

NORWAY Z YOUR POCKE

Mini Cruise HOP ON - HOP OFF! City Hall: 09.45 11.15 12.45 14.15 10.15 11.45 13.15 14.45 Opera:

Museums: 10.45 12.15 13.45 15.15 Ticket on board. Valid 24 hours. Ending 15.40 at the City Hall.

Fjord Sightseeing

NOK 285 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, September 26 -March 17. Saturday, Sunday and Monday. New year: All days December 26 - January 4.

Oslo Selected Highlights

3 3/4 hour sightseeing by bus visiting the city centre, the Sculpture Park, Holmenkollen Ski Jump and the Viking Ships. Attention: This tour leaves from the City Hall, west,

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 399 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: 15, 16, 17, 21, 22, 23, 28, 29, 30 and June: 5, 6, 12, 13.

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!

Pirate Cruise for children 1,5 hour cruise for children with parents. Dress up like a pirate and join our cruise! Childrens activities onboard.

NOK 203

12.00 14.00 June 5 - Aug 28 Sundav



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NORWAY **IN YOUR POCKET**

NOK 390 10.30

NOK 620

NOK 203

ALL YEAR Except Dec 24/25, April 23, May 17 and Sept 17

09.45 - 15.15

May 21 - Sept 25

10.30 13.00 15.30

15.30

13.00

16.30

March 18 - Sept 25

High season:

10.30 11.30

June 25 - Aug 21

10.30

14.00

March 18 - Sept 25 Except April 23, May 17 and Sept 17

19.00

June 18 - Sept 4

NOK 448 19.00

June 4 - Aug 27 Tue, and Sat. Except June 7, 14 and 21



NORWAY POWERED BY NATURE

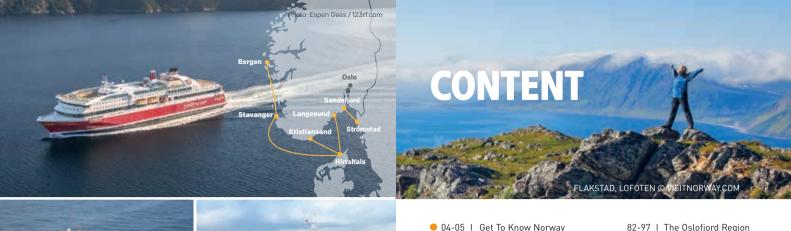
WELCOME TO NORWAY

Expectations are half the fun! The pleasure of looking forward to days when you are your own boss and can do what you want, when you want! Of looking forward to recharging your batteries! The anticipation that you will soon be experiencing something different, something beautiful and unknown!

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We welcome you – to a meeting with the people and the light, and to a meeting with exciting architecture and culture in what National Geographic has rated "the most beautiful landscape in the world."

Get the full story at: www.visitnorway.com





Beautiful scenery included

Affordable, fast and direct. Fjord Lines' ferries connect Europe with Norway, the Land of the Fjords. Our identical cruise ferries MS Stavangerfjord and MS Bergensfjord provide comfortable, stylish, year round transport at low cost between Hirtshals, Denmark and Langesund (Oslo) in eastern Norway and Stavanger and Bergen in the west coast's fjord country. During the extended summer season, our high-speed catamaran Fjord Line Express offers the fastest ferry connection to Norway (Kristiansand); just 2 hours and 15 minutes from Hirtshals.

With the ferry MS Oslofjord we now also offer daily departures between Strömstad in Sweden and Sandefjord in Norway.





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GET TO KNOW NORWAY



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 vourself 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 worldfamous 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 welldeserved 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.

TRAVEL TO NORWAY Find the best ways

© CH - VISITNORWAY.CO

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

WE ARE TRAVELERS

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Airport trains from OSL/Gardermoen

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

The Airport Express Train (Flytoget)

runs between Drammen Asker, Sandvika, Lysaker, Skøven. Nationaltheatret. Oslo S and Lillestrøm www.flvtoaet.no

NSB - Norwegian State Railwavs

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

Other international airports in Norway:

- •Bergen Airport Flesland
- •Kristiansand Airport Kjevik • Moss Airport Rygge
- •Torp Sandefjord Airport
- •Stavanger Airport Sola
- •Tromsø Airport Langnes
- •Trondheim Airport Værnes www.avinor.no/en

Travel by ferry

There are many ferries sailing from Denmark such as Color Line, Stena Line, DFDS and Fjord Line. From Germany (Kiel) Color Line's ships Color Fantasy and Color Magic take

you to Oslo. Color Line also sails from Sweden (Strömstad) to Sandefiord. www.colorline.no www.stenaline.no www.fiordline.com

Travel 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 iournevs 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

Travel by car

You are most likely to arrive by car from Sweden, but Norway also borders to Russia and Finland. Read our article about driving in Norway on www.visitnorway.com and see also the suggested roundtrips on pages 28-37.





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 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



journey

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





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

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 that have been transformed into beautiful, romantic hotels.

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.

EXPLORE NORWAY WITH SCANDIC.



With around 230 hotels in 7 countries, Scandic is the biggest hotel chain in the Nordic region. You can choose between nearly 90 hotels in Norway, from Kristiansand in the south to the North Cape in the north. Our hotels are either in central locations in towns and cities – or situated near popular tourist attractions in beautiful and spectacular natural settings.

At Scandic, you always have free WiFi, a gym, a 24/7 shop and an online checkout service. And you can always enjoy a good, tasty breakfast. Welcome to Scandic!

Book your stay at scandichotels.no

Scandic

LIGHTHOUSE HOLIDAYS

Several lighthouses along the Norwegian coast offer accommodation at various standards. Search for "lighthouse" on 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 quests can share. Bedding linen may be hired. Hostelling Norway 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

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 questhouse, 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 (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

Look for this sign along the road.





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 www.storefjell.com



Marken Gjestehus

Enjoy budget accommodation in the heart of Bergen. From NOK 250 per person www.marken-gjestehus.com



CABINS/CHALETS

Called «hytte» in Norwegian. Chalets come in various sizes and with various level of comfort. They normally house four to six people and are priced between NOK 2000 and NOK 10 000 per week. If you want to spend just one night in a cabin and then move on, the solution is to rent a cabin on a campsite.

www.norgesbooking.com www.novasol.com www.dancenter.no www.dansommer.com

CAMPING

Norway has more than a thousand campsites, so you are bound to find somewhere to stay in the area you want. The sites are classified 1–5 stars, depending on the quality, facilities and activities available. There is no standard price and rates vary. Many campsites have simple style cabins that can be booked in advance. Most cabins have electricity and heating, but note that you may need to bring bedding. Please check when making your booking.

For information about campsites, classification, the Norwegian Camping Guide and Camping Key Europe, take a look at the site: www.camping.no

More details about other campsites and useful information about camping are available on: www.nafcamp.com

Camping in Norway 2016

Nationwide guide of campsites Order it online www.nafcamp.no



FEEDING THE GOATS AT LANGEDRAG / MEMBER OF HANEN © CH - VISITNORWAY.COM



THE EXPLORE NORWAY TICKET

Using Widerøe's Explore Norway Ticket, you can 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 20 th. June - 29 th. August 2016.

Read more about it and book tickets at: wideroe.no/explorenorway

HOW TO TRAVEL AROUND

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 Norwegian www.norwegian.com Widerøe 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 stu-

dent, 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 www.nor-way.no



Authentic 📥 Scandinavia

ORGANISED ROUND TRIPS

RAFTSUNDET, LOFOTEN © FRITHJOF FURE - VISITNORWAY.COM

Book spectacular fjord tours to Norway!

Buy a round trip from one of several operators, and experience Norway by bus, train or cruises.

Overnight in charming fjord villages and cruise along the breathtaking Norwegian fjords. The fjords of Norway have been included on UNESCO's World Heritage List, and National Geographic Traveler's Magazine has ranked them the most popular of all World Heritage sites. The fjords can be explored on independent short breaks or rail tours, by car on a self drive tour or during an escorted coach tour. www.authenticscandinavia.com www.fjordtravel.no www.fjordtours.com

Planning a journey in Norway?

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

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





www.elannorway.com

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www.authentic-scandinavia.com

GET READY TO EXPLORE







ICFLAND Swim in natural hot spas and hike through lava fields on the perfect explorer holiday

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and enjoy some of the most dramatic scenery on earth.

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COASTAL EXPEDITIONS IN NORWAY Discover the picturesque nature and the amazing wildlife along Norway's rugged coas on a 12 days voyage packed with exciting shore excursions and activities.

Hurtigruten has more than 120 years experience in polar waters and have access to the world's most remote ports and regions due to the perfect size of its ships. Welcome on board!







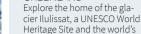
DISCOVER YOUR INNER EXPLORER Join Hurtigruten and discover the seldomvisited shores of Spitsbergen, Greenland, Iceland and Antarctica. Each adventure is a voyage through pristine environments only accessible by ship, encountering incredible wildlife, beautiful icebergs and experiencing fascinating cultures.

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ANTARCTICA



GREENI AND

SPITSBERGEN

MOTORCYCLE TRIPS

EW OVER GEIRANGER © MA

Many believe that Norway has the best motorcycle roads in the Region. Evidence that Norway can offer many good driving experiences, are all the Europeans coming here to ride a motorcycle. Here is a list showing 10 of the best motorcycle tours put together by experienced motorcyclists.

The curves are most important.

They have emphasized roads with many curves. Scenery

and sights are also playing a role. Norway has a wonderful nature. Lofoten and Fjord Norway (western) stands out as the most beautiful places with high mountains and narrow fjords. The road is narrow and perfect for motorcycling. Many believe that it is important not to plan the itinerary too carefully and to follow the weather reports.

1. Setesdalen and Suleskarvegen

Norway at its best, with a gorgeous valley of 150 km. Follow the amazing road over the mountains and down Suleskarvegen to Lysebotn.

2. The Sognefjord

The Sognefjord is 204 kilometres long and lies in the heart of Fjord Norway, where it carves its way from the coast, just north of Bergen, to the mighty mountains of the Jotunheimen National. Run gladly north side of the fjord, from Lavik to Sogndal. This is a distance of 140 km.

3. Sogndal-Jølster Stryn

Mostly all about curves and beautiful nature. Along passed the Jostedalsbreen, which is a magnificent sight. It is the largest glacier on the European mainland.

4. Trollstigen and the Atlantic Road

Trollstigen is one of the most visited tourist spots in Norway, with a spectacular and narrow road that winds its way up the mountain. From here it is only 60 km to Molde where Atlantic Road goes to Kristiansund. **5. Oslo-Hemsedal-**

5. Oslo-Hemseda Lærdal

The fun begins at Hønefoss, with winding roads and beautiful nature. If you drive offroad, then take a hop from Hemsedal and over the mountains south towards Ål.

6. Dalen in Telemark

Some argue that Telemark is Norway's best county for two wheels. Best experienced by all in Telemark might valley in the west of the county. If you come from Oslo, you can take off southwards from E134 by Brunkeberg, run via Kviteseid and Vrådal to Dalen.

7. Haukeli-Hardanger-Voss

The route goes around the Hardangervidda National Park, Norway's largest national park and one of Europe's highest mountain plateau.

8. Gol-Voss-Bergen

Along the way you pass Hallingskarvet (1933 m) which is a mighty sight on a beautiful summer day. The descent from the mountains to the fjord (Aurland) is a great experience.

9. Lofoten

Lofoten must be experienced! Some of the roads are narrow and do not allow particularly active driving. But most places it's really fun to be a motorcyclist in Lofoten.

10. Nordkapp/ The North Cape

The road is a nice experience through Finnmark. The North Cape is a great nature experience. If you want an extra fine driving experience, take the road out to Havøysund.



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 site contains infomercial presenting the routes and the unique travel experience.

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

Europe's most spectacular train journeys



EXPLORE NORWAY BY TRAIN

TRAIN TRAVEL

One of the most relaxing ways of seeing the wild Norwegian countryside is by train. Norwegian State Railways (NSB) covers the entire countrv 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 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 **Porterservice.no** you will find more information here.

For lowcost travel, book Minipris (miniprice) at www.nsb.no

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

For more information visit: www.nsb.no www.interrail.eu www.eurail.com

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

EXPLORE NORWAY BY CAR



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 www.colorline.com www.dfdsseaways.com www.fiordline.com www.stenaline.com

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

On the following pages we have compiled various travel routes to help you plan your holiday in Norway. You choose how long you wish to stay at a destination and which activities you wish to include. The routes include magnificent scenery and attractions for adults and children alike.

Tips

The routes are including many of the National Tourist Routes, see page 178 – 185 for more details.





Е	6	Oslo - Otta	228km
>	>	Otta - Trondheim	246km
>	>	Trondheim - Mosjøen	395km
>	>	Mosjøen - Fauske	276km
>	>	Fauske - Narvik	243km
>	>	Narvik - Nordkjosbotn	186km
>	>	Nordkjosbotn - Alta	336km
>	>	Alta - Olderfjord	110km
>	69	Olderfjord - Nordkapp	107km

NORTH CAPE

At least 10 days required for this tour. Returning through Finland and Sweden will save you some time. En route you will visit Oslo, Norway's capital; the mighty and picturesque Gudbrandsdalen; Dovrefjell, 1022 meters above sea-level and the highest point on the tour; Trondheim and its lovely cathedral; Namdalens vast forests and well-stocked rivers: Vefsndalen with the superb Laksfoss falls; Saltfjellet, where we cross the Arctic Circle at an altitude of 680 m; the rugged fjord scenery between Fauske and Narvik, the iron-ore town of Narvik with its wartime memories; Bardu and Målselv with their cascading falls and snow-fields; the fjords of Troms encircled by majestic peaks; Finnmark, land of the nomadic Lapps with their reindeer grazing on the mountain moors; and finally North Cape, Europe's outpost fronting the Arctic Ocean. Detours: Bodø with the Saltstraumen tide-race; Vesterålen and the Lofoten Islands; Tromsø, "Capital of the Arctic"; Hammerfest, the world's northernmost town

30 ABOUT NORWAY





Nr	715	Trondheim - Fossli	195km
>	17	Fossli - Nordlandskorsen	137km
>	17	Nordlandskorsen - Leirosen	169km
>	78	Leirosen - Mosjøen	51km
E	6	Mosjøen - Trondheim	395km

TRØNDELAG AND HELGELAND KYSTRIKSVEIEN RV 17

An adventure tour off the beaten track. If you complete the actual drive in four days, you'll be missing a lot. Make it fourteen days, and you'll have time to explore this fascinating area. There are detours galore available, to make your holiday truly memorable. Between Trondheim and Namsos you should turn off and make for Stokksund and its caves, and explore the Norwegian Sea at Utvorda. From Nordlandskorsen a road leads direct to Vikna's myriad islands, with their teeming fish and bird life. If you cut out Leka, you'll miss not only Norway's strangest camp site, but also the Solsem Cave, with it's Stone Age paintings. Torghatten, the "mountain with the hole", a unique natural phenomenon, is only a stone's throw from Brønnøysund. The most superb detour of the lot, however, is the boat trip from Sandnessjøen to the birdrock island of Lovunden and bewitching Træna, and finally Vefsndalen with the Laksfoss Falls, detour to Hattfjelldal and the Svenningdal Grottoes, Namdalen and the Trondheim Fjord, all of them superb attractions in their own right.

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Kystriksveien Reiseliv as Postboks 91 - N-7701 Steinkjer post@kystriksveien.no

32 ABOUT NORWAY

ABOUT NORWAY 3







Nr	40	Larvik - Geilo	253km	E	6	Trondheim - Oppdal	119km
>	7	Geilo - Gol	50km	Nr	70	Oppdal - Kristiansund	161km
>	51	Gol - Fargernes - Randen	174km	>	64	Kristiansund - Molde	73km
>	15	Randen - Otta	37km	>	>	Molde - Åndalsnes	57km
E	6	Otta - Hjerkinn	78km	>	63	Åndalsnes - Linge	60km
Nr	29	Hjerkinn - Alvdal	68km	>	>	Linge - Langevatn	49km
>	30	Alvdal - Røros	75km	>	15	Langevatn - Otta	135km
>	26	Røros - Nybergsund	196km	E	6	Otta - Hjerkinn	78km
>	25	Nybergsund - Hamar	92km	Nr	29	Hjerkinn - Alvdal	67km
E	6	Hamar - Oslo	118km	>	3	Alvdal - Tynset	23km
E	18	Oslo - Larvik	129km	>	30	Tynset - Støren	158km
				E	6	Støren - Trondheim	48km

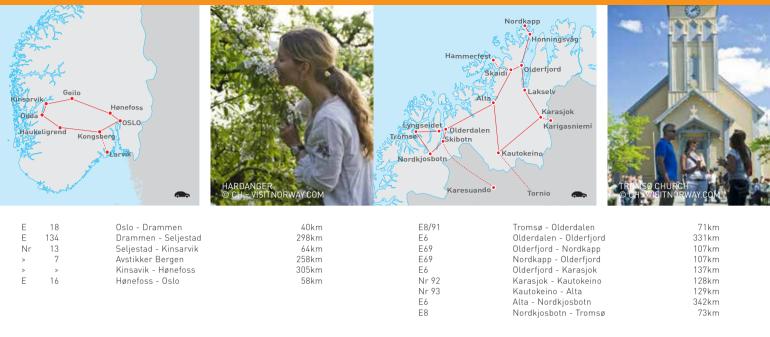
THE MOUNTAIN TOUR

Take into account a week for this tour. Attractions en route include: Kongsberg with its old silver mines; Numedal with its stave churches and romantic farmsteads; the Hardanger plateau and Hallingdal; picturesque scenery in Øystre Slidre; the panoramic view from Valdresflya, where you reach the highest point of the journey (1420 m), of the peaks and glaciers of the Jotunheimen; Gjende mountain lake; charming little shielings round Sjoa; Vågå with its carefully preserved clusters of farm buildings; Dovrefjell, "Norway's roof", with sweeping views; the enchanted mountain realm of the Rondane range; Glomma, Norway's longest river; the ancient copper-mining town of Røros; Lake Femunden set between mountains and pine-clad heath; the vast forests of Trysil; Lake Mjøsa with the world's oldest paddlewheeler "Skibladner" still in operation; Oslo and the Oslo Fjord. Get to know the mountains; go walking on the Hardanger plateau, in the Jotunheimen, Rondane or Femundsmarka. Tourist chalets and well-marked paths make it easy to find your way.

TRØNDELAG AND MØRE

Driving time 4 - 5 days, but time should be set aside for sea-fishing and mountain rambles. An alternative route between Trondheim and Kristiansund is to take Highway 65 through Surnadalen or E39 through Søvassdalen. We have chosen the route from the mountain resort at Oppdal, down the impressive Sunndalen and along the fjord to the fishing town of Kristiansund on the coast. Other attractions include: The Atlantic Road, chosen as "Norway's construction of the century" in 2005; Ålseund, known for its architecture in Art Nouveau style; Molde, renowned for its panorama; Åndalsnes and the Romsdal Alps; the zigzag portions of the breathtaking Troll Path (Trollstigen) road; Geiranger with day-time excursions on the fjord; the Geiranger road to the mountains and the road to the top of Dalsnibba, 1495 m; the Ottadalen with its stave churches and medieval farmsteads: Gudbrandsdal, Dovrefjell and the Rondane range; the coppermining town of Røros with its 18th century setting; Gauldalen with its narrow gorges and cascading rivers.

ABOUT NORWAY 3



THE SPRING TOUR

This tour should be undertaken in May when the fruit trees in Hardanger are in blossom, and while you're about it, you should extend your visit to include the Bergen Festival at the end of May and the beginning of June. If you include Bergen in your itinerary you should plan to return via Ulvik, one of the loveliest resorts in all Hardanger. Reckon to spend one week on this tour, which will feature the road through Telemark , with its countless scenic surprises, as well as Haukelifjell, where we drive along the old road through Dyrskar (1100 m), followed by the winding road down to Røldal and yet another zigzag road across the moors to Seljestad. We shall pass the Låtefoss Falls tumbling down in a cascade of white foam and the forbidding ravine at Måbødalen, where the Vøring Falls hurls itself down 182 m. We shall have panoramic views of glaciers and mountains from the Hardanger plateau, before driving down the narrow and enthralling Hallingdal to emerge at last among the trim farms and fertile fields of smiling Ringerike.

TROMSØ AND THE NORTH CAPE

Tromsø has a rich and exciting history and is where your Arctic adventure begins. Cross through the Lyngen Alps, ferry across the Lyngen Fjord and pass the Reisa Valley, where a detour can be made by river boat into the National Park. Later enjoy the marvelous view from Mount Kvænangen og the Øksfjord Glacier and continue to Alta with its great rock carvings and famous salmon river. Along the mighty Porsanger Fjord follow the road to North Cape and the Arctic Ocean panorama. Across the Finnmarksvidda plateau to the Sami (lapp) village of Karasjok where the Sami collections present Sami culture, and Kautokeino with Juhls Silver Gallery which also contains a small museum, and along glittering rivers back to Alta. On the return journey follow the east side of the Lyngenfjord and the west side of the Balsfjord beneath towering peaks back to Tromsø.



-
BEACH LIFE/FARSUND © ANDERS MARTINSEN - VISIT SORLANDET

E 18 Oslo - Kristiansand 327k	m
> 39 Kristiansand - Flekkefjord 124k	m
nr 44 Flekkefjord - Stavanger 121k	m
E39 521 Stavanger - Skudeneshavn 38k	m
Nr 47 Skudeneshavn - Haugesund 38k	m
E 134 Haugeswund - Åmot 234k	m
Nr 37 Åmot - Kongsberg 176k	m
E 134 Kongsberg - Drammen 44k	m
E 18 Drammen - Oslo 41k	m

SOUTH NORWAY

This tour can be embarked on in Oslo, Larvik or Kristiansand. It follows the curving coastline, past little towns redolent with the atmosphere of the windjammer age, bathing beaches and camp sites. The length of your stopovers will determine the number of days this tour lasts, which should be anything from four days to four weeks. Even before you leave the Oslo Fjord many interesting detours suggest themselves - to Horten, Tønsberg and Sandefjord, and further on picturesque Kragerø, Risør, Tvedestrand and Arendal. A whole series of delightful little towns are strung out along the E18 – Grimstad, Lillesand, Mandal, Flekkefjord and Egersund. Norway's southernmost point at Lindesnes and the charming town of Farsund, however, are reached by a side-road. Other attractions along your route are the Kristiansand Zoo, the oil town of Stavanger, picturesque Skudeneshavn and the North Sea port of Haugesund. Last but not least; the Åkra Fjord with the Langfoss Fall, the mountain pass across Haukeli as well as colorful Rauland and the rugged Vestfjorddalen in Telemark.

Ferry are not included in the table. Source: Statens Vegveser	Ålesund	Trondheim	Tromsø	Svinesund	Stavanger	Skien	Røros	Oslo	Nordkap	Narvik	Lillehammer	Kristiansund	Kristiansand	Kirkenes	Hammerfest	Hamar	Fagernes	Bodø	Bergen	
luded in t	378	657	1844	545	170	426	637	478	2283	1561	439	517	492	2588	2214	471	350	1380	0	Bergen
the table.	1010	723	562	1398	1560	1347	936	1217	1025	304	1065	918	1534	1331	956	1108	1177	0	1380	Bodø
Source: 9	383	407	1626	324	444	290	352	202	2090	1342	119	397	491	2426	2051	140	0	1177	350	Fagernes
Statens V	441	385	1606	238	575	257	289	123	2011	1289	59	455	443	2316	1942	0	140	1108	471	Hamar
egvesen	1844	1557	549	2273	2394	2181	1810	2051	181	652	1899	1752	2368	494	0	1942	2051	956	2214	Hammerfest
	2218	1931	944	2668	2768	2555	2185	2425	517	1027	2273	2126	2742	0	494	2316	2426	1331	2588	Kirkenes
	811	811	2054	327	245	187	753	320	2437	1715	471	865	0	2742	2368	443	491	1534	492	Kristiansand
	142	195	1377	704	862	679	291	562	1821	1099	396	0	865	2126	1752	455	397	918	517	Kristiansund
	382	342	1562	297	587	284	282	167	1968	1246	0	396	471	2273	1899	59	119	1065	439	Lillehammer
	1191	904	251	1584	1741	1528	1123	1398	721	0	1246	1099	1715	1027	652	1289	1342	304	1561	Narvik
	1913	1626	609	2332	2263	2250	1869	2120	0	721	1968	1821	2437	517	181	2011	2090	1025	2283	Nordkap
	533	494	1733	122	452	133	423	0	2120	1398	167	562	320	2425	2051	123	202	1217	478	Oslo
	430	166	1352	533	740	551	0	423	1869	1123	282	291	753	2185	1810	289	352	936	637	Røros
	625	624	1352	148	363	0	551	133	2550	1528	284	679	187	2555	2181	257	290	1347	426	Skien
	621	837	1852	535	0	363	740	452	2463	1741	587	862	245	2768	2394	575	444	1560	170	Stavanger
	695	635	1835	0	535	148	533	122	2332	1584	297	704	327	2668	2273	238	324	1398	545	Svinesund
	1519	1205	0	1835	1961	1852	1352	1733	609	251	1562	1377	2054	944	549	1606	1626	562	1844	Tromsø
	287	0	1205	635	837	624	166	494	1626	904	342	195	811	1931	1557	385	407	723	657	Trondheim
	0	287	1519	695	621	625	430	533	1913	1191	382	142	811	2218	1844	441	383	1010	378	Ålesund

stance

FERRIES AND EXPRESS BOATS



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 fiords are, the road suddenly ends and the journey continues by ferry. Be warned, there may be aueues 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

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.

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 wildernes of Femundsmarka, or travel in the Jotunheimen Mountains with the Giende Boats.

EXPLORE NORWAY





hurtigruten.com

SENSE THE FJORDS

A voyage with Hurtigruten is the perfect way to make your dreams come through by getting unique experiences on board and ashore Norway's beautiful coastline. Experience the arctic wilderness, the midnight sun, the northern lights, the unique nature and enjoy Norway's coastal kitchen.

Wherever or whenever you travel with Hurtigruten, you will not only feel like a true explorer- you will be one.

Start planning today – visit our website or contact your local travel agency.





Free App for your holiday

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

RECOMMENDED DESTINATIONS

NORWAY POWERED BY NATURE

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Alta

Visit Norway online

The award-winning website Visitnorway is our most important channel for marketing Norway as a holiday

Visitnorway gives you reliable and extensive information about the whole of Norway and what the tourism industry has to offer - all in one place.

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FIND YOUR DESTINATION





GEIRANGER © CH - VISITNORWAY.COM

Start planning your holiday here and find your dream trip whether you will climb the mountain, relax with good food or show Norway to family and friends. Here you will find inspiration and overview. Good trip!



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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.



You have to be here to believe it !

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.

HJELLE IN STRYN © MACIEJ DUCXYNSKI - FJORDNORWAY





BERGEN The Gateway to the Fjords of Norway



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

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.





Day II Head out to Edvard Grieg's home, Troldhaugen, 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 fjords. The trails may well lure you to a mountain hike.



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

BERGEN



VIEW OVER BERGEN FROM MOUNT FLØYEN © SVERRE HJØRNEVIK - FJORD

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 and parking. The card can be purchased at the Tourist Information, or order online at www.visitBergen.com/BergenCard

TRAVEL FACTS

Getting there:

Bergen - easy to get to, no matter what means of transport vou 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

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 (about 7h) Stavanger – 210 km Ålesund – 385 km

Contact us:

Bergen Tourist Board Turistinformation Strandkaien 3 +47 55 55 20 00 info@visitBergen.com

www.visitBergen.com



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PREIKESTOLEN © OUTDOORLIFE NORWAY

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

© OUTDOO NORWAY

JOHANNES C. APON

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.

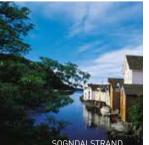
Region Stavanger

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, Amsterda m, Berlin, Copenhagen,

London, Newcastle,



SOGNDALSTRAND © KNUT BRY - TINAGENT



HARDANGERFJORD

HAUGESUND & HAUGALANDET

Visit Haugesund and you will experience the best of what Norway has to offer.

Fjord, waterfall, coast- and city culture, the unique viking history, glacier, mountains and sea, idyllic islands and lighthouses is among what you will find in this region.



visithaugesund.no

* photos: Espen Mills, Scott Sporleder, Ørjan B. Iversen, Arne Kr. S. Ytreland, Atle Grimsby, Terje Aamodt





Haugesund Tourist information post@visithaugesund.no, +47 52 01 08 30

visithaugesund





TROLLTUNGA © SCOTT SPORLEDER - FJORD NORWAY

The Hardangerfjord region, not far from Bergen, is one of the most scenic areas in Norway. Here, two national parks, two National Tourist Routes, the fjord, waterfalls and glaciers all await you. Accommodation to suit all budgets. A perfect base for exploring Fjord Norway.



www.hardangerfjord.com







KAYAKING, JONDAL © CH - IN

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

Sognefjorden Sognefjord





Photo: Katrin Moe



Photo: Finn Loftesnes



Urnes stave church, Luster Photo: Espen Mills

Fiord: UNESCO Nærøvfiord (1A). Fiærlandsfiord (1B).

Glacier: Jostedalsbreen (2), Nigardsbreen (2A), Bøyabreen (2B), Supphellebreen (2C), Bergsetbreen (2D), Austerdalsbreen (2E).

B Waterfalls: Vettisfossen (3A), Feigumfossen (3B), Kjosfossen (3C), Kjelfossen (3D), Kvinnafossen (3E), Drivandefossen (3F).

Churches: UNESCO Urnes Stave Church (4A), Boround Stave Church (4B), Hopperstad Stave Church (4C), Kaupanger Stave Church (4D), Undredal Stave Church (4E), Hove Stone Church (4F), St. Olafs Church (4G), Dale Stone Church (4H), Gaupne old Church (4I).

B 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 Lærdalsøvri – 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), Tindevegen - tourist route (6M), Fridtjov

Travel facts

- From Bergen/Oslo: www.vegvesen.no and www.maps.google.no
- www.nasjonaleturistveger.no/en **#**
- From Bergen: www.norled.no <u>/---</u>
- From Bergen/Oslo: www.nor-way.no
- From Bergen/Oslo: www.wideroe.no 1
- Ö From Bergen/Oslo: www.nsb.no and www.visitflam.com

Roundtrips "Norway in a Nutshell"® and "Sognefjord in a Nutshell"®: www.fjordtours.no

den Frøkne Statue (6N), Stegastein view point (60), 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), Openair swimming pool (67). Vikøvri - historical

Norsk Bremuseum, Fiærland Photo: Norsk Bremuseum







shore dweller site (6AA).

National Tourist Routes: Sognefjellet (7A), Aurlandsfjellet (7B), Gaularfiellet (7C).

8 Museums and centers: De Heiberske Samlinger – Norwegian folk Museum (8A), Norwegian Wild Salmon Centre (8B), Norsk Bremuseum – glacier museum (8C).

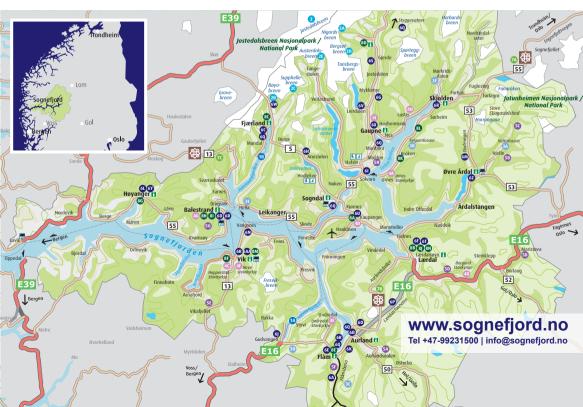
Stegastein, Aurland

Photo: Rolf M. Sørensen



The Flåm railway, Aurland Photo: Morten Rakke

Breheimsenteret – glacier museum (8D), Flåm Railway Museum (8E), Kristianhus Boat- and Motormuseum (8F), Høyanger Industrial Museum (8G), Sognefjord Aquarium (8H), Norwegian Tourism museum (81), Post- and tele museum (8J), Munthehuset (8K), Safthuset - "The Juice House" (8L), Refsdal Powerstation 1913 (8M), Soon Art Centre (8N),





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.

The Geirangerfjord

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.

Close to nature

Experience teeming bird life on the bird island of Runde and be captivated by picturesque Alnes lighthouse. Sail up the magnificent Hjørund-fjord, or experience the seasons at first hand on a walk in the Tafjordfjellene mountains, the Sunnmøre Alps and the mountains in the Geiranger-fjord 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 snow 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 Geiranger to Trollstigen National Tourist Route, perhaps Norway's most breathtaking road.

TRAVEL FACTS

Transport By car from Oslo Ålesund 547 km 📥 The Hurtigruten coastal express Calls twice daily year around at Torvik and Ålesund, and once a dav 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, London, Copenhagen, Riga, Gdansk, Vilnius, Las Palmas, Alicante. Ørsta/Volda Hovden Airport to from Oslo Gardermoen.

Destination Ålesund & Sunnmøre Tel. +47 70 15 76 00 www.visitalesund.com



NORTHWEST-TROLLSTIGEN-ATLANTIC ROAD

ATLANTIC ROAD © ØIVIND LEREN

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

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. Or you can drive the Aursjøvegen mountain road, which is possibly even more dramatic than the Trollstigen Road. Take your time and experience more!

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

buses daily to/from Oslo,

Several express

Kristiansund

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





Welcome to Flåm in the heart of Fjord Norway. Enjoy a wealth of exciting and magnificient 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 snowcapped 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 Aurlands-fjord and the mountain station Myrdal. The Flåm Railway is open all year and connects with most of the trains on the BergenRailway between Bergen and Oslo. The railway is 20 km long, and has an hight difference of 865 metres. The Flåm Railway has been voted one of Europe's most beautiful train journeys by the National Geographic Traveler magazine.



UNESCO World Heritage area

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. The Fjords is launching a new eco-frindly hybrid vessel that runs on electric power in June 2016. The design of the vessel 'SeaSight' is spectacular and invites the passengers to enjoy a magnificient and silent fjord experience in the UNESCO World Heritage area Nærøyfjord.





Historical Fretheim Hotel

Fretheim Hotel is located in the heart of Flåm with the Flåm Railway as its closets nighbour. 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)



Heimly Pensjonat

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



Tips

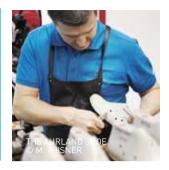
Join a fjord cruise and experience one of the most beautiful and popular fjord areas in Norway, the UNESCO World Heritage area Nærøyfjord. Daily departures year round. A roundtrip includes bus and boat.

The Aurland Shoe

Visit the Aurland Shoe factory, where you can see the art of shoemaking and buy a pair of locally-produced shoes.

Cycling the Navvies Road

Rallarvegen (The Navvies road) has become one of Norway's most popular bicycling routes. Following the outskirts of the Hardangervidda mountain plateau, Rallarvegen leads you along the Bergen Railway from Haugastøl, via Finse to Myrdal and Flåm. This a spectacular cycling route through Norwegian culture, history and dramatic lush and challenging landscape. Starting at the mountain plateau at 1000 m.a.s.l. ending at sea level in Flåm by the Aurlandsfjord.



Walking in Aurlandsdalen

The Aurlandsdalen valley, also known as 'Norway's Grand Canyon', is an exceptional nature experience and a popular hiking path among hill walkers. In times past, this 40-km long valley was used as a road by local farmers to transport goods and livestock. The walk is famous for its varied and dramatic scenery.

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.





VIEW OF THE AURLANDSFJORD © SVERRE HJØRNEVIK - FJORD NORWA

TRAVEL FACTS

🖶 The Flåm Railway connects with most of the trains between Bergen and Oslo. Several daily departures between Flåm and Gudvangen during summer. One daily departure 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-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 info@visitflam.com +47 57 63 14 00





LODALEN © SERGEY BOGOMYAKO

Few places can offer such a variety of scenery and wide range of experiences as Nordfjord can. The glaciers, the fjord, the ocean and the mountains of Nordfjord mean that the area can boast some of the most beautiful scenery in all of Norway.

Briksdalsbreen glacier – the most well-known glacier arm of the Jostedalsbreen 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 Kjennsdalsbreen glacier, which is the lowest-lying offshoot of the Jostedalsbreen 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. Jostedalsbreen National Park Centre beside Oppstrynsvatnet lake. Provides information about the national park, the glacier and the surrounding landscape. Nasjonal 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. 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).

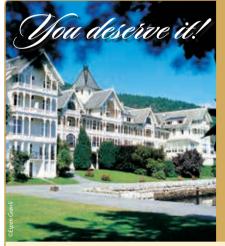
Riding fjord horses -

The distinctive fjord horse originated in Nordfjord. In Eid and Gloppen, you can explore the landscape of Western Norway on horseback. **Kannesteinen rock** – worldfamous 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 spectaular mountains.

Contact information:

Destination Stryn & Nordfjord Perhusvegen 24 NO-6783 Stryn mail(dnordfjord.no www.nordfjord.no





KVIKNES CAR HOTEL

For more information: Tel. +47 57 69 42 00 or www.kviknes.no

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.

EASTERN NORWAY

Do you dare to answer the call of the wind ?

© CH - VISITNORWAY.COM

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.

www.skeikampen.no www.geilo.no www.femundengerdal.no www.uvdal.no www.al.no www.storefjell.no www.lillehammer.com





Are you looking to experience and learn more about Norwegian culture, history and food traditions on your journey?

Maybe in combination with activities in beautiful surroundings? Then Into Norway has the trip for you! Into Norway offers authentic and spectacular cultural experiences in areas of outstanding natural beauty! Stay at historic farms dating back to the Middle Ages. enjoy local food prepared with fresh ingredients and learn about Norwegian cultural heritage and everyday life. Experience the magical world of Peer Gvnt, the historic travelling-theatre performance at Maihaugen open-air



museum or a trip with Skibladner – the world's oldest paddle steamer. The town of Lillehammer and the beautiful Gudbrandsdalen vallev are located only 2 hours by car (180 km) north of Oslo, the capital. In this region, from Lillehammer in the south to Rondane National Park in the north. vou will find numerous gems steeped in cultural history and offering unique adventures, heritage accommodation and traditional Norwegian food



www.lillehammer.com

Your Key to:

- -Cultural experiences in a beautiful scenery -A meeting with authentic
- Norway -Round-trips in the Lillehammer and Gud

brandsdalen valley.

SKEIKAADPEN A family destination

Skeikampen Resort is a family destination situated in the mountains at 800 meters above sea level, about a 40 minute drive from the olympic town of Lillehammer.

Skeikampen is an attractive ski resort during winter, and in the summer months you can go golfing, fishing, hiking, and cycling.

Dry alpine climate

Skeikampenhas a stable and dry alpine climate, and is known for its winters with a lot of snow from November until May.

Varied landscape

Skeikampen offers a great variety in landscape. You will find rocky mountains and deep forests. Both the alpine slopes and the cross country tracks are in easy terrain that fits most people. The Alpine Centre has been developed into a very modern ski destination, with especially good conditions for new beginners and children. Telephone: + 47 61 22 50 00 booking@skeikampen.no www.skeikampen.no







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 Follow us on Facebook www.facebook.com/ femundengerdal



Welcome to

the Norwegian **Railway Museum**

NORSK JERNBANE MUSEUM

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, where as 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.





Norsk Jernbanemuseum Strandvegen 163, 2316 Hamar. Tel: (+ 47) 40 44 88 80. www.norsk-jernbanemuseum.no



Follow us on FACEBOOK: IERNBANEMUSEET





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.





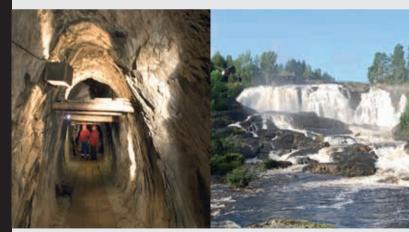


Only 75 km outside Oslo!

7th May - 25th September 2016

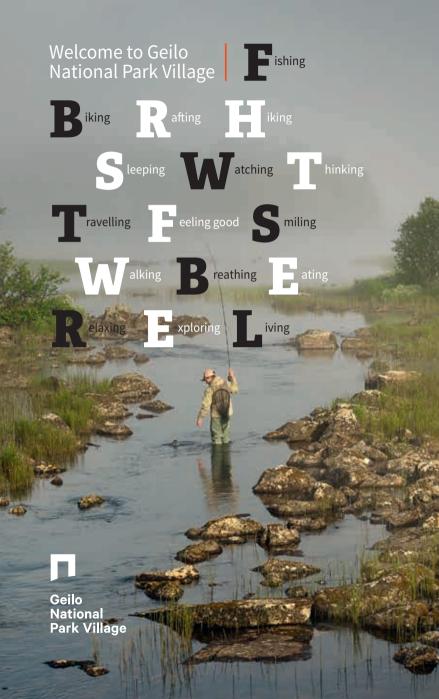


Adventures and recreation in a green environment Guided tours in the Cobalt Mines • Great hiking areas 3 art exhibitions • 3 cafeterias • 6 shops • Children's Farm



Blaafarveværket (The Cobalt Works & Mines) Koboltveien 11 NO-3340 Åmot in Modum Tel: +47 32 78 67 00







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.

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



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 Neschmuseum. 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 describtions and detailed map at 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!



Winter in Ål

Ål is a versatile ski destination with 400 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 post@alturistinfo.no Tel: +47 32 08 10 60 P.O. Box 35. NO-3571 Ål



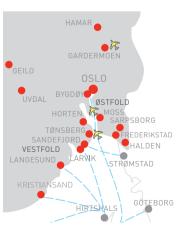
THE OSLOFJORD REGION

Where the sun warms the old wooden docks

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.

THE AKERSHUS CASTLE IN OSLO © SABINE ZOLLER – VISITOSLO

www.visitoslofjord.com www.visitvestfold.com





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.

See more at: www.visitoslo.com/en







Norwegian Culture Bygdøy - Oslo

Medieval stave church. Homes & history. Indoor exhibits and open-air museum. Hosts in regional costumes. Folk dance, music and handicraft.

www.norskfolkemuseum.no

DISCOVER VIKING HISTORY AND THE GREAT EXPLORERS

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

THE OSEBERG 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 Historical 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 204-209 www.khm.uio.no

Explore the famous Kon-Tiki raft

Visit the Kon-Tiki Museum and learn more about one of the greatest sea voyages in recent history, across 8000 kilometres of open ocean. The Museum houses 20th-century Norwegian explorer Thor Heyerdahl's famous Kon-Tiki, a balsa-wood raft that he sailed 4.300 miles from Peru to Polynesia in 1947. It also includes the Ra II, a ship made from papyrus that he sailed from Africa to the Caribbean in 1970 The Kon-Tiki Museum also houses the Thor Heverdahl Library and Archives 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

(Source: Visitnorway and National Geographic)



Visit these 3 museums on the Bygdøy peninsula in Oslo



www.visitoslofjord.no

And the state of t

ØSTFOLD

Thanks to short distances between the attractions, in Østfold it is easy to combine urban life with magnifcent nature. The whole family will find their own sanctuaries and hidden gems; indoor and outdoor golfcourses, a variety of fantastic fishing spots on the soft rocks, out on the sea, in rivers or in lakes. There are beaches, indoor waterparks and activity centers. Lively shopping malls and lovely small boutiques. Summers in Østfold are known for the breathtaking archipelago as well as music, art and culture festivals.

Østfold is easily accessible by plane, car or public transport. 1 hour south east of Oslo. YTRE HVALER NATIONAL PARK • ISLAND HOPPING AROUND HVALER • THE FORTRESS TOWN IN FREDRIKSTAD • HØYTORP FORT IN MYSEN • FREDRIKSTEN FORTRESS IN HALDEN - GHOST TOUR • CLIMBING PARK «KLATRING PÅ GRENSEN"IN HALDEN • ROMSÅSEN CAVES IN ASKIM • HALDEN CANAL • AURSMARK NATUR IN MARKER • CANOEING • GALLERIES • THE PILGRIMAGE PATH • BEACHES • GOLF • MOTORSPORT • INSPIRIA SCIENCE CENTER AND SUPERLAND WATERPARK IN SARPSBORG • WATERPARK IN ASKIM.

SARPSBORG, ONE OF NORWAY'S OLDEST CITIES, CELEBRATES 1000 YEARS IN 2016.

SAR

Visit Østfold

www.visitoslofjord.no

WELCOME TO VESTFOLD



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. See their own presentations on the following pages.

Outdoor Activity

Vestfold's coast line is ideal for outdoor activities as hiking, swimming, cycling and fishing. Excellent maps of trails along the coast as well as inland can be picked up at the local Tourist Office.

Hiking along the coast

It gives a good feeling to walk on reefs, between reeds and along beaches in Vestfolds 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. The good nature of the experience you get regardless of the tour's length.

On two wheels

Vestfold is perfect for a cycling holiday from April to September. Landscapes are easy to ride in, and there are many interesting stops in cities along the coast and inland. For adults and families with children, trained cyclists and recreational athletes, and not least for those who want to experience spring's music, smell and sound of the bike.

Children's summer paradise

Vestfolds friendly nature with beaches to explore, rocks to climb on. museum to discover and parks to experience, makes room for the children's development. Let children experience the world's largest blue whale skeleton at Hvalfangstmuseet in Sandefjord, or explore a submarine at Roval Norwegian Navy Museum in Horten, climb on top of Castle Rock in Tønsberg, or jump in the hay on Foldvik Family Park. For families who like challenges also recommended Loud & Low activity park - Scandinavia's toughest climb park with challenges at all levels.

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.

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.





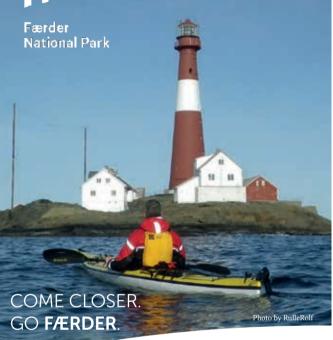
A FLAT AND BICYCLE-FRIENDLY LANDSCAPE

OLD LIGHTHOUSE AT TJØME © A-FRITID.NO

To Vestfold the coast is the heart and soul of the changing seasons. The music of nature is excellent relaxation. Let the bicycle take you through beautiful landscape, interesting history an attractions in the county of Vestfold. 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







Færder National Park is one of the richest wildlife habitats in Norway. The magnificent scenery has been shaped over millions of years by volcanic activity. It is unique on a global level.

Færder Nasjonalpark can offer you a wide spectre of exciting activities and inspiring recreation.

Come visit Færder National Park. It is only when you get up close that your experience goes further.

For more information about the park, activities, food or accommodation, please contact Visitors Centre Færder National Park: **post@fnps.no**

Visitors Centre Færder National Park - Verdens Ende - Tjøme - Norway











Visit Larvik facebook.com/visitlarvik.no www.visitlarvik.no



LARVIK

Hometown of the scientist and explorer Thor Heyerdahl, most famous for his expeditions with Kon-Tiki, Ra and Tigris. During summer his childhood home is open for visitors.

Mølen

is the end of an ice age moraine and part of the new UNESCO Global Geoparks. Mølen is magnificent and has got 230 burial mounds from Iron Age to Bronze Age.

Long coastal trail

Larvik is blessed with a 35 km long coastal trail from Stavern to Helgeroa. There you will find a cultural landscape with smooth skerries, quiet forest glades, cultural memorials, bathing and a smell of Capri Foil and raspberries. This trail is one of the most precious amenities we have.

Jump from island to island

The Helgeroa ferry will take you on an idyllic tour to Stokkøya, the large and the small Arøya and further to Langesund. In Langesund you can keep on going by other ferries to other islands or back again where you started. Nice daytrip for the whole family.

"Stavernfestivalen"

at Larvik Golf Arena is one of the best music festivals in Europe and lasts for three days, from 7th to 9th July 2016.



Welcome to the friendly seaside town of Sandefjord, which is blessed with a long and beautiful coastline in addition to having rich historical heritage.

The nature that surrounds the town centre calls for active day trips. The environment is perfect for hiking along the coast or through the woods, paddling in a kayak or a canoe, fishing in the lake, and, not least, riding a bike across the flat and cycle-friendly countryside.

Take part in the history of Sandefjord with memories from the Viking Age, the glory years of its rise in popularity as a Spa Town in the 19th Century, the Whaling Period, as well as modern times, of course. The historic grave site, Gokstadhaugen, where the famous Gokstad Viking ship was excavated, the distinct building of the health spa, the whaling museum (Hvalfangstmuseet), Dakota Norway and the Midtåsen sculptural pavilion are amongst the attractions.

The town centre is small enough to be able to walk around easily, with lots of different types of products to see and buy, and a variety of parks to enjoy.

Visit Sandefjord

Kurbadet - Thor Dahlsgt. 7 N-3210 Sandefjord info@visitsandefjord.com www.visitsandefjord.com





© IRENE WILHELMSEN - VISIT TØNSBERG

This charming town, idyllically situated between woodlands and the sea, grows larger every summer!.

Tønsberg is the oldest town in Norway, with spectacular arrangements, such as Slottsfjell Music Festival, The Medieval Festival and great shows, like Tonsberg Boat Show.

New history is mixed with old history. You will find a true archeological full-scale copy of The Oseberg Vikingship in the harbour.

Tønsberg has also a lovely coastal line with beatiful sandy beaches, like "Ringshaugstranda".

At the heart of the city lies Slottsfjell, which means "castle rock".

Come visit Færder National Park.

Right outside Tønsberg, you will find Nøtterøy and Tjøme, two wonderful island communities, with charming nature and a National Park Centre.

Welcome to the Tønsberg area!

Visit Tønsberg

Rådhuset - Tollbodgaten 22 3104 Tønsberg info@visittonsberg.com www.visittonsberg.com



HORTEN

KARLJOHANSVERN -BORRE - ÅSGÅRDSTRAND

THE VIKING HALL © VISITHORTEN

Welcome to Horten – Where you can enjoy some amazing experiences!

Our well-known and much loved marine historiv have roots going all the way back to The Viking Ages. Even Edvard Munch had his summer residence in Åsgårdstrand. which has now been turned into a wonderful museum Take a step back into Viking history in Borre, where The Midgard Historcal Centre tells you the story of the archaeological findings here. Close to the Centre. you will find Borreparken with its majestic tumuli (burial mounds). The great Viking Hall is also a great new sight! The remains of two mead halls have recently been discovered just next to the Borre park, indicating that Borre was a center of power already early in the Viking Age.

Near to Horten centre you will find the Horten Car Museum which illustrates the colorful history of the motor vehicle. In the outskirts of Horten, and encircled by the sea, lies the scenic Karljohansvern. This is THE place to enjoy life with magnificent hiking grounds in scenic surroundings, fortifications and artillerv batteries. The Naval Museum Preus museum (The National Photography Museum) and Local Historical Centre are all located here, together with a diverse range of artists and workshops.

Visit Horten

Tollbugata 1a, 3187 Horten info@visithorten.com www.visithorten.com www.vestfoldmuseene.no



KYSTRIKSVEIEN RV. 1

KRISTIANSUND

NAMSOS

TRONDHEIM

OPPDAL

DOVRE

INNHERRED STIKLESTAD

TRØNDELAG

Experience the unspoiled environment and the freshness

IDYLLIC MOUNTAIN HIKING © PETR PAVLICEK

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.



www.trondelag.com

INSIDER-TIP: TRØNDELAG

VIEW OVER TRØNDELAG © PETR PAVLICEK

Explore the historical heart of Norway

From history and culture to nature and outdoor activities in stunning surroundings, Trøndelag represents real Scandinavia in many ways. Some of the most important events in Norway's history took place in the Trøndelag region, and you will find a wide range of fun activities from the coast to the mountains the whole year around. Meet authentic people and come close to pristine nature and wildlife – discover Trøndelag!

Explore untouched nature!

Observe exotic animals in their natural environment, join a fishing trip in one of the best region for anglers in the world or follow in the footsteps of the Vikings. Trøndelag is hometown to seven National Parks and the best way really



get to know Norway, is either on foot or by bike. Maybe you like to try one of the famous walking trails through Trøndelag? In 2010 the Pilgrim`s Route to Trondheim was granted status as a European Cultural Trail, just like the routes to Santiago de Compostela. The trails go through urban areas and cultural landscapes, tranquil forests and deserted mountain areas.

Join culinary adventures in the region for local food

A good meal made from fresh local produce tastes so much better after a day spent in fresh air. There has been an explosion of small-scale food producers in the region who specialize in conjuring up delicacies provided from both the sea and land. There are also several local breweries, each of whom lovingly produce specialist crafted beers.

KAYAK ALONG THE NIDELVA IN TRONDHEIM © MARIUS RUA







Norway's food city

Annual food and beer festivals, a new food hall, several breweries and countless restaurants using local produce from Trøndelag mean Trondheim can rightly lay claim to the title of Norway's leading food city. During 2015 alone, more than 20 new restaurants and eateries opened in Trondheim, many focusing on local food. In June 2015 the Trondheim Food Hall opened, increasing the availability of local food significantly. The Farmers' Market is held on the city's main square once or twice each month

City of culture

The city's 30,000 students leave their mark on Trondheim by arranging several festivals and cultural events. Festivals are held year-round, including in the genres of chamber music, jazz and blues, while the traditional Pstereo Festival is one of Norway's largest rock festivals. In 2015 several major concerts were held outdoors at the Trøndelag Folk Museum at Sverresborg and further concerts are planned in 2016.

The pilgrim paths

The wonderful Nidaros Cathedral, often referred to as Norway's national sanctuary, is a popular pilgrimage site. The Pilgrim Paths to Trondheim, St. Olav Ways, attract pilgrims from all over the world. They have the same European Cultural Route status as the pilgrim route leading to Santiago de Compostela.



The Trondheim Tourist Information Office's five favourites:

1. Nidaros Cathedral:

The world's northernmost gothic cathedral was built over the tomb of St. Olav, Norway's patron saint. In the summer you can climb the tower and enjoy spectacular views of the city. 2. Bakklandet: Cross the Old Town Bridge via the "Gate of Happiness" to historic Bakklandet You will discover many cafés, restaurants and niche shops in this old part of town. Drink coffee at Baklandet Skydsstation or continue up to Kristiansten Fortress. 3. Nordre gate: Trondheim's main pedestrian shopping is the place to be, whether you want to shop, visit a café or listen to one of the city's many street



musicians. The Tourist Information Office is located here too.

4. Ride a City Bike:

Explore Trondheim on two wheels. Hire a card from the Tourist Information Office so you can release the bikes. Don't forget to try the Trampe cyclocable, the world's first bicycle lift. **5. Bymarka:** If you want a break from the city, head to nearby Bymarka. This huge nature reserve is the ideal place to walk for an hour or ramble all day. Get there by bus, tram, car or on foot.

www.visitnorway.com/ trondheim



© GANGSTAD GÅRDSYSTERI



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. "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 sculp-

tors, 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? While you are here, be sure to

eat well.

We promise you, it is easy! www.visitinnherred.com



COASTAL NORWAY coast culture and active holiday adventures

Romantic fishing villages, fresh seafood and active holiday adventures

Historical fishing villages, old boatbuilding traditions, fresh seafood and varies excursions invite you for an active holiday adventure along the wild coast in Trøndelag. Enjoy fishing trips in one of the best fishing areas in the world, RIB-boator animal safaris and stay in charming fisherman's cabins located close to the sea ("rorbu"). Tipp: Make a stop at "Stokkøya Sjøsenter" north of Trondheim – nominated to one of the best hotels in Europe by the magazine Geo Saison.

www.visitcoastalnorway.com





ADVENTÜROUS RØROS

SLEGGEVEIEN © TERJE RAKKE – VISITNORWAY.COM

In the Røros region we find the recently extended UNESCO World Heritage site "Røros Mining Town and Circumference", with its unique cultural and historical legacy, enveloped by countryside full of potential adventure, and unlike anything you will find anywhere else.

The charming mining town of Røros is one of Europa's oldest preserved wooden towns and includes over 100 listed buildings. Even though Røros is an important part of Norway's history and cultural heritage, it is also a vibrant town where people live and work – in the heart of a World Heritage site.

Unique mouth-watering experiences are waiting in

line when you visit the capital of local fare, Røros. The region is known for its fantastic ingredients, and here you can try anything from local game meat to award-winning cheeses from local dairies. The rich culinary tradition, both old and new, is a significant part of the experience for those visiting the mountain settlement. Take part in one of our Local Food Safaris which will take you to several food manufacturers and eating places.

The region is an Eldorado for nature adventures all year round; you might like to explore the Femundsmarka and Forollhogna national parks, for instance. Hiking, fishing and canoeing are just a few of the possibilities.

Did you know that:

Destinastion Røros has received several international awards for their work with sustainable tourism?



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, Berlin, 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 Kystekspressen 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 www.trondelag.com



NORTHERN NORWAY

REINE, LOFOTEN MATTIAS FREDRIKSSON - VISTINORWAY.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.

northern norway

www.nordnorge.com



NORTHERN NORWAY

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 envigorating 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 breath-taking 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 inland Sami culture boasts an enigmatic language, artistic handicraft, the particular 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 endlessly 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 the North Cape, red-golden between the mountain tops further south, the Midnight Sun is a different experience every night. Invigourated, you feel like going fishing, climbing the next mountain or playing golf. Arctic summers invite to all kinds of outdoor activites, from kayaking in sheltered waters, island-hopping by bike or going whale watching on the open sea.

ERN LIGHTS OVER THE ERSFJORD IN TROMSØ © BJØRN JØRGENSEN – VISITNORWAY.COM

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 sledding and snowmobiling. The night, however is reserved for the soundless, lightfooted dance of the Northern Lights. Northern Norway is among the very best observation points 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 lavvu (tent) is an experience of taste.

Helgeland

The southernmost region of Helgeland boasts 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 needlelike 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 Kierringøy is a well-preserved historic gem. Numerous historic sites, ranging from iron age mounds and medieval churches to WWII coastal forts 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 Navvy 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 Oceanside 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 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 university 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.

Finnmark and the North Cape

Finnmark is a land of rolling plains, untouched wilderness and wide-open horizons, meeting the coast of the Artic 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 lavvu, 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,



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 and a thoughprovoking museum of WWII reconstruction. 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 Alexandria. The national tourist route along the Varanger fjord displays ancient archaeology and WWII memorabilia. 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.

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 from May to September hiking, boat rides and kayaking are the most popular activities.



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



WHAT

TO DO

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 snowkiting?

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.

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.

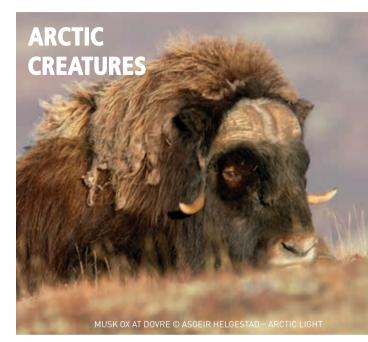
PREIKESTOLEN / PULPIT ROCK © TERJE RAKKE - NORDIC LIFE/REC



Whale safaris by boat are organized in Northern-Norway. In Vesterålen you can see sperm whales, killer whales and other species from the end of May until mid-September. 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 www.arcticwhaletours.com www.orca-tysfjord.no



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



Dovrefjell 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.

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.

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 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.moskus-safari.no

KING CRAB SAFARIS IN FINNMARK

© JOHAN WILDHAGEN – VISITNORWAY.COM

finger.

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. Not 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

Tips Bring warm clothes and footwear and book in advance. Cancellations may occur depending on the weather. www.northernnorway.com

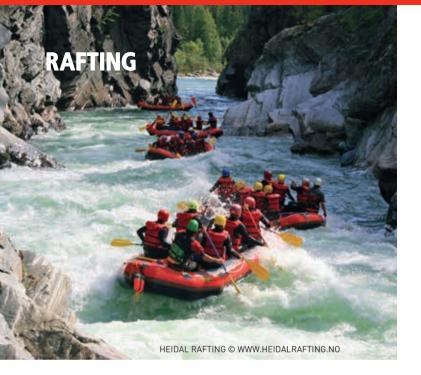


ONLINE BOOKING: WWW.DINTUR.NO - OFFICE@DINTUR.NO - TEL. (+47) 74 07 30 00



From November until March, you can join a nature safari in Lofoten and learn about marine life in the areas surrounding Svolvær. There is a good chance you will see sea-eagles and perhaps even seals and killer whales as well. www.lofoten-opplevelser.no www.lofoten.info/en

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



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 equipmentsuch 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



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 along the Telemark Canal and 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 Southern Norway's coastline? Load up the kayak with tent and supplies, and take two to three days paddling from Tønsberg to Arendal

NORWAY AS A HIKING DESTINATION

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.

NORDIC LIFE

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



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.



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.

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

TOP 10 ICONIC MOUNTAIN HIKES

The Norwegian Trekking Association presents 10 favourite iconic mountain hikes in Norway. Besseggen and Preikestolen are among their recommendations. More info: www.turistforeningen.no

THE SKAALA TOWER IN NORDFJORD SVERRE HJØRNEVIK – VISITNORWAY.COM

1. Preikestolen (Pulpit Rock), the Lysefjord

Preikestolen is a mountain formed like a huge pulpit towering over the Lysefjord in Rogaland, Fjord Norway. There is a well prepared track to the top of the 604-metre-high mountain plateau.

2. Besseggen, Jotunheimen

Besseggen is located in Eastern Norway. This is perhaps the most popular of all mountain hikes amongst Norwegians. Steep paths and airy surroundings, with views of the Jotunheimen National Park, give you a feeling of mastering the mountains.

3. Gaustatoppen

On a clear day, you can see one sixth of Norway from the top of Gaustatoppen. Located in the county of Telemark.

4. Galdhøpiggen, Jotunheimen

Norway's highest mountain, 2,469 metres above sea level. The view of the Jotunheimen National Park does not get better. Easily accessible from the Spiterstulen and Juvasshytta mountain lodges.

5. The Aurlandsdalen Valley, Fjord Norway

The inland mountains meet Fjord Norway in the Aurlandsdalen Valley. The terrain is varied, from rocky peaks to lush valleys and rumbling waterfalls.

6. Slogen, Fjord Norway

Perhaps the most scenic and dramatic hike in the Sunnmøre Alps in the northern part of Fjord Norway. The hike to the top is steep, and the last part requires some easy climbing.

7. The Triangle Route, Rondane

The classic triangle hike in the Rondane National Park takes four to five days. The hike, will take you around the largest mountains in Rondane

8. Romsdalseggen, Fjord Norway

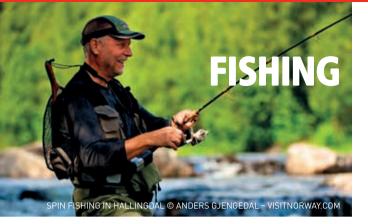
Romsdalseggen is located near Molde, in the northern parts of Fjord Norway. The hike takes you over mountains, overlooking fjords, summits and waterfalls.

9. Dronningruta, the Vesterålen Islands

North of the Lofoten Islands lie the lesser known Vester-ålen Islands. One of the most popular hikes here is the Dronningruta, named after the current Norwegian

Queen, Queen Sonja. 10. The Reisadalen Valley, Finnmark

The valley stretches from Kautokeino in Finnmark to Saraelv in Troms, in Northern Norway. The Finnmarksvidda Mountain Plateau is mostly flat, but this part is a lush canyon-like landscape with steep mountain sides in parts of the valley.



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 2015, 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 infor-mation about sports fishing and fishing regulations, please see information on www.visitnorway.com/fishing

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

www.dirnat.no

Disinfecting fishing equipment and other equipment

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**

(search for Disinfecting your fishing equipment).

FISHING OUTSIDE TROMSØ © W. KRAUSEMEDIA-ARMY.DE – 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 cyklingholidays, maps and guide books relating to the various routes are available via 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.

TOP 10 CYCLING ROUTES

A Norwegian travel magazine and the Norwegian Biking Association have ranked Norway's top 10 biking routes.

1. Rallarvegen, from Geilo to Voss

Norway's most popular biking route. The 210 km long road is a must for enthusiasts. It takes you from Geilo, through the Hardangervidda mountain plateau down to either Voss, or Flåm by the Aurlandsfjord.

2. Coastal route in Nordland

This route goes from Brønnøysund to Sandnessjøen and back again. The coast of Helgeland in Nordland offers beautiful mountains, beaches, skerries and islands.

3. Mjølkeveien in Oppland

This is either a round-trip on Stølsvidda mountain plateau, or a one-way route from Golsfjellet to Fagernes in Valdres. At the mountain plateau between Valdres and Hallingdal, there is a large area with mountain pastures where you can bike for several miles.

4. Dovrefjell and Rondane

On this route you have a good view of the mountains in Dovre and Rondane national parks. Take a short detour on the Snøheimveien road towards Snøhetta, where you can see the rare musk ox.

5. The Oslofjord

A good starting point is Sonsveien station in Østfold, where you can bike through Son and Moss and Jeløya. From here you can take a ferry across the fjord to Horten in Vestfold.

6. Mjøstråkk, from Lillehammer via Hamar to Gjøvik

The old paddle steamer Skibladner ties together the towns around the Mjøsa lake. The same goes for Mjøstråkk, a signposted biking route that starts off in the Olympic town of Lillehammer.

7. Jæren, from Egersund to Stavanger

The area around Brusand is known for its flat, coastal landscape and special light, and you will find Norway's longest beach at Orresanden.

8. The Telemark Canal

From this suggestion in Telemark, you can choose a hard long route, or an easy short one. The canal boat will take you from Skien in the south all the way up to the Bandaksjøen lake.

9. Numedal, from Geilo to Kongsberg

This route starts in the mountain village of Geilo. Bring warm clothes, as the route goes through three mountain passes. If you want an easier version, try to arrange a lift to Ånevatn. From there you will have only downhill in front of

you. 10. The Atlantic Road

The Atlantic Road in Fjord Norway, famed for its many bridges, follows a particularly scenic stretch of the Norwegian west coast.



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/** or The confraternity of St. James in Norway on 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

FARM HOLIDAY 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 or www.hanen.no/en

Many of the farms are offering different kinds of farms houses 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.



NORWEGIAN ADRENALINE KICKS

ICE CLIMBING IN TELEMARK © ANDERS GJENGEDAL - VISITNORWAY.COM

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 kilometres 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 Hvdnefossen 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

Tips

There is an annual ice climbing festival in Rjukan in February!



WINTER HOLIDAYS



Norway offers ideal skiing conditions, sun and adventure in the winter. And now is the time to go, as 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 snowboarding, 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. Children that are too young to ski will love simply spending time outside playing in the snow.

Easily accessible

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.

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 sledding, 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.skeikampen.no www.geilo.no www.femundengerdal.no www.uvdal.no www.al.no www.skiinfo.no www.visitnorway.com



SAFETY FIRST

RØDØY © TERJE RAKKE - NORDIC LI

The Norwegian mountains can be spectacular and memorable, but the weather can change quickly, so prepare your trip well and stay safe. The Norwegian Mountain Code exists for your safety. Familiarise yourself with it and follow its advice before setting out:

Be prepared

Be sufficiently experienced, fit and equipped for your intended trip. Practice hiking or skiing with a rucksack away from trails and tracks, even if conditions are poor. Your physical and mental fitness, your experience and your

equipment determine the sensible distance of a tour.

Leave word of your route

Many cabins, hotels and other lodgings have tour notification boxes in which you may put a written notice of your planned route. In an emergency, the details you give will aid the rescue service.

Be weather-wise

An old adage advises that you should always be alert to forecasts of bad weather, yet not rely completely on forecasts of good weather.

SAFETY BY A WATERFALL

• By their very nature, waterfalls are potentially dangerous. Not only is the current strong if you fall in, but the ground nearby is often slippery and wet from the mist, and the cliffs are steep and tall.

- Take care to follow instructions and stay on the path, if any. If there are fenced viewing areas, do not step outside the fences, as the ground may be slippery or structurally weak.
- Be especially careful in winter, when the mist freezes to ice, or when the falls have unusually high flow.
- Always err on the side of caution, and you will stay safe to enjoy more of Norway's waterfalls in the future.

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.

WHAT TO SEE 149

NATURE ATTRACTIONS



THE MIDNIGHT SUN

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.

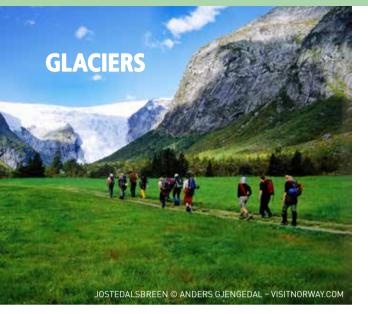
The phenomenon is caused by the tilt in the Earth's axis – an imaginary line through the planet between the north and south poles around which it rotates. As the Earth orbits the Sun, the tilt makes the North Pole face towards the Sun in summer (keeping it in sunlight even as the Earth spins) and away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

of metres, fjords, tall mountain peaks, northern lights and midnight sun.

There are mountains plunging into the sea from hundreds



Norway still shows traces of the Ice Age, when the entire country was covered by ice. Jostedalsbreen 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, knowledge 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.



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



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 approximatelty 100 kilometres above our heads



VISIT NORTHERN NORWAY

Thon Hotels has 12 hotels in Northern Norway, from Brønnøysund to Kirkenes. All our destinations are easy to reach when travelling by plane.

For more information, please visit: thonhotels.com





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 (lavvo) 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.

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 fiords, which consist of

"The best unspoiled travel destinations in the world."

National Geographic Magazine

saltwater. are often verv 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.



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.

De syv søstrene / 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 Hjelle 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.

Lægdafossen

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.

NORTH CAPE EUROPE'S NORTHERN END





THE ATLANTIC PUFFIN

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!

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:

- First two weeks of August: 11 am until 10 pm.
- Rest of the summer season: 11 am until 1 am.
- September until the middle of May: 11 am until 3 pm.

www.nordkapp.no/en

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

On the award-winning website Visitnorway.com, Norway's largest travel and tourism portal, you will find inspiration and information about Norway and special offers from the travel and tourism industry. It is easy to explore Norway,

search for products and destinations and book trips and accommodation.

Follow Norway on social media

With Visitnorway on Facebook you can...

Ask questions and find inspiration

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- Participate in competitions
- Find videos, photos and the best travel links

Follow Visitnorway 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 Visit Norway on Instagram and...

- Get inspired by images and videos from all over Norway
- Use #visitnorway when up loading your personal holi day images from Norway

Active winter holidays

Norway offers ideal skiing conditions, sun and adventure in the winter And now is the time to go, as 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 snowboarding in powder down from Reidarskaret in Hemsedal, 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 alpinestyle resorts with their stateof-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!

SWORD IN ROCK HAFRSFJORD © RICHARD LARSSEN – VISITNORWAY.COM

Alcohol

RWAY A - Z

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. www.visitoslo.com 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

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 2015: 1 Euro = 9,20 NOK / 1 Dollar = 8,10 NOK 1 GBP = 12,50 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 bloodtest 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 vou 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 170 - 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]: Tel.: +47 24 10 24 00 www.nhf.no

Easily accessible

E

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 in Norway dial: 110 Fire Service 112 Police Service 113 Ambulance Service 120 Emergency at sea



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 vou 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 FU 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 foodstuffs are permissible. More information about import limitations on www.toll.no

G 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. 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.

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 quests 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

Κ

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.

Language

L

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.

Μ

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 vou in touch with a local doctor. Outside normal consultation hours you should go to the local emergency clinic (Legevakten). 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

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

Pets

Norway is one of the few countries in Europe where rabies does not exist, and the Norwegian 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 (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 In addition, there are houses of worship for most denominations and religions in major cities. For info on Stave Churches, see 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, mountains 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 maior credit cards.

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 2016 Norwegian summertime begins March 27st at 02.00 (clock set forward one hour) and ends October 30th 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 icebeds 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).

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 fiord horses carved out of wood, reindeer skin, enamel iewelry, watches, woven wallcoverings, furs, handicrafts, glass and pottery. And best of all. vou can get VAT refund for everything you buy. Throughout the country, shops displaving the Tax Free for tourists' logo offer visitors quality goods at highly competitive prices tax free. If your purchase at any of the 4 500 stores connected to the Tax Free system, lives outside Sweden Finland and Denmark AND spend more than NOK 315 in one store, the store issue vou a Tax Free form. On departure from Norway, a refund of 12-19 %, depending on 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 refund VAT. 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

Please note that it is possible to buy Tax Free goods upon arrival in Norway at the following airports:

Oslo/Gardermoen, Bergen/ Flesland, Trondheim/ Værnes, Stavanger/Sola and Kristiansand/Kjevik.

Telephones

Norwegian pay phones take 1, 5, 10 or 20 kroner pieces (and also 0.5 and 1 and 2 Euro coins). The minimum charge is NOK 10 / 2 Euro. 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.



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.



Giobal Blue TAX FREE

Shop Tax Free in Norway

Global Blue's Tax Free Shopping service saves you up to 19% when shopping in Norway. As a foreign visitor (living outside SE, DK & Fl) you are entitled to claim back the tax you pay on the purchases when you take them home.

Shop When you pay for your goods ask for a Global Blue Tax Free Form, and remember to keep all your receipts.

Claim

When you're heading home, at your point of departure, visit the Global Blue Refund Office to get your export stamp and refunds!

For more information please visit: www.globalblue.com/destinations



NORWAY'S MOST BEAUTIFUL TRAIN JOURNEYS!

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

FLÅMSBANA © MORTEN RA

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 highmountain station at Myrdal, 865 metres above sea level, where the Flåm Railway and the Bergen Railway meet, down to Flåm beside the beautiful Aurlandsfjord. 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! nsb.no



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, vou 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 20 June to 29 August 2015. 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 345 Two zones: EUR 420 Whole of Norway: EUR 493 Extra week: EUR 235, 25% discount for children aged 2–11 travelling with a parent/ guardian.

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.





NORWAY'S NATIONAL TOURIST ROUTES



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 wideranging and unique qualities and offer a variety of highstandard 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.



JÆREN

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

RYFYLKE THE HÖSE BRIDGE, SAND IN RYFYLKE © JARLE LUNDE – SULDALFOTO.NO

HARDANGER YOU CAN WALK BEHIND THE WATERFALLS AT STEINSDALSFOSSEN NEAR NORHEIMSUND © ROGER ELLINGSEN

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, espe-

Ryfylke

Ryfylke is an area with a highly varied landscape. The drive takes in fjords, valleys, mountains and moorland between the Lysefjord and Sauda, and across the mountain to Røldal. The Ryfylke area lies northeast of Stavanger and east of Haugesund. The road, 183 kilometres long, runs from

'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, slowermoving 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.'

cially in stormy weather. 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. Oanes by the Lysefjord to Håra in Røldal in the county of Rogaland.

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 vallev 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 20152020. 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 vou drive over the mountain from the Lærdalsfiord. 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 fiord, it adds a new dimension to experiencing Norway's fjords and mountains. The old village of Lærdalsøyri, the Flåm Railway, the Aur-

the Flăm Railway, the Aurlandsdalen valley and the Nærøyfjord, which is UNESCO's World Heritage List, are attractions that are well worth visiting.



180 SHORT STORIES

SHORT STORIES 18



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 will open in 2016.

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





AN ART INSTALLATION MADE FROM LOCAL STORE. ROCK ON TOP OF ANOTHER ROCK © ROGER ELLINGSEN

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 vallev up to Krossbu, the final 'station' before the road climbs up to the high mountain plateau. Here, motorists have panoramic views of glaciers and maiestic mountains. On the western side, motorists have a more dramatic encounter with the fiord 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 preservation 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.

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



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Rondane

Together with Valdresflve. 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 Geirangerfiord 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.



Helgelandskysten

The Helgelandskvsten coast is fa-

mous 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 184 SHORT STORIES





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SENJA TUNGENESET VIEWPOINT VIEW OF THE ERSFJORD AND THE OKSHORNAN PEAKS © HUGO FAGERMO

Seven Sisters mountains in the south to the Svartisen glacier and the Saltstraumen mael-strom 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 icycold sea mist, here where the hours of daylight are neverending.

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.



SHORT BREAKS AND SHOPPING

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

There are several airlines offering flights to the main cities of Bergen, Trondheim, Stavanger, Tromsø and Oslo. 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.

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.

Bergen

Bergen is an international city packed with history and tradition, a big city with small-town charm and atmosphere. Bergen is known for Bryggen Hanseatic Wharf, the Fish Market, and surrounding mountains and fjords, such as the Hardangerfjord and Sognefjord.

Trondheim

Norway's capital of technology is a lively and historical university town, and home to the famous Nidarosdomen Cathedral. Experience the vibrant cultural life featuring local food, magical light, guided tours, family activities, shopping and festivals.

The Stavanger Region

The Stavanger region houses some of the best museums of all the port cities in western Norway, as well as many cultural sights. Explore the Lysefjord and the mountains Preikestolen and Kjerag, or relax on Jæren's beaches. Visit Stavanger and experience its rich cultural life.

Tromsø

"The capital of the Arctic" is a lively and beautiful city. Tromsø is packed with culture and history and surrounded by mountains, fjords and islands. Here are also museums portraying polar history, a science centre, art and crafts, churches and a lot of nature attractions.

Oslo

Between the Oslofjord and the forests lies the Norwegian capital. Oslo has a special combination of city life and easy access to the great outdoors. Oslo's unique location means almost unlimited opportunities for fun. Hike in the forest, swim in the fjord and go to a concert - all on the same day.









A TASTE OF NORWEGIAN SALMON

Enjoy homemade food, Norwegian ingredients and food with a local identity. Norway has a rich culinary heritage where top quality local ingredients and unique regional specialties are often the recipe for success.

Here are some traditional dishes

Fenalår

Cured and seasoned leg of a lamb.

Pinnekjøtt

Salted and dried, and sometimes smoked, lamb's ribs which are usually steamed over birch branches.

Multekrem

Dessert made of cloudberries and whipped cream.

Fårikål

Lamb simmered with cabbage and whole peppercorns. A typical autumn dish.

Smalahove

Lamb's head. The meat is salted, sometimes smoked, and dried. It is then boiled and served with mashed swedes and potatoes. A traditional feast from Western Norway served during autumn and Christmas.

Tørrfisk (stockfish)

Stockfish is unsalted, dried fish.

Cod is the most common fish used in the production of stockfish, whilst other white fish, such as pollack, haddock and ling, are used to a lesser degree.

Lutefisk

Stockfish softened in water and lye, then cooked and sometimes grilled. Typical accompaniments are potatoes, bacon, mushy peas and mustard. A typical Christmas dish.

Norwegian salmon

The Norwegian salmon's distinct and delicate flavour makes it an excellent basis for attractive and tasty dishes, whilst at the same time satisfying the rigorous demands of the best chefs in the world.

Rømmegrøt

Porridge made from natural sour cream. Served with butter, sugar and cinnamon.

Pølse i lompe

Hot dog in a thin "tortilla" made from flour and potatoes. Buy it from a kiosk, or buy them in a supermarket and have a barbeque.

Kjøttkaker

Minced beef rolled into balls and then fried. Served with gravy, mushy peas and boiled potatoes. A typical every-day dinner.

Brunost

Brown cheese with a sweet, yet somewhat sharp flavour with notes of caramel. It is traditionally cut into wafer thin slices with a cheeseslicer and eaten on bread, toast or crisp bread.

Gravlaks

Dry-cured salmon, marinated in salt, sugar and spices. The salmon is left to ferment.



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, Troldhaugen, now serves as both a museum and a concert hall. www.troldhaugen.com



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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

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-



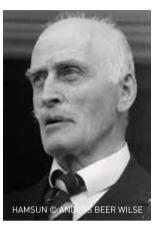
ised skiing equipment and laid the foundations of skiing as a sport around the world. Sondre's rigid 'birch' bindings and his side cut skis took skis from being a means of transport to a piece of equipment designed for recreation and fun. Today, you can experience this cultural heritage in Morgedal,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

www.morgedal.com

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





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

Liv Ullmann

Liv Ullmann is a Norwegian actress and film director. Ullmann won a Golden Globe Award for Rest 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 UNICEE 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

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

THOSE BERRY

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 [Source: Fridtjof Nansen Institute]

Roald Amundsen

Roald Amundsen (1872-1928) made a name for himself with his 1903-06 expedition on the Gjoa. 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 Pearv (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)

NORWAY ON A BUDGET 10 Budget Holiday Tips

You can travel in Norway on a fairly tight budget. Here are ten tips for cheap accommodation, activities and means of transport

CAMPING

The cheapest way to stay in Norway is to bring a tent. Public right of access in Norway means you can put up your tent practically anywhere free of charge. There are also campsites for tents and caravans throughout the country, where you pay a small charge and can use the showers and kitchen. These campsites often have simple cabins for rent as well.

2 CHEAP ROOMS If you are travelling by car in Norway, look for 'Room for rent' signs. Sometimes, they are only in Norwegian, i.e. 'Rom til leie'. With a little planning, you can easily find budget accommodation. There is a wide range of reasonable accommodation available in Norway.

VIP Backpackers have cheap rooms in Norway. B&B Norway is an organisation that provides bed & breakfast throughout the country. Norwegian hostels are part of Hostelling International, and there are 75 hostels from the north to the south of Norway. They offer reasonablypriced accommodation and the chance to meet people from all over the world who are in Norway for the same reason as you. You can book single rooms, double rooms or family rooms at www.hihostels.no

3 BUDGET-PRICED CABINS

Norway is one of the most sparsely populated countries in the world. Vast areas with extensive networks of waymarked walking trails await you. Walking is free, and there is a wide choice of cabins available for people who want to explore the mountains and wilderness. The Norwegian Trekking Association has 460 cabins of varying standard. The cheapest are the no-service cabins where you bring your own food.

Read more at: www.turistforeningen.no

WALKING HOLIDAYS

Bringing your own tent and walking in the mountains is free. If you book a room at one of the Norwegian Trekking Association's no-service or self-service cabins (see above), you pay a reasonable amount that varies with the standard of the cabin. The self-service cabins are slightly more luxurious and a bit more expensive.

5 SEA FISHING FROM SHORE

Bring your fishing rod on a cycling or motoring holiday in Norway. Sea fishing from the shore is free.

6 A cycling holiday where you bring your own tent is a cheap way of exploring Norway. If you don't like tents, you



can book reasonably-priced cabins at Norway's many campsites before you set off. If you don't want to cycle on your own, you can book an organised cycling trip.

7 BUY YOUR OWN FOOD AT A SUPERMARKET

Buying food at a supermarket is the cheapest way of filling your stomach. The following are the cheapest of the many supermarket chains in Norway: Bunnpris, Prix, Rema 1000. Kiwi and Rimi. You can't buy wine or spirits in ordinary shops and supermarkets in Norway. You have to find a Vinmonopol wine and spirits store. Since it is a state-owned chain, it is not required to make a profit, and expensive wines are actually competitively-priced in Norway.

8 EAT AT SMALL ASIAN RESTAURANTS

In cities and towns. you will often see small Asian restaurants. Many of them are cheap and serve good quality food. You can drink tap water, so it is unnecessary to order a bottle of water with your meal. Most restaurants will bring a jug of water and glasses to your table free of charge.

9 GETTING AROUND BY TRAIN

The Norwegian State Railways (NSB) sell Minipris tickets from **NOK 249**, irrespective of the length of the journey. These tickets must be booked in advance at www.nsb.no Also check out the reasonably-priced, well-organised round trips on: authentic-scandinavia.com www.fjordtravel.no www.fjordtours.com

By bus

Travelling by bus can be a cheap option, and the express bus companies covers most of the country and sometimes has good discounts. Book tickets online in advance to get the best deal.

Discounts

Many places offer good discounts for youth, students, seniors and families. If you qualify for any of the above, you must always mention it. Students must show their international student ID card (ISIC).

Driving a car in Norway

If you come in your own car or hire one when you get here, there are lots of reasonable accommodation options available to you, and there is a wide range of impressive National Tourist Routes throughout Norway.

O BUY AN 'EXPLORE NORWAY TICKET'

The airline Widerøe has many good deals on round trips in Norway. Go for their 'Explore Norway Ticket', which offers unlimited air travel for two weeks during the period from 20 June to 29 August. www.wideroe.com



NORWEGIAN ARCHITECTURE





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 fjordwards.

Let's go to church!

What may come to mind if asked to visualize Norwegian 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 polar night 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 and Tromsø all 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.



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 construc-tions 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.

Stone carvings in Alta

This is the largest collection of stone carvings in northern Europe, dating back to the Stone Age and made by hunters and fishermen. There are more than 3,000 carvings spread over four open air sites, depicting people and animals in very artistic ways, and uniquely preserved.

Geirangerand Nærøyfjord

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 Jostedals-breen, 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 Møsvatn 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 Møsvatn 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.



RØROS CHURCH IN WINTER © TERJE RAKKE - NORDIC LIFE







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



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 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 doubleended, 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 86-87.





Meet the Vikings

More than 1000 years ago, one of the mightiest Viking Chieftains of Northern Norway ruled Lofotr. His longhouse is reconstructed on site, in full size – impressive 83 meters long! Feel the smell of tar and bonfires. Study crafts and beautiful ornamentation.

Every evening you may take part in a **Viking feast:** delicious food, good drink and story-telling.

Also: permanent exhibition halls, film, audioguides (6 languages).

Row or sail the **Viking ship**, participate in Viking games (15.06 – 15.08). **Viking festival:** annual in August.

How to get here:

Centrally located in the middle of Lofoten. Mainroad E10 runs a few meters from the museum.

Lofotr Vikingmuseum

Borg in Lofoten, 8360 Bøstad





www.lofotr.no

IMPORTANT MILESTONES IN NORWAY'S HISTORY



Prime Minister Christian Michelsen receives King Haakon and Crown Prince Olav 7 aboard the Norwegian naval vessel Heimdal, 25 November 1905.

8000 BC:

The oldest traces of human settlement in Norway date from this period. From Finnmark, the coast of Møre, Trøndelag and Southern and Western Norway.

800 - 1000 AD:

Viking raids and trading expeditions, colonization of Northern England, Scotland and Ireland, the Isle of Man, Shetland, Orkney, the Hebrides, the Faroe Islands, Iceland and Greenland. The Viking chieftain Harald Fairhair unifies Norway into one kingdom in 872.

1030 AD:

King Olav Haraldsson is killed at the battle of Stiklestad, and Norway converts to Christianity.

1200 - 1300 AD:

Period of prosperity, many large buildings built. European influence in literature and architecture. The Hanseatic merchants acquire trading privileges and soon come to dominate trade.

1349:

The Black Death kills a third of Norway's population. **1450:**

The union with Denmark is established by treaty.

1536:

The Reformation comes to Norway. Norway becomes a dependency under Denmark.

1814:

Denmark cedes Norway to Sweden. Norway adopts its own constitution.

1825:

Around 900,000 Norwegians emigrated to the USA in the preceding 150 years.

1905:

Dissolution of the union with Sweden, the Danish Prince Carl becomes King Haakon VII of Norway.

1914 – 1918:

World War I. Norway remains neutral, but the Norwegian merchant fleet suffers heavy losses.

1940 - 1945:

World War II. Norway is occupied by German troops. The war against Germany is fought from England.

1970:

The first commercially viable oil find is made in the North Sea. Oil production, which will provide Norway with vast revenues in the years to come, starts three years later.

1972:

Referendum on membership of the EEC results in a majority for 'No'

1994:

Referendum on membership of the EU results in a marginal 'No' majority.







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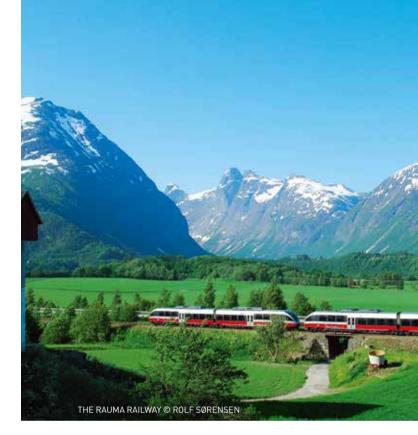
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Northern lights Tromsø © Ole C. Salomonsen

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