnfjord is situated between Sognefjord and Nordfjord, and we can offer exclusive experiences and activities in our beautiful nature. Here, you will find the home of Nikolai Astrup, Astruptunet, in Jølster, with its spectacular new viewpoint and exciting activities along the route. Enjoy cultural events like "Førde Traditional and World Music Festival" and experience the authentic norwegian atmosphere at Villa Åmot. Try guided trips to Haugabreen Glacier, a guided skiing trip or even a guided fishing trip while you enjoy nature at close hand. Welcome to a memorable holiday in Sunnfjord.

[www.sunnfjord.no](http://www.sunnfjord.no)  
[post@sunnfjord.no](mailto:post@sunnfjord.no)



© NASJONAL TURISTVEG/  
STATENS VEGVESEN



RAFTING IN JØLSTER ©  
TERJE RAKKE/NORDIC LIFE



ESPER MILLS

## EXPLORE THE MAGNIFICENT REGION OF HAUGESUND



JOSTEIN AUBSUND



SCOTT SPORLEDER



SCOTT SPORLEDER



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

### Ryfylke

Impressive fjord experience await you in Ryfylke.

Go for a walk in the mountain or sightseeing on the fjord.

Make frequent stops! You will find peace of mind in Ryfylke.

**Reisemål Ryfylke AS,**  
NO-4130 Hjelmeland  
info@ryfylke.com  
www.ryfylke.com

### The Stavanger region

All about contrasts – from long sandy beaches to fjord and mountain landscapes and lively islands. Adventures such as kayaking, cycling, surfing and kiting, hiking, fishing and climbing. We offer urban city

life with gourmet restaurants, shopping, charming cafés, fun museums and activities.

#### Region Stavanger

NO-4306, Sandnes  
info@RegionStavanger.com  
www.RegionStavanger.com

#### TRAVEL FACTS

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

Hirtshals, Denmark with Fjord Line.

RV13, E39 and RV45.

Stavanger Airport, Sola. Direct flights to e.g. Oslo, Aberdeen, Amsterdam, Berlin, Copenhagen, London, Newcastle.



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

# Sognefjorden



Nærøyfjorden (UNESCO)  
Photo: Katrin Moe



Nigardsbreen, Jostedal  
Photo: Finn Loftesnes



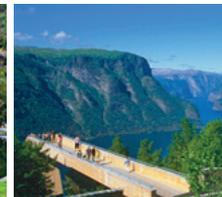
Urnes stave church, Luster  
Photo: Espen Mills



Norsk Bremuseum, Fjærland  
Photo: Norsk Bremuseum



Old Lærdalsøyri, Lærdal  
Photo: Magnhild Aspevik



Stegastein, Aurland  
Photo: Rolf M. Sørensen



The Flåm railway, Aurland  
Photo: Morten Rakke

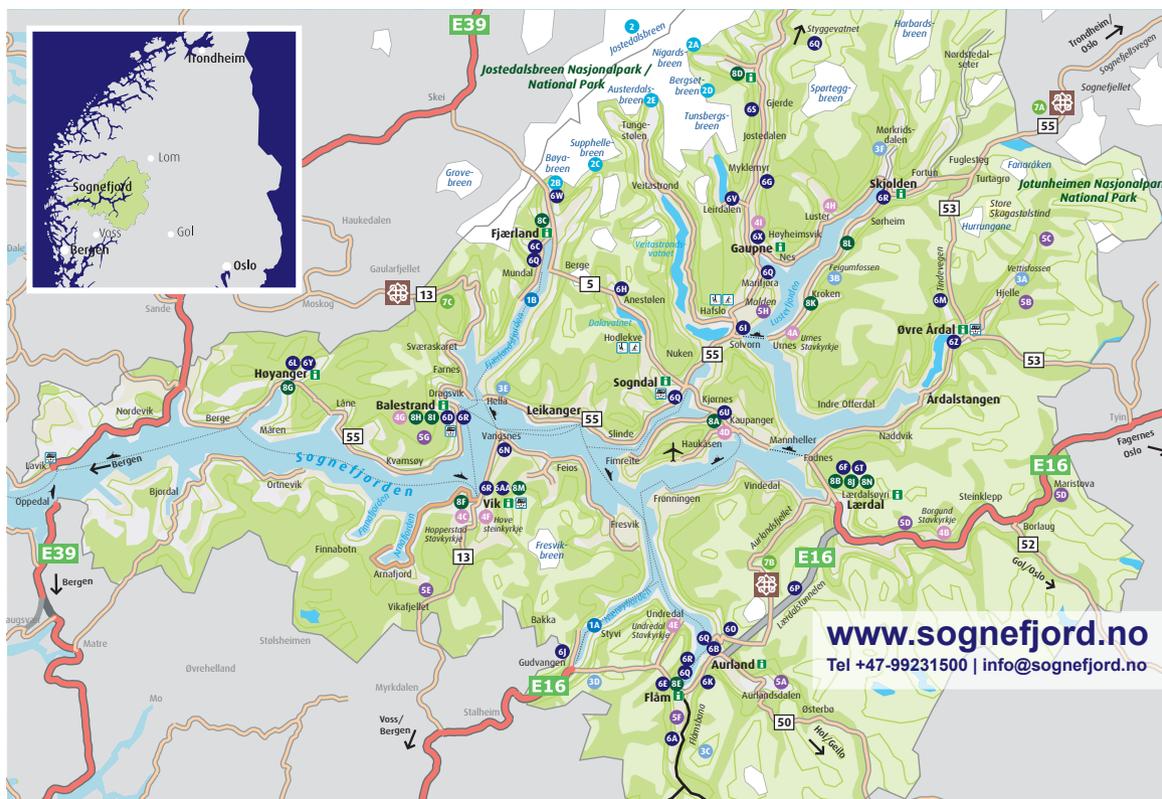
- 1 Fjord:** UNESCO Nærøyfjord (1A), Fjærlandsfjord (1B).
- 2 Glacier:** Jostedalsbreen (2), Nigardsbreen (2A), Bøyabreen (2B), Supphellebreen (2C), Bergsetbreen (2D), Austerdalsbreen (2E).
- 3 Waterfalls:** Vettisfossen (3A), Feigumfossen (3B), Kjosfossen (3C), Kjelfossen (3D), Kvinnafossen (3E), Drivandefossen (3F).
- 4 Churches:** UNESCO Urnes Stave Church (4A), Borgund Stave Church (4B), Hopperstad Stave Church (4C), Kaupanger Stave Church (4D), Undredal Stave Church (4E), Hove Stone Church (4F), St. Olavs Church (4G), Dale Stone Church (4H), Gaupne old Church (4I).
- 5 Hiking:** Aurlandsdalen (5A), The Utladalen Valley (5B), Jotunheimen/Hurrungane (5C), The old King's Road (5D), Stølsheimen (5E), Rallarvegen (5F), Saurdal (5G), Molden (5H).
- 6 Attractions:** Flåmsbana – The Flåm Railway (6A), The Aurland shoe (6B), The Norwegian Book Town (6C), Cider Cellar (6D), Ægir Bryggeri & Pub (6E), Gamle Lærdalsøyri – old village centre (6F), Jostedal Powerstation (6G), Anestølen Farm visit (6H), Galleri Walaker 300 (6I), The Magic White Caves (Gudvangen 6J), Otternes (6K), The "Stairs" in Høyanger (6L), Tindevgen – tourist route (6M), Fridtjov

den Frøkne Statue (6N), Stegastein view point (6O), Lærdalstunnelen – world's longest tunnel (6P), Kayak (6Q), RIB (6R), Rafting (6S), Motorikpark™ Lærdal (6T), Vesterland Indoor Playpark (6U), Juving (6V), ZIP-line (6W), Lustrabadet indoor waterworld (6X), Høyangerbadet indoor waterworld (6Y), Open-air swimming pool (6Z), Vikøyri – historical

shore dweller site (6AA).

- 7 National Tourist Routes:** Sognefjellet (7A), Aurlandsfjellet (7B), Gaularfjellet (7C).
- 8 Museums and centers:** De Heiberske Samlinger – Norwegian folk Museum (8A), Norwegian Wild Salmon Centre (8B), Norsk Bremuseum – glacier museum (8C),

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



## Travel facts

- From Bergen/Oslo: [www.vegvesen.no](http://www.vegvesen.no) and [www.maps.google.no](http://www.maps.google.no)
- [www.nasjonalturistveger.no/en](http://www.nasjonalturistveger.no/en)
- From Bergen: [www.norled.no](http://www.norled.no)
- From Bergen/Oslo: [www.nor-way.no](http://www.nor-way.no)
- From Bergen/Oslo: [www.wideroe.no](http://www.wideroe.no)
- From Bergen/Oslo: [www.nsb.no](http://www.nsb.no) and [www.visitflam.com](http://www.visitflam.com)

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

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

Among the nicest  
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85/85 points National Geographic

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historical fjord  
journey back  
from 1875

# KAUPANGER - GUDVANGEN

## CAR FERRY ON THE NÆRØYFJORD (UNESCO)

Daily service from 15 May to 14 Sept. 2017

MF Skånevik and  
MF Hardingen Sr.  
- listed ferries on a  
protected fjord

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

**FJORD 2**  
FJORD CRUISES



# EXPLORE FLÅM



THE FLÅM RAILWAY © SVERREHJORNEVIK.COM/FLÅM AS

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

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

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

## The Flåm Railway

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



FJORD CRUISE NÆRØYFJORD © SVERREHJORNEVIK.COM/FLÅM AS

## Fjord cruise Nærøyfjord

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

and boat between Flåm and Gudvangen.

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



VILLAGE OF UNDREDAL © SVERREHJORNEVIK.COM/FLÅM AS

# FLÅM



HISTORICAL FRETHEIM HOTEL © NOREXPLORE

## Historical Fretheim Hotel

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



STEGASTEIN VIEWPOINT © SVERREHJORNEVIK.COM/FLÅM AS

## Heimly Pensjonat

A charming guesthouse with 22 rooms overlooking the Aurlandsfjord. Heimly Pensjonat offers a peaceful garden, simply furnished rooms and a dining room with a fantastic fjord view. The Flåm Railway station is only a 400 metres walk away.



**Tips**

Visit the **FLÅM RAILWAY MUSEUM**.

Learn more about the building of one of the steepest railway lines in the world and the day-to-day life of the engineers who built this unique line. Open all year.

**The Aurland Shoe**

The Aurland Shoe factory and Économusée is a display of traditional handicraft. Follow the steps of shoe making and visit the exhibition and shoe shop.

**Stegastein viewpoint**

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

**Winter in Flåm**

Your winter adventure starts in Flåm. The fjord landscape presents it selves with snowcapped mountains, the air is fresh and the light is shifting in different shades of blue during the day. This is a thrillingly beautiful time of year. Fretheim Hotel welcomes you, experience the Flåm Railway and a fjord cruise through the Nærøyfjord. Visit the Flåm Railway Museum, the Aurland Shoe factory and Économusée and the Flåm bakery.

**FLÅM****TRAVEL FACTS**

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

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

Bergen Airport Flesland, Oslo Airport and Sogndal Airport.

Daily express bus departures to Voss, Bergen, Sogndal, Lillehammer and Oslo.

Oslo-Flåm 350 km, 5hrs 30 min. - Bergen-Flåm 165 km, 2hrs 30min. - Voss-Flåm 65 km, 50 min. - Hemsedal-Flåm 115 km, 1h 45 min. - Geilo-Flåm 115 km, 1h 45 min. - Stavanger-Flåm 350 km, 7 hrs.

**Contact us:**

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

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

# NORDFJORD

LODALEN © SERGEY BOGOMYAKO

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

**Briksdalsbreen glacier** – the most well-known glacier arm of the Jostedalbreen Nasjonalpark. From an altitude of 1,200 metres, the glacier plunges steeply downwards between roaring waterfalls and high mountain peaks to the beautiful Oldedalen valley.

#### Lodalen valley

A narrow and spectacular valley with a dramatic history. At the head of the valley lies

Kjenndalsbreen glacier, which is the lowest-lying offshoot of the Jostedalbreen glacier. Further down the Lodalen valley lies a charming summer pasture farm called Breng. It has been included on the Best of Fjord Norway list.

#### National Tourist Route Gamle Strynefjellsvegen

– This 100-year-old road was built by manual labour, and it winds its way over the mountain between Stryn and Skjåk.

**Jostedalbreen National Park Centre** beside Oppstrynsvatnet lake. Provides information about the national park, the glacier and the surrounding landscape.

**Stryn Summer Ski Centre** – situated on the Tystigbreen glacier, the centre offers great summer skiing experiences.

**Skåla 1,848 metres** – Norway's longest uphill climb, with possibly the world's most unique tourist cabin Skåla-tårnet on the top.

**Hornindalsvatnet lake** – Europe's deepest lake (514 metres).

**Riding fjord horses** – The distinctive fjord horse originated in Nordfjord. In Eid and Gloppen, you can explore the landscape of Western Norway on horseback.

**Kannesteinen rock** – world-famous landmark in Oppedal in Vågsøy municipality, not far from Måløy town centre.

**Selja Monastery** – Norway's first pilgrimage site, with unique cultural relics dating from the Viking Age and the Middle Ages.

**Surfing at Stad** – perfect waves, white sandy beaches and high mountains.

**Via Ferrata Loen** – a climbing route high above the fjord, surrounded by spectacular mountains.

**Contact information:**  
Visit Nordfjord  
mail@nordfjord.no  
www.nordfjord.no

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All in one fjord

# GEIRANGER



UNION HOTEL, GEIRANGER  
© TERJE RAKKE/NORDIC LIFE - VISITNORWAY.COM

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

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

## Fjord Sightseeing

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



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

## TRAVEL FACTS

- ✈ Many daily flights from the largest towns and cities in Norway to Ålesund Airport Vigra, which is the nearest airport
- 🚌 Daily express bus departures to the area from Oslo, Trondheim and Bergen.
- 🚆 Daily train departures from Oslo (approximate travel time 5,5 hours) and

Trondheim (approximate travel time 4 - 5 hours) to Åndalsnes, which is the closest railway station.  
🚢 During the summer you can take the north-bound Hurtigruten from Bergen to Geiranger. .

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

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

## Knowlegde and wellness

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

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

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

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



DALSNISSA/SKYWALK ©  
ARILD SOLBERG

# DALSNIBBA

DALSNIBBA/SKYWALK ©

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

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

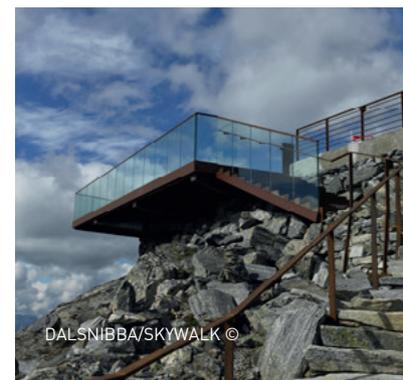
glacier. Walking out on to the platform and looking through the ingenious floor surface and glass guard rail is a truly magical experience! The sensation of the wind coming up through the floor surface almost makes you feel you're walking on the clouds. Quite simply, you'll experience the spectacular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

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

Book your ticket on our homepage from January 2017.

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

Geiranger Skywalk  
 Dalsnibba 1500 meter



DALSNIBBA/SKYWALK ©

# GEIRANGERFJORD



GEIRANGERFJORDEN © PER EIDE

Visit the charming village of Geiranger with surroundings.



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

UNESCO World Heritage Committee, 2005

# NORSK FJORDSENTER

- Explore our World Heritage Visitor Centre



NORSK FJORDSENTER © JAKOB TORP

New interactive Exhibitions and panoramic cinema



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

Open year round. Welcome!

**Contact us:**

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



ÅLESUND © ARNFINN TØNNESEN

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

### Ålesund - The Art Nouveau town

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

### Adventure Capital

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

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

### Two unique Fjords

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

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

### TRAVEL FACTS

#### Transport

🚗 By car from Oslo  
Ålesund 547 km

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

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

🚗 Several daily arrivals from Oslo, Bergen and Trondheim.

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

**Destination Ålesund & Sunnmøre**

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



## NORTHWEST - TROLLSTIGEN - ATLANTIC ROAD

ATLANTIC ROAD © ØVIND LEREN

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

### Our National Tourist Routes, the Atlantic Road and the Trollstigen Road

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

### The coastal towns of Molde and Kristiansund

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

### An action-packed round trip

Take a boat trip from Kristiansund to the little island of Grip, continue in the direction of the Atlantic Road and visit Kvernes stave church. Try kayaking or a cycling trip, learn about the history of the Viking longships at the fishing village of Håholmen and about local coastal

and maritime history at the new Ergan visitor centre in Bud. There are spectacular walks in the area, such as the Fjord Route near Kristiansund, Innerdalen valley and the Trollheimen National Parc and the Romsdalseggen ridge near Åndalsnes.

Visit the brand new Norsk Tindesenter which is a new exper-

ience centre of the Norwegian climbing and mountaineering history. Here you will find a modern and interactive exhibit, a spectacular movie theatre, an indoor climbing hall, a café, restaurant and bar as well as an exciting museumshop.

## VISIT NORTHWEST



### TRAVEL FACTS

#### Transport

🚗 By car from Oslo  
Molde 500 km  
Kristiansund 570 km

🚆 The Hurtigruten coastal express calls twice daily at Molde and Kristiansund.

🚢 Express boat to/from Trondheim and Kristiansund.

🚗 To/from Åndalsnes and Oppdal, with bus connections to Molde and Kristiansund.

🚌 Several express buses daily to/from Oslo,

Bergen and Trondheim. The Timekspressen bus service between Kristiansund-Molde-Ålesund-Ørsta.

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

#### Visit Nordmøre & Romsdal

Tel: +47 70 23 88 00

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



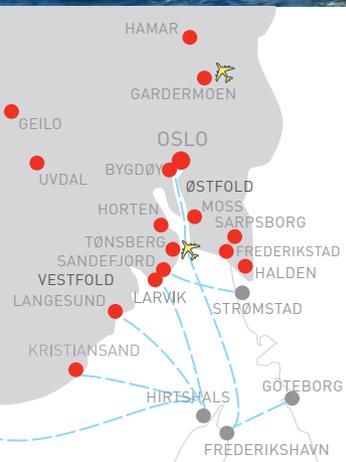
TROLLSTIGEN ROAD © ROGER ELLINGSEN - STATENS VEGVESEN

# THE OSLOFJORD REGION

Where the sun warms the old wooden docks



SUMMER DAY ON A BOAT IN TØNSBERG © TORAND/FOAP/VISITNORWAY.COM



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

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

Scandinavian summer resides here. Imagine the whitest, greenest and bluest colours, where the sun warms the old wooden docks and where you fetch your newspaper by boat. The coast around Oslo is famous for its beautiful archipelago with charming villages.

# BYGDØY



THE BOAT FOR THE BYGDØY MUSEUMS © VISITOSLO

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

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

## How to get there

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

October. Bus number 30 takes you to Bygdøy all year round.

## A bicycle tour around Bygdøy

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

**Distance:** 7 km

**Incline:** insignificant

**Road surface:** primarily fine gravel.



© NANCY BUNDT - VISITNORWAY.COM

Foto: Morten Brun



NORSK FOLKEMUSEUM

## NORWEGIAN CULTURE

### BYGDØY - OSLO

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

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

## DISCOVER VIKING HISTORY AND THE GREAT EXPLORERS



© THE OSEBERG SHIP

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

The impressive **Viking Ship Museum** houses three original ninth-century Viking ships—the Oseberg (circa A.D. 820), the Gokstad (circa A.D. 890), and the Tune (circa A.D. 910)—alongside wood carvings, metal tools, textiles, and skeletal remains. In the His-

torical Museum you will find the Viking jewelry, their weapons and gods. Two Museums in the price of one, visit the Historical Museum within 48 hours. Read more about the vikings on page 212-217 [www.khm.uio.no](http://www.khm.uio.no)

### Explore the famous Kon-Tiki raft

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

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

### At The Fram Museum,

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

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

(Source: Visitnorway and National Geographic)



© KON-TIKI MUSEUM

Visit these  
3 museums  
on the Bygdøy  
peninsula in Oslo

FRAM MUSEUM AT BYGDØY  
© VISITNORWAY - GUNNAR STRØM



Private pictures from the Oslofjord region

© MERETHE/FOAP/VISITNORWAY.COM



© MARENLOVISEOBY/FOAP/VISITNORWAY.COM



© MERETHE/FOAP/VISITNORWAY.COM



© ANNEGRETHES/FOAP/VISITNORWAY.COM

Photo: Vidar Mølliken / Fritt Fall Foto

# COME CLOSER. GO FÆRDER.

## Færder nasjonalparksenter



Visitor Centre  
National Park

Helgerødveien 590  
3145 Tjøme

T: +47 33 50 76 00  
E: [post@ferdernasjonalsenter.no](mailto:post@ferdernasjonalsenter.no)

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

# WELCOME TO VESTFOLD



VERDENS ENDE AT FÆRDER NATIONAL PARK © TSCH

The County of Vestfold is situated in the southeast of Norway. The largest towns Larvik, Tønsberg, Sandefjord and Horten are all located along the coast. Discover Færder National Park for coastal outdoor recreation, and visit Verdens Ende (“The World’s End”) at Tjøme for breathtaking views.

The heart and soul of each of the towns has its own identities. Stavern in south is the smallest, with wooden buildings, a favourite place for a variety of artists, café’s and summer events. Larvik, the town between two rivers, has got Thor Heyerdahl, art, culture and modern architecture. Sandefjord has its pleasant town centre, art nouveau buildings, an easy to navigate centre with parks and flowers. In Tønsberg, the oldest town in Norway, you

find the tower on the hill, a popular guest harbour with Viking ship and modern boats, and lots of restaurants facing the seaside. The musical pulse is high in all the towns, as well as they all share good shopping possibilities. They are all surrounded by beautiful nature along the coastline as well as woodland, with different signposted tracks.

## Hiking along the coast

It gives a good feeling to walk on reefs, between reeds and along beaches in Vestfold’s lovely archipelago. The trails go to the open sea, where you hear and see seabirds, know the fragrance of sea salt and eyes a horizon that lasts until eternity ... Vestfold has a total coastline of 980 km and 1,407 islets and reefs. You will have at wonderful nature experience regardless of the tour’s length.

## Children’s summer paradise

Vestfold’s friendly nature with beaches to explore, rocks to climb on, museum to discover and parks to experience, makes room for the children’s development. Here they can climb in the trails high up below the treetops, enjoy themselves in large activity areas, get to know different kinds of animals, take part in horse riding, all in secured environment.



TØNSBERG - ONE OF THE TOWNS IN VESTFOLD  
© TØNSBERG NÆRINGSFORENING



## ON TWO WHEELS

MOKOLLEN IN SANDEFJORD © KRISTIAN BRAM



HIKING ALONG THE COASTAL PATH © ANJA BASMA

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

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

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



### EASILY REACHED

Vestfold is easily reached by air, ferry and train. Flights to Oslo (Torp) take you to our regional Airport, just 10 km outside Sandefjord. Color Line and Fjord Line run ferry lines between Hirtshals (DK) and Larvik as well as Strømstad (SE) and Sandefjord. There is also a ferry between Horten and Moss



© HOTEL WASSILIOFF

### Accommodation

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

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



© AKW FRITID, METRO BOWLING OG LEKELAND, BUGGEGÅRDEN

# ØSTFOLD

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



VISIT ØSTFOLD



Foto: Øystein Radich



## ØSTFOLD

Thanks to the short distances between Østfold's attractions and cities, it is easy to combine urban life with magnificent nature. There is a 'special place' for everyone in the family: indoor and outdoor golf-courses, beaches, waterparks, activity centres, and a multitude of great fishing spots along the polished coastal rocks or our beautiful rivers and lakes. For shoppers we have lively malls and charming boutiques. During the summer season the breathtaking archipelago as well as renowned music and arts festivals attract visitors looking for a rich experience or simply a hidden gem among the coves and skerries.

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

## GET TO KNOW THE HISTORY OF ØSTFOLD

The region is steeped in exciting history. Visit Sarpsborg – the town built by Vikings – or our many elegant manor estates. The fortress of Halden and the unique fortress town of Fredrikstad are bursting with gripping stories of people and times past. And you are only a stone's throw from the stunning islands of Hvaler and the serene Halden Canal. Everywhere you go in this beautiful landscape, there are local museums telling the region's history – and how our vibrant modern society has grown out of the great deeds of the past.

Welcome to Østfold!

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

# EASTERN NORWAY

Do you dare to answer  
the call of the wind ?



LANGEDRAG © CH - VISITNORWAY.COM



[www.geilo.no](http://www.geilo.no)  
[www.femundengerdal.no](http://www.femundengerdal.no)  
[www.uvdal.no](http://www.uvdal.no)  
[www.al.no](http://www.al.no)  
[www.storefjell.no](http://www.storefjell.no)  
[www.nasjonaltparkriket.no](http://www.nasjonaltparkriket.no)

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

# FEMUND ENGERDAL

FEMUND © TORE STENGRUNDET

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

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

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

### We can offer you:

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

### TRAVEL FACTS

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

🚗 Distances by car  
**Oslo** 280 Km.  
**Trondheim** 270 Km.

### Destinasjon

#### Femund Engerdal

2440 Engerdal  
 info@femundengerdal.no  
[www.femundengerdal.no](http://www.femundengerdal.no)  
 Follow us on Facebook   
[www.facebook.com/femundengerdal](https://www.facebook.com/femundengerdal)  
 Instagram @femundengerdal



FEMUND II © JAN NORDVÅLEN



REINDEER © JAN NORDVÅLEN



Geilo  
National  
Park Village



Kreativno / Foto: Emilie Holthe, Jostein Myrnesen

Welcome to Geilo  
National Park Village



**A**lways **D**reams **V**illage

**E**xplore **N**ature

**T**racks **U**nique **R**elax

**E**xperiences **S**ilent



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

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



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



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

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

Welcome to the mountains.

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



– closer to nature

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

It's no coincidence that Uvdal has as its motto "closer to nature". Here you'll find everything that nature has to offer right outside your door all year long. Staying within reach of Oslo and only a stone's throw away from western Norway, get ready to experience a vacation that is beyond the ordinary. Here, you can hike the Hardangervidda, test your luck at fishing along the way and then spend the night comfortably hidden away in the mountains. The local wildlife park "Langedrag" also offers an exciting day out for children and adults alike. Who knows you might even learn something new when you meet their wolves and lynx for the first time.



Phone: +47 32 74 13 90



# THE NATIONAL PARK REGION



BESSEGGEN © CATHRINE DOKKEN

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

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

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

find experiences suitable for all, old and young.

## Four wonderful seasons.

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

## Hints and tips for activities

### Hiking

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

meters are found here – including Galdhøpiggen and Glittertind. Here you can also hike the Besseggen ridge. Besseggen is fantastic, with its breathtaking nature and beautiful countryside. Besseggen is ranked as one of the world's 20th most beautiful hikes by National Geographic.

### Biking

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

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

### The taste of mountain

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

### Accommodation

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

### Rafting

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



NASJONALPARKRIKET © CATHRINE DOKKEN



NASJONALPARKRIKET © KRISTOFFER M. THUESTAD



NASJONALPARKRIKET © KRISTOFFER M. THUESTAD

### Four large predators

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

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

### The musk ox

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



MOSKUS © F. ROGER BRENDHAGEN



NASJONALPARKRIKET/RAFTING © XXXXX

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



Nasjonalparkriket

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

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



VIEWPOINT SNØHETTA © KRISTOFFER M. THUESTAD



*Blaafarveværket*  
og Koboltgruvene

13th May - 24th September 2017

Only 75 km  
outside Oslo!



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

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

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

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



Adventures and recreation in a historical environment  
Guided tours in the Cobalt Mines • Great hiking areas  
3 art exhibitions • 3 cafeterias • 6 shops • Children's Farm



Blaafarveværket  
(The Cobalt Works & Mines)  
Koboltveien 11  
NO-3340 Åmot in Modum  
Tel: +47 32 77 88 00

 blaafarveverket  
 @blaafarveverket  
 info@blaa.no

**Norsk Jernbanemuseum**

Strandvegen 163, N-2316 Hamar. Tel: (+47) 40 44 88 80  
[www.norsk-jernbanemuseum.no](http://www.norsk-jernbanemuseum.no)

## ÅL IN HALLINGDAL



ÅL I HALLINGDAL © VEGARD BREIE

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

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

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

### Summer in Ål – perfect for hiking

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

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



ÅL I HALLINGDAL © ÅL UTVIKLING AS

### Winter in Ål

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

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

#### TRAVEL FACTS

##### Ål Tourist Information

**Opening hrs:** 08.30-16.00.

Extended opening hours during summer holiday

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

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

[post@alturistinfo.no](mailto:post@alturistinfo.no)

Tel: +47 32 08 10 60

P.O. Box 35, NO-3571 Ål



ÅL I HALLINGDAL © VEGARD BREIE

# TRØNDELAG

Experience the unspoiled environment and the freshness



IDYLIC MOUNTAIN HIKING © BERNARTWOOD

This is the real Scandinavia with rushing rivers and leaping salmon. The rugged archipelago off the coast and the broad expanses of forest make Trøndelag a Norway in miniature. The unspoiled environment and the freshness can be experienced in the many national parks in the area.

TRØNDELAG  
HISTORICAL  
NORWAY

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



## INSIDER-TIP: TRØNDELAG - the historic centre of Norway

VIEW OVER TRØNDELAG © BERNARTWOOD

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

### Culinary adventures

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

both coastal and inland areas. There has been an explosion of small-scale food producers, there are also more than 20 local breweries each of whom lovingly produce specialist crafted beer. Norway's third biggest city Trondheim is a real food town with a food hall, a food and beer festival and best restaurants are huge supporters of Trøndelag produce. The UNESCO town Røros, the coastal area and the Golden Road at Innherred are also a culinary paradise. And if you are curious you even go on local food safaris to the various producers.

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



MUSK OX SAFARI ON OPPDAL  
© SIGBJØRN FRENGEN



THE INDOOR FOOD MARKET IN  
TRONDHEIM © MARIUS RUA

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

### Explore the historical heart of Norway

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

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

TRØNDELAG  
HISTORICAL  
NORWAY



KAYAK ALONG THE NIDELVA IN  
TRONDHEIM © MARIUS RUA



SUNSET IN MERÅKER © PETR PAVLICEK

# COASTAL NORWAY

## - wild and charming



BESSAKER © GABRIEL BERG



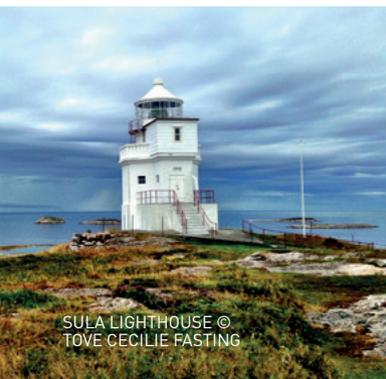
Romantic fishing villages, fresh seafood and varied excursions invite you for an active holiday adventure along the wild coast in Trøndelag.

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

world and stay in charming fisherman's cabins located close to the sea. On safari in Froan, Norway's biggest marine nature reserve you are guaranteed to see, white-tailed eagles, cormorants and seals, among many other birds and animals.

Our larder is right outside the door, and we are proud of our local food. Here you can experience the taste of caviar cheese, wild mutton, venison, scallops, salmon and crab, and a large variety of fish dishes.

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



SULA LIGHTHOUSE ©  
TOVE CECILIE FASTING



SEAEAGLE © SVEIN WIK

# NAMDALLEN



LIERNE NASJONALPARK © STEINAR JOHANSEN

## Namdalen - The Great Outdoors

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

## Fishing in Namdalen

River, lake, or sea? Try them all. Fish the wild nordic salmon in the majestic River Namdalen, known as the best salmon river in Norway, meanders through the mighty forests and mountains of Namdalen. Travel tip: Visit the idyllic fishing village Sør-Gjæslingan, where you can spend the night in a charming "fisherman's" cabin.

## The great outdoors

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

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

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

VISIT  
NAMDALLEN  
.COM



HANSHELLEREN IN FLATANGER ©  
BERNARTWOOD / TRØNDELAG.COM

# HISTORICAL INNHERRED



STIKLESTAD © CH – VISITNORWAY.COM

## The Golden Road and the historical Stiklestad

### Innherred is located in mid Norway, just an hour from Trondheim.

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

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

of Norway's most famous sculptors, go fishing or just enjoy the picturesque surroundings.

Both city and fjord areas and the great wilderness areas in Blåfjella- Skjækerfjella National Park provide excellent opportunities for hiking and cycling. There are many exciting routes to choose from, both for the experienced and less seasoned explorer.

An electric bike makes the bike ride effortless and a memory for life. In the wilderness village Ongdal you may join a guided tour into the mountain caves, or are you perhaps more tempted by a canoe trip?

Experience the samie culture at Saemien Sijte and don't forget to ask for local produced food while you visit us.

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



## TOP ACTIVITIES IN TRØNDELAG

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

## TRAVEL FACTS

### Location:

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

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

### Transport:

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

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

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

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

### Trøndelag Reiseliv AS

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

# NORTHERN NORWAY

REINE, LOFOTEN © TOMASZ FURMANEK/VISITNORWAY.COM

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



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





MIDNIGHT SUN AT DØNNA © JAN INGE LARSEN/HELGELAND REISELIV

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

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

The colourful fishing villages, fish racks, wooden trading posts and along the coast testify to the rich heritage of fishing culture. The Sami culture boasts an enigmatic language, artistic handicraft, the par-

ticular harmonies of joik, the traditional chant and a lifestyle close to nature. Cities, such as Bodø, Tromsø and Alta, are buzzing with trendy restaurants, lively festivals, an art and culture scene and interesting attractions.

### Exploring Northern Norway

The beautiful and varied landscapes, the towns, villages and small settlements and the numerous attractions are all easily explored. There are

dozens of flights a day from Oslo to the major airports in the North, and from there buses, modern catamaran boats, propeller planes and the legendary shipping line Hurtigruten fan out to the outer coast, the fjords and the inland valleys. Look for boats and buses to the remotest settlements, it is usually rewarding!

### You might forget to go to bed

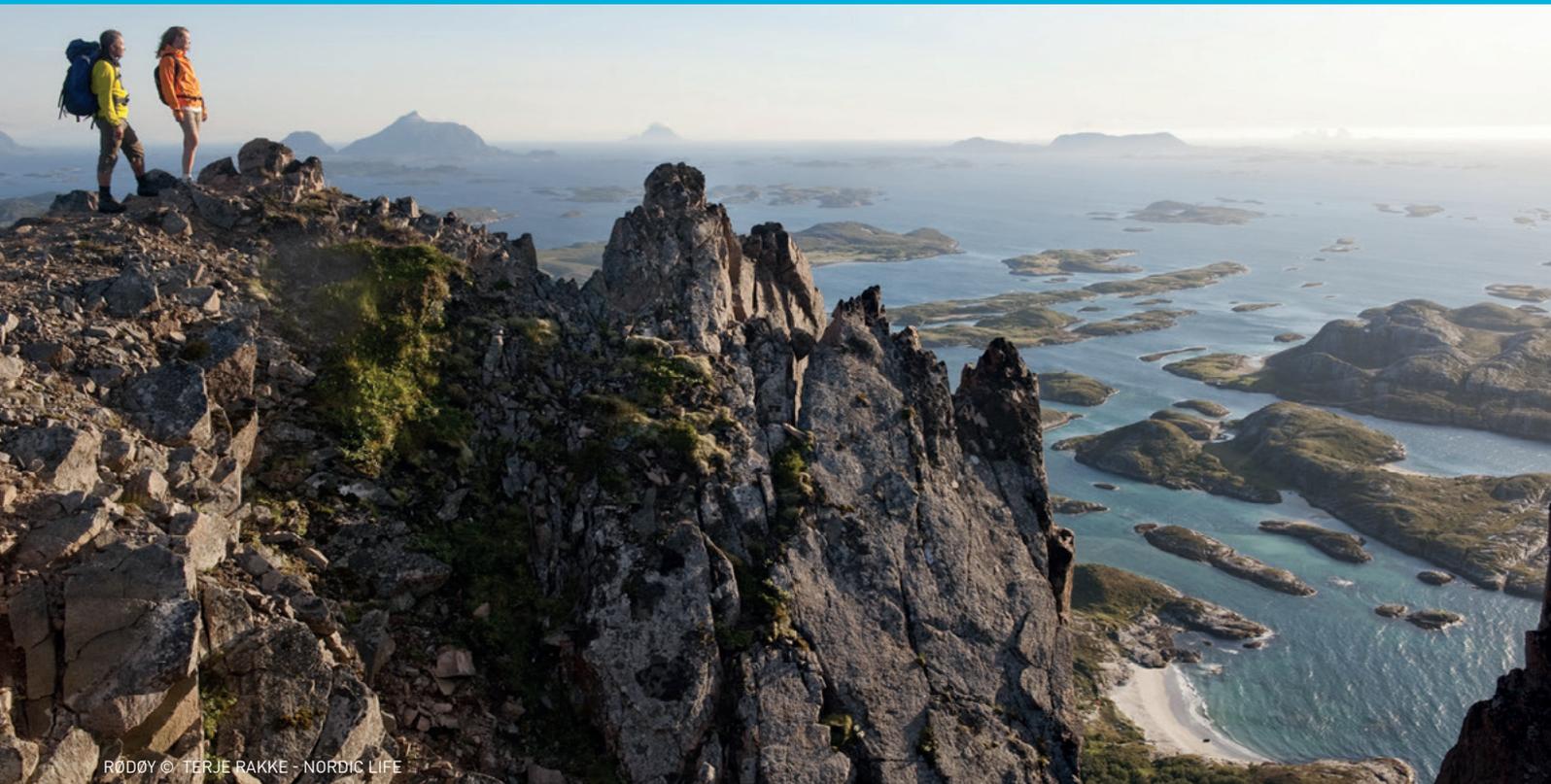
Crossing the Arctic Circle, you enter the realm of the Midnight Sun.

Brightly golden-yellow over the ocean at the North Cape or red-golden between the mountain tops further south, the Midnight Sun is a different experience every night. Invigorated, you feel like

going fishing, climbing the next mountain or playing golf. Arctic summers invite to all kinds of outdoor activities, from kayaking in sheltered waters, island-hopping by bike or going whale watching on the open sea.

### The dance of the Aurora

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



RÖDØY © TERJE RAKKE - NORDIC LIFE

ern Lights. Northern Norway is among the very best places to observe this phenomenon on the planet.

### A taste of the Arctic

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

a recommended culinary experience.

### Helgeland

The southernmost region of Helgeland has some 20 000 islands, small and flat or sculptural rocks on which myths and fairytales are made, notably the Seven Sisters and Torghatten, the mountain with the hole. The islets off Vega island are on the UNESCO list because of

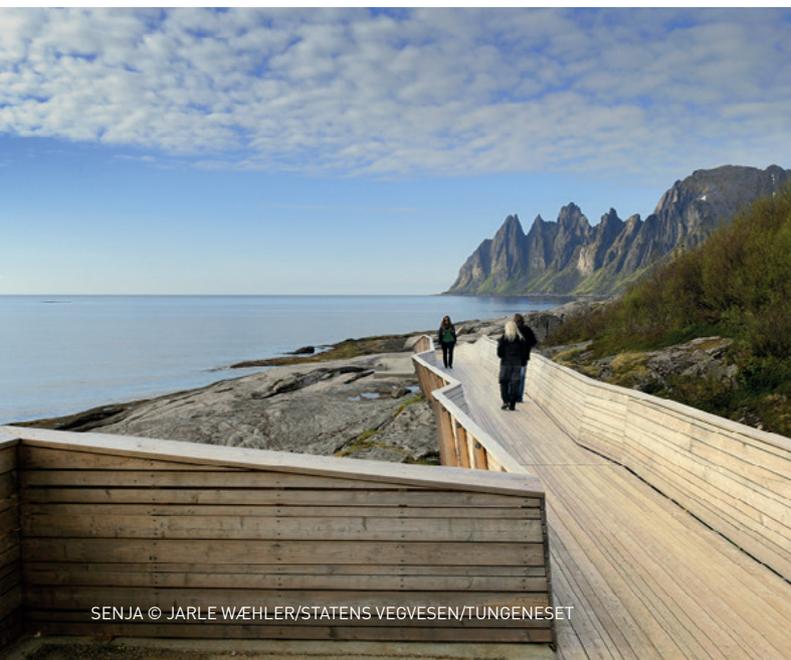
the harmonious coexistence of people and eider ducks. A rich heritage of old churches, manors and traditional villages adorns the landscape like gems. Kayak or bikes are both easy ways of exploring this unique landscape. The 1900 metres high Okstindan peaks inland form a unique hiking terrain among peaks and glaciers.

### Salten and Bodø

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



ANDØY © MARTEN BRIL/WWW.VISITVESTERALEN.COM



SENJA © JARLE WÆHLER/STATENS VEGVESEN/TUNGENSET

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

### Lofoten and Vesterålen

Like an Alpine range at sea, the Lofoten islands rise dramatically out of the Gulf Stream, forming a landscape of jagged peaks and rocky coastlines. In winter, the world's biggest cod fishery takes place here, to which colourful fishing villages with extensive fish racks testify. The Viking longhouse at Borg, the art galleries in the picturesque fishing village of Henningsvær, the giant bird cliffs at Røst island and the stockfish museum at Å are among the many treasures in Lofoten. The green, mountainous archipelago of Vesterålen to the north is where male sperm whales feed on squid. They can be observed on whale safaris close to the coast. Follow the Queen's Trail to the abandoned fishing village of Nyksund for a glimpse into coastal history. The Space

Ship Aurora gives insight into the Northern Lights.

### Narvik

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

### Troms and Tromsø

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



TROMSØ ©  
BÅRD LØKEN/WWW.NORDNORGE.COM

mountains bordering Sweden and Finland are crisscrossed by almost invisible trails, accessible for the experience hiker only. The impressive Lyngen Alps rise 1800 metres from the fjord, and are the preferred alpine ski touring area of the north. The area east of the Lyngen Fjord is among the driest in Scandinavia, excellent for hiking in summer and Northern lights viewing in winter. Tromsø, the

gateway to the Arctic, is a lively city with a history of exploring the Arctic, a lively café and bar scene and an atmospheric city centre of traditional wooden and modern architecture. Make sure you hear the organ in the Arctic Cathedral, see the seals in Polaria Explanation centre and admire the views from the Cable Car.



MIDNIGHT SUN AT THE NORTH CAPE ©  
BJARNE Riesto / Riesto.no/www.nordnorge.com/nordkapp

## Finmark and the North Cape

Finmark is a land of rolling plains, untouched wilderness and wide-open horizons, meeting the coast of the Arctic Sea in a rough, steep coastline. Here three languages are spoken, Norwegian, Sami and Kven (close to Finnish).

The North Cape, the northernmost point of Europe at 71° North, rises 307 metres above

the Arctic Ocean, and is on the bucket list of every true world traveller. The inland is the heartland of the Sami culture, and reindeer sledding, eating reindeer in a lawu, snowmobiling, trying your hand at duodji (handicraft) and visiting fascinating museum collections are all ways of exploring this unique culture. In the Northern Lights City of Alta,



LUNCH IN A LAVU © CH - VISITNORWAY.COM

the UNESCO world heritage listed rock carvings and the Northern Lights cathedral fascinate visitors. Hammerfest is the world's northernmost city, with a wonderful coastal location. The east of Finnmark is one of the world's major bird watching areas. The historic fortress city of Vardø, Norway's easternmost point, is as far east as Alexan-

dria in Egypt. The national tourist route along the Varanger fjord displays ancient archaeology and exciting bird watching sites. Kirkenes on the Russian border has an exciting cross-border feel. The Snow Hotel, dog sledding in the forests king crab fishing are among the winter activities.



LONGYEARBYEN © MARCELA CARDENAS/WWW.NORDNORGE.COM

## Svalbard

Just 1100 km from the North Pole, Svalbard is the northernmost accessible tourist destination in the world. A settlement of some 2000 people is surrounded by a vast high Arctic wilderness of pyramidal mountains.

Come here in the depth of the Polar Night to experience 24

hours darkness, Northern Lights and short trips by snowmobile. In the sunny bright winter from March to April you may go snowmobiling and dogsledding. In the 24 hour daylight summer from May to September hiking, boat rides and kayaking are the most popular activities.



POLAR BEAR IN SVALBARD © ROY MANGERSNES - NORDNORGE.COM

## TRAVEL FACTS

- Area: 112,946 square kilometres, 34% of Norway's land mass – almost as big as the Netherlands, Belgium and Switzerland put together.
- Counties: Finnmark (48,637 square kilometres, Troms (25,848 square kilometres), the Svalbard islands (62.700 square kilometres) and Nordland (38,327 square kilometres)
- Northernmost point: North Cape, latitude 71° 10' 21" (the same as the northern coast of Alaska)
- Most of Northern Norway is above the Arctic Circle
- Bodø enjoys the Midnight Sun from 3 June to 7 July
- The Midnight Sun shines at the North Cape from 11 May to 31 July
- Northern Norway is situated in the middle of the planet's Northern lights belt, which means you have the best chance of seeing it here.

### Population:

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

### Travel information:

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

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

Train: Trondheim - Mo i Rana - Bodø.

Train connections from Narvik to Sweden

The Hurtigruten coastal express from Bergen to Kirkenes calls at 25 ports in Northern Norway.

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



# KIRKENES



RIVERBOAT SAFARI IN PASVIK © PASVIKTURIST AS

Winter and summer activities with local experts.

## Booking office Kirkenes

Open all year round Mon-Fri  
8.30 – 16.00  
Centre town,  
Dr Wesselsgate 9  
Phone: +47 78995080  
firmapost@pasvikturist.no

- River boat tours (June-Sep)
- Hiking trips (June-Sep)
- And much more

Check our offers:  
[www.pasvikturist.no/english](http://www.pasvikturist.no/english)



## Daily departures

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



KING CRAB ADVENTURE © PASVIKTURIST AS

## FACTS ABOUT ALTA

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

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

such as hiking, biking and fishing.

The world's first Northern Light observatory was built here at the end of the 19th century and has earned Alta the name The Town of the Northern Lights.



## WORLD HERITAGE ROCK ART CENTRE ALTA MUSEUM



## EXPERIENCE THE ROCK ART OF ALTA!



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



# WHAT TO DO

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

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



## BE INSPIRED TO HAVE AN ACTIVE HOLIDAY

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

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

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

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

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

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

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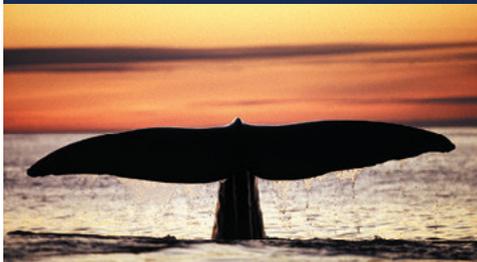
## Musk ox & Moose safari

Nature excursions in the Dovrefjell and the Oppdal region.

Overnight excursions (one night in tent near the Dovrefjell National Park) with an experienced guide, from NOK 4500.

Daily guided Musk safari tours in the summer season, NOK 450,-/300 (children under 15 yrs.).

Book or buy a giftcard. We are no.1 on Tripadvisor in our region. More info: [www.moskussafari.no](http://www.moskussafari.no)



## Whalesafari

Experience the world's largest toothed whale and other whale species in the waters just outside Andenes.

We are No.1 in whalewatching since 1989. 100 % whale guarantee (see our web site). Both winter and summer.

Safe boat - specially equipped with quiet propellers. We also have a large and eventful WHALE CENTRE.

Visit our homepage for info & booking: [www.whalesafari.no](http://www.whalesafari.no)

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

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## Kystriksveien



Kystriksveien - the coastal route (route17) from Steinkjer to Bodø

A scenic route which is one of the National tourist roads of Norway (Helgelandskysten). A road for slow travel and we urge your to visit some of the islands along the road.

Order our free travel guide and take advantage of our tailor made program. More information about this and more on:

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



## SCENIC TOURS BY BEST OF NORWAY

7 days cycling trip & rental car along Kystriksveien - 5 day fjord & mountain trip - 9 day Fjord & North - 14 days south to north incl. Hurtigruten, flights, car rental and more..

All our tour can be made by rental car or by your own car. Our tours suites your budget. You may choose from our hotel or budget packages.

A true norwegian experience by Best of Norway.



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

## SAFETY IN THE MOUNTAINS

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

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

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

## IN THE DEAD OF WINTER

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

Stay warm, dry and hydrated. Hypothermia is what you want to avoid in the wintertime.

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

### Protect your eyes

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

### Signal for help

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

### Avoid avalanches

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

## IN THE HEIGHT OF SUMMER

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

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

### Dress for warmth

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

### Drink frequently

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

### The mountain code:

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

## Emergency telephone numbers

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

# CYCLING



HAMNØYA, LOFOTEN © CH – VISITNORWAY.COM

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

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

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

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

## Best season

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

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

## Tips

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



© TERJE RAKKE – NORDIC LIFE AS - VISITNORWAY.COM

# FISHING

SPIN FISHING IN HALLINGDAL © ANDERS GJENGEDAL - VISITNORWAY.COM

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

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

Everyone over the age of 18 who wishes to fish for salmon, sea trout and sea char in watercourses must buy a fishing licence. The licence is valid for one year and is available online, at local banks or post offices in Norway. For 2016, the licence fee was NOK 247 for one person and NOK 394 for a family. In addition you must buy a local fishing permit. Local permits are

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

(Outdoor recreation) or contact the local tourist office in the area you wish to fish.



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

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

# HIKING



HIKING IN BESSEGGEN © TERJE RAKKE - NORDIC LIFE



AUTUMN IN THE NATIONAL PARK REGION © ANDERS GJENGEDAL

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

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

## Tips

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

## Good standard

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

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

## Season

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



HØVRINGEN ©  
CH - VISITNORWAY.COM

## Accessible nature

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



LOFOTEN © KRISTIN FOLSTAD OLSEN

# NORWEGIAN ADRENALINE KICKS

ICE CLIMBING AT JOSTEDALSBREEN © ANDERS GJENGEØDAL/VN

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

## Snowkiting

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

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

## Surfing

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

## Ice climbing

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

### Tips

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



SURFING AT UNSTAD, LOFOTEN  
© ALEX CONU/VN

# PILGRIMAGE



FROM THE NIDAROSCATHEDRAL © CH - VISITNORWAY.COM

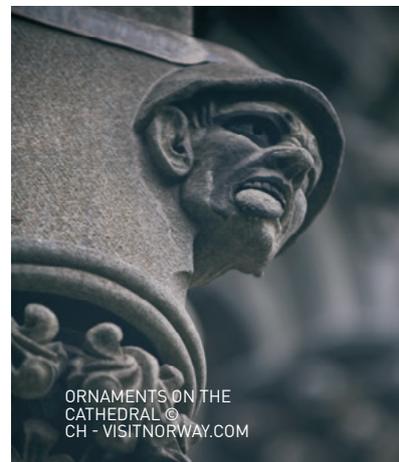
## The path to Trondheim

The sainted King Olav Haraldsson was buried in Trondheim in 1030. Nidaros Cathedral was erected over his grave, and for four centuries this city was a pilgrimage site for pilgrims seeking consolation, help and healing. It is now possible to make a pilgrimage along signposted trails from Oslo to Nidaros.

The old Pilgrims' Route was reopened the summer of 1997. Since then many pilgrims have wandered to this ancient pilgrimage site. For further information, visit Pilgrims' ways to Nidaros on [pilegrimsleden.no/en/](http://pilegrimsleden.no/en/) or the confraternity of St. James in Norway on [www.pilegrim.no](http://www.pilegrim.no)

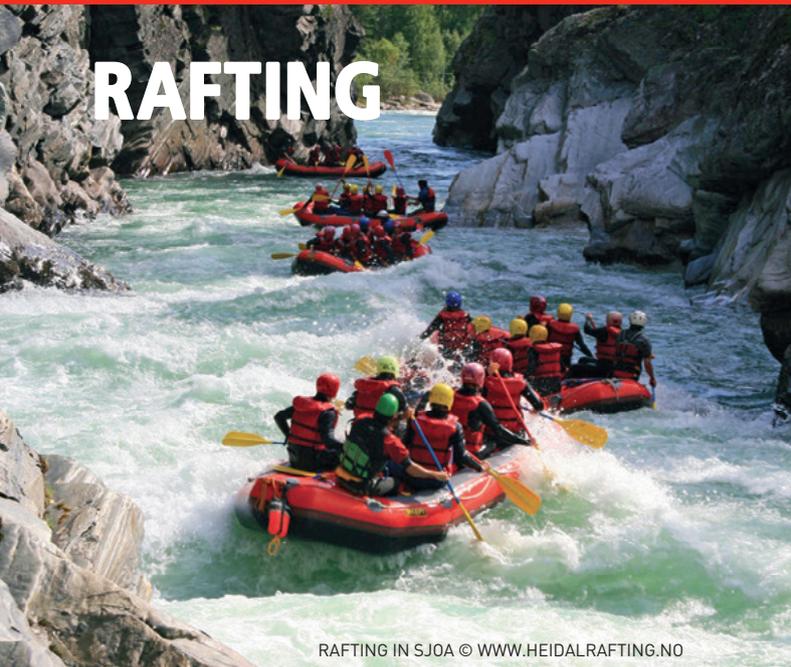
## Spiritual center

From 1153 to 1537, Trondheim was the seat of the country's archbishop and the spiritual center of an area including Greenland, the Faroe Islands, the Orkney Islands and the Isle of Man. Today, Trondheim is a modern city that is a major center of learning and one of the best research environments in Europe  
[www.visittrondheim.no](http://www.visittrondheim.no)



ORNAMENTS ON THE  
CATHEDRAL ©  
CH - VISITNORWAY.COM

# RAFTING



RAFTING IN SJOA © WWW.HEIDALRAFTING.NO

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

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

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

## Popular rafting rivers

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

# CANOEING AND KAYAKING



KAYAK AT HJELLESTAD, BERGEN © TOMASZ FURMANEK /VN

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

*"The ultimate experience is the Lofoten Islands. This is a mountainous archipelago with deep blue shimmering seas where kayaking trips can be combined with climbing and mountaineering. Wilderness is just around the corner yet civilisation is reassuringly*

*close at hand. The fjords and island groups close to Bergen are more accessible for the first timer."* *(The Guardian).*

The rest of Norway also offers great opportunities for canoeing and kayaking. Paddling on Lake Femunden in the wilderness of Hedmark is especially popular. Lake Gjende is a great starting point for hiking and kayaking in the Jotunheimen Mountain Area. If you are thinking of camping, why not try a trip to encompass some of the most idyllic of Norway's coastline? Load up the kayak with tent and supplies, and take two to three days paddling the Namdalen coastline in Trøndelag.

# WILDLIFE SAFARIS



MUSK OX AT DOVRE © ASGEIR HELGESTAD - ARCTIC LIGHT

## Whale Safari

Whale safaris by boat are organized in northern Norway. In Vesterålen you can see sperm whales, killer whales and other species the whole year. In Tysfjorden, you can join a nature safari/killer whale safari from the end of October until January. For more information about these exciting adventures, see: [www.whalesafari.com](http://www.whalesafari.com) [www.arcticwhaletours.com](http://www.arcticwhaletours.com) [www.tysfjord-turistsenter.no](http://www.tysfjord-turistsenter.no)

## Birdlife and Birdwatching

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

As their guest you gain access to their self-guided birding system which consists of detailed maps and a pre-programmed GPS to guide you to the best birdwatching sites in the country. [www.bird.dintur.no](http://www.bird.dintur.no)

### Tips

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

## Arctic creatures

Dovre fjell National Park is the only place in Norway, and one of the few places on earth, where you can see the mighty musk oxen. Guided summer walking safaris are organized

from June to September to see these unkempt, half-ton beasts. The safaris last approximately six hours.

## Musk ox safaris

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

aggressive, as long as you do not get too close. [www.moskussafari.no](http://www.moskussafari.no)

## Other nature safaris

From November until March, you can join a nature safari in Lofoten and learn about marine life in the areas surrounding Svolveær. There is a good chance you will see sea-eagles and perhaps even seals and killer whales as well. [www.lofoten.info/en](http://www.lofoten.info/en)

### Tips

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

## ADVENTURES IN NORWAY

Norway  
Nature Travel

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© JOHAN WILDHAGEN – VISITNORWAY.COM

## King crab

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

seeing the big monster from ashore or from a boat as it is brought to the surface and put into the boiling pot. surprising really, as the red king crab can measure up to two metres from claw to claw and weigh up to 15 kilograms. A snap of its claw can be enough to remove a man's finger.

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

# FARM HOLIDAY



FARM HOLIDAY AT UVDAL © CH/VN

## Welcome to rural pearls all over the country.

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

### Farms for children

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

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

# WINTER HOLIDAYS



RONDANE © TERJE RAKKE/NORDIC  
LIFE - VISITNORWAY.COM

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

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

## Great facilities

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

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

## Easily accessible

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



DANCE AT NORSK FOLKEMUSEUM  
© CH/VISITNORWAY.COM

## A break from skiing

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

### Did you know that...

Every time you say ski or slalom, you are speaking Norwegian? Northern Norway is on the same latitude as Siberia, Greenland and Alaska? The northern coast of Norway is surprisingly mild thanks to the Gulf Stream, with temperatures around 0 degrees not unusual in winter?

### Some useful web-sites:

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



# NATURE ATTRACTIONS

## - What to see



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

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

# THE MIDNIGHT SUN



© BJARNE RIESTO - VISITNORWAY.COM

During summer, the sun never sets. Capture this magnificent experience on a midnight sun cruise or safari before the darkness of winter arrives. What is the midnight sun? During the Norwegian summer season, the sun never sets north of the Arctic Circle and for a couple of months the sun is visible 24 hours a day.

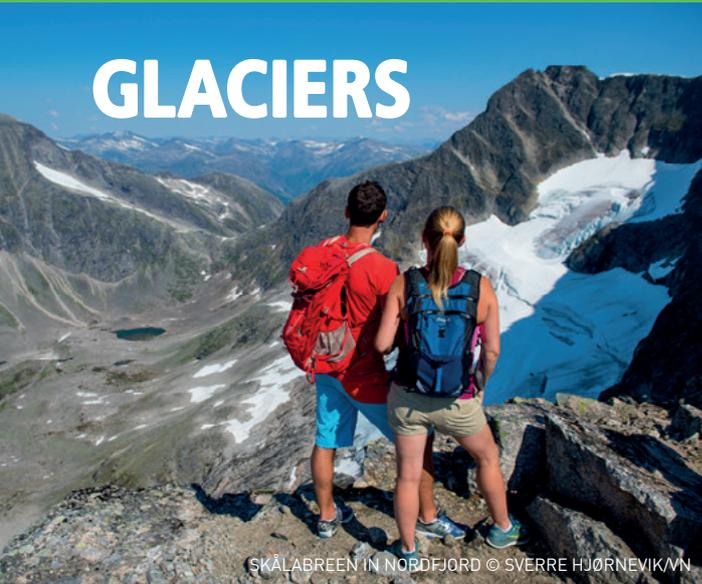
The phenomenon is caused by the tilt in the Earth's axis – an imaginary line through the planet between the north and south poles around which it rotates. As the Earth orbits the Sun, the tilt makes the North Pole face towards the Sun in summer (keeping it in sunlight even as the Earth spins) and away from it in winter (keeping it dark). Hence the continuous sunlight during the summer.

24 hours of daylight gives the flora and fauna along the coast an energy boost. This is likely to rub off on visitors as well, so why not use the extra energy to experience some of the many midnight sun activities available throughout Northern Norway?

**“ Yesterday I played golf at 11:30 pm, and the day before I went for a long walk at 2 am. It doesn't matter what time it is, and I need less sleep.”**

Simon Wilson, England

# GLACIERS



SKÅLABREEN IN NORDFJORD © SVERRE HJØRNEVIK/VN

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

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

## Guided glacier walking

Glacier walking is an incredible experience, but it also demands alertness, know-ledge and equipment. The ice mass is in constant movement and can present unexpected dangers from deep crevasses (often covered in snow), avalanches or from

large blocks of ice breaking off (calving). There is always danger of ice collapsing even in front of the glacier.

Guarantee your safety by using authorised guides, and never venture out onto or near a glacier on your own. During the summer period there are guided tours on most glaciers. Remember to bring warm clothing, headwear, suitable footwear, gloves and sunglasses.

# NATIONAL PARKS



JOTUNHEIMEN © CH - VISITNORWAY.COM

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

Norway has 44 national parks, 37 on the mainland and seven on Svalbard. From underwater wonders to high mountainous areas, these parks offer a variety of landscapes and a wide range of exciting outdoors experiences. Several national parks have arrangements for outdoor activities with a network of marked paths and trails and overnight accommodation

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

# THE NORTHERN LIGHTS



FROM HAMSUNS RIKE, HAMARØY © KETIL KAASLI

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

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

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

# EXPERIENCE NORTHERN NORWAY

Thon Hotels  
has 12 hotels  
in Northern  
Norway



Check in at [thonhotels.com](https://www.thonhotels.com)



SAMI © CAMILLE SEAMAN TOPAZ

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

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

turf huts whilst they followed the reindeer.

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

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



© BAARD LÖEKEN



SKAGEFLÅ, GEIRANGERFJORDEN © PER EIDE - VISITNORWAY.COM

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

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

### Mild climate

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

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

National Geographic Magazine



# WATERFALLS

THE SEVEN SISTERS IN GEIRANGER  
© CH-VISITNORWAY.COM

Walk behind a thundering waterfall near Bergen, or visit some of the tallest in Europe as you experience Norway's unique and spectacular waterfalls. With water thundering down the cliff face with a deafening roar, the air white with mist, one of Norway's many waterfalls can be a humbling experience.

## Mardalsfossen

An impressive two-step free-falling waterfall in the Molde and Romsdal area, near Eikesdalsvatnet lake. Steinsdalsfossen Has a path that leads underneath and behind the fall itself. One hour drive east of Bergen, near the town of Nordheimsund.

## Sisselfossen

Sisselfossen is a marvelous waterfall in the Sanddøldalen in the region Nord-Trøndelag, Norway. Sisselfossen is located

along road 74 between Formofoss and Sandvika.

## De syv søstre / The Seven Sisters

In the middle of the Geirangerfjord. Named because its falls may look like the hair of seven women. Best scenery on a sightseeing cruise. Friaren / The Suitor In the middle of the Geirangerfjord, opposite The Seven Sisters.

According to legend, Friaren ("The Suitor") is unsuccessfully

wooing the seven sisters at the other side of the Geirangerfjord.

## Storseterfossen

Four kilometres outside Geiranger lies Westerås Gård, where the trail starts. An hour's easy hike takes you to the waterfall. One of the few that you can actually walk behind and under in safety.

## Vøringsfossen

One of Norway's most spectacular waterfalls. Near Eidfjord, an hour's drive west of Geilo, or 2,5 hours by car from Bergen, due east.

## Vøyenfossen

Easily found and reached, as it lies in Oslo, near the restaurant and nightlife area Grünerløkka. Akerselva river runs through Oslo and has several small waterfalls.

## Vettisfossen

Vettisfossen, Norway's fourth highest waterfall, is situated in the south-east of Jotunheimen, and is best reached through a 90-minute hike from the Hjellev farm, near the small town of Øvre Årdal.

## Kjosfossen

Situated on the Flåm Railway, where it has its own stop. Easily reached by train from Oslo or Bergen, or points between.

## Lægda fossen

A high waterfall that plunges into the Nærøyfjord through a series of falls down the side of the fjord. Any of the Nærøyfjord fjord cruises will pass the scenic falls.

## Fossen Bratte

20 minutes by car west of the small town of Norheimsund, or about an hour's drive east of Bergen. One of several waterfalls also known as The Bridal Veil.

## Låtefossen

Two separate streams that fall from 165 metres makes Låtefossen waterfall unique. A 15-minute drive south of the small town of Odda, on Rv13. Parking available nearby.

## Langfossen

Named one of the ten most beautiful waterfalls in the world as its water cascades 600 metres down the mountainside. Situated on the southern side of the Åkrafjord, around 45 minutes' drive south-west of Odda, or in the other direction 1,5 hours by car from Haugesund.

## Månafossen

Quite hard to get to, but still a popular tourist attraction. Access to the viewpoint is through steep and sometimes difficult terrain. Situated near Frafjord, a little over an hour's drive east of Stavanger.



THE ATLANTIC PUFFIN © ROY MANGERSNES - WILDPHOTO.NO

# NORTH CAPE EUROPE'S NORTHERN END

## The Journey to the end of a continent

In the past Nordkapp was difficult to reach - a destination for adventurers, royalty and expeditions. The first tourist, the Italian priest Francesco Negri, came to Nordkapp in 1664, and today some 200,000 tourists visit Nordkapp annually during the two to three months of

summer. Today, modern transportation has made this legendary area a popular destination. You can travel here by car, bus, boat or bike. Common for all travelers are the strong experiences that awaits them.

Welcome to Nordkapp!



THE NORTH CAPE © FRITJOF FURE

Far inside the Arctic Circle, the North Cape offers arctic adventures like dog-sledding in winter and months of never-ending sunlight in the summer.

Imagine a place in the far north, where the Atlantic Ocean meets the Arctic Ocean and their frigid waters mix. That place is the North Cape in Western Finnmark in Northern Norway. Here, there is no dry land between you and the North Pole except for the Svalbard Archipelago, and the summer sun never sets for two and a half months, between the middle of May and the end of July.

## North Cape Hall

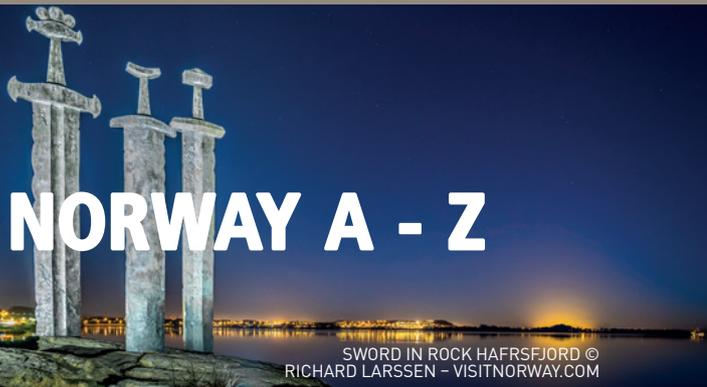
The North Cape visitor centre is called North Cape Hall and holds various exhibitions throughout the year. A panoramic film is shown in the

centre's cinema at regular intervals. Also, it contains a café, restaurant, post office and a souvenir shop, in addition to the cinema. There is also a chapel here, the St Johannes Kapell, and as the world's northernmost ecumenical chapel, it is a popular venue for weddings.

### Opening hours:

- 18/5-17 - 17/8-17:  
11am - 01am
- 18/8-17 - 31/8-17:  
11am - 22pm
- 1/9-17 - 17/5-18:  
11am - 15pm

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



SWORD IN ROCK HAFRSFJORD ©  
RICHARD LARSSEN - VISITNORWAY.COM

## A

### Alcohol

You cannot obtain wine or spirits from any local supermarket. This is possible only in shops specially set up by the state for this purpose (Vinmonopolet). Such shops are usually to be found in the larger towns. However, beer can generally be bought in the supermarket. The age limit for buying wine and beer is 18 years, and 20 years to buy spirits. You will find that nearly all restaurants are licensed.

## B

### Banks

24-hour cash dispensers are found in strategic locations throughout Norway. Bank opening hours are approximately:  
Monday - Friday: 09.00 - 15.30

## C

### Cell Phones and Internet

The mobile phone systems and the Internet network is very well developed in Norway and most hotels offer a free Internet connection.

### City Cards

#### The Oslo Pass and the Bergen Card

These cards entitle the user to free or discounted admission to museums, attractions, cultural events and sight-seeing.

Also, free bus travel and discounts on meals and parking. The passes are sold at tourist offices in Oslo and Bergen. You can also buy the Bergen Card onboard Fjord Line's two ships;



MS Bergensfjord and MS Stavangerfjord.

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

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

### Climate and Clothing

Norwegian summer weather is unpredictable. Some days it is cloudy and raining, on others the sun blazes down at near Mediterranean temperatures even in Northern-Norway thanks to the Gulf Stream! Be prepared for all eventualities and bring raingear, a warm sweater and good walking shoes in addition to your summer wardrobe. You are not usually required to dress formally for dinner at Norwegian resort hotels.

For weather reports:

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

### Credit Cards

MasterCard, American Express, Diners Club, Eurocard and Visa are all accepted at hotels, major restaurants and large shops, even for small amounts. Be aware that some petrol stations do not accept all these cards. You can also withdraw money with your VISA card and Mastercard (limited) from cash points throughout the country.

### Currency

Norwegian currency consists of kroner (NOK or Kr) and øre. 100 øre = NOK 1

Exchange rate November 2016:

1 Euro = 9,10 NOK /

1 Dollar = 8,40 NOK

1 GBP = 10,60

Visitors can bring in currency (Norwegian and foreign) worth NOK 25 000. Currency over this amount must be declared at customs.

### Customs and regulations

Here are the most important regulations you need to know before entering Norway with goods or currencies.

Within the limit of NOK 6,000 you are allowed to bring with you the following articles free of customs and excise duty:

#### Alcoholic beverages

1 litre of distilled spirit containing between 22% and 60% alcohol by volume, if you are 20 years of age or older. Instead of this, you may choose to bring either:

1,5 litres (equal to two standard bottles) of wine or other alcoholic drink containing between 4,7% and 22% alcohol by volume or 1,5 litres of beer or other alcoholic drink containing between 2,5% and 22% alcohol by volume.

**Plus:** 1,5 litres (equal to two standard bottles) of wine or other alcoholic drink containing between 4,7% and 22%

alcohol by volume, if you are 18 years of age or older.

Instead of this, you may choose to bring 1,5 litres of beer or other alcoholic drink containing between 2,5% and 22% alcohol by volume.

**Plus:** 2 litres of beer or other alcoholic drink containing between 2,5% and 4,7% alcohol by volume, if you are 18 years of age or older.

Provided you do not bring any tobacco, you may bring an additional:

1,5 litres (equal to two standard bottles) of wine or other alcoholic drink containing between 4,7% and 22% alcohol by volume or 1,5 litres of beer or other alcoholic drink containing between 2,5% and 22% alcohol by volume.

Hence, you may for instance bring up to 6,5 litres of beer, if you bring no other alcohol and no tobacco.

### **Tobacco**

Minimum age: 18  
200 cigarettes or 250 grams of other tobacco products and 200 leaves of cigarette paper.

### **Meat, meat products, milk and milk products**

Meat, meat products, cheese and foodstuffs except dog and cat food, totalling 10 kilos altogether from EEA countries. From countries outside the EEA, it is prohibited to bring meat, meat products, milk and

milk products in one's luggage. Such products must be imported through a veterinary border control station, and the goods must be accompanied by a health certificate.

### **Animals**

Special provisions govern the importation of animals.

Dogs, cats and ferrets from all EU countries must have pet passports, ID marking, valid rabies vaccination, and valid blood-test documentation (does not apply to ferrets). Dogs must also be given approved tapeworm treatment minimum 24 and maximum 120 hours before arrival. Small rodents, cage birds and rabbits must have valid import permits issued by the Norwegian Food Safety Authority. Please note that some types of dogs are prohibited in Norway. There may be exemptions to the information above, and additional rules apply for non-EU countries. Make sure that you consult the full instructions available at the Norwegian Food Safety Authority's website in good time before you travel. You can also contact the Norwegian Embassy or Consulate in your country for advice.

## **D**

### **Dining**

Norwegian cities offer a good selection of restaurants in all categories and price ranges. The

main course at an average restaurant costs between NOK 150 - 300. Lunch is often less costly. A glass of wine costs from NOK 80 and a pint of beer from NOK 75. Cafés and cafeterias also serve dinner, often at very reasonable prices. A coffee in a coffee shop costs from NOK 30 and a soft drink from NOK 35.

### **Disabilities**

Over the last couple of years, the travel industry has put more emphasis on adapting their facilities for people with disabilities. However, there are still many locations with limited accessibility and we recommend that you check this before traveling. For information on rental cabins, contact Norges Handikap-forbund (NHF):  
Phone: +47 24 10 24 00  
[www.nhf.no](http://www.nhf.no)

## **E**

### **Easily accessible**

All resorts are easily accessible by public transport. The majority of ski resorts are located in the south of the country, so the average midwinter temperature is around -6°C and there is daylight from 9am to 4pm. By March, the number of daylight hours increase to 10. In addition, the season is long, with snow virtually guaranteed from November to

May and conditions that are second to none.

### **Electricity**

The Norwegian grid is set to 220 volts AC and you might need an adapter with two round-ended prongs.

### **Emergency Numbers**

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

## **F**

### **Foodimport Limitations**

Import of agricultural products is subject to special import restrictions to avoid, among other dangers, the spread of plant and animal diseases. However you may import, for private use, up to 10 kg fruits, berries and vegetables but not potatoes. From EU/EEA countries you can also bring a maximum of 10 kg of meat, meat products, fish, eggs, cheese and foodstuffs except dog and cat food, as long as the product is stamped with the country of origin (that country being an EU member). Permission to import listed products can be revoked at any time if the necessity arises (in case of an outbreak of

plant and animal diseases for example). From countries outside the EU/EEA, it is prohibited to bring meat, meat products, milk and milk products in your luggage. Dried and tinned food-stuffs are permissible. More information about import limitations on [www.toll.no](http://www.toll.no)

## H

### Holidays

It can be both pleasant and economical to travel in Norway outside the school and industrial holiday season. Prices tend to be lower, and there is less hustle and bustle. The school holidays vary somewhat but are approximately from June 20th to August 20th. The industrial holidays are the three last weeks in July. In addition to autumn and winter breaks, schools are closed for two weeks over Christmas and one week during Easter.

### Hurtigruten

For those who want something a bit different, why not join the popular voyage "In Search of the Northern Lights" from Bergen to Tromsø. The Northern Lights are a natural phenomenon, caused by electrically charged solar particles entering the earth's atmosphere which light up the sky at an incredible speed. It is impossible to predict when they

might appear and now guests can take advantage of a unique "wake up call" which means customers can request to be called whatever time, should the Northern Lights appear. The Hurtigruten ships are perfectly placed viewing platforms as the Northern Lights, which can be seen from November to March, are set against a dark sky free from artificial light. [www.hurtigruten.com](http://www.hurtigruten.com)

## K

### King Crab Fishing

Unique to Finnmark in Northern Norway is the gigantic King Crab offering a truly amazing experience. Travel by snowmobile or inflatable dinghy to fish for the crab through the ice. The King Crab can be as large as two meters and weigh up to 15 kilos. Afterwards you can enjoy your morning's work with a lunch of delicious fresh crab meat. A true gastronomic experience in unforgettable surroundings.

## L

### Language

The official language of Norway is Norwegian. The Sámi population has their own official language called Sámi, and in Finnmark you will find signs marked in both languages.

Most Norwegians have a good working knowledge of English and some also speak German, Spanish and French.

## M

### Medical Attention

Pharmacies are called "Apotek" and are open during normal business hours. In some larger cities, one or two of them will be open 24 hours and on weekends. Should you fall ill while on vacation in Norway, the hotel reception should be able to put you in touch with a local doctor. Outside normal consultation hours you should go to the local emergency clinic (Legevakt). If you take medication on a regular basis, make sure you take sufficient supplies for your stay in Norway. Norwegian pharmacies are not permitted to issue medicine on foreign prescriptions. If you run out, you will have to visit a Norwegian doctor to get a new prescription. You are recommended to take out holiday insurance before leaving your home country.

### Meetings, events and conventions

Norway is an exotic destination with a lot to offer the well travelled client. With its high tech industry and breathtaking scenery, it is

the perfect destination for companies that want to take advantage of the pristine natural environment while still profiting from all the comforts of a modern destination. For more information about possibilities of organizing meetings, events or conventions in Norway, please contact the local Innovation Norway Office in your country or contact Norway Convention Bureau, see [www.visitnorway.com/meetings/](http://www.visitnorway.com/meetings/)

## P

### Passport and Visa Regimes

Norway is not a member state of the European Union (EU), but is part of the Schengen area. To visit Norway, all foreign nationals (except citizens from the other Nordic countries) must have a valid passport and/or other identification papers approved as travel documents. Certain foreign citizens must also carry a visa. Contact the Norwegian Embassy or consulate closest to you for more information, see [www.norway.info](http://www.norway.info)

### Pets

Norway is one of the few countries in Europe where rabies does not exist, and the Norwe-

gian authorities aim to keep it that way through strict animal control measures. If you wish to take a pet to Norway, the animal must have a valid certificate from an authorized veterinarian proving that the animal has all necessary injections. Please note the new rule about mandatory treatment for echinococcosis for cats and dogs that have been in Sweden before entering Norway. For updated information and application forms, please consult [www.mattilsynet.no](http://www.mattilsynet.no) (see section Traveling with pets)

## R

### Religion

The Church of Norway, which is Lutheran, oversees about 1 600 churches and chapels around the nation. For more information: [www.kirken.no](http://www.kirken.no) In addition, there are houses of worship for most denominations and religions in major cities. For info on Stave Churches, see [www.stavkirke.info](http://www.stavkirke.info)

### Right of Access

The law of access to the natural environment, known as «Everyman's Right» allows you to walk wherever you want in the wilderness areas such as the seashore, forests, moun-

tains and in other areas which are not cultivated. This should be done with consideration, so that neither the countryside nor the property is damaged. Be considerate to wildlife and towards other people who are in the area. Note that stricter access regulations can be enforced in protected areas. Use paths and roads when you go for walks in agricultural and populated areas. It is preferable to make use of campsites if you are staying overnight outdoors. If you pitch a tent in the wilderness, it should be situated at least 150 meters from the nearest house or cottage. The lighting of fires is prohibited during the period from 15 April to 15 September.

## S

### Shopping

Normal opening hours are: Mon.–Fri. 10am – 5pm  
Thursday 10am – 6pm/8pm  
Saturday 10am – 1pm/3pm  
Supermarkets and shopping centres are generally open 9am – 10pm on weekdays and 10am – 6pm on Saturdays. Sundays closed.  
Kiosks tend not to close until 10pm or even 11pm, and are usually open on weekends too. Petrol stations often sell groceries and are often open until 11pm. Most shops accept major credit cards.

### Skiing facilities

In Norway, it is said that Norwegians are born with skis on their feet and it is easy to see why. Norwegian children start skiing from the age of three and it really is a family activity. This is reflected in the country's ski resorts which all boast fantastic family ski facilities including dedicated children's ski areas, ski schools and crèches. Both Alpine skiers and snowboarders are well catered for, in fact, some of the best terrain parks in Europe can be found here. The Norwegian ski resorts also boast uncrowded slopes, lack of lift queues and affordable lift passes and ski schools. Norwegians speak excellent English and the vast majority of ski resorts have English speaking crèches with qualified nannies and ski schools which are all extremely reasonably priced. Children that are too young to ski will love simply spending time outside playing in the snow. Those old enough to don their own skis can take advantage of the dedicated children's ski areas. These typically include dedicated runs, lifts and even terrain parks with jumps and rails! Many resorts also offer free ski helmet hire and free ski passes for children.

### Smoking Restrictions

Smoking is not permitted on board air crafts or on other means of public transport. Nor

is smoking permitted in public buildings and other places open to the public, offices and other places of work. This includes hotels, bars and restaurants. You must be 18 years or over to purchase tobacco in Norway.

### Summer Time

Norway has Central European Time, i.e. GMT+1 hour. In 2017 Norwegian summertime begins March 26st at 02.00 (clock set forward one hour) and ends October 29th at 03.00 (clock set back one hour).

### Stay in the Igloo Hotel

Alta boasts the world's northernmost ice hotel. Chill out with a drink in the ice bar before heading off to your icy chamber for a night you will never forget sleeping on ice-beds covered with reindeer skins!

### Sami Experience

For a really authentic Northern Norway experience, pay a visit to the Sámpi Park in Karasjok where you can try driving a reindeer sleigh, learn more about the way of life and enjoy an authentic meal seated on reindeer skins around an open fire in the laavu (Sami tent).

## T Tax Free Shopping and Souvenirs

Norway can offer more than beautiful scenery. Popular souvenirs from Norway include knitted jumpers, cardigans, gloves and mittens, pewter ware, silver jewelry and cutlery, hand painted wooden objects, bowls with rose designs, trolls and fjord horses carved out of wood, reindeer skin, enamel jewelry, watches, woven wallcoverings, furs, handicrafts, glass and pottery.

Best of all, you can get VAT refund on everything you buy. Throughout the country, shops displaying the Tax Free logo offer visitors quality goods at highly competitive prices tax free. If your purchase at any of the 5 000 stores affiliated to the Tax Free system, lives outside Sweden, Finland and Denmark AND spend more than NOK315 in one store, ask the store for a Tax Free form.

On departure from Norway, a refund of 12-19% of the sales price, will be given to you on presentation of goods, Tax Free form and passport. There are approximately 50 Refund offices at various exits from Norway. At airports, road borders, on ferries and cruise ships. Custom officials cannot

validate Tax Free forms. As a part of Global Blue's network of Refund offices, Norwegian Tax Free Forms may also be refunded at most of the large airports in Europe as well as in Asia.

### Global Blue

www.globalblue.com  
info.no@globalblue.com

Please note that it is possible to buy Duty Free goods upon arrival in Norway at the following airports: Oslo/Gardermoen, Bergen/Flesland, Trondheim/Værnes, Stavanger/Sola and Kristiansand/Kjevik.

### Telephones

For directory enquiries, dial 1881 for Norway, Sweden and Denmark, 1882 for all other countries.

To call Norway from abroad dial +47 in front of the eight digit number. When calling other countries from Norway you must first press 00.



WINTER SHOPPING © CH/VN

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

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

## Follow Norway on social media

### Follow us on Facebook...



- Ask questions and find inspiration
- Share photos, travel experiences and tips with other fans of Norway
- Participate in competitions
- Find videos, photos and the best travel links

### Follow us on Twitter and receive tweets about...



- Attractions and events

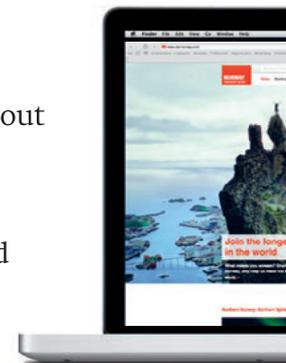
- Articles and press releases about Norwegian travel and tourism
- Competitions
- Tips and ideas for new travel destinations in Norway

### Follow us on Instagram and...



- Get inspired by images and videos from all over Norway
- Use #visitnorway when uploading your personal holiday images from Norway

**NORWAY**  
POWERED BY NATURE



# GET TO KNOW NORWAY



BRYGGEN, BERGEN © BERGEN TOURIST BOARD - ROBIN STRAND

## Life in Norway

Norway is a modern country that takes pride in its history, and in rural areas traditions are still very much alive. Life in the capital of Oslo, in the Hanseatic city of Bergen or in a small, northern coastal town can seem like completely separate worlds. You can visit them all in a matter of days – a good way to gain a deeper understanding of Norway and the Norwegians. History, culture and lifestyle, design and culinary traditions make life more interesting and complement the spectacular scenery around the country.

Charge your batteries at a relaxed pace with friendly people. If you have the opportunity, don't miss Norway's National Day, May 17. It is an impressive and colorful display of joy and solidarity, with flags furling and Norwegians of all ages parading in their national costumes. A great many Norwegians still prefer to live in and in tune with nature. Better watch out; it could happen to you.

## Food – a fresh taste of Norway

Awe-inspiring, unspoilt nature forms the perfect basis for natural animal husbandry, and Norwegians know how to exploit these resources. Enjoy freshly caught cod from

Lofoten, tender reindeer meet from Finnmark or juicy, sweet cherries from Hardanger – all with the fresh and slightly different taste of Norway. Norwegian cuisine has also become well known internationally. The success is based on products that thrive in pure waters and fresh, clean air: fish, shellfish and game, fruit, fungi and numerous tasty dairy products. Even traditional specialities such as cured meats, sour cream porridge and waffles with goat cheese tantalise the palate. Treat yourself to a taste of Norway!

## A world of colour and music

Easily accessible fjords and mountains are a natural source of inspiration for music, art and the theatre. Ibsen, Hamsun and Munch are amongst those who have enthralled the world with their depictions of people and nature in this long country, and who hasn't envisaged the mountains in Grieg's music? Cultural life is still thriving, and a number of new talents have succeeded internationally. Visit one of the numerous music festivals, outdoor performances with the beautiful scenery as a backdrop. Or experience Norwegian and inter-national art in famous museums and small galleries.

# THE 4 SEASONS



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

## Spring

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

## Summer

Crashing waves in the south signal the arrival of summer in Norway and the southerly wind blows across the world-famous fjords of Western Norway. The Midnight Sun that never sets in the north allows herds of rein-deer to graze in broad daylight in the middle of the night. Of course this affects the people who live here - and the people who visit. It makes Norway ideal for outdoor activities - the country is made for expeditions on foot, by bicycle and for fishing. Not to mention, for the most amazing summer holiday in the world.

## Autumn

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

## Winter

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

# NORWAY'S MOST BEAUTIFUL TRAIN JOURNEYS!



FLÅMSBANA © MORTEN FAKKE

A train journey in Norway is a fantastic experience. Not surprisingly, some of the railway lines have been ranked as the most spectacular in Europe and the world. Breathtaking scenery and beautiful cultural landscapes form the backdrop to the railway lines in all directions.

From the window of your train, you can see some of Norway's most beautiful mountain formations, rivers, lakes, glaciers, valleys and fjords. You also pass through charming small towns and villages and will

see the Norwegian countryside close up. The altitude difference on some of the lines is so great that you can experience snow, glaciers and green summer meadows on one and the same journey.

## Bergen Railway – an unforgettable nature experience!

A train ride on Bergen Railway is a journey that will give you what is perhaps the most spectacular nature experience in Europe. A mountain paradise with polar foxes, snow owls and many other species of Arctic animals and plants in a fantastic mountain landscape.

## Dovre Railway – an adventure of a journey!

The Dovre Railway takes you through a fairy-tale kingdom. It is not just beautiful scenery dominated by mountains and valleys. The landscape along the line is very varied in terms of both its topography and vegetation. The altitude difference is all of 960 metres, and the highest point on the line is 1,025 metres above sea level.

## Flåm Railway – simply magical!

A ride on the Flåm Railway is like experiencing the whole of Norway in a little less than an hour. During the journey, you will see some of the most magnificent scenery and cultural landscapes Norway has to offer. The line runs from the high-mountain station at Myrdal, 865 metres above sea level, where the Flåm Railway and the Bergen Railway meet, down to Flåm beside the beautiful Aur-

landsfjord. One of the most spectacular things about this train journey is the constantly shifting scenery – steep mountainsides, snow-capped peaks, rivers, waterfalls and the lush and fertile fjord landscape. The Raumabanen Railway – the most beautiful line in Europe! The Raumabanen Railway tops Lonely Planet's ranking of the most beautiful train journeys in Europe. From Dombås, the line descends 650 metres from the mountains down to the Romsdalsfjord. The train takes you onto the famous Kylling Bridge, probably one of the most photographed structures in Norway. The train also passes Europe's tallest vertical rock face – the Trollveggen wall, with a perpendicular drop of 1,000 metres.

## A night on the Nordland Railway!

Lonely Planet has voted this line one of the world's most beautiful journeys by night train. At Saltfjellet, you cross the Arctic Circle, which marks the boundary of the Arctic region. In winter, you can marvel at the fantastic Northern Lights, while in summer, you can admire the brilliant Midnight Sun. At 729 km, the line is Norway's longest. The journey offers great variation in terms of scenery, culture and climate.

**Welcome aboard!**  
www.nsb.no



© WIDERØE

Fly as much as you like in Norway for two weeks this summer!  
Forty-four destinations to choose from.  
Choose your favourites, or visit them all.

With an Explore Norway ticket, you have Norway at your feet. This is an offer for people who are looking for a holiday with a difference. Perfect for those who want to see unspoilt Norwegian nature. Perfect for those who want to visit the most famous tourist attractions. Or for people who want to climb the Briksdalsbreen glacier, go island hopping on the Helgeland coast, rafting in the Lofoten archipelago and see the North Cape as well. But

also if you want to visit all the big towns and cities. The Explore Norway ticket is a flexible holiday ticket that gives you endless possibilities. And you can plan your itinerary exactly how you want.

### Terms

The Explore Norway ticket is valid for travel for two weeks during the period 1 July to 31 August 2017. You can choose between one or two zones or the whole of Norway; see the map.

You are free to plan and change your route as you yourself wish. You can fly as much as you want and can book a seat up until two hours before departure, but please note that the number of seats can be limited on some of the most popular routes. It pays to book early!

### Prices:

**One zone:** EUR 370/ GBP 330 / USD 420

**Two zones:** EUR 440 / GBP 390 / USD 490

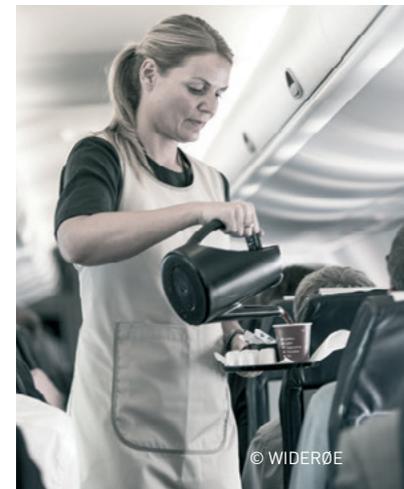
**Whole of Norway:** EUR 500 / GBP 450 / USD 560

**Extra Week:** EUR 220 / GBP 200 / USD 250

If you start your journey on one of our international

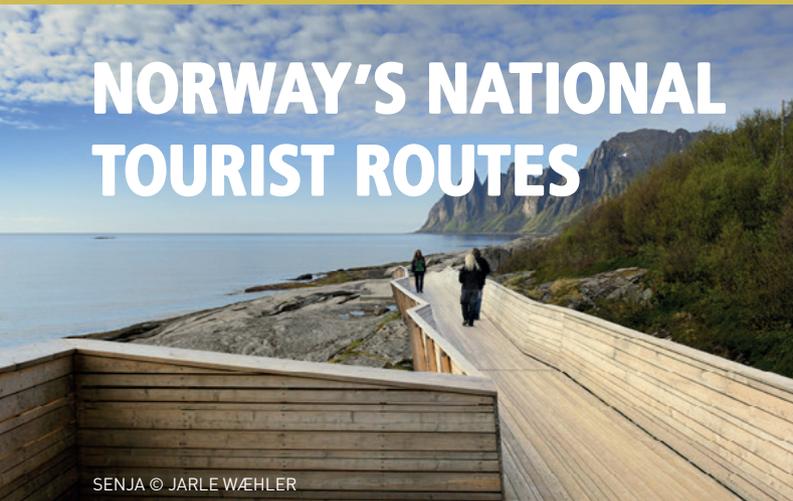
routes, we include the flights to and from Norway.

**Note:** Only applies to your connecting flights to and from Norway.



© WIDERØE

# NORWAY'S NATIONAL TOURIST ROUTES



SENJA © JARLE WÆHLER

## 18 selected drives through the most scenic areas in Norway.

The National Tourist Routes offer motoring experiences through varied and beautiful Norwegian scenery. Each of the 18 routes on the following pages is distinctive and has its own stories to tell. If you choose one of the routes, you will see Norwegian scenery and architecture at its breathtaking best. The views from your car window and specially designed picnic areas, which feature exciting architecture and art, make for fantastic nature experiences and will tempt motorists to stay longer and visit again. The routes are detours that offer a stress-free alternative to the main roads. They have

been carefully selected by the Norwegian Public Roads Administration on the basis of strict quality criteria. Special picnic areas and viewpoints have been built that further enhance the experience. The routes therefore have wide-ranging and unique qualities and offer a variety of high-standard services. On most of the routes, activities, experiences, and food and accommodation are available to tourists on a scale that is sure to meet people's expectations of Norway as a destination.



The routes are signposted by the National Tourist Route Symbol.

## Architecture and art

The architecture along the routes has a clear profile – whether in the form of large, monumental platforms and viewpoints or in simpler, more modest forms such as a concrete bench or a path up to the nearest mountain. Everything is in harmony with or in contrast to the landscape. More than 50 artists and architects are engaged in designing these exciting and functional picnic areas and viewpoints. They are innovative but robust solutions that will age with dignity.

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





JÆREN

ORRESTRANDEN, ONE OF NORWAY'S FINEST SANDY BEACHES. EASY ACCESS FROM THE ROAD © HELGE STIKBAKKE



RYFYLKE

THE HØSE BRIDGE, SAND IN RYFYLKE © JARLE LUNDE - SULDALFOTO.NO



HARDANGER

THE SKJERVSFOSSEN WATERFALL OFFERS A CAREFULLY ORGANISED NETWORK OF PATHS, STAIRS AND VIEWPOINTS © SIGMUND KRØVEL-VELLE

## Jæren

This route runs through a wide and open cultural landscape along the edge of the North Sea. The Jæren area is dominated by agriculture. Short detours to the area's pebble beaches and long sandy beaches are exciting ways of experiencing the coast and the sea close up, especially in stormy weather.

'I look out the window at the changing cultural landscape, plains dotted with small farms, before the road starts climbing up into the mountains, towards a vast, slower-moving world. I, who am always stressed, always thinking about the next thing I have to do, all that disappears here. The road, the landscape, the scenery do something to me.'

The Jæren coast has no skerries and many ships have been shipwrecked there. Jæren Friluftsråd, the local outdoor recreation board, has made sure there are many signposted access routes down to the beaches of Jæren, as well as car parks, information boards and toilets.

## Ryfylke

Ryfylke is an area with a highly varied landscape. The drive takes in fjords, valleys, mountains and moorland

between the Lysefjord and Røldal. National Tourist Route Ryfylke is 260 km long and travels between Oanes at Lysefjorden and Håra. From Lovra in Suldal the tourist route splits into two sections. One section travels across the Sandsfjord Bridge to Sauda (road 520) with a short detour to Ropeid. The other section continues north

(road 13) with a small detour to Høse Bridge at Sand, before it continues up Suldalslågen and Brattlandsdalen where the road sections meet at Håra creating a round trip.

## Hardanger

Hardanger invites motorists to take a journey through a national-romantic landscape famous for its fjords, mountains and, not least, beautiful fruit trees in blossom. The road passes through several areas that have long

been popular tourist destinations. Tourists have visited the mountains, waterfalls and glaciers around the Hardangerfjord for more than a century.

## Hardangervidda

The route passes through the Hardangervidda National Park, crossing Northern Europe's largest mountain plateau. The weather up on the plateau is shifting and varied, the kind of weather the Norwegian mountains are famous for. The National Park is also an important habitat for Europe's biggest herd of wild reindeer. The Måbødalen valley and Vøringsfossen waterfall have been a tourist magnet since tourism's infancy, and their lure remains strong. The whole area around Vøringsfossen is going through an extensive renovation programme from 2015-2020. The objective is to create more consistency between the viewing points and

to provide a safe experience for visitors

## Aurlandsfjellet

This drive goes from fjord to fjord across a high mountain road. There are breathtaking views of the dramatic landscape of the Aurlandsfjord as you drive over the mountain from the Lærdalsfjord. The prize-winning Stegastein viewing platform provides visitors with new impressions and experiences. Made from laminated wood and steel, and jutting 30 metres into the air 650 metres above the fjord, it adds a new dimension to experiencing Norway's fjords and mountains.

The old village of Lærdalsøyri, the Flåm Railway, the Aurlandsdalen valley and the Nærøyfjord, which is UNESCO's World Heritage List, are attractions that are well worth visiting.



HARDANGERVIDDA

VØRINGSFOSSEN WATERFALL, ONE OF NORWAY'S BEST KNOWN NATURAL ATTRACTIONS © JØRN HAGEN

## AURLANDSFJELLET



THE STEGASTEIN VIEWING PLATFORM AT AURLANDSFJELLET  
© KJETIL ROLSETH

## GAULARFJELLET



THE VIEWING PLATFORM UTSIKTEN  
© JIRI HAVRAN

## VALDRESFLYE



AN ART INSTALLATION MADE FROM LOCAL STONE,  
'ROCK ON TOP OF ANOTHER ROCK' © ROGER ELLINGSEN

## Gaularfjellet

On the drive over Gaularfjellet, tourists will see lots of magnificent scenery and be able to see the Gaularvassdraget river system close up. The road is a peaceful alternative to the main roads from Sunnfjord to Sogn. The route passes untouched rivers and lakes, many waterfalls and a peaceful arm of the fjord.

Here, adults and children can try trout fishing at its best and walk on good paths beside waterfalls and rapids. Boat hire is also available and there are great opportunities for mountain walks.

Utsikten, a spectacular viewing platform, balances on the edge of the mountain, 700 metres above the ocean.

## Valdresflye

The drive across Valdresflye offers panoramic views of the peaks and mountain expanses of Jotunheimen National Park. The drive takes you through an old cultural landscape of mountain pasture farms and across a high mountain pass where many traditional enterprises cater for tourists.

The highest point on the route is 1,389 metres. Several of the most popular walks in the Norwegian mountains start at Valdresflye.

## Sognefjellet

At 1,434 metres, the Sognefjellsvegen road is the highest mountain pass in Norway. This important gateway to the

Jotunheimen mountains has a long history as a thoroughfare. From the east, the drive across the mountains starts in the fertile cultural landscape of the Bøverdalen valley, passing through more marginal farmland until reaching the summer pasture farms around Bøvertun. From there, the road winds up the narrow, magical Breidseterdalen valley up to Krossbu, the final 'station' before the road climbs up to the high mountain plateau. Here, motorists have panoramic views of glaciers and majestic mountains. On the western side, motorists have a more dramatic encounter with the fjord and valley landscape, as the road virtually plunges down via Oscarshaug and Turtagrø to the small quiet villages in the innermost reaches of the Sognefjord.

## Gamle Strynefjellsvegen

This more than 120-year-old museum road between east and west is an experience in itself. The road is preserved as part of the national preserva-

tion plan for roads and bridges, and it is a historic alternative to the other road across the Strynefjellet mountains. With its hand-built walls made from meticulously dressed stone, long rows of guard stones and the old Jøl Bridge, the road is truly impressive. The road stands as a monument to the hard toil of the local villagers and Swedish navvies who built it and to the pride they took in their work.



## SOGNEFJELLET

IN THE BEGINNING OF MAY UP TO 10  
M HIGH WALLS OF SNOW ARE NOT  
UNCOMMON © JARLE WÆHLER



OLD STONE MASONRY AND LONG ROWS  
OF GUARD STONES PROVIDE A SENSE OF  
JOURNEYING BACKWARDS IN TIME ALONG  
THIS WAY. © ROGER ELLINGSEN

## GAMLE STRYNEFJELLSVEGEN



RONDANE

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

## Rondane

Together with Valdresflye, Rondane is the most accessible of the National Tourist Routes from Eastern Norway. Situated between the Gudbrandsdalen and Østerdalen valleys, National Tourist Route Rondane is an alternative to the main E6 and RV 3 roads between the north and south of Eastern Norway. Rondane is the second most famous and popular mountain area in Norway. Rondane is associated with a mountain massif with untouched and beautiful scenery. Writers and artists have helped to foster this image and have enhanced people's experience of these mountains.

## Geiranger-Trollstigen

The tourist route between Geiranger and Trollstigen is steeped in tradition. It offers unique motoring experiences through a landscape of high mountains and deep fjords. The tourist industry has for generations made the most of this dramatic Western Norwegian scenery and spectacular road. Living conditions on

small fjord-side farms and on farms perched on narrow mountain ledges provide the material for many exciting tales from past and present in one of the world's most beautiful fjord regions. The Geirangerfjord is included on UNESCO's list of the world's natural and cultural heritage. The Norwegian Public Roads Administration wished to develop this route in a way that emphasises its qualities as a nature experience, while preserving the historical value of the roads in the area.

## Atlanterhavsvegen

The National Tourist Route runs from the village of Bud in the municipality of Fræna, passing the treacherous waters of Hustadvika and through the small villages of Hustad and Farstad, via Vevang in Eide municipality before reaching the Atlantic Road itself. The road zigzags over landfills and seven bridges between small islands and skerries out at the ocean's edge, before ending at Kårvåg in the municipality of Averøy.



GEIRANGER-TROLLSTIGEN

THE VIEWS OF THE WORLD-FAMOUS ROAD FROM THE TROLLSTIGEN VIEWING PLATFORM ARE SIMPLY FANTASTIC © JIRI HAVRAN



HELGELANDSKYSTEN

STEPS AT HELLÅGA PICNIC AREA LEADING DOWN TO THE FJORD SJONA © JARLE WÆHLER

## Helgelandskysten

The Helgelandskysten coast is famous for its unique archipelago of thousands of large and small islands. The coastline is interrupted by long fjord arms, the innermost reaches of which are home to small industrial towns with industry based on hydroelectric power. Fishing and farming have long been practised along the coast and out on the islands. The Coastal Highway (Kystriksvegen) offers varied motoring experiences featuring lush farmland, coastal scenery, jagged peaks, glaciers and ocean currents. The road is joined together by six

ferry crossings, the longest of which is like a mini cruise. Many ferry services run between the Coastal Highway and some of the bigger islands, from the World Heritage Area of Vega in the south to Sørarnøy in Gildeskål in the north. A network of express boats also connects the many islands with the mainland. This means that there are great opportunities for island hopping – on foot, by bicycle or by car. There are many unique natural phenomena along this route, from Torghatten, the mountain with the hole through it, and the



ATLANTERHAVSVEGEN

THE ELEVATED HIKING PATH AT ELDHUSØYA ISLAND IS A ROUND TRIP THAT EVERYBODY CAN MANAGE © ROGER ELLINGSEN



LOFOTEN

REST AREA SHAPED AS AN AMPHITHEATRE AT EGGUM  
© JARLE WÆHLER



ANDØYA

KLEIVODDEN OFFERS AN IMPRESSIVE VIEW  
OF THE OPEN SEA, BLEIK AND THE BIRD  
CLIFFS OF BLEIKSØYA © PER RITZLER



SENJA

TUNGENSET VIEWPOINT. VIEW OF THE  
ERSFEJORD AND THE OKSHORNAN PEAKS  
© HUGO FAGERMO

Seven Sisters mountains in the south to the Svartisen glacier and the Saltstraumen maelstrom in the north.

## Lofoten

Lofoten is a famous tourist destination with magnificent scenery and a thriving coastal culture. The landscape ranges from dramatic open sea and jagged alpine peaks to sheltered harbours, fishing villages and thriving agricultural communities.

It is easy to get around Lofoten both by car and by bike. A boat runs from Bodø and Moskenes to the island communities of Værøy and Røst right out at the ocean's edge. Huge numbers of seabirds nest on the bird islands south of Røst. Whales, seals and orcas can also be spotted in this area.

## Andøya

On the island of Andøya, you have the mighty ocean on one side of the road and steep mountains, moorland and lakes on the other. After driving through an exposed landscape that offers no shelter from the Norwegian Sea, you arrive at the fishing village of Bleik, a very evocative image of the meeting between man and nature.

Together with Senja, Andøya is an alternative to the main E6 road and the Hurtigruten coastal express.

## Senja

The drive along the seaward side of the island of Senja is a journey through a changing landscape of fjords, mountains and vibrant fishing villages. The rugged peaks of the Okshornan mountains, which

rise straight up from the sea, dominate the landscape. Sandy beaches and small rocky islands help to enhance the overall experience.

## Havøysund

The drive from Kokelv to Havøysund passes through an impressive landscape of rugged cliffs that dominate the view. Here, the mountainous terrain extends all the way down to the rocky shore. The road is a good alternative to North Cape, and Havøysund, where it ends, is a vibrant community that comes as a surprise out here on the coast of Finnmark. From Havøysund, travellers can take a boat to the islands of Rolvsøy and Ingøya, and to Fruholmen lighthouse further out in the Arctic Ocean. Hjelmsøystauren, one of

Northern Europe's biggest bird cliffs, is also worth a visit.

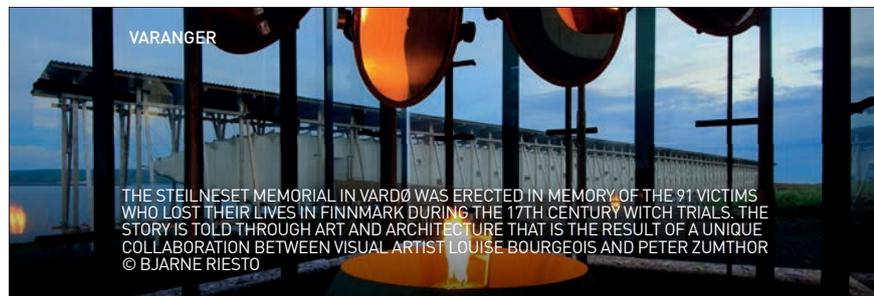
## Varanger

Far north and furthest east in Norway, a tourist route runs along the coast of the icy waters of the Barents Sea. In the Arctic landscape, there is no distance between the sea and the mountains. In the short Arctic summer, warm Siberian air can suddenly replace icy-cold sea mist, here where the hours of daylight are never-ending. Fishing, immigration and trading have made Varanger an Arctic melting pot of different peoples and cultures. Its proximity to Russia and the Pomor trade, Finnish immigration and Sami traditions have resulted in great cultural diversity and an exciting cultural history.



HAVØYSUND

THE SELVIKA REST AREA RESEMBLES AN  
INTRICATE CONCRETE SCULPTURE  
© REIULF RAMSTAD ARKITEKTER



VARANGER

THE STEILNESET MEMORIAL IN VARDØ WAS ERECTED IN MEMORY OF THE 91 VICTIMS WHO LOST THEIR LIVES IN FINNMARK DURING THE 17TH CENTURY WITCH TRIALS. THE STORY IS TOLD THROUGH ART AND ARCHITECTURE THAT IS THE RESULT OF A UNIQUE COLLABORATION BETWEEN VISUAL ARTIST LOUISE BOURGEOIS AND PETER ZUMTHOR © BJARNE Riesto

# BE A PART OF LOCAL NORWAY



70°N Trollfjorden, Norway

Date: 14.06.2016

Mountain wall: 1084m

Fjord width: 70m

Years Hurtigruten has sailed here: 124

Ordinary cruise ships in the fjord: 0

© TRYM IVAR BERGSMO

— The essence of Norway's appeal is remarkably simple: It is one of the most beautiful countries on earth. Hurtigruten is an adventure that is unmistakably Norwegian.

Hurtigruten is a part of the Norwegian coast. We sail calmly through majestic fjords and call on remote small ports where larger vessels are unable to enter on a daily basis. Along the route you can choose from almost

70 excursions, meet the onboard expedition team and take part in landings and lectures. The knowledge of the coast and the sea is part of our DNA as we have sailed here for almost 125 years. Join us to explore and become a part of local Norway. On a single voyage you will visit 34 ports where 22 are north of the Arctic Circle, you will see unparalleled natural wonders and feel what fresh food from local suppliers mean.

## PLAN YOUR ADVENTURE

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or with your travel agency.

**BOOK NOW**





# LOCAL FOOD THE NORWEGIAN WAY

DINNER AT LANGEDRAG, UVDAL © CH/VISITNORWAY.COM



A TASTE OF NORWEGIAN GROUSE  
© TINA STAFREN/  
VISITNORWAY.COM



TRADITIONAL  
NORWEGIAN FOOD ©  
TINA STAFREN/  
VISITNORWAY.COM

The rise in use of organic food has been an important political target in Norway, and in the last few years sustainable food consumption has gotten a big breakthrough.

In addition, the word "kortreist" (literally "short-travelled") has found its way into Norwegian cooking dictionaries. The word implies producing and consuming more local foods that don't rely heavily on emission-inducing transport. Many of the local producers combine ancient Norwegian food traditions with new scientific methods for developing the products in a safe environment.

The products can be bought locally, or through the large

supermarket chains that are focusing more and more on higher quality products from local producers.

Many Norwegians also take pride in cooking from what they harvest themselves. During summer and autumn, the forests are brimming with fresh, wild berries and tasty mushrooms, and harvesting them is seen as a recreational activity.

## AUTUMN SPECIALITIES

Four meats you should try

Autumn is hunting season in Norway, and game is often served both in restaurants and Norwegian homes. Here are four Norwegian specialities you should try.

### 1. MOOSE

Moose meat is a delicacy when prepared correctly, and the taste is often compared to venison or elk.

### 2. REINDEER

Located in the far north are more than 250,000 reindeer. The indigenous Sami people are especially known for rein

deer herding. The meat is lean and delicious.

### 3. DEER

The deer population has outgrown the moose in Norwegian forests. Deer is often served as steak, but can also be smoked, dried or cured.

### 4. GROUSE

The grouse is the most sought-after bird for hunters in Norway. The breast of young grouse is tender, with a mild gamey taste. The legs and the rest of the bird have a more intense flavour.



# NORWEGIANS WHO HAVE LEFT THEIR MARKS ON HISTORY

Some Norwegians have at various times in our history conducted actions or achieved things that have characterized our country. People who in different ways have shaped our governance, our self image and our behavior. It is impossible to rank the most important people, but here a small selection who have put Norway on the map internationally.

## Edvard Grieg

Today, Edvard Grieg, Norway's greatest composer of the Romantic Era, still plays an unparalleled role in Norway's cultural life. Grieg is Norway, Norway is Grieg. He found inspiration in the fertile landscape of Hardanger. His house in Bergen, Troidhaugen, now serves as both a museum and a concert hall.

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



© AXEL THEODOR LINDAHL

## Henrik Ibsen

Henrik Johan Ibsen (1828–1906) was a major 19th-century Norwegian playwright, theatre director, and poet. He is often referred to as “the father of realism” and is one of the founders of Modernism in theatre. He is the most frequently performed dramatist in the world after Shakespeare.

## Edvard Munch

Edvard Munch (1863–1944) was a Norwegian painter and printmaker whose intensely evocative treatment of psychological themes built upon some of the main tenets of late 19th-century Symbolism

and greatly influenced German Expressionism in the early 20th century. One of his most well-known works is *The Scream* of 1893.

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

## Sigrid Undset

Sigrid Undset (1882–1949) was a Norwegian novelist who was awarded the Nobel Prize for Literature in 1928. Her best-known work is *Kristin Lavransdatter*, a trilogy published between 1920 and 1922 about life in Scandinavia in the Middle Ages.

## Sondre Norheim

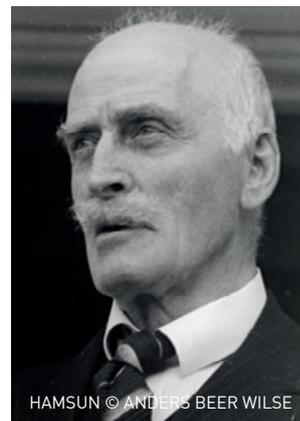
In the 1860s in Morgedal, Sondre Norheim revolution-

ised skiing equipment and laid the foundations of skiing as a sport around the world. Sondre’s rigid ‘birch’ bindings and his side cut skis took skis from being a means of transport to a piece of equipment designed for recreation and fun. Today, you can experience this cultural heritage in Morgedal, the cradle of modern skiing. Norway has many skilled instructors who are ready to teach you the sport.

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

## Anders Sandvig

Norway can thank a creative dentist, Anders Sandvig (1862–1950), for one of the most beautiful open-air museums in Europe – Maihaugen: The Sandvig Collections at Lillehammer. While visiting patients in Gudbrandsdalen, Sandvig saw that houses and



HAMSUN © ANDERS BEER WILSE

farms were falling into disrepair, so he purchased the buildings and objects in order to preserve this important cultural heritage.

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

## Knut Hamsun

Almost all of his works are famous classics. Knut Hamsun was awarded the Nobel Prize in Literature for the novel *Growth of the Soil*. Important places in the life of this great Norwegian storyteller – such as Skien, Grimstad, Hamarøy and Oslo – are depicted in his novels and short stories. Visit the new Hamsun Centre on Hamarøy in Nordland.

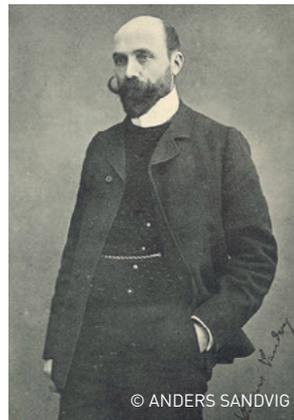
[www.hamsunsenteret.no](http://www.hamsunsenteret.no)

## Liv Ullmann

Liv Ullmann is a Norwegian actress and film director. Ullmann won a Golden Globe



© SONDRE NORHEIM



© ANDERS SANDVIG

Award for Best Actress – Motion Picture Drama in 1972 for the film *The Emigrants* (1971), and has been nominated for another four. In 2000, she was nominated for the Palme d'Or for her second directorial feature film, *Faithless*. She had a long affair with her colleague Ingmar Bergman from 1965–70. She is a UNICEF Goodwill Ambassador and has traveled widely for the organization  
Source: Wikipedia

### Thor Heyerdahl

Thor Heyerdahl (1914–2002) gained worldwide fame when he crossed the Pacific Ocean on the balsawood raft *Kon-Tiki* in 1947. He followed this up



with spectacular expeditions on the reed boats *Ra* and *Tigris*. At the *Kon-Tiki* Museum, guests can experience original vessels and up-to-date exhibits on Heyerdahl's expeditions.  
[www.kon-tiki.no/en](http://www.kon-tiki.no/en)

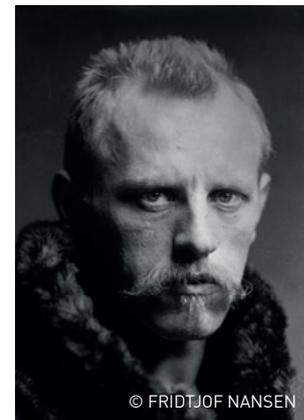
### Fridtjof Nansen

Fridtjof Nansen (1861–1930) was a Norwegian polar explorer, scientist, diplomat, humanist and Nobel Peace Prize laureate. Nansen became famous in the 1880s and '90s for his exploration of the Arctic, which he described extensively in many books, often illustrated by himself. He played a key part in the successful dissolution of the

union between Sweden and Norway in 1905, and served as Norway's first ambassador to the United Kingdom. Later he made major contributions to the foundation of the science of physical oceanography, and after World War I he worked extensively with the repatriation of prisoners of war and refugees, and with famine relief. This work was carried out both under the auspices of the League of Nations and on Nansen's own initiative. For his humanitarian efforts he was awarded the Nobel Peace Prize for 1922. Fridtjof Nansen lived at *Polhøgda* from its completion in 1901 until his death in May 1930. His grave is located in the garden in front of the manor. [www.fni.no](http://www.fni.no) (Source: Fridtjof Nansen Institute)

### Roald Amundsen

Roald Amundsen (1872–1928) made a name for himself with his 1903–06 expedition on the *Gjøa*. He was the first to successfully navigate the Northwest Passage and he managed to locate the site of the magnetic North Pole. With the help and endorsement of Fridtjof Nansen, Amundsen succeeded in sailing the Northwest Passage from east to west in the small ship *Gjøa* (1902–06). He planned to be



the first to reach the North Pole, but upon hearing that he'd been beaten by Robert Peary (1909), Amundsen secretly switched plans and headed for Antarctica, hoping to be the first to reach the South Pole (Ernest Shackleton had nearly reached it in 1909). He arrived there December 14, 1911, one month before the ill-fated expedition of British explorer Robert Falcon Scott. In the 1920s Amundsen explored the Arctic by air, and in 1926 was part of the first team to successfully fly from Europe to America over the North Pole. In June of 1928 Amundsen disappeared when his plane crashed in the Arctic while on a rescue mission. (Source: [www.infoplease.com](http://www.infoplease.com))



## SHOPPING

JUHLS' SILVER GALLERY AT BRYGGEN IN BERGEN  
© TERJE RAKKE - NORDIC LIFE - FJORD NORWAY

The new wave of Scandinavian fashion and design has made Norway an attractive destination for fastidious shoppers. Knitted sweaters, watches, jewellery and local food are things you should consider buying when you travel in Norway.

### Norwegian sweaters

Knitting has a long tradition in Norway. The oldest piece of preserved knitted material dates back to sometime between 1476 and 1525.

### Watches

Certain brands of expensive Swiss watches are favourably priced in Norway, and are guaranteed to be genuine. Many tourists discover that it is very profitable to purchase watches in Norway.

## SHOP TAX FREE IN NORWAY

Travellers who live outside Norway, Sweden, Finland and Denmark are eligible for Tax Free Shopping in Norway. Simply ask the store for a Tax Free Form, and save up to 19% of the purchase amount.

For easier Tax Free Shopping, register for the free Global Blue SHOP TAX FREE Card – use the QR code or online link to register



QUESTIONS ABOUT TAX FREE SHOPPING IN NORWAY, CONTACT GLOBAL BLUE AT:  
[info.no@globalblue.com](mailto:info.no@globalblue.com) or [globalblue.com](http://globalblue.com)

### Jewellery

Goldsmith traditions go back more than 2,000 years. Today, as in the past, jewellers set high standards and undertake stringent quality controls with regards to the products being made.

Other popular things to buy whilst on holiday include trolls, pewter, silverware, porcelain, hand-painted wooden articles, goat and reindeer skins, furs, glassware and ceramics.

More than 4,000 shops across Norway offer foreign tourists the opportunity to shop and

receive a refund on VAT (Value Added Tax) when leaving the country. There are several refund points where you can receive your tax refund, such as airports, road borders, on board ferries and cruise ships.



# NORWEGIAN ARCHITECTURE



OPERA HOUSE OSLO © CH – VISITNORWAY.COM



VIEWPOINT SNØHETTA HJERKINN AT DOVRE © CH – VN

Oslo is rapidly growing into an exciting, international metropolis, while in the countryside, prestigious projects seem to grow out of nature itself. There has never been a more exciting time for Norwegian architecture.

Think about Norway, and you'll probably imagine mountains, forests and fjords, long summer days and longer, cold winters. And yes, medieval stave churches, mountain hamlets and 1,000 year-old cities are testament to Norway's agricultural, industrial and historical past.

Yet right now a number of modern architectural gems and urban developments are giving the country a flying

start going into the 21st century.

Many of the projects reflect the powerful, often violent, contrasts of nature - with wood and other plain, sustainable materials being used in new and innovative ways.

The classy Snøhetta Viewpoint at Tverrfjellet or even their glacier-like Oslo Opera House bring to mind the landscapes by which they were inspired,

while Juvet Landscape Hotel and the nearby installations along the Geiranger - Trollstigen National Tourist Route blend magnificently in with the surrounding landscapes. Building in wood is on the return in a big way, like the striking Community Church in Knarvik or "The Tree" in Bergen - at 51 meters, the tallest wooden house in the world.

As the architecture magazine Dwell puts it, when summarizing our position between the ancient traditions and the new architectural surge: Norway is pointing the way forwards.

## Let's go to church!

What may come to mind if asked to visualize Norwegian



BORGUND STAVE CHURCH © FINN LOFTESNES - VISITNORWAY.COM

architecture are the old stave churches, named after the wooden posts (Norwegian: stav) that bear them.

About 30 of these remain - like the magnificently preserved 12th century Borgund Stave Church, or the slightly older Urnes Stave Church

# WINTER LIGHT IN NORTHERN NORWAY



MOSKENES © CHRISTIAN BOTHNER - NORDNORGE.COM

The far north of Norway is located above the Arctic Circle. Unlike other places in the world at the same latitude, however, the whole of this area is populated, thanks to the Gulf Stream. Most visitors are surprised to discover that it is not as cold as they perhaps imagined.

In winter, the sun goes down and does not reappear above the horizon for many weeks. This time of the year is also referred to as the 'season of colour'. The few hours of daylight in the middle of the day gradually give way to a fantastic array of beautiful blue tones as the light fades. Towards the end of this period the hours of dusk often have a pink hue.

This is also when you can discover another spectacular phenomenon – the Northern Lights, or Aurora Borealis in Latin, which means 'the red of morning in the north'. During their most spectacular performances, the Northern Lights dance across the sky in different colours, flitting to and fro at great speed. Good conditions for observing the

Northern Lights are forecast in the years ahead, so there should be many opportunities to see them all over Northern Norway. The winters are mild in the southern part of Northern Norway, and the coastal waters are ice-free. Here, you can ski down the mountainsides while enjoying great views of the ocean.

Deep-sea fishing, scuba diving and surfing are activities that are on offer all year round. You can head for the wide open expanses and fjords in the north if you want to experience lots of snow, walking on snowshoes, dog sledding and Sami culture. Or perhaps you would like to sleep on a reindeer hide in a hotel built of ice and snow. The towns of Alta, Kirkenes, Svolvær, Narvik, Tromsø and

Longyearbyen are examples of destinations that offer a broad range of scheduled activities. In the very far north, the Svalbard islands lure visitors with their wild mountains and glaciers – so far away, yet so accessible by air, with direct flights to Longyearbyen, a tiny 'city' on the top of world.

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



NORTHERN LIGHTS © ØYSTEIN LUNDE INGVALDSEN/WWW.NORDNORGE.COM

# NORWAY ON UNESCO'S WORLD HERITAGE LIST

Between 1979 and 1981 four Norwegian cultural sites were included on UNESCO's World Heritage List. In 2004 a cultural landscape was added to the list; the Vega Islands in Northern Norway, and in 2005 two of Norway's western fjords were the first natural sites to be included; the Geirangerfjord and the Nærøyfjord.

## Urnes Stave Church

The stave churches are some of the most important Norwegian contributions to the world of architecture and design. They are the oldest wooden constructions remaining in the country. Urnes Stave Church dates back to the second half of the 12th century and is one of the few wooden churches on the heritage list.

## Bryggen, the wharf in Bergen

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



## The mining town of Røros

The town of Røros is unique in the sense that it is constructed totally in wood. The houses of the miners and farmers date back to the 18th and 19th centuries and have been well preserved and have kept their old charm. For over 250 years Røros was the most important mining town in Norway.

## The islands of Vega

Along the coast of Helgeland, the archipelago of Vega consists of unique islands, islets and reefs that form a cultural landscape of 103,710 ha, of which 6,930 ha is land. Vega bear witness to the will-power of generations of fishermen and farmers that have lived on the islands for more than 1,500 years, carefully protecting their culture and traditions.

## The Rock art of Alta

Far north of the Arctic Circle, in Alta, we find one of northernmost sites on the UNESCO World Heritage List. It is the richest concentration of prehistoric rock art made by hunter-gatherers in Northern Europe. More than 6.000 carvings and paintings have so far been discovered at the head of the Alta Fjord, indicating that this area held an important role as a ritual meeting place for several thousand years, from 7000 – 2.000 years ago. The World Heritage Rock Art Centre - Alta Museum offers guidebooks and audio guides for the area.

## Geiranger- and Nærøfjord

The fjords of Norway are the main attraction for visitors. These two fjords are the first

natural sites in Norway included on the heritage list. The fjords were formed during several ice ages, and the largest glacier on mainland Europe, the Jostedalsgreen, is situated between these two fjords.

## Struve Geodetic Arc

The Struve Arc is a chain of survey triangulations stretching from Hammerfest in Norway to the Black Sea, through 10 countries and over 2,820 km. The site includes original station points, with different markings, i.e. a drilled hole in rock, iron cross, cairns, or built obelisks.

## Rjukan and Notodden Industrial Heritage

In 2015 Rjukan and Notodden industrial heritage became officially part of UNESCO's world heritage list. The area is covering nearly 400 square kilometers from lake Møsuvatn on the Hardangervidda down to lake Heddalsvatnet. In

this area the Norwegian Hydro ran a pioneering experience in the development of the electrochemical industry from the early 1900s. The area also had a significant impact during WWII. The World Heritage Site consists of four areas:

**Electricity production:** Ponds, tunnels, power lines and a variety of power stations from Møsuvatn to Notodden, where hydro power was converted into electricity.

**Factory areas:** Hydro Park at Rjukan and Notodden with buildings and machinery.

**Transport route:** The railway tracks for Tinnosbanen and Rjukanbanen, including docks and two railway ferries towards the shipment point for fertilizers in Notodden.

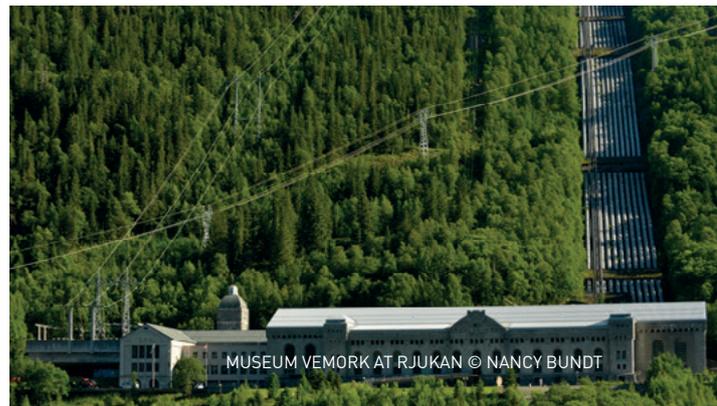
**Industrial Society:** Several neighborhoods in Notodden. In addition Rjukan, the Hydro-city, an entire city built by Norwegian Hydro with housing, institutions, commercial buildings, roads and parks.



THE ROCK CARVINGS IN ALTA  
© CH - VISITNORWAY.COM



RØROS CHURCH IN WINTER  
© TERJE RAKKE - NORDIC LIFE



MUSEUM VEMORK AT RJUKAN © NANCY BUNDT



NÆRØYFJORDEN © TERJE RAKKE - NORDIC LIFE - VISITNORWAY.COM

# VIKING CULTURE, PEOPLE AND HISTORY

Think of the Vikings and it's not poetry, woodcarving and storytelling that spring to mind, but colourful images of horned helmets, berserkers, longships, Valhalla, the one-eyed god Odin and men dying sword in hand or drinking out of skulls.

## The Vikings were fierce warriors and skilled poets

And it's true, the Vikings were pirates who came to plunder and kill, and they spread terror along Europe's coasts. But their reputation is not entirely fair: They were not just ruthless warriors, but also skilled traders, administrators and craftsmen in metal and wood, producing beautiful jewellery and artefacts that survive to this day. They were also some of Europe's best storytellers and the Norse sagas continue to fascinate modern audiences. And, by the way, they did not have horned helmets: No self-respecting Viking would want to look like a cow.

## Live the Viking life

We know a lot about what Viking life was like a thousand years ago, and you can experience a little of Viking life today. At Lofotr Viking Museum a traditional Viking longhouse has been built, and the museum also hosts Viking festivals and events where you can get a taste of Viking life and living. And in Oslo you can see the genuine article.

## It was important to show courage in battle

How did such a small and scattered people conquer so much territory? Norwegian Vikings were courageous, cunning and had a fatalistic outlook which made them



NÆRØYFJORDEN © TERJE RAKKE - NORDIC LIFE - VISITNORWAY.COM



natural risk takers. Viking raiding parties seem to have had an amazing ability to shrug off losses, whether in battle or in dangerous sea voyages.

Many men were lost in battles in continental Europe, and in 876 the Vikings lost as many as 4,000 men and 120 ships in a great storm off the south English coast. There was also much infighting between Danish and Norwegian Viking bands, especially in Ireland, where losses were extremely high in relation to the Viking population. Despite all of this, their appetite for conquest and exploration remained high. Viking courage is probably also linked to their dark sense of humour, as expressed in the writing of their sagas. Being able to laugh in the face of death and danger somehow

explains their resilience in battle and in pioneering sea voyages to far off lands. One of the distinguishing features of Old Norse poetry, legend and saga is a grim gallows humour. It is usually a bad sign when someone cracks a joke in a Viking saga, and the stories contain more jokes than you might think.

### Expert sailors and navigators

Vikings were experts in water transportation as their native fjords stretched for great distances into Norway's heartland. Their longships were narrow, light, wooden boats with a shallow-draft hull designed for speed and easy navigation in shallow waters. Light enough to be carried, the longship was also double-ended, allowing it to reverse direction without needing to turn around. This was a major



advantage in a sea filled with concealed icebergs and sea ice.

Longships had oars along almost the entire length of the boat, and later versions combined rowing power with sailing power. In good conditions, a longboat under sailing power could reach a speed of 15 knots.

This resulted in voyages of discovery, trade and opportunistic raiding of coastal cities, towns and settlements across Europe. The voyages began in the latter part of the eighth century and stretched from Greenland in the west to the Caspian Sea in the east. To begin with only a few made the voyages, but the fleets grew until there were hundreds of longships sailing to England, Scotland, France and Ireland.

## The Viking cities and colonies

The Vikings founded many cities and colonies, including Dublin and Normandy. Dublin was held as a major settlement for more than three cen-

turies. Between the years 879 and 920 the Vikings colonised Iceland, which in turn became the springboard for the colonisation of Greenland. The Vikings even reached North America, and remains of a Viking settlement at L'Anse aux Meadows in Newfoundland have been carbon dated to around the year 1000. By the 1100s the Vikings were weakened by domestic unrest. At the same time, many other European countries were becoming stronger and more difficult targets. The Viking Age ended with the fall of Harald Hardråde, who unsuccessfully tried to conquer England in 1066, and was defeated and killed at the Battle of Stamford Bridge.

### Tips

The Viking Ship Museum in Oslo presents Viking ship discoveries from Gokstad, Oseberg and Tune as well as other finds from Viking tombs around the Oslo Fjord. See presentation on page 68-69.



LOFOTR VIKINGMUSEUM  
© KJELL OVE STORVIK



LOFOTR VIKINGMUSEUM  
© KJELL OVE STORVIK



LOFOTR VIKINGMUSEUM © KJELL OVE STORVIK



## Meet the Vikings

At Borg in Lofoten, the world's largest Viking longhouse has been excavated and reconstructed. More than 1000 years ago, one of the mightiest Viking kings in Northern Norway ruled Lofotr. Upon entering his longhouse you feel the smell of smoke and tar, hear the winds and feel history come alive. Study architecture, crafts and beautiful ornamentation. Take part in a Viking feast (all year), sail the Viking ship and try your hand at archery and activities [summer].

**Also:** permanent exhibitions halls, film, audioguides, outdoor areas.

**Viking festival:** annual in August. More than 100 Vikings, market, fightshows, performances, activities in authentic surroundings.

**Centrally located in Lofoten.** Northern Norway's most visited museum.

LOFOTR  
Vikingmuseum

**Lofotr Vikingmuseum**  
Borg in Lofoten, 8360 Bøstad  
[www.lofotr.no](http://www.lofotr.no)



# WAKE UP IN NORWAY



BREAKFAST BUFFET © SCANDIC

Eat and explore your way through the fascinating Norwegian landscape at its finest with an award-winning breakfast buffet and intriguing accommodations.

With its impressive fjords and quaint seaside towns as well as culture infused big-city life, there is no doubt that travelling through Norway bodes well for a bucket-list full of memorable check marks. Making it all the more important to get your day started just right. With the eco-friendly and deliciously wholesome breakfast buffet served at Scandic Hotels' more than 80 accom-

modations throughout the country, you are all set.

## Award-winning breakfast

You will find that organic and local milk from the town of Røros, cured ham — known as spekemat — from Oppdal and salmon from the island of Hitra are just some of the mouth watering items you will feast on at Scandic Nidelven located in Trondheim. After

winning the Twinings Best Breakfast award 10 years in a row from 2005-2015, they truly understand your morning appetite. While a dedicated Omelet Chef prepares your favourite eggs — always from free range chickens of course — let Scandic Nidelven's Smoothie & Juice Chef provide you with a healthy and well hydrated day. The bread is always freshly baked and straight out of the oven with a rich multitude of options including gluten and lactose free.

## Hand made brew

As a traveller there are few things as important as a great cup of coffee. With an array of Norwegian impressions waiting for you both inside and outside of the hotel doors, make sure you fuel up on the rich, organic and hand brewed coffee served at Scandic Hotels — which always carries either a Fairtrade or UTZ certified mark.

## 1600 miles of Norway

Your Scandic Hotel's breakfast will always leave you satisfied; no matter which hotel you stay at. But since Norway is such a vast country — with over 1600 miles from Kristiansand in the south to the North Cape in the north — you will also have unique experiences at each individual hotel. At Scandic

Svolvær you will feel like you are living on the water, thanks to hotel rooms with balconies literally hanging right above the coast of Lofoten. You can even try fishing through a whole in the floor in one of the rooms! And at Scandic Karasjok you can enjoy a real Sami meal in their native wooden tipi known as Gamme.

## "Staying in"

While your trip to Norway may include hiking up the hillsides of the fjords, whale watching from an ancient boat, skiing downhill or crosscountry — or simply walking around and taking it all in, be assured that Scandic Hotels provide the utmost comfortable stay when you simply need to rest. With hotel rooms you can feel at home in, free WiFi, and access to gym and a 24/7 shop as well as excellent in-house restaurants; no one would ever blame you for simply «staying in».

And remember — you will always find the best prices directly through [scandichotels.no](http://scandichotels.no), guaranteed.

**See you soon!**  
[scandichotels.no](http://scandichotels.no)

# Scandic

# GREENING YOUR TRAVEL- YOUR CHOICE

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

## Sustainable Destinations and Environmental labels in Norway.

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

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

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



**SUSTAINABLE  
DESTINATION**  
LOCAL ENGAGEMENT  
IN A LONG PERSPECTIVE



SEA RAFTING IN THE HARBOUR OF BERGEN ©  
TERJE RAKKE - NORDICLIFE/VISITNORWAY.COM

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**Innovation  
Norway**



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SINCE 1946

# OSLO FJORD

## sightseeing



### City Cruise HOP ON - HOP OFF!

Opera	DFDS	City Hall	Color Line	Museums
09.45	10.00	10.15	10.30	10.45
11.15	11.30	11.45	12.00	12.15
12.45	13.00	13.15	13.30	13.45
14.15	14.30	14.45	-	15.15
15.45	16.00	16.10		

**NOK 215**

**From 09.45**

May 19 - Sept 3  
Ticket on board  
Valid 24 hours  
Ending 16.10 at the City Hall

### Fjord Sightseeing

2 hours. This is the classic Oslo fjord sightseeing, passing the fortress, the Opera House and idyllic islands with small summer houses. **Winter:** 10.30 and 13.00, October 16 - March 16, Saturday, Sunday and Monday. Not December 24/25. **New year:** All days December 26 - January 9.

**NOK 299**

**10.30 13.00 15.30**  
March 17 - Oct 15

**High season:**

**10.30 11.30 13.00**  
**14.00 15.30 16.30**  
June 23 - Aug 20

### Oslo Selected Highlights

3 3/4 hour sightseeing by bus visiting the city centre, the Sculpture Park, Holmenkollen Ski Jump and the polarship Fram or Kon-Tiki. Attention: This tour leaves from the City Hall, west.

**NOK 410**

**10.30**  
**ALL YEAR**

Except Dec 24/25, May 17 and Sept 16

### Oslo Grand Tour

7 hour tour by coach and boat. By coach to the most interesting sights and museums in Oslo. Fjord sightseeing passing the Opera House. Attention: This tour leaves from the City Hall, west.

**NOK 650**

**10.30**  
March 17 - Oct 15  
Except May 17 and Sept 16

### Norwegian Evening on the Fjord

3 hour evening cruise on board a sailing ship. Traditional Norwegian prawn buffet is included in the price. **Additional** departures in **May:** 14, 15, 16, 17, 21, 22, 23, 28, 29 and **June:** 4, 5, 11, 12.

**NOK 420**

**19.00**  
June 18 - Sept 3

### Jazz and Blues Cruise

3 hour evening cruise with live music on board a sailing ship. Traditional Norwegian prawn buffet is included in the price. Tuesdays: Jazz! Saturdays: Blues!

**NOK 470**

**19.00**  
June 3 - Aug 29  
Tue. and Sat.  
Except June 6, 13 and 20

Rådhusbrygge 3 · Tel 23 35 68 90 · [www.boatsightseeing.com](http://www.boatsightseeing.com)



City Hall

VIDEO

Tickets

Ferry to museums

Sightseeing/cruises

Office

